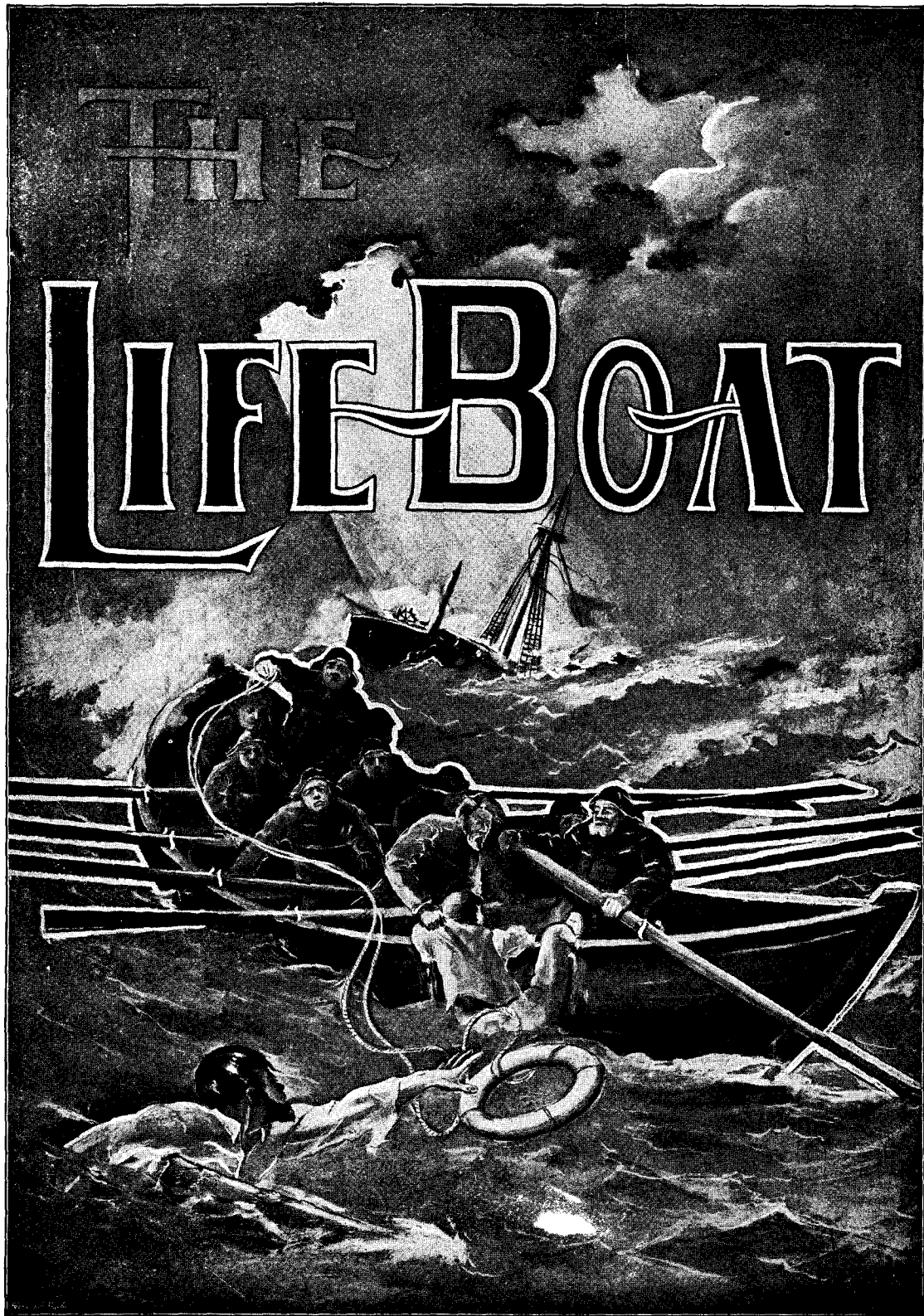


Published Monthly

JANUARY, 1901

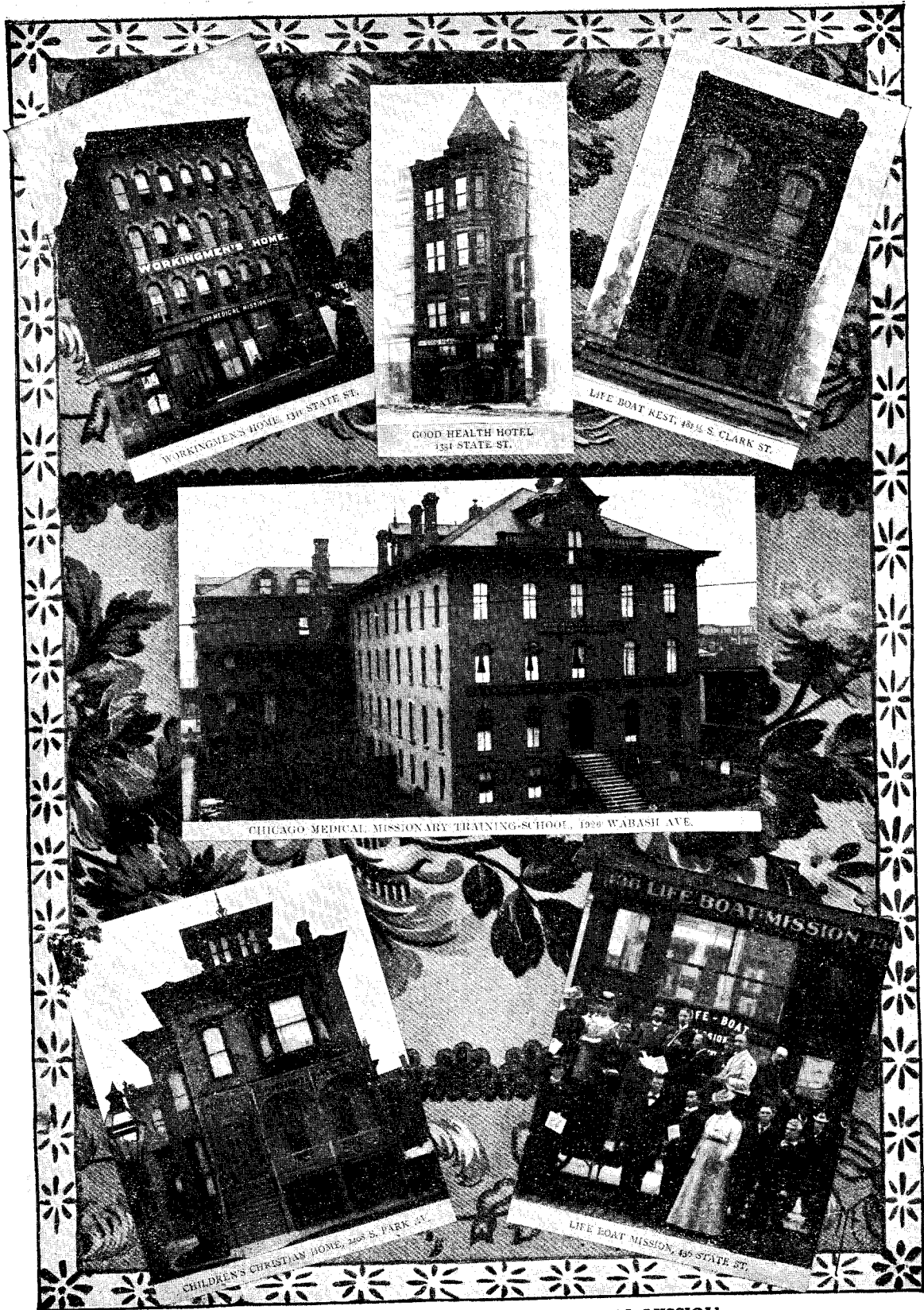
Price 5 Cents



VOL. III

1926 Wabash Avenue, Chicago

NO. XI



WORKINGMEN'S HOME,
130 STATE ST.

GOOD HEALTH HOTEL,
135 1/2 STATE ST.

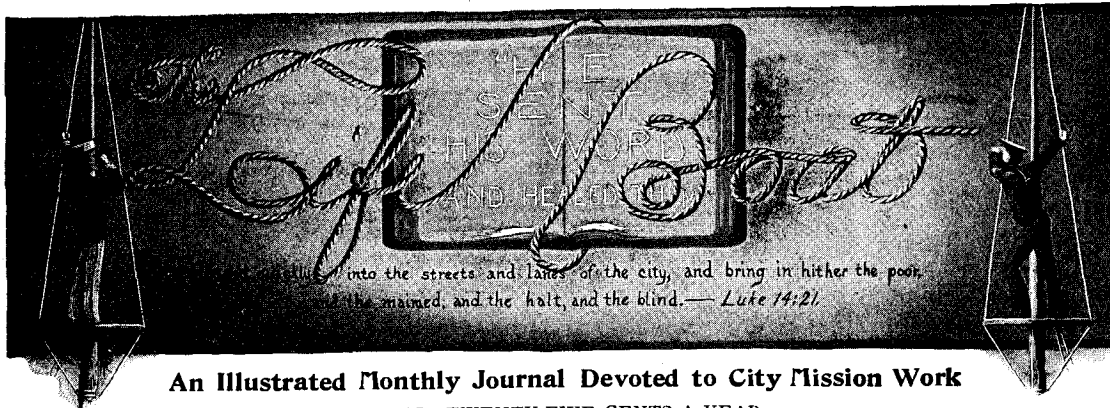
LIFE BOAT REST,
40 1/2 S. CLARK ST.

CHICAGO MEDICAL MISSIONARY TRAINING-SCHOOL,
1920 WABASH AVE.

CHILDREN'S CHRISTIAN HOME,
268 S. PARK ST.

LIFE BOAT MISSION,
435 STATE ST.

INSTITUTIONS OF THE CHICAGO MEDICAL MISSION



An Illustrated Monthly Journal Devoted to City Mission Work
PRICE TWENTY-FIVE CENTS A YEAR

Volume 3

CHICAGO, ILL., JANUARY, 1901

Number 11

AN APPEAL FOR IMMEDIATE HELP

This winter has been one in which heavy demands have been made upon many of our departments for relief and assistance. Every facility has been taxed to its utmost to meet these calls. As a result, a number of our departments have been unable to maintain their financial balance, and are now handicapped in their work for lack of means. **Immediate Help is Needed.** Even the smallest donations will be acceptable. We trust the friends of this work will rally to our help in this time of need. Send us what the Lord impresses you to give. Address all communications, and make all orders payable, to

Chicago Medical Mission,
1926 Wabash Ave., Chicago, Ill.

"He that hath pity upon the poor lendeth unto the Lord, and that which he hath given will he pay him again."—Prov. 19: 17.

Are You a Hearer, a Reader, or a Student?

