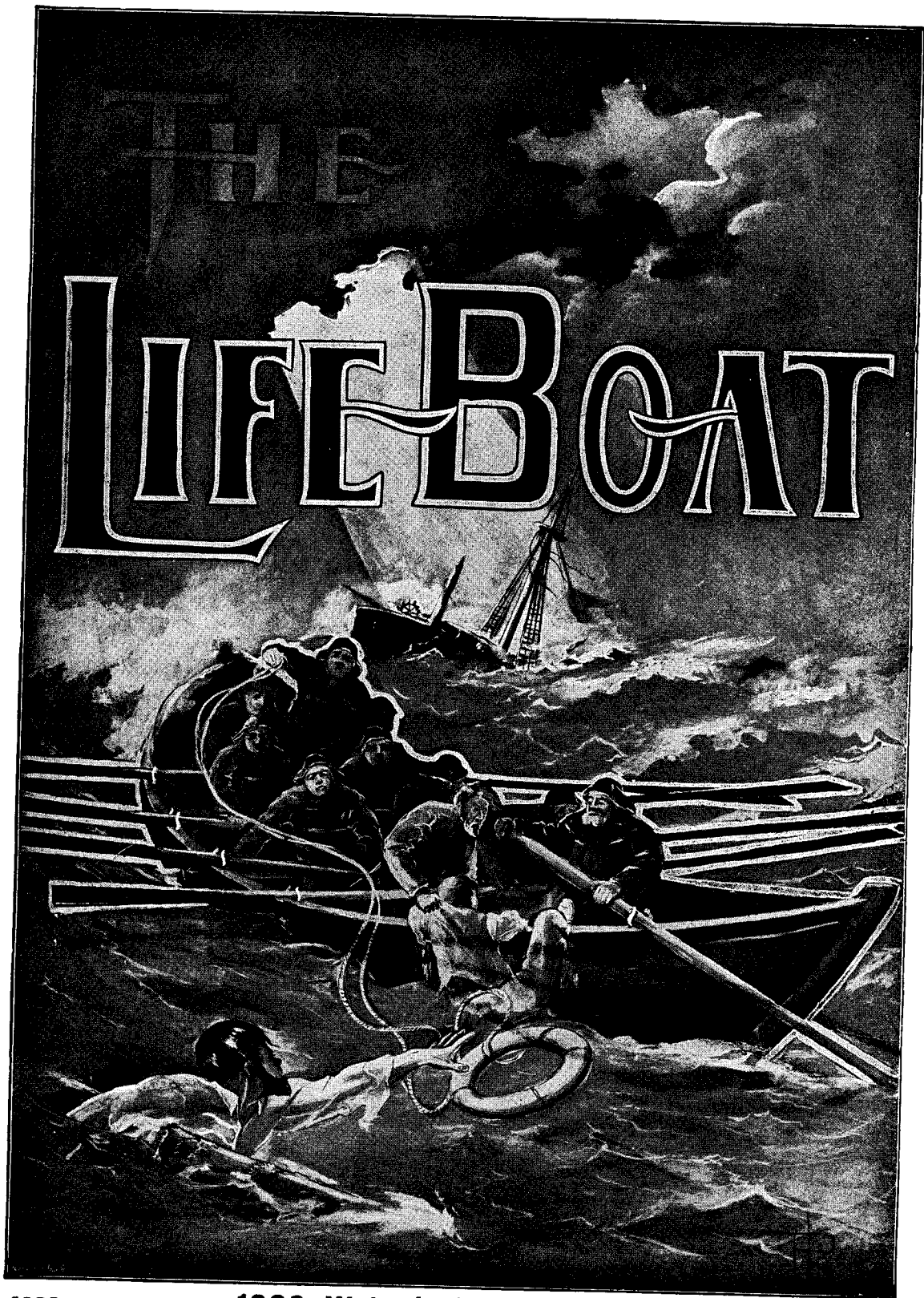


Published Monthly

FEBRUARY, 1901

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VOL. III

1926 Wabash Avenue, Chicago

NO. XII



WORKINGMEN'S HOME
131 STATE ST.

GOOD HEALTH HOTEL
131 STATE ST.

LIFE BOAT REST
451 1/2 S. CLARK ST.

CHICAGO MEDICAL MISSIONARY TRAINING-SCHOOL
1920 WABASH AVE.

CHILDREN'S CHRISTIAN HOME
248 S. PARK AVE.

LIFE BOAT MISSION
436 STATE ST.

INSTITUTIONS OF THE CHICAGO MEDICAL MISSION

CHICAGO MEDICAL MISSION AND ALLIED CHARITIES

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.
MAMIE A. PAULSON, M. D.

JULIA A. WHITE, M. D. A. W. GEORGE, M. D.

BRIEF DESCRIPTION OF THE VARIOUS INSTITUTIONS AND PRINCIPAL DEPARTMENTS OF THE CHICAGO MEDICAL MISSION AND ALLIED CHARITIES

Chicago Medical Missionary Training-School

This school is conducted in the large building at 1926 Wabash avenue. The course of instruction includes gospel principles, personal and evangelistic work, physiology, general nursing, and the use of rational remedies in the treatment of the sick.

Life Boat Mission, 436 State Street

E. B. VAN DORN, Evangelist.

This Mission is located at 436 State street, near the corner of Polk street, in the very heart of one of Chicago's storm centers of vice and crime. Gospel meetings are held every evening in the year at 7:45 P. M. The Life Boat Mission carries forward its work in co-operation with the Workingmen's Home and other associated institutions.

Workingmen's Home, 1341 State Street

W. E. WILLIAMSON, Mgr. J. A. SKINNER, Chaplain.

This is the oldest of the group of institutions comprising the Chicago Medical Mission. The Home is supplied with baths, laundry, and facilities for fumigation. Lodging is furnished at ten cents a night. Food is supplied at a penny a dish. A Bible study and gospel service is held each evening at 6:30 P. M. There is connected with the Workingmen's Home an industrial department, known as the Rug and Carpet Department.

