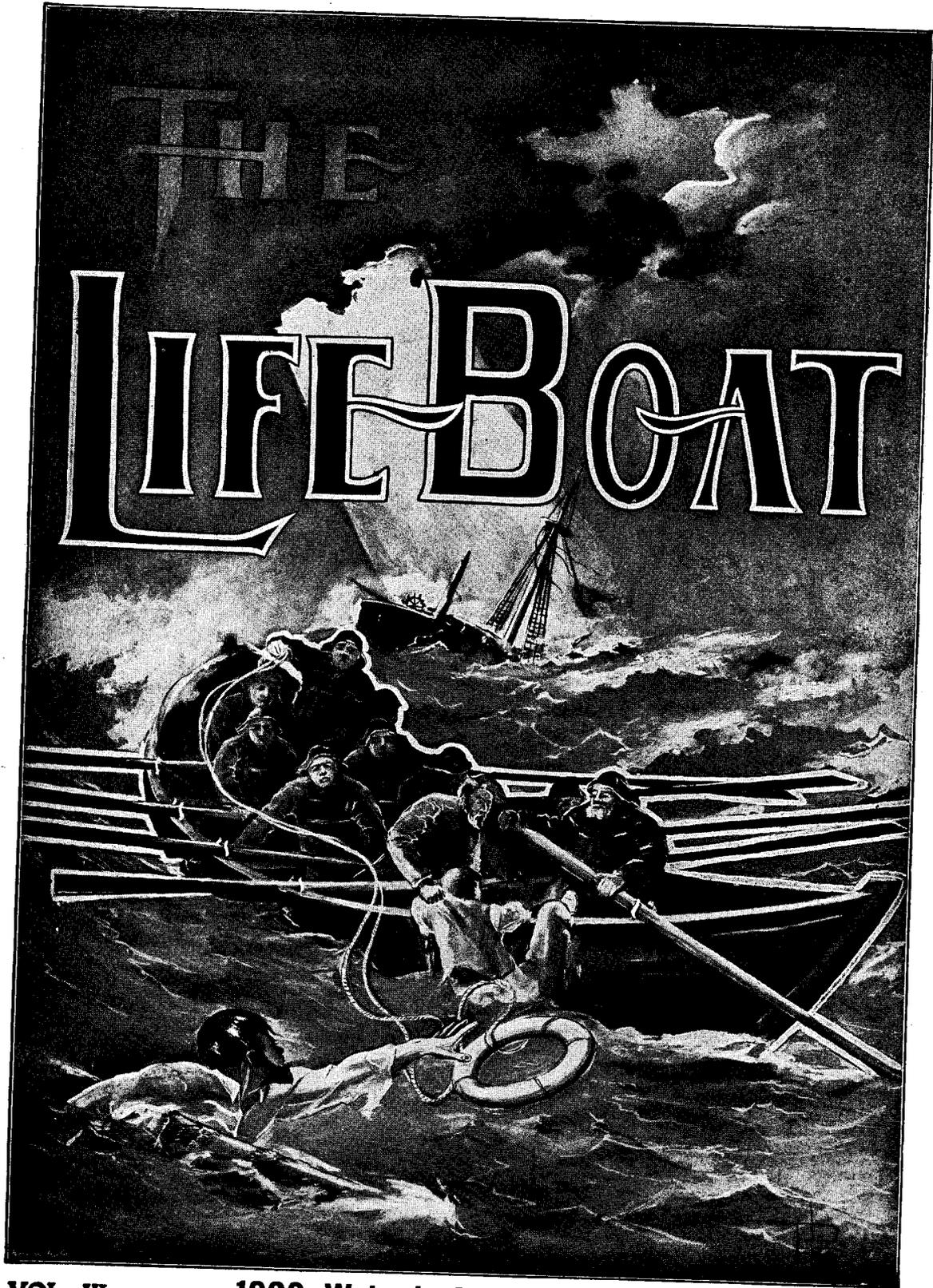


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THE
LIFEBOAT

VOL. III

1926 Wabash Avenue, Chicago

NO. II

THE CHICAGO MEDICAL MISSION

Established 1883

Under the supervision of the International Medical Missionary and Benevolent Association

J. H. Kellogg, M.D., Superintendent
J. R. Ross, Treasurer W. S. Sadler, Secretary
N. W. Paulson, Business Manager
Resident Physicians
W. B. Holden, M. D. David Paulson, M. D.
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Chicago Headquarters: 1926 Wabash Avenue

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Life Boat Mission, 436 State St.

The Workingmen's Home, 1341 State St.

Good Health Hotel, 1351 State St.

Children's Christian Home, 2408 S. Park Ave.

Free Dispensary, 136 Twentieth Street.

Visiting Nurses' Settlement. Headquarters:
1926 Wabash Avenue.

The Life Boat Rescue Service. Headquarters:
1926 Wabash Ave.

The Life Boat Rest (for Girls), 481½ S. Clark Street.

Day Nursery, 470 State St. (third floor)

Free Kindergarten, 436 State Street.

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1926 Wabash Ave.

American Medical Missionary College,
1926 Wabash Ave.

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Chicago Medical Mission, 1926 Wabash Avenue,
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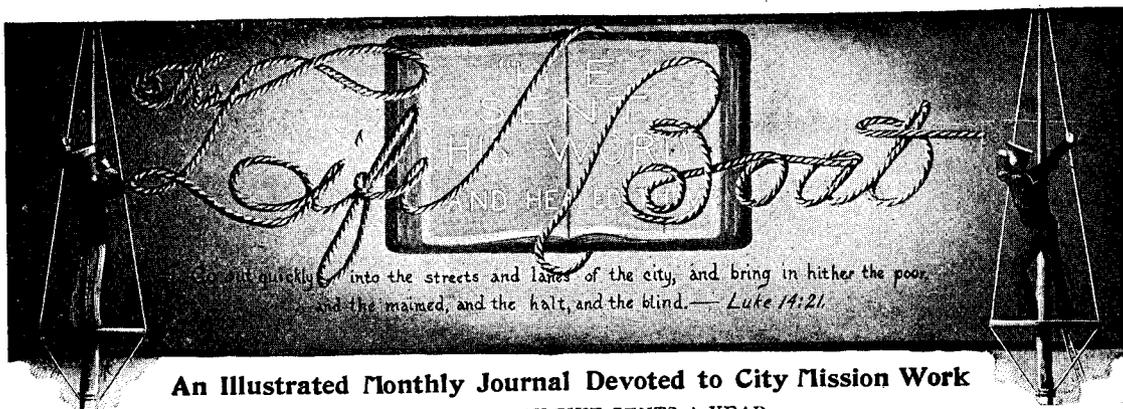
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An Illustrated Monthly Journal Devoted to City Mission Work

PRICE TWENTY-FIVE CENTS A YEAR

Volume 3

CHICAGO, ILL., APRIL, 1900

Number 2

The Drifting Boat

It floated away from beach and bay,
 Out of sight of tower and town,
 An empty and a battered boat,
 And that boat would not go down.
 The morning rose on the waters wide,
 And the night fell cold and dark,
 Yet ever on the wind and tide
 Drifted that battered bark.

The sail had passed from its broken mast,
 And its painted pride was dim;
 The sea-weed clung around its bows
 Which had been so sharp and trim.
 Where were the merry mates and free,
 Who had gone with it afloat?
 We never learned; but the world's great sea
 Hath lives like that drifting boat.

Lives that in early storms have lost
 Anchor and sail and oar,
 And never, except on Lethe's shore,
 Can come to moorings more:
 Out of whose loveless, trustless days
 The hope and the heart have gone—
 Good ships go down in stormy seas,
 But those empty boats drift on!

They had hearts to sail in the world's eye once;
 They had hands to reef and steer
 With a strength that would not stoop to chance,
 And a faith that knew no fear;
 But the years were long and the storms were strong
 And the rainbow flag was furled;
 And they that launched for the skies have grown
 But the driftwood of the world,

Are You Contented with Your Lot?

THE other day a poorly clad lady, with a little three-year-old child, called at our dispensary to get medical help for her only little one. The child was in a stupid condition, and gave every appearance that disease had already fastened itself strongly on his little system. The mother was simply a picture of despair, and showed that the sunshine of life had long since left her home and heart.

She gave the following history: She was twenty-four years old, lived in one little dark room, her hus-

band worked many miles away in a car shop. The landlady would not allow her to cook in her house; so she was obliged to go several blocks from her home, to the home of a friend, to cook her husband's dinner for him at six o'clock—she herself went all day with no warm food and was still nursing her little one. When a child, her parents were cruel to her, and home had no sunshine, so she was encouraged by her friends to get married; which she did at the age of thirteen, thinking this would better her situation and furnish her with a home. Great was her disappointment as too often we hear the same story. Her husband was many years older than she. She soon discovered that his love, for her was not true; but she was bound by ties stronger than those which bound her to her childhood home, from which she could not so readily release herself, and she could only face life's stern realities with all its misery and woe. When eight years of age she developed what seemed to be epilepsy, and this had grown worse as the years went by. Now, at the age of twenty-four, she relates that she had given birth to eight children. None had lived, excepting the one she had in her arms, which was her only comfort, poor and sickly and ready to die as it was. The love for her husband had been supplanted by hatred, and here we find her in this cold world, with no friends, or apparently anyone to help. All efforts to help, on the part of those would be friends, were only thwarted by her husband. This poor soul, only twenty-four, and yet life nearly all wasted away!

She was far from capable of taking care of the child in her arms. Upon inquiry, we found that she fed the babe pickles, tea, cheese, and similar indigestible articles whenever he would call for them.

This is only a fair sample of the many whose lives are just as cheerless as this one's. Our cities and towns, and even villages, are full of them. What are we doing to prevent such conditions? Would it not be better to teach mothers how to care for their children, than to simply take care of them in some way after they become a burden to society? Reader, "Are you contented with your lot?" Have you learned, in whatever state you are, to be content? God help us to praise Him for our many blessings, and to share them with our less-favored brother and sister.

MARY WILD PAULSON, M. D.

Blue Monday in the Life Boat Mission

WE have a number of times given you, through the pages of THE LIFE BOAT, a glimpse, as it were, into the Mission upon some special occasion, but we purpose this month to give you just one glimpse at us on Monday evening, sometimes called "blue night," because on that night there are usually fewer workers and a smaller attendance than on other evenings of the week. But we are glad to have learned that the Lord has no "blue days" in His work. The Mission is well filled, song-service is over, prayer has been offered, the Scripture lesson read, and now, while our faithful friend Dick Lane is telling once more the old story of how God reached down so low to rescue him from the terrible pit into which he had fallen, we will for a moment take a glance over our audience, and from among the score of faces, pick out some of those with whom we have become familiar, and introduce them to our readers. Just to our left on the front row of seats, is a well-dressed, fine looking gentleman, a business man, who has become very much interested in our work, and who has at various times given us assistance in one way or another. In the same row of seats we see two old ladies, both converts of the Mission; one of them born into the Kingdom on new year's night, and the other a little older in the way. Both are very poor, and one badly deformed through rheumatism, but in both of these faces we see the beams from the "Sun of righteousness," which has shined into their hearts, and we praise God for the holy privilege of bringing the gospel to these precious old souls. Too old and too shabbily dressed to enter a church, they have found the Mission to be their "haven of rest." A little behind them sits a Catholic young man, who for some time has been visiting the Mission, hoping to discover what power outside of the Catholic church is able to perform the miracles he has witnessed in the Life Boat Mission.

A little farther back sit four men, acknowledged to be professional "confidence men," and we know that upon the hearts of two, at least, the Holy Spirit is doing its office work. Over to our right we see a boy not over fifteen years of age, who has recently run away from home, to join a gang of boys, no older than himself, to "find out what is in the world;" and who (from the spectacle presented as the "gang" came in together), we decided were finding out pretty fast. We breathe a little prayer of thanksgiving to God that this one at least has decided to give himself to God, and has promised to return to his home. Near to him sits a young colored man, who this bitter cold night has come in from the street with bare feet, but who, we know, will not leave in that condition. As we take a hurried glance over the scores of men who come nightly to testify of the saving and keeping power of God, we see one among them who has, with glowing face night after night told of the sweetness of the new life; but now with bowed head he sits, and we know that he has been beguiled through the subtlety of the enemy, and has fallen by the wayside; and now with the tears streaming down his face he is debating with himself whether to make a new start, or to give it all up and make up his mind that the Lord never came across so hopeless a case before. How earnestly we pray that the word in due season may be spoken to this poor one who is "out of the way," that he may be led to see that God is abundant in mercy to all who trust in Him. Clear to the rear of the room there are some who are standing because the chairs are all occupied, and these, together with those seated in that part of the room, represent largely the lodging-house element who have received a card of invitation from the workers as they passed through the saloons and lodging-houses in the vicinity of the Mission; or as they have passed through the streets.

How our hearts yearn as we see this crowd of men, the most of whom are like "sheep without a shepherd," and we feel the great burden of responsibility that rests upon us, who night after night act in the capacity of ambassadors of Christ. What an exalted position, and yet what a responsible one! Brother Lane has finished his talk, and now comes the real feast, when one man after another gets up to tell in his own language the story of how God has saved him. Our hearts sing praise to God for His unspeakable Gift. We join our praises with them, that down in this wicked portion of this wicked city, God has opened what is indeed a "Life Boat," in which stranded souls may find refuge and help.

LILLIAN SNYDER.

"A Doorkeeper"

"I had rather be a doorkeeper in the house of my God, than to dwell in the tents of wickedness." (Ps. 84:10.)

THIS may seem rather strange at first sight, however it is truth, and no one can so fully appreciate the meaning of this scripture, as the one whose happy lot it is to fill such a blessed position. Many are the opportunities here afforded of pointing poor, benighted souls to the Lamb of God. There is not a soul so degraded and so sick of living a polluted and unholy life, but what you can speak a word of encouragement to, either when coming to or going out of the Mission. Sometimes we think we will accomplish nothing by simply speaking a few words or giving a smile; but, my dear friends, I will assure you that many a soul is starving for just a pleasant look; a kind word; a friendly hand shake. Indeed, I am sorry to say it, but the world is losing sight of the poor and fallen. Men and women, are needed who will link with God to raise them from their fallen condition. The experiences that the writer was privileged to have along this line during the past few months were many. Recently a well-dressed young man from one of our eastern cities came to the Mission, looking as though he had no friend in the world, but a few words of cheer and comfort caused him to reveal the troubles of his heart, and later on it was discovered that he was so despondent that he had determined to end his life by jumping into the river. But the Lord helped me to persuade him to look with the eyes of faith to Jesus who is both able and willing to save him. He came to see that it was better to live for God than to die in despair. At another time a man stepped up to me, and said: "My wife is a Christian woman but I am not a Christian. My eyes have seen things this evening that I never knew existed, and from this time on I shall be a Christian man." This man was invited into the Mission from the side-walk while passing by; only a little thing to do, but nevertheless it was the means of sending him on his way rejoicing. There are souls all around us who are starving for the true Bread, the Bread of life,—which cometh down from the Father of lights. Truly the harvest is great, but the reapers are few. May God help you and me to live a more useful and devoted life, taking advantage of every opportunity that presents itself, to help the fallen, so that we may not be ashamed to meet the Judge of all the earth at the final day of reckoning. "I had rather be a doorkeeper in the house of my God, than to dwell in the tents of wickedness."