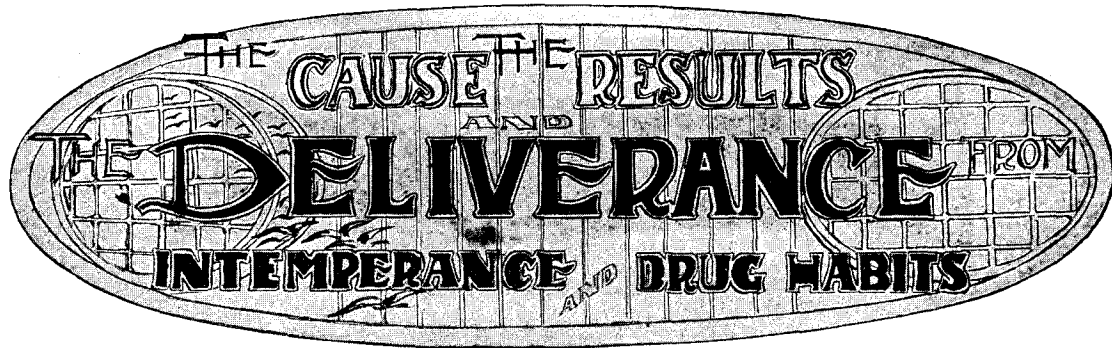
JULIA A. WHITE, M. D.

IN relation to the Bible, people naturally take their places in three groups.

First, there are the Bible hearers. These have the Word of God thrust upon them, as it were; circumstances placing them where they must for a time hear a portion of scripture read. These are cases where the Word is sown by the wayside. Others in this class voluntarily go to places to hear the Word of God, and find some enjoyment in so doing, but the seed falls on stony ground. They hear with gladness, but have no root, and endure but for a time, and soon become offended and are unable to withstand affliction.

Second, there are Bible readers; those who from habit or training read daily a portion of scripture. But many of the precious sentences have little if any meaning to them. The light and help they need is there, but they fail to get it. They are poor miners; always prospecting, but never discovering the rich ore-beds. In this instance the seed is sown among thorns, and the cares of this world and the deceitfulness of riches and other things entering in, choke the Word, and it becomes unfruitful.

The third class is composed of the Bible students, who alone can fully appreciate the Word of God. Here the seed is sown on good ground. These hear the Word, and receive it, and bring forth fruit. Not content with merely *reading* the Bible, they study it. Instead of skimming over acres of truth, they have put in their spade and dug deep. As each glittering coin in circulation is the result of the miner's hard toil with sieve and mattock, so is each new gem of truth, the currency of God's kingdom, the result of diligent search in the ore-beds of the Bible. To everyone this mine is open. He must indeed be a careless miner who comes away from this inexhaustible ore-bed without bringing some nugget as the result of every hour's search. A vital need of the hour is more Bible study. The Bible is the sword of the Spirit. The more it is scoured the brighter it shines. The more it is wielded, the less likely are we to be injured by the adversary. Let us saturate our hearts with God's Word. "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the Word of truth."



First Article.

Causes of Intemperance

BY THE EDITORS.

THERE are certain noxious and troublesome weeds which can never be eradicated until the last portion of their tap-roots has been extracted from the soil. Merely cutting off the portion that appears above the ground only serves in many instances to stimulate their growth, and although for the time being encouraging results may seem to follow the cutting down of these tops, yet the after results are very unsatisfactory and discouraging. This explains the lack of success attending many of the efforts made to eradicate the terrible evils of intemperance. Noble men and women have labored faithfully and earnestly to subdue this evil, but very often have been no more successful than the earnest and energetic farmer who spends his time in simply trimming the tops of troublesome weeds.

The class of inebriates who are wilfully wedded to the liquor habit are not apt to receive much benefit from any reformatory efforts, no matter how well-directed. On the other hand there are thousands who are bound down by the iron chains of the liquor habit, struggling in vain to snap the links that bind them. They have been unsuccessful because in their attempts to remove the evil they have not reached the root of their difficulty.

Most people suppose that intemperance begins with the saloon; but as a matter of fact, the average drunkard possesses an intolerable thirst within him that almost forcibly drags him into a saloon whenever he passes its doors. *There is a cause for this thirst*, as much as there is a cause for weariness or sleepiness; and the earnest advocate of temperance reform has not done his duty unless he has shown the poor shipwrecked and stranded victim of intemperance how *not* to sow for this thirst.

Dr. Brunton, the eminent English medical authority, tells of a drunkard who said that the good temperance people were for ever telling him that he ought not to drink, but none of them ever showed him "how to get rid of the thirst that compelled him to drink."

The object of the first of this series of articles on the subject of intemperance, is to point out some of the stepping-stones which lead to the liquor habit, and serve to create an intense desire for baneful drugs. None of these causes are presented merely as fanciful theories, but in every instance they are based upon definite facts, which have been scientifically demonstrated again and again, by notable medical experts, or upon facts gathered in our personal experience with large numbers of these unfortunate classes.

I. THE INFLUENCE OF HEREDITY.

A large number of inebriates and drug-fiends manifest some inherited weakness, which renders them peculiarly susceptible to the influence of liquor and the habit-forming drugs. Reliable statistics, gathered from thousands of such cases, invariably show that one of the parents was intemperate to a greater or less extent, and transmitted less power of self-control to their offspring than the parent possessed. The father prided himself in his strength of will-power, that he was only a "moderate" drinker; but while he failed to transmit to his child his own iron will, he did transmit his tendency and appetite for liquor, in such an exaggerated form, that his son very readily became an *immoderate* drinker. Such an unfortunate individual must be "born again" spiritually; and physically he must be subjected to such vigorous treatment as will transform him from the weak, puny wreck he is, to one who possesses strong nerves and a powerful will. He must live so as to have healthy blood and an untainted brain, then in spite of the law of heredity, which, like that of gravitation, tends to pull him down, he can, like the plant, raise his head and defy his hereditary tendencies so that no one shall have occasion to say of him, "His father ate sour grapes, and his teeth are set on edge."

2. DRUGGING IN INFANCY.

Only the day of God can reveal the terrible consequences of the immoderate and baneful use of pain-destroying, sleep-producing, and body-wrecking drugs, in infancy. Where Herod slew his hundreds, a certain well-advertised soothing-syrup has undoubtedly slain its thousands and also made mental, moral, and physical wrecks of additional thousands. Improper food, which the child should never have been allowed to swallow, sours, ferments, and decomposes in its tiny stomach. As a consequence, the nerves shriek out their pain. Then a dose of some compound composed chiefly of morphine, and cheap whisky, is poured down the child's throat; its cry grows faint; its pale eyelids gradually close; its faded cheeks wilt a trifle more; and the mother thanks God that we live in an age when we possess such effective remedies. Let us hope that a merciful God pities and forgives such sins of ignorance and that in some way He will bring these children back again from the land of the enemy. When the ailments of children are treated rationally, when infants are fed properly, when, in short, the science of rearing children receives half as much attention as the rearing of thorough-bred stock, then, and not till then, may we expect that fewer drunkards will populate the earth.

3.—DIETETIC ERRORS.

The managers of large factories study with mathematical precision the heat-producing value of their

fuel; but that which is analogous in the human body, namely, the food that is eaten for the purpose of furnishing heat and strength for the body, is considered scarcely worthy of a moment's thought. Anything that will tickle the the palate, that can be easily swallowed, and can fill up the stomach, is considered fit for food. If the fireman should simply stuff into the furnace anything that was convenient, no matter whether it possessed heat-producing qualities or not, he would soon be dismissed for incompetency. The Christian prays for strength; but in the Bible God has left a recipe on record for securing strength;—"Eat for strength and not for drunkenness," (Ecc. 10: 17.) Thousands of drunkards are staggering about our streets to-day for no other reason than that their tables were such that compelled them to eat for drunkenness if they ate at all. The prophet Isaiah looking down the ages, saw tables loaded with substances which he could not recognize as food. Perhaps he saw the scavengers of earth, sea, and sky; the blistering condiments; the foul-smelling vinegar; the scorching pepper; beverages containing drugs as surely as if bought at a drug-store; food substances combined with such fiendish ingenuity that they must undermine and disorder both digestion and physical strength; and in the following graphic words he described what he saw:—"For all tables are full of vomit and filthiness, so that there is no place clean." (Isa. 28: 8.) If the tables of modern society could be cleared of a host of things which create an appetite for liquor, there would be more vacant places at the bar table.

(a) *Flesh foods*.—Flesh foods, on account of the large quantity of waste products and irritating substances they contain, fan into life the dormant fires of intemperance in those who were born with a tendency to the liquor habit. In our experience in dealing with reformed men in Chicago, we have found it an invariable rule that as long as these men can be persuaded to subsist upon the natural products of the earth, they do not have even the suggestion of a thought that they desire liquor. But let some mistaken friend beguile them, in spite of our warnings and admonitions to the contrary, to eat a "square meal," then, frequently before the day is over, the poor man will reel out of some saloon in an intoxicated condition. And later, when his senses begin to return, he comes to us and confesses that he has learned from sad experience, that our advice was right. Upon this point, Dr. Haig, the noted English medical authority, whose name has become known the world over, for his extensive original investigations on the causation of disease, has the following significant words:—"Like morphine, cocaine, and alcohol, of which we have been speaking, meat itself is a stimulant, and this is the real cause of the difficulty which so many experience in giving it up. As regards nutrition, there is no difficulty, for plenty of other things can be found which will nourish the body quite as well as, or better than meat I have been told by a patient of mine, whose daughter has, among other good works, a home for inebriate women, that her experience has taught her that a flesh food diet is the very worst for them; and she does what she can to tempt them away from meat; but, she says, "You can really see joy in their faces if a large joint of meat is brought in,"—just, I remark, as you would see joy in their faces if a keg of whiskey was placed on the table. I also hear from the same source, that if the craving for alcohol is overcome, that for meat goes also. It is stimulation that is wanted, not nutrition We can now see clearly that a non-meat diet is one of the best means of overcoming a craving for drink; but for an excess of meat, it would probably never have originated at all." (Dr. Haig's "Uric Acid," pp. 256, 257.)

(b) *Condiments and Spices*.—While these might furnish an excellent adjunct to a physician's outfit, they are dangerous substances in the hands of the average cook. The amount of mustard frequently spread upon a piece of meat, to be eaten and thus brought into contact with the delicate mucous membrane lining of the stomach, would raise a blister as big as a silver dollar if it were applied to even the thick skin on the back of the hand. These substances are in no sense food; they are a source of irritation as long as they remain in the system and tend to produce a thirst which water cannot satisfy. They should be forever abandoned. God has placed in every food a characteristic flavor, just as every flower possesses a characteristic odor; and those who persevere in abandoning the use of these coarse artificial flavors, will soon be rewarded by finding their perverted tastes disappearing, and that they are gradually regaining that normal taste which can perceive the delicate flavors that accompany the natural food products prepared in a natural manner.

