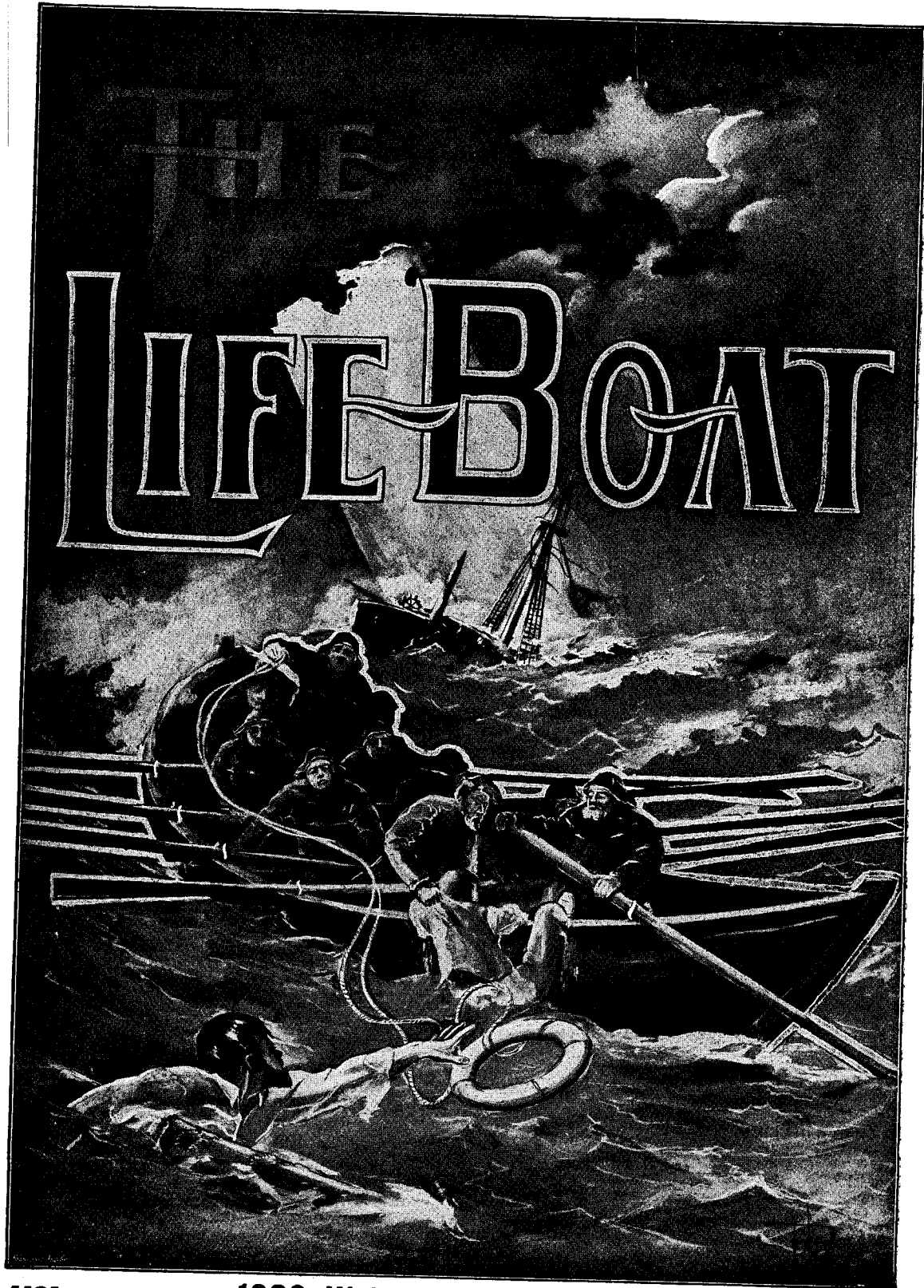


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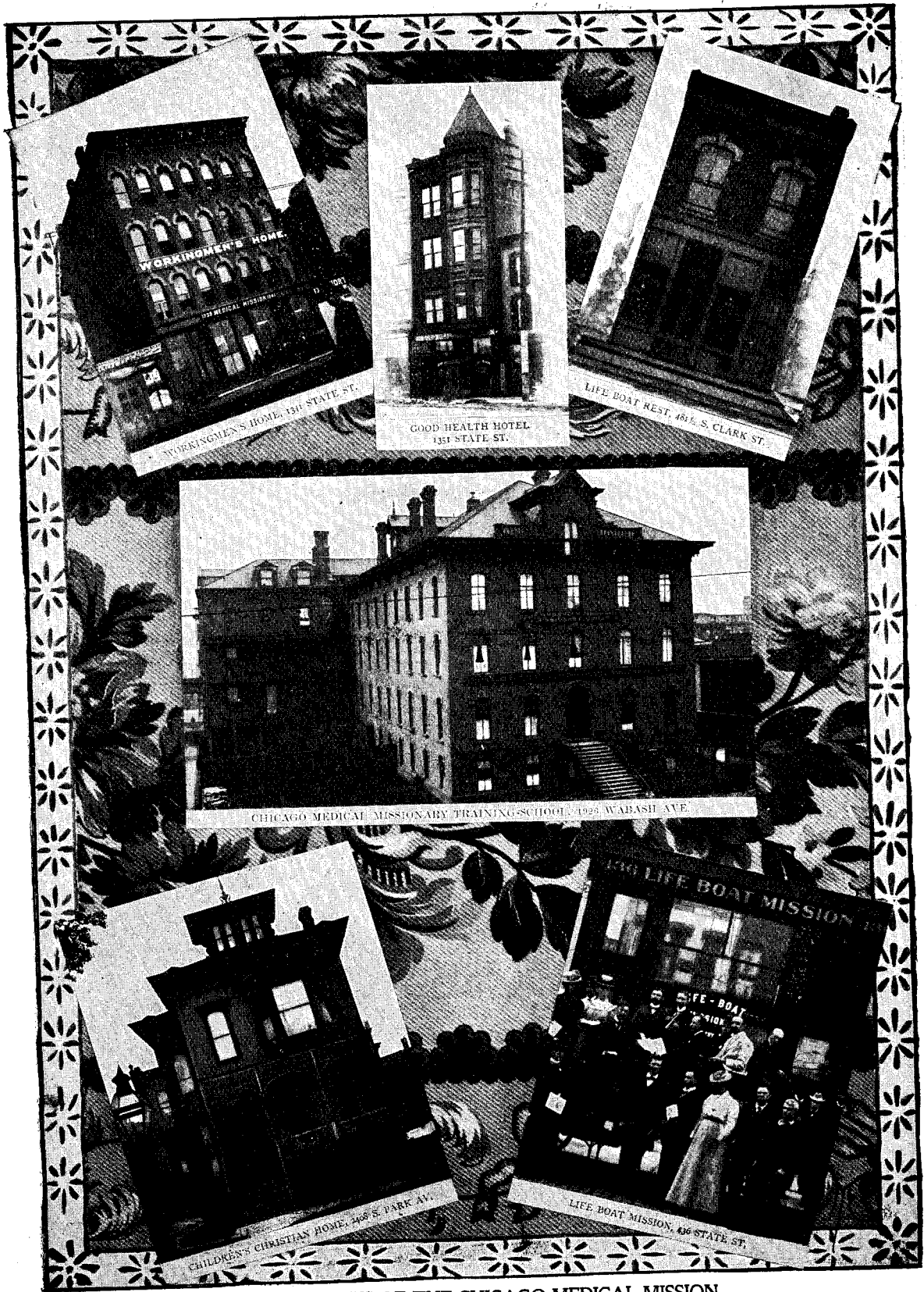


# THE LIFEBOAT

VOL. III

1926 Wabash Avenue, Chicago

NO. V



WORKINGMEN'S HOME

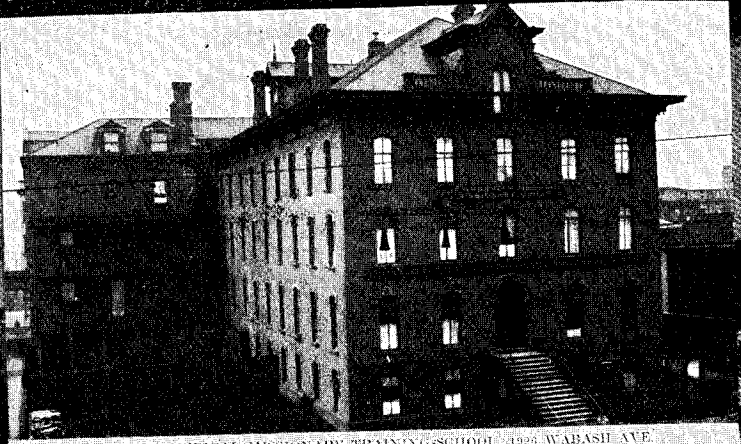
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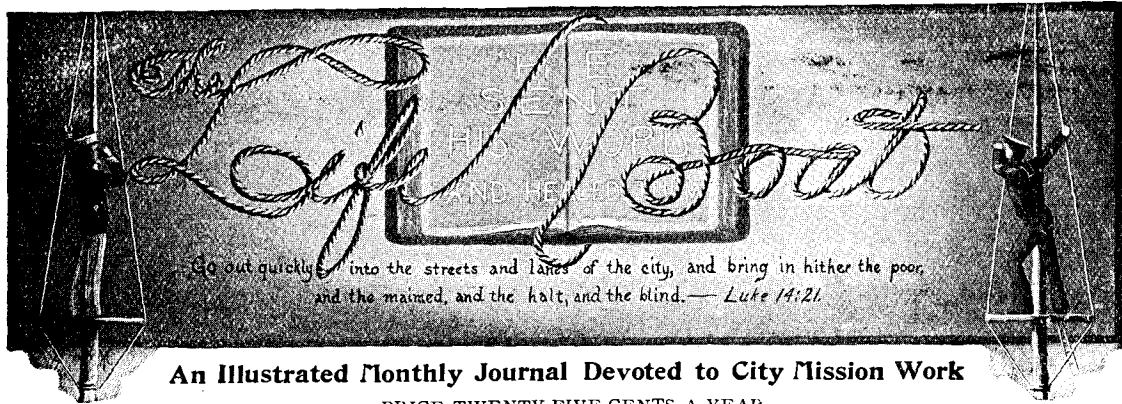


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INSTITUTIONS OF THE CHICAGO MEDICAL MISSION



An Illustrated Monthly Journal Devoted to City Mission Work

PRICE TWENTY-FIVE CENTS A YEAR

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CHICAGO, ILL., JULY, 1900

Number 5

### We Send Them With Our Prayers

MISS M. L. REILLY

THE LIFE BOATS that we send away  
Will warn dear ones of snares  
By Satan laid for souls to-day:  
We send them with our prayers.

The precious truths therein contained  
The seal of Heaven bears;  
We forward them in Jesus' name,  
And go before with prayers.

Dear friends, God bless you as you write  
A drifting world to warn;  
Dear Jesus, save men from themselves  
Ere bursts death's final storm.

Then speed you on, bright Heaven's truths,  
That show to us the snares  
That wait for feet of youth and age;  
Oh! fly, ye have our prayers.

### Preventive Rescue Work

LILLIAN SNYDER

THERE is no more self-sacrificing work in all the realm of missionary effort than that of rescuing poor fallen girls from the hands of the enemy. There is no work that costs more prayers and tears, and more heart aches. How many times our workers say, as they come across some dear girl with a generous heart and amiable disposition, "Oh! if some of this work could only have been done for her before sin had obtained such a strong hold upon her;" but it was *not done, some one missed an opportunity*, and Satan was allowed to work unhindered, as he bound his cords closer and still closer about the erring soul, until it almost seemed that she was a hopeless case. But God knows no hopeless case, and so from amidst the rubbish, this gem is brought forth, and no one but the Master knows how patiently and how prayerfully the rescuer must work in order to be used as the instrument in God's hands for polishing this gem. There are many thousands of girls in the city of Chicago to-day, who are living lives that are best described by the language of the apostle Paul, who said, "She that liveth in pleasure is dead while she liveth," and their

ranks are thinned out so quickly by disease and death that it takes, at a very low estimate, as many as four hundred girls a month, a dozen each day, to replenish the ranks; and rescue workers tell us that these girls are replenished largely from the smaller cities and even country villages. About one-half of these girls are from professed Christian homes. Then dear reader, is there not a part for you to act in this rescue work?

The evil usually begins with the girl that is "getting a little wild," and when this gets noised abroad throughout the neighborhood, the more careful and sedate begin to shun her society. The process is a quick one, she grows still more wild, still others of her former companions begin to drop her, and she is soon left entirely to the companionship of those whose influence first poisoned her. Soon, oh! so soon she is looked upon as one who has strayed away. Then we shake our heads and console ourselves with trying to believe that she was destined to go the way of the lost. We heave a sigh, and with that our responsibility seems to end. Does it? O! Christians arise, and look about you, and see what God would have you to do. As your hearts swell with gratitude when you read how one of these lost ones of our Father's fold has been snatched as a brand from the burning here in Chicago, think what *you can do to save others from going into the fire*. If there is anywhere within your realm of acquaintances such a girl as we have described, go on your knees before God, ask Him for the wisdom that He has so liberally promised, and then go to her, and with the same spirit of love and patience and sacrifice which it requires to win them here in Chicago, you can save them before they embark on the ocean of sin. "He that converteth a sinner from the error of his way, hath saved a soul from death, and shall hide a multitude of sins." Remember the cup of cold water. It will not be an easy thing to do but those who are following the One who pleased not Himself, are not looking for the easy things to do, but are to follow in His steps. "They that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever."

✕

The day of judgment alone will reveal the mischief that has resulted from the propagation of the idea in Sunday-school books that sickness and saintliness go hand in hand.

D. P.

# TRUE AND FALSE HEALING SERIES

NO 2

## Are Health and Disease Matters of Chance?

(Continued)

DAVID PAULSON, M. D.

The prevailing view of disease is really a remnant of the old idea of demonology; that something had taken possession of the man, that had to be *driven out* by some means or other; when the real fact is that the man has taken possession of something that is not good for him—something which is leading him into trouble. Modern scientific research has clearly established that *disease is simply nature at work* the same as in health, bravely fighting out its battle for the individual's existence, and the cause of this battle is the abuse that has been heaped upon the human system. But the notion is still abroad that somehow the doctor's shadow or his drugs must contain in themselves some inherent power that can *drive* the disease out of the man. It is a fact that when drugs are introduced, nature has to begin a second battle of reacting against them, and in rising to this emergency, she often succeeds in unloading other poisons that have been accumulating, but all the while the man is the battle-ground on which nature is fighting out this two-fold battle. How much more simple and reasonable it would be to remove the cause, and then co-operate with nature by the rational use of simple remedies, than to compel her to make this extraordinary second effort.

The symptoms which appear in disease are not necessarily the things which are to be fought. In general, they are an effort of nature to help the man, and are ordinarily beneficial; as a certain well-known medical writer has said: "All diseases are but parts of the body's method of reacting against forces that interfere with its normal adjustment. All successful medication is preventive medication. The only law running through all cure is the law of prevention."

It is universally admitted that God is working in man in health, but the idea prevails that the devil is master of the situation in disease; so it is the most natural thing in the world to ask God to drive out the demon of disease. While as a matter of fact *health is God at work under conditions of obedience, and disease is merely God at work under conditions of disobedience*: in either case God is doing the very best thing He can for the individual. God simply allows the man to reap a harvest from his sowing; for His own word is pledged that what a man sows, that must he also reap. The part the devil has in disease is in tempting the man to *sow* the thorns and thistles of ill-health. It is the dew and sunshine of heaven that cause the thorns and thistles to grow, just as much as they cause the roses, lilies, and pinks to grow. Either may grow in the same soil, the difference only comes in the matter of sowing. It is God's power at work in disease just the same as in health. We are thus compelling Him to

serve with our sins. (Isa. 43:24.) What a blessed privilege the medical missionary has of pointing out to the sick sufferer that he is dealing with God and not the devil; and that God is doing the kindest thing He can for him under the circumstances. His warning voice has spoken to him in whispers unheard, but now it speaks to him louder in the voice of disease. (Job 33:14, 19, 24.) If a man will repent, God will, if His name can be honored and glorified thereby, bless that which is being done for his restoration, and "his flesh shall be fresher than a child's: he shall return to the days of his youth." (Job 33:25.)

