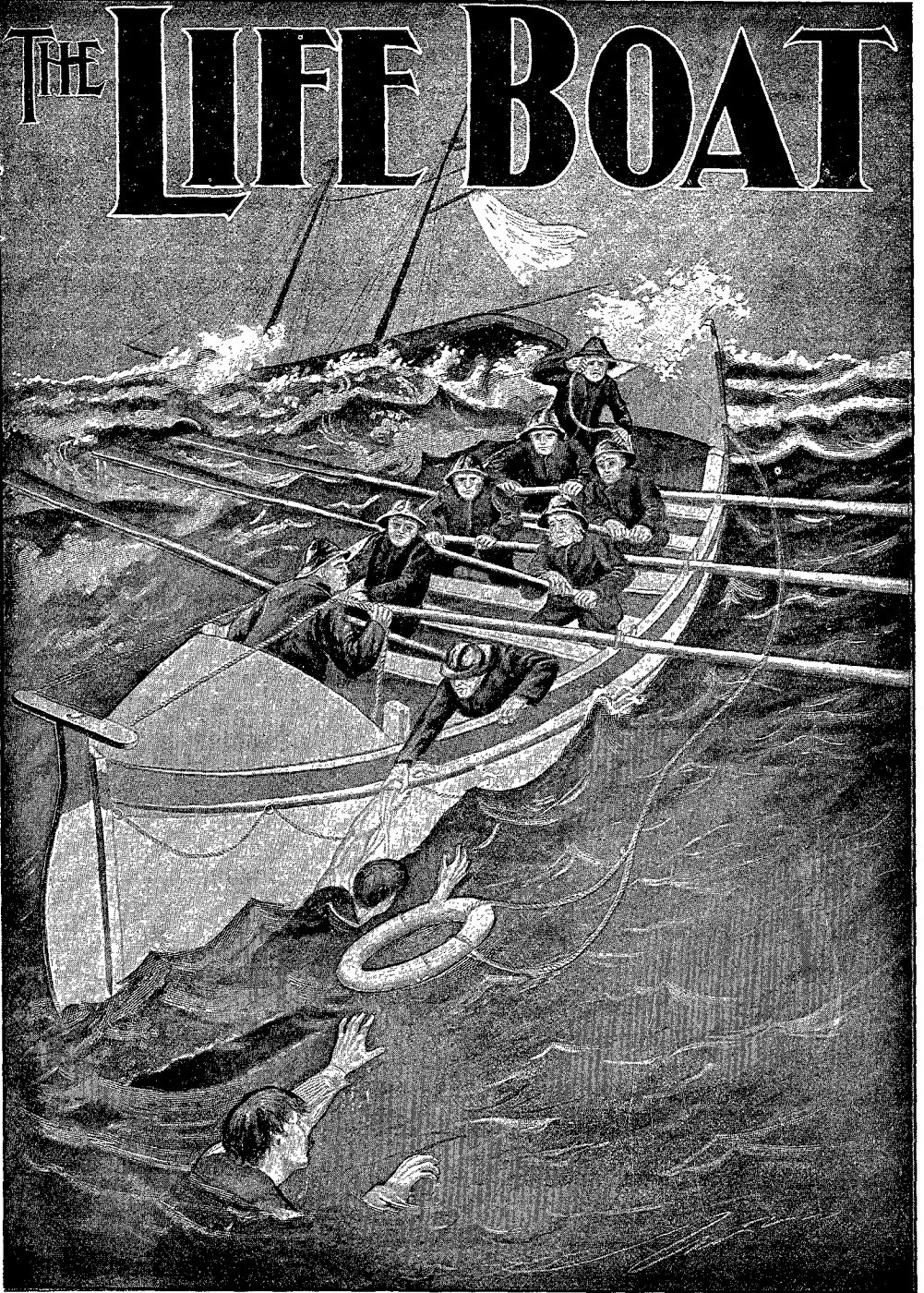


Published Monthly

July, 1903

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Are you weak ? Do you need strength ?—H. T. Jones.



Volume Six
Number Seven

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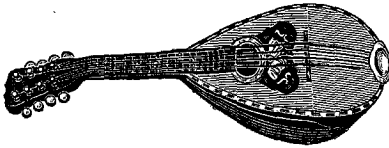
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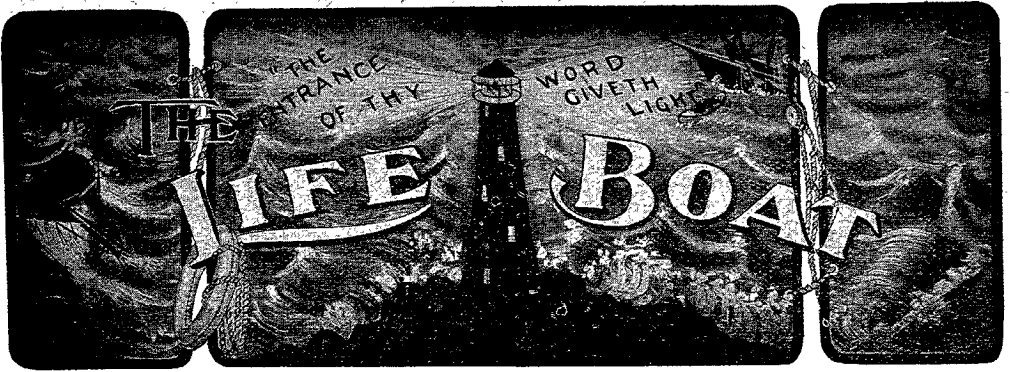
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**An Illustrated Monthly Journal Devoted to Charitable, Philanthropic,
Health and Soul-Saving Work**

Entered at the post office at Chicago, Ill., as second-class matter.

Volume VI

CHICAGO :: JULY, 1903.

Number 7

**"BE THOU IN THE FEAR OF THE
LORD ALL THE DAY LONG."**

Prov. 23:17.

When you think, when you speak,
When you read, when you write,
When you sing, when you walk,
When you seek for delight;—
To be kept from all wrong
When at home or abroad,
Live always as under
The eye of the Lord.

Whatever you read,
Though the page may allure,
Read nothing of which
You are perfectly sure
Consternation at once
Would be seen in your look
If God should say, solemnly,
"Show me that book."

Whatever you think,
Never think what you feel
You would blush in the presence
Of God to reveal;
Whatever you say,
In a whisper or clear,
Say nothing you would not
Like Jesus to hear.

Whatever you write,
Though in haste, or with heed,
Write nothing you would not
Like Jesus to read;

Whatever you sing,
In the midst of your glees,
Sing nothing that, listening
His ear could displease.

Wherever you go,
Never go where you fear
Lest the great God should ask you:
"How camest thou here?"
Turn away from each pleasure
You'd shrink from pursuing
If God should look down and say,
"What art thou doing?"

—Selected.

**"ARE YOU WEAK? DO YOU NEED
STRENGTH?"**

A. T. JONES.

"Created in Christ Jesus unto good works."
Eph. 2:10. The object of all creation is good works. He who is not created in Christ to good works can never do them, and he who is created and does not do them denies his creation.

Christianity comes as a result of creation as truly as the worlds came in the beginning by creation. It is a process of creation rather than evolution. "In the beginning God created the heaven and the earth." Gen. 1:1. "Through faith we understand that the worlds were framed by the word of God, so things which are seen were not made of things which do appear." Heb. 11:3. The same is true of all that was made during creation

week; vegetation, the atmosphere, light, the animals—all were created, not evolved.

This should be the experience of a Christian. As far as good works are concerned, the life of man is as utterly void as was the world before its creation. God in Christ Jesus has sent the creating Word which takes man from nothingness, and creates him in the image of God. Naturally, man is dead and lost in trespasses and sins (Eph. 2:13) but in Christ Jesus he is created unto good works. Yet, when the first step in creation is taken, that man's life is as utterly chaos as was the world after the first day's work of creation. The Spirit of God brooded over that creation, to bring it into accordance with God's thought; so with the man whose life is utterly devoid of good works, the Spirit of God is brooding over his life to cause the good works to appear. This process must go on to perfection. Each successive step in Christian experience must come as truly by creation through the word of God as did the first step. It is natural for us to think we can do things without God, but anything that shall ever appear in you or me which we might think was good, can never be good without the inspiration of the Spirit of God. When the man came to Christ and called him good, Christ said, "Why callest thou me good? there is none good but one; that is God." Matt. 19:17.

All that is good is from God, therefore every individual must become the fruit of the creative power of God, so that God shall be in the life and shall be the inspiration of that person. "The fruit of the spirit (not *fruits*) is love, joy, peace, longsuffering, gentleness, goodness . . . against such there is no law." Gal. 5:22. In other words, against everything except this there is a law. Then the source of our conduct is not the law, but God, through the Holy Spirit, and when God by the Holy Spirit becomes the inspiration of the life, the product is what the law demands. When there is anything in the life contrary to law, it is because the spirit is not in the life.

The person who says, "I have tried and tried to overcome this thing and that, and cannot do it,"—that person is an evolutionist. When Christ said, "Let there be light," did He stop and wonder if there would be light and *hope* it would come after a while? Light did not

come that way; He spoke and it was. The same word which God has spoken is given you to enable you to be more than conqueror. There is no cause for anyone who has named the name of Jesus having his "ups and downs."

An orange grower in Florida tells of a disease among orange trees. They will attain a great growth one year, but the next year the trees do not grow at all. The year following they again make a great show and the next year fall back again. They call this the "die back disease." Such trees bear no fruit. They have their "ups and downs." A great many Christians have this same experience. He that is created through the word of God will find that the power in this word will carry him straight through without having his "ups and downs."

Are you weak? Do you need strength? God's word is "Be strong." Read that word; accept that word; let that word be your strength. 1 Cor. 16:13. "We live henceforth not unto ourselves, but unto Him." It will never do to spend our lives simply for our selves, doing no good to others. He has washed us from our sins in His own blood, and has made us kings and priests unto God. Rev. 1:6. The world's idea of a king is one who sits on a throne, and whom everybody serves. The right kind of king is he who serves everybody. "He that is greatest among you shall be your servant." Matt. 23:11.

Every Christian king will have some one to rule, and that is himself. Get control of your own spirit, and the evil that is within you. To the extent that you are master of your evil tendencies—that is true kingship. "He that ruleth his own spirit is greater than he that taketh a city." Prov. 16:32.

(Extracts from a talk given in Chicago, June 6, 1903.)

PHILOSOPHY OF DUTY.

There were philosophers and teachers before Jesus came, who spent their lives giving people doctrines, theories and philosophies, but they did not teach people *how* to do anything. Jesus did not come to be a philosopher; "He went about doing good." Of course there is philosophy in His teachings and there are doctrines in them, but He came to show people *how* to do what philosophers had all the time been talking about. Christ came to show people *how* to live.

HOW TO GET THE BEST RESULTS
FROM BIBLE STUDY.*(Concluded.)*

DR. E. J. WAGGONER.

HOW TO REMEMBER.

Let me give you a little instance of how to make yourself remember some things. The farmer boy forgets to water the horses or to feed them. He goes to bed and then he is called out of bed in the cold and has to do it. That makes it *stick* in his mind. You know how a man tattoos. He gets indelible ink and a sharp needle and pricks it in and it stays there; so this pricking into our minds fixes it indelibly. I will mention one way that I accomplished this. The text, "Let him take hold of my strength, that he may make peace with me," I had used several times in speaking, but I did not know where it was. I thought it was either in Jeremiah or Isaiah, so I sat down and read Isaiah until I came to the first part of the 27th chapter and I found it; I have never had to do that thing again. But do not think I read twenty-seven chapters of Isaiah through and received no knowledge from them. I read the entire book of Proverbs through at one time to find that familiar text, "The wicked flee when no man pursueth, but the righteous are bold as a lion." Prov. 28:1. That reading of the book of Proverbs through at that time did me a great deal of good, and although that was seven years ago, I do not have to make an effort to remember it. I got it prodded into me and it sticks.

HAVEN'T TIME FOR BIBLE STUDY.

But you say, "I haven't time to do that." But that is the way men do when they are hunting for silver and gold. But you say it isn't worth while. Did you ever know any one man, or even a whole group of clerks in a shop or in a bank, to spend a whole night hunting for a cent? The books would not balance and although business is pressing, they must have them balanced perfectly; and they spend not only a night, but a week, just to get a correct balance. They hunt until they find it. That is just what we should do with the Bible; only I think it is a great deal more profitable to hunt for a single text in the Bible than to hunt for a penny or a good many of them. I do not have time to do anything else, because if I have skipped the thing

which teaches me right, then when I come to do that other thing I have not learned how to do it. Which is more profitable? To pass over the instruction that would teach you justice, righteousness and equity and every good way, and then make mistakes and blunders in doing it? Or, let it wait awhile undone until you have learned how to do it—to do it *right*? I find I have gained a great deal of time by taking time to get acquainted with the Bible.

Never allow yourself to entertain the mistaken idea that you have not time to study the Bible, for then you are as sensible as the man who has so much wood to chop today that he has no time to grind his ax. You see a man mowing a field, he has time to stop occasionally and whet his scythe and he knows that he gains time.

If we get in such a hurry to finish our education that we cannot study this Book, which in that mysterious way lets us into the secret of everything, then we are simply working against our own best interest.

WHAT IS WORTH LEAVING BEHIND.

DR. J. H. KELLOGG.

I have been impressed with the thought that I must not spend my time doing anything that I cannot leave behind me,—that will not endure when I have passed on. There is nothing worth working for except that which counts for character building.

We can build a house, but it may be torn down. We can write books, but many of them may be destroyed. But that which we can do by coming in personal contact with people, changing their characters and making them different men and women, that is something which goes on forever. Character is the one thing that is eternal. I thank the Lord that he has given us such wonderful opportunities and such a beautiful work.

(Extracts from a talk given before The Medical Missionary Convention, Battle Creek, Mich., April 26, 1903.)