Good Health Hotel 1351 State Street

The Good Health Hotel is a sister institution to the Workingmen's Home, and thus affords a good clean Christian home free from tobacco smoke and disorderly conduct, for the Mission converts and others.

Children's Christian Home, 2408 South Park Avenue

THEKLA BLACK, Matron.

This institution is designed to care for children under the age of eight years, who have only one parent,—either father or mother being dead. The majority of cases are children of deserted or widowed mothers. A day school and a kindergarten are maintained in the Home.

Free Dispensary, 136 Twentieth Street

The dispensary and surgical wards are located in the Training-School building, entrance on Twentieth street. Physicians and nurses are in daily attendance at the dispensary where pa-

tients receive not only ordinary prescriptions, but baths, massage, electricity, and various other rational treatments. Treatment at the dispensary is free. For patients received into the institution, a charge is made according to the circumstances of the patient.

Missionary Nurses' Department. Headquarters: 1926 Wabash Avenue

MRS. H. N. GARTHOFNER, Matron.

This department has placed at its disposal a number of Battle Creek Sanitarium Trained Nurses who are in readiness to answer calls at any hour day or night. These nurses are skilled in Massage, Electricity, and the administration of all kinds of baths.

Visiting Nurses, Headquarters: 1926 Wabash Avenue

A corps of missionary nurses are engaged in working for the poor. There is no line of missionary work which is more needed in a large city and none more helpful than that of the Visiting Nurse. The missionary nurse not only ministers to the physical wants of the sufferer, but is able also to point the soul to the Source of spiritual rest and peace. These nurses are at work in the most destitute sections of the city.

The Maternity, 1926 Wabash Avenue

DR. JULIA A. WHITE, Matron.

This department of the work is located in a wing of the building at 1926 Wabash avenue, and is provided for unfortunate young women who have been led from the paths of virtue, but have not yet given themselves up to vice, and who eagerly grasp the helping hand reached out to save them from sinking lower into the yawning gulf which is ready to receive them.

Life Boat Rest 481½ South Clark Street

FANNIE EMMEL, Matron.

This institution is the youngest of the Chicago Medical Mission group. It is located in a very submerged portion of Chicago. It is a building two stories high, the lower floor consisting of one large room fitted up as a reading room for girls. The institution is kept open till after midnight, and co-operates with the Life Boat Rescue Service which has its headquarters at 1926 Wabash avenue. Aside from what is earned by these workers in selling the LIFE BOAT during the evening, the Rest is entirely dependent upon voluntary contributions for its support.

Life Boat Rescue Service. Headquarters: 1926 Wabash Avenue

MRS. W. S. SADLER, Matron.

The object of this department is to reclaim fallen women, the work being done by women rescue workers. Married women, of mature age, and trained nurses, go out into the streets of certain districts, and elsewhere to extend an invitation to their lost and fallen sisters who are so entangled in the intricate meshes of vice and sin as to be unapproachable in any other way. As a result of this work, scores of lost souls have been restored to society and their homes, and are to-day rejoicing in their deliverance from the very gates of hell.



CHICAGO MEDICAL MISSIONARY TRAINING-SCHOOL
1926 WABASH AVENUE

Chicago Medical Missionary Training School

(ESTABLISHED 1897)

J. H. KELLOGG, M. D., Superintendent,
MRS. H. N. GARTHOFNER, Matron.

INSTRUCTORS:

DAVID PAULSON, M. D., Bible Hygiene and Rational Remedies.

W. S. SADLER, Bible: Principles and Methods of Christian work.

MAMIE A. PAULSON, M. D., Treatment of Diseases.

JULIA A. WHITE, M. D., Physiology and Hygiene.

A. W. GEORGE, M. D., Practical Anatomy.

JENNIE VAN WAGNER, Practical Hydrotherapy.

MRS. W. S. SADLER, Physical Culture.

COURSE OF STUDY.

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) Christian Doctrine
- (d) Principles and methods of Christian 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 and Surgical Nursing

5 Physical Culture

6 Use of Rational Remedies in the Treatment of Diseases

EXPENSES.—Tuition is free. Board is furnished upon the European plan, at actual cost. The average expense for table board is \$1.00 to \$1.25 per week. In addition to cost of board, the nominal sum of 75 cents to \$1.00 per week is charged each student. This is 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. Students admitted into the nurses' class are provided work with which to meet expenses of board, room, instruction, etc.

OBJECT.—It is the purpose of this School to prepare consecrated young men and women for various lines of missionary, city mission, and rescue work. The work of the students extends to almost every sphere of society in the city. From the Training-School, each day and evening, students go to engage in work at the Life Boat Mission, the Workingmen's Home, Visiting Nurses' work, Cottage Meeting work, and various other spheres of labor which are carried forward as parts of the practical evangelistic training which all students are required to take.

The work done by students is of a highly practical nature, especially calculated to prepare them for active missionary work in this and foreign countries.

REQUIREMENTS FOR ADMISSION.