JOHN M. WAGNER.

TO THE LIFE BOAT:—We were just getting ready to send you a little donation to the Prisoners' Fund when I received the letter that my subscription had expired, and feeling that I could not do without THE LIFE BOAT, I will renew my subscription at once. I have also secured another subscription.

MRS. SADIE CASSELL.

The Work of the Nurses Among the Rich and Poor

WHILE our visiting nurses are called upon to care for some of the poorest and most destitute sick in the city, our graduate nurses are being called into the most wealthy, cultured, and influential homes of Chicago. In this way, during the past month, our health principles, etc., have found an en-

cited, but space does not permit. It is interesting to know that in their work, our nurses are able to exert an influence upon the two extremes of society—the very poor and the very rich. Of course, our nurses are employed by the intermediate classes as well, but in a particular sense their influence is felt in these two fields, usually neglected by ordinary missionary methods.

MARY WILD PAULSON, M. D.



TEACHERS AND INMATES OF THE CHILDREN'S CHRISTIAN HOME

The above cut represents the entire family at the Children's Christian Home, 2408 South Park avenue. This Home was started to meet a great want. Thousands of children in a city like Chicago are in need of a home and proper Christian influence. This necessity was recognized by a number of our workers as an opportunity of bringing a few of His little lambs into the fold. As we listen day by day, to the sad stories of mothers who have lost their husbands either by death, or even worse, separated from these loved ones because of drink, that most terrible enemy of the home, we can but give glory to God that He made it possible for us to open a home where children can feel that they are welcome and can receive the love their tender hearts crave. Since the Home was started in October, 1898, one hundred and forty-four children have been cared for, and have received instruction in the Word of God. Fifteen have been placed in country homes, and eight have been adopted out. Lately an industrial school has been started in connection with our Home, in Berlin, Wis. How do we meet our expenses? This is a very common question to us. We expect the fathers or mothers who place their little ones under our care, to pay something toward their support, according to their circumstances. This, however, would not cover the heavy expense of our Home, if those who have the Lord's money in charge were not willing to lend something toward feeding and clothing these little unfortunate ones of the Master. Our visiting days are Sundays and Wednesdays, from three to five in the afternoon. We would be pleased to have friends call and see what the Lord is doing for us.

THEKLA BLACK, Matron.

trance into a number of homes that, perhaps, would not have been reached by any other instrumentality connected with our work. The rich suffer from sickness and disease the same as the poor, and are equally appreciative of what rational remedies in the hands of a skilled nurse can do for them. Mention might be made of one home in which one of our nurses was in attendance for a few weeks. They were highly cultured and wealthy, but disease had gained a strong foothold, because their education and culture had failed to teach them concerning some of the simple laws governing health. As a result of the stay of the nurse, not only was there recovery of the patients, but an entire transformation of habits of living; and not only was this home reached by these efforts, but the influence was felt in many other neighboring homes. Several other interesting results might be

Extension Work of the Children's Christian Home

This month we give our readers a half-tone reproduction of a photograph of the children and workers of the Children's Christian Home, 2408 South Park avenue, this city. The work of this institution has rapidly grown until it has been found necessary to establish a number of "country connections," where, especially during the summer months, members of this family can be temporarily cared for, at the same time furnishing opportunities for the physical development and mental training of the older boys in the family. We understand it is the plan to keep the boys at these country stations for the period of two years, thus affording ample time for the actual accomplishment of definite results in the way of physical, mental, and spiritual training.



One Day's Experience in the Life Boat Rescue Service

BEFORE rising, one of our workers entered our room and read to us the following letter asking us, as you will see, to aid a poor fallen sister:

MRS. E. B. VAN DORN:—I was handed one of your cards a short time ago, and I thought as I could not call on you right away, I would write to you. I am discouraged and do not know what to do. I am a girl of nineteen, and have only been in this place six months. I *hate* the life I am leading, but do not see how I am to get out of it, or what I should do if I did leave it.

If I had a good education everything would be altered, but I had to leave school before I had even finished the grammar department; of course, I have studied some since by myself. The work I was doing when I was coaxed into this vile place was scarcely keeping body and soul together. I do not know what to do; but, one thing I do know, if I stay in this life the only way I can stand it is to deaden myself to all feeling by drinking hard; and just at present I do not like to think of my remaining health and mind being spoiled in that way. If you think you could in any way advise or help me, I wish you would write and tell me, and as soon as I can I will come to see you. Yours sincerely,

HOW SHE GOT THE CARD

It may be of interest to the readers to know that the card which this young lady speaks of as bearing Sister Van Dorn's name, was one which Brother Van Dorn had given to a man on the occasion of a street meeting some time before. He discovered that he had none of his own cards with him, and so having one of his wife's, gave that to the gentleman, with whom he had done personal work at the close of the open-air meeting. The man carried this card around with him until one day some time afterwards, in one of these dens of sin, he became singularly impressed with one of the young girls who was connected with the place, and gave her this card; hence her letter to Sister Van Dorn, whose name the card bore. Another remarkable instance of how the Lord watches over and prospers every seed of gospel that is sown in the soil of the human heart.

THE VISIT TO THE YOUNG WOMAN WHO WROTE FOR HELP

We visited the young lady who wrote to Sister Van Dorn and found her in one of the lowest dives on Clark street. As we were admitted we saw at least a dozen or more girls, none of whom seemed to be over twenty years of age. The girl we came to see met us, and as I clasped her hand, I could not help but say "You are but a mere child." She was only nineteen years of age and very delicate. She took us to a miserable little room, and there told us she could not leave the house because she was in debt to the mistress. If she left, she said her clothes, etc., would be kept. She said that some girls when they owed a certain amount were not allowed to go out by themselves, and then only one half day each week. We then had an officer return to the house with us and the girl was permitted to leave. As we helped this girl to pack up her clothes, another girl came to us with tears in her eyes, and said she would like to leave too. Just then the mistress' husband called in a coarse voice

for every girl to go down stairs, so we could not talk to them. One frightened girl held my hand and trembling, said: "Come for me next Tuesday, sure." These girls are compelled to drink so much wine, etc, every day. The girl who came with us had only been there six months. We have since found her mother and to-night she is at home with her mother and little innocent sister of seven years. Mother and daughter left our home hand and hand, and the mother thanked God that she had found her daughter.

We hope to tell you more of this girl's life in the next LIFE BOAT, how she was left in an orphan's home at five years of age; how she was adopted, and how her mother lost all track of her.

AT HARRISON STREET POLICE STATION

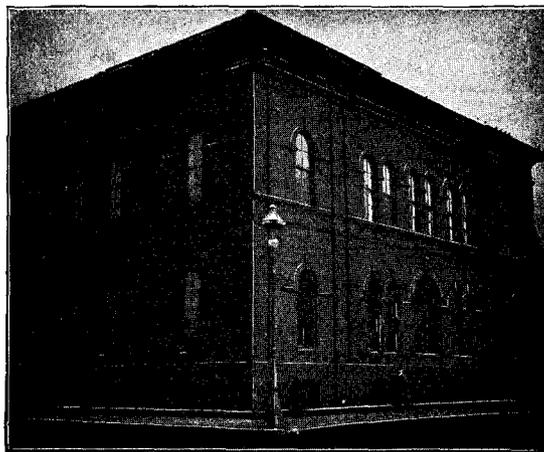
We had also promised to be at the Harrison street police station to plead for another unfortunate soul who one day was a happy wife and mother, but under sickness and ill-fortune, had in an unguarded moment drank two glasses of that which is the cause of hundreds of poor weak men and women peering between prison bars. She had no money, no home. She came to this large city hoping to find work but failed. We called on her between the hours of nine and eleven, and heard many sentences pronounced on many unfortunate men and women. When this girl was called for trial, we pleaded with the judge to let her go home with us, and as he listened his heart seemed touched and he said: "She may go;" and as we were leaving, several of the policemen seemed glad to know that she was to be taken into a Christian home where kindness and love would be shown to her.

A VISIT TO THE "ANNEX"

We then visited the annex of the station (the "annex" is that portion of the police station occupied by the women), where the matron directed us to another unfortunate girl who had just been released. She had been confined until an inquest had been held on a young man who had fallen dead in her room. We found her sick of sin, and she is now preparing to go to her home in southern Illinois, where a good mother lives, entirely innocent of the life her daughter has lived for four years. Another girl with whom she was associated says she also is going to lead a different life.

We thank God for another day's work for Christ, and for the fifteen girls we now have in our rescue department.

FANNIE EMMEL;
MAUD WILSON.



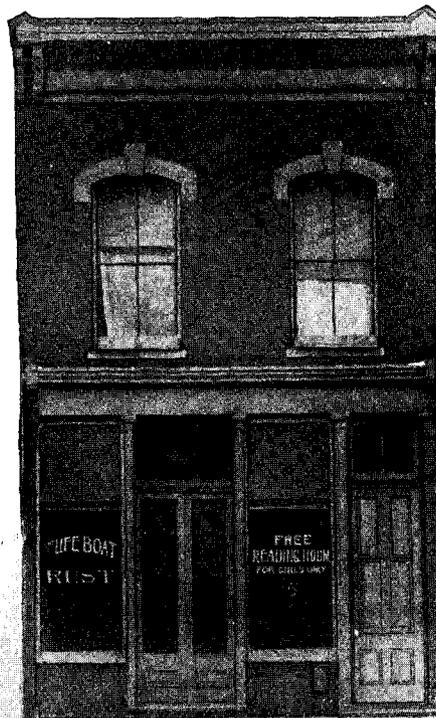
HARRISON STREET POLICE STATION

How the Life Boat Rest was Started

IT was on the twenty-seventh of last January, after an earnest season of prayer, that Mr. and Mrs. Dr. Paulson, Sisters Emmel and Wilson, Mr. Sadler and myself, started out to find a vacant room in the "levee," or slum, district of Chicago, which could be used as a reading room for girls,—a sort of snatch station for the rescue work. We went first to South Clark street, and the first house we noticed was number 481½. This place had formerly been occupied by a saloon, with a questionable resort upstairs. Not being able to secure satisfactory information concerning the rental of this place, we passed on; we found other vacancies, but number 481½ remained on our minds. The following morning, a number of our workers called on the agent who had the renting of the building in charge. The building was secured upon very favorable terms until the first of May. The first floor consists of one long room 60 x 12 ft., formerly occupied as a bar-room, and a smaller room in the rear, which is suitable for a kitchen. The second floor contains five rooms all of which open into the long hall, running the entire length of the building. All of these rooms needed papering, and many of the floors, doors, etc., needed attention. Willing hands soon cleared out the rubbish, and within a few days, the bar fixtures were taken out, and the building was in readiness for the repairing to begin. Sisters Emmel and Wilson started out, at once, on a soliciting tour, and visited several of the leading firms of the city, many of whom liberally donated to the work. Among those who donated we mention the following:

The Cable Piano Co., one beautiful upright piano; Messrs. Lancaster & Carroll, four handsome rugs; Mr. Maxwell, wall-paper for large hall, one room and stair-case; Mr. Smith, wall-paper for four rooms; Mr. Alfred Peats, wall-paper for large room 60 x 12 ft.; Messrs. Heywoods Bros. & Wakefield, eight nice chairs; Mrs. Stafford, Brussells carpet, for stairs, hall, and three rooms; Mr. Pattison, one ton coal; Tobey Furniture Co., one oak stand. Mrs. Stafford also gave four beds including springs; Mr. and Mrs. Walker, one kitchen range, two beds, dining table, several chairs, some dishes, and matting for the kitchen floor; Miss Singer and Mrs. C. Kohlsaas each gave a rug. The Workingmen's Home donated the making of a large rug as well as assisted in cleaning up the premises. Mrs. Dr. Kellogg sent us a handsome bed-room set, carpet, a fine rocker, and lace curtains; in fact she furnished one room entirely. Brother Reed, a paper-hanger, kindly offered to paper the whole house for us; another brother did the carpenter work. The paint donated by Wadworth & Howland soon made the old wood-work look quite new; and the excellent shades which were kindly donated by Mr. Richardson gave the front of the building a neat appearance. The carpet given by Mrs. Stafford, covered several floors upstairs, besides the long hall and stair-case. No. 1 of the large cut shows one of the bed-rooms so beautifully furnished by Mrs. Dr. Kellogg. This room contains all the necessary furnishings for a cosy, home-like bed-room. The other three bed-rooms on the second floor are quite well furnished. The kitchen and dining-room, which are also shown in the accompanying cut, were furnished by Mrs. Walker. The large reading-room on the first floor is only partly furnished thus far. It is in this room that the beautiful piano, donated by the Cable Piano Co., stands. Two electric arc-lights donated by the Commonwealth Electric Co., illuminate this room most beautifully at night. Two large rugs, besides several small ones, donated by Mrs. Kohlsaas and Miss Singer, help to cover the floor of the reading-room. Friends of our work at Battle Creek, Mich., sent a number of pieces of furniture to the reading-room. They also sent the com-

plete furnishings of one of the back bed-rooms on the second floor. Sisters Emmel, Wilson, and Koch, together, with Brother and Sister Just, all from the Training-School, are now located in the new institution. Although the reading-room is not entirely furnished, we expect to see it suitably furnished before long; however the reading-room was opened a few evenings ago. In our talks with these girls previous to opening up this work, they always told us there was no place for them to sit down to read, think, or rest, excepting in a saloon. As noted elsewhere in THE LIFE BOAT, we need books, rocking chairs, pictures, couches, etc. Here is an opportunity for you to help,



either in further equipping this work, or assisting with the rent, running expenses, etc. Help is greatly needed in our efforts to get this new work on its feet. Shall we not give these poor girls a chance? It is our plan to establish informal gospel meetings, each evening, and to so conduct the entire work that the girls who frequent the place may be reminded of the beauties of innocence and the loveliness of virtue; and will you not pray that in the heart of every worker, who dwells at this home, the love of God shall so burn that these poor girls may be brought to the feet of a merciful Saviour, who, many centuries ago, pitied and loved the fallen so much that He said: "Neither do I condemn thee, go and sin no more."

MRS. W. S. SADLER.