"Before I was afflicted I went astray: but now have I kept Thy word." "It is good for me that I have

### The Object of Disease both Corrective and Curative

thy statutes." (Ps. 119: 67, 71.) When a child places his hand on a hot stove, the pain that he experiences is so intense that he does not care to repeat the experiment. It is the best feeling that a loving God can send to the child under the circumstances. A famous lecturer once said that if it had been left for him to arrange the natural order of things, he would have provided pleasure instead of pain. But it would sadly have disarranged the harmony of the universe, for pain is kind. It informs us that the laws of nature have been trampled upon, and warns us to cease. If it were not for pain, the majority of mankind would soon plunge themselves into such selfish indulgences that they would shortly end the race. The symptoms of disease speak to men in the loudest possible tones of the terrible results of wrong sowing. At the same time they are curative in their effect. The pain of the broken leg compels the individual to give the limb rest. The muscular weakness which accompanies fever, puts the patient to bed, who otherwise would persist in working. The nausea and vomiting which result from eating unseasonable food relieve the stomach of the necessity of digesting the same. A score of similar illustrations might be furnished. But some say: "Are we not taught that God is angry with the wicked every day?" It is not God's attitude that changes; it is man's attitude that alters. To an individual on a moving train, all fixed objects about him seem to be travelling in the opposite direction. So with the man who is going headlong to destruction; to human appearance it seems as though God is leaving him at the same rate. The only lessons that a loving Father can send a wayfaring child are the lessons of adversity; but they bear the peaceable fruits of righteousness to all who are exercised thereby. God never speaks to a man through the avenue of pain, unless he has in some way previously closed his ears to all other language. The voice that *first* speaks to us in the still, small whisper, is the voice that *afterwards* speaks to us in thunder tones of pain and misery, but it is the same loving voice, saying, "Return unto thy rest."

The intervening time between sowing and reaping is allowed by Providence to give a wicked man a chance to pull up the plants of sin before they begin to bear seeds; but instead of utilizing this opportunity, he takes advantage of it to do more wickedly. "Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is *fully set in them to do evil*." (Eccl. 8:11.) Likewise the righteous man often has a period between his sowing for health and the actual realization of the same. This delay serves as a gymnasium for his faith; but instead of allowing it to have this blessed result, he often becomes discouraged, even though God has specifically exhorted him not to "be weary in well-doing, for *in due season* we shall reap if we faint not." (Gal. 6:9.)

But during this interval the wicked and self-indulgent point the finger of scorn at the righteous, and say, "You are not even so well off as we are; you do not look half so healthy, etc." And sometimes the contemplation of this may have the same effect as in David's case. When he saw the prosperity of the wicked, that they seemed to have no plagues come, that their eyes stood out with fatness, the effect on him was that his "steps nearly slipped". But when he went into the sanctuary of God and there received a glimpse of the harvest which they would reap as the result of their sowing, then he said, "Surely thou didst set them in slippery places: thou castedst them down into destruction." (Ps. 73:18.) A righteous man may backslide and lose his harvest of spiritual and physical health. On the other hand, when the wicked man repents, Christ assumes the responsibility of bearing the harvest; and so he has the privilege of averting his harvest of spiritual and physical disease. The Spirit of God is continually striving with the wicked man to cause him to repent so that he may not reap his just harvest of sin and disease; while the spirit of the wicked one is continually striving with the righteous man to become weary in well doing, and thus lose his blessed harvest of health and life.

True and False Healing Series

### What is Divine Healing?

W. S. SADLER

**I**T is not designed that these articles (True and False Healing Series) shall be either a logical or argumentative treatise on the question of divine healing. It is our purpose to consider some of the fundamental principles underlying all true healing; and all true healing is divine healing. Of course there is divine healing, so called, which in reality is not healing at all. In this day and age of the world, when so many teachings and isms are going forth under the guise of divine healing, it is highly essential that every Bible student should become acquainted with the foundation principles of health and disease, of sin and righteousness.

When a man is sick, God only can heal him. Our prayers, the doctor's wisdom, the nurse's treatment, or anything else, cannot heal either soul or body; the Lord is the healer. If a man is sick, and ever gets well, it is because the Lord has healed him. By giving natural treatments, by living in harmony with natural laws, by praying, etc., we may be able to co-operate with the healing power of God. (It was failure to thus co-operate with this healing power that in some way is responsible for sickness.) In returning to the Lord, and that is what we have to do to obtain healing, the Lord demands that we shall come into harmony with His laws; and if rational treatment or earnest prayer can help us in coming into harmony with divine law, they are certainly not to be despised. Nurses, doctors, water, or drugs, cannot heal. "Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth." (Jer. 33:6.)

"Canst thou by searching find out God?" (Job 11:7.) Healing that is divine is infinite and consequently incomprehensible to finite beings. To be able to **God's Eternal Purpose Incomprehensible** fully understand how and why God heals would be equivalent to a complete understanding of His eternal purpose. Consequently it is often

difficult in a given case of sickness, death, or affliction, to fully understand why God works in the particular manner observed. God is carrying out His purpose, and this purpose is so great and all-embracing that it is unfathomable by the mind of mortal man. We cannot explain why some may be healed instantly, and others must suffer long. This is for Heaven's records to disclose later on. The very fact that divine healing is *divine* is in itself evidence that at no particular point will we be able to fully understand its workings.

"The power of the Lord was present to heal them." (Luke 5:17.) The power of the Lord is a healing power, and "the gospel is the power of God unto salvation to everyone that believeth." "According to your faith be it unto you." Divine healing is a transformation by the aid of divine power from the realm of disobedience to the realm of obedience; from one of sin and death to one of righteousness and life; divine healing is the process of getting out of a wrong state into a right state; of ceasing to do evil and learning to do well. The healing power of God whether manifested mentally, morally, or physically, is the same. To the Christian divine healing is but the continuation of the miracle that was wrought when the soul returned to God and first tasted the sweets of Heaven's healing graces. Where sin did abound, grace did much more abound; where healing is most needed, there the healing power of God is most manifested; where sickness abounds, God's healing power much more abounds. The soul that is sick in mind or diseased in body does not need to go around the world to find healing; nor is it necessary to go to any man, to any place, or to any institution in order to obtain divine healing. Just as a soul may be converted anywhere in this broad world, so that soul may be healed anywhere regardless of time, place, or surroundings; the only condition being that the soul that desires healing shall *return to God*. And so the miracle of conversion, and the miracle of health, are but diverse manifestations of the one healing power.

### The Relation of Healing to Conversion

"Return, ye backsliding children, and I will heal your backslidings." (Jer. 3:22.) The backsliding soul is in need of healing. He has drifted away from the source of life, health, and strength; and thus his *healing* is made consequent upon his *returning*. Every man who is doing wrong to-day, and who does right tomorrow, has been healed of God. The evidence of the backslider's healing is his return to the old paths,—to the sheepfold of Christ. There is no divine healing without returning to the divine healer. Those who are knowingly transgressing God's laws, physical or moral, thus separating themselves farther and farther from the Law Giver, cannot expect to be the recipients of a special manifestation of divine healing while they continue thus to disobey and trample upon the laws of the divine Healer.

"He sent His Word, and healed them." (Ps. 107:20.) The divine Word, in all its forms, has in it healing power; whether written in the Book, sketched in the skies, or written upon the fibers of muscle or nerve in the human frame. Wherever found, God's Word is a healing power. To obtain the healing the divine Word brings, it is necessary that we should receive the Word, yield up that which is to be healed to the Word and thus put ourselves in contact with, and obedience to, the divine Word. "Now ye are clean through the Word which I have spoken unto you." (John 15:3.) Wherever the Word of God goes forth,

### The Backslider's Need of Healing

**Divine Healing is in the Divine Word**

Wherever found, God's Word is a healing power. To obtain the healing the divine Word brings, it is necessary that we should receive the Word, yield up that which is to be healed to the Word and thus put ourselves in contact with, and obedience to, the divine Word. "Now ye are clean through the Word which I have spoken unto you." (John 15:3.) Wherever the Word of God goes forth,

and is received, there is healing. Without the Word, there is no healing that is divine. "Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy Word." (Ps. 119:9.) There is cleansing, saving, and healing power in the Word of the divine Healer. It is by conscientious obedience to the healing Word that we make it a part of our character and thus obtain the healing that is connected with the Word, and which is inseparable from the Word.

By compromising or antagonizing the divine Word, we are arraying ourselves in opposition to divine healing, for the way that God

**To Antagonize  
the Word is to  
Reject Healing**

heals both soul and body is by the Word, by the light and truth He sends in His Word. Disobedience to the Word of God means separation from God; separation from God means to divorce ourselves from the Fountain Head of health, and life, and healing; and so the man who knowingly persists in manifesting a spirit of disrespect for the teachings of the Word of God can not possibly be a special channel through which God will manifest His healing power on earth. God is the divine Healer, and the laws of God are a transcript of the character of the divine Healer. Consequently, any man or woman who will compromise or antagonize the laws of God (spiritual or physical law,) is a man or woman who is fighting and opposing the very Source and Essence of divine healing. God heals because He loves, and in His healing is it reasonable to expect that He will deny His own character? No. But to make those who antagonize His Word and His statutes special channels of divine healing would be nothing more nor less than a compromise of His divine character. Therefore every channel of divine healing on earth must be consistent with the character of the divine healer in Heaven. Man needs healing because he is out of harmony with God and His laws. Can we expect God to do violence to His own laws, either spiritual or physical, in the manifestation of His power to heal man of the transgression of these laws? Surely we cannot.

"Come, and let us return unto the Lord: for He hath torn, and He will heal us; He hath smitten, and He will bind us up. . . . Then

**The Lord Hath  
Torn and  
He Will Heal Us**

shall we know, if we follow on to know the Lord: His going forth is prepared as the morning; and He shall come unto us as the rain, as the latter and former rain unto the earth." (Hosea 6:1,3) Why are we torn? Because we have forsaken God. How do we get healing? By returning to God. We were torn because we disobeyed. Let us repent and turn to the Lord, cease to disobey, and begin to yield obedience; then we shall come into harmony with and into the presence of the divine Healer, and be prepared to receive His divine healing. It is due to the fact that God is healing us moment by moment that we are able to maintain our physical and spiritual life. The moment we leave God, we are forsaking the Source of life. Then it is that we begin to discover our need of divine healing, the need of life. The moment we stray away from God, the enemy of the soul tears us. God permits us to be torn, not because of any lack of love for us; but having failed to hold us near His side by the charms of His own beautiful character, and by the ever-present manifestation of His healing love and power; He now permits us to reap the consequences of our straying from His side, knowing that this is the last and only way to correct us and save us from the evils of our waywardness. The very moment we have the disposition to return to Him, He will begin to bind us up. He will dress and

heal the wounds that sin has made in the character. Thus we are told in Hosea 11:3 that Ephraim did not know it was the Lord that healed him. He knew not that it was the healing power of the Lord extended to him moment by moment that maintained his physical and spiritual life; but when he strayed away from this source of life and healing, and as a consequence found himself all torn in mind and body,—it was then that he began to appreciate that in forsaking God he had forsaken the Source of health, life, and healing. How little do many Christians appreciate to-day that God is healing them moment by moment, and that they owe their health of soul and body to the miraculous workings of Almighty Power! But let this same soul forsake God, begin to transgress either physical or spiritual law and he soon comes to recognize his need of healing. And so when we get into that condition where we can recognize the great universal law of cause and effect, sowing and reaping; when we come to that place where we can recognize that it was the LORD *that healed us*; and that it was because we forsook Him that we were torn; and that when we returned to the path of obedience, it was still God who healed us, thus recognizing the divine order in the relation between cause and effect; then, and not until then, is the soul ready to receive and rightly use the blessings and showers of the former and the latter rain.

"For thus saith the Lord God; How much more when I send my four sore judgments upon Jerusalem, the sword, and the famine,

**The Law of Cause  
and Effect—the Key-  
note of Mercy's Last  
Message to the World**

and the noisome beast, and the pestilence, to cut off from it man and beast? Yet, behold, therein shall be left a *remnant* that shall be brought forth, both sons and daughters: behold, they shall come forth unto you, and *ye shall see their way and their doings*: and ye shall be comforted concerning the evil that I have brought upon Jerusalem, even concerning all that I have brought upon it. And they shall comfort you, when ye see their ways and their doings: *and ye shall know that I HAVE NOT DONE WITHOUT CAUSE all that I have done in it, saith the Lord God.*" (Ezek. 14:21-23.)

The remnant people of God are to be engaged in the work of showing the world that it has been torn by sin and iniquity, that its sorrow and suffering are but the natural consequence of the seeds of transgression it has sown. This presentation of the law of cause and effect in the last days of this wicked world is accomplished by the world observing the habits of the remnant people of God. "When they shall see your way and your doings;" that is, the way the remnant people do things—the way they eat, live, dress, etc., "they shall be comforted concerning all the evil" in the land, and know that God has not permitted these terrible things without a cause. But in what sense will this knowledge comfort the suffering and afflicted world? The Holy Spirit is the great Comforter. He begins His work by first convicting of sin; and this He does because sin is the cause of all our sorrow, and to be a real comforter He must point out the cause of our sorrow so that we may be able to remove it and thus gain real and lasting comfort. And so God's remnant people will comfort the world in its affliction, by means of their habits and modes of living, which in their contrast with the sinful habits of the world will show its guilty inhabitants that all their suffering and sickness is but the natural effect of causes which they themselves have set in operation,—to show fallen man that God is not arbitrary; that He never tears, and never wounds, without a cause; that He only tears when we transgress His laws, and forsake His presence; and that He only heals when we return to our God, and yield Him obedience.

"Remove Thy stroke away from me: I am consumed by the blow of Thine hand. When Thou with rebukes dost correct man for iniquity, Thou makest his beauty to consume away like a moth: surely every man is vanity." (Ps. 39:10, 11.) We must not lose sight of the fact that disease, affliction,

**It was Good  
for Me that  
I was Afflicted**

recognize that this is the case. "For whom the Lord loveth He correcteth; even as a father the son in whom he delighteth." (Prov. 3:12.) Here we learn that God's love is manifested toward His children in correction, even as a father seeks to correct and direct aright the son whom he loves. The chastisement of God is the divine correction; for whom the Lord loveth He correcteth although these things may not be fully



READING-ROOM OF THE WORKINGMEN'S HOME

and trouble, in fact everything of which man would seek to be healed, comes to us, not as a divine punishment, but as a *divine correction*. All acute sickness from which man suffers is in itself a most marked manifestation of God's healing power. God is compelled to thus manifest His power, because of the man's disobedience—because of his transgression of physical or spiritual law. Sickness is God's healing power working under the difficult conditions of disobedience, while health is God's healing power at work under favorable conditions of obedience—under conditions where man himself is co-operating with the great Healer. Sickness of soul or body indicates that God's healing power is at work under conditions where man is antagonizing the laws of the divine Healer. Sickness is a divine correction, although, owing to our spiritual blindness and hardness of heart, it may not always be easy to clearly

understood by the soul that is being corrected. The reason for this correction may be more clearly discerned later on. David well-nigh slipped when he saw the apparent good time sinners had, and how he himself was oft afflicted, corrected, and buffeted; and it was not until he went into the sanctuary and in its forms and ceremonies caught a glimpse of the final end of all things—of the time when every man would have reckoned unto him the harvest he had sown for; it was not until then that David understood these things. Does the sculptor take the stone that is worthless and chisel and fashion it? The stone that is left in ease by the roadside, to bask in the sun, is the stone that will never be made into an angel. The stone of to-day that will be made into an angel tomorrow is the stone that must be chiseled, whose corners must be broken off, which must be hewn and squared and polished.

### God's Messengers

MRS. CARRIE BUTCHER

MANY a home is veiled in sorrow  
O'er some darling gone astray;  
Many an eye will weep to-morrow,  
That is sparkling bright to-day;  
Many a heart contains a record  
Of some bitter, burning wrong;  
Many a life by sin is checkered,  
Yet so longing to reform.

Many a vain, self-righteous mortal  
Turns from anguish, blight, and pain;  
Venturing not to cross sin's portal  
Lest the contact mar or stain;  
Blood-bought souls to-day are starving  
For the precious living Bread;  
Shall we sit with soft hands folded  
While these millions go unfed?

Blighted homes are all about us,  
Bursting hearts that ache for love;  
Hath the Father's eye e'er found us  
Caring for the "wounded dove?"  
Shall we, can we dare to falter?  
To their pleadings answer, No?  
O, if all is on the altar,  
Surely we shall swiftly go.

