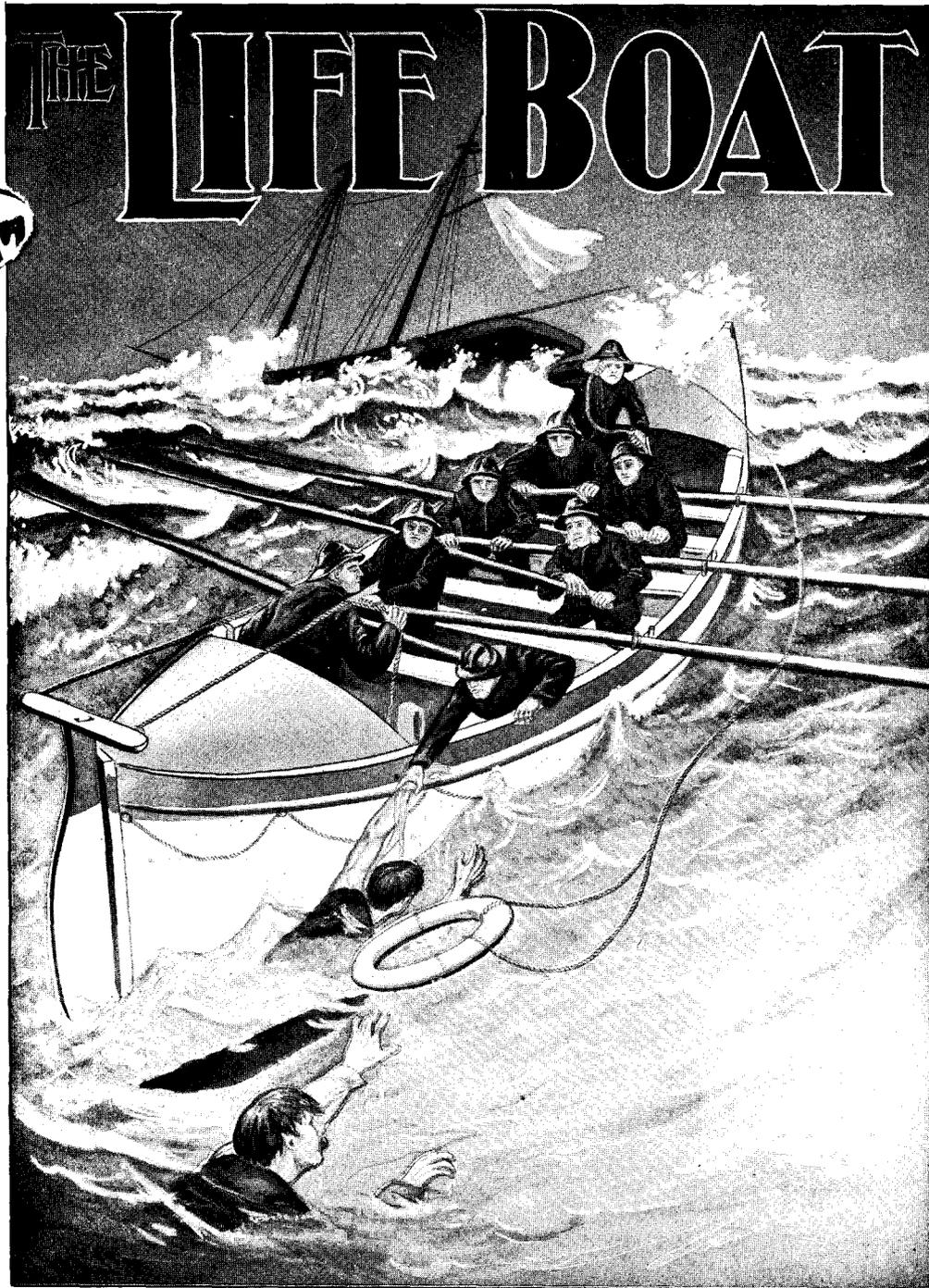


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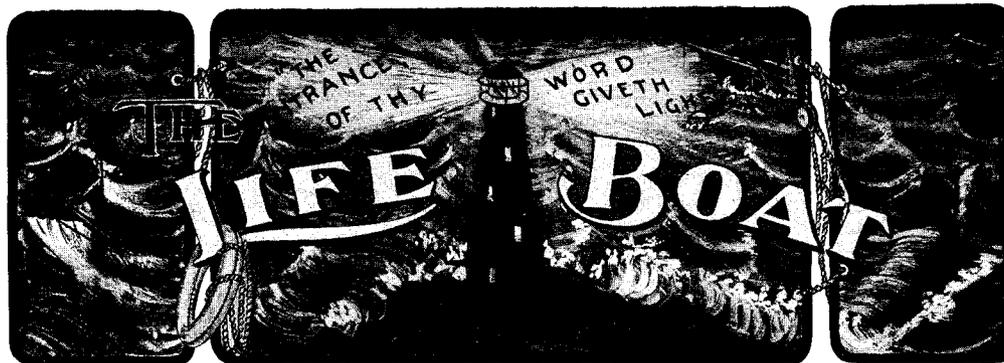
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Volume V

CHICAGO, ILL., OCTOBER, 1902

Number 10

HOME, SWEET HOME.

Mid pleasure and palaces though we may
roam,
Be it ever so humble, there's no place like
home!
A charm from the skies seems to hallow us
there,
Which, sought through the world, is ne'er met
with elsewhere.

Home, sweet, sweet home;
Be it ever so humble, there's no place like
home.

RELATION OF DIET TO PURITY OF LIFE.

J. H. KELLOGG.
Supt. Battle Creek Sanitarium.

Parents who encourage their children in the use of an irritating and stimulating dietary are themselves, to a considerable degree, responsible for the departures from purity which are so often charged to the influence of companions, or to pure wantonness. A writer has well said: "Keep yourself from opportunities and God will keep you from sin." A diet which tends to excessive excitement of brain and nerves makes opportunities for impurities in children from which only a constant miracle can save them. This same principle applies to older persons as well as children.

Purity of mind is a condition quite incompatible with gluttonous habits in eating. The pages of history are crowded with facts which clearly show that the successive degeneracy of each of the nations which ruled the world began with luxuriousness in diet. Dante, in his picture of the infernal regions, puts the glutton and the sensualist in the same circle.

Plato insisted that all books which pictured gratification in eating and drinking should be banished.

The sacred Scriptures inculcate the same principle. Simplicity in habits of life and purity of character are everywhere associated. John the Baptist found in the natural products of the wilderness a bill of fare the simplicity of which comported perfectly to the purity of his divine mission; and by his forty days' fast in the wilderness our Lord taught us a most important lesson respecting the necessity for bringing the appetite under full subjection.

A failure to control the appetite is one of the first steps in the direction of sensuality. The appetite must be trained to be the subject and not the master. This training must begin at a very early period of life. Unnatural appetites are much less often inherited than is generally supposed. Depraved appetites are most commonly the result of improper training in early childhood, perhaps we might more properly say, in early infancy. I have often been distressed at the sight of a parent giving a child its first lessons in dietetic depravity. The mother would place in the mouth of the little one a bit of rare roast beef, a piece of bread covered with rich meat gravy, or potatoes well buttered and peppered. A young child has at first no liking for such food and turns away in disgust. It is only by repeated persuasions that the child can be induced to soil his lips with such unnatural diet. By and by, however, a perverse appetite is developed and with this unnatural craving, there comes a dislike for those natural, wholesome, bland and simple foods which the Creator gave to man for his bill of fare and which nature supplies so bountifully.

A child should be trained to eat and relish whatever is best for it; to eat and to refrain from eating whatever is unwholesome. The question we so often hear at the dinner table,

"Jamie, or Mary, what would you like?" is a preliminary lesson in impurity. The sense of taste was given us by the Creator, not for mere animal enjoyment, but to enable us to distinguish between unwholesome food and as an aid to good digestion. When it is divorced from this, its natural and physiological purpose, it becomes a source of mischief. To eat for the mere pleasure of eating is a sin against nature and an abuse of a God-given faculty.

Self-control is the keynote to purity of conduct. Said Paul, "I keep my body under." He who will govern his appetite in accordance with nature's laws will thereby gain a powerful advantage in the control of other animal instincts.

Simplicity in the habits of eating and the avoidance of all stimulating foods are, with the *exception* of religion, the most *powerful* of all aids to purity of life, and in addition, are the best correctives of impure tendencies when they are once developed. Talmage says, "Many a man is trying to do by prayer what can only be done by correct diet." Certain it is that earnest prayer and pure diet together accomplish what would be fruitlessly attempted by either agent alone.

SELF-MASTERY NECESSARY TO SUCCESS.

LUCY PAGE GASTON.

Supt. The Anti-Cigarette League.

"Careworn man has in all ages
Sown corruption to reap despair."

And the sowing begins early. The profligate debauchee who can well be described as "Hungers, thirsts, fevers and appetites walking," doesn't come to his deplorable and hideous estate in a day. The child of pampered tastes and intemperate indulgence in the home grows into the youth who seeks the gratification of every desire and easily falls a victim to every vice that promises any degree of the physical gratification for which he lives and moves and has his being.

Intemperance and impurity are the natural result of causes often overlooked in homes where the morning and evening incense of prayer arises and conscientious parents seem to be trying to rear their children aright. From ignorance, indifference or often because they realize that their own practices are not above reproach, little attention is paid to the forming habits of the children. The kind and especially the quantity of food of the boy or girl who needs wiser judgment than their own is little considered. A case in point is given by Dr. E. Miller, in *Vital Force*. "A father, by prayer, precept and flogging, had done his best to reform his boy, whose staple diet was meat and sausage and pie, and cake

at his meals, with cake between. The family physician said to the father: 'If you will put a leech back of each of your boy's ears once a week for a month, you will do more to reform him than your preaching and pounding will do in a year.' The father asked for the philosophy of this prescription. 'Why,' said the doctor, 'your boy has bad blood and too much of it; he must behave badly or he would burst.' 'Then,' said the father, 'I'll change his diet from beef and pie to hominy and milk.' In three months thereafter a better boy of his age could not be found in the neighborhood. The acrid, biting, vile blood had not become food for leeches, but it had done its wicked work and passed away; and a cooler, blander, purer, safe blood had been supplied from sweeter, gentler food sources."

The cigarette smoking, impure, drinking youth is the natural product of many a home where the good things of life are abused in the using.

Self-mastery, self-control is a hard lesson for most people to learn, but no life is a success in the true sense of the word until the lesson has been well learned and one can make himself do what he knows he ought. Children need early help along this line if they are to grow up strong in body and with the strength of character necessary to escape the pitfalls on every side--this is the most important lesson to be learned. Mrs. Oliphant says, "Show me that you can control yourself and I will say that you are an educated man; without this all other education is good for nothing." The great difference in lives after all is not whether they have money, talent and influence, but what use they make of their temptations with which commodity every life is plentifully supplied. Temptations are given us to overcome and to gain strength thereby. A most pertinent question for each one to ask himself is this: Am I victor or am I victim of my temptations? Upon the answer depends one's success or failure in life. The world has enough weaklings, enough human driftwood. Why not begin the practice of heroics? Let those who want to help make the world better begin with their own lives. Purity is the forerunner of power, and before one can help others to any great extent he must have the purity which only can be attained by the help of almighty God. Every boy and girl should be taught to look higher than his own strength for help in meeting temptation. Then, and then only, will the homes of our nation send out in the world the brand of men and women so much needed.

The use of tea and coffee is nothing but small tipping.

A very large percentage of epileptics, mental defectives and physical degenerates are the children of dissipated parents.

HEAVEN IN THE HOME.

A. T. JONES.

Heaven in the home: it is possible to have it there. Heaven belongs on the earth, and of all places on the earth, surely most of all in the home.

The Lord Jesus came to this earth to bring heaven to the people as much as He did to take the people to heaven. Indeed, in a sense, He came for the purpose of bringing heaven to the people; for heaven must be brought to the people on earth and they must become acquainted with it, and desire it, and be made fit for it, before they can possibly be taken to it. And even when the glad throng of every kindred, tongue, people and nation, have reached heaven, it is with joyous anticipation that they exclaim, "We shall reign *on the earth*" (Rev. 5:10). That will be when "The new heaven and the new earth" shall have taken the place of this old one; and the great voice from heaven announces, "Behold the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them and be their God. And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow nor crying, neither shall there be any more pain, for the former things are passed away" (Rev. 21:3-4). Thus of very truth, heaven belongs on the earth.

But it is only Christ who has brought heaven to the earth; and only in him can it be found on earth. So it is written that we give "thanks to the Father, who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son" (Col. 12, 13); and that kingdom is "the kingdom of heaven."

The word of God is "the word of the kingdom" (Matt. 13:11-19), and the object of the Word of God is to cause that the days of men on the earth shall be as the days of heaven upon earth. For so is it written: "Therefore shall ye lay up these, my words, in your heart and in your soul, * * * and ye shall teach them to your children that your days may be multiplied, and the days of your children * * * as the days of heaven upon the earth" (Deut. 11:18-21).

The Word of God laid up in the heart and in the soul, and taught diligently to the children, makes the days of parents and children as the days of heaven upon the earth. And the Word of God, and the truth as it is in Jesus, if allowed to prevail in the home, makes *heaven in the home*.

God wants it so, and God has fixed it so, that all who go to heaven, shall as they go, have heaven within and all around to go to heaven in. And as the home is the one place on earth where all the life most centers, God has fixed it so that, of all places on earth, there shall be most of heaven in the home.

A TRIP FROM CELLAR TO GARRET.

DAVID PAULSON, M. D.

The psalmist speaks of "the pestilence that walketh in darkness." Many a mysterious illness and premature death might be traced to the fact that the cellar was allowed to become a receptacle of almost every foul and unclean thing, and its pestilential odors permeated every room in the house.

Climb up the damp cellar stairway into the over-heated and poorly ventilated kitchen; investigate the musty pantry, the germ laden refrigerator and the moldy bread box, and then cease to wonder why the doctor must make such frequent visits to save the children from dying of summer complaint.

Step into the funeral-like parlor with its blinds closed to save the precious furniture from the sun's rays, and you will not be surprised that the frail, pale faced girl is singing to herself, "Dark and cheerless is all within."

Visit the bedrooms where the family spends one-third of all the God-given time allotted to them in this life, and try to estimate when the heavy quilts and foul-smelling blankets have had an opportunity to be in the pure air and sunshine to give up some of the poisons they have gradually absorbed during the last generation.