A note just received from one of the workers at the "Rest" says:

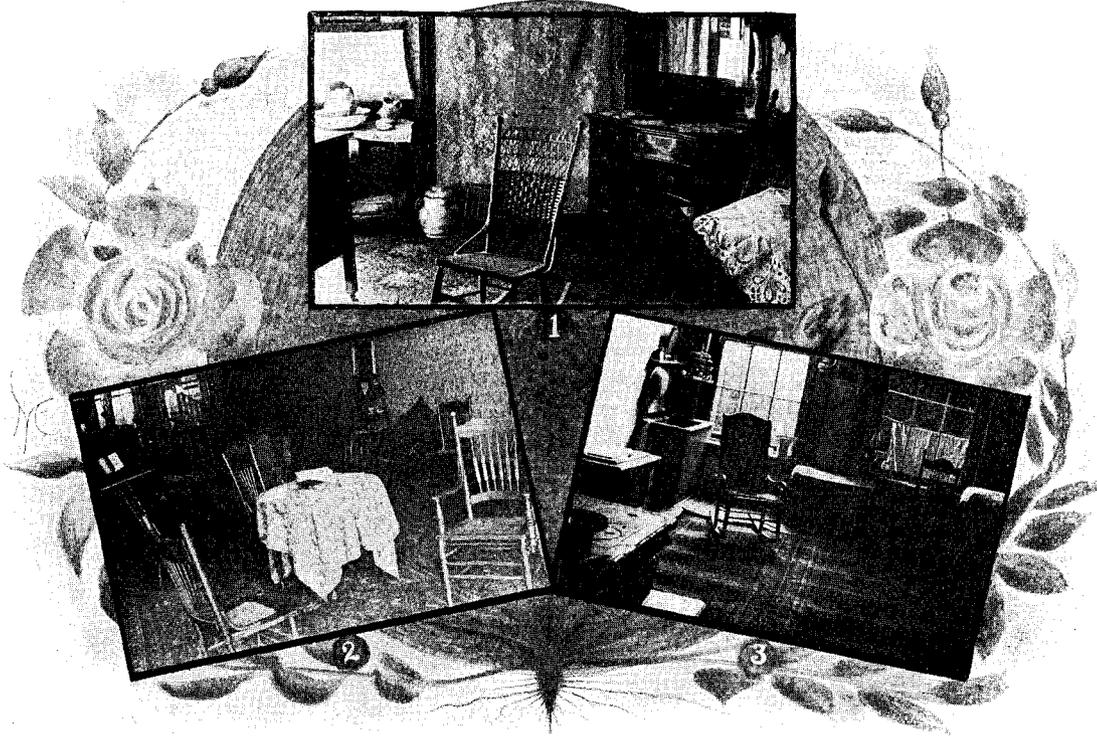
A morphine and cocaine fiend from Clark street was just brought to us in a police ambulance. She looks quite comfortable in the beautiful bed in the room Mrs. Kellogg furnished. We have entertained nine girls since last night. We gave our patient a bath in a wash-tub. She told me it was delightful. I imagine it was, as the poor soul looked as if it was the first she had enjoyed for some time.

Experiences of the First Night after Opening the Girl's Rest on South Clark St.

BEING located at the Life Boat Rest for Girls, on South Clark street, we thought it best to begin work nearest home; so the first evening we made our first call upon our next-door neighbors. From door to door we went, our hearts burning with a deep desire to help all with whom we came in contact. We found many opportunities to extend a helping hand as well as to say a few kind words. The girls listened attentively as we told them of our new institution which had just opened its doors, and of our purpose to help them to lead a better life. We found

An Echo from the Police-Station Work

FOLLOWING is a letter received a short time ago from a girl who was recently sent to the Reformatory at Geneva, Ill. We first met this girl at the Harrison street police station, and certainly she was not a depraved or hopeless case. She was young, and by her thoughtlessness and carelessness it seemed that she was well started on the road to ruin. But as the letter indicates, she was sent to the reformatory for girls, and is there receiving thorough training in domestic work and other duties. No doubt the readers of *THE LIFE BOAT* will be glad to hear from her:



1. THE MRS. KELLOGG ROOM; 2. READING ROOM; 3. THE KITCHEN

that we had already gained their confidence, for our workers had been able to help some of them when they were sick, in times past. We worked from one door to another until we came to about the middle of the block; where we found an aged woman about sixty years old, begging for money with which to get her supper, and a night's lodging. This was about eleven o'clock, and her pleadings seemed to be in vain; when she came to us we were forced to tell her, like Peter of old, "Silver and gold have I none; but such as I have, give I thee," so we told her that if she would come home with us, we would give her something to eat and a place to sleep; we were happy to think that God had given us a place where we could take her for one night at least. It was two o'clock when we returned from our night's work. We found this old lady sleeping as soundly as though she were in a palace hotel.

The opportunities that are offered us of talking to the girls, while engaged in this midnight work are invaluable; and often we see them leave the cup of liquor untouched. We thank the Lord for a part in this work.

FANNIE EMMELL;
DELLA KOCH.

DEAR MRS. SADLER:—As this is our writing day, I shall take great pleasure in answering your letter. I would have written you before but as we have regular writing days, I usually write to my mother and sister. But I must answer your letter now. You asked me if I remember you. Well, I think I do, and others also, who are so kind to the girls who are led astray. I suppose you remember how much I disliked to come here, but now I am glad that I came. I have read some of your tracts and I think they are very nice. I hope you will succeed in the work you are doing, for I am sure that it is doing a great deal of good for those who are led astray. This home is doing me much good, and I thank every one of the people who sent me here. I have every good influence here that any young girl needs, to make them good, true women, and I hope I will be one. I think I will close for this time, and hoping to hear from you again, I remain, etc.



We will rejoice in thy salvation, and in the name of our God we will set up our banners: the Lord fulfil all thy petitions. (Ps. 20:5.)

The Deception of Sin

"Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." (Prov. 20:1.)

THE truthfulness of this verse of scripture is demonstrated every day in any of our large cities. Wine is a mocker. It promises happiness, peace, and joy. It says to its victim, "Come to me, I will give you rest; I have the power to deaden your pain, to still the storm raging within your breast; in me there is forgetfulness." Lured by its fair promises the victim yields to its seductive influence, he looks upon the wine when it is "red in the cup," when "it moveth itself aright," and then "who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes?" Wine promised him rest, but gave him unrest; it promised him happiness, but gave him sorrow; it promised him joy, but gave him weeping till his "eyes are red." Wine promised him peace and gave him enemies and wounds without a cause. They, the deceived ones, tramp by the mission window from early dawn till late at night, day in and day out.

They are poor, despised creatures. Wine has robbed them of their homes, and so they are homeless; wine has robbed them of their friends, and they are friendless. Their comely garments are changed into rags; their faces are bruised and beaten; their speech is an incoherent babbling. Truly "at the last it biteth like a serpent and stingeth like an adder." "Strangers have devoured their substance and they know it not: yea gray hairs are here and there upon them, yet they know it not."

Strong drink is raging. From the most lowly home to the mansion it may be found doing its awful work. It rages in the home, at the club, in the saloon, and on the street. Its victims are numbered by the thousands and by the tens of thousands. One hundred thousand every year fall into a drunkard's grave. Women as well as men, the educated as well as the unlearned, fall victims to its power. Oh that my head were waters and my eyes a fountain of tears, that I might weep day and night for the slain of this wicked monster. One half of all the sin and wretchedness of the whole world is conceived by the victims of this home and peace destroyer. "Its habitation is in the midst of deceit; and its victims refuse to know me, saith the Lord." No home is safe from its power unless hedged in by the promises of God, for everywhere it "is raging." May the time speedily come when the mask may be torn from this deceiver, and the world behold him in his hideous deformity.

F. W. HIDDLESON,

Supt. Greater New York Medical Mission,
43 Fulton Street, Brooklyn, N. Y.

What Two Years of Christianity Can Do for a Tramp

WHEN I first met him, he was about as sorrowful a specimen of humanity as I ever came across. He sat down and said: "I want to know more about this religion. I don't care about your praying with me, I want to understand this thing—this religion which has power to change a man's heart." I talked with him, told him about the religion of Christ, after which he disappeared. The next time I saw him was about a week later at the Mission. At the close of the gospel talk, this one-legged tramp yielded his heart to God—gave himself up to his Maker. We prayed with and for him, and he himself prayed earnestly.

Time went on and I did not see him again, but I remembered the occasion distinctly. A few evenings

ago in company with one of the mission workers, on our way home from the Harrison street police station, we passed the Life Boat Mission. As the midnight meeting was then in session we went in. After entering, I noticed that a well-dressed man kept watching me. During the course of the meeting I had occasion to say a few words, and some one mentioned my name. This seemed to settle the doubts in the man's mind. In a few minutes he arose and said: "I don't know whether you remember me or not, Mr. Sadler, but I am the man you prayed with about two years ago at the Mission. Then I had only one leg, but now I have two legs (he had since gotten an artificial limb) and a very good position as well. I have led a Christian life from that time to this. Since that night I have never touched whisky or tobacco or any of those other abominable things. I count it a great privilege even though I now wear the best of clothes to come to the Mission and there tell others "what two years of Christianity can do for a tramp."

W. S. SADLER.

Why Rescued Men so Frequently Backslide

IT is because the right treatment is not applied long enough. It is because rational methods of dealing with their habits are not carried far enough. If it were possible for the most pronounced drunkard in this city to have his brain and nerves removed and have my brain and nerves put in their place, he would for the time being, think and talk just as I would. But if he still retained his old corrupt, and poisoned blood, full of tobacco, whisky, and such like, it would not be long before *my* brain which had been given him would have strained out sufficient poison from his already contaminated blood to lead him to think, talk, and act like his old unregenerated self. Then it is evident that for this newly converted man to derive any benefit from such an exchange it would not only be necessary for him to have my brain and nerves, but also my *blood*; and furthermore my habits of living, in order to maintain that blood in its present purity and health.

God virtually proposes to actually accomplish what I have here tried to illustrate. God holds out before every fallen son and daughter of Adam the following proposition: "I will *dwell* in . . . [you] and *walk* with . . . [you], and I will be . . . [your] God and . . . [you] shall be my people." "Having therefore these promises, dearly beloved, let us cleanse ourselves from all *filthiness of the flesh and spirit*, perfecting holiness in the fear of God." (2 Cor. 6:16; 7:1.) There will be no failure in perfecting holiness if this plan is carried out. But how many deem the cleansing of the flesh a secondary matter, if worth considering at all. God places physical cleansing first, as it is a stepping stone to spiritual regeneration. It is necessary for both changes to take place—they go hand in hand with each other. Rescued men will make no permanent success of perfecting holiness until a cleansing work has been accomplished, not only in their spiritual habits, but also in their physical habits of living. The one great reason why mission efforts are so often only temporarily beneficial is that the plain principles which God has lain down in reference to simplicity of eating, drinking, and dressing are either wholly ignored, or looked upon as non-essential.

DAVID PAULSON, M. D.

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. (Gal. 6:7.)

"Accidents by Fire—What to Do"

THERE are multitudes of people who can do certain allotted tasks fairly well, if they have abundant time in which to sit down and deliberate. But those who can do the proper thing in an emergency, upon the spur of the moment, are comparatively few. At such a time, moments are hours, and upon the turn of the hand, as it were, will depend the life of an individual.

A child in front of a railway engine, or a woman wrapped in a sheet of flame, generally provokes simply a cry of horror, on the part of the bystanders, and hands that should be quick to administer some prompt service of rescue, are ordinarily waved about wildly in the air. In order to know just what to do on such an occasion, it is first necessary to have repeatedly gone over the steps in our minds, and then to be so submitted to the Divine will, that He can aid us in recalling again, quickly and clearly, the facts and principles that have been acquired. "Let our people learn also, to perform good works, *on occasions of emergency*, that they may not be unfruitful." (Titus 3:14.) [Syriac Translation.]

When an individual's clothes are on fire, someone should quickly get the person in a prostrate position, and then throw over him a blanket, coat, rug, or a piece of matting, or even tear down a piece of curtain, and with lightning rapidity, wrap it around the unfortunate sufferer. In almost the twinkling of an eye, the fire is smothered. The next thing that is frequently done while in a state of excited curiosity, is to begin tearing off the burnt clothing to see how much harm has been done; in so doing, portions of flesh as large as a man's hand may be torn away, which otherwise could have been saved, thus preventing ugly scars, which must be carried through life. If there is a bath-tub in the immediate vicinity, draw it full of water and immerse the patient in it, being careful to have the temperature very near that of the skin. The intense pain of the burnt portion will disappear almost at once, when the air is thus excluded. Then with a pair of scissors begin to cut away slowly and carefully the clothing, letting it fall to each side by its own weight. Avoid friction of all kinds, so as to prevent opening the blisters and loosing portions of the skin. If the burn is extensive, allow the patient to remain in the bath, constantly for days, and weeks, if necessary. Many lives have thus been saved by living, practically, under water for some length of time. Otherwise, they would have perished as a result of the intense irritation produced by allowing the air to come in contact with the denuded part. If the burn is not extensive, apply either powdered soda, or bismuth powder, or some form of oil, to exclude the air. "Carron oil," which is a mixture of linseed oil and lime water in equal parts, is a favorite remedy. A light dressing of flannel may be applied on the outside, and, when removing it, be sure to soak the part in water, so that it will not tear off portions of the skin.

In spite of the efficient fire service in our large cities, and all the various modern improvements, fires seem to be becoming more and more common, and it is the duty of every one to hold himself in readiness to do the right and proper thing on these sad occasions.

DAVID PAULSON, M. D.



If children only learned one-half as much in school of what they ought to do with their bodies, as they learn about the specific gravity of the Dead Sea, or in reference to the height of Pike's Peak, more than half of ordinary diseases would soon disappear.

Pointed Paragraphs on Health

CULLED FROM DR. PAULSON'S CLASSES AT THE TRAINING-SCHOOL

The most successful time to cure a disease is before it begins.

Where Herod slew hundreds of children, a much advertised soothing syrup has slain thousands.

Don't give indigestible foods to a sick person just because your neighbors wish you to do so. Proper diet is the most important things in securing good recovery.

We have departed from the natural simplicity of our forefathers, and are, therefore, compelled to leave behind us the natural strength of constitution which they possessed.

Resorting to the use of stimulants to secure strength is like placing a mortgage on one's property. It provides ready cash for the present, but sooner or later it must be foreclosed.

If a dog wants to bark, you can keep him quiet by holding his jaws shut, but the bark is still in him. So when you give a man morphine, he may not know that he is in pain, but the pain is still there.

A deep-seated error is the idea that because the ox is strong, man may in some way get strength by eating him; but if an ox should follow the practice of eating other oxen, he would soon lose his magnificent strength. The same rule holds good for man.

There is a school that a child enters at infancy, and from which he does not graduate until death, and that is the school of bad habits. He acquires them early, and adheres to them until late. The diploma that he gets in this school, is ill health and chronic invalidism.

Coop up a child in a poorly ventilated room during the winter, allow it to sleep in the same bed with a tobacco-using father so that it is compelled to inhale the poisonous nicotine as it is eliminated by his skin, and when spring comes, more than likely there will be a funeral in that family.

When a man has fever he has lost his power to digest food, but he really needs nourishment more than a well man. Therefore, we must feed him on foods so nearly digested that they can be assimilated without any special digestive work. In fruits the sunlight has digested the starch by changing it into sugar so that it can be absorbed without any special effort on the part of the body. That is undoubtedly the reason why the instinct of the fever patient leads him to beg for fruit.