### "Sonny"—A Child of the Slums

THEKLA BLACK

LITTLE Sonny, our latest arrival, is a bright youngster with large black eyes. He is six years old, and his knowledge of life has been gained by anything but pleasant experiences. That Sonny has all a street waif's admirable independence we found out the day we called to get him. He was ashamed to have his comrades see him go off with us, so he positively refused to walk by our side. In short, he simply told us to go ahead and he would follow. Our protests and attempts to take his hand were in vain. We were obliged to obey. As soon as we were around the corner and out of sight of curious eyes, our little charge joined us and jumped on the street car with us, in great delight. On arriving at the Home some very strange things happened to our little brother. First, the experience he had in the bath-tub; such wonderful performances with the scrubbing-brush, soap, and water had hitherto been unknown to this child of the slums. He had lived in a very small room, which he had to share with five or six adults. Then the blessing said before each meal, the morning and evening worship, the kitchen, the dining-room with all its small tables and chairs; very wonderful indeed it all was to our new boarder. Still more wonderful it was that no beer was served, no coffee, no tea. However, Sonny is getting along beautifully; he is as happy as a lark. Never did we praise our Heavenly Father more for a children's home, then when we had the privilege of removing our shabby little street waif from his dark, miserable alley home, if it can be called "home," to our large, sunny house near the lake. Sonny is not the only hopeful subject for whom we are working, oh no! our family has increased so rapidly that fifty bright and happy children are enjoying the opportunity of our several homes. We believe that many of these homeless ones will be among those of whom our Saviour shall make up His precious jewels.

### A Day at the Children's Christian Home

MARTHA JOHNSON AND MATTIE HILL

IMAGINE yourself with us as the children arise at 5:30 A. M. After arranging their toilet, at seven o'clock they form in line and march to the parlor where the matron conducts morning worship. We will remain here during worship, as it might be interesting to hear their childish voices mingled in praise to the Heavenly Father who has so bountifully supplied all of their needs, and to hear them repeat in concert the thirteenth chapter of First Corinthians, the beatitudes, the commandments, or one of a number of other chapters which they have learned. We next see them seated at the tables, with hands folded, repeating some Bible verse, and then returning thanks; after which they heartily enjoy their breakfast. When breakfast is over, the daily work which has been assigned the children, is cheerfully done.

At ten o'clock the school-bell rings and the little ones come from their play refreshed by their exercise in the fresh air, ready to perform the duties of school life. School continues until two o'clock when they arrange their toilets for dinner. The afternoon duties being performed, the children resume their play. Before bath time arrives, the children again assemble in the parlor for worship. Their little prayers which ask for the blessing of the Lord, not only on themselves, but on those who are not so comfortably situated and have not the privileges of learning His Word which they enjoy, are very touching indeed. By six o'clock all of the smaller ones are bathed and ready for their little beds. An hour later those who have looked after them during the day are quite ready for the night's repose. What a privilege it is to have a part in this child-saving work.

### Brewer's Horse and Drunkard's Child

H. W. ROSE

WHILE looking out of the window one day I noticed in the street a splendid team of six horses drawing a huge load of malted grain, some brewing firm's product. These horses were as fat and sleek as could be desired. They bore evidence of having been well cared for,—of having good accommodations in the way of stabling, and of never being stinted in the way of food. It was plain that those to whom they belonged were abundantly blessed with this world's goods, and I could not but remember the saying that "the drunkard's child fares worse than the brewer's horse." How true that is. Thousands of little ones, whose fathers are victims to the curse of drink, are entire strangers to good, wholesome food and plenty of it; to a nice clean comfortable bed; and to loving care from the hand of mother or father. Many a little child does not have one-tenth the attention given it that the horses of the great brewers daily receive. What a sad state of things. If the poor drunkard who suffers so severely himself, and who causes unspeakable sorrow and misery to wife and child, would pause and think of the difference between the bodily condition of his offspring and the appearance of the brewer's animals, he might be led to stop and think twice before parting with what rightfully belongs to those at home, and spending it for that which brings ruin in its train as surely as night follows day. The Scripture says that "wine is a mocker;" and the sight of those horses I have mentioned impressed the truth of this statement very forcibly upon my mind. Dear brother, you who are enchained by the cruel cup, listen to the pleadings of your Saviour, who is able to free you from its clutches, and drink the stuff no more.



## The True Missionary

Abstract of an address by Dr. David Paulson at the opening exercises of the Spring Class, May 16, 1900

**T**HE world needs something to salt it, for it seems to be going to destruction. It is being leavened with corruption. But the salt must not have lost its savor. We can take a live tree, and cultivate and train it, but no amount of human effort will change a dry stick into a live tree. This Training-School is here for the purpose of training those who are missionaries. Those who enter this course of training should be those who have already done something for the Master, and only come here to get such training as will enable them to become more efficient in their work. Those who bring nothing with them except recommendations that they are good people (which may simply mean that they don't steal or do any awful things), but whose lips have never been touched with the live coal from off the altar, and in whose hearts the missionary spirit has never found lodgment, will only prove cumberers of the ground if they remain at the Chicago Medical Missionary Training-School. When such a person goes to the Mission, and theoretically tries to help some poor sinner, going through a form of prayer with him, when he himself knows nothing of the power of prayer, the whole thing is a solemn mockery. It is a solemn responsibility and a wonderful privilege for anyone to spend a season here, for no one can come into this institution and stay any length of time without being made better or worse for the experience.

The prophet Amos is a good example of a divine call. Amos 7:14: "I was no prophet, neither was I a

### A Divine Call the First Step in the Missionary's Preparation

prophet's son; but I was an herdsman, and a gatherer of sycamore fruit; and the Lord took me as I followed the flock, and the Lord said unto me, Go, prophesy unto My people Israel." This man of God was engaged in a very humble employment. But the Lord put the initial inspiration into him even while he followed the flock. So if there are any in this class who are hoping that the Lord will take them forcibly and make them missionaries, they are sure to be disappointed. They should have heard the voice of God speaking to them while they were working on the farm, or in the shop, or in the humble duties of the kitchen, or while studying their lessons in the school-room. I repeat, it is not our business to take young people here to make them missionaries, but only to train those who already are missionaries. A medical missionary training is simply putting better implements into that man's hands, to enable him to do more effective work. But you can put the best possible instruments into the hands of a dead man, and they will accomplish nothing. Likewise it is utterly useless to spend time in training men and women in useful work for the Master, who are still dead in trespasses and sins. Everyone who enters this work must have heard a greater voice bidding them to go than that of a committee or of some confidential friend. If you don't have a solemn conviction that God has called you here, it would be better for you to leave, for it is a dangerous thing to be on the firing line and not know anything about firing.

Some may infer from what has already been stated, that they are so feeble and weak that they are not fitted for this work.

### Characteristics of the True Missionary

The point for such a one to settle for himself is not whether he is weak or strong, but whether he is spiritually alive or dead.

For the difference between the feeblest plant that grows and a piece of dead rock, is as wide as the difference between the living and the dead. Here is a long feeble stalk growing, and most of you would say it is a poor scrawny thing, but there are green leaves on it, and it has the sap in it, it is alive. Here is a beautiful crystal, nicely polished, but it is dead. The thing for you to settle, those of you who think you are so feeble, is whether the sap of God is flowing through you or not, or whether you are aiming to be a beautiful crystal. The more you rub a crystal the more it shines; so the training by outward forms may make a very polished man, but the Spirit of God operating on the heart will do something which "doth not yet appear" but will be seen by and by, even when the crystals are crumbling. Zechariah 12:8: "In that day shall the Lord defend the inhabitants of Jerusalem; and he that is feeble among them at that day shall be as David; and the house of David shall be as God, as the angel of the Lord before them." Thank God, those who are feeble have the promise of becoming like David, and those who are as David, who have struck their roots deep down into eternal principles, may become as the angel of the Lord. The tenth verse gives us the secret of this marvelous transformation. "And I will pour upon the house of David, and upon the inhabitants of Jerusalem, the spirit of grace and of supplication." When God puts the spirit of prayer upon a man, then he has one of the conditions supplied for a rapid growth in grace. Hudson Taylor, of the China Inland Mission, has well said that man can work without praying, but the man who prays must work; for in his daily life, he is bound to work out what God works into him during the moments that are spent upon his knees in devotion.

Another striking characteristic of the true missionary is his efficient use of the sword of the Spirit which

### The Missionary Always on Duty

is the word of God. Nehemiah 4:18: "Every one had his sword girded by his side, and so builded." The missionary who attempts to go forth against the battlements of sin without the sword of the Spirit by his side, will overcome but few of the giants of evil. Read the twenty-first verse: "So we labored in the work: and half of them held the spears from the rising of the morning till the stars appeared." The true missionary is not seeking to find how little time he can put in, but he will utilize every possible opportunity. The twenty-second verse reads, "Let every one with his servant lodge within Jerusalem, that in the night they may be a guard to us, and labor on the day." The man whose personal influence is to be on the side of the Master will not be off sight-seeing. He will not be visiting slums merely to satisfy a morbid curiosity. He will feel he is on duty night or day, ready to answer any emergency-call to help suffering humanity. The twenty-third verse: "So neither I, nor my brethren, nor my servants, nor the men of the guard which followed me, none of us put off our clothes, saving that every one put them off for washing." The true missionary must not simply pray, but he must have the sword by his side, he must always be on duty. That does not mean that God wants us to be slaves day and night. In fact He does not want us to have the slave spirit at all, but it is far better to be consumed on God's altar than to have our lives consumed on the altar of self. The live missionary is a missionary twenty-four hours in the day. He has the same spirit in him at twelve o'clock at night as at noon-tide. His waking hours will be put in thinking how he can build the eternal walls. The class of people Nehemiah had were spoken of as having a mind to work. Nehemiah 4:6: "For the people had a mind to work." That is one thing that has made our work here in Chicago so enjoyable—the fact that God has sent us a band of

young men and women whose hearts He had touched, and they have had a mind to work.

Another characteristic of the true missionary is the fact that he is not led astray by selfish ambitions and prospects. Nehemiah 6:2:

**The True Missionary  
Will Not Forsake  
His Post**

"Sanballat and Geshem sent unto me, saying, Come, let us meet together in some one of the villages in the plain of Ono. But they thought to do me mischief." The man who has given himself up unreservedly to work for the Master, will have scores of worldly propositions and schemes spread out before him, but if he is dead to self, he will see in them just as Nehemiah saw in Sanballat's letter, nothing but mischief. No matter how small it may appear, we are never to regard the work that God has put into our hands, as little and insignificant. It is our privilege to make the work we are doing immortal, because God's life and Spirit have been woven into it. And so like Nehemiah (Neh. 6:3): "I sent messengers unto them, saying, I am doing a great work, so that I cannot come down; why should the work cease, whilst I leave it, and come down to you?" we will impress upon others that we are doing a great work and we cannot come down. To the worldly-minded it may seem as though to accept such propositions would be going up, but to the true missionary it will always appear to be going down. Sometimes water seems to be running up hill but we know from principle that it cannot be so, and so no matter how flattering the inducements we may have, if it is simply encouraging personal ambitions, we will know that from the principles God has taught us, and from the very flavor of the thing, that it is running down instead of up. Nehemiah said (Neh. 6:11): "Should such a man as I flee? and who is there, that, being as I am, would go into the temple to save his life? I will not go in." A man who stands upon such principles will be given a fresh endowment of both moral and physical power daily. He will belong to that company of men and women who are like Gideon's band of whom one could chase a thousand, and two could put ten thousand to flight. Show me a man who has this simple faith in God, and I will show you a man who will be used by God to work miracles upon human hearts, and great results will be strewn along his pathway. He may make mistakes but they will only be of such a character as to teach great lessons. They will not be of such an order as will tend to the destruction or ruination of his fellow men. May God grant that those who are here to begin this important training may each one possess all the characteristics that go to make a man great in the sight of God.

### Discouraged but not Hopeless

MAY BRUNSON

OUR hearts were deeply touched a few evenings ago as we listened to the following story told in the Life Boat Mission by a poorly-dressed but well-appearing man.

"Two weeks ago to-night I made a start to serve God, but to-day I have fallen—I have again touched the accursed stuff that has proven my ruin, that has taken home, friends, and all that earth holds dear. Friends, I have been drinking to-day; but praise the Lord! I am not drunk now. The first few days of my struggle were hard ones; I had to continually look upward to Jesus to keep from falling again into the miserable life from which He had so wondrously saved me. A little over a week passed in this way—a week in which I met and overcame, by the grace

of God and the strength He gave me, the many temptations whispered by Satan. The *great* test came last Sunday, three days ago. I attended one of the city churches and told how, after diligently serving Satan for twenty long years (I am now forty), Christ had pardoned my sins, and I was rejoicing in a free salvation. As I sat down, a young boy of only fifteen summers arose and said: 'This day I, too, give my heart to Jesus, and with His help will lead a Christian life.' The minister here remarked that for the young boy he had hopes, but for the man of forty, according to statistics, there was no possibility of his remaining steadfast. My heart sank within me. What! wasn't there *any* hope for me? Wasn't there power enough in God's Word to save the vilest of sinners? Surely this messenger of God must know, and he said, 'No.' But the people at the Mission had told me differently, could they be wrong? I left the church scarcely knowing what to do. Confidence in self all gone, and with little faith in God.

"For two days I struggled on, caring little what should befall me. To-day, while unsupported by the strong arm of Jesus, I slipped, fell, and went down! For a few moments it seemed as though there was no hope for me; that even the straw to which I had been clinging had given way. Then a sweet clear voice whispered in my heart, 'Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.' A faint hope stirred within me, and I cried, 'God be merciful to me, a sinner!' God heard my prayer, and glory to His name! I stand before you a sinner redeemed by the blood of Jesus. I have faith to believe that with God's help regardless of what statistics, ministers, or any one else may say, I can go on. Pray for me."

The man ceased speaking. In the brief silence that followed, our thoughts could but revert to the words of Jesus: "Whoso shall offend one of these little ones (and was he not a babe in Christ?) which believe in Me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea." (Matt. 18:6.) While we deplore the unloving, unsympathizing spirit of such ministers—the so-called shepherds of God's sheep—we rejoice in the fact that there is power in God's Word to save to the uttermost those who call on His name.

### Diet and Temperance

I<sup>n</sup> a recent lecture to the Training-School students, Dr. Kellogg said: "You will find it especially interesting to note the effect a vegetarian diet has upon those addicted to drink. There can be little doubt that the diet question is one of vital importance to those who are making an effort to escape from the bondage of alcohol. It is therefore highly important that you who desire to help these men should have a thoroughgoing and practical understanding of the relation of diet to temperance. A few days ago the manager of the Workingmen's Home told me that more than a hundred men had said to him, 'When I live upon this vegetarian diet I don't want liquor; I have no desire for it.' But perhaps the most remarkable example of this truth is the case of a man who had been staying at the Home three or four weeks. He went to one of the workers one day and said: 'You won't see me here for a while. I am going on a spree. The first thing I am going to do is to go out and get a big piece of juicy beefsteak, and eat that. It will give me a whisky appetite. While I am eating this vegetarian diet I can't drink whisky.' That is a splendid testimony to the value of a non-meat diet in the work of promoting temperance."

**Lessons from the Slums of a Great City**

No. 4

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

W. S. SADLER

**In What Sense are the Slums' Inhabitants Submerged?**

**T**HE cloud or smoke that overhangs the city's slums is but a type of the clouds of immorality that overhang the souls of its inhabitants. In what sense are the inhabitants submerged?

In every sense:

*Submerged Physically.*—Compelled to subsist upon a poor quality of food, usually prepared in the poorest manner, and very often insufficient in quantity. The fact that this poor food is unable to make good blood is demonstrated by irritable tempers in the old, and rickets in the young. They are compelled to live huddled together in tenements and other places entirely unfit for human abode, breathing air contaminated by the lungs of their fellow human beings, as well as by the streets, alleys, and other unsanitary surroundings. To many of this class of people a genuine bath is almost an unknown luxury.

*Submerged Mentally.*—Yes, without doubt, these unfortunate beings are intellectually submerged. In their surroundings, their life, and their work, the intellect finds little with which to nourish and strengthen itself. From earliest infancy, their mental food has been but a vast panorama of vice, crime, and iniquity.

*Submerged Morally.*—Without doubt, the life of the average inhabitant of the slums is almost void of spirituality. The casual observer would almost conclude that many of these people were born without a conscience. The spiritual nature seems sometimes to be almost absent, or, if present, wholly undeveloped. Those who are laboring to uplift this class of humanity can appreciate as others cannot, the significance of the term "submerged" when applied to those who live in the squalid quarters of the city slums.