We next ascend the tiresome stairway and get a glimpse of the boys' bare and bleak bed room. An old cast-off rug partially covers the rough floor. Furniture that has long since outlived its usefulness in other parts of the house, is trying in vain to ornament these cheerless rooms. Yet the mother assures us, with tearful eyes, that she cannot understand why her sons spend so much of their time upon the street and in the attractive and cozy saloons; for she tried to teach them to pray almost as soon as they were able to talk.

If Christ is allowed to come into such homes, His first work will be to cleanse them of their physical and moral defilement, even as He cleansed the temple of old. Has He had an opportunity to begin this work in your home?

There are many homes where the curtains are all closely drawn to preserve the color of the carpet and the upholstered furniture; but at the same time the color is fading from the cheeks of the children because they have been deprived of the sunshine. Perhaps later on some of this very furniture may have to be sold to obtain necessary means to meet the funeral expenses of one of the children. What a pity it is that human lives must thus be sacrificed to ignorance and indifference.

Intemperance produces more domestic misery than all other causes combined.

WHAT THE LORD DID FOR OUR HOME.

MR. VALLANDINGHAM.

At the age of seven years I ran away from home and followed the circus where I sang and danced. After a time I wandered home again, but did not remain long. I went on in this way for several years, until all I cared for was money to buy a drink, and when I couldn't get it I was willing to sing and dance in a low concert saloon for "the price." One night here in Chicago while I was on my way to Haymarket theater with my wife, I heard singing in a little mission on W. Madison street. I said, "Let's go in



and see what they are doing." My wife said, "Not now." But I replied "Yes, I am going in anyhow." So we went in. When the talk was finished the men began to testify to what the Lord had done for them. As I listened I thought if the Lord can do that for these men can't he do something for me? As the meeting went on it grew more and more upon me that these men had received what I needed and what I must have in order to possess the peace and joy they seemed to have. I raised my hand when the invitation was given and then went forward and knelt in prayer and although I was drunk, yet when I believed that Jesus was my Savior I became perfectly sober, all appetite for

drink left me instantly and I have never wanted to taste the stuff since. That was years ago. The next morning I started out to find work. I had never done an honest day's work in my life. My wife handed me twenty cents. She saw by my face that she could trust me with it. Before this she could not trust me with five cents for a quart of milk or a loaf of bread. It was certain to be used for drink. I spent ten cents for car fare and brought the ten cents back to her that night all right. At first I could get no work in Chicago so I went away, but God brought me back here to live for Christ in the very place where I had lived such a vile life for so many years. After a time I found work and today I have a nice little home in which is a converted wife and a baby boy who is not a drunkard's child. Where the beer cans used to stand and the cards used to lie now are Bibles. In the place of songs of revelry and blasphemy, are now heard songs of praise and prayer to God.

I do not stand up in this Mission and tell the story of my life as a credit to myself, but for the glory of God that others may be saved. Those whom I used to associate with say, when I meet them, that I am changed so much that they scarcely know me. I recently met a man that I had not seen for several years. He asked me to take a drink with him. I said, "No, sir; I am serving God." He thought I looked twenty years younger than when he last saw me. I told him if he had seen me before I was converted he would have thought I was changed. Then my face was all wrinkles. I was ill fed and worse clothed. Praise God I am saved from all this and have a happy home, where my friends are always welcome.

(Related at the Life Boat Mission.)

MRS. VALLANDINGHAM'S TESTIMONY.

I had a Christian mother who taught me the right way. She used to plead with me to give up my silly, selfish life and give myself to Christ, but I would not do it. Of course I went from bad to worse until the night that my husband was converted. It is true that there were times when I wanted to live differently, and would think that I tried, but it was of no use. Now I am happy in Jesus, and I love his work and his people. There is nothing that I enjoy more than to come to The Life Boat Mission and tell what He has done for me and my husband and hear others tell the same story. In the place of rags, filth, sin and misery, we now have a happy home. Bibles have taken the place of cards and beer cans; songs of praise to God and prayer have taken the place of oaths, quarrels and recriminations. I can't thank God enough for what he has done for our home.

(Related at The Life Boat Mission.)

HOME BREVITIES.

BY MRS. J. H. KELLOGG.

A trait of character is not fixed until it becomes a habit.

It is injustice to a child to try to repress its activity, which is nature's wise provision for its well being.

Parents should know *where* their children are and *what* they are doing at all times, whether in doors or out of doors.

Many parents teach their children to be untruthful by saying things to them or in their presence which are untrue.

The best way to keep girls and boys at home is to make them feel that they are more appreciated at home than anywhere else.

It is doing the child a wrong not to provide him with employment and then call him mischievous when he finds it for himself.

The influence of a good book is of untold worth in the right formation of character; while that of a bad book is as immeasurably harmful.

We strengthen the child's moral character when we teach him that the happiness engendered by right doing is a sufficient reward for his good conduct.

Children need to learn to do things that ought to be done, even if they do not want to do them. It is the following of inclination rather than duty that has led many a child to ruin.

Habits of tidiness, order and gentle manners are acquired more easily by the child amid attractive surroundings.

Whatever a parent desires his child to be that he must himself be; and what he wishes his child to avoid that he must himself renounce.

The activity of childhood is too commonly misunderstood and this is often what makes discipline so difficult because the parent is warring against the natural needs of the child's being.

When denials are necessary, soften the pain they cause by loving sympathy. Lead the child to see that it is because it is right and best that you deny him, and that you share with him the pain that the denial brings.

Accuracy in his work, in his problems and occupations will aid the child to accuracy of thought, and consequently accuracy of speech, for "out of the abundance of the heart the mouth speaketh."

The tendency of children to become what they see in those around them whom they love is one of the most universally active and powerful influences in the formation of character.

Let a love of work for work's sake be created, then idleness will not seem so pleasurable and with minds and hands well occupied, the opportunities for evil will be greatly lessened and temptation will be easier to overcome.

Do not make demands of a child that are

beyond his strength, either physical or moral. Remember that he is immature in character as well as in physical powers and apportion your requirements according to his ability to do.

Alas that the whole office of motherhood should ever through thoughtlessness or ignorance be robbed of its sacredness and held of less account than housework, dress, society, the accumulation of wealth or the love of ease.

A lady president of a temporary home for erring girls once wrote me that out of the hundreds of girls who had been sheltered in the home during the twelve years she had been connected with it, not a single girl had a mother who had been true to her duty.

Hasty commands given in a loud, storming, fretful or scolding tone, are rarely obeyed. Such tones only weaken authority since they indicate a lack of control on the part of the one giving the command. Self rule is the secret of control over others.

Let us bear in mind that obedience is not a forced compliance to our commands; that is only the outward semblance of obedience. Real obedience which is spontaneous from the heart is a willing, cheerful compliance with that which is rightfully required by authority.

Mischievous and so-called troublesome children are usually those possessed of superabundance of energy needing to be worked off in exercise; if this force be turned into right channels many of these vexatious results are avoided.

Children who are allowed to grow up in a hap-hazard sort of way, devoting most of their time to idleness and play, are likely to have the habit of such living become firmly fixed in their characters by the time they have reached maturity.

Children must be interested. If the parent and teacher fail to occupy the field the dangerous outside influences are sure to do it. We must preoccupy the field if we save the children.

When God's children repent of their sins he freely forgives them. He says, "I, even I, am he that blotteth out thy transgressions, and will not remember thy sins." Shall not earthly parents adopt this method.

Encourage the children to respect themselves by showing that you respect them. Froebel, the founder of the kindergarten, was wont to take his hat off to any child that he met, bowing as he said, to the possibilities that were in him. Children who are under valued, doubted, snubbed, are likely to lack true self-respect.

We should show the child that we ourselves are obedient to the dictates of conscience, to the laws of God, to the laws of our being, to the laws of our country, that the child may not feel that the parent's position is one of freedom while his own is one of restraint, and then imagine that age and strength mean liberty and privilege.

COURTSHIP AND MARRIAGE.

DAVID PAULSON, M. D.

So superficial are the minds of many youth that they seem to regard the subject of courtship and marriage only as suitable topics for cheap jokes and silly jests. But those who are determined to make an eminent success of this life and the one to come regard all God's arrangements as too sacred to be treated lightly. God regards the marriage relation so sacredly that He selected it as a fit illustration of His own relationship to His Church. And this it always would be if God's plan were followed in every step leading up to it and afterwards.

How inconsistent for any couple, after allowing the enemy to control their actions in their courtship, to expect that God would then suddenly take the helm after the marriage ceremony was performed. Engagements cultivated on a cheap, low basis, largely account for the present scarcity of ideal homes. It is God's purpose that the Christian home shall be a foretaste of heaven. It should be so attractive that if a weary wanderer should tarry there for even a short time, he would get such a breath of the fragrant atmosphere of heaven that he would long to bask in its blessed influence. But instead, we find too many homes that are cursed with half-concealed friction, and often in addition, serious plague spots that only the records of God will fully reveal.

Many who would scorn to utter a falsehood in reference to any other subject, apparently suffer no remorse of conscience for telling the most deliberate untruths with reference to their own intentions regarding marriage. Thousands who claim to be guided by principle in other less important things are willing to be led by impulse and sentiment in regard to this question which has so great a bearing upon their present happiness and future destiny.

In marriage, as in other things, there is one absolutely right way and thousands of wrong ways. Just to the extent that we live out God's program, just to that extent we shall find our lives crowned with success and happiness. On the other hand, just to the degree that we deviate from the path Providence has arranged, we shall reap trouble, misery and sin. Recognize this truth, and then fear to take a *single* wrong step, and you will soon outstrip your companions and lead a long procession to higher and still higher mental, moral, and physical attainments. It is only those who are willing to place *all* their plans freely in the hands of God that have the promise of *good* success, and they will recognize the same guiding hand in the selection of their closest life's associate. Their happiness and usefulness is permanent, extending into eternity; such as never can be experienced, even temporarily, by those who are guided by impulse and sentiment.

God alone knows our future needs, and is acquainted with every human soul. He is the only one fully qualified to guide two human beings so as to make them a blessing to each other and to all about them. It is no *greater* miracle to be divinely guided in the marriage relation in this life than it will be eventually to be guided from this life into our heavenly existence. To deal with our soul's salvation in the frivolous manner that marks the average engagement would be to make the same dismal failure that is seen in wrecked and unhappy marriages on every hand. God bestows happiness liberally upon those who seek the happiness of others rather than their own.

Two great questions confront those who contemplate marriage. Will this step increase my usefulness and my spirituality? Or will it not? If not, it is not according to God's plan.

Premature or child marriages are, with few exceptions, physiologically wrong. Avoid them for their wretched results fill our divorce courts. Shall we follow Satan's plan in courtship and marriage? Or commit this to the Keeper of our souls and cultivate such noble principles in regard to this as to command the respect of even the low and vulgar?

The step from courtship to marriage will not change our characters any more than the step from earth to heaven will. Time and opportunity for change are given us here below. Sin has no place in heaven. Selfishness must be replaced by genuine love. Heaven must begin *within* before we can ever enjoy it outside of ourselves.

THE KIND OF HOMES THAT PRODUCE MORAL WRECKS.

MRS. W. S. SADLER.

For every wreck, whether it be that of a railway train, a ship, a ruined body, or shattered morals, there is always a cause. There is an unwritten story connected with every one of the many thousands of moral derelicts which are to be found in our large cities and elsewhere. In dealing with these unfortunate souls it has always been my purpose to ascertain as much as possible concerning their home surroundings and their childhood influence. In this way my eyes have been opened to recognize the kind of homes that produce moral wrecks.

I. HOMES OF LUXURY OR IDLENESS.

It is a great mistake to think that moral wrecks come entirely from the homes of the poor. Among the rich and well-to-do, as well as among the poor, Satan still finds work for idle hands, and plans mischief for idle minds. From earliest infancy the training of many a child is left almost wholly in the hands of nurse-maids and servants, whose influence upon the young and growing mind is

many times very demoralizing. Children growing up under such circumstances learn to be "served" rather than to serve. And when they are left in the world to care for themselves by the death of parents or by financial reverses, their lot in life becomes very trying, and these unfortunate ones too often fall an easy prey to a designing enemy. They find themselves cast upon a cold and friendless world, with no knowledge of house-keeping or any other practical work. What can they do to earn a living?

After drinking the bitter cup of sin, one unfortunate soul summed up the cause of all her miseries, when, with tears in her eyes she said: "Oh, if my mother had only taught me to work." The mother was indulgent to the extreme. The walk to and from school and the studies while there, she considered enough for her Laura to do; she must not be burdened with the daily round of duties about the home. Laura grew up with the idea that she would never have to work very hard; that in due course of time she would marry some bright young man who would care for her. And while the fond mother was sewing and ironing, washing and mending her daughter's clothes, the girl did nothing but go to school and read novels. She grew up enjoying excitement, and when she was 15 years old, ran away from home. After having one sad experience after another, she found her way to us. She said (these are her own words): "Would to God my mother had made me work."

"My mother scrubbed while I studied Shakespeare," were the words of another young woman who found herself face to face with the realities of life, and realized her unfitness to take part in the honorable activities of society.

II. THE HOME OF HYPOCRISY, INSINCERITY AND IRRELIGION.

Fathers and mothers are not honest with each other. Servants or the children are trained to say that "The lady is not in," and thus deceive unwelcome callers. The children hear their mother say, as she looks out the window, "Oh, my! here comes that Mrs. Smith; what shall I do?" and then, in a few moments, in the presence of all the children, we hear something like this: "Oh, how do you do, Mrs. Smith? I'm so delighted to see you; come right in." These domestic insincerities all prove to be telling blows against the future purity and morality of the rising generation. Closely allied to this is that false modesty which leads parents to keep their children in total or partial ignorance of the great laws of nature, and sometimes even to deceive the children in answering the vital questions which they so often ask.

How sad is the home without religion. In many such homes, money, dress and vanity are the only gods worshipped. I have in mind the case of a young woman, a beautiful girl,

who was reared in such a home. Extravagant clothes were her delight. The father could not provide this daughter with all the finery she wanted, so she decided to get it elsewhere. Godless companions were not slow in making suggestions to her. She coveted a life of ease. Her highest aim in life was to make herself attractive. She ultimately plunged into the whirl, and parted with all that true womankind holds sacred. Had this young woman been surrounded in early childhood by Christian influences that would have held up before her the idea that a beautiful character was to be desired above beautiful garments, she might have been spared the sad experience of later years.