We are exhorted to stir up the gift that is within us, yet many persons spend much of their time in actually smothering the gifts which they already possess.

GOD'S WILLINGNESS TO HELP.

DAVID PAULSON, M. D.

"I do not know whether I am saved or not. I do not feel that God cares for me any more. I think He must have forsaken me," are words which express the experience of many a discouraged soul. It may not be a sin to get discouraged, but the Lord is telling you just as He told Joshua, "I will not fail thee nor forsake thee; be strong and of a good courage." Josh. 1:5, 6.

Why should we imagine that God cannot save us, when we are assured that the "Lord's hand is not shortened that it cannot save, neither His ear heavy that it cannot hear." Isa. 59:1. Why should you think that God does not care for you when He tells you to cast all your care upon Him "for He careth for you." 1 Peter 5:7.

Why should you for a moment think that God has forsaken you when His promise is, "He giveth power to the faint and to them that have *no might* He increaseth strength." Isa. 40:29. If you feel that God will not accept you, then remember that he that "cometh unto me, I will in no wise cast out." (John 6:37.) Let us learn this truth just as thoroughly as we learned the multiplication table. It is the goodness of God that leads us to repentance. After you have come, then remember that he which hath begun a work in you will perform it until the day of Jesus Christ. Plant your feet on this truth, and then you will find that God will bring you out all right in the end.

Forever banish from your mind the thought that God is not willing to raise you up when you fall. If a mother sees her child fall, she is ready and anxious to pick it up. God's love is greater for us than the mother's love for her child. Sometimes we are crushed and discouraged, but just remember that the sympathizing Savior is seeking after you at just that time, waiting to pick you up again.

Do you think that God will ask us to forgive another seventy times seven and yet refuse to forgive us whenever we ask him?

Salvation is a free gift, it is offered to all. If we accept it, then that question should be forever settled.

One of the grandest truths that can ever come into a person's life is that no matter how much of a failure he is in man's sight,

God looks at the motive instead of the deed. "If there be first a willing mind, it is accepted according to that a man hath, and not according to that he hath not."

If you have determined to be something for God, and then in your human frailty have failed to accomplish it, in God's sight you have attained to it. The Lord knows we cannot make ourselves perfect, but we can be perfectly willing for Him to make us perfect. When we are sincere in this desire, then He looks down and sees not our own imperfections, but Christ in us. We are saved by His life which He lives in us. Keep your eye fixed on Christ and by beholding, you will become changed; you may not see the change, but nevertheless you will be growing up into Christ in all things, and in Him we are complete.

Dirt, sunshine and water make a beautiful rose; when this process can be explained, then we can explain how the Lord can take a piece of useless humanity which is stumbling along, and by and by, translate him into the kingdom of God.

HAVE YOUR FEELINGS BEEN HURT?

DR. E. J. WAGGONER.

We must, as we value men's souls, avoid letting wrongs work any bitterness or any ill feeling, or anything of that kind, and in order to do that, we must not repeat a wrong, or talk about it, but just let it go. Telling it over will not help it a particle; just simply *let it go*; say nothing about it, and here again in His Word we are to learn a lesson from the Lord. "God was in Christ, reconciling the world unto Himself, not imputing their trespasses unto them." (2 Cor. 5:19.) So, when we see even men of the world committing sins, we must not impute their sins to them. The Lord has taken their sins. That being so, we, of course, must not think it of our brethren, and we must not only, not impute a thing we think is wrong, but the thing we *know* is wrong. You see this provides for absolute peace and quiet and good feeling all the time, and that is what we want.

**Will you help us to circulate one
hundred thousand July
Life Boats.**

A LIFE BOAT WORKER ABROAD.

BY THE EDITOR.

One of the most pathetic sights that ever met my eyes was the good-bye scene on the deck of the steamer, just before leaving New York. It made me long for that land, where we shall never say "GOOD-BY."

How important it is that we should daily have separated from our lives, habits and practices that are earthly, that when our present career is finished, we shall not have to bid an eternal "Good-by" to our associates.

By keeping a few LIFE BOATS constantly at hand when we were on deck and handing them out to the passengers with whom we became slightly acquainted, there were soon quite a number who became deeply interested in soul-saving work. If permission could be secured to sell LIFE BOATS on some of the great ocean steamers, I believe a good worker would sell enough to pay almost, if not all, of the fare.

We believe that all of our readers would find many more gospel opportunities if they would always have a few LIFE BOATS with them when traveling. We should be glad to hear from some of those who have been doing this.

It is when the ocean waves toss the vessel about as if it were a chip, that one begins to get a glimpse of God's infinite power, and at the same time rejoices that "He hath His way in the whirlwind." When there is not too much sea-sickness, smoking, beer drinking, card playing and hilarity seem to be the principal pastimes for the majority of the passengers.

London is ripe for a great LIFE BOAT movement. Intemperance is increasing. Accustomed as we are to the dark side of New York and Chicago, yet it was an unusually sad sight to see young women serving as bar-maids, and women elbowing their way up to the bar, and there stand, shoulder to shoulder with a crowd of coarse, half-drunken men and partake of intoxicating liquor themselves. Almost any public drinking house furnishes just such painful scenes and it is not an uncommon sight to see drunken women reeling about on the streets. Is there anything but the whole gospel which can remedy such a condition?

In the next number, we will describe some

of the soul-saving work that is being done at the world's metropolis and also other items of interest gleaned from our travels through other parts of Europe during our brief visit.

"LET THE LOWER LIGHTS BE BURNING."

ALICE BURGHEART.

While working in San Francisco, it was our privilege to go out on the ocean in a little steam yacht for a few hours of recreation. As we glided out through the bay, passing great ocean ships and steamers, we sang several of the old gospel songs so dear to our memory. "Let the Lower Lights Be Burning," naturally sprang to our lips as we passed out by the light houses, through the Golden Gate, into the great billowy ocean.

Then, as never before, did I realize what must be the agony and anguish of the poor storm tossed seamen as their "Eager eyes are watching, longing, for the lights along the shore." God in heaven is our lighthouse—"but to us, he gives the keeping of the lights along the shore." We should be the lower lights, so "Let the lower lights be burning!" "Let your light so shine before men, that they may see your good works and glorify your Father which is in heaven." Matt. 5:16. God would have His peace and love shine out in our lives and thus "Send a gleam across the wave" of darkness and sin that has settled over men's hearts. Then, "Trim your feeble lamp, my brother; some poor fainting, struggling seaman, you may rescue, you may save."

HOW HE HELPED THE PRISONERS.

STOCKTON, CAL.

Dear Sir—A friend gave me a February LIFE BOAT. I read it through, and I must say it is the best little journal I ever saw. I promised, as God would prosper me, I would send twenty dollars to send THE LIFE BOAT to the prisoners. Enclosed you will find the twenty dollars. May heaven bless the precious work. I am not a Christian. Please remember me in your prayers. With many kind wishes, I beg to remain,

Yours truly,



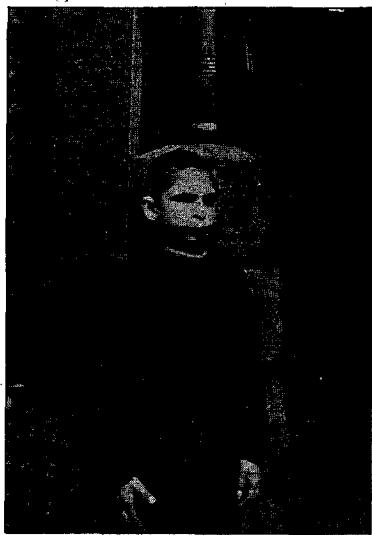
PHYSICAL REDEMPTION



HOW MAX LOST HIS EYE.

HARRY W. MILLER, M. D.

Max is a bright little boy six years old. While playing with his schoolmates throwing stones, one of the stones struck him in his right eye. His father, knowing of our Halsted street dispensary, immediately brought the boy to us. The little fellow had his cap down over his right eye and did not shed a tear. Upon examination we found that the stone had cut a gash in the front of the eyeball so that part of the contents had been



MAX.

discharged. The eyeball was sunken and partially collapsed. It was in such a bad condition that it was impossible to save it and we were obliged to convey the sad news to the father that Max's eye would have to be removed. He was at once taken to our hospital, where the eye was removed.

Max remained with us three days, after which he returned each day to have the wound

dressed. He was very polite, always shaking hands when he came and when he left. After twelve days he came back to have a glass eye inserted where the good eye had been removed. One by one, glass eyes were tried and finally one selected which matched his other eye almost perfectly. We told him to look into the mirror, which he did, and to his surprise he found another eye which looked as though it had grown in, but when he covered his well eye he was disappointed because he could not see. We then sought to impress him with the fact that he must go through life with only one eye and that he must be very careful of it.

Children often suffer from accidents and diseases of the eye which might be avoided. Many eyes are sacrificed on the Fourth of July by the powder from a firecracker or by the shooting of air guns, when the impact of the wad or shot hits the eye, dislocating the lens and so causing a cataract.

Occasionally while watching the steam from the slacking of lime, a drop of lime will get into the child's eye and will make its presence felt by an intensely agonizing burning, and, as a rule, before help can be secured, the eyesight is completely destroyed. When such an accident happens, if a tablespoonful of sugar is dissolved in half a pint of water and the eyelids pulled apart and this solution poured in the eyes, it will neutralize the lime and thus prevent the destruction of the eye.

A blow from a stick or a clothesline may often cause such severe injury as to dislocate the lens of the eye and cause blindness. A common accident which occurs in cities or on trains is a cinder in the eye, which, on account of its rough contour, scratches the surface of this delicate organ, or it may imbed itself in the substance of the eye. Small insects or particles of sand may have a similar effect. Every such particle is very painful and oftentimes the eye is greatly injured by attempting to remove it. It is not uncommon to see people work industriously to rid an inflamed eye of some form of particle by the

use of a dirty handkerchief or some other handy article. Not knowing the proper method they simply rub the eye and move the fine particle back and forth, thus scratching the delicate membranes. The most common location of all fine particles is under the upper lid near the center of the eye, and every time the eyelid winks, it carries the particle with it, scratching the front of the eyeball, for which reason the eyelids should be kept as quiet as possible. One method of removing these is to close the eye and allow the tears to accumulate, then grasp the skin of the upper lid with the thumb and forefinger and draw it forward so as to lift the lid from the eyeball, thus washing away the intruding particle by a flood of tears.

Statistics, collected from the census report taken from asylums for the blind of this and other countries, show that fifty or sixty per cent of all these unfortunates have lost their sight as a result of diseases which might have been prevented, if modern hygiene had been practiced. Oftentimes weak eyes result from such eruptive fevers as measles or scarlet fever. The eyes should be protected in these diseases from the effect of a strong light; they should be frequently washed with a solution of boracic acid made by dissolving a teaspoonful of borax in a pint of warm water; sponges, towels, etc., used by these children should not be used by other members of the family, as they may convey the infection.

Children often injure their eyesight by gazing at bright lights or delicate objects; the tops of baby carriages are often surrounded by delicate lace trimmings, which, dangling in the air, attract the attention of baby and the muscles of the eye are overworked.

Examination of the eyes of large numbers of school children show that many are weakened by long hours and too close application to study. Children who are first placed in school at ten years of age often have better eyesight and are more advanced in their studies at twenty than those who begin at an earlier age. As soon as parents notice that a child is beginning to hold the book too close to his eyes, or complains of objects blurring, the child's eyes should undergo a thorough examination. If he complains of indistinctness in seeing, do not be afraid to consult a physician. Glasses, if properly fitted,

do not injure the eye, but are an aid to the restoration of the eyesight.

Shading the eyes with a veil, especially a spotted veil, produces such an effect on the sensitive membrane of the eye as holding a marble between the lens of a camera and the object to be photographed, producing a blurring of the picture. The veil is usually not only an unnecessary article of apparel, but also a very injurious one.

Sties, which often, occur, are simply little abscesses around the eyelashes and as soon as they develop a narrow point they should be opened with a clean needle. Before it has advanced thus far, hot cloths should be applied for half an hour at a time, which will reduce the swelling and relieve the pain.

HOME TREATMENT FOR ORDINARY FEVERS.

MRS. DAVID PAULSON.

Ordinary acute fevers are more frequent during the summer months than at any other time of the year, especially among children. A large percentage of cases are due to the eating of unripe fruit, or partially decayed fruit, and drinking of contaminated water, or the use of disease producing milk. These cause an irritation in the alimentary canal which eventually results in a fever.

Such ordinary fevers as scarlet fever, measles and typhoid cannot be stopped, but much can be accomplished for the patient, by proper treatment which, in most cases, can be given at home. The prevention of a fever is much more easily accomplished than its cure. By strict attention to cleanliness, frequent cold bathing, plenty of fresh air and sunlight, thorough cooking of foods, sterilization or boiling of all water and milk used, and thorough mastication of food, many persons may prevent for themselves a long and severe illness.

It is not our purpose to give in detail the treatment for each kind of fever, but there are certain principles which apply to the treatment of all. It is necessary to sustain the vitality of the patient, and also to aid nature as far as possible, in removing the causes. A high temperature should be lowered, and the patient should be warmed if the temperature is abnormally low.

It is important that a fever patient should

be put to bed in a room where plenty of fresh air and sunshine can be secured and where he can have absolute rest. At the very beginning of the disease, in most cases, it is well to give appropriate treatment for the purpose of eliminating poisons from the system. A copious quantity of water about the temperature of the body should be injected into the bowels for cleansing purposes. A small quantity of water may be used in this way each day, perhaps several times a day, and is often a valuable means of reducing the temperature. The patient should drink frequently of pure water, taking from two to three quarts every twenty-four hours.

