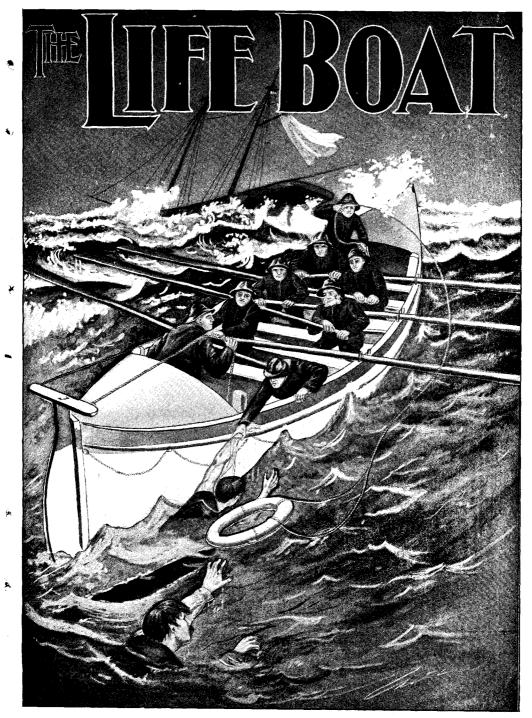
Published Monthly

September, 1902

Price, 5 Cents



Volume Five Number Nine

28 33rd Place, Chicago

25 Cents a Year

SEND FOR EXTRA COPIES

The Good Health

Adjustable Waist



THE GOOD HEALTH ADJUSTABLE WAIST has been developed in two styles, which are spoken of as —

The Short Waist

.... AND

The Long Waist

The Short Waist ends at the waist line. The Long Waist ends five inches below the waist line

Material.— The waists are made in two kinds of material; a good grade of sateen, and jean, a lighter weight twilled goods. Each quality is supplied in either white or drab. The black only in sateen.

Measurements. Characteristics are fully taken) must be sent with order.

Sizes, The regular sizes are from 30 to 42, bust measure.

Prices. The waists

Prices. The waists will be sent, postpaid, at the following

white and drab Satter, size, 30 to 38 bustmeasure, \$1.75
Size 40 - 2.00
Size 42 - 2.25 Black sateen, size, 30 80 38, 40, 42,

Pean, 30 to 38 bust measure (not made in large sizes)..\$150 Write for circular with full informa-tion. Agents Wanted.



GOOD HEALTH PUBLISHING COMPANY. Dress Dept. Battle Creek, Mich.



To the West

The North-Western Line is the only double track railway from Chicago to the Missouri River.

The double track is now completed between Chicago and Council Bluffs. Four fast trains each way daily between Chicago and Omaha, three trains daily to the Pacific Coast and two to Denver.

A double track railway across the western prairies means a great deal of history-making, empire-building, American energy.

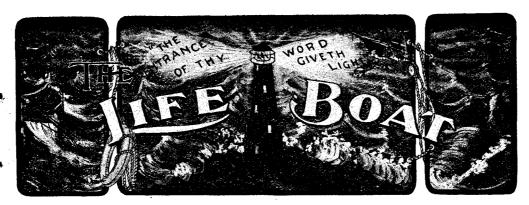
The story of the western country and of the Pioneer Line that has played so great a part in its progress is interestingly told in a booklet which will be sent on receipt of a two-cent stamp to pay postage.

W. B. KNISKERN, GEN'L PASS'R & TKT. AGT. CHICAGO

Shall We Slay to Eat?

A LIVE BOOK ON A LIVE SUBJECT discussing the question of flesh eating in all its phases. The strongest defense of the natural or vegetarian dietary which has appeared 🔊

PRICE, POSTPAID **TWENTY-FIVE CENTS** Address, GOOD HEALTH PUBLISHING CO. Battle Creek, Michigan



An Illustrated Monthly Journal Devoted to Health, Charitable,
Philanthrophic and Soul-Saving Work

Volume V

CHICAGO, ILL., SEPTEMBER, 1902

Number 9

ARE YOU ENGAGED IN COMMUNITY SOUL SAVING WORK?

DAVID PAULSON, M. D.

Do you not feel from the depths of your heart that you have been compassing your mountain of inactivity long enough? If so, bear in mind that it will not leave you, but you must move your camp away from it. Deut. 2:3.

Have you been toiling all night long in Christian service and yet caught nothing? Luke 5:5. In other words, have you seen no encouraging results of your work? Perhaps you have kept too near the shore where the rocks are, where the slime and filth accumulate, but where there are *no* fish.

Perhaps you have been determined to cling to this or that selfish indulgence and so like Ananias and Sapphira, you have been keeping back part of the price. Acts 5:3. If so, the Master is bidding you launch out into the deep where your sails will catch the heavenly breezes, and then you will accomplish and develop so many opportunities that you can set some of your associates to work. Luke 5:7. Have you occasionally become discouraged and, like Lot's wife, have you been casting wistful glances at what you have given up? If so, then remember the words of the Savior, "No man, having put his hand to the plough, and looking back, is fit for the kingdom of God." Luke 9:62. He does not say that you cannot be saved, but as long as you persist in looking back, you are thereby unfitting yourself for the kingdom of God.

Have you, like Peter, heard the Master's voice saying, "Follow me," and then have made the fatal mistake of looking at some of your fellow workers, especially at their mistakes and failures? If so, the Master has been saying to you, whether you have heard it or not, "What is that to thee, follow thou me." John 21:22.

Have you been grieved because the power of God has not been definitely manifested in your work, which has led you to say like Gideon, "Where be all his miracles which our fathers told us of?" Judges 6:13. If so, remember that the first work that Gideon did to remedy this condition was to cast down the idols in his own home. Have you been trying for years to cast down idols in the homes of others, while you have continued to worship them in your own?

Have you experienced the blessing that there is in definite daily study of the Bible, and in endeavoring to make life more pleasant and endurable for at least one human soul each day? If you have not, then begin today, and you will appreciate for the first time some of the real sweetness of life. You will wonder how you ever could have been satisfied to drift along year after year with such a desultory Christian experience.

God desires to give each one of us a liberal instalment of heaven here below. He wishes us to travel towards the eternal city with our faces lightened up with sweet satisfaction instead of going along like a crippled band of mourners. But it is not enough for God to

wish us to have this, for He can no more give it to us without our active co-operation than He can give a crop of corn to a farmer who neglects to plant and cultivate his land.

No drunkard or tobacco slave was ever delivered from his bondage who did not take a positive and determined stand on that question. "Daniel purposed in his heart" and the Lord made something appear in his life. "If any man willeth to do his will, he shall know." John 7:17, revised version. There are some precious things we may know in this world that we never shall know until we will to do some other thiugs. "If there be first a willing mind it is accepted." 2 Cor. 8:12.

Perhaps you abhor the Sodom of gross practices; but have you like Lot, been determined to camp in the very suburbs of Sodom, to persist in clinging to what you call "little sins" which you hardly consider worth mentioning, when instead you should have been planting your feet upon higher ground and living by principle instead of being the almost helpless slave of the enemy that you have been in the past? Lot compromised and lost both his life and his character; a similar fate awaits every soul who dares to repeat his mistakes.

The most important thing is to begin. God cannot guide us while in inactivity any more than a captain can steer a vessel that is not moving. Resolve to commit to memory and to thoroughly make your own some portion of Scripture each day. We need spiritual food daily just as much as we need physical food. Then allow no day to pass without some one person being made better or happier because you have lived. Remember that the influence of a cheering smile, a kind word, or a loving deed is everlasting—it can no more die than God himself. And it will be a pat of our joy hereafter as well as in this life.

Write out and send to us some of the most encouraging experiences that you meet with in this community soul-saving work, for they will serve to inspire some timid ones to begin, just as the example of the Corinthian brethren did. 2 Cor. 9:2.

Morality and alcohol do not belong to the same family.

RIGHTEOUS LIVING.

COL. H. H. HADLEY,
General of Blue Button Army.

One of our majors recently wrote me the following letter:

"Dear Brother Hadley—I have just read one of your articles about foods. It seems to me a wide departure from your warm gospel messages to substitute what will no doubt be looked upon as an advertisement for certain lines of foods. Now, it seems to me, if it were best to put this in as gospel, I would devote an entire article to the subject, and not term it "soul-saving," but let it go as an article on health and physical culture. Perhaps I am too scarey and you may be right, but I feel I should let you know how it seems to me.

Affectionately yours,

H. S."

This was my reply:

"My Precious Brother—I thank you for your kind criticism, partly because I know how you guard my welfare and the subject so near to the hearts of us both—partly because it means that you read my articles, and, most of all, because it gives me an opportunity to explain and emphasize the subject, which, God helping me I shall try to do.

God helping me, I shall try to do.

"While much is said in this paper about rescue work, which we both love, and about the 'blood cure,' for the one who has become a drunkard (perhaps from wrong combinations of food), yet you will remember that I am trying to instruct the public in 'The New School of Temperance,' and that to touch upon what we should eat and what we should drink without damnation to our souls as well as to our bodies is not a 'wide departure,' but is right along the line of principles, objects, and methods of the National Christian Abstainers' Union and the Popular Blue Button Army.

Army.

"I do not 'put it in as gospel,' but God does.

He made our bodies, that Jesus 'bought with a price,' to be used as the 'Temple of the Holy Ghost.' We mention no 'lines of foods.'

"The devil would keep us in ignorance and the thought than these subjects as formerly;

"The devil would keep us in ignorance and contentment upon these subjects as formerly; but if for no other reason, our duties to the young, who are helplessly in our care, as well as to millions yet unborn, make it obligatory not only to mention this subject of what we can 'eat to the glory of God,' but how best to cook 'to the glory of God' as being part of 'whatsoever ye do.'

"As long as temperance is one of the fruits of the Spirit; as long as the quarter of a million saloons in America are sending down to destruction one hundred thousand souls per year; as long as ten million of our population are daily patrons of these saloons, like silly moths around the fatal electric

light (drawn there by abnormal appetites and tendencies begun at mothers' table), and as long as the Liquid Aristocracy is winning away the people from the church to the club, from the prayer meeting to the theater, from the home to the saloon, it is time that there should be a movement that places the cross in the center of stalwart, practical, common sense, both to go together as one.

"In the light in which I stand and with the experience I have had, both in my own awful past life and in touch with drunken lives and drunkards' souls in pitifully abused bodies with the awful text ringing in my ears, 'No drunkard shall inherit the kingdom of God,' I shall try to consider, with other things, the much neglected fact that intemperance in eating is the father of intemperance in drink-Because our heathen ancestors (on this subject) used to do it, we go on plastering our stomachs with mustard that would raise a blister if applied on the surface, and then bolt down hot rolls, hot, greasy pancakes, coffee, tea and the like, without the least regard for the consequences.

