

## HOUSEHOLD.

## Teaching Self-Government.

A writer in the New York 'Times' says that a mother who is bringing up her little girl with the greatest care, and is making an effort to educate her up to the best social and economic standards, began to give her an allowance of ten cents a week when she was six years old, and now that she is eight she gives her fifteen cents. With this money the child buys herself little luxuries and small things that she needs, and makes presents if she wishes.

It was not long after the little allowance had begun that the mother had a birthday. The small girl had no money, but she wished to make her mother a present. She went to her about it.

'Mamma,' she said, 'I would like so much to make you a present, but I haven't any money.' 'But you have had your money.' 'Yes, but I have spent it all. Don't you think you could loan me a little? I shall have it to pay you back you know?' 'No,' said the mamma, thoughtfully, 'I'm afraid I can't do it. You have had your money and spent it, and now you will have to get along without it.'

The next Christmas the little girl wanted to make presents, and she had several dollars with which to do it. She is very careful now, and there is seldom as emergency which she has not cash on hand to meet. It is not a wealthy mother who does this but a woman who earns her own money and knows the value of it, as she wishes her little daughter to before she is obliged to from necessity.

This self-government plan is carried on in much of the little girl's life. It is partly necessary and partly undertaken as a rational system. The little girl sometimes asks not to learn her lessons, and she asks her mother for an excuse to the teacher. The mother writes something in this style:

Dear Miss Brown,—Alice has not her lessons this morning, and wishes me to ask you to excuse her. I do not know why she has not learned them. It would seem to me that she has had plenty of time. Very truly yours, ALICE'S MOTHER.

If this note is taken to the school by the little girl, another goes to the teacher from the mother, explanatory of the mother's method; and it assures the teacher that she wishes to co-operate with her, and that they are both working for the best interests of the little girl.

The other morning the little girl wished an excuse for tardiness. She was sure she could not get to school in time. This is the note the mother wrote to the teacher and read to the child:

Dear Miss Brown,—Alice wishes you to excuse her tardiness this morning. She has been slow about dressing and getting ready, and therefore will be late to school. Very truly yours, ALICE'S MOTHER.

But that did not suit the little 'girl who thought she must be late,' and she flew around, was dressed in time, and off to school without an excuse.—'Housewife.'

## Avoid Coughing.

A physician who is connected with an institution in which there are many children, says: 'There is nothing more irritable to a cough than coughing. For some time I had been so fully assured of this that I determined for one minute at least to lessen the number of coughs heard in a certain ward in a hospital of the institution. By the promise of rewards and punishments I succeeded in inducing them simply to hold their breath when tempted to cough, and in a little while I was myself surprised to see how some of the children entirely recovered from the disease. Constant coughing is precisely like scratching a wound on the outside of the body; so long as it is done the wound will not heal. Let a person when tempted to cough draw a long breath and hold it until it warms and soothes every air cell, and some benefit will soon be received from this process. The nitrogen which is thus refined acts as an anodyne to the mucous membrane, allaying the desire to cough, and giving the throat and lungs a

## THE 'DAILY WITNESS.'

## 'The War Situation.'

These are eventful history making days. A daily is therefore a necessity with most people. And most people take one or other of the great city dailies, some take two dailies. The 'Witness' is selected by many because they believe they find in it 'the facts of the case.' Certain it is that the sensational press in manufacturing news to keep up the interest, or in coloring highly uninteresting news, do more to create false impressions than true ones. The daily article on 'The War Situation' which appears in the 'Witness' will be found the best consecutive daily history of the war that is published. The 'Witness' has been much complimented on this feature. Those who read the 'Witness' will be well informed, and surely truth is more interesting than fiction when the life and death of our brothers and of nations are in the balance. The regular subscription price is \$3.00.

## THE 'WEEKLY WITNESS.'

'Messenger' readers who prefer their war news once a week will find the article on 'the war situation' in it also as well as the war news of the week, stated in an intelligent clear way, with frequent war illustrations, maps and portraits.

N.B.—You can have the 'Daily Witness' and 'Northern Messenger' for yourself for six months for \$1.65; or one year for \$3.10; or the 'Weekly Witness' and 'Northern Messenger' for one year for \$1.20.