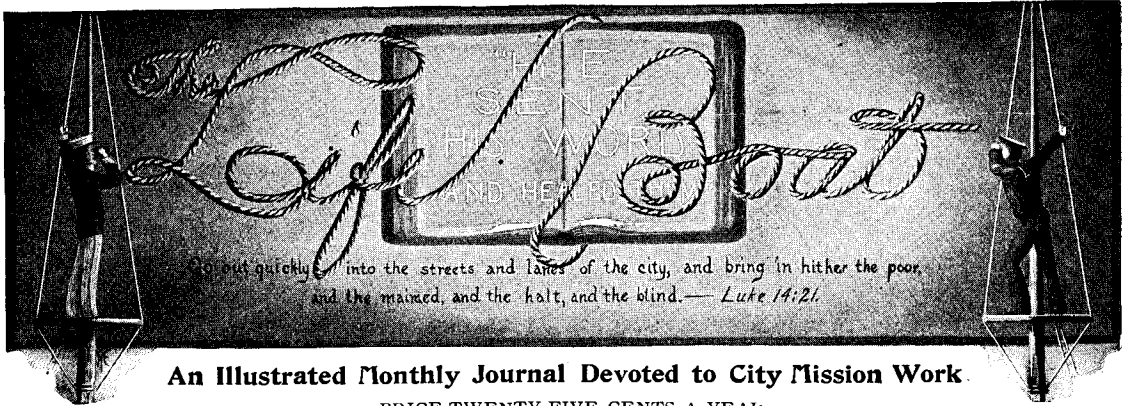
1. Applicants should not be under twenty-one or over thirty-five.
2. Good moral character and genuine Christian experience.
3. The missionary spirit—desire to engage in active work for souls.
4. Good health.
5. At least a common school education.
6. Adaptability to the work of nursing.
7. Thorough consecration to the work of spreading the gospel of grace and health.
8. Satisfactory recommendations from reliable persons known either personally or by reputation to the Training-School Committee.

Regular terms begin January 1 and July 1. Students received any time during the year if classes are not full.

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.



An Illustrated Monthly Journal Devoted to City Mission Work.

PRICE TWENTY-FIVE CENTS A YEAR

Volume 3

CHICAGO, ILL., FEBRUARY, 1901

Number 12

Our Last Appeal for the Third Annual Prisoners' Number

 We hope that our next issue, the March number, will be the prisoners' number. We make this last appeal to our friends for help. We desire to thank all who have contributed toward this enterprise, and earnestly solicit your interest in behalf of this effort to place a gospel message before those who sit in darkness.

What Your Donations Will Accomplish

 The publishers of **The Life Boat** propose to send for every dollar donated 100 copies of this special issue of **The Life Boat** into the prisons. The paper will be furnished the prisoners at the cost of one cent a copy. Five dollars will send 500 copies. Pause and consider for a moment, reader, what you can accomplish by sending a small donation to the Prisoners' Fund. This special number of **The Life Boat** will be endowed with great possibilities for helping prisoners. How much can you afford to invest in some prisoner's soul? May we not expect an immediate response to this appeal for those, who because of their situation, are unable to make an appeal for themselves? Can you not interest your friends and neighbors in this work?

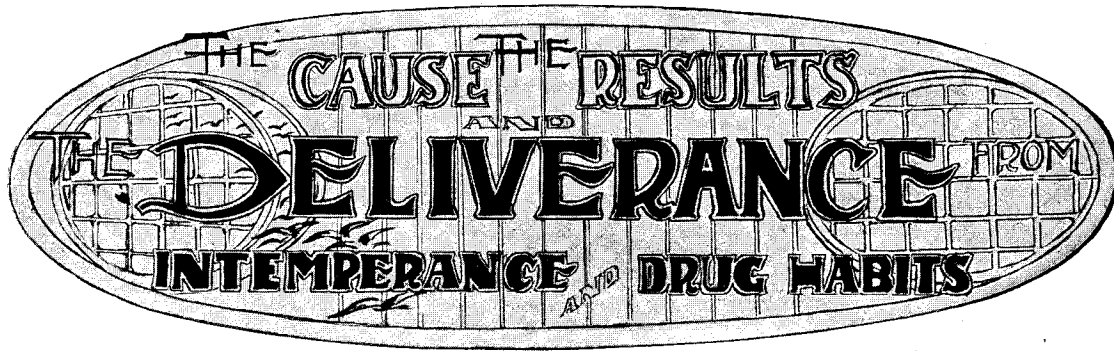
 Donations should be sent to **The Life Boat**, and in each instance it should be specified that the same are for the "Prisoners' Fund."

Working for Others—A Means of Discovering Our Defects of Character

In our efforts to help humanity, we are brought face to face with problems so great that they divest the soul of self-conceit and self-reliance; problems so great they stagger the human mind, and cause the soul to flee to God for help, and then as we beseech God for the necessary strength and wisdom with which to raise men towards heaven's ideal, we ourselves are led to realize as never before how short we come of meeting the mind of Him whom we serve. Unknown defects of character are discovered, and so in our efforts to help another we ourselves have been helped the most. Grave and serious defects of character have remained undiscovered within the breast of many a professed Christian until the time when his heart yielded to the call divine, and he went forth as a life-saver. It was then that the weakness of his moral muscle, and the defects of soul and character, were for the first time revealed to him.

By beholding we become changed. This is true whether applied to things good or bad. By looking to Jesus it is our blessed privilege to become more and more like Him; therefore we are bidden to look unto Him who is the Author and Finisher of our faith. From the beginning of our Christian experience to its close our gaze should be fixed steadfastly upon our Pattern and our Redeemer. The soul that is engaged in active spiritual exercise is a soul that is usually looking to Jesus, for there is surely no attitude in a Christian's experience which causes him to constantly feel his own deficiency so much as that of being ever in touch with a perishing soul, seeking to feed him with the Bread of Life, endeavoring to point him to Jesus, the Lamb of God that taketh away the sin of the world. To be ever pointing dying men and women to Jesus means that he who points them must be ever looking to Jesus too.

W. S. S.



Second Article

Causes of Intemperance

(Continued)

BY THE EDITORS

8.—DISAPPOINTMENT AND SORROW

(a) *Domestic Trouble.*—The Spirit of God is like a healing balm with magical effects when applied to broken hearts and crushed spirits. But unfortunately the world is full of people who have never felt the persuasive power of the invitation, "Come unto Me all ye that labor and are heavy-laden, and I will give you rest;" and so they are seeking for artificial rest, for something that will cause them to forget their sorrow. Marriage should be the emblem of all that is good, and pure, and noble. But in these days, when reason no longer holds sway, when men and women frequently marry on the impulse of the moment, this sacred compact too often becomes merely a cloak which hides trouble too pitiful for human words to express. These mis-mated couples, in order to temporarily drown the misfortune which they themselves have produced, resort to various forms of liquors or drugs,—only to find at the end, that they have sown for still greater trouble.