Special Opportunities for Young Men in Connection with the Workingmen's Home

THE remarkable success which has attended the Workingmen's Home in Chicago, demonstrates clearly what might be accomplished in any large city, if there were only persons of sufficient consecration and the necessary experience to undertake such an enterprise. In order to assist in meeting this want, arrangements have been made whereby a dozen men can be received at the Workingmen's Home in Chicago. They will be given every opportunity which will enable them to gain an experience in the management of the different departments of the institution, and at the same time be attending several theoretical classes during the week upon "Gospel Methods," "Hygiene," and such other subjects, with which it is highly essential that one should be thoroughly acquainted, in order to successfully carry out such a line of missionary work.

Applicants should in all cases correspond with us before coming. Address the Chicago Medical Mission, 1926 Wabash Avenue, Chicago, Ill.

Lessons from the Slums of a Great City

No. 1

STUDIES IN THE PHYSICAL, MENTAL, MORAL, AND
SOCIAL CONDITIONS OF THE PEOPLE OF THE SLUMS

THE slums of a great city present many great problems, morally, socially, and physically, for solution. Many are the theories and ideas which have been advanced for the reformation of the submerged beings who live in the squalid and unsanitary quarters of the city slums. "I am not ashamed of the gospel of Christ: for it is the power of God unto salvation, to every one that believeth; to the Jew first, and also to the Greek." (Rom. 1:16.) The gospel is the only force that has in it the power of human salvation: leave the gospel out of any reformatory movement, and it is sure to fail in achieving real success or accomplishing permanent results. A movement that undertakes to benefit and uplift the people who live in the slums, either morally, socially, mentally, or physically, that either rejects or ignores the fundamental idea of Christianity is certain to fail in doing for these poor people the one thing which they need to have done for them above all things else; genuine reform must be saturated with the principles of the glorious gospel. It may often appear that those whose methods of labor leave out the gospel, may accomplish in a given length of time greater visible results than those who are working from an evangelistic standpoint. *The everlasting gospel is the key note of all true reform.* It must be the center and circumference of every movement that would uplift man, and make him better, and seek to restore the image of the Divine in his character. Reformation is good, but *transformation* is better. The man or woman who has fallen into the depths of iniquity must be introduced to a power that is able to transform them. Reformation may improve their outward appearance for a time, but, unless the ax is laid at the root of the tree, the besetments of former days will again spring into activity, and the good results, pledges, and purposes, will be swallowed up by the floods of appetite and temptation. Reformation may be a work of human resolution, but transformation is the work of God within the man. Reformation is like plucking the leaves off a tree, thereby seeking to destroy its growth, while the work of transformation is ushered in by laying "the ax at the root of the tree," and in the place of the "old tree" planting and encouraging the growth of a "new tree," one of Heavenly origin and Divine planting,—the Tree of righteousness. Reformation works from the outside, seeking to gain control of the inner man, while the work of transformation is begun within the man, extending outward, not only controlling, but actually changing every purpose, impulse, and action of the life.

You can reform a man spiritually as well as physically, and so he may be transformed either spiritually or physically. Many so-called conversions are simply *spiritual reformations*. Many of the conversions today of men and women down low in sin have for their motive and purpose the assertion of manhood—will-power, or to please wife, parents, or children; and this, while resulting in temporarily improving the deportment of the individual, has failed in effecting those changes of heart and character which are necessary and indispensable to permanency in one's change of purpose and conduct. Do not understand that reformation may not fittingly precede transformation. Do not think that God does not co-operate with man in his efforts to reform, for he surely does, and it is through the channel of reformation that many a lost soul has been led to seek for and find the blessing of transformation.

W. S. SADLER.

Training-School Echoes

"Personal Work in the Home and the Mission" was the subject of a number of interesting lessons given at the morning-worship hour.

The Training-School building has been the recipient of a number of improvements and repairs during the past month in the way of calciming, painting, etc.

The class in "Physiology, Treatments," etc., conducted by Dr. Mary Wild Paulson, is much enjoyed by our students and workers. The instruction in this class has been clear, concise, and practical.

Miss Jennie Van Wagner has been giving the lady students practical hydrotherapy, and Brother A. J. Hetherington, of the junior medical class, is carrying on the same line of work for the gentlemen.

Our students and workers have been exceedingly busy the last few weeks, in addition to their regular work, studies, etc.; all having done what they could to help in folding, mailing, and getting out the Prisoners' Number of THE LIFE BOAT, which numbered 50,000 copies.

We have with us at the present time about one dozen of the spring class of '09, who have not yet gone to Battle Creek to take up their work. They have all done valiant service in both their medical and missionary work, and have, we believe, laid a firm foundation for future medical missionary usefulness.

Mrs. Garthofner and Mrs. Sadler have been assisting Dr. Paulson in teaching practical and surgical nursing. "These are the most interesting and practical classes we have ever attended." This seems to be the universal testimony of graduate nurses, our students, and other workers who drop in to our classes from time to time.

During the month the Training-School has enjoyed visits from a number of prominent workers, who have given interesting and instructive addresses to the school. Among those who have spoken to the students the past month we mention Elder A. T. Jones, Prof. E. A. Sutherland, Dr. J. H. Kellogg, and Elders N. W. Kauble, C. P. Bollman, and Allen Moon.

To learn the "unknown from the known;" to get "physical lessons from spiritual truth;" and "spiritual lessons from physical truth" have been the mottoes of the class conducted by W. S. Sadler and Dr. Paulson for the last six weeks. Many truths with reference to the love of God and the plan of salvation have shone with new beauty and clearness.

The Sabbath services at the Training-School are not only well attended by our students and workers, but many from the outside are present each week. The following are the subjects of the discourses the past month: "The Higher Powers Ordained of God," "God's Object Lessons of His Work Within the Man," "Sowing for Watchfulness while Waiting for Our Lord's Return," "The Third Angel's Message," and "The Millennium."

During the past month Dr. Paulson and W. S. Sadler have been conducting a most interesting study on the subject: "Food for Soul and Body." Physiology has been made to shed light upon the nourishment and growth of the soul and vice versa. Many new and interesting lessons have been brought out, which the class seems to have thoroughly appreciated and enjoyed. At the morning-worship hour, special instruction has been given in "Methods of Work," "Bible Doctrine," and other topics. This half hour each day has been the occasion in which truths, both new and old, have been brought forth.



The Prisoners' Aid Movement

AS a result of the special Prisoners' Number of THE LIFE BOAT of one year ago, and the influence created by subsequent issues of the paper which followed it into the prisons, a considerable number of our friends and readers have become more or less interested in working for prisoners in the county jails, work-houses, penitentiaries, etc. It is not our design to inaugurate any formal organization. We have far more faith in *movements*, when it comes to helping the prisoner, than we have in *organizations*, which very often consume the greater part of time and energy expended' in the sole task of maintaining, perfecting, and directing the machinery of the organization.

A PRISONERS' AID MOVEMENT

It is therefore the design of THE LIFE BOAT to simply foster and encourage the development of work in behalf of prisoners throughout the country. We have no form of organization to present. On the other hand, we desire to use our energy and influence in stimulating efforts looking toward the betterment of the prisoner's condition, as well as extending to him a practical, helping hand, both during the term of his imprisonment and upon his release from the jail or penitentiary. Scores of our readers are already taking an active interest in this kind of work. From their letters to us we learn that they have not only succeeded in cheering the hearts of many sad and sorrowful prisoners, as well as being greatly blessed in their own soul's experience, but that they have also found this prison work to be an entrance to other fields of labor, where they have been able to sow many precious seeds of truth for a future harvest.

WHAT CAN YOU DO FOR THE PRISONER, OR WHAT KIND OF HELP DO THOSE IN JAILS AND PRISONS STAND IN GREATEST NEED OF?

In answer to this question, we submit the following thoughts to our readers for consideration:

1. The prisoner needs to have *some one* actually interested in *him*. He needs to have some one interested in his physical, mental, and moral welfare, and, as a rule, he will not be a great while in discovering the fact; and when he once realizes that you are thus interested in him, he will give you every possible opportunity to assist him in the struggle of becoming a better man.

2. You can place in his hands good and *suitable* literature,—THE LIFE BOAT, *The Signs of the Times*, etc. The prisoner, during his confinement, has abundant opportunity for thought,—perhaps it is the result of his *thoughtlessness* that he is in confinement. We are fully satisfied that many a man, not really wicked nor desperate at heart, not a depraved criminal, has been permitted by a kind Providence, either justly or unjustly, to go to prison, there to

think over his past life and receive some rays of light and truth from Heaven. Prisoners, as a rule, are not prepared to take the strong meat of Christianity, but experience has taught us that scores of them are really hungry and thirsting for the *sincere milk of the Word*. It is our privilege to break to those who are hungry, the Bread of life, and to give to those who are thirsty, the Water of life. As to the nature of suitable prison literature, and how to distribute it, we shall have more to say next month.

3. *Personal work in jails and other penal institutions*. Merely preaching at the prisoner will accomplish little for his betterment. The majority of prisoners have become social skeptics in addition to their moral skepticism. You will, therefore, find it difficult, as a rule, to approach them. They are slow to confide in you. They feel certain that you must have some selfish purpose to serve in the interest you manifest in their behalf, and so our friends must not feel discouraged if their efforts do not meet with enthusiastic reception at first. *Personal work* is one of the most successful ways of helping the thousands of unfortunate men and women who are constantly confined behind the bars of county jails, city work-houses, and state prisons. Concerning this subject, too, we shall have more to say in future issues.

4. Last, but not least, comes the question: How can we help the prisoner when he is discharged, released, or paroled? There is but one practical answer; that is, *we must find employment for him*,—employment consistent with the principles of Christianity which he has espoused, or to which we are seeking to lead him. Work,—honest work, is the cry of the ex-convict. In the large cities it is the most difficult thing to secure employment for discharged and released prisoners, especially if they are old offenders, as the detectives are on their track, acting as informants to their employers concerning the prisoner's past career. We fear that institutions devoted to this work have largely failed to supply the real need in this direction. We are doing what we can in Chicago to assist ex-convicts, but what is being done is but as a drop in the bucket compared to the great need of work along these lines.

Our great object and aim in seeking to inaugurate a movement in behalf of the prisoner, is for the especial purpose of providing practical assistance and help in the shape of suitable work for him when he is released from his confinement in jail or servitude in prison. (More extended mention of this point is made elsewhere in this issue.)

THE STARTING OF A LIFE BOAT PRISONERS' AID BAND

As stated before, we have no desire whatever to present any plan of organization. We would stir our readers to action by a view of the crying needs of this great work. There are well nigh two hundred thousand men, women, and children, confined behind

the bars of jails, prisons, and reform schools in this country. The need of the hour is to do something to help bring them before the gospel with its rays of light and truth. These people are entitled to a chance; they deserve an opportunity of accepting Christ. In the final day of God these words are spoken by Jesus: "I was in prison and ye visited me not. . . . Inasmuch as ye did it not to one of the least of these, ye did it not to me."

A Life Boat Prisoners' Aid Band may be inaugurated by simply getting together a number of individuals who are interested in helping the prisoner, sufficiently to be willing to engage in active work for him. We offer the following suggestions concerning the organizing and work of a Prisoners' Aid Band:

1. Only men and women of a sincere Christian experience,—those who have a real desire for the salvation of souls,—should be encouraged to lead out and bear responsibility in this work.

2. We recommend no formal organization, other than that where two or three in one place are interested in this work, that they associate themselves together, and thus secure the mutual benefit of counsel, co-operation, etc.

3. Where single individuals desire to take up this work, we recommend that they become, *independent members* of this movement, and, as far as THE LIFE BOAT is concerned, they will be given all the assistance and advantages that the Bands receive.

4. For the purpose of maintaining some degree of order and system, we suggest that each Band designate one of its workers as leader.

5. That all Bands or individual members report their work at least once a month to the Department of Prisoners Aid of THE LIFE BOAT, which will, owing to the nature of its work, undoubtedly come to be regarded as the organ of this work, and the means of communication between its members in different parts of the country.

6. As to formal organization, meetings, rules, etc., we have no suggestions to offer. In fact, we have little confidence in such methods for helping the prisoner.

What the prisoner needs is to have *something done* for him. As far as helping the prisoner is concerned, actual *work* is needed more than *organization*. We, no doubt, have sufficient organizations at present to accomplish this work for prisoners, and, therefore, we would not have any one understand that it is our purpose to form an organization to do this work. We desire to *move* the organizations already in existence.

As stated above, it is a *movement* to help the prisoner through different channels, that THE LIFE BOAT desires to promote and foster.

W. S. SADLER.

Served Twenty Years Behind the Bars

A TESTIMONY HEARD IN THE LIFE BOAT MISSION

"I HAVE been a professional thief for thirty years. My picture graces the 'rogues' galleries' of a number of prisons. I was looked upon as one who would hesitate at nothing to accomplish my purpose. Altogether I served twenty years behind prison bars. For some time I have earnestly desired to give up a crooked life, but it seemed impossible. I tried, time and again, but it was the same old story. When temptation came, I could not resist. I thought that nothing short of suicide could release a man like me. I did not believe in the existence of God. I looked upon religion as only fit for sentimental women and children, but praise be to God, I know better now.

"I came to Chicago several months ago, and one evening, attracted by the singing in the Life Boat

Mission, I went in to pass away an idle hour. After the singing, man after man stood up, and testified to the power of God to save the fallen. Some of those who spoke, I had known in former days. Knowing what they had been in the past, I could scarcely credit my senses. I could not doubt their sincerity, for there was a new look in their countenances.

"At the close of the meeting I talked with some of these men. They told me of the power that could turn a thief into an honest, God-fearing man. All this set me to thinking. I said to myself, 'There must be something in this religion.' I thought I would see what this same religion would do for me; so I came to the Mission the next evening and gave my heart to God, and I want to say this: That if men knew how much peace and joy—how much real happiness there is in serving God—few would hesitate to leave the service of the devil, and to enlist under the banner of Jesus Christ."

From Darkness to Light

THE STORY OF A "FEW PAGES" OF THE LIFE BOAT IN A PRISON CELL

IT seemed almost impossible for me to begin a new life, but I have decided to start at the bottom of the ladder, and my hope is now to reach the top. Please let me tell you, dear friends, how this change in my life came about. I just happened to get hold of a "few pages" of the precious little LIFE BOAT—those "few pages" I shall never part with, for they brought joy to my sad heart; they brought sunshine into my *gloomy cell* where all was darkness before. I often thought that I was beyond pardon—that it was too late for me to be saved, but now I feel happy to know that God has heard my prayer. I put my trust in God. Everything looks bright to me now, even though I am behind *prison bars*. I do not know how to thank you enough for sending me THE LIFE BOAT every month, but I hope some day to see you and thank you from my heart for the great kindness you have shown me. I read and re-read those little Life Boat leaflets you sent me, and I enjoy them very much. I feel now, if only my dear old mother could see the step I have taken, that it would be the greatest joy of her life, but I hope to meet her on the other side.

I enjoy reading THE LIFE BOAT so much,—it puts new life into me. I hope you can continue to send it to me each month. I trust every prisoner will get one of the Prisoners' Number, as I feel confident it will carry joy to their hearts. Well, I will have to bring my letter to a close, but not before thanking you again from my heart for the good tidings you have brought me through THE LIFE BOAT. In my next letter I hope to tell you how far I have gone up the ladder, as I now feel sure I have been forgiven,

HARRY J. GARDNER.