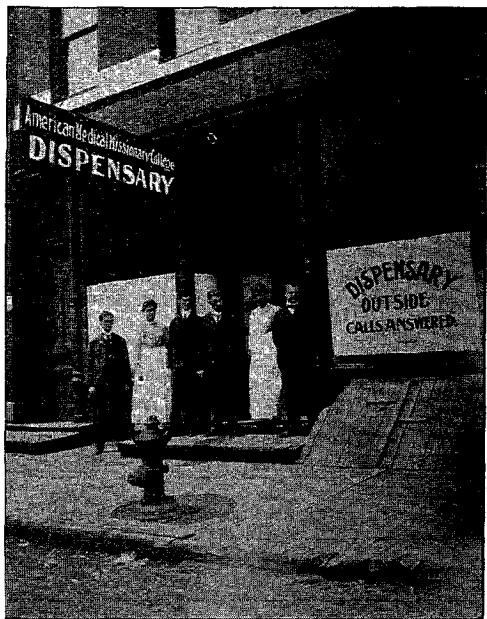
A bath for the purpose of producing a free perspiration either in the form of a full warm bath, or a hot blanket pack around the entire body should be given early. To prevent the patient's head from being overheated while taking this hot treatment, a very cold wet cloth should be kept over a large portion of the head and face during the entire treatment. The patient may be taken out of the pack by sponging the body with cold water.

Cold water should be used very freely, as it is one of the most valuable means of sustaining the strength of the patient as well as of reducing the temperature. If the temperature is not higher than one hundred and two degrees, the cold treatment may be applied in the form of a cold mitten friction. To accomplish this, a mitten made of some such rough material as coarse brilliantine may be used. The mitten is dipped in cold water, and then applied to the surface of the body. It should be frequently dipped in the cold water during the treatment. Care should be taken that the rubbing is not too hard or vigorous, as it may increase the temperature. When the temperature is higher, such treatment as a cold, wet sheet pack or rubbing the patient with a cold wet sheet, applied to the entire body at once, or a cold bath, temperature about eighty degrees, can be employed. It is necessary to rub the patient in a cold bath to prevent any chilling. If the patient has a constant tendency to chill, a hot application may be placed along the spine while the cold treatment is being given. If the skin of the patient is cold, and still he has a high temperature, it is necessary sometimes to apply a short hot treatment over the entire skin before using the cold. The skin of

a fever patient should be frequently sponged with cool water, and a soap wash should be given over the entire body every few days.

It is extremely important that the diet of a fever patient be simple, as his digestion is slow. Diluted fruit juices prepared from raspberry, grape, cherry, or the juices of any sub-acid fruit are very refreshing to a fever patient. Fresh, cold buttermilk, simple but well cooked gruels, simple toasts made from bread which has been thoroughly toasted, and such food as malted nuts, malt honey and toasted wheat flakes are suitable for a fever case.

If any of our readers are doubtful about how some of these treatments should be given, we should be glad to furnish you additional information through correspondence.



HALSTED STREET DISPENSARY.

The man whose eyes have been opened to observe the handiwork of God, who has developed a sympathetic touch, whose ears have been taught to recognize the harmonies of nature that others do not hear, and above all the one who possesses a heart that is sensitive to the woes of others is an educated man, even if he cannot square a circle or conjugate a Latin verb.

REPRESENTING CHRIST IN TIMES OF SICKNESS AND SORROW.

W. S. SADLER.

The best time in the world to reach human souls and impress them for good, is when they are suffering affliction, undergoing some peculiar trial, or for any reason sorrow stricken. It may be the hand of death has visited the family; it may be that some member of the household has been overtaken by an accident or other disaster. It is at such times as these that we have a special opportunity to represent the Lord Jesus, and to engage in effectual soul-saving work. At such times the human heart is especially susceptible to receiving favorable impressions for truth and righteousness. Efforts which would be spurned at other times, find a ready response at a time when sorrow has overtaken the soul. The self satisfied one of yesterday is often made hungry for sympathy by suffering and affliction. The bouquet of flowers carried into the sick chamber will often open the way for even a comparative stranger to drop many precious words of truth into the heart of the sufferer; and even the friendly visit or an inquiry concerning the welfare of those who are dangerously ill will be the entering wedge which may be subsequently followed by effective soul-saving effort. Let us not be slow to recognize our opportunities to minister to the sick, and thus by physical ministry prepare the way for spiritual work to benefit both the soul and body by our disinterested effort. A sick person will often read or hear read interesting religious reading when otherwise they would spurn it. *THE LIFE BOAT* has been used for this purpose and is greatly appreciated by the sick.

OPPORTUNITIES OF A MEDICAL MISSIONARY.

A. J. HARRIS.
Jackson, Mich.

A few days ago, an old gentleman came to the treatment rooms and said, "My head feels as though it would burst open. Do you think you can help me out any?" I answered, "Perhaps I can. Come in."

He came into the room and I began to talk with him. As I was preparing to give him

his treatment, he said to me, "I feel sometimes as though my soul is lost." While he was taking his treatment, I read from the Bible, and he said, "You just write that down for me." I wrote the text down for him, and he took it home, and came back regularly for treatment. One day he remarked, "Mr. Harris talks to me and it does my soul good."

I want to be where the Lord can use me in ministering to some needy soul. Wherever I go there are people looking for something more and better than they have. I am glad to be used of God in this work, and to be able to minister to those He sends to me.

OUR HOSPITAL WARDS.

Our hospital wards have been full nearly all the time during the last month. We have cared for several very sick and pitiable cases. One of these was that of a single woman thirty years of age who has been sick for some time. One year ago she had a severe attack of typhoid fever and since that time she has suffered with a diseased condition of the spine. For more than twelve weeks she has been unable to walk. She has been in our ward during this time, and is slowly improving. She had been depending upon her father for financial help while here, but since her illness he has died and she is left with no one to pay her expenses. She is not able to do anything for herself and probably will not be for some time to come.

Another unfortunate case with us is that of a young girl about eighteen years of age. She had no friends and no one to care for her during her illness so we took her in. She will soon be able to go out and care for herself. She says she has learned many valuable lessons while here and intends to work for Christ when she regains her health.

We are continually meeting with such cases as these. When the sick and suffering appeal to us we do not feel that we can turn them away. We have no funds with which to meet these demands and we are forced to depend upon the generosity of our friends for means to enable us to help these suffering ones. Will not those who are well and strong be glad to make a donation for this purpose?

Address *THE LIFE BOAT*, 28 Thirty-third street, Chicago, Ill.



Visiting Nurses



EXPERIENCES IN VISITING NURSES' WORK.

CARRIE ERICKSON.

One day as I started out I asked the Lord to help me to find some work that I could do for Him that day. Soon I met a lady with a baby in her arms who asked me if I could help her. She had four children at home and they had had neither breakfast nor dinner. My first thought was, "I cannot help everyone that comes along," and then the thought came to me, "Did you not ask the Lord for something to do for Him?" I then gave her some money with which she bought coal and food for the next day. I learned that her husband was a janitor but had lost his position. She asked me to come and see them. Her husband kept saying to her, "She won't come, because everyone who promises to help poor people never does show up," but she replied, "I know she will, because she is a Christian girl. She told me many things out of the Bible that I know are true." In a few days I called to see her and she was so grateful, she said, "There is at least one Christian that will help us." After I had talked to them and quoted to them some texts of Scripture, her husband said, "I know that you are a student of the Bible and that God has sent you to help us."

The sight I saw there was most pitiful. They had five children, only one of whom could walk, the remaining four were suffering from rickets, which resulted from improper food. This experience taught me that God does not always answer our prayers just as we expect him to; also that we must not pass by unheeded a single opportunity to help a needy brother or sister.

Scarcely a day passes in the Visiting Nurses' work without many opportunities to render either spiritual or physical aid.

A merchant living near our Dispensary has been buying a copy of *The Good Health* every month. He was much interested in health principles. His wife became ill, and he sent to us to come to his home and give her treatments. We went three evenings each week

and gave her massage and other treatments to enable her to sleep. One night I went to see her and she seemed very much better. As I followed her to her room, I felt impressed to speak to her about her soul, which I did while giving her treatment.

This woman died very suddenly soon after, and I felt very grateful that I had followed the impressions of the Holy Spirit to speak to her about her soul's salvation the very last opportunity I had. When God speaks to us to help some one, we ought not to let the opportunity pass, as in many cases it may be the last chance for that soul.

A VISITING NURSE KEPT BUSY.

MARY CHRISTOPHER.

There are so many sick and suffering in the district where I am working that my time is more than full of something to do. We try every morning to visit some of the old patients and those whom we have been helping, as we wish to keep track of these and teach them how to live a better life.

"Nurse, can't you come home with me?" is often asked us as we walk along the street.

Among the cases which I visit regularly, and give treatments, is that of a poor man suffering with bronchitis. He has not been able to work all winter. His wife goes out to work by the day, doing anything which she can find to do. This is the only means of support for themselves and four little children. These children, the oldest only five years old, are left all day long to take care of themselves. When I was first called to see them, they had not sufficient clothing to cover their bodies. I immediately took them clothing from a supply which had been sent to us by our friends. They gathered fuel to keep them from freezing in the winter on the railroad track in the neighborhood. They are extremely grateful for what we are doing for them, and the patient is rapidly improving.



VISITING NURSES AT HALSTED STREET DISPENSARY.

Prisoners' Department

WHAT WILL HELP A MAN SAY "NO"?

ILLINOIS STATE PRISON.

"I know that THE LIFE BOAT has helped some to nobler thoughts, and when once we arrive at the point of right thinking it is then but a step to right doing. If THE LIFE BOAT has aided some undecided persons to right thinking and right doing, and helped them to use their will power, it has accomplished much good. To exercise will-power 'decision'—decision of character, ah! that is the vital point. Everywhere we see human wrecks stranded in life, becoming victims of temptation, because they consider, waver and balance until the power to begin and execute the thing contemplated has been dissipated. These people go through life halting and uncertain, robbed of their strength, failing to reach the important positions that they are fitted for by natural ability, because of their fatal inability to decide. The world is full of unfortunates, languishing in prisons, dying in poor-houses, in cellars, in attics, vegetating in cramped situations because of weak minds which have been imposed upon, abused and used by stronger ones. Half of the weakness and suffering in this world comes from weakness of mind and lack of power to decide. The world is full of failures who cannot say *no* with emphasis. One decided *no* spoken at the right time, with energy, would have saved many a life from frightful wreck."

OUR REPLY.

DEAR FRIEND:

I agree with you that half the trouble in the world comes from lack of will power and from inability to use it, and that is just where the divine miracle of saving grace comes to man's assistance. Thousands of men who have for a life time been unable to resist even the smallest temptation to drink, or to use tobacco, or who are the victims of other soul and body destroying practices, have drifted into our Life Boat Mission and have there heard for the first time that there is a Divine power at their disposal, which is theirs if they will only lay hold on it or let it lay hold on them, and that they can rest upon instead of their own human frailties. They hear other men get up and tell their convincing stories of how they were saved from similar sins and a new inspiration springs up in their lives. They ask that they may be prayed for and be taught how they may appropriate this same life giving power. They receive that for which they ask,

and many of them are living happy and useful lives.

The Lord is willing to do the same for any man who has a weak will power. It is the same power that we see manifested in a seed when it is placed in the ground under favorable circumstances. Yet that life giving power was wrapped up in the seed all the while. Just so every human being is constantly carrying about with him *possibilities* for life, growth and development that he little dreams of, but there are so few human beings who are willing to be planted, as it were, who are ready to give up their selfish ideas and entirely surrender themselves to this life saving power. But everyone who does is just as certain to receive Divine aid as is the seed to grow when it is planted in the ground. Both the sunshine and the showers favor the growth of the plant; so the trials and misfortunes that fall to our lot should contribute to our uplifting and advancement.

Very sincerely yours,

SWEET OLD CHAPTERS.

One of the sweet old chapters

After a day like this;

The day brought tears and troubles,

The evening brings no kiss.

No rest in the arms I long for,

Rest and refuge and home;

Aweary and heavy laden,

Unto Thy Book I come.

One of the sweet old chapters

Of the love that blossomed through

His care of the birds and lilies

Out in the meadow's dew.

The evening lies soft around me,

Their faith is simply to be

Ahushed by the tender lesson,

My God, let me trust in Thee.

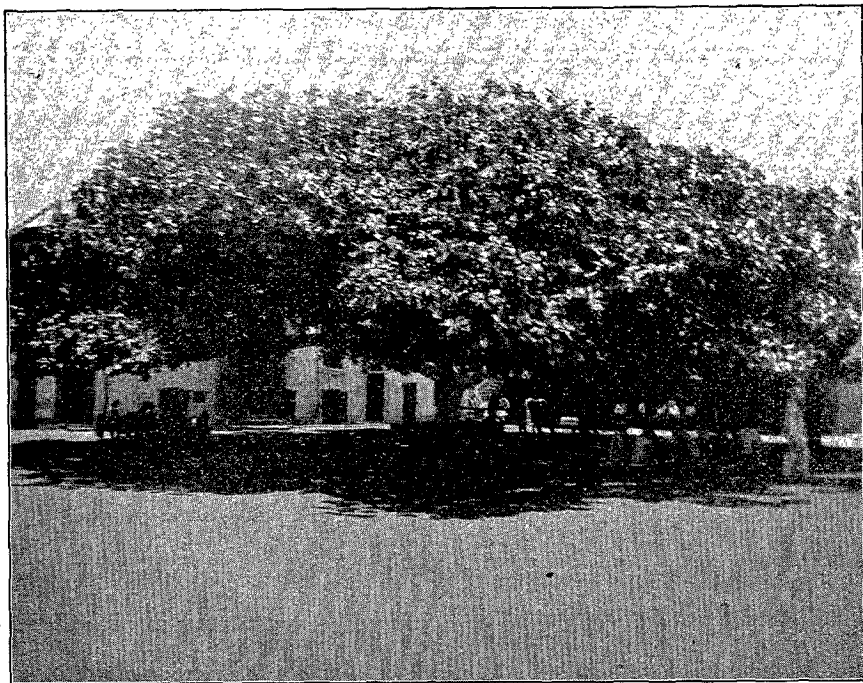
You have just as much excuse for existence as John the Baptist had. Although your work is infinitely less, it is just as important that you should be true to your trust as it was that he should be true to his.