Of wicked Sodom it is written that her daughters had "fulness of bread," and this the prophet Ezekiel designates as one of the causes of the wickednesses of Sodom. That there is a close and intimate relation between the diet and morals cannot be doubted. To undertake to subsist on an impoverished diet, or upon food improperly prepared, is sure to be followed by an inevitable rebound upon the moral nature. Exciting, stimulating, and impure foods, exert both a direct and an indirect influence upon the morals of those who partake of them. Go into the slums of the city if you please, and study what its inhabitants eat. The following is a sample bill of fare copied from one of these slum eating houses:

CHEAP RESTAURANT MENU

Chicken		Spare Ribs
Ham and Eggs	Pigs' Feet	Cheese
Hamburger		Pork Chops
	Boiled Ham	
	Fried Eggs	
Fried Fish		Red Hots
	Corned Beef	
Bologna Sausage		Sardines
With an abundance of Horseradish, Mustard, Pepper, and other hot sauces		

Go into yonder cheap restaurant, not much larger than the hallway of an ordinary dwelling, and

there one of the three busy waiters will tell you that they feed eighteen hundred people a day. What do they feed them? Look and see. Meats, meats, meats, and those of the cheapest sort, undoubtedly reeking with disease in addition to possessing the stimulating properties common to all flesh foods. About all that appears to break the panorama of meats, consists of grease and condiments—almost everything fried, and then literally covered with pepper, mustard, horseradish, etc. Is it any wonder that human beings who subsist on such a diet as this are lax in morals and strangers to spirituality? A low grade of physical food is one of the most direct means of producing a low grade of morals. To elevate the morals of the slums would necessitate a reformation of the dietetic habits of its people. Sociology, professed Christianity, or any other movement of reform that dares to ignore the influence of diet in the realm of morals, is sure of defeat in its efforts to elevate the people who live in the slums.

It is in the slums of a great city that the enemy of the soul has especially spread his nets for the young and the innocent. On every side are

**The Slums' Pitfalls for the Young**

to be seen the pitfalls which have been carefully constructed to entrap the youth. Music is to be heard all about. The piano, the violin, and the human voice, are all made to contribute their influence to the work of alluring human souls into the nets of evil. By combined deception and enticement the enemy at every step is seeking to hurry young men and women swiftly on to ruin. Dime museums and other cheap amusement places, with gorgeous placards displayed in front, lend their influence to the aggregation of evil designed to poison the minds of the youthful beholders. Every haunt of sin is well lighted and beautifully decorated. Satan has set every trap with the utmost care, and every precaution is taken that the destruction of the soul once entrapped is made sure. Parents, keep your children away from the great centers of population. Youth, dare not to enter the city's slums except at the call of duty, and then only with the assurance that having gone at your Master's bidding the Master's power will keep you from evil.

The people who live in the slums are exceedingly skeptical. The majority of them have little faith in

**The Slums' Inhabitants Moral and Social Skeptics**

God, and a still larger proportion have no faith at all in society. They are social and religious skeptics. They look upon religion largely as a matter of theory and profession. And where their lives are swallowed up with vice or crime, or both, they usually have some hideous scar of character to exhibit as an evidence of the cruelty and heartlessness of modern society. The devotees of vice and crime almost invariably insist that society has wronged them, mistreated them. They not infrequently seek to justify their wretched life of sin, of pillage, and plunder, with the thought that they are thus effecting a retaliation upon society for its injustice to them. In these people the loss of confidence in both God and man, so that it requires much painstaking effort to restore this lost confidence and lead these sin-scarred souls to again have faith in God and confidence in their fellow men.



It is unfortunate when we come to the consideration of the condition and care of our bodies that we should have to admit someone else knows more about them than we do ourselves.

## A Saturday Night at the Life Boat Mission

H. W. ROSE

**T**HE custom at the Life Boat Mission on six out of the seven evenings in every week, the whole year round, is to have some speaker there to present in attractive manner the simple story of the gospel. Once in every week, a departure from this practice prevails, and so on Saturday night every one has a chance to preach his own sermon. This practice is very generally approved of and enjoyed. It may interest THE LIFE BOAT readers if we give a sketch of a Saturday-night service.

To begin with, this evening is usually called "Everybody's Night," and each one is invited to come prepared to recite or read some verse of Scripture. This is always announced on Friday evening, so the people know what to expect when they come Saturday evening. About half past seven, if the weather be suitable, the band of workers numbering sometimes as many as fifteen or more, take up a position immediately outside the Mission, and with the aid of the small baby organ which belongs to the Mission, sing a few stirring gospel songs as a means of attracting the passers-by to the service that follows. Immediately following the singing an invitation is given to those who have congregated, to come in and spend the evening. This invitation usually meets with a good response. When the workers are on the platform, and the audience is seated, the real service begins. Some favorites from the hymnbook are first sung and then we have a season of prayer, anyone in the audience being allowed to participate. A few more songs are sung, and then the reading or reciting of the Scripture verses comes. This is a most delightful portion of the evening's good things as from all over the house converts and older Christians rise and give out some precious promise or a word of comfort and good cheer which has done their souls good in time gone by. Frequently one or two little girls are present and their childish and sweet voices sound beautifully as they speak a loving verse from the Word of God. Old and young, white and colored alike take part in diving into the Treasure-house and bringing up jewels from the Mine of truth. After this part of the program, it is often the case that a solo is given by some Christian worker, perhaps she may be one of those little girls of whom mention has just been made. Another song, and then we have some shouts of victory, some expressions of continued and renewed confidence in the Saviour, or some glad words of praise and thanksgiving. In rapid succession from every part of the room come utterances of faith and happiness. It makes one's heart thrill to hear again and again these soul-stirring narratives, and one cannot leave the Mission without a feeling of intense gratitude to the Lord. On a Saturday evening recently, the first speaker testified as follows:

"My testimony is one grand song of thankfulness that I ever came in here. I was never down in the gutter like some, but I have been up against sin in other ways. God did a lot for me. I never had such a good time before I came to God. I have never been to a show since that. I find He is able to keep me, and look after me." Here the organist starts the words of some song of praise, and the audience takes it up heartily. Then another man gets up and speaks. He says, "I am glad there is sunshine in my soul to-night. Three weeks ago there was not. When I came in here I was under the influence of liquor. I thank God He has taken the fondness for drink away from me."

At this point a brother worker who had his guitar with him, sang the song, "My Mother's Beautiful Hands," and gave a short word of testimony. His experience was that he had found Christianity to be a grand thing. "In the different places I have been," he said, "I have always found people who have come in contact with Christ, and they are all happy: they all have the same testimony. They all say it is the best thing they ever struck. It gives us just what we are looking for. I was a slave to the drink habit for a long time, but I praise God that he got hold of me and now He is giving me victories every day."

After again singing a verse of some hymn, another one rose and said, "I thank God for the practicability of this Christian religion. It is something we can take with us into whatever business we go, and into our homes; and it is a great help in times of trouble. Christ will not leave those who will diligently and earnestly seek him. I thank Him for the hope that I have of an eternal home in the kingdom to come, and I am pressing forward to that end."

A little girl next stood up and said, "I thank the Lord for saving and keeping me every day." Then in contrast with her testimony, an elderly gentleman arose and said: "I have greater reason to thank and praise God to-night than ever before. I have far more confidence in the Word of God. I praise the Lord for the privilege of being here to-night. I am always glad to attend a praise meeting."

The next speaker was a convert who had not been very long on the way, but his face beamed as he said, "I praise the Lord for this opportunity to give another testimony for my Master. I thank Him that salvation is free, and we can get it without money and without price." Next after this brother, we heard from a six-year-old Christian, who looked very happy as he gave this glorious report of his experiences: "To-morrow it will be six years since I began to serve the Lord. I want to say that I have never felt sorry that I became a Christian. I praise the Lord for the many lessons I have learned in that time, and one is that the Lord never wanted me to give up anything that was best for me to keep. I love the Saviour more every day and I want to be just where He can use me most. O, I praise His holy name. I praise the Lord that there is a not a circumstance or condition in life but that He has a promise in the Bible to suit it. His promises are not slack, as some men count slackness, but he is faithful to usward, who believe, and I do praise Him that I have found this to be true."

Then there was a word from a man who expressed himself in a single sentence: "I thank God that I have a hope beyond the grave, which buoys me up every day." During these testimonies many shouts of "Amen!" "Praise the Lord!" "Thank God!" and so on, are heard, as the hearts of all present, excepting those who are not saved, rejoice exceedingly as they hear the thrilling sounds of praise ascending to God. Another one said, "I am very happy to-night." She was an old woman, and certainly she appeared very happy as she listened to the story of the Redeemer told by the redeemed.

Others followed quickly as time was getting short with such shouts of victory as, "I have the chance to go to many places of an evening, but I find this to be the best place I can go;" "I want to thank the Lord to-night for what he has done for me. Before I came into the fold, a respectable bum would not speak to me. I thank Him to-night and praise Him all the day;" "I praise the Lord that He keeps me every day."



### The Maternity

MRS. W. S. SADLER

**T**HE work is onward here. The Lord is blessing the efforts put forth, and many of these poor, betrayed girls are becoming acquainted with the Friend of the friendless. To them He is a satisfying portion, and at this sad hour in their experience, when all their supposed friends seem to have turned their backs upon them, Christ comes to them as the Balm of Gilead, healing the wounds that sin has made. These sisters are by no means hopeless. They are not hardened sinners. In most cases their hearts are tender, and we find them anxious to atone for their wrongs. Most of them become true mothers, and are willing to work for the helpless little ones that are dependent upon them. One fond mother, who took her little darling to her home in western Illinois, writes us that she is well and happy; and that if there is no one else to love her, she is satisfied with baby's love.

There are now five girls in this department. Sister M— is certainly a Christian young woman. Her little infant is but a few days old. She has decided that for baby's sake she will place it in a home, where it can have home influences surrounding it through its childhood days. This is a great sacrifice on her part, for she dearly loves the little one; but with the present condition of her affairs it is impossible to keep her darling with her.

Another at present in the department is but a girl. Her experience in life has been short, but exceedingly eventful. She loves Jesus, and we believe that her sadness will serve as a beacon of warning to her in the future, and we trust by the time she leaves the department she will be a consecrated Christian girl.

It is our desire to help these girls not only in a physical sense, but to give them spiritual training as well, together with a knowledge of practical housework such as will prepare them to do battle with life when they step into the world again. As we talk with these young women concerning their experience in life, we are led to believe that the majority of them were honest, unsuspecting girls of trustful dispositions; and this very trust and confidence proved to be the net in which the enemy caught them.

I remember one young lady especially who came to us, asking for admittance to the maternity. She was indeed heart-broken, as she said pathetically: "I am a Christian girl. I know what it is to love Jesus, although I am unworthy of the least of your notice." And, as we took her by the hand, and told her that we welcomed her into our home, with tears streaming down her face, she said: "My poor mother knows nothing about this. It would certainly break her dear old heart." She thanked us again and again, and assured us that she would do all in her power to conform with any suggestions that should be made to her while in the home. This young woman has certainly been a bright and shining light in the department. As soon as she is well she is going to find

a place in a Christian home where she can continue to serve her Saviour, whose love she has found un-failing. The various other members of the maternity family are all happy and seem to be enjoying themselves.

Dear reader, are you interested in this department of our work? Would you like to share the blessing with us in caring for these cooing little babes that remain with us for so short a time? At the present time we have two little ones whom we can place in homes. What a privilege it is to share our homes with the homeless; we are really sharing them with Jesus in the form of these helpless little ones. "Inasmuch as ye have done it unto one of the least of these, ye have done it unto Me."

### Jotting from the Life Boat Rest

FANNIE EMMEL

**O**UR experience in the rescue work the past few weeks has been most precious and encouraging. There is a great deal of sickness in our neighborhood, and we have been called out so often to give treatments, etc., that we have not been able to get out with THE LIFE BOAT as usual to raise money to meet the expenses of the rent. But we left it all in the Lord's hands, and while we were trying faithfully to do the work that seemed to be sent to us, thanking Him for sending the girls to us, one day a good brother came to the door to enquire concerning the progress of our work. We explained our work to him and he saw some of it for himself, as a number of the girls were in the room at the time. The Lord impressed him with our needs, and when he was leaving he threw a five-dollar bill down on the stand, saying: "That is for the work." Our hearts were uplifted in thanksgiving and praise to Him who has promised to supply all our needs.

### Funds Needed for the Maternity and Rescue Departments

During the past month these departments of the work have run behind. A large number of worthy cases have been cared for in the maternity department, thus increasing the expense, and this, with a very small amount of donations, has brought about embarrassment for these departments of the work.

Who can help us? Whether it is five dollars or five cents it will be appreciated. Send your contributions immediately to the Chicago Medical Mission, 1926 Wabash Avenue, Chicago, Ill., and specify that the same is for the Maternity or the Life Boat Rescue Service.

### Help for the Life Boat Rest

**W**E are sure our readers are interested in the work that is being carried on at this place. The workers at the Rest are all self-supporting. They work without a salary, earning their board, clothes, etc., by selling LIFE BOATS in the early part of the evening. The only expense connected with this work is the rent. Our sisters are sometimes able to earn quite a little toward the rent. Assistance for this feature of the work will be greatly appreciated. Donations should be sent to Chicago Medical Mission and specified as for the Life Boat Rest.

### The Incentive to Earnestness

J. H. KELLOGG, M. D.

**C**HRISt said: "I am the way, the truth, and the life." (John 14:6.) Whenever and wherever the truth is lifted up, Christ is lifted up. Whenever a word of truth is exalted and held up, the Lord Jesus is lifted up. The man who is not looking for truth, but who is looking for amusement, will not be drawn by the uplifted truth, but those who are hungering and thirsting for righteousness will rally around truth's standard. A man must have the spirit of truth in him in order to know the truth. How zealously some people are laboring to hold up truth, notwithstanding they seem to have so little of it. Why are they so earnest? It is because they have had a vision of the world's needs. Their souls are stirred within them, and they feel they must labor and toil, and struggle, and sacrifice their lives if need be, to rescue men and women from a world that is doomed to destruction.

Go down to Mexico, and you will be surprised at the earnestness of the people. See them go into church on their knees. See them give all they possibly can, of their small pittance, to help forward what they consider to be the Lord's work. In all my travels, I have never seen people more religious than those of Mexico. Especially is it so out in the country parts. There every man is a religious man, and every woman is a religious woman. Of course their standard is low, but nevertheless they are earnest. Now, if God has put into our hearts a great love for truth, ability to recognize truth, and an appreciation of it, if He has given us a real view of truth, it will inspire every one of us to go to work with all our might, not to make a name for ourselves, nor to build up or glorify ourselves, but to glorify and uplift truth. There is just one thing in the world worth talking about and working for, and that is truth.

### The Medical and Surgical Wards

MARY W. PAULSON, M. D.

**T**HE Lord has richly blessed our work the past month. We have been compelled to enlarge our accommodations for patients in order to make room for the sick in soul and body who have asked for admittance. Mrs. R— who had been a great sufferer for many years until she was unable to care for her children who were dependent upon her, underwent an operation from which she made a splendid recovery, and for which she seems extremely thankful. Mrs. L— is another who had suffered for years. Her nervous system was almost completely wrecked. She was operated on and is improving rapidly.

Perhaps the most grateful soul is that of a woman who had been a slave to the morphine habit for several years. She had recently taken treatment of a physician who claimed to have cured her by use of other drugs which he freely gave her. Her friends doubted very much that she was really cured and so brought her to us. One day revealed the awful fact that she was not cured. After two days' treatment, however, she began to realize that a change such as she never experienced had been wrought in her system so that she not only has no desire for morphine but the desire for all unnatural stimulants has left her, and she really feels that she has been born again. Another is getting relief from gall-stones which have caused her much suffering. There are several other cases which we might mention who are seeking relief from an acute or chronic malady through the simple remedies used, and the careful and kind attention which the nurses are able to give them.

### Our Aged Fathers

B. E. CONNERLY

**I**N almost every issue of THE LIFE BOAT mention is made of some phase of our work at the Workingmen's Home, but I hardly think we have ever told you about a certain class of men that come to us from time to time. I refer to the old men. We all respect age, and watch for the privilege to do service to those who are in the decline of life, and who, through some reverse of circumstances, are in need. It is no disgrace to be poor; neither does it detract from one's manhood to appeal to a younger and more fortunate brother for assistance.

These men are the pioneers of our country. They toiled to subdue the stubborn soil of our beautiful fields, and they fought to give us the liberty we enjoy. But now some of these men who have once been philanthropic, have made mistakes. They have gone wrong, met with reverses, and have become discouraged.

The first of our aged friends we will call Brother A. I have not known him long, but I enjoy talking with him very much. One day I asked him how old he was, and he replied, "I am as old as the Queen," referring to Queen Victoria. He has spent forty years in the lumber woods of Michigan and Wisconsin. He has never made a profession of religion and has read the Bible but very little, yet he likes very much to hear the story of redemption; and often when I talk with him he says he can see how the Lord has kept him, and that he knows his life has been twice saved.

Next I think of a brother whom we will call brother B. He is a dear old man and has been with us all winter. He has been a Christian for forty years. Everybody loves him. He is almost an invalid. He has been connected with the Pacific Garden Mission for years. He very much enjoys the health foods served at the Workingmen's Home and at the Training-School. He takes great interest in the chapel service and is now able to go to the Mission.