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Special Rates on The Life Boat for Prison Work to Members of the Prisoners' Aid Movement

Arrangements have been made whereby THE LIFE BOAT may be had at a special rate for this jail and prison work. These terms, with other information concerning jail and prison work, will be sent to any address upon the receipt of a request *enclosing a two cent stamp*. Address, Department of Prisoners' Aid, THE LIFE BOAT, 1926 Wabash Avenue, Chicago, Ill.

What Can We Do to Help the Prisoner When He Gets Out of Jail, or of Prison?

THIS is a practical question, and one upon whose answer the efficiency of all our prison work largely depends. Again and again has an ex-convict sat in my office and said, with tears in his eyes: "There is no use trying. Every time I get a job somehow they find out I am an ex-convict, and then I'm discharged. Nobody will trust a prisoner." But, if we are to help the prisoner in his efforts to lead an honest, Christian life, *we must trust him*. The writer has been deceived and defrauded many times by those whom he has sought to help in various ways, but I have yet a single instance to report where either a discharged or paroled prisoner has proven true to the confidence reposed in him, or who has either stolen, deceived, or defrauded us. This is not saying that we may not meet with such a case at any time. It would indeed be quite remarkable if we did not, but we simply make this statement in this connection, that our readers may see that the men behind prison bars are not always hardened criminals and incorrigible desperadoes. It is very true that thousands of men incarcerated in penal institutions are incapable of yielding to influences that would uplift and make them better. On the other hand, is this not true of any class of society? Shall we fail in giving the one prisoner an opportunity to accept Christ because of the fact that there are others in that jail or prison who will never yield to the influence of the Spirit of God? I think all will join in the answer that *we should give the hopeful prisoner a chance*.

One of our great objects in interesting our readers more definitely in the prisoner is for the purpose of assisting him in finding suitable and legitimate employment after he is released from jail or prison. Imagine, if you can, a man shut up for years and years behind the dismal walls of a prison; one day he is released, as it were, without money, and in the majority of cases without friends, and always without work; a dark past is behind him; he cannot conceal it. He has no acceptable references. He may have been a model man in prison, and may have done his work well, but this fact cannot be utilized to get a position when he is released.

While he is exhilarated with the thoughts of freedom, he is appalled at the prospects of being forced back into his old channels of life by failure to secure employment that will enable him to lead an honest life. It may be, reader, that you have acquired that stability of character that would lead you to die rather than do wrong, but this has been brought about by a long period of Christian training, as well as by the reception of great light and truth. With the prisoner the situation is different; to him it appears to be a question of *steal or starve*. The dilemma is before him, which horn shall he take? Too often he chooses the former, and ere long finds himself safely behind the prison bars for a second term. By this time his heart is well nigh hardened. The humiliation of his first imprisonment is largely missing as he enters the prison gates the second time. If a helping hand had been extended to him when he regained his liberty, after the first term of imprisonment, his life might have been one of happiness and usefulness; but a repetition of these proceedings serve to callous his heart, and more than likely when he regains his liberty for the second time it will be with a vengeance sworn in his heart, and the powers of mind, as well as the energies of heart and hand will be employed in a relentless warfare against society, which he believes has dealt with him in a most unjust and unfeeling manner.

SUITABLE POSITIONS FOR PRISONERS

We would not have our readers understand that it is our wish that they should necessarily receive these

prisoners into their homes, although we doubt not but that scores of our readers would be able to give employment to some prisoner, and at the same time, give him much help in the spiritual way. But we do hope to interest every member of the Prisoners Aid Movement in the work of searching out positions here and there which could be acceptably filled by the prisoners with whom they themselves have gotten acquainted while at work in jails and other institutions of this kind. *We desire to especially arouse an interest on your part in helping the prisoners in your own vicinity first, and then in doing what you can for those beyond*. One of the most promising fields of personal labor is to be found in the *county jails*. Here a portion of those confined are actually innocent, but this sort of detention can be utilized to great advantage in giving them rays of light and truth. A little effort to help the prisoner of the county jail might prevent the development of many a hardened criminal in after years.

First, get acquainted with the prisoner; take an interest in him; gain his confidence. Second, follow his case up, and, if he goes to the penitentiary, correspond with him. Third, and most important, if he is released, or when he is released, seek to co-operate with him in finding suitable work or employment which will not only provide the necessities of life, but which will surround him with opportunities for developing the better side of his nature.

We recognize the impossibility of clearly and fully treating the various phases of this work in one article or even in a single issue of THE LIFE BOAT, and therefore, we ask you to follow this work up in future numbers, or to address your inquiries upon any particular point to the Department of Prisoners' Aid, THE LIFE BOAT, 1926 Wabash Ave., Chicago, Ill.

W. S. SADLER.

A Prisoner's Plea for Sympathy

THE greatest need of the inmates of our penal institutions to-day is to have *genuine sympathy*. Not a sentimental sympathy that looks on and says: "Oh, you poor man," and then goes on and thinks no more about him; but a genuine interest in his condition, and a real desire to assist him to be a better man. While there may be some among the inmates of our penal institutions who are not deserving of this sympathy, still we are told, in that most blessed of all Books, to forgive as we expect to be forgiven, and there are many who *are really deserving* of a true sympathetic interest, who are not criminals at heart, but unfortunately have taken the wrong turning in the road, and if they were only given the proper assistance would become good, true, men and women. The average prisoner is not such a callous-hearted ruffian as he is generally supposed to be. When he is made to feel that he has eternally forfeited all right to be looked upon in any other light or character than that of a felon, he naturally feels that it is an injustice to him. There are very few prisoners who will not appreciate your interest in them, and sympathy for them if it is real and true, and who will not respond by trying their best to become what they should.

First, have this genuine sympathy in your heart for them, really feel an interest in their condition and welfare, and you can easily convince them of the fact, and influence them to live better lives. If you send them reading matter, don't send some old, cast-off literature issued years ago; but send them something new and fresh, THE LIFE BOAT for example, that will be of interest to them, and indicate your interest in them. If you talk to them, don't preach. Tell them how to live right lives, in that plain, straightforward manner that will prove to them that you are

really interested in their welfare. If you help them in any way, do it as if you cared whether they were a success or not, and give them to understand that you have confidence in them; don't give your aid grudgingly or suspiciously. In many cases their hearts are incased in a crust of despair and discouragement, caused by the inhumanity of their fellow-men. Allow the influence of your sincere sympathy and interest to penetrate this crust, and there will often be revealed a heart fully as mobile and susceptible to good influences as your own.

G. BRYTTON BENNETT.

A Visit from Chaplain Henderson

THE following is a brief synopsis of an interesting talk which the Training-School family enjoyed during the recent visit of Harry L. Henderson, chaplain of the Indiana State Prison, at Michigan City. Mr. Henderson came into the class-room in the midst of the study on "Food for Soul and Body," hence his references to these studies:

"I am very glad to be here this morning to hear some of these practical truths. The remarks just listened to recall to my mind an incident which occurred last week, when we were examining a list of prisoners, to know who were worthy of being paroled. We had before us some fifty men, who were waiting their turn for examination. In listening to the story of the crime of one man, who was sent up for assault and battery, the fact was brought out that his wife was not a very good cook. Just before committing the crime the man had probably eaten a number of biscuits, which might have served the purpose of bricks much more suitably than some of the sun-dried bricks which the children of Israel made. He tried to work off the effects of eating such food by the forcible means that men usually employ under circumstances when they are in a very bad humor, and, as a consequence, was landed in prison for a term of years. One of the men on the board of examiners made the remark that in his opinion bad cooking had as much to do with getting men into prison as any other one cause.

"I am very much pleased with the common-sense method that I find here, of dealing with such things; and I have reason to believe that you people are getting down to the proper foundation for regenerating men. If you want to get men into the Kingdom of Heaven; if you want them to extend the Kingdom of Heaven on this earth; if you want to give them new appetites and desires; you have begun in the right direction.

"There are men who, while they are sick in body, are Christians at heart. By the manner in which they endure their sufferings, they have opened up the beauties of God to some who probably could not have been reached in any other way; but, aside from this, the man who thoroughly grasps the Christian religion must in a certain sense have his body free, not only from moral poison, but physical poison as well. 'Keep yourself sweet' is a motto that has saved many souls.

"I am glad to see, this morning, that you are interested in a subject of this kind. We want to save men, not by merely lifting them into an eternal Heaven out of all the turmoils of this world, but by making them what God intended they should be while in the world. I know of no calling so glorious as that of taking men and women off the streets, in all their degradation, with all their manhood and

womanhood gone, and making them the creature that God intended they should be.

"I was talking with a prisoner yesterday, and he said: 'If you are going to Chicago soon, I want you to tell Brother Sadler that he has done the greatest service for me that any man in this world can ever do for another.' He said that he had not seen or heard from his mother for many long years. He had served two terms in the Ohio Penitentiary, and had now been in the Indiana State Prison for some time. Through the efforts of Mr. Sadler he had been put in communication with his mother, and his soul was touched to know that a loving mother still prayed for him. I will not take time to relate more things which might be of interest to you, but I trust these few experiences will encourage you, and help you to push forward in the work which you have so nobly begun."

Mission Testimonies

"THE only place to find consolation is in God. Look up brother, for there is strength in God. There is power in Jesus Christ to keep a man from drinking. I do not want clothes; I do not want money, but I want a right spirit. Christ says: 'Ye shall find Me when ye shall seek for Me with all your heart.' I am glad He has taken away my stony heart."

"I love to tell the story. I know to-night that I am saved and kept up to date. Two years ago I was a thief and a robber, but God led me into the Mission, and now my sins are all under the precious blood of Christ. They are cast away from me as far as the east is from the west. There is no power in myself. All power is in Jesus Christ."

"Since I have found Christ, I feel like a bird out of a cage. There is freedom in Jesus Christ. I stand before you a free man. I used to make noise for the devil, but now I will make noise for God."

"I am glad to-night to be in the grand old Mission, for it was just in such a place that I found the Saviour. I was living a life of sin—feeding hogs. The man who will turn his back upon the Man of Calvary will sooner or later be feeding hogs."

A FAMILY RE-UNITED

Just before the meeting closed the other evening at the Life Boat Mission, we witnessed a scene which filled our hearts with gratitude. A lady about thirty arose and said that she was thankful for the Life Boat Mission, as it was the means in God's hand of bringing back to her, her husband. The husband sitting by her side then arose and said: "I praise God that I am not ashamed to confess Him before men. God saved me in this Mission."

"JESUS, LOVER OF MY SOUL" TOUCHED HIS HEART

"The song you have just sung has touched my heart: 'Jesus, Lover of My Soul,' for it brings to my mind an experience I had once on a stormy sea when near the coast. The women would come out there and sing in the storm to help encourage those who were struggling for life, and that those who could not be rescued might think of God in that awful hour. Ever since that experience I know God has been calling me, and here in this Mission the brother on the platform has talked and plead with me, and has followed me out to the street and plead with me to choose the right way. I have now made that choice, and do long to have the old life all changed, and made new. Pray for me." This little incident shows how the seed once sown may spring up "after many days" and bear fruit.

The Difference Between Living by Principle and by Rule

NOTES OF TALK BY ELDER A. T. JON'S TO THE TRAINING-SCHOOL

THE only way in which you can learn a thing is by doing it. When you go to work out a theory you will find a great deal that was not in the theory. Learn only what you can use as you go. Don't load yourselves up with what you don't need now.

What you need to-day is qualification to do what comes to you to-day. You don't need anything else, and of all people, the people of God can have that preparation always. The Lord will give you wisdom and understanding to-day to do the thing that comes to you to-day whatever it may be.

All studies and instructions you get, these are the principle. Never try to get anything but principle. Then the experience which you get day by day will give you the practice. The true Christian life is simply principle manifesting itself. The principle that is inside is working out. That is all the Bible is, a set of principles. There is not a single rule in the Bible. Not one. And you are never to look for one. Never turn anything that is in there into a rule. The Bible is simply a set of principles which when received make our life.

When you look upon a park you can tell in a moment whether the trees there have grown naturally, or according to rule. If they are set out in rows, straight, just as rigid as a rule, you may know that the trees have been planted that way. If they grow every tree for itself, that is natural, you may know the Lord planted them. A park where trees grow just where they ought to be, because it is the best place for them to grow, is far more attractive than one of the other kind. You know well enough that for anybody to make trees and flowers grow by rule, will take away all of their native, God-given beauty.

God says you shall be trees of righteousness. Don't begin to set yourselves in straight rows. Not only that, "ye shall be called trees of righteousness," of whose planting? Of the Lord's. Then He is to set you out just as He pleases. So it is written in the sketch of the church, in the twelfth chapter of first Corinthians, "God hath set everyone of the members of the body, as it hath pleased Him." Now, the church is God's orchard, His field, His forest, where His trees are planted. Each one is the planting of the Lord. God has set each one in his place as it hath pleased Him. Find where the Lord has set you; and where you are, that is where He has set you. Then just recognize that where other people are, is where the Lord has set them. Bear in mind that the Lord has set each one in his work as it pleases Him. No matter whether it pleases us or not. He is the Master. He cares for the vineyard.

Jesus made no plans for Himself by which He could work, but He received from the Father day by day, hour by hour, the guidance to do what there was to do. Is it not written that He will guide you? And guide you all the way? He tells you in your work this one thing—that whatsoever your hands find to do (then your eyes don't have anything to do with it at all) that is what you are to do. Then another thing. It is not only that you have to put out your hands and find your work but another point is, that *your work is always within your reach*. Your work is never where you are not.



GOOD HEALTH HOTEL, 1351 STATE STREET

The Good Health Hotel was opened November 15, 1899. Its patronage has continued to grow from that date. For several years the management of the Chicago Medical Mission have recognized the need of such an institution—an institution which would supply somewhat better accommodations than those afforded at the Workingmen's Home. This institution might be considered as an "annex" of the Workingmen's Home, as that institution bore much of the initial expense of equipping and furnishing this later institution. The Good Health Hotel has been practically self-supporting from the beginning. As the reader will see from the cut herewith presented, this institution is four stories in height and has a basement. This building contains thirty-eight rooms, besides library and parlor. The rooms are furnished, steam-heated, lighted with gas, and contain hot and cold water. The restaurant connected with the Good Health Hotel is conducted on thoroughgoing hygienic principles, no meat, tea, coffee, etc., being served. In fact, like the lunch-room at the Workingmen's Home, it is strictly vegetarian.



To The Life Boat Readers

We have several applications for children for adoption, also applications for placing children in the Children's Christian Home, from parties who have forgotten to send name and address. This will explain why some letters have not been answered. T. Black, 2408 South Park Avenue, Chicago, Ill.



Practical Thoughts for Christian Workers

1. **LOVE AND FAITH.**—God bids us with one hand of loving faith take hold of His infinite arm, and with the other hand of human sympathy and love reach down to the very depths of human woe, misery, despair, and degradation.