"We comfort ourselves with the thought that

'mother did it' (bless her soul).
"Our parents did not have the light that God has raised up men to give to this genera-tion, and even Hall's primitive 'Book of Health,' which is now a back number, was once regarded as fanatical by some; and now, if our wives try to redeem the past and cook something that is healthful for our misguided, dyspeptic stomachs, shall we then talk about

"'Mother's bread' and Mother's wrong combinations of food, caused sour stomachs, which means fermentation; its resulting alcohol only needed on drop of added alcohol, as it were, to bring ruin and destruction by and

parents never touched whisky, rum, wine, beer and the like, but the food prepared by my precious mother, according to the oldtime recipe books, started in my stomach incipient distilleries and little breweries, so that, when grown up, as I took one drink, it aroused the sleeping tiger that turned to rend me and destroyed my life for twenty-four awful years, until Jesus came, as of yore, and cast the devil out.

"Now, my dear brother, the apostles of old have given us much to guide us, and if you will read carefully, you will say that I have not neglected this question; though the peo-ple were then so blind, and their ignorance God winked at; but now that we have the light, we may know; and not to know is to sin.

'I believe that our Lord is practical, and I do not believe that, even though he sat with sinners and ate with them, he devoured pork, sausage and mustard, or ate doughy bread material, pickles, stimulating coffee, tea, and then finished up with a cigar or old pipe. He would not have been our spiritual example had he done these things.

"He expected us to seek for the truth which would make us free from bodily as well as from spiritual ills. He said that when he would leave us, the Holy Spirit would come and make his abode with us, and St. Paul says that Jesus bought us with a price and that we are not our own, and that our bodies are the temples of the Holy Ghost. What sort of temples are we building for the Holy Ghost? Does He approve of our material?

"God is raising up new apostles, as it were,

from time to time to teach us things that formerly we 'could not bear.'

"Jerry McAuley and my own dear brother at Water street, New York, were raised up of God as apostles to the drunkard, the outcast and the harlot.

"Dr. Kellogg, Tolstoi, and others, have as clearly been made apostles of 'Righteous Living,' and the question of our duty to the 'temple' is becoming a live question.

"We cannot lay aside the responsibility we

have towards our children, who are helpless

in our hands.

"The natural tastes and appetites of any child will lead it to destruction if it is not curbed and guided by older persons.

"Drunkards are made by thousands at

mothers' tables.

'To a child properly fed and cared for, alcohol and tobacco would not arouse a tiger or ignite hidden fires; but they would be as distasteful and repulsive as would gall or bitter aloes to the lips of an infant.

God grant that this handful of seed sown in weakness may find some good soil to take root. If so, your kind, frank criticism and my poor reply will not have been unfortunate."

WHEN IS A MAN SOBER?

C. L. BUTCHER.

It takes much hard and patient labor to put a man on his feet who has been down in the gutter.

The question might be asked, when is a man sober? Five years ago, when I first connected with the medical missionary work here in Chicago, all that I thought necessary to do in order to sober a man up was bring him out from under the influence of the liquor, but my experience has taught me that it takes more than this.

Is the man who fills his stomach with all sorts of trash sober? When one eats foods that poison the system and thereby benumbs and deadens the nerves and brain that they cannot do their work they are intemperate just as much as if they had reached the same

result by the use of whisky.

When we sober a man up we not only teach him spiritual truths but we tell him how to eat and live in order to remain a sober man. The full Gospel is needed to keep a man sober. The Bible classes the

drunkard and the glutton together.

NATURAL METHODS IN SPIRITUAL WORK.

W. S. SADLER.

That method which is most natural, graceful and gradual is the one most likely to meet with success in personal work. Some sin cere but misguided workers feel that they must introduce all spiritual effort with some such startling query as "Are you a Christian?" "Is your soul saved?" "Are you bound for heaven?" etc., little realizing that such methods of introducing the subject of Christianity often immediately close the doors of mind and soul against any further effort.

and soul against any further effort.

In these days of skepticism, superstition and religious prejudice, many honest souls are susceptible of being reached only through some avenue which bears no resemblance to being purely religious or pertains to religion. Remember, to reach the soul is our object; and how to do it in the best and most successful manner should be our study. Many souls can best be reached and caught in the gospel net when they are taken unawares—that is, when they are approached with such ease and naturalness that it never dawns upon them that we are out after their souls with the net of truth. When they come into such close contact with truth as to be taken captive by it, they will immediately fall in love with its beautiful principles, and willingly and gladly surrender all the powers of their being to their captor—Truth.

Who coud have believed that an ordinary request for a drink of water by a wayside well would be the commonplace introduction to an instance of personal work that would lead to the conversion of an erring woman and through her to the conversion of many others and the stirring of a whole town? Yet this was the experience of Christ with the woman of Samaria, whom he met at the well. He fished for the souls of men, caught them before they were aware that a soul hunter was in the vicinity. The parable of fishing for souls with the gospel net is one from which we may learn much. Briefly considered, we may enumerate some of the lessons as follows:

1. We must make an effort to leave the natural surroundings undisturbed; that is, we must fish quietly.

2. We must make an effort to prevent the fish from having their suspicions aroused, and thus be led to fall victims to their preju-

dices.
3. We must approach the fish in his natural element—water; and we must approach men in their customary sphere of thought, activity and daily vocation.

4. Self must be kept out of sight, in hiding, "hid with Christ in God," in order to be successful in our own personal efforts for the souls of our fellow men.

How beautifully and naturally Christ went

about His work. Men who would not go near a synagogue to hear the preachers of the day would go without their meals to hear Christ talk about sowers, reapers, birds, lilies, and tell them stories from nature, with beautiful spiritual lessons. They knew not why they stood spellbound in the sun for hours, listening to the heaven-sent speaker. So with us, if we have the real welfare of our fellowmen at heart, we will be so inspired with their pitiable condition that we will lay hold of all nature, and of the every-day experiences of life and be able to so approach them through any avenue, upon any subject, at any time, and in any place, as to immediately command their attention and respect, and ultimately captivate their minds with the morals of our parables, and with the practical lessons drawn from Nature's storehouse, and the commonplace circumstances of every-day

The failure to recognize this principle will mean almost entire failure to the sincere soul-seeker.

We must learn to come in contact with our fellowmen in personal effort, without their feeling that we are preaching "our religion to them;" we must meet with humanity in the social circle without their feeling that we are "holding a meeting;" and we must come in contact with families without impressing them that we are "missionaries sent In other words, we must to the heathen." come in contact with our fellowmen as a man among men, only make sure that our life is so saturated with the beautiful principles of truth that its righteous fragrance shall go forth from our personality to perfume the air, inspire the souls, enlighten the minds and cheer the hearts of all with whom we come in contact. Human souls will be made hungry for that which they have found in us, and will seek the God of heaven for truth and righteousness.

Truth must have a new expression for every new soul it must reach. Stereotyped methods of soul winning must be relegated to the stereotyped age of the past; now, it is "Christ within you the hope of glory." The light of heaven shines clearly concerning our personal experience, teaching us that God has made a garment of righteousness and a robe of truth to meet the needs of every soul; and we must recognize the fact that this is true of the rest of the family, and seek to find that special garment of truth and praise which God has made for the subject of our personal efforts and then co-operate with heaven in the effort to lead this soul into its heaven-prepared habitation of truth and righteousness.

An impaired judgment is the price which the habitual user of alcohol must pay for his indulgence.

WILL YOU PRAY FOR THIS MAN?

STATE PRISON, CANON CITY, COLO.

Dear Friend-I received a copy of THE LIFE BOAT from a friend of mine and was very much interested in some of the letters from prisoners contained in it. Do you really think there is any hope for a man that has lived a very sinful life and committed every crime in the category except murder? I am still a young man, only twenty-four, but I realize my lost condition and have come to the conclusion that the devil is a very poor master indeed, and if there is any hope for a young man that desires to live a better life, will some one kindly tell me how to obtain this change of heart? Trusting some one will write to me, I am

Yours in hope,

OUR REPLY.

Dear Friend-I am glad that a copy of THE LIFE BOAT has fallen into your hands. I trust that eternity will reveal that it was not in vain. I am glad that I can say that your case is not incurable. I base this assurance upon an extensive experience in seeing other similar men transformed and inspired to live a new life, cherish new ambitions, and have strength to climb up where they before were continually being tripped down.

I am glad, however, that I have something more reliable than my own experience and observation to hold up to you. The unerring Word of God has said in regard to these so-called incurable cases, "Though your sins be as scarlet they shall be as white as snow; though they be red like crimson, they shall be as wool." Isaiah, 1:18.

Did it ever occur to you that it is Divine

power that has kept your heart beating along regularly for nearly a quarter of a century without missing a beat? Has it dawned upon your mind that the food you ate a few hours ago is now actually being transformed into blood within your body? This is as much a miracle as it was to change water into wine. Are you aware that there are eight million new blood cells created within you ever second, that each one of them is as real a manifestation of Divine power as was the creation of man in the first place? Do you not think after God has gone with you and kept doing these things all these years that he is not only willing but anxious to work a genuine transformation in your character and mind?

There is a case left on record in the Bible

that illustrates this most beautifully. Ahab was one of the most wicked men that ever lived. He had almost exhausted the entire catalogue of crime until the inspired record spoke of him, "There was none like unto Ahab which did not set himself to work wickedness in the sight of the Lord." I Kings, 21:25. Yet when he came to a realiza tion of his sinful condition, as you have done, and earnestly sought the Lord, as you may do, and walked softly, as I think you wish to do, 27th verse, even then the Lord im-mediately said, "Because he humbleth himself before me, I will not bring the evil in his

days."

Write me and tell me whether you have grasped this idea and then I will try to show you from the Bible how simple it is to take

the next step.
Yours for God and humanity,

DAVID PAULSON.

EVIDENCES OF THE POWER OF GOD.

MRS. D. K. ABRAMS.