GREETINGS FROM A HONOLULU PRISON.

[We are in receipt of a letter from Miss Cora Lyle, of Honolulu, Hawaiian Islands, in which she says they are conducting services every Saturday afternoon for the inmates of the prison. The meetings are held under a large tree which stands in the prison yard, a picture of which accompanies this article. She says that the prisoners all enjoy THE LIFE BOAT very much, and she sends the following letter from them.—EDITOR.]

happiness for the present and hope for the future. Of course, there are lots of visitors coming here, but we can truly say that none are more welcome to us than Eld. J. H. Behren and Mrs. H. C. Lyle, when they arrive with their Crew and THE LIFE BOAT.

It is a living buoy to which we grasp with an earnest feeling that it will land us safely on the golden shore where there are no guards or iron bars. Our warden is a humane man and has the prisoners' spiritual welfare at



NATURE'S MEETING HOUSE FOR OAHU PRISONERS.

Editor of THE LIFE BOAT:

Dear Sir—Across the American Continent and over the limpid waters of the Pacific, THE LIFE BOAT has sped to Hawaii, bearing a long trail of joy and hope in its wake. The prisoners of the Oahu Penitentiary of Honolulu have had their share in it. To many of us, the prisoners' number which arrived last week, has been as a message from Heaven descending from a clouded sky, and bringing a message of

heart and does all that he can to encourage Christian work in this prison.

Ours is a cosmopolitan community; a large number are Japanese, Chinese, Porto Ricans, Portuguese, Hawaiians, a few Americans, French and Germans, all confined within these walls, and the great majority unite in sending cordial greeting and sincere thanks to THE LIFE BOAT and its devoted Hawaiian Crew.

Yours in Christ.

FRIENDLESS AND FORGOTTEN.

PONTIAC, ILL.

DEAR SIR:

I read your kind offer in your LIFE BOAT and I am thankful I have found a friend as I am greatly in need of one. I have none outside, for they have gone back on me. I have spent the greater part of my life in the Reformatory, and I think it is time I am reforming and be a man. I have not had a letter from the outside for eight or ten months. I have almost lost all hopes of having a friend. I came from my work one Saturday evening to my cell and found a LIFE BOAT on my bed. Well, I read it several times and found it and your work so interesting that I made up my mind to write to you and ask you to let me become one of your prison friends. I am encouraging other boys to follow me and will try to set a good example for them. I would like to have your LIFE BOAT every month, but I have no money to pay for it. I have a friend here I wish you would write to and give him some friendly advice and encouraging words. I think you and your workers will in time to come reach all the hard criminal's hearts. There is only one way, and that is by God's help and kindness. I found new hope and encouragement in your LIFE BOAT. I am twenty years of age. I have spent most eight years in the Reformatory. We have a Young Men's Christian Association here, and it is a great help to us boys.

Yours respectfully,

PUTS NEW LIFE IN ME.

STATE REFORMATORY,
PONTIAC, ILL.

DEAR SIR:

I received one of your papers and I read it, and the kind words and messages in it have done me good. I have put in about nine years and a half in prison. I am going to try and lead a better life the next time I have a chance I am going to put my trust in Christ, and I mean to start here because this is the very place to begin. I sincerely wish your prayers in my behalf. I am a vile sinner and I have wandered away from the fold. I would like to receive letters from you because I am friendless and I never get a kind word from anybody. It makes me feel bad because I get no mail, and the boys all around me get something almost every mail night. Will you please send me THE LIFE BOAT because it puts new life in me and it inspired me to be a better boy and seek Christ before it is too late. Please pray for me and I am going to send up my humble prayer to God for the pardon of my sins.

Your humble servant,

DOES IT PAY TO SEND THE LIFE BOAT
TO PRISONERS?

"I thought that nobody would care for a poor, low down convict, but one day I got a LIFE BOAT and after I read it I changed my mind, and as this is writing day I thought I would let you know what a good work your paper is doing in this prison.

"I have stopped chewing tobacco, and my foreman says I can have my money in place of it, so I can send for THE LIFE BOAT. I have a long time to stay here—eight years more. I have always been a bad boy ever since I can remember, but now I know it is the best for me to be good, and I am tired of the old life."

HE LISTENED TO EVIL COMPANIONS.

CANON CITY, COLO.

Dear Sir—I picked up one of your little LIFE BOATS and became greatly interested in its contents, and am convinced that if I do what it says I shall become a good man. Now, that is what I am going to do, I am not going to wait until I get out of here to be good, but will start right now. Miss Burghart visited us a few Sundays ago, and from what she said I can now see that I have been on the wrong road, and the only way I can get right is through Jesus. I know He will help me, because He helped Dick Lane. If I had not listened to evil companions, I would not be in this place; yes, and whiskey did the most to get me here. I have nineteen months yet to serve. Goodbye and may God bless you and the Life Boat Mission is my prayer.

OPENED A NEW LIFE TO HIM.

TRENTON, N. J.

I want to express my gratitude for that little paper called THE LIFE BOAT. I read every page of it and it has made me feel like a different man. I am going to try to do the best I can while I am here and do better when I get out. THE LIFE BOAT has opened a new life to me, and I appreciate it very highly.



Children's Department



HOW TO MAKE YOUR VACATION PROFITABLE.

L. L.

Are you wondering how you can "while away" the long summer vacation days? Do you not wish you had something to do during the summer?

Try this plan: Get some of your friends together and organize a society for the betterment of humanity. Then plan some definite lines for work. If you have a hospital in your city, take THE LIFE BOAT to the patients. You may know some lonely persons who would be very glad to have you visit them. Take to them some little gift, perhaps only a few flowers from your own garden. Go out among the poor and gather in those children who never go to Sunday school and take them to someone's home and then give them a short talk and let the children sing such songs as they are able to understand and try to help them both physically and spiritually.

Have a meeting of your society every week in which you will relate your experiences and plan the work for the next week. Let the children come to your society meetings, they can gather flowers and carry them to the patients in hospital wards or send them to The Life Boat Mission Sunday school. They would never regret the effort if they could only see the eager faces as they wait for the flowers.

If every member of the society would give five cents a week toward helping the poor children in "Darkest Chicago" they would accomplish much good. Five cents each week would not mean much to the one who gives it, but it may be the means of giving many needed comforts to some poor child. The children can earn this money during vacation by doing various little things for their parents or neighbors.

If you start out in this line of work now you will have so many blessings during the summer that vacation will pass altogether too quickly.

LIFE BOAT MISSION SUNDAY SCHOOL.

HARRIET B. RICH.

The school numbers about sixty, and is composed largely of Italian children, though there are some who are Syrian, and Jewish.

We have adopted as the motto of the school, "Do right," and already it seems to be making an impression for good upon the young hearts of the children, as they pay better attention, and are seemingly more eager to learn. We open the school by singing several stirring songs, and these are followed by repeating the Lord's prayer in concert.

The children enjoy the songs, and though the majority of them are unable to read English, they have become conversant with many gospel hymns and join heartily in the chorus.

We remember the pupils each Sunday at the close of the school with some gift, and it is astonishing how they appreciate and strive to merit these tokens. Last Sunday we gave them some wintergreen leaves, which had been gathered and sent by some children in Michigan. They were greatly pleased, for it is a rare thing to most of them to have any kindness shown them.

We expect soon to take them to one of the parks for a picnic, and it will be a glad day in their lives, as many of them have never had a street car ride, and have not been outside the dark, narrow streets which surround their home.

We, who have so many blessings, can hardly conceive what it must mean never to have enjoyed the trees, grass and flowers, and it is almost pitiful to note the joy that takes possession of these children when a single blossom is given them.

There is a great work to be done here, and it is remarkable how much can be done for the little waifs if a personal interest is taken in them. Two of the boys who formerly gave us much trouble, and did their utmost to break up the school, are now anxious to assist in every way.

Hospital Life Boat Work

WHAT CAN YOU DO?

What are you doing to make it possible for THE LIFE BOAT to be placed in the hands of the thousands of sick in our hospitals? Three hundred copies each month will be required to supply one large hospital alone in this city. This will cost not less than six dollars. Are there not some of our friends who are located in towns where there are no hospitals and who would like to help in this grand work? If so, will you not send us a donation for this purpose?

Address Editor of THE LIFE BOAT, 28 33rd Place, Chicago, Ill.

HE TOUCHED HER HAND, THE FEVER LEFT HER.

He touched her hand and the fever left her;

O blessed touch of the Man Divine,
How beautiful to arise and serve Him

When the fever is gone from your life and mine.

It may be the fever of restless serving,

The heart all hungry for love and praise;
The eyes all burning and strained with yearning

Toward self-set goals in the future days.

Or it may be the fever of spirit anguish

A tempest of sorrow that dies not down
Till the cross is at last in meekness lifted,
And the head stoops low for the thorny crown.

Or it may be the fever of pain and anger

When the wounded spirit seems hard to bear,
When only the Lord can draw forth the arrows,

Left cruelly, carelessly, rankling there.

Whatever the fever, His touch can heal it;

Whatever the tempest, His voice can still.
There is only joy as we do His bidding,

There is only peace as we do His will.
—Selected.

HOSPITAL WORK.

NINA NEWELL CASE.

"I have never been in a storm where I needed a life boat as much as I do now," said a sailor in the Marine Hospital as I gave him a LIFE BOAT. "If the folks only knew how much we wanted something to read besides trash, they would have brought this long ago," said another. On inquiring, we found this was the first literature of the kind ever taken there.

Just think of the poor sufferers who every year go down to death in the hospitals of this land, many of whom are without hope and without God! Job says, when a man has sinned and sown years of his life in selfish indulgence of appetite and passions, "If there be a messenger with him, an interpreter, *one among a thousand*, to show unto man what is right for him," and he turns to God and says, "I have sinned, and perverted that which was right and it profited me not," then God will be gracious unto him and "deliver his soul from going into the pit." Job 33: 23-28. Such messengers are few—"One among a thousand"—think of the wonderful privilege that is yours!

A few words of kindly sympathy, a loving touch of the hand will open the hearts and lips long closed and hardened by sin. God's spirit is present with them always, and as they listen to you or read the experiences of others they get a glimpse of the great law of "Whatsoever a man soweth that shall he also reap." Gal. 6: 7. And, again, of the promise, "Instead of the thorn shall come up the fir tree, and instead of the briar shall come up the myrtle tree: and it shall be to the Lord for a name, for an everlasting sign that shall not be cut off." Isa. 55: 13.

If there are any sick in your neighborhood, or if there is a hospital in your town, do not wait another day, visit it. Be one of God's messengers and your own heart will be abundantly blessed.

You cannot have a full stomach and a full brain at the same time.

LIFE BOAT HOSPITAL EXPERIENCES.

MRS. H. ODELL.

A patient in one of the hospitals visited, when he heard the words "Life Boat," exclaimed, "THE LIFE BOAT! why, that is the little paper my wife buys every month. I never used to read it, but give it to me quick—that is just like something from home."

One convalescent refused the paper when I first offered it to him. He thought he was having a hard time, but, as we told him of some of our experiences in a hospital, and spoke of how the good Father wanted to teach us when we were well, and we would not allow him; how He is with us in our afflictions, "bearing our sicknesses" and trying to draw us to Him, his entire attitude changed, and he said, as he took the paper, "Well, I guess that is all so. When you come next time, be sure to come to see me, and bring another paper." I shall try to visit the same hospital this week and hope to see him again.

Even the children are glad to get THE LIFE BOAT. In one ward they had been celebrating "Children's Day." The walls were decorated for the occasion. Toys of all descriptions were scattered over the beds and tables and floor, but, notwithstanding all this, the little children in the wheel-chairs crowded about us, and with a smiling, "Thank you, lady," wheeled away to a quiet corner to look at the paper, or followed us to hear what we said to others as we passed from bed to bed.

We realize more and more in this work how little the world knows of the simplicity of the life of Christ. In another hospital a man said when we were offering him the paper: "Oh, don't come here to talk to me. I don't want any more nagging by priest or preacher." After talking pleasantly about the weather, his sickness, his family, we passed on through the ward. When we came back we saw something in his face which led us to go to his bedside again. This time we found he had picked up THE LIFE BOAT left on the foot of his bed, and was looking it through. We said as we passed by, "We shall pray for you." He replied, "What for?" "We want to bring to you the simple gospel of Christ." "Well, if that is what you want to bring to me, all right, but I am tired to death of being nagged."

There are rich blessings which come to every

one in this work. Many want us to call upon them at their homes; others want help and advice. Our work in the hospitals has shown us the necessity of taking a sufficient number of copies to supply each patient who is allowed to read. In some cases we have tried to hand out the papers to alternate beds. One patient objected strongly, remarking in an emphatic way, "She'll keep it a week or two and maybe I'll never get it." In another hospital, the house physician showed us every attention and spoke appreciatively of THE LIFE BOAT, and of our efforts to supply hospitals with the current issue. This taking of fresh, bright literature means much to these "shut ins."

LIFE BOATS FOR THE SICK.

MRS. C. WILLIFORD.

I am continuing my visits to the prisons and hospitals. I find that the patients seem just as eager to get THE LIFE BOAT as the prisoners are. I am so glad the Lord opens the way for me to do this work. I know of no paper published that bears such a message of encouragement and comfort to the poor and unfortunate prisoner as THE LIFE BOAT. There is no paper its equal to take to the hospitals, to the sick patients away from home and friends. There is nothing to take the place of it to a poor, despondent and discouraged mother in the home. Yesterday I met a poor, discouraged woman, to whom I said: "Here is a little book. It will help you." Her answer was, "Well, I surely need it."