(c) *Bad Cookery*.—The successful merchant, in these days of strong business competition, demands an accurate stenographer, a clear-headed lawyer, and a discreet manager; but any woman, however ignorant, who possesses the knack of mingling together half a dozen food ingredients and adding to them some artificial flavors, so that they will satisfy the four square inches of taste surface for a brief moment, is considered competent to superintend the preparation of the foods which Nature is expected to transform into pure blood that shall build up the physical structure of the entire family. Dr. Brunton has well said that cooking ranks *above* all the fine arts; for, while the beautiful picture which stimulates the nerves of sight, remains on the wall; and the piano which stimulates the nerves of hearing, does not have to be swallowed; the food which is prepared by the ignorant cook who knows nothing of the human physiology, nor about the science of dietetics,—this food which stimulates the nerves of taste, actually has to be taken *inside* the body. Therefore it is far more important that the cooking should be correct, than that the music should be exquisite, or the painting artistic. But so long as dough-balls can be made so easily from the center of a loaf of bread, and ordinary grains are only cooked sufficiently to convert them into a paste that will successfully resist the action of almost all the digestive juices, so long may we expect that cooks will make business for the liquor dealer, the drug-store, and the undertaker.

(d) *Disordered Digestion*.—Many persons naturally possess such a latent craving for drink, that all that is necessary to start them in the direction of the saloon, is an acute attack of indigestion. If an individual with a weak stomach makes such improper combinations as to eat fruit and vegetables at the same meal, or even milk and vegetables, the chances are increased fifty per cent. It is more than likely that he will be found in a saloon within twenty-four hours. Some may say, "The gospel ought to take this thirst out of a man;" to which we can only reply in the words of the Saviour, "If ye know these things, happy are ye if ye do them." Saving grace will have to much to do for these individuals that it is not wise for them to act presumptuously in this matter. The man who reasons as above, is as presumptuous as if he were to eat a teaspoonful of salt, and then ask the Lord to prevent the resulting thirst. One of the most emphatic statements in all the Scripture, is the following: "Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap." (Gal. 6: 7.)

(e) *Confections and Sweetmeats*.—Another cause of disordered digestion and consequently an ally of the saloon, is a free use of sweetmeats. Thousands of

blear-eyed children, many of them the offspring of drunkards, can daily be seen on the streets, nibbling away at these chemically-colored, and in many instances liquor-saturated, substances manufactured from the cheapest of cheap sugar. These children are simply cultivating a perverted taste which will in many instances sooner or later prove their downfall.

Chemically considered, cane sugar only requires the conditions of heat and moisture and sufficient length of time to induce fermentation, to produce alcohol. These conditions of heat and moisture are found in the stomach, and in cases of weak digestion, dyspepsia, or a dilated stomach, and consequent slow digestion, every opportunity is afforded for the fermentation of the stomach contents, and the production of alcohol. These products of fermentation find their way into the circulation, and by the blood are carried to every part of the system, on their mission of irritating the nerves, and creating a condition of affairs which can only be satisfied by the taking of larger quantities of alcohol. It is not to be understood that every boy who eats candy is sure to become a drunkard, but the child who does not partake of these things is less likely to fall a victim to hereditary and other tendencies toward the liquor habit.

4.—SMALL TIPPLING.

Tea and Coffee.—Dr. Haig has called attention to the fact that the use of tea and coffee introduces into the system chemical substances which the body has to regard as so much uric acid. Uric acid is one of the poisons that lie at the foundation of rheumatism, gout, and many serious nervous disorders. In many of these cases, the time sooner or later arrives when the "cup that cheers" does not succeed in cheering quite enough; and then something is *demanded* which will inebriate. Nine-tenths of those who use tea and coffee do so because of the felicity which they promote; and eventually, when they do not furnish a large enough dose of this felicity, the tea and coffee drinker begins to cast around for something that will increase this peculiar sort of good feeling. And under ordinary circumstances, he will not have to go far to discover that which will produce a more than magical effect.

The Sweet Cider Delusion.—As ordinary cider is manufactured, it is a chemical certainty that alcoholic fermentation must begin within a few days, and from that time on, those who use it are taking alcohol. Many a poor victim to the alcohol habit to-day, owes his downfall to the supposedly-sweet cider which came from his godly father's cellar; and was drunk with so little compunction of conscience. The juice of apples can only be preserved from fermentation when the *same* precautions are taken as are necessary to prevent fermentation in the juice of other fruits. But that this is entirely overlooked, is a fact so widely-known as to scarcely need mention.

5.—THE RELATION OF TOBACCO USING TO INTemperance.

That the tobacco and liquor habits are twin sisters, has not been appreciated by many who are devoting their lives to the suppression of the liquor traffic. The tobacco habit binds its victims in bonds as unrelenting as those of the liquor habit. Its effects are more insidious, it undermines the nervous system, as truly as do the fermented liquors; and it is responsible for as much disease, although its effects are not so marked. The day of judgment alone will reveal how extensive has been the mischief for which the use of this weed has been responsible. No one who has had a long experience in dealing with the inebriate and the morphine fiend will deny that it is practically impossible to *permanently* free these poor victims from either habit, while they remain a devotee of tobacco.

6.—NOURISHMENT VERSUS STIMULATION.

One of the evidences of normal bodily health is the possession of a fund of reserve nerve-energy which gives its possessor a sense of buoyancy and well-being that is so characteristic of youth, and which would naturally be the heritage of mankind during the larger part of their earthly career if it were not wilfully and wantonly squandered in so many useless and extravagant ways. Proper food, healthy exercise, and obedience to physical law, tend to permanently promote this desirable condition. On the other hand the same effects can be produced temporarily, by the use of stimulants, which stir into action a little more of the available nerve energy, thereby leading the poor deluded victim to believe he is actually receiving strength from their use. This delusion is encouraged by the fact that it requires some time to secure normal strength from food, while the supposed strength from stimulants can be obtained almost immediately. Upon this point, Dr. Haig has well said, "No doubt all stimulation is wrong; and we thus merely enjoy to-day by mortgaging to-morrow; and just as we may rise to-day a few inches above our normal level, so shall we fall to-morrow exactly the same amount below it; those who live on a uric-acid-free diet (non-flesh diet), can alone have a steady high level of function every day, and these never feel the want of any stimulation." So long as humanity squanders health instead of cultivating it, so long will it be difficult to prevent a certain class of people from borrowing for the time being, a little of that buoyancy and good feeling which should be enjoyed normally, but which can be produced temporarily at such a terrible sacrifice.

7.—MEDICINAL USE OF LIQUOR.

The writers have in mind a poor man who thirty-three times had risen in a well-known mission and asked for the prayers of the workers, that he might be freed from the liquor habit; and then promised God that he would give up the terrible evil; and just as many times had been doomed to the despair resulting from a sad downfall. A train of circumstances brought him to the Chicago Medical Mission Free Dispensary. He was provided with the necessary physical help, and then a suitable diet list was marked out for him; and he was assured that if he would only carry this out, at the same time maintaining his good resolutions, God would certainly preserve him from the liquor thirst. Eighteen weeks passed, and this man had become so completely transformed, mentally, morally, and physically, that even his old friends did not recognize him. He had secured a good position, and a new light and hope illuminated what were once the bleary eyes of a besotted drunkard. He was seized with a little temporary attack of indigestion, and thoughtlessly stepped into a drug store, and asked for something to settle his stomach. He was given a drug which contained alcohol. Scarcely had this medicine reached the delicate nerves of his stomach, when he started for the nearest saloon, and in twenty-four hours had gone almost to the bottom of the ladder. Thousands of individuals are taking so-called temperance bitters which in many cases contain enough alcohol to allow them to ignite freely when a match is applied to them; they are daily "keeping themselves up" as they call it, on tonics which owe their chief virtue to the quantity of cheap whiskey they contain. And thus they are daily training for a career which will invariably end in a drunkard's grave. It is a hopeful sign that some of the leading lights in the medical profession are taking a stubborn stand against the use of alcohol as a medicine. As long as it is to be looked upon as a useful adjunct to the physician in disease, why should it not be valuable as a preventive? And this is precisely the argument that thousands are using as an excuse for their daily medical use of liquor. (To be Continued.)



Temperance Night at the Mission

H. W. ROSE

ON a recent Tuesday evening, Dr. W. B. Holden gave a talk at the Life Boat Mission on the craving for strong drinks. The doctor showed that the drunkard's career does not, as is generally supposed, begin with the first glass. The drink appetite has to be formed first, and that is largely done at the dining table. When a boy, his parents use tea and coffee, pepper, mustard, pickles, and many other hot, fiery substances, and allow their children to do the same. The natural consequence is that a thirst is set up, which the town pump or the well can not fully satisfy. By and by he craves a stronger stimulant than he has been taking at the table, and so he drinks beer. This soon proves insufficient, and he then proceeds a step farther, taking his first drink of whisky, wine, or rum. Many people can no more do without their tea and coffee than some men can without whisky. It is but a milder form of intemperance, and should be discarded if we would present our bodies a living sacrifice, holy and acceptable unto God. The doctor gave the following list of stimulants: cocaine, opium, morphine, alcoholic drinks, tobacco, tea, coffee. The man who frequents the saloon does not relish the pure, good, and wholesome foods Nature has provided. You never see a saloon that offers a peach or an apple or an orange free with each drink. It is always a clam, an oyster, a red hot, or something like that, and the saloon-keeper offers such things because he knows that the man who has eaten them, is then in better shape to want a drink, and he is quite likely to buy more liquor. Speaking of how to overcome the drink habit, the doctor urged his hearers to live upon a diet consisting of fruit, grains, nuts and vegetables, suggesting that the person who has become a slave to liquor-appetite will find it much easier to abstain from drinking. And the only way to become free from the habit altogether is to leave off eating all those things which burn and sting. By living on a pure diet, and yielding oneself to the Lord Jesus Christ, the drinking man may successfully cope with the terrible temptation of the liquor habit, and become a free man.

Mrs. Garthofner sang a touching song entitled "Down in the Licensed Saloon," written as an answer to the well-known hymn "Where Is My Wandering Boy Tonight?" Another worker recited an appropriate piece entitled "The Two Glasses," vividly setting forth in dialogue form the effects wrought by a glass of water and a glass of wine. The doctor's address was much appreciated, and we believe much good was accomplished by it.

Below are the words of the song referred to:—

DOWN IN THE LICENSED SALOON

W. A. WILLIAMS

Where is my wandering boy to-night?
Down in the licensed saloon.

Down in a room all cozy and bright,
Filled with the glare of many a light,
Beautiful music the ear to delight,
Down in the licensed saloon

Chorus.

There is my wandering boy to-night,
There is my wandering boy to-night,
Down, down, down, down,
Down in the licensed saloon.

Learning new vices all the night long,
Tempted to all that's sinful and wrong,
Listening to the harlot's foul song,
Down in the licensed saloon.

Little arms once were thrown round my neck,
Look at him now; my poor heart will break,
Think of that boy to-night a sad wreck,
Down in the licensed saloon.

Brother, I guess you'd enter this fight,
If it were your boy down there to-night,
Ruined and wrecked by the drink appetite,
Down in the licensed saloon.