(b) *Financial Disaster.*—During the last few years, financial disaster has overtaken many a man who supposed he had enough laid by to enable him to face the ordinary difficulties of life. After racking his brain in vain to devise some means to maintain his financial standing, he has gone down in bankruptcy, and this experience has left behind such pangs of misery and remorse as to become a potent cause of inebriety. Others nurse and cherish for years some personal ambition, only to find at the last moment, that some one less competent, but possessing a stronger personal influence, has succeeded; and so, to forget the memory of their long and painful struggle, they likewise resort to baneful drugs, or spirituous liquors.

(c) *Enforced Idleness.*—Some one has well said that an idle brain is the devil's workshop; and the strained relations existing between labor and capital which have resulted recently in such extensive strikes and lock-outs have placed thousands of men in absolute idleness; and so the pittance which they ordinarily receive from their unions too frequently finds its way directly into the till of the dram-shop, instead of supplying the necessities of life for the unfortunate family.

9.—A TEMPORARY SUBSTITUTE FOR SPIRITUAL INFLUENCE

• Thousands of sin-sick and down-cast souls are wandering about in spiritual despair. For some reason they fail to discover the source of true happiness, or the secret of self-surrender; and so they fall short

of experiencing that wholesome, uplifting, and cheering influence of the Spirit of God upon their hearts. Still others have made no effort to obtain that true consolation of the soul, and these two classes, the one desperate, the other despairing, readily fall victims to the enemy's snares, and begin to seek for happiness and pleasure in the flowing bowl or the insidious opiate. Melancholia and spiritual despondency have proven the cause of the drug habit in many a woman, and the liquor habit in many a man. The enemy of the soul has arranged a long series of drugs and alcoholic stimulants which lead the victims while under their influence to imagine themselves to be rich, happy, and contented. So, in every way possible, the arch-deceiver has fashioned these weapons of hell after the similitude of heaven's blessings, and thus has he sought to satisfy the heart's desire of a longing soul, with these counterfeits of the true influence of the Spirit of God, upon the human mind and heart.

10.—UNSANITARY SURROUNDINGS

Carefully compiled statistics indicate that unsanitary and unhealthful surroundings serve to largely increase the tendency toward drunkenness. When men and women are compelled to live in poorly-ventilated tenement houses, large numbers huddled together in a single room, with foul-smelling environments, the physical health is gradually undermined, and this weakening of the physical powers and resistance creates a necessity in the mind of the victim of such surroundings for temporary stimulation to take the place of the natural strength and energy sacrificed to these unnatural and unwholesome surroundings. So long as thousands of people in our large cities live in tenement houses which are veritable death-traps, so long may we expect to find the saloons in the immediate vicinity of these unsanitary dwelling places grow in number and do a flourishing business. Temperance is a virtue associated with cleanliness, purity, and health. On the other hand, wherever we find vice, squalor, and unsanitary surroundings, intemperance may be found as an invariable accompaniment.

11.—SEDENTARY LIFE

The ordinary life of the average man of a generation ago was one of considerable physical activity. But the advent of labor-saving machinery, which has in many respects brought great blessings to the human race, has also been accompanied by an inevitable train of evils resulting from lack of vigorous and regular physical exercise. A few years ago where one man secured his necessary physical exercise from his daily toil, ten men are now cultivating disease by sitting in easy-chairs superintending by merely intellectual effort the mechanical activity of others. The ambition of the average country youth of to-day is to

get into some position where they can earn a living without the hard work of getting it by the sweat of the brow. Consequently, the human organism with its many functions, which require for their healthful activity daily and thoroughgoing physical exercise, is stagnating, rusting out; and thousands of comparatively young men and women are resorting to the use of various stimulants to arouse their lagging energies and stimulate their worn-out minds. Lack of daily physical exercise results in the accumulation of poisons in the system, and otherwise tends to intensify the latent craving for alcoholic drinks if there be such, and if not, to deceive the victims of a sedentary life into the error of seeking to maintain brilliancy of mind and buoyancy of spirit by resorting to the use of drugs, narcotics, or alcoholic stimulants.

12.—REACTION FOLLOWING UNNATURAL EXCITEMENT IN BUSINESS OR PLEASURE

At a time when men and women of the last generation were sweetly enjoying the physical rest earned by a day's hard toil, their sons and daughters of today are probably whirling around in the gaiety of some ball-room, or feasting upon the indigestible viands of a midnight meal; or possibly racking their already over-worked brains for some new scheme or plan whereby they can outwit their competitors in business or society. As a consequence, the peaceful, refreshing slumbers of the laboring man, which Solomon declared to be so sweet, are comparatively unknown. The intensity with which business is carried forward, the sharpness of competition, the excitement and fascination of horse-racing and other species of gambling, all have one result—to rob man of the hours which should be spent in sleep, and to cause even the sleep he does obtain to fail to refresh the mind and restore the body. A few nights of sleeplessness and its victims resort to the use of sleep-producing drugs, or the temporary use of alcoholic liquors. The terrible price of resorting to these things is better understood later on when the victims of morphine and alcohol find themselves able to obtain but little sleep without the influence of these drugs. That which can only be secured by a life of conscientious obedience to natural law will not be obtained either by using opium or drinking alcohol.

13.—MODERN SOCIAL LIFE: CLUBS, SOCIETIES, ETC.

Modern social life seems to be constructed on such a plane as to compel its votaries to partake of wine and liquor in some form, at least upon special occasions. The man or woman in the ranks of society who insisted on being a teetotaler upon all occasions would be considered not a little queer or perhaps a crank, and many a young man does not possess the moral courage to endure the scornful look, the sneering jest, or the social ostracism which is sure to follow his determined stand for right, and so he goes with the crowd; but by-and-by he finds that the crowd has forsaken him, as he staggers from one cheap saloon to another, with the prospect of a grave in the potter's field at no distant date.