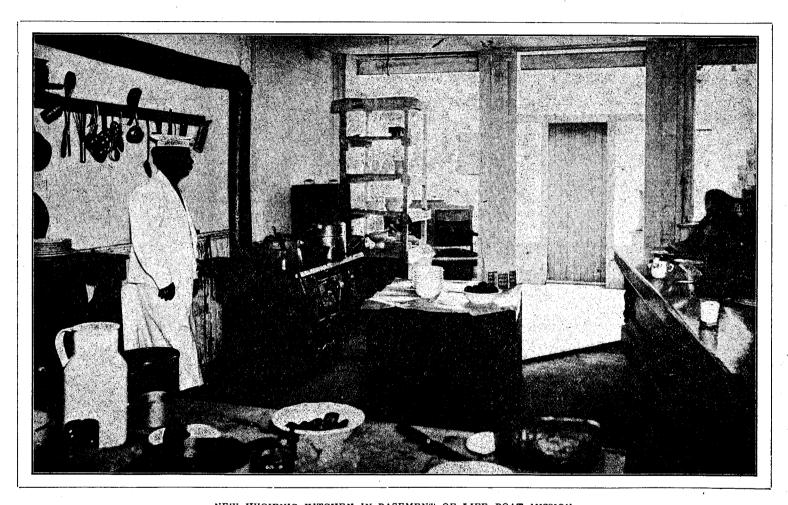
Six years ago I was on the way to a the ater with my husband when the spirit of the Lord touched my heart and led me into the mission where I gave my heart to God. I said to my husband, "Don't you want to be a Christian?" He said, "Not yet; but if you have that desire, go ahead and be a Christian and I will not oppose you." As soon as I had given my heart to God I began to pray earnestly that God would save him that we might work together for Jesus. For six years I held to the Lord with one hand and to my husband with the other, believing in God's own good time and in his own way he would save him. I claimed that precious promise found in Acts 16:31. Six years are past and gone; my husband is saved and kept by the power of God. Our home is just a foretaste of the joy of heaven and we are working together for Jesus.

My sister, if you have a husband out of Christ, do not get discouraged, for the promise of God is that "We shall reap in due season if we faint not." God has permitted me to go with my husband into the Harrison Street Police Station to tell the old, old story of

Jesus and his love.

Last Sunday morning a Christian young man whom we have known for some time was arrested for stealing and locked up at the police station. As soon as I saw him in the cell I said to him, "What are you in for?" He said, "I don't know." I thought it was strange that he should be in a place like that and not know what he was there for, but I said to myself, "The Lord knows." The young man asked if we would help him and said, "My trial comes off in the morning."

I told him with the help of the Lord I would do all I could. The Lord we have do all I could. The Lord used me to plead for him and he was released, for he was innocent of the charge, and he is now praising God for deliverance. It pays well to work for others.



NEW HYGIENIC KITCHEN IN BASEMENT OF LIFE BOAT MISSION.

THE LIFE BOAT MISSION BY DAY-LIGHT.

E. B. VAN DORN.

Supt. Life Boat Mission.

Mention has been made in a previous issue of The Life Boat of the opening of a hygienic dining room and the placing for sale of a full line of the Sanitarium Health Foods in the Life Boat Mission rooms on State street. These enterprises we believe are already accomplishing a large amount of good in the city. Business men, travelers passing through the city and seeing the sign in the window, come in daily; not in throngs to be sure, but increasingly; in many cases the same ones coming again and again; and many words of appreciation and approval are spoken.

Sales in the Health Food Department are increasing. In conversation with the patrons we find many people who understand and assent to the principles of a pure food dietary. One man said, "I am a member of one of the largest and most influential athletic associations in the city, and we have proven time and again by personal experience that we must use a pure food diet while in training and on actual duty or lose in the game every time."

The mission room is open all day, and this has proven a helpful feature of our work. Here people needing help of any kind, either spiritual or physical, are always cordially met and assisted in every possible way. We are more than repaid daily for any little service done for the Master, and I am sure the work is only just begun and the full results will not be revealed until the day when everyone shall give account of his works, "Whether it be good or whether it be evil."

THE LIFE BOAT MISSION.

MRS. HELEN W. ODELL.

Our experience the past few weeks, in the work at the Life Boat Mission, is very encouraging and gratifying. The spirit of the Lord is manifestly present in each service. Formerly, it was only after the song service, the talk, the testimonies of the redeemed ones, and the invitation following, that sinners were moved to express, by the up-raised hand, their desire for salvation. Now, it is not

unlikely any evening that one or more during the testimony service rise and make confession of their relation to God and their desire and determination to change that relation of being aliens and rebels in His sight to that of adoption as sons.

So, although our work is carried on amid much toil and sacrifice we cheerfully, gladly, continue our labor in the spirit of the apostle Paul in his Galatian letter, chapter 6, verse 9, "Let us not be weary in well doing for in due season we shall reap if we faint not."

THE LORD CAN REMOVE CRIMINAL INSTINCTS.

[Dick Lane, who now holds a position of responsibility in one of the largest business houses in the city, was for many years one of the most noted criminals in this country. Now he renders valuable assistance, one or more nights each week, in the gospel work of the Life Boat Mission. As you read this brief extract from one of his recent talks, ask yourself if you have given God a full chance to take out of your life the sinful instincts that still linger there?—Editors.]

I am a living witness of the power of the Lord Jesus Christ to transform a man's life and make a clean life out of an unclean life. A few days ago I called upon a friend of mine in Muscatine, Iowa. When I reached the house I rang the bell and was taken into the parlor, and when the lady of the house came in and found who I was, she said she was pleased to see me, and we had a good talk. Seven years ago, if I had been seen around that mansion, a button would have been touched and the police called to take me out. They would have been thinking I was there to steal something. Today, O, how different!

For seven years I have been living a dif-

For seven years I have been living a different life, and O, the joy and peace I now have! No one knows the difference better than I, who lived an unclean life for fifty years. I got out of all this without paying a cent; just believed in the Lord Jesus Christ. When I gave myself to the Lord I went to work at seven dollars a week, for God does not like a lazy man. I thought many times that I would die, for I was not used to work, but I would say, "Well, it is better than the old life."

It has been well said that "The frying pan drums up trade for the man who sells bad whisky."

IN PEACE PREPARE FOR WAR.

DAVID PAULSON, M. D.

Those who are subject to rheumatism, predisposed to catarrhal and bronchial troubles, and who readily contract colds, instinctively dread the approach of winter. The best way for this class to get ready for winter is to begin at once to take daily instalments of it in the form of cool baths. A poor circulation and a relaxed and debilitated condition of the skin that is unable to react properly when exposed to cold weather is responsible for the majority of these disorders. A daily application of cold water to the entire body, lowering the temperature of the water as the body grows accustomed to it, will gradually get the skin into such a condition that the unfortunate individual may be almost entirely freed from these serious conditions.

The best time for cool bathing is immediately upon rising in the morning while the skin is warm, as the reaction will then be more perfect. To begin with, it will be advisable to moisten only one part of the body, as one arm, and then dry it thoroughly before wetting another part of the skin. By this method the whole body is not compelled to react at once. After a little training the entire surface may be sponged with comparatively cold water and yet a complete reaction will be secured if the cold sponge is followed by thorough friction.

followed by thorough friction.

After this has been practiced a couple of weeks the average individual can safely wring a sheet out of cold water and wrap it around the entire body for a few seconds and still secure a good reaction by vigorously rubbing the skin until it is in a good glow.

the skin until it is in a good glow.

The same ability that the body is thus developing to react against cold water, it will utilize in reacting against drafts of cold air, thus preventing the internal congestions, bronchitis, rheumatism, and many other similar distressing maladies. This is one of the physical ways of rising above these conditions; but there are many who, like Naaman of old, are not willing to take so much trouble in order to be restored to health, and so each winter they become physically a little more reduced and eventually they will drop into premature graves, when they might just as well have lived to be a blessing to their families and to society.

• As long as dough balls can readily be made from the center of the loaf of bread, and ordinary grains are only cooked sufficiently to convert them into a paste, and foods are saturated with condiments, so long will cooks promote business for the drug store, the liquor dealer and the undertaker.

A CONSCIENCE-STRICKEN SALOON-KEEPER.

MRS. NELLIE RICHMOND.

Saturday night, when I was out selling LIFE BOATS on State street, in one of the saloons that I visited I found the proprietor in one of the back rooms sitting at a table with a lady. I sat down beside him and showed him the paper and he took it and slowly turned the leaves over until he came to the poem,

"Where is my wandering boy tonight?
Down in the licensed saloon," etc.

He read the first verse through and said, "That's right." He read the second verse and said, "That's right." He read the second verse and said, "That's true." At the end of every verse he made some remark of this kind, and finally said, "You'll have me crying the first thing you know." I said, "Praise the Lord; I wish you would cry. I hope you will begin to recognize the harm you are doing and give up this bad business." The young woman who sat with him said, "Don't talk like that. He is already worried enough about this thing." I said, "I am thankful for that. I hope the Lord will trouble him so much that he will not be able to go on in this way."

When he got through reading the poem he bought a paper and I talked for an hour with him and laid the matter before him just as it is. I said, "Don't you know you are trafficking in the souls of men?" He said, "Yes, that's a fact." I said, "There is a verse or two in the book of Revelation that speaks about dealing in horses and chariots, pearls and fine linen, etc., and also the 'souls of men.' There was a time when I did not understand what that meant, but it is perfectly clear to me now. You are trafficking in human souls. The men who come in here to buy liquor and get drunk, then go out and commit murder or steal or do other dark things which they otherwise would not do. And these girls who are in here are selling their souls for a few paltry dollars."

He said, "But somebody will do it;" to which I replied, "But do you want to be the one? Are you willing to stand in the day of judgment with this crime on your soul?" Said he, "That is another question. I was brought up all right. My mother is a good Christian woman and I would not have her know what I am doing for anything." "Then," said I, "get out of it as quickly as you

He was called away for a moment, and the girl who sat there said, "He is already troubled over this saloon business and is so blue, and the way you talk will only make matters worse." I said, "If anything I can say will help him to give up this business I am satisfied." When he returned I said to him, "You are too capable a young man to be in this kind of business. There are other things you can do and be relieved of this

burden on your soul. Suppose you go to work for the Lord, put just as much time and energy in working for souls as you are now using in dragging them down. What a change that would be." It was very evident that he was thinking very seriously over the matter.

Presently some musicians came in to furnish some music, which led me to say, "Would you be willing for me to bring somebody in here to sing some gospel hymns and praises to the Lord?" "Yes, I would." "All right," said I, "I will bring some one next Saturday night." He said he would have a piano ready for our use and I went away with that understanding, and so next Saturday night I will ask my daughter, who is a missionary nurse. to come with me to sing the gospel to them. I do not know what the outcome will be. All we can do is to sow the seed.

THE BLOSSOMING CROSS.

FRANK A. MARSHALL.