Snatches from the Social Meeting

"I thank God for full and free salvation. I was connected with a wholesale liquor house and one day as I was standing in the door smoking a cigar, two persons were passing by and I heard one of them say that 'Jesus saves to the uttermost.' That night I sought Jesus, and found Him. It has been five years since. He not only took me out of that wholesale liquor house, but He saved me from all sin and keeps me sweetly saved."

"I am forty-six years old and most of my life I have been drunk, but two nights ago I came in here and gave my heart to God. I have taken the Keeley cure and all the other cures. It takes the Keeley cure thirty days, but it takes God just two moments if you will let Him. I am glad that I know that Jesus keeps and saves. I would be weak and trembly to-night if it were not for Jesus. I am glad I learned to trust Him."

"I praise God I am able to come to the Life Boat Mission to-night. I have been a drinking woman for six years. I am glad I can say to-night I am saved. My son used to beg me not to drink. Last Tuesday I was just going to take my second drink when I heard a song. The glass went down and to-night I am saved, and praise God He will keep all who come to Him."

Then a brother who had great difficulty in struggling with the English language, but who nevertheless was determined to do his best, arose and told us, "I praise the Lord that He has done all that He could for me. Jesus Christ is my Captain, and I am in the life boat, and I am sure He will take me safely through."

One who can appreciate the blessings every day said: "I want to thank the Lord to-night for keeping me through another week."

Then we heard from a frequent visitor to the Mission: "Romans 8:28 has proved a strength to me in my Christian experience. I have been troubled to-day a great deal, but I praise God He never fails, no matter how much men may disappoint us."

"I Have a Joy I Can't Express" was next sung, and this was followed by one who knows the joy of serving Christ, and working for others, who said: "I would like to talk for half an hour, but will only say I know there was no greater sinner than I was when I came to Jesus Christ. I didn't know whether I would get the help I needed or not, but I was not disappointed,—my trembling faith secured the priceless treasure of His saving grace. God has wonderfully blessed me, and to-night I rejoice greatly for my own salvation, and for the privilege of telling this beautiful story to others."

Another sister on the platform said: "I am so glad that the word of the Lord is a lamp unto my feet and a light unto my path."

A song was sung, and then someone said: "I thank the Lord the weapons of our warfare are not carnal."

Then a note of victory was sounded by a well-dressed young man, who said: "It was on the 11th of last December that I gave my heart to God. I have found Christianity to be an entirely new life, and what God has done for me I am sure He is both willing and able to do for all."

A stranger in the Mission spoke as follows: "It has been a little over nineteen years now that Jesus Christ has been my friend and personal Saviour, and I just love that text on the wall: '*Fear thou not; for I am with thee: be not dismayed; for I am thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*' This verse has been a great strength to me all these years."

This testimony was followed by that of one somewhat younger in the Christian life, who said: "It is now about two years and a half since I started to follow the Lord Jesus Christ, and to-day I am as happy as any man living. It is a great comfort to me to know that I am one of God's children. I have been an awful sinner, but the Lord washed me and cleansed me, and day by day He is helping me to overcome my evil tendencies. I ask the prayers of you all."



"Give God the Praise"

FANNIE EMMEL

ONE day, after leaving the house of a business firm in the city, I could not refrain from weeping, as I thought of the manifold goodness of the Lord to us at the Rest. I remembered how much my dear mother who has been laid away, used to enjoy sharing with me my triumphs and defeats, and the thought occurred to me that there are many other parents, who read *THE LIFE BOAT*, and would enjoy learning about the great goodness of the Lord, and would thus be encouraged and helped by our experiences.

A short time ago we were greatly in need of some paint. A brother had kindly offered his services as painter when the paint had been obtained. We had no money with which to buy the paint. In our need we went to the Lord, several of us uniting in prayer, and asked Him to send us to those people who could assist us and at the same time be blessed by our visiting them.

A day or two after I started out to co-operate with God, and to be led as He directed. The first day my efforts proved unsuccessful, and the second day I fared no better. Then an idea came to me; or rather the Lord fulfilled to me His promise, found in Isa. 30:21: "And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it." I obeyed the voice, which sent me to a friend of our work, to inquire of him the name of a person who could supply our need. On learning my errand, he not only gave me the name and address of someone who could help us, but he wrote me a letter of introduction to the gentleman, asking as a personal favor that we should be assisted. I went to see this gentleman several times, but could not succeed in obtaining an interview. Finally I was able to hand him the letter of introduction, and as a result of it, he took steps to supply us with all the paint we needed.

This is but one more instance of the many, many ways in which the dear Lord has supplied us all the way along, and with grateful hearts we pray that our lives may be such as to show that we do appreciate what He does for us.

She Could Not Find Work—One of Many Cases

A girl at the Harrison Street Police Station in Chicago told the following story: "I hunted for work all Monday, and couldn't find it, and I had concluded that I had better die. I was out of work all last week and I thought about dying then. Yesterday when all the places I went to were filled, I thought there wasn't any use trying further. The last place I tried to get work was on Thirty-third Street, near Rhodes avenue, but the lady didn't want me to come until Friday. I didn't have any place to sleep that night, and I just thought I would kill myself. I went to the house of a girl I

knew, and asked her for a bottle, then I walked toward State St. After I got to 26th St., I started toward the first drug store on the left hand side of the street, but I got scared and thought I would wait until I got to the next one. When I reached it, I was just as afraid as before. After I left the door of this one, I told myself that I would surely buy the poison at the next place, but I seemed to get more scared for fear the drug-store man would know what I wanted it for. Near Madison street I fainted away, and they brought me here."

The girl insisted that it was useless to apply to her parents for aid, as her father was behind in his rent, and that he did not make enough money to support the five children who lived at home with him. "I have supported myself since I was eleven, and I can do it now if I could only find work, but the places all seemed to be filled."

The Devil's Devices

THE emissaries of Satan are ever alert in their efforts to lure new victims into the nets of the Evil One. An overtrusting girl who had been lured from her home by an older woman upon a promise of work, was taken to a supposed hotel where her clothes and other belongings were taken from her, and she was held a prisoner in this evil resort. Notwithstanding she was closely watched, she managed to write the following note, which, being thrown out of a window, resulted in her rescue:

"I am held a prisoner in a bad hotel by a woman. I am only 16 years old. My home is in _____, Mo., The hotel is the De Lillian. Please come and rescue me. I have no clothes to wear and no money or friends. I am in a room on the third floor. _____"

This note was found and the girl was taken from the place, but the case of many an unfortunate soul thus entrapped by the enemy has not resulted so favorably. By means of intimidation and threats, these helpless souls are sometimes pushed over the brink of a moral precipice, and then—hope has fled. And the soul that was cruelly caught in an enemy's trap is deceived by the enemy into believing that it will be best to drift on, and make the best of misfortune. They are but fiends in human form, who go about seeking for chances to forever blast the health and happiness of their fellow beings, and plunge them into a life of sin and shame, which in itself is worse than death.

Donations to the Life Boat Rest

Chas. F. Rider.....	\$ 5 00	Mrs. O. T. Colburn.....	\$ 25
Mary Gibson.....	50	Effie E. Bigelow.....	1 00
Mrs. M. Olliver.....	25	J. O. Van Norman.....	5 00
Mrs. Hanna Winter.....	50	Geo. Mannel.....	5 00
Miss Fanning.....	2 00	Chas. Rider.....	5 00
Mr. Lowe.....	50	From Chicago Medical	
Miss Langly.....	4 00	Mission S. S.....	25
		Total.....	\$29 25

THE LIFE BOAT REST

Six baskets of grapes, seven boxes celery, turnips, four boxes beans, pumpkins, squashes; sugar, Mr. Saxton; cabbage, one and one-half bushels apples, one-half bushel parsnips, spinach, lettuce, three dozen lemons, two bushels potatoes, one bunch bananas, one bushel tomatoes, one peck sweet potatoes, one barrel quinces, one and one-half bushel onions, one-half bushel pears; New Kentucky Coal Co., five tons coal; George Power Mattress Co., bed.

The Sixth Annual Report of the Chicago Medical Mission and Allied Charities

THE BEGINNING OF THE CHICAGO MEDICAL MISSION

The Chicago Medical Mission began its work in a small basement on Custom House place. When Dr. Kellogg first came to Chicago he went to the Harrison street police station, and inquired where he could find the dirtiest and wickedest spot in Chicago. We did not want to get in anybody's way, nor where we would interfere with any other work. The police authorities said, "Almost anywhere around here you will find what you are looking for." Recently in answer to the question, "What led you to begin this work in Chicago?" Dr. Kellogg said: "A man came to me and said he could not sleep at night because he felt impressed to give me some money. He said: 'The Lord has put it in my heart to give you some money with which to do good. If I gave you a sum of money, what would do with it?' I said, 'We will go down to Chicago and undertake a work for the submerged people of that great city.' He said, 'It is just the thing.' And that afternoon his brother and he gave me forty thousand dollars, and they have been thankful for it ever since. I have heard from them recently, and they are very thankful for the good that has been done by that gift. This money was invested in the Sanitarium at 28 Thirty-third place, with the intention that all the earnings of that institution would be devoted to maintaining the Mission. We began our work in a little basement under No. 40, Custom House place, near Van Buren street. This old basement was cleaned out and whitewashed, and then we made some little stalls, and put in some shower baths, a row of laundry tubs across one end, and a little room in one corner, for dressing wounds. A great many people had their heads as well as their hearts broken. One Sunday we began work. It was only a short time before we had thirty or forty people come for treatment each day. We found we were in the midst of a center where no provision was made for this sort of people. Some poor fellow was always falling by the wayside. We were on the Jericho road on a most dangerous part of it. Once when one of the doctors was out looking for those who were in need of help, four colored women, regular giants, sprang out of a door and laid hold of him. They were evidently well-trained; for two seized him by the arms, and the others got behind, and they hustled him into their dungeon, and then the door was shut. There he was in the dark. For a moment he did not know what to do. When he said, 'I guess you don't know who you have got here,' they said 'Who are you?' He said, 'I am a doctor from the place round the corner.' Then they said, 'If you are from that place, we don't want anything to do with you.' So they pushed him out.

Before the first winter was over, such crowds of people came that the police had to come and keep order on the streets. We gave relief to more than one hundred thousand people the first winter, when our headquarters were in that little cellar in the basement. We gave out seventy-five thousand garments. One cold morning in the latter part of November, about half-past seven, I saw, waiting at the door, a line of men which ran around close to the wall, on the sidewalk, to Van Buren street. There were one hundred and eighty-five men in line. They were counted when the tickets were distributed. These men had been waiting since six o'clock in the morning. Although it was cold, not one of them had a pair of gloves on. It was not money that attracted these men, neither was there any food or clothes to be distributed. One day I met a policeman as I was going

down into the dispensary. He was in uniform, and had his club. He said, "I see you don't need any clubs down there." The place was full of crooks, the most wicked and dangerous men in all Chicago, and yet there was no need of a policeman's club. Everything was in perfect order, perfect harmony; no profanity, no hard language, no jostling one another. Men were there as thick as they could stand, and yet all as peaceful as lambs. The policeman was surprised. He said if those men were on the street all together, it would take half a dozen policemen to keep them straight. We had six bath tubs, and six laundry tubs. We often had fifty or sixty persons in that room at one time. A man would take everything off, except his pantaloons,—even his hat and boots. They all had to be washed, to get rid of the vermin.