The home of "compulsory religion" is one of the saddest of homes—a home in which father and mother are arbitrary in forcing religion upon the children. The boys and girls of such a home are virtually driven to Sabbath school, church, and prayer meetings. I have in mind the actual experience of a young woman who told me that when young she often read her Bible to escape a whipping; that she often did not want to pray at morning worship, so her mother whipped her and made her pray. She often told her mother she did not know what she was praying for; but that was of no avail—pray she must. She said: "I told my mother one morning I would never pray again," and she did not pray for seven years. She left her home, and once out from under its restraints she plunged into a world of sin. These were her own words, after she had been reclaimed: "If mothers and fathers would only take time to teach their children the love of God, and tell them what they pray for and not whip them to make them pray, and drive them to Sabbath school and meetings, they would make better men and women out of them."

III. THE HOME OF SCOLDING AND FAULT FINDING.

There are homes where it would seem that the children seldom do anything right. They are compelled to hear the ever sounding, "Don't do this," or, "Don't do that." Their faults are constantly held up before them. Sometimes they are even corrected before visitors, something like this: "That boy never does anything right"; "I don't know what will ever become of that girl." These things sink down deep in the young mind. We met a despondent girl a few years ago, whose great reason for throwing herself away was that once her mother carelessly said to her, "I'm just afraid that some day you'll turn out bad."

(This valuable article will be concluded in the next number.)

The process of unmaking a drunkard represents such a transformation that it can be considered nothing short of a miracle.



Life Boat Mission



WANTED! ONE HUNDRED MEN.

E. B. VAN DORN,
Supt. Life Boat Mission.

It has been my blessed privilege to be a worker in the Life Boat Mission from its beginning and in nearly four years I have seldom missed a night.

The last two years and a half I have had the general charge of the work, and it has become a part of my very life. As I look back over this period and think of the men and women that have come to this place, and have heard and seen for themselves that "the old, old story is true," told by those whose hearts were warm and burning with the love of God, my heart says: "See what God hath wrought." The dross has been consumed and where once there was only a wasted life, barren save for the thorns, there is now a beautiful life, bearing the peaceful fruits of righteousness.

If the men and women who have come to this place, whose lives have been made brighter and their souls happier as a consequence, could be gathered together there would not be a church in this large city that could hold them. What a song of praise they would sing!

Do I hear you say, "I wish I could be a worker in the vineyard of the Lord?" Perhaps you are waiting for some one to invite you or to tell you what to do. You may not be able to come to Chicago and do some great and mighty deed, but you could help with your money and your prayers. A large business firm has been interested in this work and have given liberally to its support up to the present time. Owing to financial reverses in business they are unable to assist us any more. There is an old saying, and a true one, that *many* can help *one*, when one could not help many.

Are there not one hundred men who read THE LIFE BOAT who could give one dollar every month to the support of this work? If it were your privilege to stand here night after night and see the prodigals stranded in a far country, longing for human sympathy and "no man to give to them" what would you do? Remember that while your father, mother, sister or brother is not among these, they have some one who grieves and mourns for them, and the Father in heaven owns them as his lost children. As their distressed cries meet your ear what will you do? May God help you to answer in the light of the Judgment.

"DOWN IN JERRY McAULLEY MISSION."

S. H. HADLEY.

[Our readers have been favored with helpful contributions from the pen of Col. H. H. Hadley, the general of the Blue Button Army; but some may not know that his brother, S. H. Hadley, has been as wonderfully used as an evangelist. He has for ten years had charge of the Jerry McAulley Mission in New York city, the best known gospel mission in the world. Brother Hadley recently visited our Chicago work and spoke to our workers. We quote the following from that inspiring talk.—EDITOR.]

I am working in the Jerry McAulley Mission which is intended for the lowest people on earth. No one goes away empty. People wonder how it is done, but it is done, and it is done because the Savior has the right of way there in everything. I have seen wonderful effects of love—wonderful! I never see a sinner but that I instinctively claim him for Jesus. How many helpless, dying victims I have seen lift their eyes to Calvary and never steal another thing, or drink another drop while they live; transformed into the kingdom by believing on Jesus! When a man believes on Him and loves Him, the drunkenness falls away from him without his knowing it. How well I know this! Twenty years four months and eight days ago I was saved; I was converted instantly on my knees in the Jerry McAulley Mission in New York city. I drank whisky for twenty-two years. I was then in my fortieth year. I am now past sixty years of age. When I became a drunkard my mind became diseased and my whole system disabled and diseased by sin. I was almost an idiot. I would go along the street talking to myself. I think as nearly as I can remember now, that the only thing that troubled me was to know where my next drink was to come from. Every dollar I could get was spent in this way. It did not go to my poor, dear wife. How bare the life of a drunkard's wife is! How empty of the pretty things that a woman loves so well. How destitute of even necessary clothing! A drunkard cannot spend money on his wife; he has to have it for whisky. I have been on the streets for weeks, night and day, and I was after whisky, whisky, whisky.

One Sunday night I went to the Jerry McAulley Mission. There I heard Jerry, that apostle to the drunkard, to the thief and the outcast, tell his story, and I never heard anything like it in my life. He said, "I am

saved tonight from whisky and tobacco. I used to be an old bum, but Jesus took it out of me." Then I began to wonder if I, too, could not be saved. Then the converts, one after another, got up and told their story, and when Jerry gave the invitation, my hand was the first one that went up. He came and knelt down by me. Jerry prayed, and others prayed. I could hear praying and feel praying all about me. After he and his wife had prayed, they asked me to pray too. Jerry said, "Nothing in the world can save you if you don't pray for yourself." How my heart beat! How the devil would say, "You *dare* not pray." But I closed my eyes and said, "Dear Jesus, can you do something for me?" and I have



been free ever since. I have never wanted a drink of rum from that moment to this. The cleansing blood of Jesus Christ reached me that night and took away from me the appetite for liquor. It has been distasteful to me ever since. I started to preach the gospel and have been preaching it ever since. I expect a million years hence to speak with angels and archangels on the banks of the river of Life and point to Jesus and say, "He is the One that came to me in New York city and spoke to my guilty soul and set me free." The story will be just as sweet then as it is now. Oh, dost thou believe on the Son of God? Does Satan come to you and tempt you? I beg of you to rest upon

Him this moment. Believe on Him and worship Him.

Since Christ my soul from sin set free,
This world has been a heaven to me.
Amid earth's sorrow and its woe,
'Tis heaven Jesus here to know.
Oh, hallelujah! yes 'tis heaven!
'Tis heaven to know my sins forgiven.
On land or sea, what matters where,
Where Jesus is, 'tis heaven there.

LET YOUR LIGHT SHINE.

ALFRED C. LOWRY.

"Are you Mr. _____?"

"Yes, Tom, that is my name."

"Well, I thought so; but you don't look much like you did the last time I saw you. You don't look natural. Where have you been? Something's wrong, but I can't make out what it is."

"Do I look as if I had been sick?"

"No you don't; you look younger than you did five years ago, and you dress better than you did then. There must be a story. Come and take a drink with me and tell me all about it."

"I shall be glad to tell you all about it, but I won't take the drink."

"Well, I thought something was different about you, but take a cigar."

"No, Tom, I don't smoke."

"Well, now, I do know that something has happened or you wouldn't talk like that. There was a time when we did queer work together and you didn't refuse then. But tell me, what has come over you?"

"I will tell you and be glad of the chance. My story is simply this: God has taken away the old appetite for drink and tobacco, and He keeps me clean. I have been converted."

"Say, tell me, is that a real thing? Can God do that? But that is a funny question for me to ask when I know so well how you used to look and dress. I know that something has happened to you, but I didn't know that it is what you call getting converted."

"That is just what I call it, Tom, and it is for you as much as for me. Come to the Life Boat Mission tonight and see for yourself."

This was a conversation between a Life Boat Mission convert and one of his old companions in crime.

Neighborhood Gospel Work

HOW TO ORGANIZE AND CONDUCT MOTHERS' MEETINGS.

MAMIE WILD PAULSON, M. D.

The pathetic letters which I have received from discouraged and disheartened mothers have led me to encourage mothers everywhere to organize and maintain mothers' meetings, the object of which shall be to study how to help others to better fulfill the sacred duties of motherhood. Every effort is made by those engaged in the great professions of today to continually educate themselves for their specific work. Why should not this be true in the greatest of all professions—that of motherhood?

No business man would accept in his employ one who is not better informed about the work than the average mother is concerning her duties, when she takes upon herself the responsibilities of a home. It is an appalling fact that the young woman of today is more thoroughly educated in music and art, and many other branches, than she is in that which fits her to do the greatest work ever committed to woman, that of home-making.

Is it not the tendency at the present time to undervalue the importance of good homes and encourage young women to enter upon some profession?

"What is home without a mother?" This cannot refer simply to a woman who is able to cook an ordinary meal, or dress her children, but it must also include one who is able to cultivate an ideal home spirit and implant the right religious and moral atmosphere there; one who can also cook such food as will make pure blood and good dispositions, and can clothe and care for her children in such a way that they will develop splendid physical bodies.

How to go to work!

There are many who feel that they would like to start mothers' meetings but they are afraid to attempt it. We would advise such to start in a small way in their community. Call in three or four of your neighbors for an informal gathering in the afternoon and instead of spending the time in gossip, study and read together literature along this line. Let some of the group subscribe for the "Good Health" or the "Pacific Health Journal," which is full of information on these subjects. Let others subscribe for the "American Mother" and other literature published by Dr. Mary Wood-Allen, of Ann Arbor, Mich. Study such subjects as healthful cookery, training of children, healthful dress, how to correct physical deformities among the children, phys-

ical development, home treatment for simple diseases, etc. Get all the literature you can on these subjects and study it thoroughly. From this study will arise a greater work until the influence of your little circle will extend throughout your entire community. We are intensely interested in this work and feel certain that our readers will also be interested. We are anxious that in every community where THE LIFE BOAT goes this winter, there may be work of this kind going on. If you wish further information with reference to the inauguration of this work in your home, we would be glad to correspond with you and give the benefit of our experience. Please enclose postage stamps to defray the expense of correspondence.

CAN LIFE BOAT'S BE SOLD OUTSIDE OF CHICAGO?

NINA NEWELL CASE.

Some people think that THE LIFE BOAT cannot be sold outside of Chicago. Are you one of those people? Chicago is a dark, wicked city; teeming with its thousands of discouraged, unhappy human souls, who are longing for just the light and experience that THE LIFE BOAT can bring them. All that has been done seems but a drop in this great sea of human endeavor. Everywhere there is a field open for earnest Christian effort.

As our young people come to Chicago, their hearts "burn within them" and they are inspired to gain the same wonderful experience that other workers have. Would you like to know how they go about to get this experience?

Why, they do *here* just what they should have done at home and *there* have gained as rich and perhaps a fuller blessing.

If you were here, you could only work in very small portions of the city, perhaps not as large an area as your own town. The sinners do not all live here by any means. Work in the little Chicago, as it were, that God has already placed you in. You may say, "Well, it's easier to work among people you do not know." "It is hard to work among people we know." It takes courage. But who ever knew a *Christian* coward? The hardest work brings the greatest reward. It may never get *easy*, but if you want the field, you *must* pay the price. When Jonah tried to run away from duty it is said, "He found a ship and paid the fare." You *must* pay the "fare," no matter in which direction you travel. It is only

a question of *what* you pay and to whom you *pay* it.

When you go in God's ship, and pay His "fare," He always takes you to the right destination. But when you go in Satan's ship and pay his "fare," the sacrifice of life, honor and ambition, you have no assurance of getting to the place for which you started. You may, like Jonah, be "cast out" and "swallowed up" in the sea of circumstances and only after darkness, sorrow and trouble, find your way out. "A brand snatched from the burning." You cannot afford it, dear young friends. There is nothing that will take you toward God—and make you a soul-saver, a power for God in this world—like selling LIFE BOATS right at your *own* home.

By house-to-house work with THE LIFE BOAT you will find openings of which you never dreamed. Sad, unhappy, discouraged faces will take on expressions of joy and peace, because of you. The reason I say, take THE LIFE BOAT, is because it is a *practical* missionary paper. It presents Jesus as the personal Savior. The One altogether lovely. It helps people to get hold of that power that lifts them from a life of sin and makes them free, clean, pure and happy. Will you not send for twenty-five or a hundred LIFE BOATS and try it? We are going to start a regular LIFE BOAT campaign this winter. Will you please help us? We will be glad to write to any, and give you the benefit of our experience, if you will only begin. God is calling upon the young to fill up the "gaps" left by the fall of those grown old in the service. Are you going to be one to answer, "Here am I, send me." Copies of THE LIFE BOAT are furnished at only *two cents* per copy.

WILL YOU PUT A TROLLEY ON THE WIRE?

We sometimes see well-built cars filled with anxious passengers standing absolutely still on the tracks. The car is perfect and in excellent running order. But the trolley is off the wire. How absurd it would be to see a number of people giving various suggestions for the starting of this car and no one doing the right thing, which is simply putting the trolley back on the wire, thereby connecting it with the source of power.

Are there not some splendid people in your community who might do excellent work for humanity, or who perhaps have done a good work for God in the past, but who are now like the street car, standing absolutely still and doing nothing at all for their fellow men? They have ceased to read their Bibles, to pray or to labor with others. In other words, their spiritual trolleys are off the wire, and they are tired of sermonizing and being exhorted to do this or that thing. They are unconsciously

waiting for some genuinely converted soul who is in living connection with God to come and show them how they may secure the same blessed experience. If you are willing to let God teach you how to do it aright you may be used to put their soul into connection with the power of heaven. Are you willing to try?

WHAT IS HOME?

Home—A world of strife shut out, a world of love shut in.

Home—The place where the small are great and the great are small.

Home—The father's kingdom, the mother's world, and the child's paradise.

Home—The place where we grumble, the most and are treated the best.

Home—The center of our affection, round which our heart's best wishes twine.

Home—The place where our stomachs get three square meals daily and our hearts a thousand.

Home—The only place on earth where the faults and failings of humanity are hidden under the sweet mantle of charity.

IS THE GOSPEL BEING MANGLED IN YOUR HANDS?

DAVID PAULSON, M. D.