She longed for the green fields. The brick walls of the city were hateful bars, for they shut her out from the violets and the blue hills. The noises of the street were unutterable discords, and she loved the harmonies of the brooks, the symphony of the boughs and bees, the melody of leaves. She prayed from the hand of Life, not that which gladdens woman heart, but only and always for the great gifts of the birds, the boon of the flowers, the song of the tide, the mighty canvases of the Autumn and the Spring and the still, small Nature voice. The glare of the pavement made her life hot, and her heart tired, and she longed for the peace that cometh into the hearts of men beyond the city's walls. She prayed to Life to open the gates and let her forth where the lark sang and where the meadows were dotted with daisies and where she saw the wide waters break against the skycliffs,

And Life said to her: "I will send one who will point out the way to the flowers and the blue hills."

And one came to her who said: "Life sent me. Let us go to the violets." They came to the place where the brick walls were the highest and the pavement was the hottest, and the woman's guide pointed to them and the blue hills were behind her.

"Thy way lieth there for yet awhile," she

said, and it seemed to the woman that her face was very stern and that there was no pity in her voice. But there was no turning aside from the path that was pointed out and as the days passed, the way became smoother and the stones grew softer and the woman's heart was cool and sweet. The grateful tears of those whose burdens she bore fell upon her face like dew, and the sight of hearts gladdened by her fidelity shut out the blue maze of the mountains and the green vistas of the fields. And the face of her companion became fair in her sight and a soft sweet light shone upon it that she had never seen before, and she beat her soul no longer against the red brick bars. And she said:

"Thy way is fair, O Duty, for that it is thy way. Whither thou leadest I will go. Thy burden shall be my burden and thy cross my cross."

And Duty kissed her for the first time and she looked at the cross she had born unmurmuringly so long. And behold it was covered with violets!

WILL YOU HELP US SEND THE LIFE BOAT TO SUCH MEN?

STATE PRISON, RAWLINS, WYO.

Dear Brother:—I received your kind and welcome letter a few days ago. Many thanks for the free subscription for The Life Boat. I do hope you will be able to continue the prison correspondence and publish extracts from their letters in The Life Boat, as your helpful letters of the prisoners' testimonials in your paper are a grand encouragement to the men behind the bars, who are endeavoring to lead a Christian life.

Why not organize a brigade of prisoners through The Life Boat? Several of the boys are endeavoring to lead Christian lives, and I promised I would write and ask you to send them The Life Boat. I would be very grateful to you if you would send The Life Boat to them. They would highly appreciate the paper and would gladly pass it to all who would love to read it.

With best wishes for you and the brother who kindly wrote a while back, I shall close, hoping to hear from you again.

Yours in the Christian Faith,

TO MY DISCOURAGED AND DIS-HEARTENED SISTERS.

MAMIE WILD PAULSON, M. D.

We are already in receipt of several letters from those who are needing help. One girl writes that she feels as though she has no place in this world. I am sure she expresses the feeling of many others, and to all such allow me to say that I know positively that our heavenly Father is acquainted with the case of every one of us and He also knows how to take care of us while we are in the world.

As long as He allows you and me to stay on this earth, so long may we rest assured that He has a mission for us to accomplish, it matter not how obscure that work may be.

The invitation is still open to any who feel crushed by remorse for sin, or who are burdened with some distressing physical condition, to correspond with us and we will ask God to give us a reply to your letter that will help you. Especially do we wish to hear from those who are young. Address us 28 Thirty-third place, and if convenient enclose a two-cent stamp.

DOES GOD ANSWER PRAYER?

MRS. H. N. GARTHOFNER.

One night, when the opportunity for testimony was given at the Life Boat Mission, a lady, poorly but neatly dressed, arose and related the following impressive experience: "Last winter I attended some religious

"Last winter I attended some religious meetings and became interested in my soul's salvation. I did not give my heart to God at the time, but as time went on, I began to be very much dissatisfied with myself and felt very miserable.

One day I concluded that I would buy a Bible for myself, so I went down town and bought one for five dollars. I had owned Bibles before, but I had never paid any money to procure one. When I came home I wrote this on the flyleaf: 'Lord, here is the Book I have bought with my gold, and I want you to guide me that I may find that "pearl of greatest price." Help me to do what it teaches and remember the promise I have made today. If I ever forget this promise, curse all I do until I return to thee.'

I really meant what I wrote that day and fully intended to give my heart to God. Soon after this I went into business and became very much absorbed with it. I somehow forgot my Bible and laid it on the shelf. By and by the sight of it worried me, for it re-

minded me of my broken promise, so I put it away in my trunk. I put the trunk behind a partition so that I should not see it. But I still seemed to see the trunk through the partition and the Bible in the trunk. Finally I could endure it no longer and, thinking thus to forever rid myself of this vexation, I had the trunk taken to the cold storage room, hoping in this way to forever banish from my mind all thought of it.

Soon after this took place I met with re-

Soon after this took place I met with reverse in my business. In spite of all my efforts to succeed I met with complete failure. I lost my home, my business, my money, of which I possessed quite a sum, and all my friends, and the only thing I had left in the world was the trunk containing the Bible. I went and took it out and tonight started out to find a place where people worshiped God, and I dropped into the mission. Tonight I want to seek him and I ask you to pray for me that I may find him. He answered the prayer in which I asked him to send me curses instead of blessings if I left him, and tonight I want to come back to him."

In talking with this dear sister afterwards we learned that she had for years been a church member but had never known what it was to be a Christian. Before leaving the mission she prayed that God would forgive her and bless her and help her to live for him.

What a pity that so many, even those professing to be followers of God, never become really acquainted with him! How glad we were that we were acquainted with our Father and elder Brother so that we could also encourage this dear soul to seek His acquaintance, for He says that, "This is life eternal, that they might know thee, the only true God, and Jesus Christ, whom thou hast sent." John 17:3.

SELLING THE LIFE BOAT.

LINNIE M. BAKER.

We are commanded to let our light shine, and I know of no better way than by active earnest work along some line of missionary effort. In working with The LIFE BOAT I know that the Lord has most surely blessed.

Many times people will buy one or more just to give to a friend; or because they have heard of the Mission work and wanted to know more about it; or wished to help the cause along. One young girl bought one saying, "I will take one to accommodate you." We always appreciate being accommodated. I like her version of the Golden Rule. Another takes one to read on the train. I have sold over one thousand Life Boats in the city of Chicago.

READ THE BIBLE TO YOUR CHIL-DREN.

Some poor, discouraged mother, whose boy has wandered away from the teaching that she gave him in infancy, will read this trans formed criminal's letter and it will give her fresh courage.

STATE PRISON, Joliet, Ill. Dear Sir-I am now returning to the God of my mother, and of one of her friends, who loved to take me up in her lap and teach me from the Bible the great sublime truths from which I now, in my affliction receive great comfort. Bless their memory; and also the memory of many others who in my youth planted germs of truth, though they lay dormant for many years, were not extinct and have at last swelled and filled a heart once careless of the right of others, with a desire that predominates over all other desires to assist in some little way at least in perfecting the great human family for a higher destiny.

It seems an impossibility that all men will continue to live sinful lives when we have such a wonderful Redeemer as Christ, who suffered for us and the world. Your words have given me a new impulse, so I shall build on the solid rock foundation which Rock is Christ. Through all eternity there will be no prisons made by man.

Yours truly,

HAVE YOU A SIMILAR EXPERIENCE?

STATE PRISON, Austin, Tex. Dear Sir-I have received many Life Boats while a prisoner. About two and one-half months ago I was converted and since that time I have spent some of the happiest days of my life, although locked up in a prison; and oh, it is so much better for me here since I have learned to pray! Everyone treats me so much better and with more respect than I could have expected. I used to find it so hard to pass the long twenty-four hours, but now it is different. If I grow lonesome all' I have to do is to read a passage in the Bible and it cheers me so much that I am perfectly contented. Today a prisoner came into my cell and said, "John, I would give anything if I could pass away the time as you do." Now that is what the Savior will do for any poor prisoner who is down in life. He will brighten his life and help him pass away his time. Since I accepted Jesus Christ for my Savior I have been able to leave off tobacco in every form, to which I had been a slave for twenty years. If there is anyone who reads these lines who is disheartened and deserted by friends and tired of life, let me say these true words: Jesus will brighten your lives like he has mine, if you will accept Him as your Savior. I am thirty-one years of age; it is only two and one-half months since I was converted, but since that time I have been perfectly contented. My future looked indeed

dark and gloomy, but since I gave my heart to Jesus it is so different. My life is bright and happy. I hope and pray that this letter will be a help to someone.

Your brother in Christ,

A MISSIONARY WHILE, IN PRISON.

STATE PRISON, Joliet, Ill. Dear Sir-I have now been here four years and four months. I am learning a trade, so I will gain something by coming here anyway. I believe what the Bible says, that everything works together for good to them that love the Lord; that he will never leave me nor forsake me. I pray every night and morning and before meals, and always remember THE LIFE BOAT workers in my prayers. I hope that you will pray for me. THE LIFE BOAT, and what it represents, have given me broader and better views of life. It has awakened in me a realization of my duty to God, and by so doing, it has transformed me from a scheming, lying, selfish wretch to a man who is willing at all times to assist and encourage his fellow prisoners when they first start out on a Christian career. Those of us who have accepted Christ as our Savior have a great many burdens lifted from our hearts, and we should all strive to point others to Christ. I would like to receive THE LIFE BOAT regularly. I am interested in it, but I have not the small sum necessary to pay for an eight months' subscription. And if you have any left over, I would thank you very much if you could send me some. I do not ask for myself alone, but I am trying to get two men who hardly ever attend religious services, to read THE LIFE BOAT, and I know it will make them come to time.

Your brother in Christ,

When we read this letter a solemn determination took possession of us to improve more faithfully the many opportunities that we have been overlooking. Reader, how are you impressed?

As long as a man is not so hardened but he can admire God's beauty as revealed in a flower, so long will he recognize and appreciate that same beauty if it is manifested as fully and as freely in a human life. Instead of complaining because people are prejudiced against our work, let us rather accept it as a suggestion that they have become tired of seeing so much human nature, and in reality are saying, "Sir, we would see Jesus." John 12:21.

MEDICAL MISSIONARY DISPENSARY WORK.

A. J. HETHERINGTON, M.D.

The work at the Halsted Street Dispensary is onward. While the summer season is not the most prosperous for dispensary work, yet the past summer has afforded our nurses and dispensary attendants plenty to do.

dispensary attendants plenty to do.

Located as this branch of our work is in a district near the great Union Stock Yards and neighboring factories, we are accessible to

a great and varied class of people.

Those who have had no opportunity to visit dispensary work in a great city would be interested at a rehearsal of one day's experience at our Dispensary.