2. **THE POWER OF TRUTH.**—The power of the truth that you preach to the people will be determined by the faithfulness of the sympathy and the quality of the love you manifest for them. The significance of what you teach is determined by what you live.

3. **REPRESENTING CHRIST.**—To represent the character and principles of Jesus Christ to the world is the Christian's first business. Lifting up the crucified and risen Saviour is the Christian's first duty. The saving of lost souls is the work of God, and is a result of the Christian's representing and uplifting the Man of Calvary. Said Jesus: "I, if I be lifted up, will draw all men unto Me."

4. **FAITHFULNESS.**—One day the Lord will say, "Well done, thou good and faithful servant, enter thou into the joy of thy Lord." As a Christian worker you are to be faithful. It is God's work to make opportunities, and if you are faithful, even though your work be small, you may be assured that God will be successful, and that He will bless the work and reward the worker.

5. **DESIRE OF ANGELS.**—Angels would be glad to herald the gospel news to a fallen world if they were fitted for the work, but angels have not been called to this glorious work. Man himself, fallen man, saved by the Cross, has been given the privilege of telling the joyful news to those who sit in darkness. What a blessing, what a responsibility! Embassadors of Heaven on earth; witnesses for the Lord Jesus Christ. Angels have their part to act, however, and were commissioned to do the work of an assistant to the human gospel messenger. "Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation?" (Heb. 1:14.)

6. **JESUS THE GREAT INTERPRETER.**—It is written "In Him ye are complete." In Christ the Father sees the Christian, not as a wayward sinful man, but as a divine child; in every sense complete. God sees the Christian only as he is in Christ; and the world sees Christ only as He is in the Christian. Thus while Christ is our interpreter to God, and God's interpreter to us; we Christians, are Christ's interpreters to a sinful world. How important that our lives should not misinterpret our God. W. S. SADLER.

(To be continued)

The Lord's Willingness to Lead—A Cottage-Meeting Experience

AFTER a hard day's work of giving treatment in the dispensary and wards, we find it very refreshing to body and soul to take our Bibles and go out to hold a cottage-meeting. There are many encouraging experiences we might relate if space would

permit, but we will only make brief mention of a few. One day as we went to one of our appointments after having walked twenty blocks, we found the people away from home; notwithstanding this disappointment we made up our minds that the Lord had something for us to do, for He has said: "In all thy ways acknowledge Him and He will direct thy path." (Prov. 3:6.) So we walked over into another district and enquired at a house if they knew where we could hold a Bible study. The lady told us there would be a chance in the next house as the mother was a Christian and had a large family of unconverted children. We called and arranged for a meeting. Since then we have held six meetings, and the result is that a great change has come over that home. The father says he loves his family better after having gotten the love of God in his heart, and three of the children have expressed a desire to lead better lives.

While walking to one of our meetings a few weeks ago, we passed a home where there were several people to be seen through the window. We felt impressed to stop and after we had walked on a little way the impression grew so strong that we went back. Our rap was answered by a colored man, whom we told we were looking for an opportunity to study the Bible with somebody. He told us there was not a Christian in the house. We then said: "This is just the kind of a place we are looking for;" whereupon we were invited in, and the result is that we are holding meetings there every week with fair prospect of leading souls to Christ. We deem it a great privilege to be able to combine the work of soul-saving with our other labors, and feel very grateful to God for His having permitted us to be co-laborers with Him in His vineyard.

H. H. TODD;

G. C. BEAUMONT.

The Conversion of a Soul and the Transformation of a Home

WHILE at the Life Boat Mission one evening, a man with a sorrowful countenance stepped up and told me that he had been drinking, but that he had promised his wife that very morning that he would never come home drunk again. He wanted to lead a better life, but the appetite for drink had bound him with fetters that he could not break. He said: "Can you not help me?" I took him to the Training-School where he staid all night. I was glad to tell him of One who could help him—the One who came to save us from our sins,—and before we retired for the night he had given his heart to God. He prayed most earnestly that he might be delivered from the power of appetite. In the morning I went with him to his home, and there met his wife and children, and had the privilege of reading the Bible with them, and of having a season of prayer. God heard and answered our prayer, for to-day this man is free from the appetite for drink which had bound him for so long a time. A few evenings ago a number of the workers from the Training-School gathered at his home for a cottage prayer-meeting. They all said that this was one of the happiest families they had ever met. "Therefore if any man be in Christ, he is a new creature, old things have passed away and behold all things have become new."

WM. H. LEWIS.

x

In due season we shall reap if we faint not. (Gal. 6:9.)

THE LIFE BOAT

EDITORIAL COMMITTEE

W. S. SADLER

DAVID PAULSON, M. D.

LILLIAN SNYDER



The Life Boat Continues to Grow

This month THE LIFE BOAT comes to its readers enlarged by the addition of eight pages, and, yet, as all will see, the subscription price remains the same—twenty-five cents a year. We are confident our readers will appreciate this addition to THE LIFE BOAT, as well as the fact that it adds considerably to the cost of the publication. We hope you will show your appreciation by helping us to enlarge the subscription list. Your friends and neighbors will be interested in THE LIFE BOAT, if you will but take the pains to introduce it to them.

Our New Prison Department

This month we begin a new department which will be a regular feature of THE LIFE BOAT; viz., "Department of Prisoners' Aid." In this department we hope to present to our readers some of the interesting and encouraging results of the work of THE LIFE BOAT in prisons, and also reports of the Life Boat Prison Evangelist, Brother H. G. Butler, who will have entered upon active work in the jails and prisons of this country by the time this issue of THE LIFE BOAT reaches its readers. Brother Butler has been intensely interested in this line of work for a number of years, and the Lord seems to have at last providentially opened the way for him to enter his chosen field of labor. The Lord has blessed the efforts he has put forth the past few years in jails and prisons, and we ask our readers to especially pray for God's blessing to attend this new feature of THE LIFE BOAT prison work.

A Call for Books, Literature, etc., for The Life Boat Rest for Girls

The Life Boat Rest for Girls, which was opened some two months ago, is now well started upon its work as a snatching station of the rescue service, and headquarters of the rescue workers, midnight workers, etc. This new work is greatly in need of books, literature, etc., for the free reading-room. Any of our readers who have books of a religious nature, histories, narratives of travel, biographies, and other literature dealing with subjects of nature and science, which they could donate to this work, may be sure that these would be gratefully received and much appreciated. Books extensively illustrated, art albums, in fact almost anything in the line of literature that would be suited to the library of a Christian institution, would be appreciated by this new work which has just been opened. We trust our friends who can, will reply to this request at once, as we are anxious to see this institution fully equipped to do its greatest good as soon as possible.

We would suggest that a number of friends might send their books in one collection by freight, this would make the expense to you but a trifle. Send all books, etc., by freight, prepaid, to the Life Boat Rest, 481 1/2 South Clark Street, Chicago, Ill.

The Life Boat Series of Tracts

We would call the special attention of those interested in prison and jail work, to the Life Boat Series of Tracts, which are published at this office. They are nearly all particularly adapted to this special phase of gospel work. A special discount is made on these tracts to those engaged in jail and prison work.

Missionary Methods

With this issue of THE LIFE BOAT we begin a new department known as "Missionary Methods." From month to month various phases of missionary work—mission work, personal work, etc., will be discussed. A question box will be maintained, and questions of a general nature along these lines will be answered. We invite our readers, one and all, to send in any questions pertaining to methods of missionary work, etc.

Special Thanks to the Chaplains and Librarians

We desire to especially thank the prison chaplains and librarians for their kindness and courtesy in so carefully distributing the Prisoners' Number of THE LIFE BOAT. We well know that in some of the large prisons, where a thousand copies of THE LIFE BOAT were sent, that it entailed no small amount of work to see that these papers were placed in the hands of the prisoners. We are sure that many a prisoner joins with us in this vote of thanks.

Special Notice of Change in Life Boat Terms

While the subscription price of THE LIFE BOAT has not been increased, owing to the addition of eight extra pages, at the same time this heavy extra expense will necessitate a slight modification of the prices at which we have been furnishing large numbers of papers for free distribution, etc. This arrangement, however, does not affect the commission which we have been in the habit of allowing tract societies, agents, and others who are engaged in the work of securing subscriptions for the paper. Therefore, we make no specific mention of these slight changes in view of the fact that but a comparatively small number of people will be affected by the change.

The Life Boat Mission Sunday-school

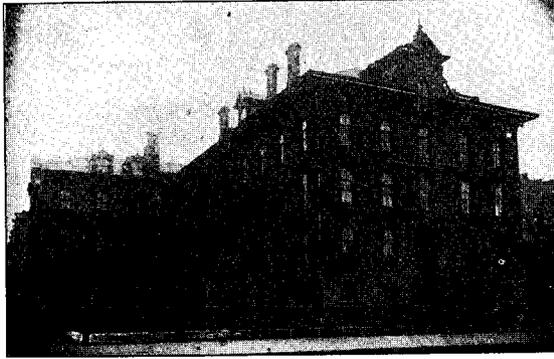
The reports from the Sunday-school during the past month are quite encouraging. Among other items of interest of which we have learned, is that of the organizing of a class of men. A few young men began to come to the Sunday-school some time ago. A class was organized and a teacher provided. Since then the class has grown considerably. The workers at the Sunday-school are of good courage, and seem to be greatly enjoying their work.

The Good Health Hotel

Elsewhere in this issue we present to our readers both a description and a photograph of the Good Health Hotel. This institution is the twin sister of the Workingmen's Home, and is situated within a few doors of that institution. We will say but little in this connection concerning its work, owing to the fact that a description of this work appears in another column. It is to the untiring efforts of Brother Williamson, manager of the Workingmen's Home, that both the existence and efficiency of the Good Health Hotel is largely due. We have heard many words of commendation from its guests, and feel confident that the Good Health Hotel is filling a long felt need.

Our Paroled Prisoners

Connected with our work, we have quite a number of prisoners who are paroled from the Indiana State Prison, at Michigan City, Ind. They all seem to be doing nicely. Most of them are hard at work, and we assure our readers that with all our experience in trying to assist down-trodden men and women, we have seldom met with more encouraging results than those which attend the small efforts we have put forth to befriend and assist discharged and paroled prisoners. We recommend others to join in the good work.



CHICAGO MEDICAL MISSIONARY TRAINING-SCHOOL
1926, WABASH AVENUE

**THIRD
ANNUAL ANNOUNCEMENT
OF THE
CHICAGO
MEDICAL MISSIONARY
TRAINING-SCHOOL**

INSTRUCTORS

J. H. KELLOGG, M. D., Superintendent
W. B. HOLDEN, M. D., Practical Anatomy
DAVID PAULSON, M. D., Bible Hygiene and
Treatment of Diseases
MARY W. PAULSON, M. D., Physiology and Hy-
giene
MRS. H. N. GARTHOFNER, Practical Nursing
W. S. SADLER, Bible Principles and Methods of
Christian Work
MRS. E. B. VAN DORN, Matron

THE primary object of this Training-School, which was begun three years ago, was to furnish a means of instruction and training for the workers who were immediately connected with the different institutions and branches of the Chicago Medical Mission. But, as similar work has been undertaken so extensively in other cities, urgent applications began to come in from those who had consecrated their lives to the Master's service, asking that they might have an opportunity to share the benefits of this valuable instruction. Each year the variety of subjects has increased, until last spring the curriculum for this course of one year was so arranged that students, after finishing the course, if they desired to complete a medical missionary nurse's training, could go to the Battle Creek Sanitarium and be admitted into the second-year missionary nurses' class. This presents a wonderful opportunity for those who wish to take up missionary nursing as a life-work to have the unparalleled opportunities that Chicago offers, during the first year of their training.

The next course begins May 15, 1900, and continues for one year.

The following is a brief synopsis of the course of study:

1 Bible

- (a) Bible study by books
- (b) Topical study of the Bible, with special reference to personal and evangelistic work
- (c) Principles and methods of personal work
- (d) Methods of mission work, rescue work, street work, cottage meetings, and personal work

2 Physiology and Hygiene

Special attention is given to the sacredness of the human body and the importance of obeying physical laws

3 Scientific Cooking

4 General Nursing

5 Physical Culture

6 Use of Rational Remedies in the Treatment of Disease

QUALIFICATIONS.—Consecrated Christian young men and women who desire to devote their lives to work for God and humanity, are received into this school, provided they are well grounded in gospel principles, and are prepared spiritually to engage in active work for the saving of men and women. Applicants should possess fairly good health.

EXPENSES.—Tuition is free. Food is furnished upon the European plan, at actual cost. The average expense for table board is \$1 to \$1.25 per week. In addition to cost of board, the nominal sum of 75 cents to \$1 per week is charged each student. This fee is to meet expense for room, heating, and other incidental expenses of the institution. Energetic students will be able to earn sufficient money to meet a part if not all of these necessary expenses, while pursuing their studies, by selling *THE LIFE BOAT*, *Good Health*, and other publications. Opportunity for a limited number to work for their expenses is afforded at the Workingmen's Home and other of our institutions.

OBJECT.—The purpose of this school is to prepare young men and women for various lines of city mission and rescue work, and at the same time to furnish the preliminary training for the regular nurses' course conducted at the Battle Creek Sanitarium. Chicago furnishes unusual advantages for students to put into daily practical use the spiritual and physical truths which they learn in the class-room.

SPECIAL NOTICE.—No student should come without making previous arrangements by correspondence, as the managers of this school must be thoroughly satisfied that God has called applicants to this work before they will under any circumstances accept them as students.

*Address all Correspondence
to the*

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**Chicago Medical Missionary Training-School,
1926 Wabash Avenue, Chicago, Ill.**

News and Notes

Dr. M. W. Paulson is kept busy attending the various calls for medical attention.

Sister B. Horner, of Ohio, has connected with the Children's Christian Home, as a teacher.

Henry Beach and David Voth, both Sanitarium nurses, are at present connected with the gentleman's ward.

Dr. Craig, of the Sanitarium staff, spent a day in visiting the various branches of the Chicago Medical Mission.

Charlotta Creeper, a nurse from the Battle Creek Sanitarium, is a member of our corps of rescue workers.

Drs. Thomason and Froom spent a short time with us recently, both bringing good reports from their respective fields.

WANTED.—Back numbers of THE LIFE BOAT for distribution in prisons. Please send post paid to E. P. Auger, Corinth, Miss.

The Good Health Hotel which was opened recently with Brother W. E. Williamson as manager, is enjoying a splendid patronage.

Dr. A. Zipf, who is acting as State physician in Wisconsin, paid the Training-School a short, pleasant visit during the past month.

Albertina Boo and Marie Erdman, members of the spring class of '09, have returned to Battle Creek, Mich., to complete their nurses' course.

Louise Paulson, of the Children's Christian Home, has gone to Berlin, Wis., to make preparations to start a branch home and industrial school.

The Workingmen's Home has been crowded to its utmost capacity during the past month, and many have had to be turned away for lack of room.

Our students and workers were recently favored by a very earnest address from Dr. Gisel, on the importance of each one filling the place Providence has assigned.

Seven children have left the Children's Christian Home to go to the industrial school which is being started in Wisconsin, and their places were filled as soon as vacated.