Practically all social clubs have liquor served upon all occasions. The customs, nature, and organization of society and commerce seem to be especially designed and arranged to provide for the commercial necessity or the social excuse for indulging in the use of stimulants at almost every step.

We have now considered under thirteen heads a few of the seeds which when sown, particularly in the lives of susceptible individuals, produce the harvest of intemperance. When the attention of temperance reformers is more definitely fixed upon these and kindred causes, then, and not until then, will the temperance cause make greater progress. John the Baptist

well said that the axe must be laid at the root of the tree; and a reform that does not strike at the very cause of the evil it seeks to remove, is destined to fail sooner or later.

Widowed and Fatherless

JULIA A. WHITE, M. D.

A middle-aged lady with her daughter of seventeen and a little boy of six years, had been left homeless by a drunken husband and father. Formerly they had resided in Chicago but had gone to a Wisconsin city, when they became destitute. Our sister city saw them safely to the station and on board the train for Chicago, on the plea of non-residence.

This poor lady was directed to us, and she came saying, "Can you, will you, help me? I could not stay in Wisconsin and I don't know what to do." She told us she had tried to be a Christian but that her faith was being severely tried. Seemingly the world had no room for her.

We knew of no opening, but we made room for them, the widowed and fatherless, knowing that the Lord would provide, for which we sought Him earnestly. The little one was placed in the Children's Home and the mother and daughter kept at the Training-School. In a few days a good place was found for the girl, and although the mother worked hard to find a place it did not come at once. We tried daily to cheer her and tell her that the Lord had something good in store for her if she only would be patient. At last, after more than a week, it came, good wages in a good home and the privilege of having her little boy with her.

She assures us now that she can fully believe the 23rd Psalm, and we can only say "Praise the Lord."

Evangelist Mackey's Work the Past Month

During the past month Bro. T. F. Mackey has been exceedingly busy holding meetings in a number of places. A week's series of meetings at the Life Boat Mission were specially blessed.

Brother Mackey held a week's series of meetings in Elgin, Ill. This was a union revival service between Immanuel Baptist church and the Epworth M. E. church. We clip the following note concerning one of these meetings from the Elgin daily paper:

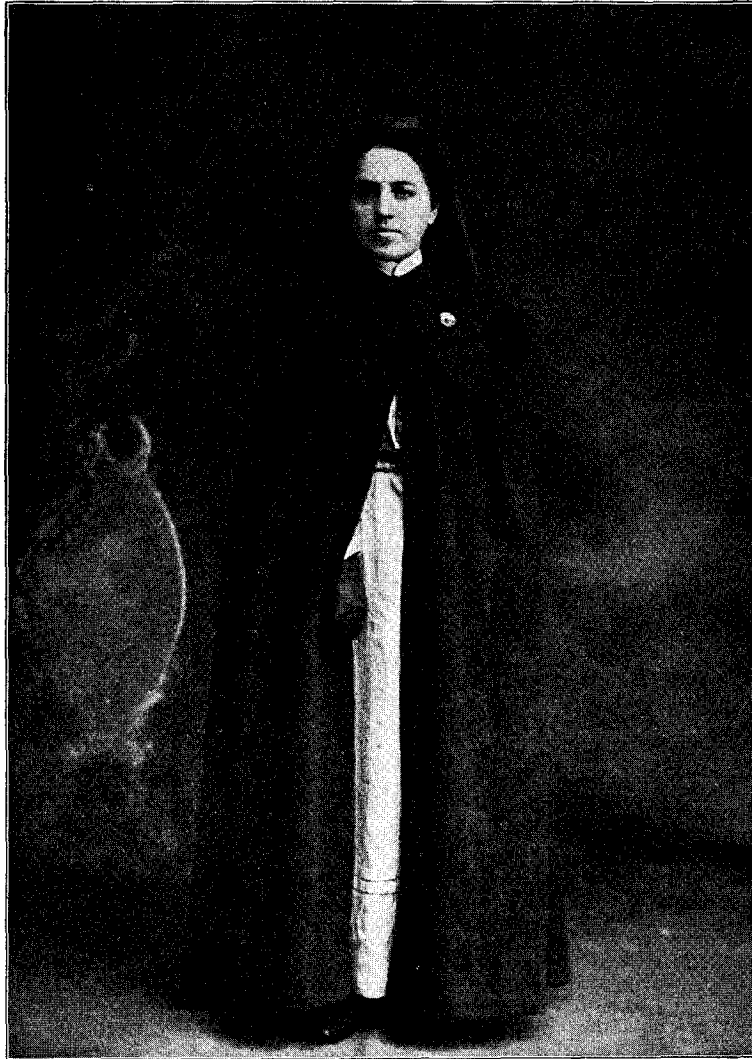
"A large audience greeted Evangelist Mackey at the Union meeting at Epworth church at 3 P. M. yesterday. Mr. Mackey spoke on the necessity of confession. If a man would remain a Christian or if he would grow spiritually he must confess the Lord Jesus Christ. He who neglects confession, or bearing testimony for his Master, must meet with spiritual death. At 7:30 P. M. the church was crowded, many standing during the service. The evangelist preached an interesting and inspiring sermon upon the subject of conversion. After showing what conversion was not, he presented plainly the true scriptural meaning of the term. Mr. Mackey is a man who is filled with the Spirit and no one can listen to his earnest presentation of the truth without being helped."

At present Mr. Mackey is in Oshkosh, Wis., engaged in evangelistic work. Churches, missions, or others desiring to have him visit them and conduct a series of meetings will be able to make arrangements by addressing THE LIFE BOAT, 1926 Wabash avenue, Chicago, Ill.

