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A New and Thrilling Story has been secured for the 'Messenger.' It will run serially, beginning about one month from date, and will extend about three months.

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HOUSEHOLD.

Sleep.

('American Paper.')

The cry for rest has always been louder than the cry for food, not because it is more important, but because it is often harder to obtain. The best rest comes from good sleep. Of two men or women otherwise equal, the one who sleeps the more satisfactorily will be the more healthy, moral, and efficient. Sleep will do much to cure irritability of temper, peevishness, and unhappiness. It will restore to vigor an overworked brain. It will build up and make strong a weary body. It will cure a headache. Indeed a long list might be made of nervous disorders and other maladies that sleep will cure. Sleeplessness is best cured by a clean, good bed, sufficient exercise to produce weariness, pleasant occupation, good air, not too warm a room, a clear conscience, and avoidance of stimulants and narcotics.

A 'Mother's Room' in Every Church.

The church of Christ is designed to reach and save all classes, and it is a serious question whether the edifices of the Protestant branches of the church are not specially and only fitted in their appointments to the needs of the more favored classes. In the construction of every church edifice, some provision should be made for the needs of mothers who are compelled to bring their small children with them, or otherwise remain away. There are a few churches in the United States where an ante-room has been provided, well fitted and furnished, equipped with cradles and such other needs as would enable mothers, in the event of a child becoming restless, to retire from the main audience-room into the mother's room. It is at least an open question whether any church is fully

equipped which does not provide for the needs of this large class, both in the cities and in the open country. These people now remain away from church simply because they have no one with whom to leave the children, and there is no provision made for them at the church. This seeming necessity leads from temporary habit to permanent absence on the part of one or both of the parents, and causes, in multitudes of cases, that the children walk in the same paths of neglect. If all churches were arranged to meet this need, great changes would be wrought in many homes which are now Christless because the wife and mother cannot attend church while her children are small, and is consequently compelled to remain at home. The presence of the wife in many cases secures the attendance of the husband, and the chil-

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dren would also early form the habit of church attendance.—From 'Methods of Church Work,' a new book by the Rev. Sylvanus Stall, A.M.

A man's skill depends much upon his observation, and a great deal on home training in youth. Mothers should teach their boys to wait upon themselves, also to wait upon others, and they should be trained slowly and kindly to habits of thoughtful consideration, which will be of great advantage to them when they are older.

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All business communications should be addressed 'John Dougall & Son,' and all letters to the editor should be addressed Editor of the 'Northern Messenger.'