Brother C was a gambler for more than fifty years. He has been in almost every country in the world. He has dealt cards in the infamous city of Monte Carlo, and received a salary of \$250 a week. He is an interesting man to talk with. He is now a great lover of sacred music and greatly enjoys reading religious books.

Brother D is blind. He is also a man beloved by us all. He has been an active business man all his life. He was a traveling salesman for twenty years for a Philadelphia dry goods house. He once had a thriving business of his own. His companion and only child died years ago; and three years since, he met with a railroad accident that caused him to lose his eyesight. He is a regular attendant at the chapel services, and readily recognizes the speakers by their voices. How often we have prayed with our brother that he may, with never-failing eyes, behold the beauties of the earth made new.

We might mention others, but these cases will give the reader a fair idea of our "aged fathers." Pray that they may all hear and accept the gospel. The Lord does not discard the aged, but desires that we may all live to a good old age, and die full of years. I know the Lord loves these old men whose heads are white with the frosts of many winters, and whose forms are bent by the toil of many years. He longs that in the decline of life they may have peace. It is written in Zechariah 14:7, "That at evening time it shall be light."

## What Summer Means to People Who Live in Crowded Tenements

W. S. SADLER

**T**HE other day while visiting in the Italian quarter, I asked an Italian woman surrounded by six little ones and washing clothes in a close stuffy room on the third floor of a crowded tenement, this question: "Are you not rejoiced that summer is here, and you will be able to get out with the children and enjoy yourself?" Shaking her head, this is the reply she made: "No; summer no better for me. Work all the time. Children no get out doors. Stay in house all the time." There were the children sprawling over the floor; one little fellow had camped too near the wash-tub, and as a consequence had been liberally bespattered with soapsuds; but he did not seem to mind it. As I turned to leave this home, if it may be called by that sacred name, I thought within myself: What does summer mean to these people? What charms does it hold for the submerged tenth? It is barely possible that during the summer they will get money enough together and on a few occasions will go to the park and there enjoy a day on the grass under the trees and with the flowers.

Surely a loving Father never intended that men and women made in His own image, should live thus huddled together in close, ill-ventilated, and unsanitary quarters in these large centers of population, when the vast, broad expanse of the country is open to them. It seems almost incredible to think that human beings can live during the hot sweltering months of July and August in these tenement houses, especially in the various foreign quarters of the city, where people are stowed away in sleeping apartments almost like sardines are packed in a can. Summer has few charms for such people, its chief advantages being that there is no expense for fuel, and the children may run free in the street which they cannot always do in severely cold weather. What a God-send to these little children to get out for a few weeks into the balmy country air where they can enjoy Heaven's blessings to this sin-cursed world.

### Be Ready to Give an Answer

E. B. VAN DORN

**O**NE Sunday morning recently, an eight-weeks old convert to the Christian life was on his way to the converts' meeting at the Life Boat Mission. He was accosted by a well-dressed young man, who addressed him thus: "All kinds of games on the inside; step in and take a turn." But the convert had taken his last turn. This last turn was from the ways of evil to the paths of righteousness, and so he had no more use for the devil's turns. "No," he answered, "I am onto a new game. I am independently rich, and am now on the way to headquarters to draw interest on my investment. You come with me, and I will put you onto the game." "What have you got?" was the interested question. "Salvation," replied our friend. To this the gambler replied, "Move on; I have no time for you."

The man may remember this little incident and the conversation some time in the future, when adversity comes like an avalanche upon him, and he has no friends and no money. Our brother has great cause for thankfulness that he had the power that enabled him to say, "No," to the tempter. Dear reader, if you are not saved, may you be induced to "take a turn," not at the gambling table, but from your present sinful life to the Lord Jesus who died to redeem you.

## He Heard the Story for Forty-two Nights

From a testimony heard at the Life Boat Mission

**S**IX years ago I was wandering around on the "levee" district. Mine was a hopeless, aimless, and purposeless life. I knew something would have to lift me out of the state I was in, or I should never get out. Good advice could not do it. Good resolutions failed utterly. My will-power was all gone. Who saved me? Jesus. Before I was converted, people had to look for me with a searchlight to make me pay my bills, but now my board is paid in advance. What did this? I gave my heart to Jesus. I had heard one man tell the same story for forty-two nights. I heard him tell what Jesus had done for him, and the light came to my soul. I said, "That fellow has something. He has got what I have been wanting." He told me about his Jesus and it attracted me. One night I went into the Mission, hungry, tired, broken-hearted, and stood up and said: "God being my helper, come weal, come woe, if I starve to death on the streets of Chicago, I am going to be a Christian man." Then I shot out of the room, and went over to the lake front. There I lifted up my heart to the Lord and said, "Oh God, if there be a God, and if Thou wilt come into my life, and take these habits out, I will tell the story." How long did it take? Quicker than thought can travel. God took every desire for sin away. My old habits of sin have disappeared, and thank God I have never gambled since. Step by step He has led me, until I have got a home on the South side, and the other day I got a letter from Wisconsin inviting me to come up there and tell the gospel story. Come to Jesus, for He can and will set you free.

### A Word of Appreciation

**D**URING the Quadrennial Methodist Conference in Chicago, the Life Boat Mission has been visited by many Methodist ministers. They have generally given a word of testimony before leaving. The other evening, however, one of the visiting ministers who came from Nebraska, paid a very kind tribute to the work being done in the Life Boat Mission. This minister said: "I am intensely interested in your work. I am attending the conference of our church here. It occurs to me that you have struck the keynote of the question, and as I listen to these testimonies that are thrilling to me, and are inspiring to my faith, and helpful to me in a thousand ways, I think if this could be the general work, what they would call in the army the firing line, that the Methodist and other churches would have solved the great question of city evangelization. I am inexpressibly glad to see so many men here. I wish you Godspeed in the saving of the souls of men."

### He Could Not Understand Why

**A** WELL-DRESSED man arose in the meeting the other night and said: "I am not a Christian man, and have never expected to be, but I would like to have you tell me what sort of an electric machine you have got out here that almost forces me into this Mission every night when I think I will never come in here again. It really seems to me that I cannot get past this place, when you are having a meeting in here. I wish I knew the reason why this is so."



## A Friendly Chat With the Prisoners

W. S. SADLER

**I**F possible, we would be glad to sit down by the side of each and every prisoner who reads *THE LIFE BOAT* and have a chat with you each month; but as this privilege is denied us, we will do our best to have a little heart-to-heart talk with you through the columns of *THE LIFE BOAT*.

"Hard luck" is a common phrase among those who have suffered reverses and experienced privations.

### The Language of Adversity

Every adverse circumstance that befalls us; every obstacle that is placed in our pathway; every hardship that we are called upon to endure—these things all have a meaning. They are speaking to us in unmistakable tones, and if we are but able to interpret their language we shall learn that many of these things we call "hard luck" are really blessings in disguise. The pathway of right would never have caused us a pang if we had always walked in it. The thorns and thistles that have scratched and pierced us, grow in the forbidden and by-paths of sin. A loving Father permits them to grow there as a warning to His wayward children of the danger to the soul in straying away from God. So, when adverse circumstances and "hard luck" overtake us, let us turn our faces toward Heaven and listen softly while we ask God to interpret to our hearts the language of adversity. These things all have a meaning, and that meaning is known to God; and if we are ready to profit by our past experience, God will be willing to make known to us the meaning of these strange things of life.

David said, "It is good for me that I have been afflicted; that I might learn Thy statutes. Before I was afflicted I went astray; but now

### The Meaning of Trouble

have I kept Thy Word." (Ps. 119: 67, 71.) God does not send us trouble either in the form of sickness, a reverse of circumstances, or anguish of soul, in order to punish us. These things are sent of Heaven as a correction. They are designed by God to show us the folly of transgression and to lead us to forsake iniquity. Many a soul plunges headlong into vice and crime and sin, thinking little of the consequences of transgression and the terrible harvest they are sowing for, until some dire calamity befalls them—till some great trouble overtakes them and they are brought to a standstill in their career—then they *begin to think*. When a man begins to think, there is some hope for him. Thoughtlessness is one of the sins of this age. Souls are rushing to their destruction with but a passing thought of the future. Only the prison bars have been able to check the downward career of some men and cause them to stop and *think*, and if

will succeed in causing a thoughtless man to think, then surely it is not the worst thing that could have befallen him. Trouble never overtakes us without the knowledge of God, and there is some purpose in it for our good. It is the best thing an allwise Providence could arrange for us, and we should, instead of complaining or murmuring, seek for grace and wisdom that we may be able to decipher the handwriting that trouble writes upon the wall of the soul.

God has said that "whatsoever a man soweth that shall he also reap," and human experience confirms this truth of inspiration. Our harvest is but the transposition of our sowing. The harvest of wrongdoing is nothing more nor less than

### Transgression Transposed into Penalty

*transgression transposed into penalty*. That our transgressions shall be transposed into penalty is the decree of infinite justice. Foolish man is often deluded into believing that he may some way, some how, escape reaping what he sows for—escape the penalty of crime or sin; and so for a time he may succeed in escaping the demands of human justice, but by and by before the bar of God, this soul will have to account for the use it has made of life, and time, and opportunity.

Christ did not die to make God willing to forgive sin, but to make it *right*. Infinite justice demanded the death of the soul that had sinned and had thus separated itself from the source of life.

### The Forgiveness of Sin

Infinite mercy demanded that everything possible should be done to save lost mankind. And so in Christ a way was provided, a plan was arranged, whereby the justice and mercy of God might meet; where justice might be vindicated and mercy satisfied. So, dear reader, don't hesitate to talk with God about the forgiveness of your sins, though they be red like crimson, and though they may be many, for in Christ there is forgiveness for the entire sinful race. "For Christ also hath once suffered for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh, but quickened by the Spirit." (1 Peter 3:18.) The great and only trouble about the forgiveness of sins, is that the sinner is so slow to believe that his sins are already forgiven by God, and that by faith it is the sinner's privilege to accept this fact, believe it, and continue to believe it, in spite of his feelings, his reason, or the devil's philosophy. Thank God, our sins are forgiven. Christ died for them. The price has been paid. "Who His own self bare our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." (1 Peter 2:24.) Then let every soul that reads this—that has long groaned under the influence of the devil's deception—feeling that their sins were too great, too many, etc., rejoice in the fact



that they are already forgiven, that the freedom of their souls has been purchased by the life and death of Christ. By faith claim the promise that when "the Son shall make you free, ye shall be free indeed." (John 8:36.)

### Jail Work

**W**E are indeed glad for the interest our readers are manifesting in the jail work and the Prisoners' Aid Movement. It is certainly a small effort to spend an hour or two once a week in visiting those who are shut away from the world, and in seeking to bring the light of Heaven to their darkened souls. It requires but little effort to greatly cheer the souls of those who are in jails and prisons. Are there not other LIFE BOAT readers who can spare an hour or two on Sunday or some other day to visit the jail in their city or vicinity? We assure you your own soul will be blessed in so doing. We will be glad to hear from those who are engaged in this work but have not yet communicated with us. Address THE LIFE BOAT, Department of Prisoners' Aid, 1926 Wabash Avenue, Chicago.

### He Found Light in The Life Boat

TO THE EDITOR:—With pleasure I embrace the opportunity of writing you these few lines. I was very glad to get the Prisoners' Number of THE LIFE BOAT. I was reading it through when I came to Perry's letter. It has led me to seriously consider my past life, for I was very much like Perry. I told lies, chewed, smoked, and drank. I am doing two to fourteen years for forgery, but thank God by doing what is right, and showing the management my earnest desire to abandon my criminal life, and reform, I have a chance to go out on parole at the expiration of my two years. I can truthfully say that I have given my heart and soul to God. I find that it is just as easy to do right as wrong, and no one could love the truth better than I do. I say my prayers every night, and am using the Bible as my guide book. I am going to read it through from Genesis to Revelation. I hope that others will profit by THE LIFE BOAT, for it is a good little paper full of sound advice. It tells the prisoners the way to find God and do right. I am happy in my new life, and consider it a great privilege to write you this letter, and subscribe for it. Enclosed you will find one year's subscription to begin with the April number, and when that is out I will renew it. Yours in good faith,

FRANK WILSON.

### Of Good Courage

MY DEAR FRIEND AND BROTHER:—I received THE LIFE BOAT last night, and I never put it down until I had read every word of it. I was interested in the Prisoners' Aid Movement, and I was thinking about you long after the lights were out last night, and I am sure if I had met you twenty years ago I would not have been serving my fourth term in prison now. If you knew how much I appreciate THE LIFE BOAT, and the letters that you send me, and how the other prisoners enjoy reading them, you would be glad. I will write to my dear old mother on the other side of this paper, and will you please forward it to her? I know that she will be glad to hear from me once more. May the Lord bless you and THE LIFE BOAT, is my prayer.

J. A.

### Says The Life Boat is Doing Good In Prison

DEAR EDITOR:—I was delighted to receive the second annual Prisoners' Number of THE LIFE BOAT and I do hope and pray

that it may do as much good as the first edition did. I am sure if you could appreciate the good THE LIFE BOAT accomplishes in an institution of this kind, you would indeed be surprised, but until the last day only God in Heaven will know the results. I know from experience and personal observation that it has done its work here; for I have had calls from over twenty different men to use mine, and they seemed as anxious to read it as myself, for every little while some one of them will send an officer to me to see if they can get it. And now dear friends I will say that for nearly a year I have been able to travel along the straight and narrow path, and am on the onward and upward journey, and with the help of God, if I ever regain my liberty, I shall continue to do so, leaving all the results with my Heavenly Father.

Your brother in Christ

\* \* \*

### A Prisoner Freely Expresses Himself

EDITOR OF THE LIFE BOAT:—As you will note, I am a prisoner, but while that may be true, do not think for a moment that I am going to attempt to impose upon you. I am of that class known to you as unfortunate in their past life in having fallen, when quite young, into company of bad people and having continued there because of the once-a-thief-always-one idea that prevailed where I came from. My word is not good anywhere. There is only one place on the face of the earth where I can be employed steady—in *prison*. Now, my friend, I have been reading your paper. I see some things I understand; some I do not. Your work is a noble one and surely you and yours should receive a reward. I saw where you had rented that old den of vice—481½ South Clark street—and made it a home for girls. If you do nothing more, you will be rewarded for that. I am not a Christian. There was a time when I believed in it, but that is long ago, and now to me there is something repulsive in offering myself, after spending the best years in crime, to Christ—to offer the rotten frame of what was once a man. I do not want to be bad, and never did. Now, right here is what I do not understand: How you manage to take a man who has spent all his life in prison and put him in a good position, and by some mysterious power in a few weeks make a new man of him. I am one of that class. I am now, sorry to say, serving my fourth term in prison; now what chance have I in the future? *None*. I have heard of men doing *fine*, but it was in *print*; I never met one. I tried to make a man of myself when I left here before, but everywhere I was put down until I gave it up. I was politely told one day by a man where I was seeking work that if I had been a younger man I would do. but that I was too old to reform. I was born July 1, 1859, but could pass for thirty anywhere; I feel that I have yet a long life, and often wonder how it will be spent. To live a good Christian life wherever I go, I must say to all, when asked where I came from—I must not lie—but say, "From prison;" and down I go again. I am not alone; there are others like myself without home, friends, or any one to extend a kindness. In some respects I am to blame; yet I wonder what kind of a "bunco" game the Christians are playing, when they preach one thing and act another? It does not matter how hard the ex-prisoner tries to do right, let some one's front gate be missing, the ex-convict is swooped down on by the detectives, and the next morning's paper gives a glowing account of the blue-coats' capture of a desperate criminal. Now, it won't do to say such things are not true, for they are facts.

I trust your work among the young people will bear fruit, they are the ones to look for. I have written to you because I had no one else to write to, and thought it might interest you and encourage you in your work, for I believe you are in earnest.

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[There are a number of points in the above letter worthy of thought on the part of every professed Christian who may read it. The cause of Christianity undoubtedly suffers more from the inconsistency of its half-hearted professors, who are not *possessors*, than it does from its enemies.—EDITORS.]

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"And we know that all things work together for good to them that love God, to them who are called according to His purpose." (Rom. 8:28.)