A wealthy lady to whom I sold a LIFE BOAT, promised to give me some clothing for the poor. I went after the clothing and she met me at the door very cordially, exclaiming, "I am so glad to see you; I was afraid I should not see you any more; I have an order for you for THE LIFE BOAT; it is the best little paper I ever read."

When I visit the hospitals, the patients and nurses all seem most eager for THE LIFE BOAT. As I passed out one day, I said to one of the nurses: "Don't you want something nice to read?" She said: "Yes, indeed, I will read it and give it to some one else to read. Do come to see us again." The Lord blesses me so much in doing this work. There is no money in it for me, but there is a rich blessing worth more than gold.



Life Boat Mission



PERSONAL WORK NOTES.

E. B. VAN DORN.

Difficulties in the Way of the Sinner.

1. "I am too great a sinner."
"Christ came to save sinners, of whom I am chief." 1 Tim. 1:15.
Your great need pleads most eloquently in your behalf.
"They that be whole need not a physician, but they that are sick." Matthew 9:12, 13.
You need it. Jesus has it for you.
Are you willing? Isaiah 1:19.
 2. "I am lost." Luke 19:10.
We do not search for things that are not lost
 3. For those who have committed murder.
"Though your sins be as scarlet, they shall be as white as snow." Isaiah 1:18.
David's confession of murder and prayer.
Psalms 51:14.
His forgiveness. Psalms 32:5.
 4. "My heart is too hard." Ezekiel 36:26, 27.
God has promised you a new heart in place of the wicked one.
 5. "I must become better first." *"I must get a job."* *"I must get a new suit."* Jeremiah 13:23. Ephesians 2:8, 9.
 6. "I can't hold out."
Perhaps you can't, but God can. 2 Timothy 1:12. 1 Peter 1:5.
 7. "I can't give up my evil ways."
It is true you can't give them up unless you get something to take their place. If you want to get rid of evil ways put something good in their place.
"The Son of man can do nothing of himself." John 5:19.
"I can do all things through Christ which strengtheneth me." Phillipians 4:13.
 8. "I have tried and failed."
There is a way to try and not fail. Don't try to hold God, but let God hold you.
"For I the Lord thy God, will hold thy right hand, saying unto thee, 'Fear not, I will help thee.'" Isaiah 41:13.
- The Means of Growth to Keep us from Falling.*
1. Knowledge of sins forgiven. 1 John 1:9.

2. Prayer. 1 Thessalonians 1:17.
3. Open confession. Matthew 10:32, 33.
4. The investment of our talents. Matthew 25:14-29.

Is the Christian's Life Hard?

Jesus said, "My yoke is easy and my burden is light." Matthew 11:30.
"Her ways are ways of pleasantness, and all her paths are peace." Proverbs 3:17.
"For this is the love of God that we keep his commandments, and his commandments are not grievous." 1 John 5:3.
All God asks us to give up are those things that harm us. Ps. 84:11. Rom. 8:32.

IT PAYS TO SERVE CHRIST.

MARGARET ROACH.

I am glad I can testify for my Master. I had a good mother who taught me to pray and do right. When I was with her I was all right, but I knew nothing about the saving and keeping power of the Lord Jesus. I went to theaters and dances against my mother's wishes.

I used to steal out, telling my mother I was going to some friend's house. My wrong course of life nearly broke my mother's heart.

At one of the dances I met a young man whom I afterwards married. We never had any strong drink in our home, but this young man influenced me to drink my first glass of beer before we were married.

Little by little I kept on drinking until I became a terrible drunkard. I am the mother of nine children, seven of whom are now dead. I neglected my home and children. I had no respect for myself or anyone else. My home was finally broken up and I was turned out on the street.

I walked the streets two days, friendless and alone. I wandered into the Life Boat Mission and there I heard the gospel. My heart was touched, I wanted to have the same experience of those who bore testimony. When the invitation was given I raised my hand for prayer. The workers prayed with me and God

forgave my sins. For six months I lived a Christian life, until one day I met my husband on the street, and he abused me so that I became discouraged and decided there was no use in my trying to be a Christian, and went back to my old life. This all happened because I had not made a complete surrender.

I praise God tonight that I came back to the Lord seven months ago. I gave up everything and have had no desire for drink or the pleasures of the world since. My one desire is to live for Jesus and Him only. I have tasted both sides of life and I find that it pays to be a Christian. Taste and see that the Lord is good.

(Testimony given at the Life Boat Mission.)

WHAT IS MEANT BY THE UNPARDONABLE SIN?

E. B. VAN DORN.

"Please explain what you think is meant by the unpardonable sin?"

OUR REPLY.

Jesus said, "They that be whole need not a physician, but they that are sick. . . . I will have mercy and not sacrifice for I am not come to call the righteous, but sinners, to repentance." Matt. 9:12, 13.

You certainly are no more than a sinner. "All have sinned and come short of the glory of God." Romans 4:22, 23. "This is a faithful saying and worthy of all acceptance (worthy of us, too), that Christ came into the world to save sinners, of whom I am chief." 1 Tim. 1:15. If Paul was the chief of sinners and Christ was powerful to save him, He is just as able to save YOU.

In John 6:37, we read, "Him that cometh to me I will in no wise cast out." In coming to Christ we acknowledge our lost condition, confess that we have perverted that which was right and that it has been unprofitable, and accept His promise to deliver our soul from going into the pit. Job. 33:27, 28. It is *your* business to come to Him, *His* business to receive you. He will not turn you away; He cannot go back upon His word. The unpardonable sin would be *not to come*. If you had transgressed against me and would

not accept my forgiveness, your offense would be unpardoned so far as you were concerned; I might forgive you, but it would do you no good unless you believed it.

"Christ hath redeemed us from the curse." Gal. 3:13. No matter what you have done, no matter how heavy the load may be, He invites you to come with your wearisome burden and give it to Him. The very fact that you feel this weight of sin is the greatest evidence that He wants you to come to Him. It is His voice in thunder tones declaring that you are in the path of transgression. He says, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9.

Judas committed the unpardonable sin; for three years and a half he professed to follow Christ, and then sold Him for thirty pieces of silver; he had sold Him in purpose long before. But in reality Judas was selling his own soul and he obtained nothing in return but the wages of sin, which are death. The reason Judas cannot be saved in the kingdom of heaven, is because he never repented of his sin and accepted Christ as his Saviour. The deed of selling Christ, dreadful as it was, was not, in itself, an unpardonable sin, but the fact that he refused Christ as the only source of life made it impossible for him to be saved.

NEWARK LIFE BOAT MISSION.

A Life Boat Mission was opened May 31, 1903, at Newark, N. J., with Walter Krusen and wife in charge.

The opening was a success in every way, God having put it into the hearts of kind friends to furnish the necessary means. A good organ, singing books, and chairs were donated. Several friends are devoting one day each week to selling LIFE BOATS and are giving the profits to the Mission Fund. The Mission Hall is located at eighty-two Williams street, a suitable location for the work. It is hoped that some of the same kind of work that is being done in connection with the Chicago Life Boat Mission, may soon be started in Newark. The people here are much interested in THE LIFE BOAT work, and are having excellent success in selling the papers.



Rescue Service



AT THE LIFE BOAT REST.

FANNIE EMMEL,
Matron.

The past few weeks have been full of interest at the "Rest" as we have had the pleasure of placing some of the Lord's needy in homes where they could be sheltered in their time of need and so were not thrown upon the mercy of the city.

One little woman with a two weeks' old child came to us begging us to do something for her until she could get a little stronger, as she had not had proper food for a long time and was very weak. We kept her until a more suitable place was provided for herself and her little one, and she is now getting along nicely.

We cared for another girl only seventeen years old, who had been deceived into a life of sin, yet she had a true womanly heart which led her to step out before it was too late to save the thing dearest to any true woman's heart, character.

Others have been helped in many ways and we are willing to leave their future in the hands of Him who "doeth all things well," knowing that He says, "Ye are my witnesses," and the judgment will reveal that a helping hand was held out.

WE NEED A RESCUE HOME.

MARY P. HUNTER, M. D.

A few days ago, a young girl about eighteen years of age, came to our Sanitarium and asked to see a lady physician. She was in need of help and told us her sad story. She had been raised in an orphan's home. As soon as she was old enough she went out into the city to get work for herself. She secured a place where she was employed to sing in a dance hall. Here she met influences which tended only to drag her down and before many months had passed, this poor girl had been led astray. She was then secluded, much against her wishes, in a house of shame. After three

months she succeeded in escaping, and having heard of our institution, came to us at once for protection and help.

Every bed in The Life Boat Rest was filled, so that we could not take her there, and having no other place, we were compelled to turn to our Beulah Home friends for help. She is there at present, and we trust this experience may be the means of opening up a new path in life for her feet to walk in.

We are being continually called upon to care for such cases, and yet often we are not able to do so, as we have no suitable place.

We appeal to the friends who read this article to aid us in procuring suitable furnishings which will enable us to equip a small, neat home for these unfortunate girls.

Are they not *our sisters*? Do we not owe a duty to them? Why should we turn them off for others to look after, when the Lord sends them to us? He must send them to us for a purpose. We long for the time to come when we can receive every girl who asks our help, and care for her and teach her about Christ and His love.

We are, at the present time, looking up a location in the suburbs of Chicago, for a home of this kind. There are friends here who stand ready to pay the rent of such a building. We do not need a large building, but we have no furniture with which to equip even a small one. We believe some of our readers will be glad to send us donations to help us furnish such a home. Only the day of God can reveal what may result from such a work as this. At the time a poor girl calls for help, the spirit of God can work upon her heart more readily than at any other time and she may be saved to an honorable career.

Why should we not have a chance to save these girls before it is too late? We shall be glad to hear from any of our friends who feel that they would like to help us.

Address Mrs. David Paulson, 28 Thirty-third place, Chicago, Ill.

POLICE STATION WORK IN CHICAGO.

FANNIE EMMEL.

I was very glad to find upon returning from my LIFE BOAT trip in the west, that the interest in the police station work had increased, so that now instead of visiting one jail a week we have four to visit.

Last Sunday in the annex of the Harrison Street Police Station were girls whose ages ranged from thirteen to seventeen years. Six of these made a start that day in the Christian life. Some of these girls after leaving the



WORKERS AT HARRISON STREET
POLICE STATION.

Annex will be taken back to their parents, to a forgiving father and mother, who hope this is the last time they will need grieve over their erring child. Others, who have no kind parents, are left to the mercy of those into whose hands they may chance to fall.

In one cell in the men's department were seven prisoners. When we first entered, these manifested a very critical spirit, but after the services were begun, the Spirit of the Lord

entered their hearts and they took part in the singing. During a short gospel talk, by a young man of our company, they listened with the deepest interest and when the invitation was given for those who wanted to lead a Christian life to raise their hands, five of these young men reached out each a hand, while with the other they brushed away the tears. Although they were in the Harrison Street Police Station, five of them had been reared by Christian mothers and were not too hardened to be touched by the Spirit of God.

Another poor man who was unwilling to yield or confess his guilt, could not endure the gospel message, and so he paced up and down in his cell, as though his very life depended upon his activity. The conscience so stained with guilt could not stand the light of God's Word and the suffering soul would not hide in Him who alone can give rest.

God does not always set us at the thing we are expecting. He did not set Gideon at the work for which he was planning. We may not have as great a mission as Gideon or Moses, but we have a work for which we are just as responsible. The first thing Gideon had to do was to go into his own home and cast down the altars of Baal.

It is easier to learn how to deal with disease than it is to learn how to deal with diseased men and women. It is easier to cure disease than it is to cure men. It is more important to prevent the development of disease germs than it is to try to disinfect the universe.

Do you know of anyone who is discouraged and disheartened? If so, take to him a copy of the July LIFE BOAT. Is there any one sick in your neighborhood? Do you know of any young people who are drifting without any definite aim in life? Send for copies of THE LIFE BOAT to give them.

Hospital patients are anxious to get The Life Boat. What are you doing to make this possible in your city or town?

Neighborhood Gospel Work

HOUSE TO HOUSE GOSPEL WORK.

Christ did not depend on the people to come to Him. He went to them. After Pentecost, the divinely inspired workers were not merely content to teach in the temple, but they also broke bread from house to house. Acts 2:46.

The churches of today are largely empty. The gospel truths no longer draw large crowds, but the masses need the gospel just as much now as they ever did. Enterprising business men carry samples of their goods to almost every home. Shall we continue to let the children of this world be wiser in their generation than we?

We believe that the plan of selling THE LIFE BOAT from house to house was a heaven-born idea, as the paper serves as an excellent gospel introduction card. If the worker has Christ in his heart and the one who buys the paper has a soul hunger for a nobler and a better life, then THE LIFE BOAT is sure to open the way for some excellent gospel work.

We earnestly ask all of our readers to order twenty-five cents worth of extra copies and take them around to your neighbors. You will be surprised to see how glad nearly all will be to buy a copy and then you will wish you had begun this glorious gospel house to house work before.

As you read this, and know that it means *you*, don't put it off, for your future usefulness and your soul's destiny may depend upon this very decision. Will you help to scatter the gospel in your neighborhood?

ENCOURAGING LETTERS.

[The following are a few extracts from the many letters we are continually receiving from those who have been helped by reading THE LIFE BOAT. We desire that through its pages the gospel of Jesus Christ shall be carried to the millions who need it.—EDITOR.]

♦ ♦ ♦

"I think THE LIFE BOAT the most wide awake little paper I have ever read along

missionary lines. Its visits to our home are always welcome."

♦ ♦ ♦

"We have worked nine hours and sold eighty-seven copies of the paper. We feel greatly encouraged and wish to continue in the work."

♦ ♦ ♦

"I am always deeply interested in THE LIFE BOAT and its work, and always take my copies to the jail, hoping they may bring light to some soul."