An Irishman came in one day, and threw himself down in a chair. He had been there several times before. He was always getting his head bruised. He came in, sat down very soberly with his face relaxed, and said, "Well, I don't know how it is, but when I come down to this place, it makes me feel kind of soft like." That man was one of the hardest men in Chicago, but something was there that made him feel soft. He did not know what it was. But it was the power of God that influenced and controlled all these men."

From the very first the work was marked by the blessing of God, and His Providence seemed to open the way before it. From a dozen patrons at the opening, the number rapidly increased until several hundreds each week were assisted in some way by the dispensary and the mission-workers in their outside work. This work has grown from year to year, and now comprises six institutions, and almost a score of departments and organized lines of work.

TREASURER'S REPORT.

November 1, 1899, to November 1, 1900. N. W. Paulson, Treasurer, 1926 Wabash Avenue, Chicago.

TO THOSE SENDING DONATIONS

Make all checks, drafts, or money orders payable to the Chicago Medical Mission, and send to the treasurer at 1926 Wabash Avenue, Chicago, Ill.

Clothing, food, etc., should be forwarded, charges prepaid, to the Chicago Medical Mission, 1926 Wabash Avenue, 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.

BALANCE SHEET.

Nov. 1, 1899.	Balance on hand	\$ 515 24	
	Total donations received	4,542 72	
	Total earnings of various departments	37,573 79	
	Total disbursements		\$44,738 58
Nov. 1, 1900.	Overdraft on treasurer	2,106 83	
		\$44,738 58	\$44,738 58
Nov. 1, 1900.	Overdraft on treasurer	\$ 2,106 83	
	Bills payable	1,210 50	
Nov. 1, 1900.	Total deficit		\$ 3,317 33

CLASSIFIED REPORT OF EXPENDITURES OF THE CHICAGO MEDICAL MISSION AND ALLIED CHARITIES, FROM NOVEMBER 1, 1899, TO NOVEMBER 1, 1900.

Improvements and repairs	\$ 2,762 68
Coal, fuel and lights	2,050 00
Medical service and Dispensary expenses	1,673 52
Food supplies	4,297 44
Visiting nurses' department	348 40
Surgical instruments, etc.	162 77
Postage and stationery	800 00
Prison department	712 22
Salaries, and board of non-salaried workers	5,933 80
Rent	5,410 00
General Training-School expenses	2,057 08
Direct aid and relief fund	742 07
Kindergarten	173 77
Training-school supplies	86 46
Workingmen's Home industrial department	979 65
General expenses Good Health Hotel	2,717 38
" " Workingmen's Home	9,603 57
" " Children's Home	1,381 41
Printing	215 51
General expenses publishing THE LIFE BOAT	2,320 66
Sundry expenses	178 00
Stock and supplies purchased for the supply department	1,633 19
Total	\$44,738 58

STATISTICAL REPORT.

Treatments given	5,756
Medical examinations at the Dispensary	1,534
Prescriptions for special treatment at the Dispensary	769
Surgical operations	153
Admitted to surgical ward	222
Children cared for in the Children's Christian Home	102
Garments given away	4,500
Visits by visiting nurses	2,025
Full days' nursing	8,274
Cottage meetings held	276
Penny lunches served	591,860
Lodgings given	70,872
Newsboys given baths	301
Using free laundry	35,030
Attendance at Gospel Meetings	48,134
Gospel Meetings held	992
Midnight meetings held	142
Attendance at midnight meetings	2,707
Testaments and Bibles given away	1,018
Bible classes conducted	542
Pages of tracts distributed	34,800
Pages of other literature distributed	35,600
Pages of the LIFE BOAT printed and circulated	4,184,000
Requests for prayer	2,769
Professed conversions	615

Send five cents in stamps for the full report of the Chicago Medical Mission and Allied Charities. It contains the report of all the fifteen departments of work; sixty-eight pages and twenty-four illustrations. Send for it to-day.

Going Forward

S. I. CORNISH

Though I see the fiery furnace,
 And I hear the lions roar,
 I'll not fear to walk with Jesus,
 And in self I'll trust no more;
 It's enough to know "He leads me,"
 I will follow and adore.

Knew I not the love of Jesus,
 Knew I not His peace within,
 I could never bear His vessels;
 Could not reach a soul in sin;
 Could not be a living witness;
 Not one, for Him could I win,

I will hasten, nothing doubting;
 I will go where Jesus leads;
 I will now be seeking meekness.
 Stop my ears to cruel deeds,
 Knowing but the "Crossing Message;"
 Leave behind all fears, and creeds,

Are You Waiting for a Call?

LILLIAN S. CONNERLY.

THERE are multitudes of young Christians, whose hearts would thrill with joy could they but know that sometime in the future God would call them to be missionaries in some missionary field. Nothing would be accounted too precious to be sacrificed in preparation for such a work. Ah, if such could only realize that everyone who has named the name of Christ, has had a "call," and that every time they meet a soul who has less knowledge of the gospel than they, there is a field. It takes missionaries of the truest sort to do this kind of missionary work, but this is the kind of training that makes real missionaries. The only way to become a missionary, is to seize every opportunity to do missionary work, just where God has placed you, and if you fail there, you are not very likely to be successful elsewhere. God has vast missionary fields which to-day are sending forth the Macedonian cry, "Come over and help us," but where are the missionaries? God is too wise to make a mistake, and He will not send into these needy fields, those who have proven themselves untrue to the trust already bestowed. In our work in the great cities we find many who say in bitterness of heart, "It is too late now, but oh, if somebody had only told me this years ago." But nobody told them, and I doubt not that somebody's heart was then burdened to do work for the Master, but they mistook the call and thought the way had not yet opened for them to do missionary work. In a very short time, the places now occupied by these thousands of poor unfortunate outcasts will be filled by those who are now perhaps just starting on the downward course. So now is the time to work. Are any of them near you? Is there in your community a "wayward" boy or girl? If so there is a "call," and there a "field,"—a hard one to work in, one that will take sacrifice and prayer, but "He that seeth in secret, Himself shall reward thee openly." "He that is faithful in that which is least, is faithful also in much." Friends may never know how much it costs; it may never bring honor to your name, but "great will be your reward in heaven." Oh, friends, could your eyes but be opened to the great need; could you but see that a "word in due season" now, might accomplish that which the most careful and prayerful effort may fail to accomplish when the depths have been reached, then surely, none would stand idle waiting for a "call." The call goes forth "Every man to his work, each to do his best."

Almost Living in Darkness

ERNESTINE HOAGLAN

A few days ago we visited a family the second time. Since our first visit they had moved to a poorer neighborhood. The home was in an alley in the slum district of the city. Close by, the elevated cars make the alley almost totally dark. To reach the dwelling we had to pass through the barn over which these people live. With several other human abodes, this one faces a small court filled with rubbish.

We ascended some very shaky steps, and entered a long dark hall, leading to the one room which, to this family of father, mother, and three little ones, is home. On entering the room we observed that it has but one window, through which but little light enters. The only furniture the room could boast of was a table, a stove, a bed, and a few chairs. The children, aged about three, two, and one year, were very pale and sickly looking, and our hearts felt sad as we looked upon them. The mother told us that the little ones had not been out of doors for several weeks, and owing to the baby's sickness she herself had been kept in the house for some time. She expressed herself as very pleased we had called, and our presence and kind words seemed to be a ray of sunshine in her dark home. We said we would come again soon, and would take her little girl out with us. We also promised to take some warm clothing for her children. The little baby's bare feet were visible, and saying good-by to the mother, we took hold of the tiny feet, and found they were icy cold. She told us it was quite difficult to keep the children warm, owing to the dampness of the walls, and cracks which let in much cold air.

How thankful we who are comfortably situated should be to the Lord for His goodness, and how willing we should be to minister to the needs of those less fortunate. If any of the readers of this paper have a desire to help this family by sending us some clothing for them, it will be highly appreciated and God will surely bless those who give.

Jottings from the Personal Work Class at the Training-School

1. Personal work is the ideal form of Christian work.
2. You can often reach people better by asking them questions, than by trying to answer all their questions.
3. Respect age and experience. Young workers should move very carefully when called upon to do personal work for those who are older.
4. Remember the world has more places for learners than teachers. You can often do more personal work as a learner than as a teacher.
5. Remember that in either public or private work nothing is ever gained by fighting or antagonizing error. Lift up truth: hold up Christ.
6. Don't make the mistake of trying to get people converted according to somebody else's standard. Get them converted in their hearts. Show them that conversion is a personal, individual matter with them.
7. Just as there are no two cases of physical life or experience exactly alike, so there are no two cases of spiritual life or conversion identical. Every man must be converted according to his own needs, and every Christian must have his garments of righteousness made to order, as it were, woven in the looms of heaven especially for him.

A Profession in Life

BERTHA NYE.

WE often find people who have no fixed purpose in life; who are simply drifting along with the masses; simply whiling away their lives. When we stop to consider the matter, we find that every person must have a profession in life. Whether it shall be a bad one, which seeks to destroy all that is good, and uplifting; or a good one, which strives to assist and further the uplifting of fallen humanity, each one must decide.

If we have no purpose in life, our profession is not a good one. We do ourselves and our companions a great injustice, and our profession will be a drifting one. All work is honorable, and there are many different kinds of it. We may take as our profession the work of teaching, and that is a most elevating and ennobling work.

The profession of a physician or a nurse is another which inspires a person with high motives, and develops a deeper and better character. The missionary physician or nurse does not work for self but for humanity. A closer relationship may be formed between physician and patient, or nurse and patient, than in any other profession. Sufferers confide in their physician or nurse; they beg for physical relief; and appeal for spiritual aid. A profession which prompts the granting of such requests cannot but place an individual on a higher plane; for to work for others is the noblest work in which one can engage.

The most serious step we take during our lifetime is that of deciding what course to pursue when starting out upon our life career. If we would only so consider it much subsequent anxiety and suffering would be saved. The greatest and most elevating profession is that of Christianity. Nothing refines, broadens, deepens, and polishes character so much as association with true Christians,—looking to Christ.

That the face is the index to the mind is certainly true; and what a kind, pure, beautiful face an earnest Christian has. We love to study and analyze every feature and expression, and what a glorious thought it is to know that each of us may adopt this profession, and that it costs us nothing save surrendering ourselves to the Lord that He may use us in His great work.

I wonder how many of the dear readers of THE LIFE BOAT have a definite purpose in life. I wonder if each of them has a profession about which he would gladly tell the world. There is no reason why you should not all have the profession desirable above all others,—that of working for Christ.

I beg each of you to consider for what purpose you are living, and if you have not yet entered into that new life and profession, which will uplift your own soul and the souls of others, hasten to do so.