While our Dispensary is open all day, and calls are answered at any time of night, yet the real work of the day begins at nine o'clock

and examined. He has received some severe bruises, but no broken bones are found, so while our nurse applies fomentations and appropriate treatment, we see the next patient. This is a lady who has a sick baby. "The baby has been sick for two days, doctor, and can't keep a thing on its little stomach. What can be the matter with it, doctor?" We inquire about the baby's food and find that although it is but eleven months old it has been fed meat, boiled cabbage, eggs, pickles, and—"Well, ordinary food, same as we eat, doctor." And, of course, we do not wonder that the baby is sick. We give the mother some instruction with regard to the proper foods for infants, and also for grown people, and assure her that if she will carry out directions that the sickness will soon disappear. We have had many sick babies brought to the Dispensary this summer and find in the major-



BANDAGING THE HEAD OF AN INJURED CHILD IN THE HALSTED STREET DISPENSARY.

in the morning. At that time the Dispensary presents a neat and clean appearance. The floors have been scrubbed, the woodwork wiped, instrument cases polished, and the instruments for minor surgical work are in readiness and the water in the bath room is hot.

As we enter the main waiting room at nine o'clock, a number of patients are already waiting there. Some faces are familiar, others are those of strangers. We greet them all with a "Good morning," and begin to inquire into their cases.

Here is a man who has just fallen from a moving street car. He seems to be in much pain, so we give him attention first. Helping him into an adjacent side room, he is undressed ity of cases that improper food is the cause of their troubles.

Here is a young man from the Stock Yards. He has an injured finger, which is dressed in a dirty handkerchief. He tells us that it was mashed between two large pieces of ice. The finger is unwrapped and found to be imbedded in fresh chewing tobacco. The tobacco is removed and the wounded finger thoroughly cleansed. It is in a badly mangled condition and amputation of a part of the finger is necessary. After the finger is properly treated and bandaged, we attend next to a man with an infected hand. He says that he hurt the finger slightly a few days ago, just merely breaking a little skin off, but he "caught cold" in it and now the whole

hand to the wrist is badly swollen. This hand is lanced, treated with alternate hot and cold water for 45 minutes, then he is instructed to repeat the treatment at home every two hours.

Here, next, is a boy with toothache and wishes the offending tooth removed. An attendant takes him into the dental room, while we go to open an abscess on a little boy's

A newsboy comes running in, holding a handkerchief over his head and says he has just been hit with a brick. He had been in a quarrel with a fellow newsboy and had gotten the worst of it. We shave the scalp, sew up the gaping edges of the wound and bandage the head.

These are a few items in a morning's experience at the Dispensary, and while these have been attended to, there have been several other patients attended to in the ladies' department

Our work is not confined wholly to the Dispensary. Outside calls are also answered, and even now as we are making preparations to go to dinner, a little girl comes in with the following note written on the back of a picture paper:

"Please send the doctor to — Emerald avenue, down stairs, in front. My husband has been brought home to me all beaten up. His eye is in a bad shape. I can't leave him to come, so please send the doctor quick."

With emergency bag in hand we call at the number given and find a man dead drunk and face all covered with blood. The wife explains that he was on picket duty during the strike and that he must have gotten into trouble, and was brought home in a police am-bulance. Washing the bloody face, we find two ugly wounds, one on the forehead and one just above the eye. These are cleansed and the edges sutured together. The drunken stupor is meantime acting well as an anesthetic. After the wounds are dressed the wife is told to send her husband to the Dispensary next day for further treatment and we go to visit some patients we have seen before.

Connected with the dispensary work is our visiting nurses' work. Nurses who devote their time to visiting the sick and minister-ing to their needs. These nurses have been the means of raising from beds of sickness many grateful patients whom disease would otherwise have claimed.

Blessed experiences and opportunities are afforded us in connection with our dispensary work. We are privileged to meet with people from various walks of life. Some are sick, some are badly diseased, some are disheartened and discouraged. We talk to these people of the body temple, of what a sacred trust life is, and how through ignorance and disregard we waste our powers, our intellects and bring our bodies under the sway of disease. We talk of the higher life and try to

ease. We talk of the inglier and and to the interest these people in it.

How much there is for the medical missionary to do! What grand opportunities are laid before him daily! We need help in this work. Half a dozen strong, consecrated young men and women could find ample opportunity for lifting up the standard of light and truth in this great city of Chicago. Are there not some who are feeling a desire to devote their lives to medical missionary work? There is a need for such, and if you feel impressed to engage in this work, write to the superintendent of our Chicago medical mis-sionary work, 28 Thirty-third place, stating your intentions.

MEDICAL MISSIONARY QUERIES.

A laborer for God in a distant field recently wrote us the following letter of inquiry: "I have for some time felt a burden to help the poor and needy, and it now seems to me quite possible that we may be able to start a health food restaurant for working people in this city somewhat after the plan of your Working Men's Home, without providing lodgings.

"1st. Can we utilize the same room for restaurant and mission services?"

It is not inappropriate to feed souls and bodies in the same room, although there are many, who, having never learned that the human body is sacred, are inclined to question the propriety of this. We have, however, found no serious objection to this plan. For the gospel services, the tables should be put aside and everything pertaining to foods entirely cleared away.

"2nd. We wish to provide wholesome foods at cheap rates and yet make the enterprise self-supporting. Is it a safe financial proposition to charge twice the actual cost of the raw material and thus depend on half the proceeds to pay for rent, salaries, and running expenses?"

When such an enterprise is reasonably well patronized, it can be made self-supporting by charging twice as much for the prepared foods as the cost of the raw material.

"3rd. Is it the best plan to serve meals from a counter or upon tables?"

It is a good plan to have both counters and tables. Some prefer to sit at tables and others prefer to sit at counters. In one successful workingmen's home, in a western city, the food is all served from tables.

"4th. How do you manage about meals on the Sabbath?"

On Sabbath we have the dining-room open

only for a sufficient length of time to serve our regular patrons. This fact is advertised during the week, so that it is plainly understood. The best plan is to have all tickets purchased on the day previous to the Sabbath. If we do not give the people a chance to be served their meals on Sabbath, we must develop some plan of putting up lunches for them on the previous day; otherwise we are not putting ourselves in a similar attitude to that of the ruler of the synagogue, who condemned Christ for healing on the Sab-bath day, and said, "There are six days in which men ought to work; in them, therefore, come and be healed, and not on the Sabbath Luke, 13:14. The moment we allow our hygienic restaurants and missionary lunch-counters to degenerate into mere ordinary eating places instead of maintaining them as genuine missionary enterprises, then this question at once assumes a different aspect. At the same time we must arrange to relieve, as far as possible, the regular workers, so that the constant toil and perplexity that is always incident to such work shall not wear out and discourage them.

"5th. What is the best plan for conducting the mission services? Should we simply preach and sing, or seek to educate the convert?"

Good singing is very essential. Musical instruments are helpful; an organ or a piano is almost a necessity; a cornet is of great assistance. The speaker should present the simple gospel and encourage the converts to take part the very first night after their conversion. The mission service is a grand opportunity to lead men to the Bible. Put Bibles into their hands and teach them to respond to short Bible studies. When a man builds his life on the Word of God, he is sure to have good success. Josh, 1:8. We also endeavor to hold meetings for the converts at other times than the regular services and seek to establish them thoroughly in the more advanced truths of the Bible.

"6th. What results have you in Chicago after years of experience? How many real good converts have you in mind as a result of your Chicago missionary efforts?"

The Youth's Instructor, an eight-page weekly, published at Battle Creek, Mich., is a bright, interesting sheet for the youth and children, and older people as well. It contains suitable stories, Bible lessons, poems, and illustrations for the children, and also articles of a highly instructive nature on educational and scientific subjects. Price 75 cents a year.

், நாடனி சகர் சொடும்

THE MISSIONARY NURSES' TRAIN-ING SCHOOL.

MAMIE WILD PAULSON, M. D.

Recently the members of our Training School have become more deeply aroused than ever before to the importance of studying the Word of God. Each member of the class has been asked to learn some Bible verse or some truth from the Bible every day and not to let a day go by without having attempted to be a real help and inspiration to some individual.

Early morning Bible classes are conducted each day by Miss Grace Amadon. These classes are a great source of inspiration to the nurses and other members of the family as they go about their daily duties.

There is still room for others to enter our Nurses' Training Class. Earnest, strong and devoted young men and women are called who have consecrated their lives to the uplifting of humanity. Address Dr. Mamie W. Paulson, 28 Thirty-third place, Chicago.

WHAT WE DO AT THE LIFE BOAT REST.

MARY F. SMITH.

So many ask what we do at the Life Boat Rest for girls. We visit the poor and sick, trying to help everyone who is in trouble.

Our work is especially to help fallen women back to an upright life where they can earn their own living in a good way, and to bring girls back to their parents and homes, also to secure good positions for those in need of a home or friends. We try to help those we meet as we would like to be helped if we were in their places.

We hold meetings in the city jails and tell

We hold meetings in the city jails and tell what Christ has done for us and that he will do the same for all who will ask him. We try to convince these people that we are their friends and will help them when they are ready to try to live so they will never need

to get into such trouble again.

We visit the hospitals and become acquainted with the girls that are sick and away from home and help them to find employment after they recover. We try to show them that we are their sisters, and that we have one Father. We visit the Home of the Incurables and help them plan for the world where there is to be no sorrow or trouble. We sell LIFE BOATS in the saloons to help support our work, and in that way we become acquainted with the girls in those places and come in touch with them so that we are able to help them in any time of need or trouble. We try to convince them that they

have friends even if they have done wrong, and that God will forgive them and remember their wrongs no more.

We hold meetings in different churches and with societies telling the parents to save their children from drifting into a life that is worse than death.

We have a reading room and loan books to any who will read them. We have our bath rooms where baths and treatments are given. We have music in our Home and all are welcome to come at any time and visit with us. We give food and clothing wherever needed when we have them on hand. We give away flowers and Bibles.

We work from seven in the morning till tweive at night. The Lord blesses and keeps us every day. Do you want a part in this

work?

THE VISITING NURSES' OPPORTUNITIES.

MADGE ROGERS.

Ex.-Supt. Visiting Nurses' Settlement.

Visiting nurses' work does not consist in merely going from house to house giving treatments, but it includes anything and everything that will be helpful in the homes visited, from scrubbing the floors and windows to the most complicated treatment a doctor can prescribe.

When we first began our work on Halsted Street, there were so many who came to us and so many homes to be visited, the thought came to me: "How are we to reach the mothers that need our help most? There are so many who really need help that each of our efforts must count." And so we decided that we would make it a special subject of prayer, that God would direct us to these needy ones; and that prayer has been answered in ways that were almost marvelous to us at the time. Scarcely a day passes but some discouraged mother comes to us for comfort and aid.