Every man who has the capacity to admire the beautiful in tree and flower has something within that would lead him to listen to the gospel if it were presented to him in word and in deed as perfectly as it is represented in the flower. But if the flower be crushed and mangled it at once ceases to be attractive and fascinating; though we might insist that it should be loved and admired because God made it, this would make but little impression upon the majority of people; for they could hardly be expected to admire that which had been so mangled by human hands that naught of beauty remained.

All around you are men and women who appear to be rejecting the gospel of Christ, when in many cases it is the *human* mangled gospel that has repelled them. So do not condemn them, but instead, seek the Lord for such an experience in divine things that the attractive truth of God shall no longer be mangled by your hands, but rather that you may be enabled to bring many of your neighbors to the feet of the Master. Do not postpone this experience. You *may begin* today.

Let the drunkard and the pneumonia germ become intimately acquainted, and the patient quickly passes off the stage of action; while his totally abstaining neighbor living across the way, suffering with the same disease, makes a good recovery.



Children's Department



WILL GOD BLESS THIS LITTLE CHILD'S MITE?

DEAR EDITOR:

Enclosed please find 30 cents to be used in your work for fallen humanity. Ten cents of the thirty is sent by our little four-year-old girl. She raised a little pet chicken and was very fond of it. No money could induce her to part with her pet, but she pitied the poor little children whom she read about in THE LIFE BOAT and after a struggle she decided to part with her little pet and send the money to you.

May God bless the work and workers in Chicago. We wish we might help you more, and perhaps God may prosper us so that we may in the future.

THE LIFE BOAT is a welcome visitor to our humble home.

Yours in the hope of eternal life,

FIFTY-THOUSAND LIFE BOATS.

We believe the day is not far distant when fifty-thousand LIFE BOATS will be sold each month by children. Those who have tried it have had remarkable success and are thoroughly enthusiastic over the work. Some of you parents who are hesitating about encouraging your children to undertake this splendid missionary work for fear something will happen to them, stop and consider for a moment what is *already* happening to them because they are not doing some active missionary work. We have reached the time when if children are not on the Lord's altar they are certainly being consumed upon the devil's altar. Send for a liberal quantity of LIFE BOATS at two cents each and your children will sell them readily for five. Encourage them to use the money which they earn in this way for some needy person or cause.

Do not forget that nearly all great missionaries began their missionary career in their childhood. Give this suggestion careful and prayerful thought and then act upon the conviction that God gives you.

WHAT THE CHILDREN IN IOWA ARE DOING.

At a recent summer gathering in Iowa there were 40 children present who had been actively engaged in selling LIFE BOATS. In a most enthusiastic manner they related their interesting experiences. Some had sold as many

as fifty copies of the Temperance Number. What a splendid sight it was to see these children all aglow with the missionary spirit!

Will not all the parents who read this take a lesson from it and encourage their children to take up this good work? If a thousand children will spend some time each month in disposing of LIFE BOATS, we shall in a few years see an army of energetic workers who will be able to wrestle with great missionary projects. Parents, do not let these golden opportunities slip by and then wake up when it is too late to discover that your children have lost their desire to take hold of this work. Do not forget that nearly all the great missionaries became imbued with the missionary spirit when they were children.



EARL AND FLOYD GARDNER.

WILL YOU TRY TO DO AS WELL?

These two boys sold a hundred copies of the August LIFE BOAT in one week in their neighborhood in Iowa. There are thousands of boys and girls who can do *something*, even if they were not so successful as these boys.

WILL YOU USE YOUR SPENDING MONEY IN THIS WAY?

"Papa gave my brother and myself some ground in which to plant what we wanted, so I planted two long rows of pop corn and one row of potatoes, one of cucumbers, some melons and squashes, and all are growing nicely. I am going to give the results to the Life Boat Mission.

"Mamma gave me a hen which I am going to sell for cash and give you the money to help some poor wanderer in the Life Boat Rest.

"I am going to save all my pennies which I spend for candy and give to some poor suffering soul. Christ speaks to children as well as to older ones. I will tell you one of my experiences. One day while I was in town I wanted some candy and I went into one of the stores to get it; but just as I started to ask for it something whispered in my ear, 'Why spend your money for that which is not bread?' so I ran out of the store and said, 'No more money for candy have I.'

"ZADA FISHER."

A LITTLE CHILD SHALL LEAD THEM.

Teach the children to earn some money for themselves by selling LIFE BOATS. This money may be used to do missionary work and at the same time scatter seeds of truth.

Let them write letters to prisoners. These men shut in from the outside world will enjoy their simple letters, and the day of God alone will reveal the good they may do. The following is an exact copy of a letter written to a prisoner by a little eight-year-old girl:

Dear Friend:—Your kind letter was received less than a month ago and I hasten to reply. I was very glad to hear from you and know you are well. I must tell you this time that I have a dear papa whom I love very much. I have asked mamma what work people do in prison and she said to ask you, as you would know exactly. I often wonder what you are doing and if you can make any money of your own. This summer we children have been selling LIFE BOATS each month for our Missionary Acre Fund. This money goes toward paying for our missionary college at Battle Creek, Mich. We have a little box into which we drop our pennies. We love to hear them jingle and we know the Lord blesses our efforts too, and this makes us happy; besides, you see, we give the people who buy our papers something good to read. I have paid for THE LIFE BOAT to be sent to you for a year. I hope you are getting it by this time. Let me know if you are not. Our church school begins next week. Vacation time is over. I wonder if you have any vacation and what you do at such times. Have you a Bible of your own? My verse

this week is, "Fear not, for I am with thee" (Isa. 41:10). That is such a good promise for us; is it not? Let us believe it.

Pray for us, and let me hear from you. I am,
Truly your little friend,

Such a simple loving letter must touch the heart of the prisoner who receives it and put into his heart a desire to be born again in Christ. It must recall to his memory the lessons he learned at his mother's knee, that "unless he was converted and became as a little child, he could not enter into the kingdom of heaven."

Encourage your children to enter this work, do not wait until they are grown and their minds have become filled with other things. They are not too young. Often a little child can do more than an older person. "A little child shall lead them" (Isa. 11:6). Let the children send us their names and addresses and we will send them the names of some prisoners with whom they may correspond.

L. L.



Do you feel sorry for this group of Chicago children? Save your pennies and help save them

Thousands of blear-eyed children, many of them the offspring of drunken parents, can be daily seen on the streets, nibbling away at chemically colored, and in many instances, liquor saturated, candies manufactured from the cheapest of cheap sugar. These children are simply cultivating a perverted appetite which will, in many cases, prove their downfall.

	<h2 style="margin: 0;">Rescue Service</h2>	
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ROCK ME TO SLEEP.

Backward, turn backward, O time, in your flight,
 Make me a child again just for tonight!
 Mother, come back from the echoless shore,
 Take me again to your heart as of yore;
 Kiss from my forehead the furrows of care,
 Smooth the few silver threads out of my hair;
 Over my slumbers your loving watch keep;
 Rock me to sleep, mother, rock me to sleep!

SAVE THE GIRLS.

MARY WOOD-ALLEN, M. D.

A few years ago I went one night, at midnight, down into the lower part of the city of St. Louis. Up in the resident part of the city all was quiet and the houses were shrouded in darkness. But here business seemed just beginning, the streets were brilliantly lighted, gay music floated out from the saloons on the street corners, men with women in bright attire were walking up and down the streets, and other women stood on the doorsteps or at the windows and called laughingly to each other or to the passers by.

There was quite a little company of us in a gospel wagon and we drew up at one corner and began to sing. A crowd soon gathered around us, mostly of men and boys, rough in appearance and coarse in manner. After one hymn one of our company offered a prayer, and the hats and caps of the crowd were lifted and a reverent silence fell upon them. More hymns and then some personal appeals to the listeners, who drew nearer and nearer with an ever deepening interest. As we talked we became aware that our visible audience did not comprise all our listeners. Back of the lace draped windows of the house before which we stood, and in the adjoining houses, we caught glimpses of other faces and figures, shrinking back as if ashamed that we should see them. When we asked all who wanted us to pray for them to raise their hands, we saw not only the score or more raised by the men and boys, but some smaller, white hands were stretched out from behind the lace draperies in a mute and touching appeal.

Who were these hidden listeners who sought our prayers, our interest? Later we saw a few of them and talked with them. They were girls young in years, but knowing much of sin and its sorrows; girls that were dressed in costumes that would have caused their arrest had they appeared upon the street; girls who are said to live gay lives who are yet most truly prisoners, not free to come and go

at will, but subject to the control of the woman in whose house they are, and who insists on their wearing a style of dress that will prevent their escape; girls who earn much money but who are always in debt to the "Madame" so that they have no means to pay even should they escape from the house; girls who in the midst of an outward gaiety and freedom are yet under constant surveillance and who, under smiles and jollity, hide discontented hearts and remorseful consciences.

Some of these girls told us they would like to get away. "But where would we go?" they asked, "Who could take us in," and what answer could we make?

In one room we saw a girl of 17 smoking a cigarette. A man in a drunken sleep lay on a lounge while other men were sitting drinking in the adjoining room. We asked her if she liked the life she was leading. "No," she replied, "but what else am I good for? I've been here too long to become a steady working girl, and I don't think I'd like it."

When asked how they came to get into such a life they often said, "I had no mother, and no one cared for me," or, "My mother never paid any attention to what I did and so I ran the streets and did as I pleased. I got into bad company and ran away from home, and here I am, and that is the end of it."

Poor girls! Discouraged, hopeless, drifting away on an angry sea to death and destruction. Send out your LIFE BOAT and save them if you can. But while a few are working at this task of saving the lost, let us turn our attention to the duty of saving them *before* they are lost.

The records of our police courts show one significant fact, that it is between 14 and 17 years of age that girls fall into the hands of the city officials. These are fateful years, not only for evil but for good, for it is in these same years that the majority of Christians have given their hearts to God.

At this period of life the heart is peculiarly susceptible to influences good or bad. If parents were wise enough to know how to influence their growing girls they might lead them into the safe paths; but not being wise they lose their hold upon them and, alas! too often they go astray. Fathers, mothers, keep friends with your children. Let them feel that you are not only their counselors, their directors, but you are their most sympathetic friends; you have not forgotten your own youth, your own love of fun and frolic, and so do not frown upon their innocent pleasures; but more than this, do not leave them to enjoy them alone,

but join with them in their sports; know their friends and make yourselves agreeable to them. Go with them, not to frown and scold, but to rejoice with them in all allowable happiness. Make them love to be with you always as they loved to be with you in childhood; happier to be with you than any one else. It can be done. It will take time; it will need self-denial; it will need much thought to plan for them wisely, but it will pay. It will not take so much time as to sorrow over them after they have gone wrong, and it will bring smiles instead of tears.

IS THERE HOPE FOR THE HOPELESS?

MARY SMITH.

One morning a young girl was brought to the Life Boat Rest, discouraged and forsaken. She wanted to destroy her life. She felt that there was nothing for her to live for. Those who had led her astray had forsaken her. Her relatives and friends would not allow her to come home nor would they care for her. When we told her of God who is always ready and willing to help in every time of need, she accepted Him as her Father and received the peace and comfort that comes from doing right.

She told us that as a child she had never been taught to love God. As she grew older it was easy to go wrong, and then followed crime and misery.

When God forgave her sin, He also healed her body and opened the way for her to secure honest work, and gave her true friends and by her true life she proved to her parents and friends that God is a friend to those that call on His name.

A Christian worker visited her in her home not long ago, and found that she is now a happy wife and mother, the Bible is her guide and she looks to God for wisdom to guide her little one in the right way. After prayer she said, "I want to live so close to God that He can save my little girl from what I have had to suffer."

PROVIDENTIAL PROTECTION.

FANNIE EMMEL.

Supt. Life Boat Rest.

(None are permitted to engage in our rescue or saloon work except a few experienced workers who having evidently received a Divine call for this difficult work have also been given a divine fitness. When God calls his workers to a special work he goes before them not only to prepare hearts for their message, but also to protect them just as he did his children of old. It was to emphasize this latter truth that Sister Emmel has consented to write out for the first time some of her experiences in working in the most

difficult missionary field imaginable. Notwithstanding these difficulties the Lord died for these souls just as much as he died for your children. Remember these workers with your prayers and your means. Editor.)

Often our friends ask how we are treated in our saloon work. Are you ever insulted? Are you not afraid to mingle with rough drinking men?

It is hardly possible that we escape unpleasant experiences entirely. But we do not look for them and it is rare that we have them, for generally speaking we are treated most courteously, and if any offensive remarks are made, the speaker is reproved by some of his own associates. I recall many instances when such unexpected assistance was given in a way that astonished us. In one of the low dives on State street we went with our LIFE BOATS one night, hoping to find someone that was hungry for the message that we had for them. A poor soul staggered up to us in a very familiar way. The stamp of God's image could scarcely be traced on his face. We stepped back but were still talking to him when he forced his way a little nearer, almost staggering against us. Suddenly some one at our side assured us of his protection, and said "Ladies, you need not be afraid, I'll stand by you. I am a married man and have daughters who are missionaries who are no older than you and I love them. They are good girls and you make me think of them and I respect you, for I believe you are honest, good girls. Now don't you be afraid; that man will not hurt you while you are here." Then placing his hand on the revolver in his hip pocket he said, "I have something in here that will protect you." Then we remembered that as we entered we went to this very man with THE LIFE BOAT and that he refused to buy, but he had watched us, until this circumstance that I have related and he stood by us until our work there was completed.

(The concluding portion of this most interesting article will appear in the November LIFE BOAT).

Bad food means a bad stomach, and a bad stomach means a diseased liver, and a diseased liver means impure blood, and impure blood means a soiled and contaminated brain, and a soiled and contaminated brain means wrong thoughts, and wrong thoughts produce a wrong character and a wicked and sinful life.—*J. H. Kellogg.*

Some of the English insurance companies are beginning to classify their policy holders into moderate drinkers and total abstainers. The results of this classification constitute a very damaging testimony against even the moderate use of alcohol.

PRISONERS' DEPARTMENT

DOES THIS INTEREST YOU?