### The Wife's Simple Message Touched His Heart

B. E. CONNERLY

ONE night a man came into the Mission in a most deplorable condition, drunken, ragged, and dirty. He listened to the simple testimonies of the power of God to save from sin. At the close of the meeting I tried to point him to the Saviour, but his only response was: "I want you to go and see my wife." The next night he was early at the Mission and as soon as he saw me he asked: "Did you go to see my wife?" He sat quietly through the meeting, and at the close he consented to go with us to the Workingmen's Home on the condition that the next morning we would visit his wife. According to promise, Brother Van Dorn and I started out to find the place. After several enquiries we found the address that he had given us. It was in the rear end of a brick building in a small room that we found the drunkard's home. Our hearts were sad as we climbed the rickety steps that led to the door. O, the accursed stuff! How many drunkards' homes there are in Chicago. How many heart-broken wives, and worse than fatherless children. We knew from the anxious look and the trembling voice that she was expecting news. Anxious for what? Oh, that she might hear from him who had for seven long years broken every vow, insulted her love, and almost crushed her last lingering hope. O, what love is this! When we told her that her husband was alive and well, she said, "I was so afraid that something had happened to him." Why all this anxiety? Why all these sleepless nights? When we returned to the Home we found the poor old man still there waiting to see us and as soon as he caught sight of us he asked: "What did she say?" "She said she was afraid you had been hurt," was the simple message we gave him. One glance at his eyes led me to say, "My brother, let us pray," and there on bended knees he wailed out the grief of his broken heart to the God who answers prayer. As he clasped my hand in parting, he said, "I shall yet, by the help of God, have a happy home."

### The Lord's Leading

E. B. VAN DORN

IT was Sunday morning, and the converts were gathering for their weekly meeting, when a poor man, drunk and clothed in rags, came to me and said: "I want to have a talk with you." I could not see him just that moment, but I asked him to be sure and see me again. Two days went by, and I went to the Mission at noon. While I was there he came, and after having a good talk with him, we knelt and prayed together. Then it was that he saw the light, the burden rolled from his heart, and he fell on the floor and praised God for deliverance. He went to the Workingmen's Home, and there one of the workers gave him a good bath and something to eat; and in talking over the circumstances with this worker afterwards we both felt that we had sown some seed that would bring forth fruit. We did not see him for some time, when one day we were visiting in the county hospital, and who should we find but this man. He was very sick when taken there and now again when he needed a word of comfort the Lord had sent us around the second time. We were truly rejoiced to find him fighting the good fight of faith. God is indeed at work, and He is looking and calling for laborers who will stand as beacon lights on the shores of time pointing lost sinners to the Lamb of God, that true Light which lighteth every man that cometh into the world.

### My Conversion

I MIGHT have been, and ought to have been, a Christian from childhood; I have been a seeker after God nearly all my life, but unbelief continually robbed me of the saving grace of Jesus. Had I exercised a saving faith, I would undoubtedly have been a Christian years and years ago. But stubborn unbelief which refused to accept the promises of God: "Believe on the Lord Jesus Christ and thou shalt be saved," "Him that cometh to Me I will in no wise cast out," "He that believeth and is baptized shall be saved," always deprived me of the blessings of salvation. It seems that I could not believe that God would save me unless I experienced some great change right at the time I prayed for salvation—that I could not believe without some sign that I was saved. There is where I always made the mistake until a little over a month ago when in a meeting, I promised God that if He would save me I would give the remainder of my life to His service. I got up from my knees determined to believe that I was accepted. I said, "I'll believe God—take Him at His word. Since that time a change has come into my life. A hopeless life has changed into a hopeful life; the Bible has become alive to me, instead of a dead letter, and it sometimes speaks to me in a miraculous way in the hour of trial.

I can see the direct hand of Providence in my conversion. The Lord spoke peace to my soul at a time when everything seemed the darkest and most hopeless. That is when men cry out to God for help; and thank the Lord, Jesus will prove a Friend that sticketh closer than a brother, and will stand by when all others forsake, if a person will only cast himself unreservedly on Him, and believe His promises.

BROTHER FITCHT.

### A Shout of Victory Heard at the Life Boat Mission

"I AM not ashamed of the gospel of Jesus Christ, because it has been the power of salvation to me. It is almost beyond my power to realize the change for the better that has taken place in my life during the past eleven months. A year ago I was sleeping in an engine room under a saloon on a bale of waste. I did not have a suit of clothes decent enough to be seen on the street in. I was separated from my family. The devil had me bound so thoroughly that I was utterly unable to get away from the habits of drinking and gambling and a hundred others that chained me. Many a time have I turned away from my wife when she greeted me with a smile, but thank God she is able to meet me with a smile tonight. She is here with me, and she is not in rags, neither am I. To-day I have a well-furnished home. Next to my home, there is not a place on earth dearer to me than the Mission where I was converted. The third of last July was the time when I took the last drink of liquor, and that was the last night of a continuous drunk of three months during which I had not drawn a single sober breath. That night I simply opened my heart and said, "God, my Father, take sin out of me." A year ago my prospects were the worst that ever confronted me; to-night my prospects are the best I ever had. It is impossible for anyone to be happier than I am. It is because God is in my life. The way to get this happiness and salvation is to open your heart and take in Jesus."



### Practical Thoughts for Christian Workers

W. S. SADLER

17. **MAKE THE LOVE OF GOD YOUR THEME.**—With hearts melted with tenderness let words of love be spoken to the people. Treat those who are in darkness and error with the gentleness and forbearance of Christ. Let every word of the mouth, and every act of the life, speak forth the truth that "God is love."

18. **THE DANGER OF COMPROMISING WITH FASHION.**—The moment the professed Christian forsakes the pathway of the just, and begins to follow after the world in its fashions and customs, that moment he becomes an idolater and possibly a stumbling-block to sinners who behold his course of action. As Christians we can only draw the world by wearing Christ's yoke. The Christian only lessens his influence over the world by lowering himself to its level, and this he or she does in conforming to the mandates of fashion.

19. **CONSECRATION AND SELF-SACRIFICE ESSENTIAL TO SUCCESS IN SOUL-WINNING.**—He who would be a successful soul-winner, must be one who is prepared to exert every mental and moral energy within his soul. He must utilize everything with which education, nature, and the grace of God have endowed him, but his real success will in every instance be proportionate to the degree of consecration and the spirit of self-sacrifice with which the work is done. The most earnest and persevering efforts to qualify one's self for usefulness are necessary. But unless Heaven works with man's efforts nothing will be accomplished. Christ says, "Without Me ye can do nothing."

20. **KEEP SELF IN THE BACK-GROUND.**—Let self be lost sight of in Jesus. Let the work you are doing for God bear the impress of the divine. Self and selfish interest had no part whatever in Christ's labors of love. Love to God and to man demands the whole of the human heart and leaves no place for selfishness to flourish within the soul.

21. **LET EARNESTNESS, ENERGY, AND FIDELITY, CHARACTERIZE EVERY EFFORT.**—A listless manner of presenting truth will never arouse men and women from their deathlike slumbers in selfishness and sin. The Christian must show by his manners, his words, his preaching, and his praying, that he believes from his heart the saving message he brings to the people in Heaven's name. In the last hours of their probation, men and women are swiftly drifting on to sure destruction. Surely this is no time for the Christian worker to sleep. On every hand souls may be found sleeping, stupid, careless, and indifferent to their impending doom. As Christians let us give the trumpet a certain sound.

### Baptism

W. S. SADLER

1. **BAPTISM** is the spiritual funeral service that marks the death of the old man. "Therefore we are buried with Him by baptism into death; that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life." (Rom. 6:4.) It also marks the birth of the new man; thus indicating to the world the end of one life and the beginning of another. Burying the coffin and having a formal funeral service does not in itself effect an individual's death; so baptism of itself does not convert the soul.

2. Going down into the water is a symbol of the death of Christ. When we rise again, we have risen in Him to walk in newness of life. "The like figure whereunto even baptism doth also now save us (not the putting away of the filth of the flesh, but the answer of a good conscience toward God), by the resurrection of Jesus Christ." (1 Peter 3:21.)

3. It is a duty enjoined by God, and therefore must be of importance and value to those who would serve Him. "If ye know these things, happy are ye if ye do them." (John 13:17.)

4. It is an outward declaration to the world of that change of heart that was previously recognized by God. True baptism is the external evidence of an internal change. "Then they that gladly received his word were baptized; and the same day there were added unto them about three thousand souls." (Acts 2:41.)

5. Christ and His apostles in their teaching linked baptism with faith and repentance. Christ said: "He that believeth and is baptized shall be saved." (Mark 16:16.)

6. Baptism will mark the time (if the heart has really been changed) when we will have no more love for the things of this world. Our affections will be on things above. "If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth." (Col. 3:1, 2.)

7. Baptism is the announcement to the world that we are willing to give up our plans, desires, and life, and in their place to accept Christ's mind and His life.

8. Baptism is the Christian's last farewell to the world.

9. It is a landmark in the Christian's experience. We may not be able to give the exact date of our conversion, but we can look back to the date of our baptism as the time when we finally and formally left the world to follow Christ.

10. Baptism is an open confession of Christ before men.

11. In baptism we change our uniform. Hitherto we have been wearing our own uniform even though we may have been following the flag of Christ. We now put on the Christian's uniform and let everybody know in whose cause we have enlisted.

12. Baptism is associated with repentance as a condition to be complied with before receiving the gift of the Holy Spirit. "Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost." (Acts 2:38.)

## THE LIFE BOAT

EDITORIAL COMMITTEE

W. S. SADLER

DAVID PAULSON, M. D.

LILLIAN SYDER

We trust our readers will read the article in this issue on "Preventive Rescue Work." This is the

### Preventive Rescue Work

most profitable kind of rescue work, and is one in which THE LIFE BOAT is eminently interested. We wish that every parent, every Sabbath-school teacher, every church officer, in fact every Christian, might be thoroughly aroused to sense the importance of doing this preventive work. Thousands of souls might be saved from passing over the falls to their moral destruction if but a little effort were made at the right time. Is there not some one you can think of now, reader, with whom an ounce of prevention to-day will be worth a pound of cure a few years hence, after they have drifted into the darkness of the cities' slums?

### If You Do Not Receive the Paper Regularly

Our subscription list is being set up in type, and it would indeed be strange if a few mistakes did not occur in this change that involves the transcribing of so many thousands of names. If you do not receive your paper let us know and we will send you another.

### The Past Month at the Training-School

A better spirit never prevailed in the institution. A large number of our nurses have been kept busy in the city, and an excellent spirit has pervaded the class work. "The Parables of Jesus" have been the subject of the morning worship studies the past few weeks. The Bible class has been engaged in an analytical study of the first epistle of Peter. Evening classes are conducted by sections, a different section of the family meeting each evening. These classes have been rather of the nature of Bible socials or informal Bible studies, the time being largely occupied by asking and answering questions with reference to Christian work and personal salvation. These occasions seem to be much enjoyed by both teachers and students.

### The State Prison Fund

In THE LIFE BOAT last month we had a talk with our readers about the State Prison Fund. Calls are coming in every day for THE LIFE BOAT. How shall we fill them? Who will be among the first to contribute to the State Prison Fund, and enable us to begin the work? At present we have calls for THE LIFE BOAT from almost every State in the Union. We do not believe that it is right that we should incur

debt to send THE LIFE BOAT to prisons. We earnestly appeal to our readers to each help a little, and then we will be able to supply those who are hungry and thirsty for the gospel.

The following letter, received a few days ago from a prisoner, but serves to indicate the work THE LIFE BOAT is doing behind the bars, and the good that may be accomplished by a small donation to the State Prison Fund. Let us hear from you at once.

DEAR FRIEND:—A fellow-prisoner handed me a copy of THE LIFE BOAT, and I read every line of it—it was like a beam of sunshine although I was not altogether in the dark; for I have been trying to lead a Christian life for the last three years. I came to this prison on the third of October, 1896, and on March 28, 1897, I was baptized. I accepted Christ as my Saviour. I repented and am sorry for my past life, and I know God has forgiven me. I am in prison; I do not know when I will get out, for I have no friends to help me. I would like to get out; but if I had my choice of going out and being a servant of the devil, or staying here and being a servant of the Lord, I would stay here; for God can make a prison cell a paradise. Sometimes I get so down-hearted and discouraged I do not know what to do, then I ask God for light, and He hears my prayer.

My sin is great; my strength is weak;  
My path beset with snares;  
But Thou, O Christ, hast died for me,  
And Thou wilt hear my prayers.

That priceless little paper, THE LIFE BOAT, has given me new courage, and some day I hope to see you and thank you for putting it in my way. I am a young man twenty-five years old, and by God's help, I will become an honest man. I will write you again, and let you know about my past life. A letter of encouragement, or of advice, will be appreciated. Please pray for me. May God bless you all for your grand work. Yours truly,  
\* \* \*

### Doing Missionary Work With The Life Boat

DEAR SISTER:—I received THE LIFE BOAT, and was much pleased with it, and now I want you to send a subscription to Miss B——. She wrote me such a pitiful letter not long ago. The young folks all dance where she lives. Soon after they moved where they now live, they had a great revival, and almost all of the young people became converted, joined the church, and of course quit dancing. She and her sister never danced, but last winter everybody got to dancing again, and were worse than ever. There is absolutely no one for them to go with unless they dance, and that they will not do, and as they live in the country away from all intellectual helps, it is very lonesome for them. I want you to send her THE LIFE BOAT, to take up her mind with other things, for she is a dear good girl, and I know that THE LIFE BOAT will prove a blessing to her. It will also serve to show her that there are worse troubles in the world than hers.

### He Sends His Subscription

DEAR LIFE BOAT:—It was with great pleasure that I read the Prisoners' Number of your valuable little paper, that found its way through your kindness to my room. It encourages me to hope for a better future, and you are certainly deserving of great success in your most benevolent enterprise. Enclosed you will find twenty-five cents for which please send me THE LIFE BOAT for one year. Trusting to hear from you at your earliest convenience, I remain, yours in hope,  
\* \* \*

[Let other prisoners who have the money, do likewise. If all who can will subscribe for themselves, we will do our utmost to raise the funds to send THE LIFE BOAT to those who have no money.—Eds.]

**News and Notes**

EDITH CARPENTER will spend a vacation at her home in Nebraska.

Lillian Snyder is enjoying a short rest at South Haven, Mich.

The Training-School building is undergoing many improvements and repairs.

Jennie Van Wagner has gone to her home at Owatonna, Minn., for a vacation.

Miss Ada Olsen has gone to her home in Lansing, Iowa, for a month's vacation.

The Job Department of THE LIFE BOAT now has an electric motor to run its presses.

Olga Ziegler and Selma Just have returned from a vacation spent at their Minnesota homes.

Mrs. E. B. Van Dorn has returned from Sheridan, Ill., where she spent a few weeks resting.

During the past month Mrs. H. N. Garthofner has taken up the work of matron at the Training-School.

The graduating exercises of the American Medical Missionary College were held the latter part of June.

Brother T. F. Mackey had charge of the services at the Life Boat Mission on a recent Sunday evening.

M. E. Yergin and wife, of THE LIFE BOAT Office, were absent a week last month, visiting friends in Michigan.

The Training-School family recently listened to a talk by Brother Curtis, a medical missionary from Atlanta, Ga.

N. W. Paulson has been appointed treasurer of the Chicago Medical Mission. He assumed his new duties June 1.

Charles Peden, who was with us a short time observing mission methods, has returned to his home in Johnstown, Penn.

W. E. Williamson and wife, of the Workingmen's Home, spent a portion of last month in Boston visiting Mr. Williamson's father.

Dr. David Paulson has been absent from Chicago the past month. During this time he has been on the Pacific Coast visiting our various institutions.

Notwithstanding the approach of warm weather, the attendance at the Mission continues good, and the interest in the meetings is up to the usual standard.

E. T. Reeseman, who was recently called home by the sickness and death of his mother, has returned and is acting as night nurse in the gentlemen's ward.

E. A. Lemons will spend the summer in the interest of Health Literature. Silas Yarnell and A. Schank will have charge of the treatment rooms in the Chicago Branch Sanitarium; W. E. Phillips will also remain in Chicago.

D. S. Montgomery, of THE LIFE BOAT Office, passed a week's vacation in Benton Harbor, Michigan. Brother Montgomery is one of the compositors working on THE LIFE BOAT. This is his first vacation since THE LIFE BOAT was launched.

**NEEDS FOR THE LIFE BOAT REST.**—Covers for table and stands in the reading-room; table-cloths, with napkins or without; pillow-cases, dish-towels, two stands, several rockers, cooking-kettles, towels, folding-bed, flat-irons, tea-kettle, cupboard.

Walter Loyd, who was connected with the work in Chicago several years ago, and later with the work at Battle Creek, passed through the city on his way from Texas to Battle Creek, and gave our family an interesting talk concerning the experiences of himself and Brother Ferguson.

The junior class of medical students will spend their summer vacations as follows:—Rowland Harris, at his home in Boston; A. J. Hetherington, at his home in Iowa; A. R. Satterlee, at his home in Indiana; H. E. Truex, at his home in Missouri; Fred Dryden, at his home in Illinois; Maud Bull, at her home in Marion, Ohio. Those going to Battle Creek are:—A. M. Barrows, J. J. Bell, Amy Hawke, Lyra Hunt, Elsie Merritt, Ruth Merritt, W. W. Wooster, R. L. Mantz.