Miss Lulu Teachout, who has been engaged in the school-of-health work, visited us on her return to Battle Creek, where she has resumed her work as teacher in the cooking school.

Belle Everett, who has been engaged in medical missionary work at Huron, South Dakota, for the past three years, visited the Training-School on her way from Battle Creek to her field of labor.

Wm. T. Leslie, one of our Sanitarium workers, will spend several months in connection with the work in Chicago. He devotes his time to the work at the Workingmen's Home and the Life Boat Mission.

Carl Frye, who has been acting as traveling salesman for the Battle Creek Sanitarium Health Food Co. in the east, has accepted a call to connect with the Health Food work in this city.

Edna Langley and Anna Kellogg who are connected with the Nurses' Settlement are having more calls than they can attend. Their patients have expressed themselves as highly pleased with their work.

Dr. J. H. Kellogg stopped off one day en route to Boulder, Colorado. While here, he addressed the medical class, and his valuable words of advice proved

a great inspiration to those who were privileged to listen to him.

The freshmen medical class have just completed their five weeks' work in practical anatomy, and have returned to Battle Creek. During their stay they rendered efficient service by assisting in various ways in the work of the Life Boat Mission.

We are very glad to have Brother and Sister Yergin with us once more, and both have taken up work in THE LIFE BOAT office. Brother Yergin has been a firm friend of THE LIFE BOAT since its first issue. His assistance is very highly appreciated.

Monthly Summary of the Work of the Various Institutions and Departments of the Chicago Medical Mission

Treatments given.....	550
Examinations.....	175
Prescriptions.....	160
Surgical operations.....	10
Admitted to the surgical ward.....	30
Number in the Children's Christian Home..	32
Days nursing.....	1345
Meals served (penny lunches).....	67,273
Lodgings given.....	6473
Newsboys given baths.....	23
Using free laundry.....	4539
Cottage-meetings held.....	30
Attendance at gospel meetings.....	5820
Gospel meetings held.....	60
Midnight meetings.....	30
Testaments and Bibles given away.....	78
Pages of tracts distributed.....	9000
Pages of other literature distributed.....	6600
Requests for prayer.....	134
Professed conversions.....	140

Donations to the Prisoners' Fund

	\$	c.		\$	c.
Mrs. J. Freeman.....	10		A. J. Covey.....	10	10
A friend.....	25		Mr. McKean.....	10	00
Friends of Yulee, Fla.....	1 00		Mrs. H. C. Hughes.....	25	
Mrs. L. M. Hughes.....	25		Mrs. S. S. Townsend.....	25	
Mary I. Webber.....	25		Mrs. Geo. Craig.....	25	
A. J. Thomson.....	5 00		Mrs. R. S. Adams.....	25	
Edith Barnes.....	50		Mrs. L. P. Hudson.....	25	
Mrs. M. J. Post.....	1 00		T. L. Pruett.....	50	
Jennie Tullis.....	25		Ben Hamletton.....	10	
George Nickel.....	1 00		Marcuett Bennet.....	10	
Mrs. M. E. Crane.....	25		Lela Heith.....	20	
Rachel Karr.....	25		E. C. Clark.....	4 00	
H. Hohn.....	1 00		Johnie Walker.....	05	
Nellie Walker.....	03		Charley Walker.....	02	
Stanley Walker.....	06		Miss Lena Thatt.....	25	
Mr. & Mrs. C. B. Stilson.....	2 85		Mrs. T. A. Hoover.....	20	
Mrs. A. M. Proctor.....	1 00		Mrs. Carrie Vickery.....	25	
Mr. M. L. McCabe.....	1 25		Mayme Humphrey.....	2 00	
Mary Cordington.....	1 00		Mrs. Bailey.....	25	
Mrs. D. Howe.....	15		Mrs. S. M. Stewart.....	50	
Mrs. O. S. McAllister.....	25		Emile E. Gresswell.....	25	
Mrs. Fowler.....	75		Mrs. Hannah Craw.....	50	
Sophia George.....	1 00		Mrs. A. J. Thompson.....	1 50	
James Davis.....	25		Josie R. Archibald.....	2 00	
Martha Christiansen.....	1 00		Mrs. Geo. Norwood.....	25	
Lisbon Church.....	1 00		Winfield Nary.....	25	
Mrs. A. E. Flint.....	50		Mrs. Hannah Flint.....	50	
Chas. R. Munn.....	1 00		Mrs. M. J. Lamb.....	12	
Mrs. Vina Crane.....	25		Mrs. T. C. Wilcox.....	75	
Mrs. M. S. Wheeler.....	1 00		Mrs. E. White.....	25	
Ina Bradbury.....	25		Onaway Church, Mich.....	1 00	
John H. Zedechier.....	1 00		W. H. Blosser.....	1 10	
Mrs. G. H. Hall.....	50		H. A. Clark.....	10	
Chas. Cleman.....	10		Miss Helen Lewis.....	05	
J. E. Dow.....	1 00		Clara Ordway.....	25	
Della M. Burdick.....	25		F. J. Lung.....	1 00	
Annie Larsen.....	25		E. A. Randall.....	75	
A. P. Buss.....	75		Adrian Zytkoskee.....	50	

Friends from Clear Lake, South Dakota.....	16 29	A friend, Lutes, Neb.....	39
G. W. Perkins.....	25	P. E. Lane and friends.....	1 76
C. A. Carey.....	50	W. H. Parker.....	1 65
Mrs. Anna E. Beaird.....	50	Christina Eriksen.....	25
Virna Breth.....	25	Mrs. Mary Jorgensen.....	42
Florence & M. Spaulding.....	50	Chesaning Church, Mich.....	1 00
Elroy Church, Wis.....	68	A friend, Martinton, Ill.....	5 00
A friend, S. Daton, N. Y.....	25	A. M. and Edgar Baxter.....	1 00
Sender Merrill.....	25	Mr. H. F. Lamb.....	2 20
Mrs. Eunice Russell.....	25	Orpha Adams.....	25
A friend, San Pedro, Cal.....	25	Ida and Mrs. C. Jensen.....	1 00
Maria Brown.....	50	Wm. Wood.....	25
Geo. Julia, Herbert, and Fannie Ketcham.....	1 00	W. C. and E. D. Allen.....	2 00
Mrs. M. E. Ball.....	25	Seth Long.....	12
Mrs. M. O. Bennett.....	2 00	H. Chaterton.....	13
Chas. A. Burman.....	2 50	Mrs. C. F. Gay.....	60
Jessie Burman.....	50	Mrs. E. G. Russell.....	15
Mrs. Mollie E. Keener.....	1 00	Leona Burman.....	2 50
Mrs. L. D. Carr.....	10	Sarah E. Bartlett.....	1 00
Mrs. C. B. Ohman.....	75	Nellie Newbill.....	50
J. A. Guenther.....	25	A sister in Leon, Ia.....	2 00
John Nerlund.....	2 00	A friend.....	45
Louise Chatfield.....	25	Henry L. Chamberlain.....	20
Mrs. E. C. Miller.....	25	J. E. Rankin.....	2 00
Mina Hildreth.....	50	A friend, Portville, N. Y.....	25
Ida M. Tower.....	60	Clara Hildreth.....	1 00
Mrs. F. C. Benningfield.....	2 50	M. A. Lea.....	25
Mrs. S. Whitney.....	50	Mrs. Jennie Smith.....	25
Ellen M. Gardiner.....	25	E. O. Burgess.....	20
Mr. & Mrs. Melvin Wells.....	50	Mary Dyson.....	2 05
Emma M. Davis.....	1 00	A friend, Galveston, Tex.....	1 00
J. G. Hunter.....	1 00	Mrs. F. A. Peabody.....	50
Joseph S. Johnson.....	25	Missionary Society, Cal.....	1 20
College Home, Cal.....	4 95	A. B. Chordler.....	25
Nellie Armstrong.....	50	Horr Church, Mich.....	50
M. E. Wheeler.....	40	J. W. Hammond.....	2 00
Brunswick Church, Me.....	1 25	Sarah Higgins.....	25
A friend, Battle Creek.....	20	West Side Sabbath S.....	1 01
May E. Haines.....	5 00	C. A. Graves.....	25
Frankfort Church School.....	50	R. Eason.....	1 75
Mrs. L. E. Fuller.....	50	Missionary Reading Circle, Colo.....	1 00
Mrs. F. H. Wendell.....	1 00	Pittsburg Church, Pa.....	5 00
J. W. Parsons.....	1 00	O. H. Hill.....	25
Maggie E. Elder.....	50	Millie Dessaine.....	25
Mrs. Wicle.....	1 00	Mrs. J. Crocker.....	15
Mrs. J. H. Davis.....	55	Miss Lizzie Dich.....	50
Mrs. H. E. Richard.....	25	Mabel Jaffray & friends.....	1 25
Amy Cross.....	10	— Algiers.....	25
Bear Lake Church.....	88	Carrie White Rosser.....	65
Maggie Van Dorn.....	1 00	David Taylor.....	25
Mrs. Sarah Tustison.....	1 00	Chas. Hansen.....	1 00
Dr. T. S. McDonald.....	1 00	Vermont Tract Society.....	35
Frankfort S. School.....	2 80	Mrs. Belle Higgins.....	1 23
Mrs. J. Valentine.....	25	Nettie Brown.....	25
Mrs. H. C. Zoerb.....	75	A. Davenport.....	25
J. S. Adams.....	08	Twining Sabbath School.....	62
Kansas Tract Society.....	6 63	D. W. Nichols.....	5 00
Ill. Kugmain Church.....	1 00	P. J. Bristol.....	35
Rachel Fisher.....	1 00	Rev. C. Mendenhall.....	75
David Wahl.....	50	Redolph Fisher.....	1 00
Arthur Dexter.....	1 25	Miss L. S. Ross.....	1 00
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Mrs. N. Georgeran.....	25	Minnie Surdam.....	1 00
A. P. Peterson.....	2 00	Mrs. A. R. Kelsey.....	25
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Miss Sadie Ferguson.....	1 00	Martha J. Gibbons.....	1 00
Katherina Redkey.....	1 00	Mrs. A. C. Carter.....	40
Mrs. E. Lane.....	25	Edwin Berry.....	25
S. L. and J. W. White.....	50	John Hinderberger.....	25
Maggie A. Pulver.....	10	W. A. Marsh.....	2 50
Orie E. Corbit.....	25	Mrs. H. M. Stech.....	25
Mary B. Hunt.....	30	Ostego friends.....	3 51
Mrs. M. E. Beck.....	30	Mrs. E. W. Lyman.....	25
Locke Chris. Help Band.....	55	Timothy and C. Kinney.....	25
F. E. S. Norris.....	2 50	Mrs. A. C. Clowges.....	25
Pauline Chamberlain.....	1 00	A. L. Holland.....	65
Mrs. Lloyd.....	25	— Garvitt.....	1 00
Mrs. Hibben.....	15	Mrs. Freeman.....	10
John L. Turner.....	10 00	Mrs. Thos. Williams.....	50
Ireman Areadu.....	50	M. G. Brown.....	50
Mrs. M. A. Harvey.....	1 00	Daisy M. Mallernee.....	25
Rosette Pennell.....	1 00	Mrs. M. Emmens.....	25
Mr. Slifer.....	50	Lucius Lybrand.....	4 25
Eliza Richardson.....	25	Mauda Hawkins.....	25
John McMillan.....	1 00	Mary A. Kelly.....	45
Mary Newbill.....	1 50	B. H. Newbill.....	25
Eddie Newbill.....	25	Mrs. E. C. Millard.....	1 00
Miss Ruth Selleck.....	50	Mrs. Sophia L. Irish.....	25
A New York friend.....	40	Emma L. Beach.....	2 30
Mrs. Clark and Phoebe Hamp.....	1 00	Mrs. J. E. Green.....	25
T. P. Banta.....	1 00	Mrs. Bert Schaupp.....	1 00
Emma L. Hollmann.....	25	Mrs. Carrie Johnson.....	2 00
A friend, Sheridan.....	50	Mrs. Wm. Banks.....	2 00
E. W. Carey.....	1 00	Walkerton Church.....	1 00
W. H. Hubbard.....	10	Mrs. M. L. Ogden.....	1 00
		J. A. Guenther.....	5 00

Total.....\$262 33

Donations to the Chicago Work

CHICAGO MEDICAL MISSION

Montgomery Ward & Co., \$50.00; Swift and Co., \$10.00; E. K. Hinderager, \$.50; J. H. and Mrs. Londrum, \$1.00; Mrs. Olesen and friends, \$2.50; Franklin McVeagh & Co., \$25.00; Mrs. S. J. Miller, \$.25; Mrs. Alice Davis, \$.25; George Houck, \$5.00; Mrs. Alice Benson, \$.25; M. A. Washburn, \$.50; J. C. Wentz, \$.10; C. G. Broman, \$.25; Charles Burford, \$5.00; Hibbard, Spencer, Bartlett & Co., \$25.00; New Sweden Church, Me., \$9.75; Kansas Tract Society, \$3.00; S. J. Ashwood, \$.50; Werner Kunde, \$6.00; Geo. W. Rich, \$.25; Maria Brown, \$.25; J. F. Buxbaum, \$.25; A friend of Chicago, \$.15; Katherine Brandt, \$1.00; W. F. Nickel, \$1.75; Ira Priest, \$1.00; J. W. Parsons, \$1.00; W. Arthur Tisdale, \$.75; M. P. Cady, \$5.00; Mary E. Middlekauff, \$.25; J. S. Ford, \$10.00.

WORKINGMEN'S HOME RELIEF FUND

Baby Clark, \$.06; Henry J. Story, \$.25; Gottfried Teichgraber, \$1.00; Mrs. Justin M. Colburn, \$.75; E. A. Randall, \$1.00; Emma W. Teaksin, \$5.00; Mrs. Joe Miller, \$.25; H. T. McDowell, \$1.00; Mrs. Martha Rider, \$5.00; Ida E. Hill, \$.10.

CHILDREN'S CHRISTIAN HOME

Josie R. Archibald, \$1.00; Mrs. Eliza Swim, \$.25; Mrs. Alice Davis, \$.25; Mrs. Anna E. Beaird, \$.50; Ida and Mrs. C. Jensen, \$1.25; A friend, San Pedro, Cal., \$.25; Henry Hindergardt, \$.10.

NURSERY

S. D. Wood, \$2.00; Children of Turin, Ont., \$1.00; Mrs. Martha Rider, \$3.67.

LIFE BOAT MISSION

John T. Luyster, \$5.00; Emma Adams, \$2.00; Mrs. Thos. Williams, \$.50; Mrs. E. W. Lyman, \$.25; Harry Boram, \$10.00; A. F. Judd, \$1.00; Susie Colburn, \$.50; D. W. Ives, \$.25; Peter Emervaldson, \$2.00; Frank Clark, junr., and wife \$1.00; A friend, Ogden, Utah, \$1.00; Miss Carrie Covey, \$.25; Gus. Sargent, \$5.00; Harry Borman, \$5.00; Gottfried Teichgraber, \$1.00; A. B. Arnold, \$.75; Mrs. Durkee, \$1.00; Miss K. Rasmussen, \$.25; M. S. Saxild (monthly), \$.50; Marion Vaneman, \$1.00; C. G. Broman (monthly), \$.50; Mrs. Smart, \$1.00; Mrs. C. Covey, \$1.00; Mrs. M. E. Scott, \$3.00; Mrs. D. A. Fisher, \$.25; Henry J. Story, \$.25.