If you could read the interesting letters that we are daily receiving from prisoners, your heart would be touched and you would be grateful for what God is doing for those men through the agency of THE LIFE BOAT. Thousands of these men are famishing for the gospel that it contains but they do not have money to subscribe for it and have no friends to appeal to for assistance. We could send out at least ten thousand LIFE BOATS each month to as many appreciative and needy men in our state prisons. In some prisons a copy of THE LIFE BOAT is passed around from cell to cell until it is fairly worn out. We believe there are some of our readers who could defray this entire expense and yet not deprive themselves of even the ordinary comforts of life. Remember that Christ will say to the redeemed, "I was in prison and ye visited me." If you are able to do this and yet have the least hesitancy about it we will gladly send you copies of fifty or more of these letters and when you have read them you will certainly be convinced that this is one of the most fruitful missionary fields in the world.

DOES HE DESERVE A BIBLE?

PETROS, TENN., Sept. 18.

DEAR BROTHER:—Yours of recent date received and I was very glad to hear from you again. The twelve copies of THE LIFE BOAT also came safely and I placed them in the hands of the prisoners that I believe will read them and take good care of them, and they all express themselves as being very much interested in them and I believe that it will be of real help to them. Some of the men that I let have the papers say that they intend to open up correspondence with you at an early date. If they do I trust you may be of much spiritual help to them and that they may prove **worthy** of your assistance.

I have read every word of the August number of THE LIFE BOAT and it has greatly benefited me. Besides the good lessons it teaches it has afforded me much pleasure in educating me to work with my fellow men; and the time that I spent in reading it has been a very pleasant hour. I am trying to do all the good I can and am trying to live up to all the duties of a Christian.

I need a Bible. At the present time I have no Bible or even a Testament to read for my own benefit or to read to my associates. I have no money to pay for it either. What

chance have I to obtain the Scriptures? Even the very cheapest Bible or Testament would answer all purposes with me and would be thankfully and very highly appreciated.

I am highly pleased to know that you have my name on file and will refer me to some good Christian gentleman to correspond with as soon as possible and I will be very glad to hear from him at an early date. I desire an interest in your prayers. Awaiting your reply I remain,
Your brother in Christ,

CAN YOU SAY AS MUCH?

Dear reader, shall it become necessary for the Lord to permit trouble to come upon you before you learn some of the lessons this man has learned in a prison cell?

"STATE PRISON, Michigan City, Ind.

"Dear Friend—Since I wrote you before, I have received THE LIFE BOAT which answered several questions I asked you. I find some of the most inspiring news in it of any religious paper I have ever read. It seems almost like some of the topics were for my own special case. It seems to me that the men that have contributed articles for your paper have in some way found the most secret thoughts and desires of the fallen race and have given answers to some of the most perplexing questions of a good many men's lives?

"Since I wrote you last I have been trying to think as I come in contact with some of the men here, that there must be some good in all men. It is a great delusion that so many men here think that everyone has a personal dislike for them. If a man will sit still and listen to the evil suggestions the devil puts into his mind, he will be a misery to himself and everyone around him. The best remedy I find is to do just the reverse of these things. Of course there are those that could not give a man a pleasant answer no matter how he spoke to them. The way I avoid thinking any harsh thing about this kind of people is by recognizing that they are ignorant and do not know any better. I have felt better in the past three weeks than I have since coming here. Do you know of any good Christian that belongs to the mission, besides yourself, that would correspond with a man that is trying to gain a better life? Your letters have been the one streak of sunshine in my life since I came here. I ask an interest in your prayers. May God bless your work.

"Yours obediently,
"

A DAY AT HARRISON STREET POLICE STATION.

MAMIE WILD PAULSON, M. D.

It was a beautiful day in August and we were cheered by the sunshine from heaven which brightened our pathway and filled our hearts. Our purpose in going to the station was not to see some specimens of wrecked and sinful humanity, but to carry to them some of the sunshine which was flooding our souls. We had with us our little organ and some song books.

One cannot enter a jail or prison without feelings of regret that we live in a world where such institutions are necessary. It was with such feelings that we entered this jail this morning. How different was the throbbing within our breasts from those of the poor victims we saw shut in behind those iron bars. Even though the bars were closed behind us we felt free because of the freedom which Christ had put within our souls. "If the Son, therefore, shall make you free, ye shall be free indeed" (Jno. 8:36). True freedom can only come through Christ. Is it not true there are many outside the prison cells who have not yet learned what it is to be free?

Our little company went downstairs and were conducted into the first corridor, where there were several girls locked in their cells. We sang to them some sweet gospel songs which seemed to touch their hearts. Some of them cried bitterly, and God alone knows what may be the result upon their lives. Our time was limited and we were hurried on to the next corridor. The law does not allow us to enter this apartment because within are criminals and murderers, some awaiting their death. We sang several songs here, and as we sang, "Softly and Tenderly Jesus is Calling," we could see a change in some of their faces. After Brother Bly had talked to these men for a few minutes he asked those who wanted us to pray for them to manifest it by the outstretched hand. It was a most touching sight to see six hands that had been trained to do criminal deeds, one after the other, pushed out between the bars.

We could see the hands only of several of these men, but our Heavenly Father saw their faces and knew the motive which actuated their hearts. A young man whom we could see stood leaning against the bars so as to catch every word. He was a murderer and was soon to be hung, but I truly believe that he caught some of the saving power of Christ in his soul. However, we could not tarry here. The next corridor was filled with men who had been ruined by that dreadful monster, liquor. Here five expressed their desire for us to pray for them.

The last place we visited was the police station annex, where are kept the young girls who are detained here, either as a place of protection for a short time, or because of some misdemeanor. We saw here girls of

twelve, fourteen and eighteen years of age, and as we talked with them, heart to heart, the tears streamed down the faces of several and many other hearts were touched.

We spent only a few minutes at each place, and we shall possibly never meet any of them again this side of eternity. Is it too much for us to expect that we will meet some of them on the other shore? Who could measure what would be the great result if a small band of workers went to every jail in our land every Sunday morning and did this same kind of work?

Yet far greater would be the result if all Christian mothers and fathers were faithful to their God given trust, and if all Christian workers would do all within their power to warn our boys and girls, throughout the land, of the nets spread for their feet. Shall their blood be required at our hands?

BEFORE HIS SENTENCE EXPIRES.

Dear Brother:—I received your welcome letter today, but did not expect an answer so soon, for I am sure that such a life as yours must be a busy one indeed.

I thank God that I began in a prison cell to live right for I believe that one-half of the men sentenced to prison make a mistake in waiting until their sentence expires before trying to do right. Go where you will, men are always looking for some other time to begin life. It's a mistake if you serve Satan; be faithful if it be God whom you serve. "Ye cannot serve God and Mammon."

Now, in regard to where I shall go when I leave prison, is a question that does not bother me much, providing I have a friend to stand by me. It is simply a question of human companionship and work. I have no desire to seek the companionship of my former friends, for they are not friends to either body or soul, but if left to myself it would be nothing unnatural for me to go wrong. I know what it is to be in trouble, and how one is regarded by the majority of people. It is not the fear of a prison cell that made me turn from my evil ways; it is because I was brought face to face with the truth in regard to man's destiny, and the privileges we have on earth to prepare for the future. Truth never changes and this Bible is truth, "how shall we (I) escape if we (I) neglect so great salvation."

When I came here I had no knowledge of the Bible or of God, but through the help of the prison chaplain and THE LIFE BOAT I was brought to the knowledge of Christ.

I thank you kindly for the attention I have so undeservedly received from you, and especially from THE LIFE BOAT. I will pass it around. May the grace of the Lord Jesus be with you all. Yours very truly,

DO YOU WISH TO SHARE THE BLESSING OF HELPING SUCH MEN?

Dear Sir:—Yours of the 10th is before me and it is putting it in a mild form to say that I was glad to hear from you. Yours is the first letter I have received in thirteen months. I used to have lots of friends I might write to, but instead of going up the ladder, I have gone down the other way, and my friends have vanished. I see some very strong pieces in *THE LIFE BOAT* about ex-prisoners, but I have almost come to the belief that twice or more a convict is always one, and every man's hand is against you. Before I got in this trouble I even asked to work for two or three men that I knew wanted a man and offered to work for my food, but their opinion was that I only wanted the job to steal something from them. I hired out to one man for three months on a farm, and a party told him I was an ex-convict, and when I went to work for him he had another man, and so with several more. I would give twenty years of my life if I could experience the change of life like the man who signed his name Dick Lane in your April number. Not that I am looking for sympathy or anything of that kind. First, because the genuine article is a scarce thing in this day and age, for men in these kind of places. Second, because I had no business to get in prison the first time. But I believe you people are willing to help the fallen and unfortunate ones in any way you can. But there are so many more on the other side that it is only a drop in the sea of human life.

It seems to me if a man really and truly gets the love and sentiment of Jesus Christ in his heart and can feel the Lord in his every-day life, that malice and indifference and self love will never get into his mind. A real true Christian man or woman must be the happiest of people on this earth, be they in prison or out.

PRISON BARS CANNOT SHUT OUT HAPPINESS.

STATE PRISON, MICHIGAN CITY, IND.

Dear Sir—Have you gone through life imagining that you had good reasons for being miserable and unhappy? Then when you have read this, get on your knees and ask God to forgive you and help you to be happy

and contented with the splendid lot He has assigned to you.

STATE PRISON, MICHIGAN CITY, IND.

“Dear Sir—I have had the pleasure of seeing one copy of your paper. Those are encouraging words from others, situated as I am. It was here I found Christ over a year ago and I have been happy since. I can sing the whole day long. Behind these iron bars, shut in from all that others enjoy, under the sun and stars, the freedom of race, of action, and other blessings; but in spite of that, with happiness my heart overflows. My pen cannot portray the happiness I feel when in communion with God, and in the careful study of his Word. How I wish I had known God years ago! Oh, how I long for the time to try to do some good for the Master! I believe a true child of God can be happy in any condition in life. I have served the devil for a number of years; he has proven a poor paymaster; he has cost me all I hold dear. I have had more happiness, peace of mind and contentment in this one year of my conversion, though in prison, than in all my life before. Nothing shall change me from the onward, upward march, for I now live; yet not I, but Christ liveth in me. Money is as short as those who pretend friendship, so I cannot pay for the paper, though I would like to have it. If extending a kindly hand to them that falter by the way be the best mission of life, then God will see in you all the highest types of manhood and womanhood. May the time come when I can try to do some good. May God bless you all in your noble work in trying to rescue the fallen and outcast. They need encouragement. Hoping to hear from you soon, I remain,

HAVE YOU TAKEN A PILOT ON BOARD?

DAVID PAULSON, M. D.

As a great ship begins to approach the shore it stops long enough to take a pilot aboard to guide it safely past the dangerous rocks and shoals into the quiet harbor.

Unless we give God an opportunity to guide as we shall certainly lose our course and make a terrible shipwreck upon the hidden rocks that are just ahead of us. How many splendid young people in the range of your acquaintanceship have made the most dreadful blunders and mistakes because they failed to take the Divine Pilot on board.

The Master of earth and sea and sky is saying to you, “I will guide you and direct you.” Will you stop long enough in your career to earnestly and devoutly invite this heavenly Pilot to direct your course safely by the perilous rocks in this life, and to shape your eternal destiny for the life that is hereafter?

I WAS IN PRISON AND YE VISITED ME.

How many people make the sad mistake of thinking all men behind prison walls are heartless, guilty, and ignorant. Prisoners appreciate a kind word as much as you or any other human being. How eagerly they improve an opportunity to correspond with some one who will be a friend to them. Many of them continually remind us of the fact that we have promised to put them in touch with some level headed man and they are anxious to hear from him. We supply names to those who write in asking for them. These men have ample time to read and digest every word that is written to them and they are quick to detect the least thing that is mechanical. They understand what is written from the heart and appreciate it, but are equally hurt by a letter written in a condescending manner.

Some of them are beautiful penmen, others have read and studied until they are better able to discuss any subject you may mention than many men in the outside world. One young man spent eighteen months in making a numerical table of the Bible, in which he gives the number of chapters, number of verses, number of words, number of letters in each book of the Bible and the total in each the old and new testaments. This meant a great deal of work to this man and he doubtless received much good from this careful reading of his Bible.

One young man learned electrical engineering while in prison and is now capable of filling a position in that line of work. He worked full time and then studied by himself at night.

Because they have made serious mistakes and been so unfortunate as to have had to spend part of their life in prison, is no reason that they do not bitterly repent of their misdeeds. Many of them are eager to learn of a Savior's love and to know that he died for them as well as for you and me.

Recently a young man in one of our state prisons wrote and said: "I would love to have you find me one person who thinks enough of Jesus to write to me and be a friend to me when my time expires here." These men expect to be spurned by the public and they can scarcely realize that there are those in the outside world who are *willing* to be a friend to a man who has been in prison. Are not these men your brothers? Are you your brother's keeper?

Remember each is some mother's son; what if it were your own dear boy. Would you not be forever thankful if some kind lady or gentleman would write to him and cheer his dreary life as he was shut off from all the outer world? Will not their poor old mother or father appreciate this kind act on your part just as highly as you would?

Often a kind word or touch of the hand will change the whole course of a human life.

Can you afford to lose this opportunity? It may be that you can do more for this certain man than any other person. We never know when we are making a master stroke and it pays to live close to Christ. L. L.

THOUGH DEAD, SHE YET SPEAKETH.

DAVID PAULSON, M. D.

One of the young people who recently met death while boating on Lake Gogouac was Lizzie Brady, one of our Chicago workers, who was spending a short time at the Battle Creek Sanitarium. During her stay with us, Miss Brady endeared herself to all our workers and became deeply interested in the work of THE LIFE BOAT, as is shown by the following article, which she prepared for THE LIFE BOAT some time before her tragic death. Miss Brady's work is ended, but every reader of THE LIFE BOAT will have less of a desire to fritter away precious God-given opportunities after he has read these words that were written at a time when there was but one step between the writer and eternity. We earnestly pray that God may use these words as a trumpet call that shall arouse thousands of careless and indifferent young people to a realization of the uncertainty of life and of the importance of working while the day lasts.—EDITOR.

NEGLECTED OPPORTUNITY.

LIZZIE BRADY.

While reading an article in THE LIFE BOAT some time ago, written by Dr. Paulson, I thought of the poor prisoners at my home. My brother is sheriff of the county in which we live, and is with the prisoners more than anyone else except the jailer. I used to visit him at the jail and would go in to see the prisoners through mere curiosity, and not because I wanted to help them. How much I might have done to make their lives happier and better if I had gone in each day and read the Bible with them and prayed with them. I did not feel this my duty when I was at home, but thought that it was the duty of some minister. But now I find that we can all be ministers of Christ if we will only try to do to others what he wants us to do.