**A Redeemed Slave**

**A**N old colored brother arose in the Mission the other night, and gave this testimony: "I am eighty-one years of age. I served as a slave in the south for ten years, and then bought my freedom. I paid two thousand nine hundred dollars for myself. That was the way I redeemed myself, but best of all, the blessed Lord redeemed me without money and without price, and for over sixty years I have been His servant, and for forty years I have been preaching the glad tidings to others. To-night I love God more than I ever did and I hate sin worse. Oh! may the blessing of God rest upon this wonderful little spot, and may God bless you all, is my prayer."

**He Wants The Life Boat**

DEAR SIR:—I saw the Board of Pardon in March, and I was put back again to next March, so I have another year to put in here. How is the Mission getting along? I am praying for it every night. I have not got THE LIFE BOAT since last March and I miss it very much. I wish you would send it to me if you have any to spare. Yours in Jesus. \* \* \*

[Who will send THE LIFE BOAT to this prisoner? There are scores of others who are calling too.]

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

Treatments given.....	438
Examinations.....	125
Prescriptions.....	45
Surgical operations.....	22
Admitted to the surgical ward.....	12
In Children's Christian Home and Branches	52
Days nursing .....	2407
Meals served (penny lunches).....	43,164
Lodgings given .....	6015
Newsboys given baths.....	20
Using free laundry .....	3219
Attendance at gospel meetings.....	2670
Gospel meetings held.....	60
Testaments and Bibles given away.....	50
Pages of other literature distributed.....	1700
Requests for prayer.....	204

## THE CHICAGO MEDICAL MISSION

*Established 1893*

Under the supervision of the International Medical Missionary  
and Benevolent Association

J. H. Kellogg, M. D., Superintendent  
N. W. Paulson, Treasurer                      W. S. Sadler, Secretary  
Resident Physicians  
W. B. Holden, M. D.                      David Paulson M. D.  
Mary Wild Paulson, M. D.

CHICAGO HEADQUARTERS: 1926 Wabash Avenue



### BRANCH AND ASSOCIATE INSTITUTIONS

LIFE BOAT MISSION, 436 State Street

THE WORKINGMEN'S HOME, 1341 State Street

GOOD HEALTH HOTEL, 1351 State Street

CHILDREN'S CHRISTIAN HOME, 2408 South Park  
Avenue

FREE DISPENSARY, 136 Twentieth Street

VISITING NURSES' SETTLEMENT. Headquarters:  
1926 Wabash Avenue

LIFE BOAT REST (for Girls), 481½ South Clark  
Street

CHICAGO MEDICAL MISSIONARY TRAINING-SCHOOL,  
1926 Wabash Avenue

AMERICAN MEDICAL MISSIONARY COLLEGE, 1926  
Wabash Avenue

CHICAGO MEDICAL MISSION, 1926 Wabash Avenue,  
Chicago, Ill.

All calls for assistance and reports of needy cases should be  
made by telephone or mail to 1926 Wabash Ave.  
Telephone South 835



### TO THOSE SENDING DONATIONS

Clothing, Food, etc., should be forwarded by freight, pre-  
paid, to the Chicago Medical Mission, 1926 Wabash Ave-  
nue, Chicago Ill. Do not fail to mark each box or  
package with the full name and address of the sender. Compliance with these suggestions will save much delay in acknowledging receipt of your donations.

Cash donations remit by P. O. Money Order, Express Or-  
der, or draft on Chicago. If money order is sent, the letter  
should be registered. Make all orders or drafts payable  
to the Chicago Medical Mission, 1926 Wabash Ave., Chi-  
cago, Ill.

## A Jail Meeting

MARCELIA WALKER

WHILE at home last winter, my brother, sister, and I began holding meetings in our county jail every Sunday afternoon. From the very first, the prisoners manifested much interest in the meetings and would beg us to come oftener and stay longer. After each service we left them some papers, books, and tracts to read; also hymn books to sing from; inviting them to ask questions at the next meeting on any subject they wished to know more about. One day as we were talking and reading some of God's precious promises, one young man, who had never had any one take any interest in him (his parents died when he was very young), was touched by his Heavenly Father's love and goodness. He cried out: "I wish you would pray for me, right now." Other prisoners chimed in with, "Me too;" so we knelt, and the Spirit of the Lord came in and gave us a rich blessing. Shortly after this, the young man had his trial and was sentenced to five years in the penitentiary, but he is still rejoicing in the Lord and trying to live for his Master. In one of his letters he expressed a desire for a Bible that he might better labor for his fellow prisoners. The following letter has since been received from him, which may be of interest to the readers of THE LIFE BOAT:

KIND FRIEND:—Your ever kind and welcome letter at hand and I was very glad to hear from you. I am glad to see that there are friends who think of my welfare, that is to say, my spiritual welfare. Of course I have never been a Christian in my past life, but in the future you may be sure that I will endeavor to walk in the footsteps of Jesus, and I hope and trust that I may have your earnest prayers that I may not go astray. I am something like the prodigal son, I have decided to return to my Father's house and seek His forgiveness but I am also like the little boy who stole his mother's jam, I'm almost afraid to confess my guilt. You say that probably the Lord has a work for me to do while I am in prison in witnessing for Him; I hope that I may be an instrument in His hands to bring lost souls to Christ. We have religious services here every other Sunday. You wanted to know about my work. I am not in the mines; I am working on the outside in the timber where I get to see the beauties of God's earth and inhale the fresh and fragrant air. You may be sure that I will accept a Bible or anything else that you may send, with many thanks and great pleasure. There are a few of my old acquaintances here and it makes me feel a little more satisfied than I would be otherwise. If ever I live to get out of trouble I will gladly accept your very kind invitation to visit you. You say that Mrs. B—, the sheriff's wife, was asking for me and that she is a friend of mine. I hope that you will give her my regards and tell her that I would be glad to hear from her. Kindly remember me to your brother and sister. Hoping to hear from you soon and often, I remain, yours respectfully.

There are many precious jewels like this one ready to be plucked from among the rubbish, and we have God's promise that He will go with us even to the ends of the earth and guide us to those whom He knows will turn to Him. The harvest is great but the workers are few. Are you a worker? If not, why not? The world is full of sadness, want, and misery. The Lord wants your help in brightening the lives of the sad, in relieving the wants of the poor and needy, in carrying the good news of salvation to those who know it not. Let us pray the Lord to send forth more laborers, into His vineyard, and ever be ready to say: "Here am I, Lord, send me."



"One night I came to the Life Boat Mission, and there I found the Saviour. He saved me and I am no longer feeding on the husks. Jesus is everything to me. When I came to Him, I had no friends, but now I have hosts of them, yet the best friend I have is Jesus."—*Mission Testimony.*

**The Medical Missionary and Gospel of Health**

*The Medical Missionary and Gospel of Health* is a journal devoted to medical missionary work in this and foreign countries, also to the promulgation of the principles of the gospel of health and Christian temperance. Each month this paper contains many original articles, and descriptions of foreign mission fields. It is a thirty-two page monthly; subscription price is fifty cents per year; clubbed with THE LIFE BOAT, the two for sixty cents. This offer is to either new or old subscribers. Address, *The Medical Missionary and Gospel of Health*, Battle Creek, Mich., or THE LIFE BOAT, 1926 Wabash Avenue, Chicago, Ill.

**Summer School of Battle Creek College**

This special summer school for missionary teachers, mothers, and others especially interested in the training of the young, opened June 20, and is to continue to August 29. This special course of instruction is under the auspices of Battle Creek College. But a nominal charge is made for tuition, and very favorable arrangements may be made for room, light, laundry, etc. Board is provided on the European plan—the average cost being about one dollar and a half per week. Those interested in this course and desiring further information should address, Professor E. A. Sutherland, Battle Creek, Mich.

**The Gospel Herald**

This little sheet is truly a missionary paper, published in the interests of missionary work among the colored people in the South. It is a live sheet, giving illustrated descriptions of this important and growing work; pointing out the needs of the field; and containing, from time to time, practical instruction in regard to methods of work. The June number of *The Gospel Herald* is a special issue, giving an illustrated description of the work being done in different parts of the Southern field. Price of this special number five cents. *The Gospel Herald* is published monthly by the Southern Missionary Society, 1908 Grand ave., Nashville, Tenn.

**The Youth's Instructor**

This is a day of much literature, both in the form of books, pamphlets, and periodicals; yet it is very difficult to find suitable reading matter for the young. The mind of many a bright and promising youth has been starved for lack of suitable mental food, while the minds of others have been literally poisoned by the literature which has been placed in their hands. Parents owe a duty to their children, to provide the best possible literature for them; the youth owe a duty to themselves, to cultivate an appetite for good reading and put forth every effort to possess themselves of the same. One of the best papers for the youth that we know of is *The Youth's Instructor*, published weekly at Battle Creek, Mich. Single subscription seventy-five cents a year, with discounts, we understand, to clubs. Address, *The Youth's Instructor*, Battle Creek, Mich.

**Donations to the Chicago Work**

**THE PRISONERS' FUND**

Minnie & Chas. Sterling	25	D. W. Nichols	6 00
James Devinney	25	Mrs. E. H. Curtis	1 50
Mrs. Ross	65	Olof Nerland	25
J. A. Guenther	3 00	Mrs. J. H. Arveson	25
Arva Arveson	25	Mrs. Maria Jorgenson	25
Mrs. F. Wittig	25	Ole Larson	25
H. C. Johnson	25	Mrs. Sophia Anderson	10
Mrs. L. Jensen	10	Mrs. Maria Johansen	10
Mrs. Maria Thompson	10	Hannah Rasmusson	25
Annie Jensen	25	Frina Larson	25
Carlton Hyatt	20	Mrs. F. G. Hyatt	1 00
Rev. A. S. Nielson	25	R. J. Rasmusson	25
William Mogensen	75	D. Benecke	50
N. P. Nielson	25	Hans Hanson	25
Mrs. J. S. Peterson	25	Mrs. A. K. Peterson	10
Mads Rasmusson	25	Mrs. N. P. Larson	25
C. Johnsen	25	Mrs. H. R. Hendrickson	25
Peter Hendrickson	50	John G. Hanson	25
Anders & Mrs. Anderson	35	H. P. Anderson	25
Peter Anderson	25	Mrs. K. Nelson	25
Pacific Press Pub. Co.	1 00	The Nebraska Tract So.	60
Hattie E. Parsons	75	Mrs. S. T. Coney	50
Mr. Heike Even	25	Mrs. A. M. Kiehnhoff	1 00
Mrs. H. Johnson	1 50	Mrs. C. S. Merrill	50
Annie Johansen	10	Mrs. Carrie Swope	48
Chicago Friends	1 50	Mrs. F. D. Hare	50
Miss Alice McPherson	5 00	Geo. E. Pooler	25
Mrs. J. J. Blair	1 25	Miss Annabelle Nelson	25
Henry J. Storey	25	Mrs. D. Miramonty	1 00
Eld. J. N. Loughborough	2 00	R. C. Andrews	75
Eva Hyatt	15		
		Total	\$40 78

**CHICAGO MEDICAL MISSION**

Mrs. Sarah Lane	1 00	D. L. Meyers	50
J. S. Shrock	27	Dr. J. M. Craig	3 00
Mary Goward	1 50	Dr. J. H. Kellogg	10 00
Dr. A. M. Winegar	3 00		
Della Gilmore	4 50	Total	\$23 77

**CHILDREN'S CHRISTIAN HOME**

Miss Benn	5 00	Mrs. F. Talbot	25 00
Mrs. J. R. Kimball	10 00	D. L. Myers	1 00
Jennie McClinn	50	Mrs. Maggie Swank	25
Gertrude Swank	15	John Swank	15
Eddie Swank	15	Nellie Swank	15
Oliver Ware	50	Clarence E. Powers	1 00
Clara Larsen	50		
		Total	\$44 35

**THE LIFE BOAT RESCUE SERVICE**

Dr. Brighthouse	5 50	Mrs. Leona Burman	1 00
A Chicago Friend	3 00	S. D. A. Mis. So. Aspen	5 00
Winfield Nary	25	Mr. & Mrs. F. Clark, jr.	1 00
Frank A. Tompkins	10 00	Charley Ware	50
D. W. Ives & Susie Colburn	1 00	Gottfried Leich	5 00
Lottie Fittro	1 00		
		Total	\$33 25

**WORKINGMEN'S HOME**

Henry J. Storey	\$ 25
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**LIFE BOAT MISSION**

A Friend	1 00	Mr. & Mrs. F. Clark, jr.	1 00
C. G. Broman	1 00	J. F. Hendrickson	75
A Friend	3 00	Frances C. Ross	1 75
John T. Luyster	2 50	Miss Maud Brown	1 00
Mrs. Carrie Covey	25	Miss Bertha Loveland	3 50
Winfield Nary	24	Mr. Harry Boram	10 00
Dr. J. H. Kellogg	10 00	Dr. Winegar	3 00
Mary Goward	1 50		
		Total	\$40 49

**NURSERY**

Bertha Ware	50		
A. C. Clawges	3 00	Total	\$3 50

**THE LIFE BOAT REST**

Frank A. Tompkins	40 00	Mother Saunders	5 00
B. E. Connerly	2 50	Bro. Swan	5 00
Sprague, Warner & Co.	10 00	Mr. Chapman	1 00
Ex-convict	50	A Friend	50
Mrs. Hoagland	1 00	S. Creeper	5 00
Miss Ester	1 00	Mr. Schick	2 00
Mrs. V. Huse	1 00		
		Total	\$74 50

Water Street Wholesale Houses:—Four boxes new beans, one bushel new potatoes, one basket tomatoes, half dozen pine-apples, two dozen oranges, two dozen lemons, one dozen bunches asparagus, one box lettuce, two boxes new cabbage, one bag beets, half bushel soup beans, four crates new turnip radishes. Mrs. Wenzel, gasoline stove, half dozen knives and forks and spoons. Miss Covert, sewing machine, Five dollars worth of sheeting; no name given.

# THE LIFE BOAT

PUBLISHED MONTHLY

ILLUSTRATED

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FOREIGN SUBSCRIPTIONS, AND IN CHICAGO, 50 CENTS

## To Subscribers

Write names and addresses plainly.

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

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

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

## Expired Subscriptions

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

## Special Terms

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

## Change of Address

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

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

## Special Notice

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



## Ice-Cream and Soda-Water Money

"Wherefore do ye spend money for that which is not bread?"  
(Isa. 55:2)

WE do not know how much money will be spent this coming summer by readers of THE LIFE BOAT for ice-cream, soda-water, candy, and other things of this nature; we trust but little, but we desire to offer a suggestion to our readers at the beginning of the summer. It is this: if you are tempted to use your money for purposes which will not do good either to yourself or your fellow men (in fact, such things very often do positive harm to our physical health), we suggest that you ask the Lord for grace enough to lay aside these pennies with a view of using them in missionary work. A few such nickels and dimes will send a club of LIFE BOATS into some prison for a year, where each month they will cheer the hearts of those who are deprived of their liberty. The prisoners will greatly appreciate the encouragement which a monthly visit of THE LIFE BOAT will be to their souls. We receive scores of calls for THE LIFE BOAT which we are unable to fill as we do not have the money with which to send the papers. THE LIFE BOAT is furnished at so low a subscription price that no money is made on the paper, and therefore we have to depend upon our friends and those interested in the prisoners, to help us in supplying THE LIFE BOAT to State prisons and institutions of that kind. *Save your ice-cream, soda-water, and candy money and send The Life Boat to the prisoners.*

## How You Can Use The Life Boat

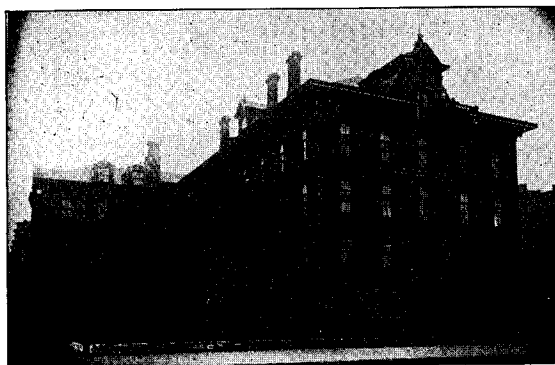
1. IN your county jail, in your city prison, or any other penal institution, as well as the poor-house, etc. THE LIFE BOAT is just the kind of literature that these people want. It presents the gospel in such a way as to be readily comprehensible by these unfortunate souls.
2. In reaching the intemperate, and drunken. Many a drunkard's home has been transformed into one of peace and happiness, and his scattered family reunited through the influence of THE LIFE BOAT.
3. In reaching your friends and neighbors who take no interest in ordinary religious reading. It will be an easy matter to interest them in THE LIFE BOAT and the practical Christian work which it represents.
4. Your children can sell THE LIFE BOAT, thus gaining a valuable missionary experience. At the same time, while they are placing the story of the gospel into the hands of the people, they will be earning for themselves some missionary money.
5. In your work in the saloons and other places of questionable resort, THE LIFE BOAT can be taken by competent, qualified workers who can go about their work two and two, and in this way the gospel can be brought to the notice of the saloon-keeper, the bartender, and the people that frequent these places.
6. Take THE LIFE BOAT with you when you are holding your cottage-meetings or are otherwise engaged in house-to-house visitation work. It will prove to be a valuable card of introduction and will continue to exert an influence in the home while you are engaged in other work.
7. Take a club of THE LIFE BOAT to use in your missionary society. It is one of the least expensive periodicals to be had. Bear in mind that each paper is illustrated, and this adds to its usefulness for those who take little interest in ordinary religious reading.
8. The tramps and beggars will appreciate THE LIFE BOAT. When they call at your door and you have given them a morsel of food for the physical man, give them a copy of THE LIFE BOAT. More than one tramp has been guided in this way to a saving knowledge of the Lord Jesus Christ.