♦ ♦ ♦

"I have been taking THE LIFE BOAT since March and have received all the numbers. It is a grand paper and it is a great help to me. I do not know what I should do without it."

♦ ♦ ♦

"I have never experienced such joy and happiness as I now do when I go out with THE LIFE BOAT. Since we have read our first copy we cannot be without it any more."

♦ ♦ ♦

"The one hundred LIFE BOATS received, and I have just been out three hours and disposed of twenty, so I think I had better have one hundred more as soon as possible. I enjoy the work very much and believe I shall have success."

♦ ♦ ♦

"I have just been reading your LIFE BOAT and have received great benefit from it. I feel I would like to do something for the suffering sin-sick souls who have never known our blessed Saviour. If you will send me by return mail one dozen LIFE BOATS, I will sell them. If I am successful this time, I will send for more to sell."

♦ ♦ ♦

"I have been selling a few copies to supply our county jail, and am pleased to see a letter from one of the convicts already. He says he has no friends, etc., and I shall be glad to find him out and by the help of God to encourage him in some way. THE LIFE BOAT work is a great work, and I am glad to be able to circulate at least a few copies each month."

A GREATER REUNION.

NINA NEWELL CASE.

The reunion of the United Confederate Veterans, held in New Orleans May 19-24, 1903, will long be remembered by those who had the privilege of attending it. For weeks the city had been preparing for it, but was hardly able to accommodate the visitors when they came. People slept on the roofs and in the street. It was a touching sight to see the old white-haired "Men in Gray" sitting or standing around in groups, greeting old comrades, living over again in memory the hardships and horrors of the Civil War.

Some of the soldiers wore the old and tattered uniforms and bore aloft the bullet-riddled flags that had seen service during the war. Others had wooden legs and armless coat sleeves as more ghastly souvenirs of the war; they represented men from every walk and avocation in life. When the drum beat its tattoo or the band played "Dixie," every head was bared, every eye shone with fire and every voice shouted applause. It was with sadness we realized that many of them would never attend another such reunion. In our work with *THE LIFE BOAT* we were able to talk with many of them about the future and their soul's salvation. We found some ready and waiting for Jesus. Many hearts were tendered as they saw the thinning ranks of their comrades, and wondered if they would be the next. They listened eagerly as we told them of a *better country* and a *greater "reunion"* that was going to take place soon in the great city of our God. With tears they said, "We want to be there. Will you pray for us?"

That reunion will be the greatest, happiest and most glorious reunion ever held. All our loved ones, who have died in Jesus, will be there; we will meet all the old heroes, Adam, Enoch, Noah, Abraham, Moses, Daniel and David, but best of all, Jesus, our great commander-in-chief, will be there, and He, with his own loving hands, will place upon our heads the crown of victory. When the angel band plays the "song of victory," every head will be bowed and every tongue will shout praises. Is it not worth all our struggle and hardship in this war with sin to be able to be among them?

"Behold I come quickly, hold that fast

which thou hast, that no man take thy crown." "To him that overcometh will I grant to sit with me on my throne, even as I also overcame and am set down with my father in His throne." Rev. 3: 11, 21.

A GOOD PLAN.

MRS. J. F. POGUE.

Minneapolis, Minn.

I have a large family and my home duties keep me very busy, but I decided I would take several hundred copies of *THE LIFE BOAT* and do what I could by getting out four or five days each month, and thus I have been able to earn sufficient to hire my work done at home while I am selling the papers.

The first day I went from house to house and sold sixty-five. Another day I sold seventy, and one morning, within four blocks of my home, I sold forty-two. I find that the wealthy receive the paper as readily as the poorer classes. I went to one place where I met an actress; she bought a paper, saying, "I am interested in that work," and gave me all the change she had in her pocketbook. She said she wanted to help a branch of work that was lifting up the fallen.

At another place a young lady came to the door and at first refused to listen to what I had to say. I continued telling her about our work and she finally consented to take the paper to her mother. In a few minutes she returned, saying, with tears in her eyes, she was sorry she had been so hasty; she wanted two copies.

I find that I am able to sell in nearly every place where it has been sold before, and it also makes an opening for further missionary work.

LIFE BOAT WORK IN MILWAUKEE.

Recently while in Milwaukee a gentleman requested us to send a *LIFE BOAT* worker to start the work in that city, promising to pay the expenses of such a worker himself. Accordingly two of our workers, Miss Hoyt and Miss Rame, have gone to spend a few weeks there. They have been earnest and faithful workers here in Chicago during the past year and God has wonderfully blessed their efforts. We expect them to accomplish much good in Milwaukee and be the means

of stimulating many to take up this line of work.

This work ought to be undertaken in other cities. There are many who are hungry for the simple gospel, as it is found in the pages of *THE LIFE BOAT*. What are you doing in your own town to help circulate this paper? Possibly you are already busy in other lines of work, but does not God impress you to do something along this line?

SEND THE LIFE BOAT TO YOUR RELATIVES.

BELLE RAME.

"*LIFE BOATS* today? Yes, indeed, I will buy them as long as you people make them. I think they are the cleanest papers I can get for my boys." Another said, "I always get two every month, one for my children and one for my brother's children in New York City." One lady saw me the other day as I was getting off the car; she motioned to me to come across the street and said, "I am just out of something good to read. I am so glad the new *LIFE BOAT* is out;" after buying the paper she gave me a nice loaf of bread to give to someone.

WHAT CAN BE DONE DURING ODD MOMENTS.

"I have become quite interested in *THE LIFE BOAT* work and enjoy going from house to house selling the papers. I have been over considerable territory in the past two months. It is the first missionary work I have ever done, and the more experience I have the more I like the work. I have become acquainted with some people who seem quite interested and have had prayers with several during the past week, and all give me a pressing invitation to call again. I trust the way is opening up for a grand work. I have disposed of one hundred and fifty of the *April LIFE BOATS*. This work I do just as I can spare the time."

FIRST ATTEMPT IN SELLING LIFE BOATS.

"I received the one hundred *LIFE BOATS* that I ordered, all right. In three and one-half hours I had sold every one. I enjoyed the work very much, it being my first attempt in selling *THE LIFE BOAT*."

TO DISCOURAGED MOTHERS.

MRS. DAVID PAULSON.

Has your home life failed to meet your expectations? Does it seem that your life is doomed to disappointment? If so, remember that often our disappointments are God's appointments. Perhaps your present unhappiness is the result of previous blunders and mistakes. If so, remember that where sin abounded now God can make his grace much more to abound. Rom. 5:20.

Is your home a cheerless and undesirable place? Then remember that the promise, "The wilderness shall blossom as the rose" (Isa. 35:1), refers to your condition. Do you long for more of the true family spirit in your family? Then bear in mind that God has said that "the parched ground shall become a pool, and the thirsty land springs of water." Isa. 35:2. Probably the reason you have not already experienced this is because you have failed to do the human part. Just as the stone had to be rolled away by human hands from the tomb before the Lord worked the mighty miracle of raising Lazarus from the dead, so He asks us today to do our part and He will not fail us. Let the wife not become discouraged because of the evident lack of appreciation, but by God's help strive to become so winning and attractive that the most unappreciative member of the family will respond to her influence.

We know what a strong influence for evil a wicked woman may exert. The power of God is infinitely greater than that of the devil, therefore the consecrated Christian mother who fully yields to God may exert a thousand-fold stronger influence for good than the most wicked woman can ever exert for evil. This may not be accomplished in a day. Your husband does not get discouraged because he cannot reap his grain the same day he sows it. Put in your crops. You are certain to reap in due season if you faint not. Gal. 6:9. The seed will grow. All the hosts of evil cannot wipe out of existence the inspired declaration, "Whatsoever a man soweth that shall he also reap." Gal. 6:7. We are sometimes in danger of becoming weary because of the apparent delay of the harvest.

Just where you are is your mission. The harder the place the greater the opportuni-

ties, but as thy days, so shall thy strength be. Deut. 33:25.

We shall be glad to hear from any discouraged mother. All letters will be kept strictly confidential and no extracts will be published without permission.

LIFE BOAT EXPERIENCES IN THE SOUTH.

[A few weeks ago Miss Nina Case and Mrs. Richmond left here for New Orleans, La., where they have since been carrying on a LIFE BOAT campaign. They report interesting experiences and success in their work.

Mrs. Richmond is still in New Orleans, following up the work begun there, while Miss Case and Miss Fort have gone to Mobile and Birmingham, Ala.

The following is an account of some of their experiences.—EDITOR.]

One afternoon we sold LIFE BOATS across the Mississippi river in Algiers. We went aboard the steamship Protius at anchor there. The first officer took us over the ship; he was glad to know of our work and said: "I have never been in a church, as I was born and have lived all my life on the water, but I pray every night and morning, and try to live as would please God." THE LIFE BOAT is gladly welcomed by the sailors. The officers invited the "Life Boat Crew" on board ship to tell them more about the work.

One day a lady asked what our badges represented; we told her about THE LIFE BOAT and asked her to buy one. She replied: "I need such a work in my own home; my husband is a drunkard and we have six little children." With many tears she told us about her sorrows and asked us how she could save her home. We then pointed her to Jesus, the one Friend who could help her in every trouble.

We canvassed three old soldiers on the campground. They told us of a comrade in a Mexican prison and asked us to write to him. They asked many questions and while talking others joined us until about fifty stood listening. Many shed tears and several said "Amen." Nearly all bought a LIFE BOAT. Some crowded around, shaking hands and asking us to remember them. Many offered to pay our expenses if we would come to their city.

In Mobile we went into a suburban store and asked the lady, "Would you like to buy a LIFE BOAT this morning?" "Why yes," she answered; "you are the ladies I read about in the morning paper; we appreciate your work and will do all in our power to help you. Will you come out and talk to our boys about cigarettes? Boys who cannot see over the counter are addicted to the habit."

Arrangements were made to have a meeting in that neighborhood before we leave. We praise God for His goodness and care over us.

WHAT ARE YOU DOING TO PLACE THE LIFE BOAT IN THE ARMY AND NAVY?

Are you interested in carrying the gospel to the thousands of men who are at military posts? If so, do you not feel impressed to send us a donation to furnish these men with THE LIFE BOAT? Very little has been done for this class of men and we feel that the time has come for us to give everybody a chance to hear the gospel and why should we pass these by? Christ said, "Go ye into all the world and preach the gospel to every creature." Certainly this message includes all classes of people in every station in life. We will not be fulfilling this command if we pass *any* by. The men and boys all over the country in military camps should have a chance to hear the gospel. We will be glad to hear from you in regard to this work. Address THE LIFE BOAT, 28 Thirty-third Place, Chicago.

"CAN'T COME TOO OFTEN."

TRENTON, N. J.

LIFE BOAT all the time. I think it is as good a little paper as comes to the prison. Does me a heap of good. Can't come too often. Thanks to you and to those who send it.

Do your prayers lack spiritual fervor? Does your soul seem to be dry and lifeless? Seek to water some other soul and you will be surprised at the fountain of spiritual fullness that will burst forth in your own.



Editorial Department



David Paulson, M. D.

THE NEXT NUMBER OF THE LIFE BOAT.

For a few months to come, *THE LIFE BOAT* will contain interesting and instructive articles from the editor, entitled, "A Life Boat Worker Abroad." Those who read the first article of this series, which appears in this number, will wish to read the numbers following.

SEND US REPORTS OF YOUR WORK.

We should like to hear from all those who are doing any work with *THE LIFE BOAT*. We can make use of your experience to encourage others. We should like to receive a report each month of what you are doing and also an account of any interesting incidents that may have occurred in your work. Possibly it is not clear to you just how best to circulate *THE LIFE BOAT* in your neighborhood. If so, write us about it and we will be glad to give you any suggestions we can. Address David Paulson, 28 Thirty-third place, Chicago, Ill.

CAN YOU BE A GOSPEL MINISTER?

The average minister, at best, only reaches a few hundred people each week. You can preach to almost as many by spending a few hours each week selling *THE LIFE BOAT* to your neighbors.

Many of them will become so interested in it, that they will show it to their friends, thus the influence of your work will spread. This will open the way for many splendid gospel talks, and the paper will be preaching in many families, while you are resting in your own home. Can you let such golden opportunities pass? You will find it so much easier to do than you imagine and you have no idea of the personal blessings there are in store for you when you begin to take up some such definite soul-saving work.

We will supply *LIFE BOATS* at two cents per copy for this purpose. Do not delay this matter, for you may be less disposed to do it next week.

DO THESE THINGS STIR YOUR HEART?

As you read about the terrible floods in various places attended with such frightful losses of life and property, does the question arise in your mind, am I ready to have such a calamity overtake me?

When you hear about the dreadful disasters from storms on land and sea, can you drift along carelessly with your present Christian experience?

When you see the enormous increase of death-dealing diseases, do you not think it is high time that you become deeply in earnest in regard to adopting all the light which God has given you in reference to the laws of health? "Seeing that ye look for such things, be diligent that ye may be found of Him in peace, without spot and *blameless*." 2 Peter 3:14.

Dear Reader, just now pledge yourselves to God as you never have done before, for this is not the time to drift along with an uncertain experience.

DO YOU FEEL UNABLE TO DO ANY- THING?

Those who have but little capacity are the very ones who are most likely to overlook the small opportunities that they could have filled.

It was the man who had only *the* talent, who went and hid it in the earth. He begged off every time some one wished him to do something with the excuse that he could not do it.

Perhaps you cannot stand on the public platform and thrill a great audience, but you can certainly carry a few *LIFE BOATS* about in your pockets and either sell them or give them to some friend or stranger.

You can say a kind word which may be as the dew from Heaven to some perishing soul. You can pray for some needy soul and then watch for such opportunities as God may give you to help.

Let those who feel they cannot do much beware lest they overlook the small opportunities that God presents to them. Read carefully and prayerfully what was said of the man who buried his one talent. Matt. 25:14-30.