Store-Keeping in the Slums

COME with us around the corner and we will take you into an Italian grocery store. Not kept by an Italian, but by one who largely supplies the Italians in this section of the city with their food. Who keeps this store? Elia Krematig. After drawing a full breath and lifting up his shoulders, he takes pleasure in informing us that he is "the only man in Chicago direct from Jerusalem." He says "business not very good, have to sell too cheap—don't make much profit." We will look around his store and gain some idea of what the Italians live upon.

We begin to cast our eyes about. It occurs to the proprietor that we are scrutinizing the building too

closely, and he informs us that he has to pay \$27.50 a month rent for this building whose exterior and interior are both in such a condition that most of our readers would probably not think of using it even for a barn.

"Does the roof leak?"

"Oh, yes," he says, "no use trying to paper and fix up; water runs in every time it rains." (The building is two stories or a story and a half high; he lives upstairs.)

We told him that we were very much interested in him as he claimed to be the only man from Jerusalem in the city, whereupon he became very much excited and exclaimed: "What! You arrest me because I came from Jerusalem?" I tried to explain to him that I had not come to *arrest* him, but that I was *interested* in him. But for some reason his excitement had reached that pitch where my explanation failed to make any impression upon him, and the young lady who is his clerk in the store, had to come up and act as interpreter before his fears would subside. He then became somewhat more free in his conversation, and we proceeded to take an inventory of his stock with the view of learning what Italians eat. Macaroni was in evidence everywhere, and we ventured to ask a few questions.

"How many kinds of macaroni do you have?"

Our friend began to count, and his answer was, "Eighteen kinds," and he continued, "Italians always eat macaroni,—live on macaroni."

"Do Italians eat much meat?"

We looked across the store, and saw some cod fish and pickled mackerel etc., but this, he explained, does not constitute a very liberal proportion of the average Italian's diet.

"What are these?" we asked as we picked up what appeared to be lima beans, or something a little larger.

"Those are horse beans."

We seemed a little dull of apprehension, and he added in Italian, "Farbae."

These large beans are soaked over night in water, and then, after being cooked, form a delicious and nutritious dish. They are quite largely used by the Italians.

Overhead was hanging bushels and bushels of red pepper, for the Italians trim their food, as it were, in red pepper. Red pepper and garlic seem to be about as liberally used by the Italians as salt is by the average American.

"What kind of bread do the Italians eat?"

"Mostly rye bread."

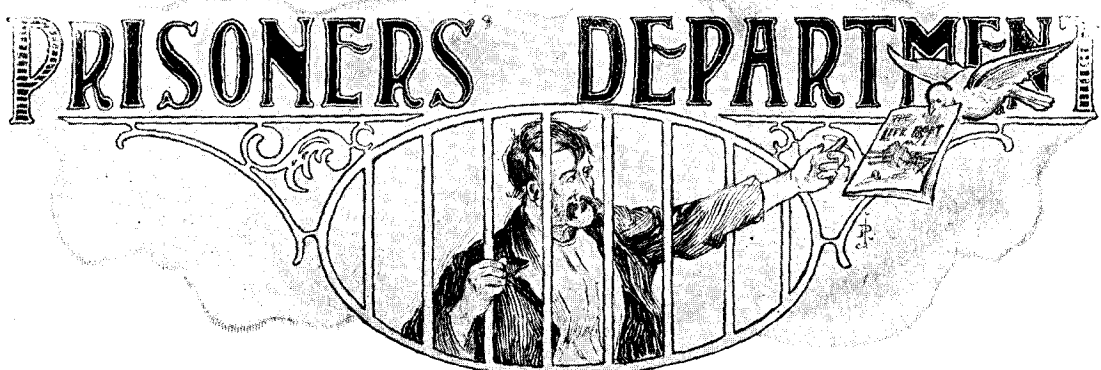
They also make quite free use of pickles, together with tea and coffee, but, unfortunately, they fail to use much fruit, even when they themselves are oft-times its vendors.

In our familiar chat with the store-keeper before leaving we learned that he once "had a nice wife," but that she was "killed on the railroad crossing near by sometime ago." We now bid our friend the store-keeper good bye, carrying away an inventory of his little grocery.

W. S. S.

Donations to the Life Boat Mission

E. F. Cochrane.....	\$ 75	J. T. Luyster.....	\$ 5 00
Effie E. Bigelow.....	1 00	Mrs. M. Lee.....	1 00
Mr. & Mrs. F. Clark....	50	Mrs. Mary Goward.....	1 50
Dr. J. H. Kellogg.....	10 00	No Name.....	1 00
Mrs. Fannie Cassell....	2 00		
		Total.....	\$22 75



Thirty-six Years

Dear Reader:—Here is this poor fellow in prison, who does not expect to get out until 1913. Think of spending thirty-six years in prison; yet he says he is happy, and is putting his whole trust in Jesus. He also says THE LIFE BOAT does him a great deal of good. Who would not be willing to give twenty-five cents to pay for the LIFE BOAT to be sent to such a soul?

DEAR FRIEND:—I received your letter of September 4, 1900, and express my thanks and appreciation for your kindness towards me. I wish to thank you for sending the LIFE BOAT to me for another year. I love to read THE LIFE BOAT; it does me a great deal of good, and, not myself alone, for I pass it on to three or four other men, and in this way the Word of God is spread and some little good is done.

I have a long time here and have no money and no way to make any, but may be by and by a way may be opened where by I may be able to help the good work on. My sentence was for thirty-six years, and I do not go out until 1913. So you can see how I appreciate a favor such as yours. On the other two sheets of my letter, I send you a poem by one of my comrades here, entitled "Life Boat." He said you might publish it if you wish. In another letter I will tell you something of the Christian work in the prison here, and what is being done for the upbuilding of fallen men. Again I thank you, and pray God to bless you in your noble work. I remain your brother in Christ,
 FRED NEWBURG.

P. S. If you see Mr. Olsen, please let him know I'm well, and striving to do what is right.

Visit to Joliet Prison

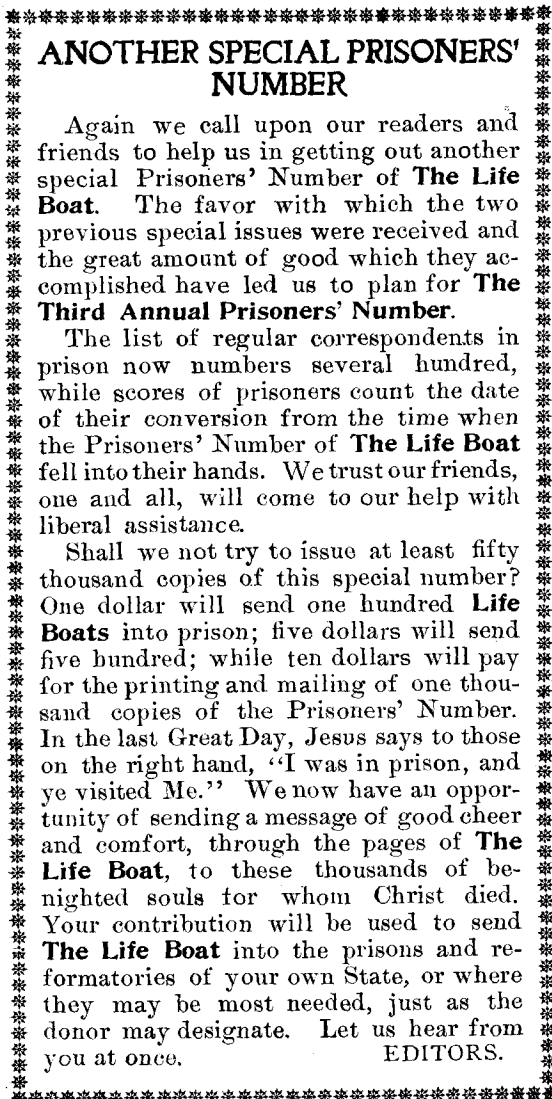
During the past month Mr. and Mrs. Sadler visited the State Prison at Joliet, Illinois. They report a very cordial reception on the part of the Prison officials and an enjoyable visit. Mrs. Sadler spoke to the lady prisoners. Arrangements had just been made to see some boys with whom Mr. and Mrs. Sadler were corresponding, and the party had started for a trip through the prison, when Mrs. Sadler slipped and fell, in the cold storage room, fracturing her limb just above the ankle, and so the expected interview with the boys was prevented.

ANOTHER SPECIAL PRISONERS' NUMBER

Again we call upon our readers and friends to help us in getting out another special Prisoners' Number of **The Life Boat**. The favor with which the two previous special issues were received and the great amount of good which they accomplished have led us to plan for **The Third Annual Prisoners' Number**.

The list of regular correspondents in prison now numbers several hundred, while scores of prisoners count the date of their conversion from the time when the Prisoners' Number of **The Life Boat** fell into their hands. We trust our friends, one and all, will come to our help with liberal assistance.

Shall we not try to issue at least fifty thousand copies of this special number? One dollar will send one hundred **Life Boats** into prison; five dollars will send five hundred; while ten dollars will pay for the printing and mailing of one thousand copies of the Prisoners' Number. In the last Great Day, Jesus says to those on the right hand, "I was in prison, and ye visited Me." We now have an opportunity of sending a message of good cheer and comfort, through the pages of **The Life Boat**, to these thousands of benighted souls for whom Christ died. Your contribution will be used to send **The Life Boat** into the prisons and reformatories of your own State, or where they may be most needed, just as the donor may designate. Let us hear from you at once.
 EDITORS.



Ten Thousand Murders a Year

The *Chicago American* recently presented a collection of statistics concerning murder in the United States, which shows there are four times as many murders committed in the United States as in Germany and England. It is appalling to think that one person out of every two hundred adults in this country is murdered. This would seem almost incredible, but according to the American's figures, it is true. They are as follows: "Computing the average life of an American at 33 to 35 years, and the population at seventy millions, it is seen that two millions die annually in the United States, of which, ten thousand is a two-hundredth part. A death record of two millions a year means 5479 deaths in a day, 228 an hour, or 3.8 a minute, one death approximately every fifteen seconds. If murders proceeded as regularly as death, there would be one murder every fifty minutes, but crimes are crowded into the dark hours of the night, fully four-fifths of all murders being committed during the nine hours from 8 p. m. to 5 a. m."

Calculations based upon this reckoning would indicate a murder almost every twenty minutes during the night, that is, from 8 p. m. to 5 a. m. The first six months of the year 1900 there were 4728 murders in the United States. The number of murders committed in this country for the last ten years is as follows:

1890.....	4,878	1895.....	11,754
1891.....	6,119	1896.....	8,848
1892.....	7,011	1898.....	9,782
1893.....	6,988	1899.....	9,879
1894.....	10,125	1900 first six months.....	4,728

Statistics show the largest number of murders committed are in the southern and western portions of the United States. A comparison of the murders committed in each State with its population, reveals a startling condition of society.