Last Sabbath I wanted to go to meeting, but something hindered me, and I was a little disappointed. We gathered in the Dispensary that afternoon and were singing some hymns, when a little woman came in. One of the medical students met her, and as our lady physician was out he referred her to me. I saw the tears rolling down her cheeks, and I put my arm around her and took her to the office, and she said, "That hymn was too much for me." For weeks she had been longing

for some comfort or some word of sympathy, and this song had touched her heart. That did me more good than any sermon, and I thanked God that the way had been hedged up so that I had been kept from attending services.

We anticipate that our cooking school, which has recently been started, will be a branch of our work that will be a help in this community, as so many do not know anything about how to cook a wholesome meal. They usually tell us their grains are cooked in five minutes.

When we started the cooking school we admitted none under 14 years of age, but others come to us who are younger, and we now have a bright, intelligent class of girls 11 years old.

PACK SOMETHING INTO LIFE. DAVID PAULSON, M. D.

I was in Portland, Ore., when the Cape Nome gold craze was at its height. There were thousands of men trying to secure passage in the few boats that were available for transportation. Consequently exorbitant prices were paid for tickets and transportation of

baggage. In order to pack the most into the least possible space, some of these men spent hours arranging and rearranging the articles they wished to put into their boxes or trunks.

As I watched them, this thought came to

me, "My life is like these trunks; its capacity is limited. Everything cannot be packed into it. From henceforth I will try by the help of God, to put into it only the choicest and the best things, and at the same time seek to store away as much as possible in the lives of others."

How foolish it would have been for these miners to fill their trunks with a lot of useless rubbish and then to have been compelled to leave behind them the really valuable things! Yet how many of the young people of today are doing this very thing with their own lives! They are storing their minds with wood, hay and stubble that will not be worth preserving eternally and which must eventually be destroyed.

Again, suppose that soon after these miners had put out to sea, they had taken their valuable trunks and tossed them overboard simply for the amusement of seeing the water

splash as they struck its surface! Yet thousands of youth are doing this very thing with their eternal possibilities, frittering or throwing away their lives for some passing amusement or for some selfish pleasure. Dear reader, what is your choice?

THE HOMELESS WAIF'S APPEAL.

FRANCES EUGENIA BOLTON.

There stood before Barnardo,
A little homeless waif,
Who asked for love and shelter,
For refuge warm and safe.
His face so wan and pallid,
His eyes with tears so dim,
His rags, all told Barnardo,
How much he needed him.

And yet still more to prove him,
The generous lover said,
"Go, bring a friend to tell me
Your need of home and bread."
Alas! the little figure
Drooped down in half despair;
He had no friend to favor,
Could find no refuge there.

With sudden inspiration,

He raised his ragged sleeves,
And said in trembling accents,

"You'll prove my need by these.
If in my ragged garments

No wretchedness you read,
Why then, indeed, Barnardo,
I have no friend to plead."

At this the generous lover
Felt tears unbidden start,
The plea for help was echoed
By his own tender heart.
He washed and clothed and fed him,
And gave him refuge safe,
And proved himself thereafter,
A father to the waif.

Ah! soul, here is thy picture, Wretched and lost and lone, Pleading before the Father That thou mayst be his own. Thy rags appeal to heaven, And prove thy sorry need, And God in Christ hath given His infinite heart to plead.

Ah! waif, my soul, thy Savior
Is smitten by thy prayer,
His bleeding hands are eager
To cleanse and make thee fair.
The angels ring their harp strings,
That thou art made His own.
There waits for thee a mansion,
And a seat upon His throne.

1187 St. Louis avenue.

WHAT WILL YOU DO FOR OUR GIRLS?

MARY F. SMITH.

What will you do to help us to help our girls? Many of them are somewhat different from other girls whom the world calls lost. They have lived wrong lives for years; they drink, use drugs and tobacco, and are moral and physical wrecks.

Now, when a woman of thirty, thirty-five, or forty comes to us and says, "I want to do what is right"; must we turn her away and say, "Go back—we are sorry for you but there is no place for you?"

There is a home for the young, bright, attractive girl, just gone astray, and perhaps for the girl with a child; but apparently there is none at all for these women. Christ died for all.

It is not right for us to keep them housed up here in a few rooms over a saloon for any length of time. Three such women came to us during the last few days and if you could have heard them pray, "God help me to do right," you would know they were in earnest.

How hard it was for us to find homes for these women. No one wanted them; the people were afraid to keep them. And how grateful they were when they were given a home and kind words! And when the matron of the Home tells us that they pray and study their Bibles every day and do so much better than many who have had better advantages, we thank God that He is no respecter of persons.

We want a home outside of the city, where our girls can go and live till their bodies are well and strong and they have a full knowledge of the truth in Christ. We can do nothing without help.

THE LIFE BOAT

DAVID PAULSON, M. D. EDITORS W. S. SADLER

DO YOU BELIEVE IN THANK OFFER-INGS?

What are you doing with the money that you used to spend for whisky, tobacco, tea, coffee, theater going, race horses, and the whole list of selfish indulgences? If you could then afford to waste this money in the service of self, can you not now afford to dedicate a similar amount for the service of God? If you will send this money regularly to us, it will support our three visiting nurses, meet all the running expenses of our rescue department and leave enough over to enable us to send ten thousand LIFE BOATS every month to prisoners all over this land. As you read these lines, if your heart feels stirred to respond, do not smother that impression, for it may be that it is the Spirit of God that is trying to influence you to do it.

We believe that God has put it into our hearts to present this plan to our LIFE BOAT family. Why not put aside each week the very amount that you used to expend for the purpose of *injuring* yourself, for the purpose of *helping* some one? Try it for a month, and we will personally send you interesting accounts of some of the good that is accomplished by it, and the influence of your example will inspire someone else to do likewise.

THE LAST NUMBER OF THE LIFE BOAT.

The demand for the August LIFE BOATS far exceeded our expectations. The first edition of thirty-five thousand copies was exhausted soon after it was off the press, and so another large edition had to be printed.

The many appreciative letters that we have received from clergymen, superintendents, editors, and other gospel workers, would fill the entire paper if they should be printed. God put it into the hearts of his people to circulate this number. The truths that it contains cannot become old, and we shall be glad to continue to supply all orders that may be sent to us. Let every reader of The Life Boat gird on the armor, seek for the baptism of the Spirit for service and allow himself to become a channel through which God's goodness can flow out to needy humanity.

THE NEXT NUMBER OF THE LIFE BOAT.

The October Life Boat will be a Home and Social Purity number. Ideal homes are becoming more and more rare. Sin and iniquity and moral leprosy are undermining character to an extent that is scarcely believed. The strongest workers in home and reformatory work will contribute their choicest thoughts for this issue of The Life Boat.

Thousands of mothers all over the land are grateful to Dr. Mary Wood-Allen for the choice instruction that her pen has produced. She will write an article entitled, "Children's Rights and Parents' Duties." A. T. Jones will write a helpful and inspiring article on the subject, "Can Heaven Begin in the Home?" Mrs. W. S. Sadler will write an article based upon her extensive experience in rescue work, describing the kind of home training that produces moral wrecks. This article will arouse many mothers to take a deeper interest in the welfare of their daughters. Fannie Emmel, matron of the Life Boat Rest, will write a cheering article entitled, "Is there Hope for the Hopeless?" Other experienced workers will furnish valuable contributions. Mingled with these will be interesting letters from prisoners and accounts of the miracles of grace that have been wrought in human hearts in the various departments of our work and also encouraging experiences from those who have recently launched out into community soul-saving work.

This feast of good things is not for you alone. Your neighbors have just as much right to it as you have. Order a dozen or two extra copies and sell or give them to your friends, and possibly some of them will subscribe for the paper. You must meet your neighbors at the bar of God. It will then be too late to share with them life-saving truths. Do it now! Order at once so we can know how large an edition to print. Price, two cents a copy.

A BIBLE TRAINING SCHOOL AT HOME.

All cannot have the advantage of a splendid Bible training school, but almost everyone can pay twenty-five cents and receive the *Bible Training School Magazine*, published at 400 West Fifty-seventh street, New York City. It is full of the choicest winnowed Bible lessons.

WILL YOU DO SOMETHING FOR YOUR LOCAL PRISON-ERS?

The prisoners confined in your county, city, and village jails are either serving short time sentences or are there awaiting trial. They are the most promising class of prisoners to help. A cheerful kind word, a Scripture text, a copy of The Life Boat may be the means of transforming the entire life career of one of these men, and you will receive personal good while you are doing this work.

Do not engage in long conversations with these men. Carry no messages from them to their outside friends without permission from the prison authorities. If you are refused admittance, do not urge the matter, but ask the jailer to distribute the LIFE BOATS himself. If he should refuse to do so, do not insist upon it but write us about it and we will correspond with him and endeavor to acquaint him more fully with the work of THE LIFE BOAT. If he still objects, he may have good reasons for so doing, at any rate we have then done our full duty.

THE LIFE BOAT ought to reach every local prison in the country. We will furnish copies for this purpose at two cents each. Begin on this work at once and then write us a brief account of your experiences, as it will encourage someone else to undertake similar work for humanity.

FOUR THOUSAND LIFE BOATS.

The Lord is putting it into the hearts of Christian people everywhere to greatly extend the circulation of The Life Boat. At the educational summer assembly at Berrien Springs, four thousand LIFE BOATS were subscribed for by the teachers in clubs ranging from twenty-five to one hundred. Their object in doing so was to interest their pupils in the sale and distribution of them. It is easy to interest the average child in some missionary project, and eternity alone will be able to measure the good that will be accomplished by the disposal of this large number of Life Boats by hundreds of children in various parts of our land. Dear reader, as you hear of others doing so much to extend the circulation of THE LIFE BOAT, do you not feel that you wish to have some share in this blessing? If so, do not put it off, but do something now.

"MODERN MIRACLES."

We are glad to announce that the manuscript for this most interesting work will soon be placed in the hands of the printer. It will be one of the most interesting and instructive books ever written on city mission work. It will not only describe the various lines of rescue and reformatory work in our large cities, but it will also relate many interesting experiences, anecdotes, and incidents in connection with the various departments of this great work. The following are some of the chapter headings:

are some of the chapter headings:

"The Personal Touch."

"Life-Saving Stations."

"The Question of Heredity in Soul-Saving Work."

"The Question of Environment in Soul-Saving Work."

"The Drug Fiend."

"Rescue Work for Outcasts and Fallen."

"Parents' Meetings."

"For the Prisoner and the Ex-Convict."

"How God's Temples are Treated in our Dispensaries."

The Visiting Nurse as a Messenger of Hope."

"Voices from the Press."

"Where You May Eat That Which Is Good."

"What May Be Done For the Children."

"Specific Evils of Large Cities."

"Wayside Ministries."