I have written and asked my brother to read the Bible to them, and have sent him THE LIFE BOAT and asked him to read it to them. My prayer is that they may be helped to higher and nobler lives, and that even while they are in prison they may realize that God loves them just as well as he does any one else and is anxious to work some good out of the most trying experiences of their lives.



PHYSICAL REDEMPTION



EATING FOR STRENGTH.

DAVID PAULSON, M. D.

Are you aware that *every* particle of strength that you are expending day by day is derived from the food that you have eaten? Yet an engineer will give far more study to the selection of suitable fuel for his furnace than the average mortal considers worth the while to give to the selection of proper food material to replenish the fires in this living furnace.

What would you think of a fireman who would try to shovel in under his boiler, cinders, clinkers, and a lot of rubbish that would tend to smother the fire more than to feed it? But that is precisely what the majority of humanity are continually doing for themselves, and our over-crowded hospitals, our over-filled insane asylums and over-populated cemeteries testify pathetically to the sad results that come from violating physical law.

Have you discovered that a slice of thoroughly toasted bread is not only more toothsome and palatable than a soft, doughy slice, but it is also twice as easily digested?

Have you learned that when rice is put into the oven and nicely browned and then soaked over night in water, it will be neither pasty nor sticky when it is cooked, and that it will digest readily without causing fermentation in even weak stomachs?

Have you learned that a well baked potato is much less likely to cause a sour stomach than a soggy, water-soaked potato? Are you aware that all the starchy foods, whether grains or breads in whatever form, are vastly better when they are baked until well browned?

Has it ever occurred to you that there is no more good sense in diluting your saliva or gastric juice by drinking at meals than there would be in diluting your ink when it is already thin enough? And this is particularly true when we use such harmful substances as tea, coffee, or alcohol in any form.

A pound of peas, beans, lentils, or nuts contains more nourishment than does a pound of beefsteak, without containing any blood, disease germs, or tissue waste products.

Bear in mind that if you have not time enough to masticate your food thoroughly your relatives will soon have to find time to nurse you and your neighbors will a little later take time to attend your funeral.

If you want to treat your stomach in a friendly manner, do not give it any work to do for at least five hours before going to bed, and do not discourage it by eating at irregular and unseasonable times.

Treasure up the sweetest, choicest and most cheerful and most inspiring thoughts and incidents that come under your observation during the day and talk about them at meal time. Try it for a week and you will be surprised how much your digestion is improved and how much more God seems to be blessing the entire family than ever before.

HOW TO TREAT CONVULSIONS IN BABIES.

MAMIE WILD PAULSON, M. D.

The nervous system of the young infant is extremely sensitive and quickly responds to any irritation either from within or from without. When a baby has a rise of temperature it is very likely to have one or more convulsions.

These spasms often occur during teething, but are not necessarily due to that fact; they are more often due to irritation of the nerve centers, which is caused by fermentation or decomposition in the alimentary canal.

Convulsion is often a source of deep anxiety, not only to mother but also to the physician. For the benefit of those mothers who cannot secure the services of a family physician immediately, I will suggest some simple treatments which it will always be safe to use in any case of convulsions or spasms. Put the child at once into a warm full bath, at a temperature of about 100 degrees. At the same time keep the head cool by pouring cold water over it constantly, or by keeping cold cloths on it. Allow the child to remain in the bath until its muscles are relaxed. Between the attacks a warm enema should be given. If this fails to evacuate the bowels, a little soapsuds may be added to the water used for the enema. If there are no facilities for giving a bath, then warm blankets may be used, wrapping the baby up in them and at the same time keeping the head cool.

Careful attention should be given the child that is subject to convulsions. Its diet should consist of easily digested foods. It should have regular hours of sleep. As it grows older, it should not be allowed to attend school at an early age. It should be encouraged to play out doors much of its time until it builds up a robust constitution.

A leading Chicago daily has estimated that enough beer barrels are emptied in Chicago each year to extend from Chicago to Washington, D. C., if they were laid end to end.

AN EVENING OF DISPENSARY WORK.

M. CLAIR HINDS.

Every night from two hundred and twenty-five to two hundred and fifty men lodge at the Workingmen's Home. To care for the sick, a new dispensary has been fitted up in the Home.

An evening spent at the dispensary will show us something of what is being done. As we open the office at six o'clock, we find a patient waiting. He is a boy of about twenty, thin, with hollow chest and flabby muscles. Examination shows a weak heart and a very bad stomach. What has caused this grave condition? Tobacco.

He has used it since the age of twelve. Being told the effects of tobacco using, the boy promises to give up the poisonous weed. Appropriate treatment is given him to eliminate the poison from his system.

From six-thirty to seven o'clock is the gospel and song service. One man signifies his desire to lead a new life, and a personal talk shows him to be in earnest.

The meeting closes, and a man limps in, saying, "Doctor, I'm shot."

Immediate examination shows a small bullet wound in the lower part of the abdomen. Only a small bullet however, and fortunately only a skin wound. Thorough cleansing of the wound and the application of an aseptic dressing makes this man comfortable for the night.

Others with various troubles are waiting, and the clock hands point to ten ere we finish the evening's work.

The last man had three ribs broken in a street-car accident. His severe pain is very much relieved by hot fomentations. Although this poor fellow has suffered a great deal, his words still express faith in God, and while lying in bed he enjoys reading *THE LIFE BOAT*.

The whole aim of this dispensary is to exemplify the entire gospel—salvation for both body and soul.

"Know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own." (I. Cor. 6:19.)

Christ died for the redemption of the body, as well as for the soul.

SOUL SAVING OPPORTUNITIES IN THE MEDICAL MISSIONARY DISPENSARY.

A. J. KENNEDY.

The other day a well appearing youth came into the dispensary for treatment. This afforded me an opportunity to ask him something about the kind of a life he was living. He replied that he was making good wages but spent his money as fast as he earned it. He said he was a victim of the tobacco, drink and gambling habits, and had other besetting sins. After having a short but earnest talk with him he said that with the help of God he was determined to do better.

My next patient was a man about fifty years old. He confessed that he had led a sinful life, but expressed a determination to do better. We had a word of prayer together, and when he left he felt that he had overcome Satan by the power of God.

May God help us to save the boys from taking the *first* steps that lead to a life of misery.

AN ENCOURAGING DISPENSARY INCIDENT.

PAUL CHRISTMANN.

A short time ago a man came to our dispensary on Halsted Street. His appearance was that of a man who had once possessed great physical endurance, but he was all broken down by wrong habits of living, and was now weak and discouraged. His breath told us only too plainly the tale of the constant use of tobacco and intoxicating drinks. As the man had been to other physicians and still was not benefited, I realized that he must be brought to that place where he could recognize his body as being of Divine origin and belonging to his Creator. I immediately set to work to accomplish this thing, and at the end of the hour spent with him, he was a better and nobler man. Not because of anything I had done, but because of the inner change wrought by the Spirit in the renewal of his mind. As a result of this he gave up his liquor, tobacco, tea and coffee. As he was leaving I heard him say to his son, of about eight years of age, "Johnny, you can't have any more tea or coffee, but never mind, you'll get all the milk you need."

Through the change in his ways of living and simple treatment the man was helped from that moment, and the last I saw of him he was doing well.

DOES IT PAY?

A. J. HETHERINGTON, M. D.

Sometimes it takes but little to change the entire course of a human life. A kind word or deed at just the right moment may lift someone from a life of despair into a life of hope and joy. Trouble is on every hand, but our own attitude toward it will determine our measure of joy.

Our mission workers have experienced the truth of the fact that it pays to be on the alert, for they have seen men snatched from the brink of destruction through the influence of a timely word. When a man has been bound down for weeks by the enemy so that he has become bleary-eyed and bloated, ragged, uncouth, and repulsive—in such a condition, in fact, that he cares nothing for anybody and even less for himself—does it pay to step aside to speak a kind word and offer him a helping hand? Yours may be the first kind word that has been spoken for weeks. It may be the word to break the bondage of despair and restore a soul.

Late one night a mission worker came to the hospital with a man he had picked up on the way. This man had been traveling a modern Jericho road. He was a first-class mechanic, but had gone among "the boys" for "a social time." That social time cost him his position and standing in life. Now for more than two months he had been spending his money for drink till at last he fell among thieves, by whom he was beaten, robbed, stripped of his clothing, and then dressed again in rags and was left unconscious and half dead by the way. It was here that our mission worker found him at a late hour of the night. The man had regained consciousness, but his face was badly bruised as the result of the beating he had received. He was given a bath, his bruises were dressed and he was put to bed. For two days and nights he was nursed and cared for, while he fought the demon that sought to destroy him. Sleep seemed impossible. His fevered brain transformed the gas jets, the figures on the wall paper, the chairs and shadows about the room into hideous monsters, laughing, jeering, mocking at him. Great drops of sweat would stand on the man's face as he cried out to be saved from these demons.

He was saved. A week later one would not have recognized him as the same man.

He was not the same man. He had been renewed both in mind and body, and with tears in his eyes thanked God for deliverance, and for a clean life.

This is but one of several similar experiences that might be related. In each case a man stands today grateful for renewed hope, and for the ability to go out into active duties among his fellow men as a witness of what things have been wrought in his life.

Yes, it pays to be a friend to some one in time of need. It pays to speak a word at the right time. "A word fitly spoken is like apples of gold."

AN URGENT NEED.

In nearly every home there are sheets that have outlived their usefulness and are destined for the rag bag. Do you know that they will make splendid bandages, and that there is a crying necessity for them in our dispensaries? Many of the patients who come to us are unable to pay for bandages or dressings, and it is necessary that we have a constant supply. Do you wish the blessing of knowing that your old sheets may yet be made to do good service for God and humanity? Ask your friends for enough clean cast off clothing and sheets to make a box and send it by *prepaid* freight to Chicago Medical Mission, 28 Thirty-third place, Chicago, and be sure to write your name and address on the box.

INFLUENCE OF DISEASE UPON THE HOME.

Eternity alone will reveal the morbid coloring that the continual presence of a fretful, irritable invalid produces upon an entire home. Children brought up in such a home have absorbed so much of the dark side of life that they are, in many instances, not prepared to go out and establish cheerful, sunshiny homes of their own.

What cannot be cured must be endured, but in nine cases out of ten these invalids may be restored to health. God is as willing to restore physical invalids as he is to restore spiritual invalids, when they become willing to adopt the proper measures to secure health.

In many cases a few words of advice is sufficient to put the patient on the road to recovery. We are just as anxious to be used of God to guide the despairing invalid into the pathway of physical health as we are to hold out a helping hand to the poor, discouraged moral wreck.

Do not forget to enclose a few stamps to help defray the expense of stationery and postage if you need our help.



Visiting Nurses



A PLEA FOR OUR VISITING NURSES.

CLYDE LOWRY.

It is a pitiful thing to meet and work with the thousands of mental, moral, and physical wrecks that throng the streets and inhabit the saloons of Chicago. It is an awful thing to think of the thirty thousand fallen women in this sin-cursed city. How sad it is to know that for every drunken father there is a ruined home; and for every wayward girl there is a heart-broken mother. It almost seems that death would be preferable wages for sin, than such a life; but death does not always come to end the suffering, even when it would seem to be merciful, and our visiting nurses must bear a part of these burdens and become acquainted with the grief that fills these homes. They realize that the sins of the fathers are visited on the third and fourth generations, for their work is done largely in the homes that have been wrecked by sin, and where the innocent are suffering for the guilty. If the father spends all his wages for drink, the children must be dressed in rags, unless some one comes to supply them with decent clothing. In times past hundreds and thousands of garments have been sent to us by Christian friends, and they have been carefully distributed to those who are in need, and there is a constant call for more donations of the same kind. Will you not deem it a privilege to send in a box or barrel of clothing to be used in this way?

It is sad to know that innocent women and children do not have sufficient clothing to decently cover them and to protect them from the biting frosty winter, but what shall we think, we know that they are hungry and that the father will not, or cannot, provide for them? In many cases there is no father or bread winner in the family, and the future is indeed dark and forbidding. What shall these nurses do when they enter such homes? Times without number they have divided their slender salaries with those who are in need. Ten cents given in one home will buy bread and milk enough for a meal, perhaps more substantial food is needed in the next house and the nurse must give a quarter. In another home there is a very sick child who must have some especially nourishing food and it requires a larger outlay of money. These are real needs and have been met time and again by the sacrificing workers. Shall they always be paid from the small irregular salary which has been paid to these trained nurses who could command such splendid salaries if they worked for worldly gain, instead of fallen, suffering humanity?

Only a few days since a woman applied for medical assistance. By careful, kindly questioning the nurse learned her history. She was the mother of five small children and her husband was a drunken wretch who had sacrificed everything in the home and spent all he could earn, to satisfy his appetite for drink. Hers was a shocking story of starvation and sorrow, and at its conclusion the nurse decided that the woman was not sick. She was *starving*. The meager assistance that was provided was but temporary and only the pitying Father knows what condition the children are in, and how they will survive the long, hard winter.

Our hearts bleed as we think of this awful state of affairs, but we rejoice to think that God has said that this shall not always be so. We long for the day of deliverance to come; but until it does come, shall we not do our utmost to relieve our needy, helpless neighbors?

Remember that the great majority of these families are not beggars. They do not ask for help any more than did Hagar's child (Gen. 21:17). And yet the Word says that "God heard the voice of the lad," and that He supplied his need. The same God still lives and is still able to care for His own, and He uses humanity as a channel to carry the necessities of life to those who are in need. He has set His seal of approval upon the work of the visiting nurses who continually go about preaching the gospel and healing the sick. Shall we not help to support this work; shall we not give as freely as we have received and do unto others as we would be done by? God grant that your hearts may be impressed to help this needy work.

The day of God alone will be able to portray with absolute accuracy the baneful effects upon the human race of intoxicating liquor and such drugs as morphine, opium and cocaine.

The money which the average drunkard spends in the saloon each year would suffice to beautifully decorate his home and help make it the most attractive spot on earth for his wife, his mother and his children.

Twenty-five cents will furnish you THE LIFE BOAT for one year.

CHICAGO BIBLE STUDY WORK.

CLYDE LOWRY.