GO FORWARD.

"Speak to the children of Israel that they go forward." Are you camping on the spot that you did last year? If so, can it be possible that you have not felt in your soul the inspiring command—"Go forward." It is the running brook that is bright, sparkling and wholesome, while the stagnant pool is foul and contaminated.

If this represents your spiritual experience, then God is saying to you, whether you know it or not, "You have compassed this mountain *long* enough." Deut. 2:3. The moment you ceased to *advance*, then you had the same need of repentance as you did when you were first converted.

Dear reader, if you believe this, then ask yourself if you have the same enthusiasm for advancement which you had years ago. If not, ask the Lord to give you a *new* experience; dedicate your life to the service of humanity as you have never done before, then you will feel a deeper interest in your fellowmen and will appreciate your need of studying truth as you do not now.

OUR LIFE BOAT TRAINING SCHOOL.

The second term of this school has just been opened. Those with us the first term, have expressed their appreciation of the good work given them. Some of these have gone to other cities to do soul-saving work; others are still with us. Are there not young men and women, who would like to join our LIFE BOAT Crew in Chicago this summer and have the advantages of this school?

The student in this school has no difficulty in making his or her expenses by selling THE LIFE BOAT in the city and at the same time will have most excellent opportunities to do soul-saving work. We shall be glad to correspond with any who would like to take up this work this summer.

Address all such correspondence to David Paulson, 28 Thirty-third place, Chicago.

DON'T FAIL TO READ THIS.

We are in need of strong and consecrated young men and women to enter our Nurses' Training School in Chicago. Excellent opportunities are afforded here for training along this line, as well as great missionary advantages. It is necessary that the applicant should have fairly good health and possess a common school education, and above all a burning desire in the heart to save perishing souls. If the Lord is impressing you to take up this line of work, write us at once. God is calling upon consecrated young men and women to carry the gospel of health and salvation to the millions of suffering humanity. Do you not want a part in this work? Send to us for application blanks and further information. Address Mrs. David Paulson, 28 33rd Place, Chicago.

ARE YOU UPRIGHT?

"God hath made man upright." Eccl. 7:29. Yet many have so far departed from the Divine plan as to allow themselves to become stoop-shouldered and develop flat chests and round backs.

All this means something far more serious than a wretched appearance. It means diminished lung capacity which generally produces premature death. It means relaxed abdominal muscles which in most cases cause prolapsed organs which will result in a train of physical evils too lengthy to enumerate.

It all means physical decay instead of healthful vigor and strength. An eminent authority on physical development suggests that we should always carry ourselves so erect, that the back of the neck would press against the collar button. A few simple exercises will be suggested in the next number, and will, if practiced a few minutes each day, not only prevent these evils, but will go a long way toward remedying them in those who already possess them. God expects us to glorify Him in the body as well as in the spirit. I Cor. 6:20.

There is one thing more important than being saved ourselves. It is a chance to stand where we can save others. This is the safest way to get saved ourselves.

DO YOU KNOW OF ANY ONE WHO NEEDS A NURSE? THE LIFE BOAT FROM TACOMA TO MINNEAPOLIS.

Do you know of any one who needs the services of a nurse, if so call their attention to the fact that one can be obtained by either wiring or telephoning us. Our telephone number is 1131 South. We send nurses to any part of the United States. Write to us for further particulars in regard to rates, etc. Address Chicago Branch Sanitarium, 28 Thirty-third Place, Chicago, Ill.

The Medical Missionary and Gospel of Health is an interesting monthly journal published in Battle Creek, Mich., in the interests of medical missionary work. Send for a sample copy.

The Advocate of Christian Education is a monthly journal published at Berrien Springs, Mich., and will be found helpful to all who are interested in Christian education for the young. Subscription price, 50 cents per year.

Do you want a splendid book for your children? For five new subscriptions to *THE LIFE BOAT* we are now offering "The Story of Joseph," by J. Edison White. The book is attractively illustrated and cannot fail to interest both old and young.

The Youth's Instructor is published weekly and is a most interesting and valuable paper for the young. If you have never seen this paper do not fail to send for a sample copy, as we feel sure that you will not want to be without it.

Address Youth's Instructor, Battle Creek, Mich.

Our homes should be little editions of heaven on earth. Oh, the glory and grandeur and real happiness of a true Christian home! Let our lives be fragrant with true Christian love, and our homes will be samples of heaven on earth.

Chicago contains over seven thousand licensed saloons. It has more than one hundred thousand drunkards, and five hundred thousand more are on the way. More than a million dollars each week are paid into its saloons.

[Miss Burghart reached Minneapolis about the first of June. Since then she has been working with *THE LIFE BOAT* in Minnesota while visiting some friends. She expects to return and take up her work in Chicago this month. Space will not permit us to give a full account of her return trip, but the following extracts from some of her letters cannot fail to interest our readers.—EDITOR.]

From Seattle, Wash., she writes: "*THE LIFE BOAT* slips from our hands like snow flakes. Today on one street in a few hours I have sold two hundred. I have never sold so many in so short a time before."

Fargo, N. D.: "Our journey is nearly over. We have had as good success in these northern cities as we did on our way out West, and perhaps better. At Seattle there were one thousand *LIFE BOATS* waiting for us and we sold them all in Seattle and Spokane; we have sold two hundred each day in four to six hours in these places."

From Stillwater, Minn., she writes the following to *THE LIFE BOAT* readers: "Doubtless you have all been interested in the long journey which we undertook nearly six months ago. Certainly God has blessed us in this work and we trust many souls have been helped and have received an inspiration to do a greater work for God. To Him belongs the glory for whatever good has been done during this trip.

We have had so many opportunities to pray for discouraged sisters; to comfort and to treat the sick; to point the lost to Christ; to urge young people to a more earnest work for their Master. God seems nearer to me than He did six months ago and there is not a place among the fifty or more cities in which we have worked, but has connected with it some precious experiences. The peace and joy that has come from the work in this way far exceeds all the pleasures that Satan can ever heap together in this world. I want to be a better worker for the Lord; don't you?"

The Signs of the Times, published weekly, cannot fail to be interesting to Bible students. Price, per year, \$1.50. Address The Pacific Press, Oakland, Cal.

DEDICATION OF THE NEW BATTLE CRÈEK SANITARIUM.

The dedication of the new sanitarium was celebrated May 30, 31 and June 1. It was an event long to be remembered by the thousands of visitors who were present, and one which is destined to be far reaching in its significance.

The real dedicatory service occurred Sunday afternoon, and was held in the open air in front of the building. A platform had been erected in front of the main entrance for the speakers.

The Governor of the State of Michigan had sent out personal invitations to the governors of other states to be present. He was unable to be present, but was represented by his private secretary, who gave an interesting address.

Messages of regret were received from President Roosevelt and members of his cabinet, as well as from more than a dozen governors of other states. The mayor and leading citizens of Battle Creek were present and took part. Professor O'Shea, of Wisconsin University, and Professor Scott, of Michigan University, were both present and took part in the exercises.

Sunday evening a union service of the churches of Battle Creek was held in the Tabernacle, and the pastors of the various churches participated in the services.

Monday evening a health banquet was served to more than two thousand visitors.

The services of the three days passed off smoothly without a single accident or unpleasant occurrence.

A detailed report of the dedication and description of the building will appear in the August *Good Health*.

Have you seen a copy of the valuable journal *Good Health*, published at Battle Creek, Mich.? If not, don't fail to send for a sample copy. It is filled each month with interesting and valuable suggestions on the subjects of health and hygiene and is especially adapted to the home. The subscription price is one dollar per year.

You cannot afford to be without *The Bible Training School Monthly*. It is a journal devoted to the interests of house to house Bible work. Single copies, 5 cents; subscription price, 25 cents per year. Address 426 Franklin avenue, Brooklyn, N. Y.

\$16.00 CHICAGO TO ST. PAUL, MINNE- APOLIS AND RETURN

Via Chicago & Northwestern R'y. \$20.00 to Duluth and Superior and return. From Chicago daily throughout the summer, good returning October 31. Four fast trains leave Chicago 3:00 a. m., 9:00 a. m., 6:30 p. m. (electric lighted) and 10 p. m. Luxurious equipment, dining car service unequaled. For tickets and reservations, apply to your nearest agent, or address W. H. Guerin, 17 Campus-Martius, Detroit, Mich.

AN INTERESTING BOOK.

We have just received a copy of the book "Practical Lessons" from the experience of Israel for the church of today. It is written in most interesting style by S. B. Gilbert, who is himself a converted Hebrew, and is thus prepared to handle the question from the standpoint of personal experience. The proceeds from the sale of this book are to be used for mission work among the Jews. Address the author, South Lancaster, Mass.

OUR DIRECTORY.

American Medical Missionary College, 2 and 4 Thirty-third place.

Chicago Branch Sanitarium, 28 Thirty-third place.

Chicago Medical Mission, 2 and 4 Thirty-third 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 avenue.

Life Boat Mission Dispensary, 436 State street.

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

NEWS AND NOTES.

E. B. Van Dorn spent a few days in Iowa recently attending an important meeting there.

Cora Young and Maud Gray have lately joined the Nurses Training Class.

Effie Northrup has returned from her vacation to take up her work in THE LIFE BOAT office.

Leno Forsythe, of Lewiston, Ohio, has recently entered the Training School for Nurses.

Olga Ziegler and Reuben Just are spending a few days at their homes in Good Thunder, Minn.

Mr. Este Miller, of Mt. Vernon, Ohio, has recently joined the callboy force at the Branch Sanitarium.

Misses Belle Rame and Lizzie Hoyt are spending a few weeks in Milwaukee in the interest of THE LIFE BOAT work.

Dr. M. A. Mortensen has connected with the Chicago work. He will act as house physician at the Branch Sanitarium.

Miss Helen Braun, of Colorado Springs, Colo., and Miss Meda Kerr, of Joplin, Mo., are spending a few weeks with us doing LIFE BOAT work.

The Sanitarium family attended the dedicatory services at the Battle Creek Sanitarium, May 31st.

Mr. A. C. Emms, from College View, Neb., made us a short call while on his way to Germany, from where he will sail for Eastern Africa, as a medical missionary.

Miss Mary Fry, who has been connected for some weeks with the mailing department of THE LIFE BOAT, has been obliged to discontinue her work because of ill health. Miss Ola Allee, of College View, Neb., will take her place.

Miss Carrie Erickson, who has for some time past acted as visiting nurse for the Halsted Street Dispensary, is now spending a few weeks at her home in Iowa. She expects to go as a missionary to China in the autumn.

We regret very much that Dr. Jean Vernier, who has for so long had charge of our Halsted Street Dispensary, has left us to connect with the Sanitarium at Battle Creek, Mich. Her place will be filled by Dr. Edgar Colloran.

Dr. David Paulson is spending a few weeks attending important meetings in Europe. He is still continuing his work for THE LIFE BOAT, as will be seen by the several articles from his pen which appear in this number.

THE NORTHWESTERN LINE.—IMPORTED JAPANESE FANS.

A set of four attractive Japanese fans issued by the Chicago & Northwestern R'y sent to any address securely packed on receipt of 10 cents to pay postage. W. B. Kniskern, Pass. Traffic Manager, 22 Fifth avenue, Chicago, Ill.

OUR HEALTH FOOD STORE.

At our health food store, located at 3314 Cottage Grove avenue, we carry a full line of Battle Creek Sanitarium health foods, nut products and sanitary supplies.

We ship goods to any part of the country and deliver to any part of Chicago without extra expense. Our goods are fresh from the factory. Mail orders are given prompt attention.

Telephone 1131 South. All the profits of this store are used in maintaining our Chicago Medical Missionary work.

SPECIAL SUMMER RATES

Via Chicago & Northwestern R'y. For round trip tickets during the summer season to St. Paul, Minneapolis, Duluth, Ashland, Waukesha, Devils Lake, Gogebic, Lake Geneva, Madison, Marquette, Lake Mills, Green Lake, Lake Minnetonka, and other summer resorts of Wisconsin, Northern Michigan and Minnesota, Yellowstone National Park, Oregon, Washington and Alaska. Descriptive pamphlets "Colorado," "California" and "Hints to Tourists," giving detailed information, mailed upon application to W. B. Kniskern, P. T. M., Chicago, Ill.

DONATIONS, JUNE, 1903.

PRISONERS' FUND.

Nola Gibson, \$1.00; Mrs. Stephen Hitchcock, \$1.00; Mrs. Mary Heizeman, 25c; Mrs. H. L. Horn, 50c; H. L. Hahn, \$5.00; J. W. Hoyt, 25c; L. E. Johnson, 25c; D. Meyers, \$1.00; Mrs. J. H. Miller, \$2.48; Mrs. A. L. McCoy, 10c; Christian Rasmussen, 75c; R. R. Stranger, 75c; Mrs. A. E. Slater, 50c; T. W. Shedd, \$4.00; Manlove J. Smith, 50c; Miss Susie M. Twigg, 50c; Miss Marcia Thompson, \$4.00; Mrs. M. E. Trotman, \$2.00; H. A. Washburn, \$2.00; Linda Whitford, \$1.00; Mrs. Isabella Watt, 25c; Mrs. Berta Warren, 25c; Mrs. Theo. Wyman, 10c; Julia A. Wilcox, 25c; Mrs. I. Wilder, \$1.25; Mrs. Yager, 25c; Geo. W. Young, \$20.00; Mrs. H. C. Zoerb, 25c; Arnold Jacob, \$1.00; A friend, 50c; A friend, 50c; A friend, 50c; Ollie Arbuckle, 25c; A friend, 25c; S. N. Burkhart, 50c; Mrs. J. H. Bryant, 25c; Beaver City Sunday School, \$1.20; Miss Sophia Brewster, \$1.00; Wm. Bradd, \$2.00; Mrs. F. A. Bush, \$1.00; Mrs. Cora Cook, 10c; Mrs. P. G. Christensen, 25c; Miss Lilah Campbell, \$1.00; Mrs. Alice R. Garman,

\$1.00; Mrs. Adelia Davis, \$1.00; Mrs. Duell, 10c; Lincoln Damsgard, \$1.00; V. May Dorman, \$1.00; Eva Robbins Daggett, \$1.00; Muriel Easey, 25c; C. H. Ellsworth, 50c; Mr. Finnell, \$1.00; Mrs. Emma Gulick, 25c; Lucy B. Gregg, 25c; Mrs. Flora Garey, \$1.00; C. W. Gaston, 25c.