"Modern Miracles" will sell for fifty cents. Send in your orders and they will be filled as soon as the book is off the press.

WHY NOT DO THIS?

During the past years, scores of Christian friends have deemed it a blessed privilege to assist the Chicago work in a substantial way. Freely they have received and freely they have given, and their reward is sure. We hope for their assistance during the coming winter and trust that God will raise up many new friends of the same kind.

To those who in former years have sent us donations of clothing, shoes, and other wear-

ing apparel, we wish to say that now is the time to begin to pack other boxes. Nothing is so large or so small that it cannot be used, and our suffering friends will not refuse a garment because it does not happen to be fashionable. All articles will be appreciated and carefully distributed to those who are in need. When preparing your box, make it a labor of love to do all the necessary mending and cleaning. Our workers would be glad to do this part, but they cannot take the time, as there are so many demands to be met in their missionary work.

Address all donations to the Chicago Medical Mission, 28 Thirty-third place, Chicago. When sending articles by freight, please prepay the freight charges and mark every box or barrel with the name and address of the sender. If this is done it will enable us to promptly acknowledge the gift.

ARE YOU INTERESTED IN SOUL-SAV-ING WORK?

Does community soul saving work strike a responsive chord in your heart? You will never know how many blessings the Lord can crowd into your life until you begin to brighten the lives of others. Dedicate your life to the Lord as you never have done before. Begin to pray for some particular persons and ask for definite things. Then keep your eyes open so that you will recognize the answers even if they do not come just as you had expected them. Have a cheering smile and kind word for every one you meet. Get The Life Boat into the hands of those who do not already read it. Assist the poor, minister to the sick and suffering.

The world is full of people who have been taught that God is afar off; that He loves a good man more than He does a sinner; that conversion is a complicated process, and that the Christian life is a dreary and barren life to lead. Can you show from the Bible and from personal experience the simplicity of conversion and the beauty and satisfaction of a Christian life? If you cannot, then you need not wait until tomorrow before you can do so. Be sure to write us a brief account of your experience, for it will serve to encourage someone else to begin a similar work. Do not exhort others to do something. Do something yourself and your

example, if Christ is in it, will inspire others to begin, and then you will be able to advise them what to do.

FROM FAR AND NEAR.

Dr. W. J. Erkenbeck and wife spent a short time in the city on their way to Mexico, where they will connect with the sanitarium at Guadalajara.

Mrs. H. N. Garthofner, Mr. R. E. Peterson, Mr. and Mrs. N. W. Paulson, Mabel Howard, Hannah Peterson, Miss Myrtle Lipsey, Grace Harris, and Edith Nord are at their homes or among friends for a few weeks' rest and recreation.

Grace Amadon, Mrs. Harbaugh, Mrs. H. Moorman, Anna B. Ruthven, and Mr. and Mrs. Welch have recently connected with various departments of the Chicago work.

Dr. Franklin Richards, Dr. J. E. Cooper, Dr. May Goodison and Dr. Pliny Haskell visited our work as they passed through the city en route to their respective fields of labor.

Dr. J. E. Colloran assisted Brother Van Dorn one week in the meetings at the Life Boat Mission.

Enthusiastic and helpful Bible studies are conducted for the sanitarium and hospital workers each morning at 5:30.

The Sanitarium is full to the overflowing. There are still a few vacant rooms in the Hospital.

Drs. David and Mamie Paulson spent a week giving instruction on health topics at the Old Salem Chautauqua Assembly.

Lucy Winegar has spent several weeks in conducting schools at some of the leading chautauquas.

James Callahan, the pioneer superintendent of the Life Boat Mission, was a very welcome caller recently. He and Mr. Van Dorn compared notes and he seemed encouraged to learn of the progress that the work had made during the years since he left.

JUST WHAT YOU HAVE WANTED.

The book of John and the book of Romans are now printed in little booklets, just the thing to slip into a pocket and study in your spare moments when you are about your work. We will send you both of these for one new subscriber to The Life Boat. Let every reader of The Life Boat send in one

additional subscriber, thereby doubling the subscription list at one stroke, and we will send you by return mail these two choice little booklets.

WANTED! A FRIEND.

How many of our readers, especially those living on farms, are constantly hiring help? Why not try to give some of these prisoners a chance! Every day letters are coming in from these men. Many of them say, "I would be so glad if you could put me in touch with some good level-headed Christian man who would be a friend to me and help me get a start in life after my release from prison." Why not hire one of these men who is homeless and friendless? "Inasmuch as ye have done it unto one of the least of these, ye have done it unto me." There are men behind prison bars who are as much in earnest as you are. Some of them are making as glorious a success of their lives as many outside of prison are making an inglorious failure of their lives. Will you not signify your willingness to assist some of these men and write to them before their release from prison so that you may become acquainted with each other?

God does not hold our mistakes up before us; then why should we hold up theirs? It is not necessary that it should be made a public matter that they were ever so unfortunate as to have been imprisoned. Write to us and get the name of some prisoner who wants a friend. We are corresponding with a number now who are friendless.

Are you acquainted with the "Signs of the Times"? It is one of the best religious magazines that is published. No one can read it week after week without having a stronger desire to study the Bible, the fountain head of all truth. Price \$1.50 per year, sample copy five cents. Address Pacific Press, Oakland, Cal.

The successful business man is always a subscriber of the journal that is published in the interest of his profession. Are you in the health getting business? Then you should subscribe for the "Good Health Magazine," published at Battle Breek, Mich. Price one dollar per year.

THE SACRED TENTH.

Do you occasionally donate a few pennies for the cause of humanity and then imagine that you have done your full duty? The Word of God gives us the idea that one-tenth of our income should be especially dedicated to the advancement of His work. Abraham, the father of the faithful, did this. prophet Malachi, whose prophecy applies to the new dispensation, outlines the great spiritual and material prosperity that will come to those who have the spirit that leads them to dedicate one-tenth of their income to His work (Malachi 3). Does this plan strike a responsive chord in your heart? We should be glad to correspond with those who for the first time feel that God is impressing them in reference to this plan.

DO YOU PAY YOUR DEBTS?

Are you free from pain? Have you enough food to satisfy your hunger each day? Have you sufficient clothing for comfort? Have you learned that God loves you better than any human being and pities you when you go astray? Have you appreciative friends?

If so, you owe something to every mortal who is not equally favored, with whom God shall in various ways bring you in contact. The Lord has loaned all these blessings to you and tells you to pay them back to needy humanity instead of to Him. Rom. 1:19.

Yet He has made this wonderful arrange ment that if you will cheerfully pay your debts, the original shall multiply in your hands just as the bread which the Master broke for the famishing multitude. So you will have more left when you get through than when you began. Prov. 11:24. For while you are adding something to the happiness of others, the Lord is multiplying your blessings, and in addition can never keep pace with multiplication. 2 Peter 1:5, 2.

Do you think this is only a beautiful theory? Try it and you will find it a glorious reality; and you will wonder how you ever could have been content to live such a narrow and barren life. You will be uneasy until you have had an opportunity of imparting to others the blessed secret which you have so recently learned. As you read this, ask God more earnestly than ever before to

open your eyes that you may see every opportunity, no matter how small or insignificant it may be.

Lend or give away LIFE BOATS. Speak kind words to every mortal. Give smiles instead of cross looks. Study your Bible as you have never attempted to do before. Watch for opportunities and you will soon be amazed at the paths of usefulness into which Providence is leading you.

Never allow anyone to flatter you, for deep down in your heart you must know that no man deserves any credit for merely paying his honest debts, and that is all that we are doing even when God gives us a chance to do what others may consider great deeds. Luke 17:10.

FOR FIVE NEW SUBSCRIBERS.

A complete stamping outfit, including two alphabets and numerals of rubber type. Useful for marking linen, calling and business cards, etc. Something all boys and housewives will appreciate.

For twenty-five new subscribers, a splendid Bible.

SUBSCRIPTION PREMIUMS.

*

For fifty yearly subscriptions, we give as a premium, a splendid, ladies' or gentlemen's, silver case, good jeweled-movement watch.

For twenty-five subscriptions we offer a set of sterling silver-plated knives and forks.

For fifteen subscriptions we offer a first-class gold-pointed fountain pen.

For ten subscriptions we offer a handsome set of nut picks and nut cracker.

For five subscriptions we offer a very pretty child's set, consisting of knife, fork and spoon; also, a pair of small scissors.

The Song of the Angels" will be mailed to you if you will send your name and address, with twelve cents, to Otto Lundelle, Room 770, 324 Dearborn street, Chicago.

It is a grand thing to successfully remove a dangerous tumor or growth, but it is a far greater thing to go out and teach a thousand people how to live so that they shall not have tumors. The former deed will command the applause of the multitude. The latter work may not only be unappreciated, but such an individual is likely to be labeled a crank, extremist, or fanatic.

MONTHLY SUMMARY OF THE WORK OF THE VARIOUS INSTITUTIONS AND DEPARTMENTS OF THE CHICAGO MEDICAL MIS-SION.

July 15th to August 15th.

July 15th to August 15th.
Treatments given 1,150 Office treatments 300 Surgical operations 18 Admitted to wards 20 Outside calls 200 Gospel services held 80
WORKINGMEN'S HOME REPORT.
Penny lunches served 15,325 Lodgings given 5,733 Used free laundry 3,134
REPORT OF WORKINGMEN'S HOME DISPENSARY.
Old patients 161 New patients 56 Examinations 41 Office treatments 42 Bathroom treatments 120 Outside calls 9
HALSTED STREET DISPENSARY.
Old Patients264New Patients145Consultations108Outside calls69Office treatments217Bath treatments110
LIFE BOAT REST FOR GIRLS.
Public meetings held
Medical services rendered 9
Treatments 121 Free baths 16 Free Lodgings 23
Free Meals 41
Positions secured 15 Number received from police 5 Number admitted to rest 15 Number in Maternity ward 4 Number in hospital 11
Number Professing Conversion44Requests for prayer104Girls returned home4

SAN FRANCISCO MEDICAL MISSIONARY AND BENEVOLENT SOCIETY.

Under supervision of the California Medical Missionary and Benevolent Association. Headquarters, 995 McAllister Street. Phone Page 3012.

W. S. SADLER, President 995 McAllister Street B. F. RICHARDS, Vice-Pres't 1123 Ellis Street E. E. PARLIN, Sec. and Treas., Room 203 Parrott Bldg.

Branches:

HYDRIATIC DISPENSARY........916 Laguna Street VISITING NURSES, Headquarters: 995 McAllister St. CHRISTIAN HELP BAND916 Laguna Street

Associate Institutions:

NEED OF MEDICAL MISSIONARY WORK IN LONDON.