The workers in the Chicago medical missionary work have received a great blessing by adopting a systematic plan for Bible study. Early this summer each worker adopted a plan for committing to memory at least one verse of Scripture each day and seeking to add something to the happiness of at least one soul each day. A little later, Grace Amadon came down from Battle Creek to spend some weeks with us, and she began a regular Bible study class at 5:30 each morning. This was found to be a good hour, for all were wide awake and had not begun to feel the effects of the strain and responsibility of their hard day's work. When she returned to her church school work in Battle Creek it was decided that the proper course to pursue was to divide our large family into small Bible study circles. The result was that fourteen Bible classes were organized to meet at convenient times and places, so that every worker should have an opportunity to attend one of the classes each day. Some of the patients also attend; and at the Workingmen's Home Dispensary and the Halsted Street Dispensary, our workers meet with men and women in the daily Bible meetings who perhaps, might never hear the gospel in any other place.

The leaders include our five physicians and the matrons of the Sanitarium and Hospital, the head nurses of the ladies' and gentlemen's treatment departments at the Sanitarium, the manager of the Hygeia Dining Rooms, the medical student at the Workingmen's Home, the superintendent of the Life Boat Mission, and several others.

It was agreed that two meetings each week should be devoted to the study of the Sabbath school lesson. The other hours are spent in studying the life of Christ from the four gospels with side studies.

As a result of this work, additional workers have been secured for the Life Boat Mission Sunday School and our Mission Sabbath School. Hundreds of God's little ones are living and dying in darkness here because we have been unable to carry them the gospel light. A working committee has also been appointed to assist in the Sunday morning services at the Harrison Street Police Station, and this interesting work will be pushed with greater energy than ever before. It has been arranged that one of the divisions of the Bible class attend the Life Boat Mission each evening to assist in the singing and in personal work.

God is wonderfully blessing this movement. What is proving such a source of help to our Chicago work will be equally helpful in every institution among us, as well as every church and family who will adopt the same plan as nearly as their circumstances will permit.

BIBLE HOMES.

The Bible abounds in striking examples of the profound influence that a well regulated Christian home may have upon the community and often upon even a nation. It was said of Abraham that the Lord blessed him because He knew that he would lead his entire family and his household to "keep the way of the Lord, to do justice and judgment" (Gen. 18:19).

What a lesson of devotion every young girl who has a baby brother can learn from the faithful fidelity that was manifested by the sister of Moses as, day by day, she watched at the riverside over her brother as his life hung in the balance. Observe how her remarkable discretion and tact was used by the Lord to save the life of the little infant (Ex. 2:1-9).

Nothing in all the Bible illustrates so beautifully the influence that a godly mother may exert over her daughter, as in the case of the mother-in-law of Ruth. After the death of her husband she was compelled to rear her children in a heathen land under most unfavorable conditions. But when the Lord opened the way for her to return to the home of her youth she expected that her children would have become so attached to the land in which she had been a stranger, that they would remain there, but Ruth said, "Whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God." Note in particular the heroic and determined words, "Where thou diest, will I die, and there will I be buried; the Lord do so to me, and more also, if aught but death part thee and me" (Ruth 1:16-17). Let every mother who reads this ask herself if she has done all she can to bind her daughter as closely as that to herself, to her religion, and to her God.

The case of Samuel gives us a definite suggestion as to the time to begin to train a child to become a missionary. His mother took him to the Lord when he had been weaned. The fatal mistake that so many mothers make is that they neglect to bring their children to the Lord until about ten or fifteen years later. And by this time the devil has gotten so many years the start of the mother.

Even today the homes in which Christ loves to linger are those which most nearly resemble that quiet little home on the hills of Bethany where a brother and two sisters dwelt together in perfect harmony and love. Christ did for the members of this family what He is willing to do for the members of every family. He raised Lazarus from physical death and He will raise you from spiritual death. He cast out the evil spirit from Mary, and He will deliver you from the same. He tenderly and lovingly reproved Martha for allowing the home cares to rob her of some of life's sweetness. He will speak the same words to every careworn woman today.

ARE YOUR CHILDREN SAVED?

When you discover that one of your children has contracted some serious disease you do not treat the matter complacently but at once begin to plan how he may be restored to health; but what about your sinsick son or daughter? How much are you concerned over the matter? How much time do you spend each day in earnest prayer and careful thought in devising some means of securing the spiritual restoration of your loved one?

Are you certain that you yourself are not the greatest obstacle in your child's way? Remember that your life is a far more effective sermon than anything you can say.

THE PRACTICAL HIGHER EDUCATION SOCIETY.

ITS INSTRUCTION TO GIRLS.

1. Try to do nothing that will displease your Heavenly Father.
2. Always protect your character.
3. In your association with boys or men, never flirt. When a stranger smiles at you (be he ever so attractive) give him a cold stare and look away and do not allow your eyes to meet again. Remember that every one thinks less of a girl who does not respect herself or does not demand of each boy or man that he should be as respectful to her as he is to his own sister or mother.
4. When you are old enough to accept respectful attention from gentlemen, do not allow them to stay till the "late hours," for then young people become drowsy and are less responsible.
5. As a general rule, do not ride in a carriage with a man alone. Better be one of a company of three or four ladies, or ladies and gentlemen when you go driving. Because a man is rich, educated, or handsome, is no guarantee that he is a gentleman. Character and action are tests of gentlemanhood.
6. Should some employer or manager intimate that, if you wish to hold your position, you must do anything that is unlady-like, then leave him and notify the Practical Higher Education Society, of which you are a member, if you are unable to obtain other employment.
7. Avoid the company of any woman who suggests anything wrong to you or wishes you to accompany her to questionable places. She is often times an accomplice of those who are gradually leading girls to destruction in an apparently innocent way. You will soon see revealed her real character by her ideas and by the places of amusement that she visits and by the company she keeps.

J. W. GOSSARD,
Founder Practical Higher Educational Society.

ARE YOU DISAPPOINTED WHEN YOU CANNOT HAVE YOUR WAY?

DAVID PAULSON, M. D.

Are you bitterly disappointed when your most cherished plans are completely frustrated? If so, it is time to learn that if only your eyes were opened you would be thankful that you were not permitted to have your own way. For the sake of those who fret, mourn, and complain when things have not turned out as they had expected, we will relate an incident connected with the tragic death of five of our fellow-workers of the Battle Creek Sanitarium.

These young people had planned to secure some relaxation from the toil and weariness of the day by taking an evening boat ride on the beautiful Lake Goguaac. At almost the last moment an urgent call to give a suffering invalid some attention made it necessary for one of these to deny herself this anticipated pleasure. She felt the disappointment so keenly that she shed bitter tears. After her duty was performed she made an attempt to join the party, which had already gone. Failing to find her purse in her room she went to the street car, hoping that she might meet some of her friends who could lend her the necessary change. In this she was again disappointed; she gave up in despair and returned to her room, undoubtedly, saying like Jacob of old, that "All these things are against me" (Gen. 42:36). Shortly after midnight she was awakened to learn the sad news that her friends had met with a terrible accident which had resulted in their instant death. Then it was not difficult for her to recognize that the Lord had used these apparent obstacles as a means of saving her life.

Dear reader, the same loving Intelligence is continually operating and it should not be necessary for the Lord to have to give you such a clear, convincing evidence of this fact as He gave to this worker.

"Blessed are they that have not seen and yet have believed" (John 20:29). Do you know that "All things work together for good to them that love God?" Rom. 8:28. And the day of judgment will reveal that there has never been a *single* exception to this principle.

If our eyes could be opened, we would then see that there is not a moment in our lives in which there is more than a step between us and either spiritual or physical death (I Sam. 20:3). How grateful we should be that the Lord knows the best way for us; and when He has tried us, if we will only permit Him, we shall "come forth as gold" (Job 23:10).

Has your life thus far been full of discontent because of the lot which Providence has assigned you? Then just remember that the Lord is doing the best and kindest thing which it is possible to do for you, until you are willing to allow him an opportunity to do something for you that is still better.

Editorial Department

David Paulson, M. D. W. S. Sadler

IMPORTANT NOTICE.

Owing to the unprecedented demand for the Anti-Cigarette and Temperance numbers of THE LIFE BOAT, and anticipating a similar demand for the Home and Purity number, we have decided to reprint as a special LIFE BOAT extra, *all* the important articles in these three numbers, with additional cuts and valuable features, and to supply it for 10 cents a copy. It will contain about fifty pages, and will be one of the most valuable booklets for general distribution that has ever been issued.

But we cannot do this unless our friends will donate \$150.00 for this purpose. Send in your donation *immediately* and if we do not get enough to enable us to publish this valuable issue we will return the money.

DID THE LORD GIVE YOU A GOOD CROP THIS YEAR.

Dear reader, as you are disposing of that splendid harvest which the Lord has given you this season, do not forget the work in Chicago. Send us a liberal donation. Every dollar is made to go just as far as it can in doing some good to humanity. Our visiting nurses are naturally dependent upon donations to sustain them in that splendid work which they are doing for the needy in the heart of this dark city. They will need winter clothing just the same as your daughter will. Would you let a man die in your back yard because it would cost a few dollars to take him into your house? Almost every week the most pitiful cases come to our hospital but can pay little or nothing. Will you send us a liberal donation to help us fill our coal bin in the basement of the hospital for the coming season?

ARE YOU A SUBSCRIBER FOR THE LIFE BOAT?

Do you know any magazine that furnishes such a feast of helpful, interesting and inspiring reading matter for twenty-five cents as THE LIFE BOAT does? The circulation of THE LIFE BOAT has increased from five to fifty thousand in one year. Send twenty-five cents and join our LIFE BOAT family.

The liquor traffic is responsible for more than one-half of the pauperism that calls for public support.

WILL YOU BE OUR REPRESENTATIVE?

We want a wide-awake, earnest and energetic LIFE BOAT representative in every community, who will volunteer to interest others in the circulation of THE LIFE BOAT and who will promote the community soul-saving movement, and in other ways extend the work which THE LIFE BOAT represents. We can hold out no special financial inducement, but we can promise you a share in the blessings which come to every man who undertakes to help humanity. Do not wait for others to respond to this call, but volunteer immediately. Write to us, stating your age and something in reference to your previous missionary and business experience, and what is the missionary outlook in your community. If you have never yet entered upon any missionary enterprise, now is a good time for you to make a beginning. All great workers for God began their missionary careers by doing simple things, and then God intrusted them with greater work. Pray earnestly over this matter, then write to us, inclosing stamps to help pay the expense of this additional correspondence.

TWENTY-FIVE NEW SUBSCRIBERS IN A DAY.

[Are there not many readers of THE LIFE BOAT who feel impressed to do something to extend the circulation of THE LIFE BOAT as they read this letter from a lady living in the Yosemite Valley, California?—EDITOR.]

"I recently subscribed for THE LIFE BOAT and just received the first number. In reading its contents I realized the great need of spreading the truths that it contained; so I set about at once to get subscribers, and succeeded in securing 25 *in one day*."

"I feel well satisfied with my success and trust that many blessings may follow this little paper into the 25 homes to which it will find its way, and that much true happiness will be the result. Yours, in the cause of temperance,
MRS. J. F. STEVENS."

The most important thing in the world is to seek truth; the most delightful thing is to find truth. The *hardest* thing to do is to follow truth.

STAMPS FOR SOUL-SAVING WORK.

Every week we mail hundreds of letters to prisoners, to poor discouraged and disheartened souls, and in other ways that bring in no financial returns. If you will share this expense with us we will send you extracts from some of the most encouraging letters that we receive as a result of this correspondence.

WILL YOU NOT TRY?

Mr. C. N. Sanders sends us twelve new subscribers which he secured in Alma, Mich., in an hour's time, while transacting other business. There are thousands of people everywhere, that never saw THE LIFE BOAT; who, if their attention was directed to it would gladly invest twenty-five cents in a year's subscription and thus help forward the great movement it represents. Try it and you will be amazed to learn how easy it is to secure subscriptions.

CHINA HELPS TO SUPPORT OUR MISSIONARY STENOGRAPHER.

[The Lord touched the heart of a friend in that far away land as he read our appeal for some one to assist in supporting the stenographer who devotes her time to the prison correspondence and other similar missionary work which brings in no financial returns. We trust the Lord will impress in a similar manner many of our readers in our own land.—EDITOR.]

Hong Kong, China, Aug. 24, 1902.

Dear Brother Paulson:—I will meet for one month the stenographer's salary and expenses—twenty-one dollars. Please draw this amount from the Pacific Press and have them charge the same to me. In haste,

A. LARUE.

WHY DO YOU ALLOW YOUR SUBSCRIPTION TO EXPIRE?

Every month there are some readers of THE LIFE BOAT who forget to renew their subscription and then wonder why they do not receive it. The twenty-five cents a year only pays for the bare cost of the material, printing, and mailing of the paper, and so we cannot afford to send it after the subscription has expired. There are about five thousand subscriptions that will expire during the next few weeks. Sit down, now as your attention is called to the matter, and send us twenty-five cents, whether your subscription has expired or not, and we will extend it one year beyond the time of its expiration. We do not want to lose a single one of our LIFE BOAT family.

COUNT THE BLESSINGS.

We are beginning to receive the most encouraging reports of how the Lord used the Temperance number of THE LIFE BOAT to deliver the slaves of the drink habit. We would be pleased to have any of our readers write us concerning their experience with this number and tell how it helped men among their acquaintances or in their vicinity. It will not be necessary to give either the names or the addresses of these men.

DO YOU WANT SOMETHING HELPFUL?

Send twenty-five cents for a year's subscription for the Bible Training School magazine, published at 400 West Fifty-seventh street, New York city. It is edited by profound Bible students.

NEVER SO GOOD.

That is what everybody is saying about the "Youth's Instructor." It is the best young people's paper published in America. Only seventy-five cents a year. Address, The Youth's Instructor, Battle Creek, Mich.

Do you sometimes wish you had a really interesting paper which makes a specialty of the Bible and Bible topics? If so, send a dollar and a half to the Pacific Press, Oakland, Cal., and you will receive "Signs of the Times" each week for a year.

Any mother who wants a nice, healthful and wholesome magazine needs only to send one dollar to the American Mother, edited by Dr. Mary Wood-Allen. It is brim full of healthful suggestions for the home and all members of the family. Address Ann Arbor, Mich.

Every one should read "Boy," the quarterly magazine devoted to the anti-cigarette movement. Miss Lucy Page Gaston, editor. 25 cents a year, 10 cents single copy.

A sample copy of "Boy," an Anti-Cigarette League song book, 10 cents; sample pledges and other literature, and a badge, 10 cents; all on receipt of 25 cents. Address,
Anti-Cigarette League,
1119 Woman's Temple,
Chicago.