The following figures give the number of murders annually for each one hundred thousand population, in a few representative States:

Vermont.....	2	Nebraska.....	14
New Hampshire.....	2½	North Carolina.....	16
Massachusetts.....	3½	Oregon.....	16
Pennsylvania.....	5	South Carolina.....	18
Illinois.....	5½	Mississippi.....	20
Wisconsin.....	7	Arkansas.....	20
New York.....	7	California.....	24
Connecticut.....	8	Texas.....	29
Indiana.....	8	Louisiana.....	30
Michigan.....	9	Florida.....	31
Missouri.....	9	Arizona.....	43
Nevada.....			65

ANNUAL MURDER RATE OF STATES.

The average number of murders committed annually in the various States during the past ten years is as follows:

South Carolina.....	221	Delaware.....	48
Georgia.....	381	Maryland.....	280
Florida.....	157	District of Columbia.....	24
Ohio.....	332	Virginia.....	305
Indiana.....	228	West Virginia.....	87
Illinois.....	315	North Carolina.....	285
Michigan.....	205	Kentucky.....	398
Wisconsin.....	154	Tennessee.....	408
Minnesota.....	159	Alabama.....	461
Iowa.....	202	Mississippi.....	317
Missouri.....	362	Louisiana.....	358
North Dakota.....	29	Texas.....	1,021
South Dakota.....	45	Arkansas.....	305
Nebraska.....	168	Montana.....	90
Kansas.....	235	Wyoming.....	22

Maine.....	18	Colorado.....	252
New Hampshire.....	9	New Mexico.....	58
Vermont.....	6	Arizona.....	43
Massachusetts.....	96	Utah.....	57
Rhode Island.....	52	Nevada.....	39
Connecticut.....	73	Idaho.....	27
New York.....	512	Washington.....	102
New Jersey.....	120	Oregon.....	79
Pennsylvania.....	312	California.....	422

Unquestionably the use of intoxicants is responsible, directly or indirectly, for a very large percentage of these homicides. And yet no thoughtful person can help recognizing in these appalling statistics a frightful and growing disregard for human life. A strange intensity seems to have taken possession of human ambition and hatred, and the ends to which men will go to accomplish their purposes, or to satisfy their revenge, is little short of the sacrifice of the life of their fellow beings. Satan is the destroyer. Christ is the life-giver. Concerning Himself, He said, "I am come that they might have life, and that they might have it more abundantly." It is the privilege of every Christian to co-operate with Christ in the great work of giving life to the world; and in this work the Christian is arrayed in direct opposition to the great destroyer, and his many accomplices.

The Opium Curse

The annual revenue of the Indian government from opium is \$15,000,000, says the *Missionary Outlook*.

It is estimated that the victims of opium in China at the present time number 20,000,000 and some give the estimate as high as 40,000,000, while the expense to China is \$125,000,000 annually.

The present production of opium in India in round numbers is 54,000 cwt., annually.

While the demand for opium hardly existed in China one hundred and fifty years ago, the Chinese at the present time consume every year enough to fill 5,700 chests, each weighing 135 pounds.

India exports annually to China 90½ per cent. of its opium, or about 49,512 cwt.

Opium poppy is grown in many parts of Persia. The surplus opium is exported to China, India, and England.

The commercial value of the opium exported from Persia per annum is \$2,500,000. It is estimated that one-third of the adult population, including both sexes, use it immoderately.

One million and a quarter of people in Persia are addicted to the opium habit, which costs them \$9,125,274 yearly.

—, COL.

DEAR EDITOR OF THE LIFE BOAT:—To-day I send my renewal and a new subscription to THE LIFE BOAT. I am late in sending it but it was on account of getting hurt in a runaway accident. I was thrown out of the buggy and so I did not know when the notice came.

We think lots of THE LIFE BOAT. The children look for it in the mail. After we read them we send or give them to others, so the good news goes on. May God bless THE LIFE BOAT and its work. I remain, your sister in the work,

MRS. MATTIE TURNER.

—, COL.

EDITOR OF THE LIFE BOAT:—I herewith send in my subscription, and that of a friend for your valuable little paper. My interest in your work is great, even if I am not able to help you much. I pray that God's richest blessing will attend your labor of love. Yours in the love of Jesus,

E. C. BOYLAN.

THE LIFE BOAT

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

SPECIAL CONTRIBUTORS

E. B. VAN DORN MRS. W. S. SADLER
FANNIE EMMEL JULIA A. WHITE, M. D.
THEKLA BLACK LILLIAN S. CONNERLY

Physical as Well as Spiritual Salvation

IT is wholly a man-made idea that there is any less sacredness attached to the physical man than is usually supposed should be accorded to the spiritual man. Any such notion as this has no foundation in the Word of God, for we are bidden to glorify Him in the body as well as in the spirit; we are exhorted to cleanse ourselves from all filthiness of the flesh and spirit. It is the same devil that tempts us to commit physical sin that tempts us to commit spiritual sin. It requires the same kind of divine inspiration to secure a disposition to obey God physically as it does spiritually. It requires the same thorough-going, enthusiastic co-operation on the part of the human agent to secure physical transformation as it does to receive spiritual conversion. God has not written one kind of law in the Bible, the violation of which incurs a definite penalty, and written another one in the human body which can be trampled upon with impunity. As far as our individual cases are concerned, Christ cannot cleanse the heavenly sanctuary for us any faster than He is having an opportunity to cleanse these earthly temples, for the work above is a faithful representation of what is actually being accomplished below.

D. P.

Fore-Ordination

RECENTLY in the Mission I heard a brother give the following testimony: "The question of fore-ordination used to bother me considerably. But the other day I heard a man who made it very plain. The thing that helped me was this: he said all the 'whosoever-wills' are fore-ordained to be saved; and all the 'whosoever-wonts' are fore-ordained to be lost."

It is not God's will that any should perish. He has fore-ordained all unto life. But His fore-knowledge tells Him that all will not accept the abundant provisions of His love and mercy. God's fore-ordination is based upon His fore-knowledge, upon what He knows men and women will choose to do of their own free wills. Therefore, it is evident that God's fore-knowledge does not, in any sense whatever, affect the salvation of the soul that really desires to be saved. We often meet those who come to regard their cases as hopeless. They have settled down in despair, feeling that they were predestinated to be lost. It is all a mistake. The Father's invitation is "Whosoever will may come," and Jesus says "Him that cometh to Me I will in no wise cast out." (Jno. 6:37.) Mercy's door is wide open, and God is no respecter of persons. Come along, brother, sister. On the cross Jesus said "It is finished." You may enter into that finished work.

W. S. S.

The Pacific Health Journal

The *Pacific Health Journal* is a live monthly publication in the interests of health and hygienic reform. Its articles are short and well written. If you have never seen this paper send five cents to the Pacific Health Journal, St. Helena, Calif., and you will receive a copy of their *New Century Special Number*, which will be of special interest.

"Interesting Incidents and Medical Mission Methods."

The above is the title of an interesting pamphlet of sixty-four pages, which has just been issued concerning the work of the Chicago Medical Mission and Allied Charities. It contains the Sixth Annual Report of the various institutions and different departments of the work. It also has a large number of illustrations and is in every respect a most interesting booklet, as well being a handsome souvenir of the work which it represents. The pamphlet will be sent on receipt of five cents in stamps, to pay postage etc. Send for it. Every Life Boat reader will be interested in it.

The Life Boat League

The converts of the Life Boat Mission and others interested in the Mission's work, have just organized The Life Boat League. A splendid interest is being manifested in this movement, which has for its design the spiritual improvement and mutual encouragement of the Mission converts, and others who have been helped by the Mission. Anyone interested in the Mission work may become a member. We cannot say more at this time, but will tell our readers more about the Life Boat League next month.

We have THE LIFE BOAT list set up **At Last** in type at last, and *if* no mistakes have been made in transferring the list from cards to type, our readers will probably get their papers with less irregularity from now on than in the past. Anyone who does not receive his paper regularly, please send us a postal card. We want to get all things straight as soon as possible.

No More Notices.

The LIFE BOAT list is now entirely set up in type, and it is possible for our readers at any time to look at the address upon their paper and know exactly when their subscription expires. For this reason, no more notices of expiration will be sent out from this office. Every time you receive your paper you will be able to know when the time is up, and all papers are promptly discontinued at the expiration of the time paid for. So don't forget to send in your subscription promptly. If sent to us before the 15th of the month, it will save us the trouble of taking your name off the list, and insure you getting your paper without delay.

In the Battle's Front

OTTO LUNDELL

IN the evening as I stand in the front of the Mission, inviting the people to come in, I have a feeling of being in the front of a great battle. The people are passing by all the time, many of them visitors of the many saloons which are so abundant round the Mission.

In talking with the people and trying to get them into the Mission, I have had many interesting experiences which more and more show me the necessity of doing this kind of personal work. The other evening I had such a good talk with a skeptic. He said he believed there was a God who had created nature, etc., but he could not believe in Christ. After we had been talking a while, he said, with tears in his eyes: "Oh, I wish I could believe in Christ the way you do. I think I would be happy then." But he passed on.

How many there are who say "I wish," but do not take the step which they confess they ought to take. But God has given us a free will, so we can do as we choose. Let us choose the good part of life by serving Him.

Special Articles in the Youth's Instructor

January 17, 1901, the *Youth's Instructor* will begin a series of articles from Brother W. S. Sadler, dealing with experiences that have come under his observation in his work for young people. These articles strike at the root of things—they do not begin and end with the conditions of blacksliding and sin, but they go back to the causes, and show how, in some cases, the cause has been removed, and its sad effect when allowed to remain. Pre-eminently this is a Missionary Series, and the numbers containing it should be distributed by thousands. Young people everywhere should have the privilege of reading these articles—not only those in our own churches, but those who do not know the truth. Our missionary societies would do well to order clubs of the paper for use by their young people, as well as to see that there is not one who does not have the privilege of reading them.

Remember the date—*January 17, 1901*. The whole series of eleven articles, and six extra copies, will be sent to any address in the United States or Canada, for only twenty-five cents. Usual discount in quantities. Order at once.

Coming and Going

JESSIE CONSULMAN is nursing at Wing, Ill.

Mrs. M. K. Williams has become one of our family.

C. L. Irons returned to his home in Pennsylvania.

Dr. Clara Beckner and her mother were visitors at the Mission.

Carrie Hanson, an old Sanitarium nurse, has united with our work.

Our old friend Dick Lane has been at the Life Boat Mission recently.

Miss Grace Silver, a Bible worker in the city, was a recent visitor to the Mission.

Gertrude Ewing, from Winnipeg, Manitoba, is a new member of the nurses' class.

An address on the power of God, was given by Dr. W. B. Holden and greatly enjoyed.

Dr. Perrine, of Battle Creek, spent two days at the Training School, visiting Dr. White.

The little girl Angie Kernohan has sung at the Mission on several occasions recently.

Edith King, of Green Island, Neb., has become a first year student in the Training-School.

Abbie Anderson was absent from the Training School two weeks nursing at Gibson, Ill.

John Green and wife have associated with our work, and are located at the Branch Sanitarium.

Brother Armacost celebrated his first anniversary as a Christian at the Mission on November 25.