LIFE BOAT RESCUE SERVICE

Mary E. Woodworth, \$1.00; Josie R. Archibald, \$1.00; Mrs. White, \$1.00; Chicago friends, \$1.10; Friends of Yulee, Fla., \$1.00; Mrs. Wm. Banks, \$.80; Mary A. Keeley, \$.75; John L. Turner, \$15.00; M. and Mrs. E. C. Stillman, \$2.00; Friends of Chicago, \$.45; Friends of Chicago, \$1.25; A brother of R. L., \$1.00; Mrs. J. E. Baker, \$.30; Frank Clark, junr., and wife, \$2.00; Mrs. M. M. Morse, \$1.00; Clare Shepherd, \$5.00; Friends of Chicago, \$3.30; A Chicago friend, \$5.00; S. D. Wood, \$2.00; E. C. Stillman, \$1.00; Mr. Middleton, \$1.00; Miss Singer, \$11.00; Friends of Chicago, \$1.40; John T. Luyster, \$1.00; Chicago friends, \$.50; Maine Tract Society, \$.50; Mr. Belke, \$1.25; Mr. Fogg, \$1.00; Libbie Olmstead, \$20.00; S. J. Townsend, \$4.00; H. T. McDowell, \$1.00; Mrs. Abrams, \$1.00; Day Nursery, Chicago, \$1.00; A friend of Charlotte, Mich., \$5.00; Mrs. L. E. Hill, \$.10; Mrs. M. Hindicliiff, \$5.00; Nancy J. Cady, \$1.00; Mrs. Sarah Tustison, \$1.00; D. W. Ives, \$.25; Susie Colburn, \$.25; A. H. Barrett, \$1.54; Jane R. Bailey, \$1.00; Friends of Chicago, \$2.00; B. E. Connerly, \$1.00.

THE LIFE BOAT

PUBLISHED MONTHLY

ILLUSTRATED

(Entered at the post-office in Chicago)

Published by the International Medical Missionary and Benevolent Association, at 1926 Wabash Avenue, Chicago, Ill.

PRICE 25 CENTS A YEAR

TO FOREIGN COUNTRIES 50 CENTS

To Subscribers

Write names and addresses plainly.

Remit by P. O. Money Order, Express Order, or Draft. Personal checks are not desired.

Do not send Canadian coins or currency. Please do not send postage stamps, unless for very small amounts, as they often stick together.

Make all Orders and Drafts payable to THE LIFE BOAT, not to the editors, or any other individual.

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We continue all subscriptions to THE LIFE BOAT until the paper is ordered discontinued, unless a request to the contrary was made at the time the subscription was sent to us. PLEASE RE-NEW YOUR SUBSCRIPTION PROMPTLY.

Special Terms

Special terms are granted to those who use large numbers of THE LIFE BOAT for free distribution, to missions, to clubs, and to members and bands of *The Prisoners Aid Movement*. Sample copies sent free on application.

Change of Address

When writing to have the address of your LIFE BOAT changed, be sure to give your *old address*, as well as the new one.

Address all communications for this paper to THE LIFE BOAT, 1926 Wabash Avenue, Chicago, Ill.

Special Notice

If you are receiving THE LIFE BOAT without having ordered it you may know that it is sent to you by some friend. You need have no fears that you will be asked to pay for it.

x x

The Life Boat is Printed for You

THE LIFE BOAT is printed for you; you need it, your neighbor needs it. From every quarter those who read it say it does them so much good they want others to have it. It is full of the gospel of salvation.

The wonderful growth of THE LIFE BOAT attests that the good it is doing is widely appreciated, and monthly it is being more and more widely appreciated.

Begun barely more than two years ago in apparent obscurity, it has long since found its way into every country where English can be read or interpreted. Month after month it goes to all countries on the globe, to many islands in nearly all oceans, and the many letters from earth's remote corners are continual testimonies that THE LIFE BOAT is doing a noble work of rescue.

THE LIFE BOAT is printed for you that you may have the privilege of helping in so extensive a gospel work—a work of transforming men and women, a work of salvation.

Since its beginning there have been between four and five hundred thousand copies circulated. It began with eight pages at twenty-five cents per year; it now contains *twenty-four pages* and cover, but at the same price of subscription.

Conversions have resulted from the picking up of a stray copy of the paper.

THE LIFE BOAT is simply full of the gospel, and no one can handle it without getting gospel in some form. Do you want your friends and neighbors to know about this gospel? Send them THE LIFE

BOAT. THE LIFE BOAT is printed for you to use, for you to circulate.

Five cents or a quarter may be a small amount, but what if a friend or neighbor shall be transformed as a result? What if souls shall be saved to eternity?

Read the following letters from the many received daily in appreciation of THE LIFE BOAT and its work:

DEAR LIFE BOAT: Precious hast thou been to me for the last year, so I can not bid thee farewell. Thy work is the work of God, and as I love God and His people, I love to read of their work. I would be glad to send THE LIFE BOAT to many, but the best I can do is to subscribe for it, then after I have read it lend it to others. With best wishes and our prayers, we will bid you all good-by.

Mrs. B. D. ECKLER.

THE LIFE BOAT: I have been waiting for the coin-card so I could renew my subscription as I do not want to miss a single number. I do not know how I could get along without its help. Long may THE LIFE BOAT sail over life's stormy sea until many sin-sick souls are landed in the Haven of rest.

MAGGIE WATKINS.

EDITOR OF THE LIFE BOAT: Enclosed find subscription price of THE LIFE BOAT. There is no magazine comes to me that I enjoy reading more. I have sent you some fifteen or twenty subscribers, and I wish I could send more this time. I wish you God-speed in the work, and my prayer is that many precious jewels may be added to the crown of all who are engaged in the good work.

Mrs. CADWALDER.

TO THE LIFE BOAT: Am very thankful that you notified me of the expiration of my subscription to THE LIFE BOAT. I thought there was another month or so. As I give the papers to others to read did not know exactly when it did expire. We could not do without it. It is read with much interest by all of the family, and it has many words of praise from all who have the pleasure of reading the paper in this neighborhood. Your sister in Christ,

Mrs. C. E. POWERS,
Anacortes, Wash.

x

Each Friday evening Brother Sadler meets students, workers, mission converts, etc., in his room for an informal Bible study. Sometimes subjects are announced beforehand, when requested, but as a rule the hour is occupied by asking and answering questions. This is an occasion which is greatly enjoyed by those who are present. The forepart of last month a series of studies were brought to a close, which had been conducted at this hour on the "Nature, Scope, and Work of the Three Messages of Revelation 14."

HAS YOUR SUBSCRIPTION EXPIRED?

If it has, have you renewed? Did you get one of those letters that we send to all of our subscribers upon the expiration of their subscriptions? Tardiness in renewing makes considerable extra work for the publishers, and some trouble, at least in the end, to the subscriber. We especially request our readers to send in their renewals promptly.

**This is a Special
Note to YOU**

Yes, we mean *you*. We want to talk with you about increasing our subscription list. We feel reasonably sure that our readers appreciate THE LIFE BOAT, also our efforts to enlarge, improve, and otherwise increase its worth and usefulness. We do not for one moment doubt that you also appreciate the fact that the subscription price of THE LIFE BOAT remains the same—twenty-five cents a year. This month's enlargement of THE LIFE BOAT by the addition of eight extra pages is in some respects a step which we have had to take by faith; faith in a kind Providence which has blessed our efforts in the past, and also in the hope that our friends and readers would rally to our support and help us in enlarging the subscription list. *We make an earnest request of every Life Boat reader to endeavor to secure at least one new subscriber.* This little, which every reader, with but small effort, could do for us, would enable us to continue the publication of THE LIFE BOAT at its present size without loss. Really, you do not know how easy it would be to get one subscriber for THE LIFE BOAT until you have tried. Won't you try? Try to-day.

**Used Twenty-five
Grains of
Morphine a Day**

One of the most encouraging cases that has been in our wards for many a day, is that of a poor sufferer who arrived only five days ago. She had been using morphine for several years, and was taking twenty-five grains a day when she came to us. But with faithful, constant nursing, and vigorous rational treatment, coupled with the prayers of the physician, the nurse, and the patient herself, she is not only already free from the habit, but is also rapidly recovering.

X

Something over two years ago, the Training-School was opened in its present quarters on Wabash avenue. For a time people paid little attention to us, but they have, nevertheless, had their eyes upon us to see what we were about. One day last week a man who has gone in and out among us for more than a year, said that he would hardly know the community since we had taken possession of the Training-School quarters. He said that our presence had brought about a change of the whole neighborhood. That is our business in this world. We are sure to have a procession following us to the Kingdom.

Recently Sister Wilson, one of our rescue workers, paid a visit to Indianapolis, Ind. The following note was taken from the experience she reported upon returning to the Training-School:—"I found a number of poor, broken-hearted girls in a house of sin who were yearning for a true Christian friend. I also visited some of the savings banks and law offices, and sold forty-five copies of THE LIFE BOAT, in three hours. I had several good talks on rescue work in Chicago; was asked to send some of our missionary nurses to Indianapolis and start a rescue home and mission, similar to the Life Boat Mission in Chicago. Several men in the banks and offices, said that they would donate liberally, if we would only come." No it is not the mission or the workers that are saving souls, and making men and women happy. We simply try to show to them that there are two paths; one leading to eternal life, and one to death. We can save no soul but our own. But God has said, "Go out into the highways and hedges, and compel them to come in."

Once a Newspaper Man—Then a Drunkard—Now a Christian

THE man who has been suddenly and almost miraculously saved from sin, after years of mental and physical torture, as was the writer, can only look back with wonder and amazement at the long suffering of God, and that he was not utterly cast out to be known no more forever. Yet God in His great mercy and goodness spared me, and at last I was brought face to face with my true condition, and to a realization of my situation. I found that the Bible said that no drunkard should inherit the Kingdom of God. I was a drunkard but had come to believe the Word of God. There was no appeal from these words, and I well knew that after time, then came eternity. Where should I spend it? What a solemn question. Crushed, despondent, almost hopeless and deserted, at last I found a friend, a man of God who had passed through the same ordeal that I was then passing through, and he pleaded with me to put it all in the Lord's hands, and at last I consented; for I knew He was my only refuge, and I read in His Word, "Though your sins be as scarlet I will make them white as snow." How precious this promise was! Like the dawning of a new era came conviction, followed by repentance and genuine sorrow for past transgressions, and faith that the Lord was able to forgive all my sins. Doubt exists no more, and I am right with God. I fear not man's opinion as to what I can or can not do, but this I do know that with the help of God during the rest of my life I will live a sober, honest life, doing what I can for others, rejoicing in whatever befalls me be it prosperity or adversity. I will try to say, and say it honestly, "Thy will, not mine be done." Praise His holy name.

G. W. B.

**"I was Once Far Away From My Saviour
and as Vile as a Sinner Could be."**

"I WAS once far away from my Saviour and as vile as a sinner could be," so far away that I did not respect and obey my mother. No, not even on her death-bed. She used to beg me to listen to the Word of God, but I was hard-hearted enough to refuse her. When prayers were held in the sick-room, I even refused to pay respect. I did not think my mother was so near death's door. Finally, she was taken from us. How different was the conduct of the little children she had taught to say: "Now I lay me down to sleep," and "Our Father who art in Heaven." I realized it as we stood by her coffin. Our best and wisest earthly friend was gone. A love for the world and all its gaiety grew in my heart. I loved the ball-room, card parties, the theatre, and Sabbath afternoons at the parks. I laughed at churches and at Christians. I had almost become an infidel. Then it happened that I was led, on several occasions, to go with a friend to the mission meetings. At first it was merely out of curiosity. Then one night when I heard the song, "I was once far away from my Saviour, and as vile as a sinner could be," it somehow spoke to my soul. I wondered if Christ, the Redeemer, could save a sinner like me. It filled my heart with sadness, but a still, small voice, whispered peace to my soul. I began to love the mission, and a new song was placed in my heart. I destroyed all my novels, and my opera programs, everything my heart told me He would not like His child to have. I was in earnest, and He has kept me and protected me every day since. I sought Him diligently, and so I found Him, and now I am happy in His everlasting love."

M. E. D.

Life Boat Club Rates

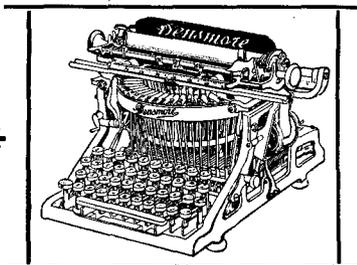
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(Numbers 6, 12, 13, 14, and 23 were written especially for use in rescue work among fallen women.)

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STATISTICS show that the great army of dyspeptics increases from year to year.

Physicians who have been making an investigation of the cause of the disease, attribute it largely to the fact that as a nation, we eat largely of uncooked cereal foods. Investigations show that in a majority of homes, when cereal foods are a part of the diet, they are only cooked for a few moments, and when served in this manner, are unfit for the stomach, forming, as they do, a starchy, sticky mass, which is not only difficult for the stomach to digest, but retards the digestion of other foods.

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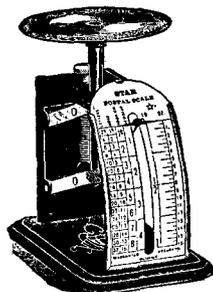
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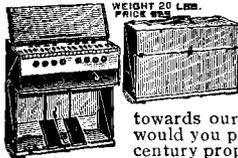
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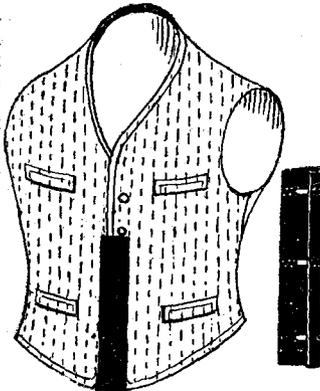
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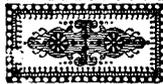
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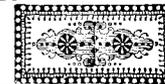
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This shows the machine closed to be used as a center table, stand or desk.

to be used as a center table, stand or desk; the other open with full length table and head in place for sewing. Four fancy drawers, latest 1899 skeleton frame, carved, paneled, embossed and decorated cabinet finish, finest nickel drawer pulls, rests on 4 casters, ball-bearing adjustable treadle, genuine Smyth iron stand. Finest large High Arm head, positive four motion feed, self threading vibrating shuttle, automatic bobbin winder, adjustable bearings, patent tension liberator, improved loose wheel, adjustable presser foot, improved shuttle carrier, patent needle bar, patent dress guard, head is handsomely decorated and ornamented and beautifully **NICKEL TRIMMED.**

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This illustration shows the machine open, ready for use.

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