The Visiting Nurses' Work

We are glad to be able to give our readers a splendid photograph of a visiting nurse in our new nurses' outside uniform. Just now the visiting nurses' work is being greatly extended, and its sphere of usefulness enlarged. We trust the readers of THE LIFE BOAT will remember in their prayers these visiting nurses as they go from place to place in their minis-

try for the sick, and seek to point suffering humanity to the source of all comfort and peace. He is sustaining us, keeping us, and supplying all our needs, according to His promises. To those who so kindly remembered the Children's Christian Home at Christmas, we send our best thanks. We may not be able to write personally to all of them, but every donor may rest assured that the gifts were very much appreciated, and added to the happiness of some one.



A VISITING NURSE

try for the sick, and seek to point suffering humanity to the source of all comfort and peace. These nurses work for very small compensation and a great amount of good can be done by supporting these trained workers in their chosen work of ministry to the sick and afflicted.

At our branch home in Wisconsin, sixteen children are being cared for, and are enjoying the country life. Their bright eyes and happy, rosy faces, cause us to look with regret at the puny-looking children of the city, and to hope for the time when the homes of all children will be located in the country.

An Expression of Thanks

THEKLA BLACK

TO the many friends of the work for the children, who are constantly inquiring how the little ones are, if they keep well, and do they learn to love the Lord, etc., we would say that we have nothing

The following note is from the Iowa Workers' Bulletin December 25, 1900:

I thank you for sending the papers to us unfortunates. I read THE LIFE BOAT and the two other papers, and by reading THE LIFE BOAT I have taken the pledge not to drink any more. I would like to have some correspondence with you. Please send me a Bible; I have no money to buy one.—An inmate Allamakee Co. Poor Farm.



Evidence of Divine Love

Stenographically Reported

THIS meeting as usual was preceded by a song service outside the Mission. Brother Skinner, chaplain of the Workingmen's Home, read the scripture lesson from 1 John 4:7-13: "Beloved, let us love one another, for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not, knoweth not God, for God is love. In this was manifested the love of God toward us, because that God sent His only begotten Son into the world, that we might live through Him. Herein is love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we ought also to love one another. No man hath seen God at any time. If we love one another, God dwelleth in us, and His love is perfected in us. Hereby know we that we dwell in Him, and He in us, because He hath given us of His spirit."

Mrs. Sadler led in prayer, after which No. 90 was sung:

'Tis so sweet to trust in Jesus,
Just to take Him at His word,
Just to rest upon His promise;
Just to know "Thus saith the Lord."

Chorus—

Jesus, Jesus, how I trust Him,
How I've proved Him o'er and o'er;
Jesus, Jesus, precious Jesus,
O for grace to trust Him more.

O how sweet to trust in Jesus,
Just to trust His cleansing blood;
Just in simple faith to plunge me,
'Neath the healing, cleansing flood.

Yes, 'tis sweet to trust in Jesus,
Just from sin and self to cease;
Just from Jesus simply taking
Life and rest and joy and peace.

I'm so glad I learned to trust Thee,
Precious Jesus, Saviour, Friend,
And I know that Thou art with me,
Wilt be with me to the end.

Brother W. S. Sadler then spoke as follows: "I am glad there is so much in the Bible about God's love. But there are some who cannot read the Bible. They are blind physically; and thousands of others have no eyes in their souls; they cannot understand the Bible when they do read it. This earth is full of skeptics—religious skeptics, and social skeptics. You can find ten people ready to believe a lie, for one who will believe the truth.

"I want to talk about that love of God which you can see, feel, taste, and hear. So I am going to read these verses in the thirty-fourth psalm, the seventh and eighth verses: 'The angel of the Lord encampeth round about them that fear Him, and delivereth them. O *taste* and see that the Lord is good; blessed is the man that trusteth in Him.' He is good, and if there is a man here to-night who does not know it, it is because he has not tasted. Oh that men would treat their souls with the same consideration they do their bodies—they feed their bodies, give them water, and seek to keep them from harm. When we have food and want to know whether it is good or not, we taste it; the proof of the pudding is in the eating. And that is the proof of the love of God. It is the tasting of it. Open your heart and let Him in. We sang about letting a little sunshine in, and when we have got it in, it will shine out. The love of God is more powerful than an X-ray; it will shine out through the soul. We do not worship the window-glass because the light shines through it; and so the man will not be worshipped because the light of God shines through him. We ought to be reflectors throwing to others the light the Lord sends to us.

"In the human body there is a mysterious pump, that goes on working from the moment of birth to death. If you ever begin to doubt whether God is interested in you *personally*, put your hand over your heart, and ask yourself what has kept it beating ever since you were born. In the beating of the heart, you will see not only the faithfulness of God, but His love as well. It is written in the Book that 'He is faithful.' Your heart is kept beating by something over which neither you nor any other man has any control. Your heart-beat is in the hands of God. Remember that as long as your heart beats, it is a pledge that He careth for you, and loveth you. Look at this equally remarkable thing, our breathing; this working bellows that goes on and on and on, twenty times a minute, from birth to death, taking in the pure air, and breathing out the poison, constantly purifying the blood. Even when man has closed his eyes in sleep, the lungs go on taking in the air and sending out the poison. Remember this when you are tempted to think that God has no interest in you, or that He does not care for you. As long as the heart beats, it is a pledge from heaven that God is interested in you—that He is caring for you. There is hope for your soul; for as long as there is life in the body there is hope.