Vera Capman and her father, Mr. Fred Capman, have joined the family at the Training School.

Eric Ericson, of Alcester, South Dakota, was at the Branch a few days, and visited our institutions.

Elder Atkinson and wife, from the South, spent a few days at the Training-School, en route West.

Effie E. Bigelow, of Westfield, Ill., has taken up a position as stenographer at the Training School.

May Brunson, who has been stenographer at the Training School, has gone to Battle Creek for a short time.

A new feature in the Life Boat Mission is the text "God is Love" painted by Mr. Skinner of Randolph street.

Dr. A. B. Winegar was in Chicago a day or two and while visiting the Training School addressed the family.

Several of our nurses are at present working in Joliet, where they find people very much in sympathy with the work.

Uncle Joe Goodloe, with his usual hope and courage, has been at the Mission services several times the past month.

Mittie Hill, a teacher at the Children's Christian Home, was called to Eagle Lake, Minn., by her mother's illness.

R. S. Welch spoke at the Life Boat Mission one evening, using the text, "Wilt thou be made whole?" found in John 5; 6.

Louise Paulson has rejoined the Children's Christian Home, after an absence of some time which was spent at the Battle Creek Sanitarium.

The maternity ward has been painted and calcimined and generally brightened up so that it presents a very attractive and inviting appearance.

Dr. Mary Saunderson of Wooster, Mass., on her way to California, spent a day with Mr. and Mrs. Van Dorn, visiting the Mission and other institutions.

Jessie Consulman, Winifred Frederick, Lucy Dittis, Maud Herriot, and Daisy Row, all of Battle Creek, recently joined the Training-School company of students.

Lela Peck, Amelia Reese, Josephine Nordlund, Lola Tatrow, and John Wagner have removed from Chicago to Battle Creek, where they will continue their studies.

A certain man living near Chicago felt he needed a blessing and was willing to pay three dollars fare to come to the Life Boat Mission, as he felt sure he would get one there. In his testimony he said he had not been disappointed.

THE LIFE BOAT

PUBLISHED MONTHLY ILLUSTRATED

(Entered at the post-office in Chicago)

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

PRICE 25 CENTS A YEAR

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

All subscriptions to THE LIFE BOAT are promptly discontinued when the time paid for has expired.

Special Terms

Special terms are granted to those who use large numbers of THE LIFE BOAT for free distribution, to missions, and to clubs. 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.

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.

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

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

Treatments given.....	717
Examinations.....	117
Prescriptions.....	21
Office treatments.....	94
Surgical operations.....	22
Admitted to the surgical ward.....	19
In Children's Christian Home and Branches.....	52
Days nursing.....	276.7
Meals served (penny lunches).....	22,744
Lodgings given.....	1,120
Using free laundry.....	2,744
Attendance at gospel meetings.....	6,059
Testimonies.....	913
Gospel meetings held.....	60
Bible classes conducted.....	32
Testaments and Bibles given away.....	150
Pages of other literature distributed.....	24,900
Requests for prayer.....	294

Donations to the Chicago Work

CHICAGO MEDICAL MISSION

No Name or Address...\$ 1 00	J. A. Guenther.....\$ 5 00
Mrs. T. Reed..... 25	Mrs. W. B. Conklin..... 25
Mrs. B. Dolan..... 25	Mr. Scott Dickinson..... 1 00
Mr. R. R. Williams..... 50	Mrs. M. Walker..... 50
Mr. & Mrs. J. F. Pearson 1 00	Chrystal Bros..... 25
Mr. & Mrs. M. Dukes... 50	O. C. Brown..... 75
J. A. McMillan..... 50	Mr. & Mrs. Wm. Pearson 50
	Total.....\$12 25

THE PRISONERS' FUND

A Friend.....\$ 1 00	Miss Carrie Corey.....\$ 75
Mrs. B. S. Webber..... 25	P. M. Johnson..... 25
L. G. Moore..... 25	Mrs. Jno. Fribbets..... 24
Mrs. L. P. Godpey..... 25	Mrs. F. S. Packard..... 25
Mrs. O. T. Colburn..... 25	Henry Reidel..... 25
Wynie H. Sterling..... 25	Nathan Carey..... 27
Effie E. Bigelow..... 1 00	A Sister..... 1 00
Hattie Fifield..... 25	N. J. Winston..... 75
Hans Nelson..... 75	Mrs. Linda Scheidt..... 25
Nary Winfield..... 50	F. N. Boardman..... 4 05
S. I. Cornish..... 25	Michigan Tract Society. 20
Mrs. A. H. Sour..... 25	Mrs. A. H. Anderson..... 25
Mrs. Helen Jewell..... 25	Stella Livingstone..... 1 00
Jno. Sanders..... 75	D. W. Nichols..... 2 00
	Total.....\$17 76

CHILDREN'S CHRISTIAN HOME

Effie E. Bigelow, \$1.00; Mr. and Mrs. Green, Aledo, Ill., six brooms, fifty quarts of canned fruit; Members of Aledo church, Ill., fifty quarts of canned fruit.

THE LIFE BOAT RESCUE SERVICE

Mrs. R. E. Wallean....\$ 2 00	J. T. Luyster.....\$ 1 50
Mr. & Mrs. F. Clark.... 50	Geo. Mannel..... 5 00
Stella Livingstone..... 1 50	
	Total.....\$10 56

We Have for Sale

A slightly used B flat Brass Cornet, first-class in every respect, with C attachments.

Will Sell it for \$10.

Life Boat Supply Dept.

1926 Wabash Ave., Chicago.

FREE

A FAMILY BOX

Containing the following useful articles:

2 Packages PEARLINE.
1 Bar FAIRY SOAP.
1 Large Box TALCUM POWDER.
½ Pound PROTOSE.
½ Pound NUT BUTTER.
1 Package GRANOSE BISCUIT.

¼ pound FIG BROMOSE.
1 Package GRANOLA.
2 Small Pkgs QUAKER OATS.
1 Can PROTOSE and Beans.
1 Pound CAMEL-CEREAL.
1 Package ALLEN'S FOOT-EASE.

1 Copy **Healthful and Artistic Dress Pattern System Pamphlet** (Ills.), New Edition.—
Just from Press.

When requested, boxes will be furnished to subscribers to **GOOD HEALTH** who will send us one **new** subscription, accompanied by the regular subscription price, \$1. If you are **not** a subscriber, send us \$1 for **your** subscription, and we will forward you a box. The articles listed are among the **home necessities** for daily use. If you were to purchase them, they would cost you more than \$1.50; thus you effect a saving in purchasing household supplies which you must have, and also get a year's subscription to **GOOD HEALTH** free. This offer is made to increase the number of **GOOD HEALTH** readers. If you have subscribed through an agent, you are not entitled to a premium. However, secure one new subscriber, and we will send you a Family Box. Boxes are sent by freight or express, carriage charges collect. Address

GOOD HEALTH PUBLISHING CO., Battle Creek, Mich.

PEANUTS!

Our contract with a dealer in Foreign and Domestic Fruits and Nuts of all kinds enables us to quote Prices on Virginia and Spanish Peanuts until Feb. 1st, as follows:

VIRGINIA	-	-	-	7c
SPANISH	-	-	-	8½c

When ordering state whether to be shipped by Express or Freight.

The Life Boat Supply Dept.,

1926 Wabash Avenue,

CHICAGO, ILL.

Of Interest to Agents



PACIFIC PRESS
Publishing Company

OAKLAND, CAL. 39 Bond St., New York
18 West Fifth Street, Kansas City, Mo.

THE events of the past few months have been of such a nature as to force themselves upon the attention of every intelligent man and woman in our country. Many who have not been accustomed to much reading in the past have become interested of late in knowing what is going on in the world.

Now is the opportune time to present to these people literature which gives the meaning of the events about which they have been reading. Such literature is a book entitled

HERALDS of the MORNING

Notice a few of its striking
chapter titles:—

This Remarkable Century
The Prevalence of Crime a Sign of Our Times
"Judgment Is Turned Away Backward"
The Earth Is Filled with Violence
"The Social Vice"
"Lovers of Pleasure"
Ye Have Heaped Treasure for the Last Days
And the Nations Were Angry
The Testimony of the Earth
The Voice of the Elements
"And There Shall Be a Time of Trouble"

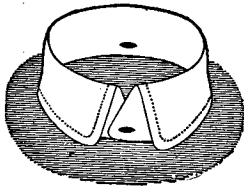
This book contains 279 pages and is fully and strikingly illustrated.

A circular showing several reduced pages and illustrations sent free.

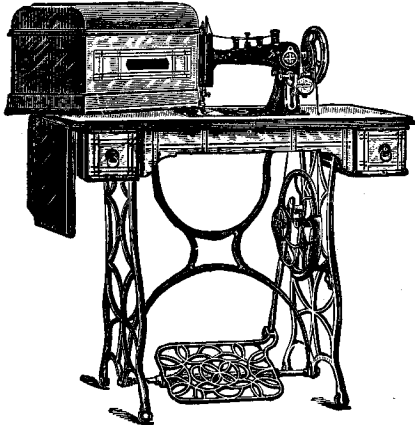
Prospectus and outfit for agents, 60 cents, post-paid.

Cloth, marbled edges \$1.25
Cloth, gilt edges . . . 1.50

Our Genuine Composition Rubber Collars.



Send 25c for sample. State your size and style. If you have not received our special collar catalogue send two cents in stamps for it.



THE L. B. No. 3 SEWING MACHINE

LIKE CUT,

\$11.75 Is one of the best machines ever offered for the money.

We Guarantee it for 5 Years.

It forms the double lock stitch, using two threads which are locked together in the center of the goods, making a stitch which appears the same on both sides of the goods. Easy to operate, easy to thread. The attachments consist of ruffler, tucker, binder, braider, four hemmers of assorted widths, quilter, thread cutter, foot hemmer and feller.

\$11.75

Price Complete with Attachments and Accessories.....

\$11.75

Men's, Youths' and Boys' Clothing



Underwear Shoes, etc., etc.

Men's made to order all wool Oxford suits for \$8.50, \$9.50, \$10.50.

Youths and Boys' suits \$2.50, \$3.50 and \$5.

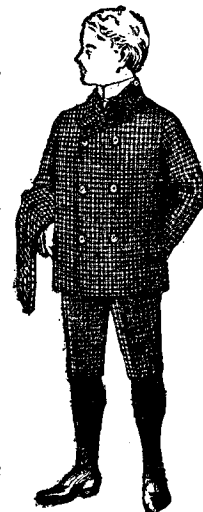
Overcoats from \$5.40 and upward.

On application we will mail samples of goods of our special \$8.00 Overcoat and Ulster.

Measurement blanks and samples furnished on application.

We will be pleased to quote prices on nuts, dried and canned fruits and Health Foods (Battle Creek Sanitarium and Sanitas Nut Food Co.).

Send 2-cent stamp for our Buyers Guide and General Merchandise Catalogue.



The Life Boat Supply Dept.,

1926 Wabash Ave.

-

-

Chicago