## Work for Boys and Girls During the Vacation

HUNDREDS of boys and girls are looking for something to do during the summer vacation. No doubt many things will be brought to their notice with which they may occupy their time, but we desire to ask every boy and girl who reads THE LIFE BOAT this question: Is it not both your duty and privilege to do something this summer to help point souls to "the Lamb of God that taketh away the sins of the world"?

We are sure our young readers will answer, "Yes, I want to do something that will be of some help to fallen humanity." There are many things that might be done, of which we have not space to make mention here, but we will tell you of one way in which you can accomplish good, and that is to take THE LIFE BOAT with you, and go to your friends and neighbors; or if you live in a city, from house to house, either to secure subscribers or to sell single copies at five cents each. You will not only assist THE LIFE BOAT, but will gain a grand experience and have opportunities of sowing the precious gospel seed in many hearts and homes. Begin right away. Write to us and we will tell you how to start. Address THE LIFE BOAT, 1926 Wabash Avenue, Chicago.





CHICAGO MEDICAL MISSIONARY TRAINING-SCHOOL  
1926, WABASH AVENUE

THIRD  
ANNUAL ANNOUNCEMENT  
OF THE  
CHICAGO  
MEDICAL MISSIONARY  
TRAINING-SCHOOL

INSTRUCTORS

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

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

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

**1 Bible**

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

**2 Physiology and Hygiene**

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

**3 Scientific Cooking**

**4 General Nursing**

**5 Physical Culture**

**6 Use of Rational Remedies in the Treatment of Disease**

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

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

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

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

Address all Correspondence  
to the

{

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

# Elastic HOSIERY

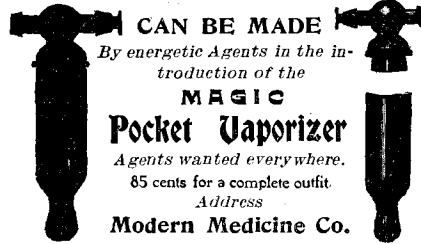
FOR THE RELIEF & CURE  
OF  
SPRAINS,  
DISLOCATIONS,  
WEAK JOINTS,  
VARICOSE VEINS ETC.

FEMALE ATTENDANTS  
FOR LADIES.

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**MAGIC**

**Pocket Vaporizer**

Agents wanted everywhere.  
85 cents for a complete outfit.

Address  
**Modern Medicine Co.**  
BATTLE CREEK, MICH.

We will Print and Mail You

**200 BUSINESS or  
VISITING CARDS**

Either Round or Square Corners, for

**85 Cents!**

Stock was purchased before Prices Raised.

**The Life Boat Job Department,**

1926 WABASH AVE.

CHICAGO, ILL.

# DYSPEPSIA

## Can Not Be Cured

It's an impossibility to cure dyspepsia so long as the food is wrong. Oatmeal and other cereal foods that have not cooked five hours, are the prime cause of dyspepsia. They feed the disease as oil feeds the flame, forming a starchy, sticky mass in the stomach, causing indigestion and distress.

**GRANOLA**, the ready-to-serve food, is pre-digested, cooked five hours, the starch being converted into dextrin. It can be digested and assimilated by the weakest stomach.

The rich nutty flavor pleases the palate, and the scientific combination of the grains that enter into its manufacture, give strength to the body, and the bloom of health to the cheek.

One pound equals in food value three pounds of best beef.

Manufactured by the Battle Creek, Mich., Sanitarium Health Food Co. Picture of the Sanitarium on the package. Sold by grocers.

When answering Advertisements please mention **THE LIFE BOAT**

## Life Boat Club Rates

THE LIFE BOAT will be sent one year, clubbed with any one of the following periodicals, at the rate named:

THE LIFE BOAT and MEDICAL MISSIONARY AND GOSPEL OF HEALTH, - - 60c  
 THE LIFE BOAT and TRAINING SCHOOL ADVOCATE, - - - - - 60c

### The Life Boat Series of Tracts

No.		Price postpaid a hundred
1.	What Must I Do to be Saved?	.20
2.	Waiting for You	.10
4.	A Message of Love	.10
5.	Personal Work	.20
6.	Some One Cares for Your Soul	.20
7.	What Must I Do to Grow in Grace?	.20
8.	Whosoever Will	.10
9.	Look Up	.10
10.	Are You Willing?	.10
11.	Prepare to Meet Thy God	.10
12.	My Sister	.20
13.	Unexpected News	.20
14.	An Open Letter	.20
15.	The Holy Spirit	.20
16.	How One Sinner Was Saved	.10
17.	Not Hopeless	.20
18.	Bible Helps	.20
19.	Why Are You Not a Christian?	.10
20.	He Will Abundantly Pardon	.10
21.	Helpful Rules for Young Converts	.20
22.	Come	.10
23.	A Confession	.20
24.	God Loves Sinners	.10
25.	"I'm Too Great a Sinner"	.20
26.	"I'm Afraid I Can't Hold Out"	.20
27.	"I've Tried Once Before and Failed"	.20

(Numbers 6, 12, 13, 14, and 23 were written especially for use in rescue work among fallen women.)  
 Address THE LIFE BOAT, 1926 Wabash Avenue, Chicago, Ill.

### Vol. 2 of The Life Boat BOUND IN CLOTH

The Second Volume of THE LIFE BOAT is neatly Bound in Cloth, stamped in Gold. Price, \$1. Only a limited number of copies.

ORDER AT ONCE

### Monthly Payments

THE FAMOUS

### Bilhorn Telescope Organs

Can now be purchased on Time Payments made to suit purchaser, with only a little cash down. Or, if full amount is paid in cash with order, a special discount will be allowed.

Prices Run \$25, \$30, and \$35.

Send for full particulars.

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Rates to Other Points Proportionately Low

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**SEND NO MONEY**

**WE ASK NO MONEY** until you have examined the Bicycle and convinced yourself it is such a Bicycle as was never before offered at anything like the price...



**WRITE FOR FREE BICYCLE CATALOGUE.**

**CUT THIS ADVERTISEMENT OUT AND SEND TO US** mention **THE LIFE BOAT.**

**SEND NO MONEY**, say whether you wish gents' or ladies' bicycle, black, green or maroon color, whether 22 or 24-inch frame, whether our **ACME JEWEL**, outside joint, at \$13.75, or our **ACME PRINCE**, flush joint, two-piece hanger bicycle, exactly as illustrated, at \$14.75, and we will send the bicycle to your nearest railroad station by express or freight C. O. D., subject to examination. **YOU CAN EXAMINE IT THOROUGHLY**, call in any bicycle expert to examine it, and if not pronounced a strictly high grade 1900 model bicycle, the **GREATEST BICYCLE BARGAIN EVER SEEN**, the equal of bicycles that retail in your town at \$25.00 to \$40.00, far better than bicycles that are being widely advertised at \$18.00 to \$25.00; if you are convinced you are getting such a bicycle as you could not get elsewhere at anything like the price, pay your railroad agent

Our Special Offer Price... **\$13.75** for the Acme Jewel, or **\$14.75** for our Acme Prince, exactly as illustrated, and freight or express charges, which will average 50 to 75 cents for each 500 miles.

**OUR BINDING GUARANTEE...**

At \$13.75 and \$14.75 our Acme Jewel and Acme Prince are covered by a **WRITTEN, BINDING ONE-YEAR GUARANTEE**, (which accompanies every bicycle), by the terms and conditions of which if any piece or part gives out within one year by reason of defect in material or workmanship, we will replace or repair it **FREE OF CHARGE**.

**THE** above illustration, engraved from a photograph, shows our new 1900 MODEL FLUSH JOINT ACME PRINCE BICYCLE. Every bicycle will be exactly as shown in illustration, with the exception of the sprockets which come in a variety of patterns, and the handle bars which are furnished in either up or down turn, as desired. The \$13.75 1900 Model Acme Jewel also differs from the above only in a variety of patterns of sprocket, and comes with outside joint connections. (Sears, Roebuck & Co. are thoroughly reliable.—Editor.)

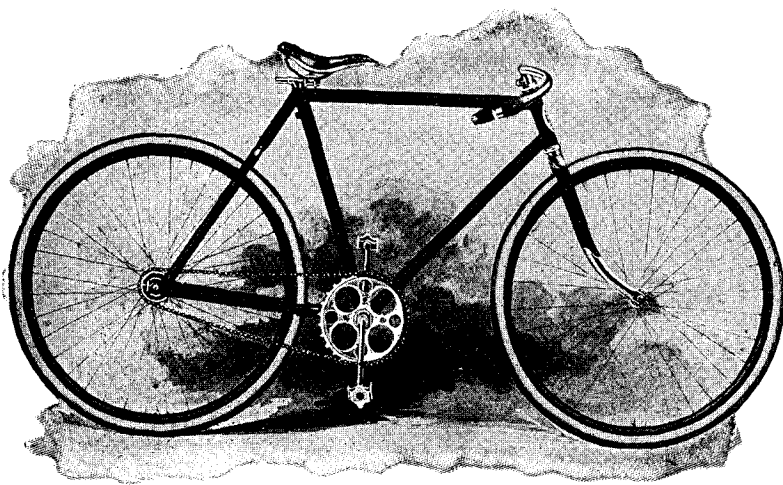
**OUR ACME JEWEL AND ACME PRINCE** are made for us under contract **BY ONE OF THE BEST BICYCLE MAKERS IN AMERICA**, made from the best material that money can buy, made on the very latest lines, the newest models for 1900. **THE ACME PRINCE AT \$14.75** embodies every up-to-date feature of every high grade bicycle, everything the very best, including flush joints throughout, the very latest style two-piece hanger, strictly high grade equipment, **A HIGH GRADE 1900 WHEEL**.

**OUR ACME JEWEL AND ACME PRINCE AT \$13.75 AND \$14.75** are built on the latest lines for the season of 1900. They have the very latest diamond frame in the gents'; the very latest handsome curved drop frame in the ladies'. They come in either 22 or 24-inch, as desired. The frame is made from the very finest 1 1/2-inch cold-drawn seamless tubing. **The Acme Prince at \$14.75** is flush at every joint, the connections are all of the finest steel stampings, handsomely finished. Has the very latest style arched crown, handsomely curved, shaped and finished; handsome tapering fork, beautifully finished. The wheels are the highest grade 28-inch, fitted with genuine Hercules spokes, full finished. The very best selected air seasoned rock elm rims are used. They have the genuine

Wilmar large sized hubs made from bar steel, heavily nickel plated. The cranks are made from the finest forgings, the bearings are made from tool steel hardened in oil, accurately trued to gauge, beautifully finished and practically non-destructible. The sprockets are made from selected forgings, heavily nickel plated and they come in a variety of beautiful patterns. **We furnish with these bicycles at \$13.75 and \$14.75 our own special high grade season guaranteed, Seroco single tube pneumatic tire, one of the highest grade tires made, complete with tire repair outfit.** The bicycle is fully equipped with high grade chain, high grade ball bearing adjustable pedals, full padded saddle, up or down turned handle bars, tool bag, pump, wrench, oiler and tire repair kit. The bicycles are beautifully finished, handsomely decorated and ornamented. They come either in black, green or maroon. All usual parts are heavily nickel plated on copper.

**DON'T DELAY YOUR ORDER A DAY** **OUR SPECIAL \$13.75 AND \$14.75 PRICES HOLD GOOD** only until our present stock is disposed of. Address,

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\$5 to \$15



Cheaper  
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**From the Old Reliable Company.** On account of the season being nearly two months late, we have over **5,000 Bicycles in Stock**, which we must move inside of the next 60 days. This means a great cut in the price of every style. Our Stock comprises nearly **ONE HUNDRED WELL-KNOWN MAKES.** Second Hands of every description, \$5.00 to \$12. New 1900 models, **THE PICK OF THE BEST, \$11.50 to \$25.**

Agents and Riders cannot afford to miss this great opportunity. Write at once while assortment is good. Any Bicycle in our immense stock shipped anywhere on approval. Good Agents wanted in every locality. We guarantee satisfaction in every purchase. Write at once for **SPECIAL SALE OFFERS.** Address

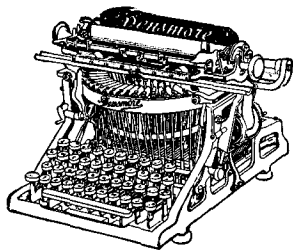
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 The above Company are perfectly reliable.—Publishers.

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Enclosed find Twenty-five cents, for which please send THE LIFE BOAT for one year to the following address:

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Send money by  
Post Office Money Or-  
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**Our Specialty  
COMFORTS**



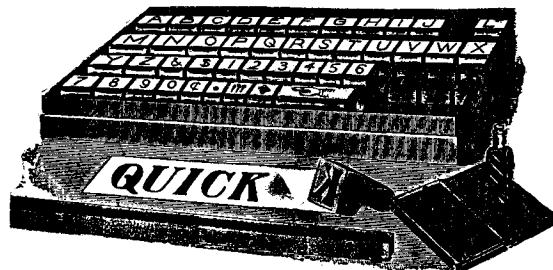
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BED TRAYS,  
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**INVALID WHEEL  
CHAIRS FOR  
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We are also makers of Artificial Limbs,  
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**SHARP & SMITH,**  
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This outfit of letters and figures is especially useful for printing Placards and Price Tickets, Marking Packages, Drawers, Letter Files, etc.

**SAVE TIME AND MONEY**

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Outfit contains Letters, Figures, \$, & c. marks, Index Hand and Ornaments — 42 Rubber Stamps in all; a Self-inking Pad, Bottle of Ink, and a Patent Ruler with Gauge. Special net price, \$1.00.



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For Ladies and Gentlemen,

MADE FROM

## The New Composition Rubber,

PURE, CLEAN AND HYGIENIC.

Do not cause that smarting sensation so common in celluloid goods.  
Can be cleaned with a damp cloth and look like the Finest Linen.  
Guaranteed to give satisfaction. Send for Catalogue and Special 60 Days  
Combination Offer.

The Life Boat Supply Department,  
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THE POPULAR  
INTERNATIONAL ROUTE  
TO ALL LEADING  
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IN THE EAST.

**GRAND  
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OPERATES MAGNIFICENT  
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THE GREATEST SCENIC ROUTE  
.. THROUGH ..  
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*Washington, D. C., April 12, 1899.*

*Sanitas Nut Food Co., Battle Creek, Michigan.*

*Gentlemen: Although not accustomed to subscribing my name in support of any manufactured product, I gladly do so in this instance.*

*Your nut products are choice, appetizing, wholesome foods, very pleasant to the palate, and exceedingly rich in nutritive and sustaining properties. Bromose and Nut Butter particularly are ideal foods.*

*Very truly yours,*

*Clara Barton.*

**We Originate; Others Imitate.**

**All Our Foods Are Carefully and Scientifically Prepared.**

Factories: Battle Creek, Michigan; London, Ont., Canada.  
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Agencies: St. Helena Health Food Co., St. Helena, Cal. (agents for California); Neb. Sanitarium, College View, Neb.; Denver Health Food Co., 1314 Fifteenth St., Denver, Colo.

**SANITAS NUT FOOD CO., Ltd.,**

Send 25c for assorted samples.

**BATTLE CREEK, MICHIGAN.**

**Battle Creek Sanitarium**

**HEALTH FOODS**

Can now be obtained from

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GRANOLA  
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**CARAMEL  
CEREAL**

**Sanitarium BAKED BEANS**

“HEALTH  
IS ESSENTIAL  
TO HAPPINESS.”

WHOLE WHEAT WAFERS  
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} Appetizing  
and  
Wholesome

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