"He supplies us with water to quench our thirst and to cleanse the tissues of the body; and just as truly as He has provided the water to quench your physical thirst, He has provided the water of life to quench the thirst of soul. He says: 'If any man thirst, let him come to Me and drink of the water of

life freely.' Here is the food you eat. Go out and take a luscious peach, a blushing pear, or a beautiful apple; taste it, and see that the Lord is good. He provided that fruit. That food has in it the mysterious possibility of being made into blood, bone, brain, and muscle. It is a mystery which all the scientists cannot explain. 'If you think that the stomach has nothing to do with religion, just eat some bad food which will sour on your stomach, and then try to be sweet. A man who wants to have a sweet disposition and be sweet to his wife, and children, and associates, must keep his stomach sweet—he must eat good food, and chew it well. I believe that religion is a real thing—it is the realest thing in the world, and has as much to do with the body as with the soul. Christ died to help man physically as well as spiritually. When you sit down to eat, and thank God for the food He has sent, think what an interest God takes in you. 'Taste and see that the Lord is good.' What can I tell about a piece of bread that my sister has made, if I don't taste it? She tells me it is good, and I say I doubt it. I don't know whether it is good or not. The thing for me to do, is to *taste it, and see*. There is no chance to run when you taste of the things of God, for God is love, and love is the best thing in the world. Love is the thing that has the power to transform the hearts of men. I want to hold up God as One who loves the sinner and who is suffering with every sin that a sinner commits. He never forsakes the sinner, as long as there is life in him, no matter how low he may fall.

"The flowers tell the goodness of God. The birds sing the story of His goodness. The trees with their beautiful foliage and rustling leaves tell the story of His mercy and His love. We can see on all sides that God is good. I read in my Bible that 'He wakeneth me morning by morning.' The very fact that you woke up this morning is a proof that God takes an interest in you.

"Think about God as a Father, as well as a king. Christ said, 'When ye pray, say, Our Father which art in heaven;' and when He tells you to say 'Our Father,' He tells you in saying that to acknowledge that you are His child, and so, instead of looking upon God as a king or a ruler, far off, look upon Him as a father, and yourself as his child; and remember that father and child live in the same family. Then think about the God that is here; who is attending to your heart, supplying you with food, air and water. He is attending to you *personally*, and the very fact that you are alive is evidence that He is doing His part well. The fact that God cares for the body is evidence that He cares for the soul. Then for both body and soul let us lay hold of that scripture which says: 'Casting all your care upon Him, for He careth for you.' If you will test it, you will find that He careth for you. Can you not trust yourself with the One who does all things well; to one who is striving to call you from the way of evil and draw you into the paths of righteousness? Seeing that He loves you personally, and cares for you individually, how can you longer stay away from Him? Listen to the scripture which says 'My son give me thine heart;' yield up all to Him; confess your sins; take Him as your sin-bearer; cast yourself on Him just as you are; and when you have cast your care upon Him, He will care for you."

Here a verse of No. 78 was sung. Then Brother Van Dorn said "Now the good book says 'Let the redeemed of the Lord say so.' If you have found the joy of the Lord, tell about it. Now let some one be first." In compliance with this request, a brother got up and said "The Lord has done much for me. I know what it means to have the forgiveness of Jesus, and I want to speak about it on every occasion. I love Him tonight and I want to be more like Him every day."

The next man to speak said "It says in His Word that he that is forgiven much, loves much. I used to drink liquor, but thank God, I now drink of the fountain of life, where are rivers of pleasure for evermore and I thank God that the blood of Jesus Christ His Son cleanseth us from all sin. It is blessed to know these things. I thank God I am living in the light, and for His redeeming and keeping power. He says "I the Lord thy God will keep thee;" and the Lord is my keeper. It is blessed to trust in Him. Trust in the Lord and do good, and verily thou shalt dwell in the land, and verily thou shalt be fed."

After that testimony was given, quite an original testimony came from a Scandinavian who is at the Mission almost every evening. He said "I thank the Lord that He has kept me in the life boat all the time since He took me up from the roaring sea, and I tell you I don't want to jump back into the ocean again, but I want to stay in the boat."

This was followed by a gentleman who said: "When Brother Sadler was speaking about the love of God, I could not help thinking about my own case. To think God could spare me all these years—years simply spent in out-and-out crime. I am sorry it has been so, but now it is all under the blood of Jesus. I had only recently been discharged from prison when I came to this city, and had scarcely got into the city when I was arrested. As I had committed no offence I was discharged, but that has been my life for years. When I first came to the Life Boat Mission, I was afraid of your doctrines. I could not understand it. I could not believe it was so. I thought you people had something in view. But now I really know that the Lord is good. I see how good He has been to me. I took Him at His word, and determined that I would forsake my sins. I said it right here. I have been wonderfully surprised at the good friends I have found. I have succeeded in getting a very good place and employment, and so far as I can see, humanly speaking I don't see why I should not live differently the balance of my life."

Brother Sadler then observed: "A man may come out of prison with the same coat and vest on, but there may be a great change in his heart which the policeman can't see, but I am glad that God can see this change of heart."

The strains of victory and gratitude were resumed with "I praise God that although what I said a few days ago seemed almost like a hollow mockery, tonight I can say in all seriousness that I love the Lord Jesus Christ."

A great shout of joy was next uttered, by the man who said "I mean to praise God as long as He lends me breath, and when I am done here I will praise Him in glory."

"No man in the house knows the other side of life better than I do. I want to thank God for keeping and protecting me one day more." Thus spoke a young man who has recently been converted. Then a brother who was animated with a desire to unite his note of rejoicing with the testimonies of others, said, "As I hear of your testimonies, men, I often think that my life might have been better had I been led to the Savior of whom you testify tonight. With you, I wish to rise and give a testimony and to say that I hope we may all at last see this great God of love."

A very young convert, a babe in Christ, spoke next, saying: "I thank God that I have a personal Savior, who has kept me for ten weeks."

"I wish to praise the Lord tonight for His goodness and mercy to me. I have experienced His love in my own life, and I praise His holy Name."

"I am glad God has proved His love for me, and that the things which I have tried to quit, I have quit; and the things which I once loved, now I hate." This came from a young man who used to be a great gambler.

"This is my story, this is my song, Praising my Saviour all the Day Long" somebody began to sing, and the words were taken up instantly.