Many persons naturally possess such a latent craving for drink that all that is necessary to start them in the direction of the saloon is an attack of acute indigestion,

HITHER AND THITHER.

Lura E. Collins attended the camp meeting at Ames, Iowa.

Rosa Ziegler has connected with the missionary visiting nurses' department

Prof. M. W. Newton, of Union College, spent several days visiting various departments of the Chicago work.

Children all over the land are taking up the work of selling LIFE BOATS with the greatest zeal and enthusiasm.

Mrs. Mary Coy Cushman has accepted the position of matron in our hospital.

Myrtle Lipsey, Alice Bûrghart and Louise Paulson have returned from summer vacations.

Dr. W. B. Holden, who has spent the summer on the Pacific coast, has returned to his work in the American Medical Missionary College.

Fannie Emmel, who has been visiting the principal eastern cities, has returned and resumed her duties at the Life Boat Rest.

The nose, throat, eye and ear department in the Sanitarium is filling a long felt want and is already enjoying a flattering patronage.

Mrs. A. V. Ruthven has connected with the Chicago Medical Missionary Training School and is giving our nurses valuable instruction in massage and manual movements.

The members of the senior medical class have returned and taken up their medical studies and missionary work with renewed zeal and enthusiasm.

Dr. A. C. Selmon, who has been spending the summer taking advanced medical work in the University of Chicago, has returned to Battle Creek to assist in the American Medical Missionary College.

Dr. Jean A. Vernier has returned from her vacation and resumed her work as resident physician at the Halsted Street Medical Missionary Dispensary.

Cora and Estelle Marshall, H. S. Miller, Kate Mouyer, Luzena Shelley, W. H. Crane, R. H. Parks, Robert Harris, Otto Lundell and L. E. Lewis have recently connected with the Chicago work.

When our friends encourage invalids to come either to our Sanitarium or Hospital, they are not only helping the patient but by so doing they are assisting the Chicago work. Send for cards and descriptive circulars.

Dr. and Mrs. Paulson have been attending summer gatherings in Michigan, Iowa, Nebraska and Indiana, and they report great enthusiasm everywhere for organizing community health and soul-saving work.

Some of the sanitarium workers presented to Minnie Thornton on the day of her departure, an appropriate present as a slight recognition of her almost ten years of faithful service which she has given to the up-building of the Chicago work.

L. H. Wolfsen and Mrs. Wolfsen (formerly Evelyn Riley) have returned from California.

Mr. Wolfsen will resume his studies in the American Medical Missionary College.

Cassie Best, Edith Gottfredson, Mrs. H. N. Garthofner, Frank Babcock, Millis Collins, Carrol Enger, Ruth Millet, Mercia Morse and Essie May are enjoying well earned vacations.

Every reader of this number of THE LIFE BOAT should subscribe for "Good Health" magazine; a journal of hygiene and an advocate of rational methods of treatment for the sick; diet reform; dress reform, etc. If you are sick, it will teach you how to get well; if you are well, it will teach you how to retain your health. Edited by J. H. Kellogg, M. D. Price \$1.00 a year. Published monthly. Send for sample copy Good Health Pub. Co., Battle Creek, Mich.

The publishers of "Good Health" would like the co-operation of everyone interested in its principles to engage in selling it monthly from house to house. For this purpose the publishers will furnish clubs of five to one hundred copies monthly at the rate of five cents per copy. Send for a club and sell them for ten cents a copy.—Good Health Pub. Co., Battle Creek, Mich.

Our Directory.

American Medical Missionary College, 2 and 4 33rd Place.

Chicago Branch Sanitarium, 28 33rd Place.

Chicago Medical Mission, 2 & 4 33rd Place.

Workingmen's Home, 1339 State Street.

Life Boat Mission, 436 State Street.

Life Boat Rest for girls, 425 S. Clark Street.

American Medical Missionary Dispensary, 3558 Halsted Street.

Hygeia Dining Rooms, 5759 Drexel Ave.

Life Boat Mission Dining Room, 436 State St.

Life Boat Mission Health Food Store, 436 State St.

Chicago Medical Mission Health Food Store, 3314 Cottage Grove Ave.

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.

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

August 16 to September 15.

Treatments given	2,000
Office treatments	250
Surgical operations	16
Admitted to wards	16
Outside calls	150
Gospel services held

WORKINGMEN'S HOME REPORT.

Penny lunches served	14,273
Lodgings given	5,771
Used free laundry	3,356

REPORT OF WORKINGMEN'S HOME DISPENSARY.

Old patients	161
New patients	62
Examinations
Consultations	150
Bathroom treatments	135
Outside calls	9

HALSTED STREET DISPENSARY.

Old Patients	254
New Patients	158
Consultations	120
Outside calls	55
Office treatments	224
Bath treatments	122

LIFE BOAT REST FOR GIRLS.

Public meetings held	14
Aggregate attendance at meetings
Pages printed matter distributed	1,750
Scriptures distributed	5
Articles clothing distributed	76
Calls made	271
Medical services rendered	16
Treatments	499
Free baths	36
Free lodgings	36
Free meals	56
Positions secured	9
Number received from police	8
Number admitted to rest	15
Number in Maternity ward	10
Number in hospital	9
Number professing conversion	39
Requests for prayer	63
Girls returned home	4

LIFE BOAT MISSION.

Attendance at meetings	3,440
Meetings held	30
Testimonies given	300
Hands raised for prayer	125
LIFE BOATS sold and given away	1,500
Pages of literature distributed	2,000

Will You Act as Our
Representative in Your Community?
See Page 250.

DONATIONS.

August 16 to September 1st.
PRISONERS' FUND.

T. S. Anderson	\$1.00
H. Anderson25
Mrs. A. Angell	3.75
Miss Ella Burnill50
S. W. Burkhart50
Mrs. M. B. Cyphers	3.20
Mrs. S. A. England	5.25
J. A. Guenther25
Mrs. J. S. Goodman25
Miss Bertha Hall25
Alfred Johnson	1.60
Mrs. Elsie Longacre25
M. A. Lee20
E. T. Long25
Samuel McGee	1.00
John Nerlund55
Children, Billings, Mont.	1.00
Clarence E. Powers	1.25
Mr. J. Stafford05
C. A. Stanford	1.00
Mrs. H. B. Valentine50
A Worker	1.00
W. J. Whetson25

\$24.10

LIFE BOAT MISSION.

H. C. Logan	\$1.00
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VISITING NURSES' FUND.

Lewis Anderson	\$1.00
A. Sister	5.00
E. C. Boylan	1.00
Mrs. Tina Dirksen	2.00
Mrs. S. A. England	1.00
G. H. Faris	2.00
Robert S. Graves	1.00
J. A. Gentler	1.25
W. H. Hall	5.00
Prudence L. Jones	1.00
Mrs. W. L. Johnson	1.00
J. N. Loughborough	5.00
Mrs. Elizabeth McHugh25
Clarence E. Powers	1.25
Mr. L. C. Taylor75
Mrs. H. B. Valentine	2.00

\$30.50

LIFE BOAT REST.

A. Sister	\$2.00
Friends	5.00

\$7.00

LIFE BOAT MISSION CAFE.

Phoebe H. Hump	\$1.25
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The QUESTION of COOKING

is settled by the **ROTARY STEAM COOKER**. It economizes fuel—one burner will cook a number of different kinds of food at once. It economizes space. It retains the nutrition of the food by cooking it thoroughly by steam heat, and thus avoiding the hurrying, stirring up, and evaporating process of boiling. It is unlike other steam cookers, as the various dishes are easily accessible without separating parts of the cooker. Notice accompanying cut. Write for leaflet, "Cooking for Health."

ROTARY STEAM COOKER COMPANY,
108 Main Street, Battle Creek, Michigan.

Side note: We Pay Freight

EAT *GRANOLA*

IT'S THE PROPER FOOD FOR HEALTH.

Granola is a food that is equally good for the weak and for the strong. It is made from choice, specially selected grains, prepared in a manner that makes them not only delicious and appetizing, but easily digested as well. It is highly nutritious, and unsurpassed as a body-builder. Try it once, and you won't care to do without Granola any longer.

Every package of the genuine Granola bears the picture of the Battle Creek Sanitarium. If your grocer doesn't have Granola, let us know—we'll see that you are supplied.

Battle Creek Sanitarium Food Co.

BATTLE CREEK, MICH.

Your Sweet Tooth

should be satisfied; why not appease it with a candy that is delicious, but harmless to the most delicate stomach?

These requirements are met in

Sanitas Food Candy

This confection is scientifically prepared from materials that will not injure the most delicate stomach.

Put up in pound and half-pound boxes, at forty cents a pound. For 5 cents and a friend's name we will send you enough to show how good it is.

Sanitas Nut Food Co., Ltd.,

BATTLE CREEK, MICH.

UNPARALLELED PREMIUM OFFERS.

We want to double the circulation of
THE LIFE BOAT.

The Best Offer Ever Made.—For fifty new subscribers we offer Dr. J. H. Kellogg's greatest work—The Home Hand Book, 1650 pages. Considering the low price of THE LIFE BOAT, this is the greatest premium offer ever made.

For forty new subscribers we will furnish Dr. Kellogg's second greatest, but most widely circulated work—Man, the Masterpiece; or, if preferred, The Ladies' Guide.

For fifty new subscribers we offer a seven-jeweled, gold-filled watch, ten-year guarantee case, beautiful design, with famous Seth Thomas movement. We will furnish the same style in coin silver hunting case.

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

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

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

For five subscribers we offer a child's set, consisting of a knife, fork and spoon, and a small pair of scissors.

For five new subscribers we will give a year's subscription to THE LIFE BOAT.

For five new subscribers, a complete stamping outfit, consisting of complete alphabets, numerals, etc., of rubber type. It will be found useful for marking linen, printing cards, etc. Something all children will appreciate.

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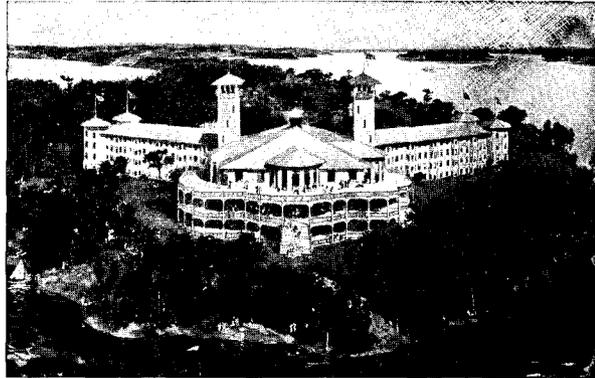
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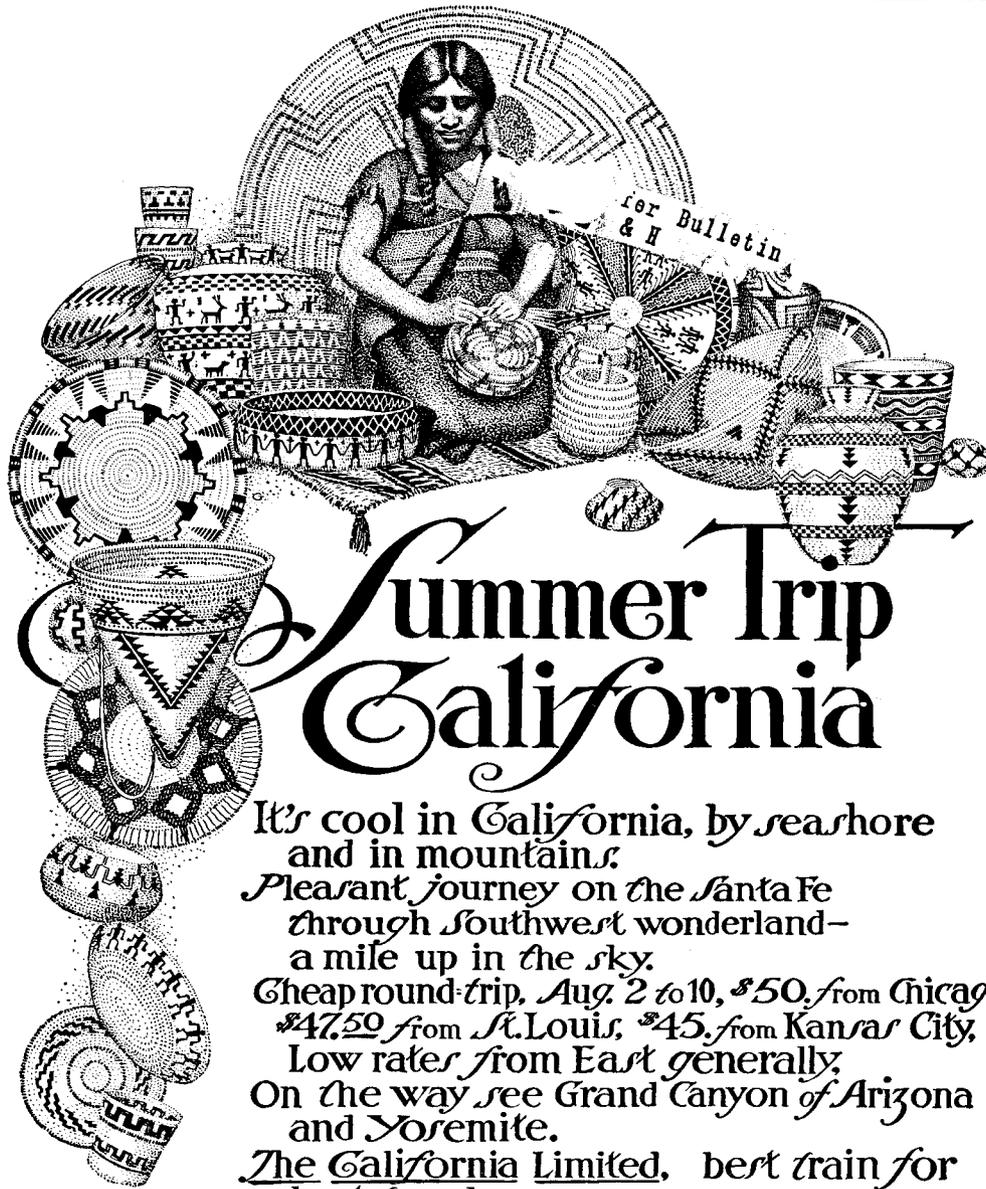
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