A. B. OLSON, M. D.

It is almost impossible for the human mind to conceive of an aggregation of more than six million human beings within the limits of a single city, and yet this is true of London, the metropolis of the world.

The majority of the present population were not born in the city, but have come in from the surrounding country and territory.

London has its East and West end; the former teeming with poverty and vice, and the latter with vice and wealth. When one stops to think of the vast numbers of people living a submerged life in the east end, the question comes with great force, How do these people live? They do not live in the proper sense of the term. The majority merely exist, and with the most it is a miserable existence at the best. Yet it must be remembered that London is very liberal with its poor, and spends enormous sums of money for their relief. In spite of all this, poverty, disease and vice are increasing.

The drink evil is a terrible one in this great city, and drunkenness is by no means confined to men, but is to a large extent indulged in by women and children. It is not at all an uncommon thing to see a drunken woman on the streets, reeling to and fro, sometimes carrying a child in her arms, with perhaps another little one tugging at her skirts.

The curse of tobacco rests heavily upon the inhabitants of London. Almost every boy or man smokes a pipe, cigar or a cigarette. Cigarette- smoking is particularly common among the youth, and even among boys who have not yet entered their teens; and the evil effect of all this intemperance is very evident.

There is a manifest loss of vitality among the great masses of the people. Deformities and physical weaknesses are comparatively common; sickness and death are increasing rapidly.

The great need of these people is the Gospel of Christ, which alone can restore the image of God in the soul. May the time soon come when medical missions for the purpose of carrying on this work shall be started in various parts of this great city.

SAVED AND KEPT.

[We wish that any disheartened, discouraged, or despondent reader of The Life Boat could have the privilege, night after night, of listening to Brother Pritchard's cheering and hopeful testimony at the Life Boat Mission. The God that is no respecter of persons, who saved this man from more than a third of a century of crime, drunkenness and various forms of sin and transformed him into a sober, honest and industrious man, can certainly save you from your personal difficulties, for he is no respecter of persons.—Editors.]

"I cannot remember when I took my first intoxicating drink, but I know that when I was from 16 to 17 years old I was fond of lager beer. I was then in New York City. That was over 32 years ago. I used to play cards with the other boys for the drinks, for we all drank beer. I did not care very much for whisky then, and when I did drink any of it I had to take it in water, or if I did drink it straight I had to drink a cold drink afterwards to keep from choking. I was what is called a moderate drinker and had no use for a drunkard, and if I did get drunk I would be sick for a week and would not want to drink any more. But the fire had been kindled and was smoldering, and soon after I got well, then I would add more fuel to it, for I was always enslaved with the appetite for strong drink. I went from bad to worse, until I became an abject slave to the habit and could not stop it. I would sell my clothes off my back to get money to buy drink. I would beg, borrow or steal, do anything for whisky until I became utterly worthless and lost; and I knew it, but could not help myself. I signed temperance pledges many times and meant to keep them, and sometimes did for a week or two; but I always had a struggle with my appetite and could not pass a saloon without being drawn in.
"I surrendered all to God on the fifteenth

"I surrendered all to God on the fifteenth of February, 1902, and when I am tempted I remember what Jesus says in the tenth chapter of 1st Cor., verse 13; and I believe what He says there and I am saved. Since I gave my heart to God there is nothing that I have needed that God has not supplied, because I trusted Him to save me and to keep me from sin.

M. J. PRITCHARD."

WILL YOU DO LIKEWISE?

Dear Brother-The August Life Boat was received last night, and though I was very tired when it came to my room late in the evening, I could not refrain from looking through it, and was delighted with it. It surely ought to accomplish a great work. It occupies a field that is not covered by any other. The temperance work is surely a work of the Lord, and ought to be pushed with all earnestness and zeal. We will do what we can to give THE LIFE BOAT an interesting notice in our paper, and will try to advance its interests as much as possible. I feel that I have been a little delinquent in this. While our missionary society last winter took a handred or two of the papers, yet we have not done as much as we might have done in getting them to work with the paper. But I promise you faithfully that when we get w to work in the autumn I will make an earnest effort to secure clubs of THE LIFE BOAT in each one of our churches here, for thousands of copies of this paper ought to be scattered from month to month.

Your sister,

DONATIONS.

PRISONERS' FUND. Young People's Society, South Side Chicago Church\$1.00
 Charley Carlson
 .50

 C. E. Clark
 .25
 Mrs. Mary Campbell .25
A Friend, Battle Creek .25 Mrs. Mamie A. Howell Prof. Henderson 1.00
 Geo. Houck
 .08

 Mrs. Fannie Hoxie and Mother
 .75
 ... Kirkeminde ... 40
Mrs. J. M. Larmouth ... 50
Welcome W. Laing ... 25

 Mrs. W. H. Morris
 25

 H. B. McConnell
 50

 N. Y. Tract Society
 1.15

 Mrs. S. A. Orcutt
 25

 Mrs. W. E. Putnam
 50

 W. L. Payne
 75

 Mrs. Elizabeth Smith
 25

 Mrs. Nallia Siblay
 50

Josie A. Treganza .50 Mrs. F. Thiel .25
Mrs. F. Thiel
Total\$15.53
Young People's Society, Chicago South Side Church\$.92
Young People's Society, Unicago South
D C Con Holoma
E. C. San. Helpers
B. C. San. Helpers 10.00 F. E. Endriss .50 Mrs. M. E. Klein 2.00 A. Lundquist .25
A Lundaniet 25
Neenah (Wis.) Church 2.81
W. Shedden50
Total\$16.98
HYGIEA CAFE. Hawarden (Ia.) Church\$1.75
LIFE BOAT REST.
A. E. Endriss\$.50
Mrs. D. A. Fisher50
Myrtle Gass
Ledia Kirkpatrick
Mahel Kirknatrick 25
Mrs. C. J. Livermore
Mrs. C. J. Livermore .75 A. J. McDowell .50 Mrs. C. E. Powers 3.50
Mrs. C. E. Powers 3.50
,
Total\$6.50 visiting nurses' fund.
Mrs. G. D. Clark
Elsie Fulton
Elsie Fulton
A. I. McDowell 1.00
Daniel Payton 1.00
Total\$13.10
LIFE BOAT MISSION CAFE.
Mrs. Wm. Banks\$2.00
CHICAGO MEDICAL MISSION.
J. Alex Chiles\$1.00
Zada Fisher & Bro
J. N. Loughborough 2.00 Mrs. S. T. Shafer .20
Mrs. S. T. Shafer
J. T. Taylor 2.50
Total\$6.20
CHICAGO MEDICAL MISSION. H. L. Hahn, \$5.00; A. H. Murphy, \$20.00; Clara C. McClelland, \$1.00.
COLLEGE DISPENSARY. Mrs. McDonald, \$1.00; Mrs. Jennie Westing, \$2.50; Mrs. H. C. Zoerb, 25c.
VISITING NURSES' FUND.
Mrs. Sarah Harlan, \$1.60; Lewis R. Knapp, 22c.
FREE BEDS, Emeline D. Ferris, 10c: Mrs. G. E. Prindle, 10c.
LIFE BOAT REST TELEPHONE FUND.
Mrs. Sarah Harlan, \$1.60; Lewis R. Knapp, 22c.
LIFE BOAT REST.
Mrs. Lettle Fisher, 13c; Nellie Patterson, \$1.00;
son, \$4.00; Sister Doerr. 50c: Miss Rich. \$3.00:
C. Kellogg, \$1.00; J. D. Wood, \$2.00; H. D. Smith,
Mrs. Lettie Fisher, 13c; Nellie Patterson, \$1.00; Mr. Worth, \$4.00; Mr. Kelth, \$2.00; Mr. Donaldson, \$4.00; Sister Doerr, 50c; Miss Rich, \$3.00; C. Kellogg, \$1.00; J. D. Wood, \$2.00; H. D. Smith, \$4.90; J. T. Wakeham, \$1.25; J. N. Loughborough, \$3.00; Emma Dougan, 10c; A Brother, Chicago, \$5.00
35c.

THE LIFE BOAT Supply Department

28 Thirty-Third Place, Chicago, III.

We Sell Everything Manufactured.

Our arrangements with some of the leading wholesale houses and manufacturers in the West enable us to furnish the newest and best goods at prices that will be a considerable saving to our patrons. It is not our desire to realize large profits; in fact, we only wish to make this department a financial aid to The Life Boat and its work. We feel assured that our friends will give us their hearty support and co-operate with us in making this department a success.

Do you want a bicycle, organ, piano, sewing machine, watch, suit of clothes, furniture, carpet, buggy, wagon, music or musical instruments? We can quote the lowest prices on wheel chairs or any other article in the

line of invalids' supplies.



A No. 6 size, gold filled watch, 20-year	guarantee case, with
either Elgin or Waltham movements.	@1 @ # 0
beautiful design, hunting case,	\$12.50
15 jewels	Ψ ΙΜ • Ο υ

Same style case as above, except 10-year guarantee, with Seth Thomas movement, 7 jewels.....

Solid silver hunting case watch, beautiful design, Seth Thomas movement, 7 jew-

These watches are not cheap, inferior watches, but high grade. Guaranteed to give satisfaction. Usually sold at much higher prices.

A beautiful set of sterling silver knives and forks, 6 each, good quality...

Thirty cents extra for postage if sent by mail.

An excellent steel blade "Rodgers'" make silver plated set of knives or forks, per set of 6

The Life Boat (25c) and Good Health (\$1.00), both for one year. Our price.....

good fountain pen, "Our Drummer," high grade Para rubber, handsomely chased, 14k gold pen.....

One set plain silver plated (Rodgers') knives and forks, good quality.....

One set knives and forks (Rodgers' make), crucible steel, round handles; first nickeled, then silvered

Add 30 cents for postage on either set of knives or forks, it sent by mail.

Lowest Prices on Table and Tea Spoons.

An Excellent Organ our price......

regular price, \$65.00;

CASH MUST ACCOMPANY THE ORDER IN ALL CASES.

1202202020202020202020202020202020202020202020202



Muskoka-"Clear Sky Land"

Is an Indian word that fittingly describes one of the most delightful spots for a summer outing on the American continent.

The New "Royal Muskoka" Hotel is unsurpassed for location,

Without a rival in the perfection of its appointments and the excellence of its cuisine.

Descriptive literature, time tables, etc., can be had on application to

GEO. W. VAUX,

Asst. Gen. Pass. and Tkt. Agt..

GRAND TRUNK RAILWAY SYSTEM

917 Merchants Loan and Trust Building,

135 Adams Street, CHICAGO, ILLINOIS,



"ROYAL MUSKOKA" HOTEL.