LIFE BOAT MISSION.

Mrs. C. W. Blough, \$1.00; Mrs. Anna E. Bearid, \$2.00; Pearl D. Bascom, 50c; Battle Creek Sanitarium, \$10.00; Harry S. Carter, \$1.75; Mrs. N. C. Cartwright, \$1.00; H. S. Carter, 50c; Walter R. Edwards, \$1.00; E. F. Henry, \$1.00; Moses Hurst, \$4.00; W. A. Marsh, \$6.00; May McCoy, 55c; G. Nimon, \$3.00; Miss Ella C. Share, \$1.00; Bertha States, \$1.00; A. H. Schafer, \$1.00; Cyrus J. Smith, \$2.00; Miss Marcia Thompson, \$4.00; Mrs. H. L. Van Ornum, \$1.50; Mrs. E. Zytoske, \$12.15.

LIFE BOAT REST.

Miss Anna Bromley, \$1.00; Alice E. Culver, \$1.00; Mrs. Eva Davis, \$1.00; Ford Gilson, \$1.10; Mr. and Mrs. Hurd, \$2.00; Arthur Henshel, \$1.00; Hartley Church School, \$1.00; Estella Harris, \$2.00; Mrs. H. L. Hayes, \$1.50; Mrs. Hattie Scharfe, 50c; Marion Zero, 40c; Miss Harriet Rich, \$1.00; Wm. Rumsey, \$2.00; Mrs. Monser, \$1.00.

VISITING NURSES' FUND.

Mrs. Mary Anderson, \$1.00; A friend, 10c; Mrs. Stephen Hitchcock, \$5.00; Mrs. Keen, \$1.00; Mrs. D. Miramoutey, \$2.00.

HOSPITAL FUND.

Mrs. A. M. Clayton, 75c; Mrs. Libbie Connolly, 15c; Mrs. G. D. Clark, \$5.00; Mrs. G. W. Davis, \$2.00; Abbie Van Ormer, 10c.

RESCUE WORK.

A friend, \$1.00; Mrs. T. J. Murphy, \$1.25.

MISCELLANEOUS DONATIONS.

Nettie and Grace Clyde, \$1.00; Maud E. Daniel, 75c; Miss Estella Huff, \$1.00; Amanda Miller, 30c.

SUMMARY, MAY, 1903.

HOSPITAL REPORT.

Admitted to wards.....	15
Surgical operations.....	5
Operations in eye, ear, nose and throat department	9

WORKINGMEN'S HOME REPORT.

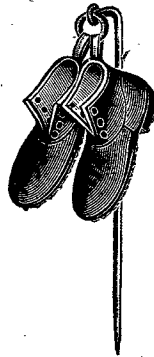
Penny lunches served.....	18,090
Lodgings given.....	6,436
Used free laundry.....	1,574
Baths given.....	1,792

LIFE BOAT MISSION DISPENSARY.

Bath treatments.....	17
Office treatments.....	46
Outside calls.....	9
Operations	2
Consultations	68

LIFE BOAT MISSION.

Meetings held.....	128
Attendance at meetings.....	3,090
Testimonials given.....	1,280
Requests for prayer.....	384
Testaments given away.....	256
Lodgings given.....	45
Meals given to poor.....	40
Life Boats sold and given away.....	1,500
Professed conversion.....	250
Missionary visits	20
Garments given away.....	324



Lucky Old Shoes Stick Pin.

Two Shoes on a Pin.

2 Pins by mail for 10 cents, silver or stamps, or 12 Pins for 50 cents.

These old shoes are one of the best sellers out. Will make you price by the gross, \$2.25, delivered so you can sell for a nickel.

SEA SHELLS.

25 varieties, by mail for 25 cents, with Engraved List. Shells for making Wire Jewelry, Tools, Gold Wire, etc. For beginners a good paying business, easily learned.

Large, showy Sea Shells for Dealers, Florists, etc. Send for catalogue of Shells and fast selling Novelties, etc.

J. F. POWELL

WAUKEGAN,

ILLINOIS



To the West

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

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

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

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

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

\$3.62 for \$2.50

If you have never tried Battle Creek Sanitarium foods, here is an excellent opportunity. We are offering a package, each of nineteen foods, \$3.62 worth in all, for only \$2.50. And besides,

WE PAY THE EXPRESS

To all States listed below under Class 1. We pay the larger share of express charges to States listed under Class 2. If you live in any of the eleven States or Territories listed under Class 3, or outside of the United States, write us before sending in your order.

BATTLE CREEK SANITARIUM FOODS

Are the original line of health foods, the most complete line, and the best.

Sanitarium foods include health crackers and biscuit, free from lard, soda, ammonia and all other harmful ingredients; dextrinized flaked cereals; dextrinized granulated cereals; meat substitutes; nut butters; health candies; and several others.

If your stomach has been worn out in the effort to appropriate indigestible and unnatural foods, we can supply you with those which are easily digested, easily assimilated, and which at the same time, provide every element required by body and brain.

If your health is apparently sound there is nothing you can eat that is more nourishing, nothing that will enable you to do clearer thinking or a harder day's work than the foods which we manufacture. Have you ever tried them? If not, why not?

IMITATIONS.

The fact that the name Battle Creek is found on a package of food does not prove that it contains a genuine Health Food. Those who would secure the original Sanitarium foods, and not imi-

tations, should look for the name of the manufacturer—THE BATTLE CREEK SANITARIUM FOOD CO., or THE SANTAS NUT FOOD CO., Ltd., on the package.

These two companies are the only ones whose products are used and endorsed by the Battle Creek Sanitarium.

WHY HAVE YOU NEVER TRIED THE ORIGINAL HEALTH FOODS?

Perhaps you are waiting for your grocer to stock our products. Possibly he does carry some of the imitations and you are satisfied with them. Well, just let us say that until you get the genuine Sanitarium foods, and get them direct from the manufacturers, you don't know what the term "health foods" stands for.

IS THE GROCER A NECESSITY?

We've tried selling our foods through the grocer, but the plan hasn't worked. The average grocer is a success handling flour, potatoes, sugar, molasses and canned goods,—stock which requires practically no care and for which there is a universal demand; but if he undertakes to carry prepared foods he often

allows them to remain on his shelves for months, to become stale, and to absorb the taints of surrounding merchandise. SOAP, CODFISH and KEROSENE are all good enough in their place, but their flavors hardly combine well with those of delicate food products. We have replaced thousands of cases of old goods, and thousands of people have concluded that they do not like Sanitarium foods simply because those they buy are stale. There is a sure way to get good foods—fresh foods—buy direct from the manufacturer.

If you write to us and tell us to send you some of our foods it's a simple proposition of...

FROM MANUFACTURER TO USER.

You get the goods fresh, and in the best possible condition. You are not bothered by finding us "just out" of what you order as grocer Green or Gray so often is.

We are always able to furnish just the foods in just the package you wish, and make no substitutions—no attempts to offer you some other Battle Creek food that's "just as good," or "just the same thing under another name." Quite an advantage, isn't it?

By selling our goods direct to the consumer we increase the volume of our business because we give better satisfaction. And by saving the grocer's commission we are able to make our customers the...

PREPAID EXPRESS

Offers which appear on the page below.

Shipment by express means that you will get the goods without any delay after they leave our hands; and there will be...

NO DELAY ON OUR PART.

We acknowledge orders the same day they are received and ship the same day or the next. Your trade means something to us, and you may be sure that you will not be annoyed by "pigeon-holed orders," or, "we regret our delay."

AGENCIES.

In several cities, first-class grocers are carrying full lines of Sanitarium foods. In other cities Sanitarium Food Stores have been established. If you have one of these agencies in your town, patronize it. If you do not know whether we are well represented in your city, write us and we will tell you.

This SPECIAL OFFER

of \$3.62 worth of Sanitarium Foods for only \$2.50 is made to all those who have never bought Sanitarium Foods direct from the manufacturers, or from any of the Sanitarium Food Stores. It is open to those who have been buying from grocers, as in most cases they have never really had a good opportunity to test our products. We make these prices in order to have you try a number of our foods. While the list does not include everything we manufacture, it gives the best idea of Sanitarium foods of any list of equal value which could be made up, therefore WE CANNOT SUBSTITUTE.

**WHERE
DO YOU
LIVE ?**

CLASS 1.

We prepay express on orders amounting to \$5 to all points in these States.

- | | | |
|-----------------------|--------------------|-------------------|
| 1. Connecticut. | 9. Maryland. | 17. Ohio. |
| 2. Delaware. | 10. Massachusetts. | 18. Pennsylvania. |
| 3. Dist. of Columbia. | 11. Michigan. | 19. Rhode Island. |
| 4. Illinois. | 12. Minnesota. | 20. Vermont. |
| 5. Indiana. | 13. Missouri. | 21. Virginia. |
| 6. Iowa. | 14. New Hampshire. | 22. W. Virginia. |
| 7. Kentucky. | 15. New Jersey. | 23. Wisconsin. |
| 8. Maine. | 16. New York. | |

CLASS 2.

Add to your remittance one-sixth the value of the foods ordered, and we will prepay express charges on \$5 orders to all points in these States and Territories.

- | | | |
|----------------------|------------------|------------------|
| 1. Alabama. | 7. Louisiana. | 13. S. Carolina. |
| 2. Arkansas. | 8. Mississippi. | 14. Oklahoma. |
| 3. Florida. | 9. Nebraska. | 15. Tennessee. |
| 4. Georgia. | 10. N. Dakota. | 16. Texas. |
| 5. Indian Territory. | 11. S. Dakota. | |
| 6. Kansas. | 12. N. Carolina. | |

CLASS 3.

Write us before ordering if you live in these States or Territories or outside the Union.

- | | | |
|----------------|----------------|-----------------|
| 1. Arizona. | 5. Montana. | 9. Utah. |
| 2. California. | 6. Nevada. | 10. Washington. |
| 3. Colorado. | 7. New Mexico. | 11. Wyoming. |
| 4. Idaho. | 8. Oregon. | |

Before sending in your order PLEASE READ the list of States given below. If you live in any of the States in Class 1, send us \$2.50 for a trial order. If you live in any of the States or Territories in Class 2, add 40 cents to help pay the express charges, and send us \$2.90 for the foods. If you live outside of the United States or west of Kansas, please write to us before sending in your order.

**CUT
OUT THIS
COUPON AND
MAIL IT TO-DAY.**

**Battle Creek Sanitarium Co., Ltd.,
Battle Creek, Mich.**

Gentlemen,—I enclose for the \$3.62 worth of Sanitarium foods listed below. You agree to ship by express, prepaid—

1 pkg. Bromose.....	\$0.25	1 pkg. Breakfast Toast.....	\$0.15
1 bottle Malted Nuts.....	.40	1 pkg. Granola.....	.12
1 jar Meltose.....	.30	1 pkg. Graham Crackers.....	.15
1 can Protose.....	.25	1 pkg. Oatmeal Wafers.....	.15
1 can Nut Butter.....	.25	1 pkg. Whole Wheat Wafers..	.15
1 can Nuttolene.....	.15	1 pkg. W.W. Cream Sticks....	.15
1 pkg. Granose Biscuits.....	.15	1 pkg. Gluten Meal, 20 per cent	.20
1 pkg. Toasted Corn Flakes...	.10	1 pkg. Caramel Cereal.....	.15
1 pkg. Granuto.....	.15	1 can Baked Beans.....	.15
1 box Chocolates.....	.25		

\$3.62

Name.....

Street.....

Town.....

State.....

DEPT 29.

(CUT HERE.)

(CUT HERE.)

**GRAND
TRUNK
RAILWAY
SYSTEM**

**SOLID
THROUGH TRAINS**

BETWEEN

**CHICAGO, BUFFALO, NEW
YORK AND PHILADELPHIA**

VIA BATTLE CREEK.

Also to BOSTON via the important business
centers of CANADA and NEW ENGLAND.

For information, Time Tables, etc., apply
to any Agent of the Company, or to

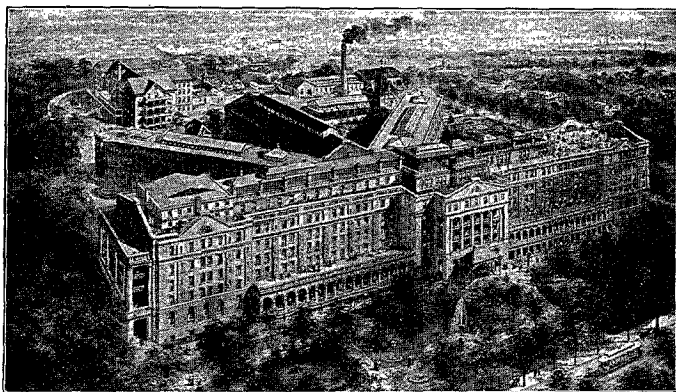
GEO. W. VAUX,

ASST. GEN. PASS. & TKT. AGT.,

ROOM 917, 135 ADAMS ST.,

CHICAGO.

**The
Michigan
Central**



"THE NIAGARA FALLS ROUTE"

Is the direct line from the East and the

THE BATTLE CREEK SANITARIUM

WHERE THEY CURE PEOPLE."

Special excursion rates all the year round.

See ticket agents or address

O. W. Ruggles, G. P. & T. A., Chicago.