The hint tells us that each of these three numbers could represent a word in a message. There are 9 paragraphs data in book.txt with a maximum of 17 lines. The intuition is that each triple uses the following scheme to decode a word:

$$(1, 9, 4) = (paragraph, line, word)$$

By following the aforemention intuition, we obtain:

$$(1, 9, 4) === the$$

$$(4, 2, 8) === flag$$

$$(4, 8, 3) === is$$

$$(7, 1, 5) === Ceremonial$$

The flag is: "The flag is Ceremonial plates."