## THE 'NORTHERN MESSENGER.'

## 'Black Rock.'

The 'Northern Messenger' is a twelve page illustrated weekly, and is a fine budget for Sunday reading. Both young and old welcome it eagerly. It is specially interesting just now, as the famous Canadian story, 'Black Rock,' by Ralph Connor, in which are depicted the stirring experiences of a young minister among the miners and lumber men of a Rocky Mountain camp, has begun in this issue. To get this book in paper cover would cost fifty cents, and 'Messenger' subscribers will get the story serially, besides all the other good things which make the 'Messenger' so popular, for the small sum of 30c. a year.

If the 'Messenger' is not taken in your Sunday-school, would you not try to introduce it. We will make that easy by sending, free of charge, enough to give a copy to each teacher and scholar for several Sundays. If you will kindly drop us a card, giving the name of the school and the name and address of the superintendent and the quantity that would be distributed, we will gladly supply them.

## Attractive Clubs.

## Combination Club-No. I.

The 'Daily Witness,' one year.....	\$3.00
The 'Northern Messenger' one year.....	30
'Sea, Forest and Prairie,' Tales by Young Canadians, cloth binding.....	50
'Reprinted Stories,' for young people.....	25
'In His Steps,' Sheldon's Masterpiece.....	10
'The Ram's Horn,' for one year.....	1.50
	\$5.65

All for \$4.30.

## Combination Club-No. II.

The 'Weekly Witness' one year.....	\$1.00
The 'Northern Messenger' one year.....	30
'In His Steps'.....	10
'Sea, Forest and Prairie'.....	50
'Reprinted Stories'.....	25
'The Ram's Horn' one year.....	1.50
	\$3.65

All for \$2.65.

Club 1.—Both the 'Weekly Witness' and 'Messenger' one year for..... \$1.20  
Two such clubs..... \$2.00

Club 2.—Both the 'Daily Witness' and 'Messenger' one year for..... \$3.10  
Two such clubs to separate addresses outside of Montreal, but within forty miles of Montreal..... \$5.20

These two clubs to addresses beyond the forty mile radius but in Canada or the U.S.... \$4.40  
(This is less than half city prices)

Club 3.—Both the 'Daily Witness' and 'Messenger' delivered in Montreal City to one address for..... \$4 75  
Two such clubs to separate addresses in Montreal..... \$9.40

chance to heal. At the same time a suitable medicine will aid nature in her efforts to recuperate.—'Presbyterian Banner.'

## Hints on Health.

A Good Disinfectant.—A large uncovered vessel of water should stand in every sick room, and be frequently renewed. A convenient and safe place for it is under the bed. This water not only absorbs many impurities from the atmosphere, but softens and tempers it. On the same principle, one should never drink water that has stood uncovered in a sick room.

Plenty of Good Food.—If every working-woman, says an exchange, would have a good breakfast of meat and potatoes, eggs and good bread, for lunch some warm drink, or milk and a few sandwiches, and for evening dinner a little soup or fish, meat and pudding, there would be less doctors' bills and more strength, color, and health. Half the people who think they are suffering from dyspepsia are only half-starved. The stomach is so seldom required to digest a full meal, that when the duty is enforced it is incapable of performing it. Good food, properly prepared, never hurts any one; poor food is an abomination.

## NORTHERN MESSENGER

(A Twelve Page Illustrated Weekly).

One yearly subscription, 30c.  
Three or more copies, separately addressed, 25c. each.  
Ten or more to an individual address, 20c. each.  
Ten or more separately addressed, 25c. per copy.

When addressed to Montreal City, Great Britain and Postal Union countries, 52c postage must be added for each copy; United States and Canada free of postage. Special arrangements will be made for delivering packages of 10 or more in Montreal. Subscribers residing in the United States can remit by Post Office Money Order on Rouse's Point, N.Y. or Express Money Order payable in Montreal.

Sample package supplied free on application.

JOHN DOUGALL & SON,  
Publishers, Montreal.

THE 'NORTHERN MESSENGER' is printed and published every week at the 'Witness' Building, at the corner of Craig and St. Peter streets, in the city of Montreal, by John Redpath Dougall, of Montreal.

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