Then the leader said, "To-night we have heard about the love of God, and some of us have stood here and told you our experience. To-night God wants you to come to Him with your burden of care and trouble and lay it down at His feet; and He says His yoke is easy, and His burden is light. Will you take it to-night? There may be some here who are tired of sin, and want to get rid of it. You are tired of tossing about on life's tempestuous sea. God says 'Come and take of the water of life freely; and come without money and without price.' Why will you spend your money and your lives and all you have, for that which profits you nothing? Leave it all, and turn and look to Jesus. I want you who have a desire in your hearts to lead a different life, to say by the up-raised hand, 'Pray for me.'" Then Brother Skinner closed the service, with prayer. The personal work was attended to, and we know that the angels rejoiced that night over repentant sinners.

Saved After Eighty-four Years of Sinning

R. H. SMITH.

ONE dark stormy night recently there was observed wandering through the streets of Louisville, Kentucky, an old man in a half-inebriated condition and without sufficient clothes upon his back to keep his body warm. Passing along to the hovel he called his home, he saw a light, heard music in a basement room, and came down, thinking it was a concert hall, as he afterward said. The songs, sermon and testimonies he heard convinced him differently. Listening to these, the old man said to himself, "I wonder if the Lord cares for a poor old sinner like me?" While he was thus soliloquising a Mission worker went and told him how Jesus died for everyone; that the Saviour would not reject a poor drunkard if he would ask for pardon. Then the old man fell upon his knees, calling to God for mercy, confessing his sins, and received forgiveness. After this event he went everywhere among his old associates and told them what great things Jesus had done for him. Six months after his conversion he lay dying. I sat beside him anxiously watching the ebbing and flowing of the tide. It was midnight; and a happy, contented smile lit up his countenance. Taking my hand in his he said, "Brother, the Saviour is near me now." With this utterance he breathed his last. Tenderly and lovingly Christian friends laid him away until the resurrection morning. He was never in a house of worship, and knew little of God until the night he was converted, having lived eighty-four years in sin.

What an incentive to push forward in such labor of love as this. How I praise the Lord that gospel life-saving stations have been established everywhere with consecrated men and women to go into the high-ways and by-ways carrying a message of love and salvation.



Seeking to Bless, She Got a Blessing

FANNIE EMMEL.

A young woman who has for some time been deeply interested in the work at the Rest, having learned that we needed someone to assist in the domestic work, offered her services. It is our custom at the Rest to have family prayers each morning, in which all may take part. For some time this young woman refrained from taking part, but one morning she voluntarily prayed aloud, telling the Lord she was a backslider, and thanking Him she had seen her position, and stating her desire and resolve from then on to be more faithful. Since that day she has kept her resolution, and is daily rejoicing in the knowledge of the Saviour.

"One of the Least"

FANNIE EMMEL

A home was needed for one of our babies, a little boy two and a half months old, who had been kept at the Life Boat Rest awaiting a permanent home. One day, while at the Training-School, I incidentally spoke about the baby to Mrs. Sadler. She says "I know of a home for him," and forthwith replied to a letter she received that morning, asking for a child. Two days later, he was taken to his new home, where he was gladly received. We thank the Lord for thus answering our prayers, and we feel sure that He will abundantly bless those who have welcomed this little one into their family.

"I Am Tired of It"

MRS. E. B. VAN DORN.

THE Saviour's words, "It is more blessed to give than to receive," are usually applied to temporal blessings, but we who are in the Master's work know that they are especially true of spiritual blessings. As we receive, we are to give out to others. Thus our own souls are blessed while blessing them. At the Life Boat Mission the past month we have had experiences which will long be remembered by all, one of which we will relate.

One evening after we had finished our work in the Mission and my husband was giving a short Bible study to a brother who was anxiously inquiring the way, a girl scarcely out of her teens came in, and coming to the front, sat down. We immediately went to her and began to talk to her. She was broken-hearted, and shivering with cold, as she had been beaten and cast out into the street not knowing where to go, or what to do. She came to us for help. We asked what we could do for her. With tears she said,

"Take me out of this life, I am tired of it." Then I asked, "Have you had any happiness in this life?" "Oh no," she said, "it is misery." She told me of her downfall and of the heart-aches and longings for a better life, but Satan had bound her. It was a pleasure to tell her that Jesus came to set just such captives free. She seemed glad that there were some friends in whom she could confide and find sympathy. As we pointed her to Jesus who loved her and was anxious for her to give Him her heart and lead an upright life, she grasped it and found the peace and joy which no one but Jesus can give. We took her to the Life Boat Rest where she could be with Christian friends, and as we came away she thanked us and said, "You don't how much I love you for what you have done for me." But we were merely instruments in Jesus' hands.

"Casting All Your Care Upon Him"

FANNIE EMMEL

A poor woman in extreme need came to the Life Boat Rest a week ago for shelter. For days she went out and sought work, but in vain. During her stay with us she had observed how the Lord answered our prayers, and one morning at family worship she asked us to mention her urgent need of employment. We reminded her that the Lord said, "Seek ye first the Kingdom of Heaven" etc. Up to this time she was not a Christian. However, hoping and believing that God had heard and would answer our prayer, she went out as usual to continue her search. At noon she returned, and told us that she had some prospect of a situation, and would know definitely in the evening. Later in the day she went back to the place and was delighted to find that prayer on her behalf had been answered. With a grateful heart she returned to the Rest to tell us of her success. She was to begin work the following afternoon with good wages. At morning worship on her last day with us, she accepted Christ as her personal Saviour and declared her purpose to faithfully follow him.

A Note From Salt Lake City

DAVID QUINN.

THE readers of THE LIFE BOAT may be glad to have a few words from the Mission at Salt Lake City, and to know that the efforts which are being made to help those who are in the highways, are being blessed.

About two hundred penny lunches are served each day.

The ten cent beds, of which there are about seventy, are well occupied. A number of these are given away each night to those in need.

The gospel meetings are well attended by men of all classes. It is a joy to see the faces of some of the discouraged ones light up with a new hope as they hear the glad tidings of the gospel in the songs, the reading of the Bible, and the living testimonies of those who know the power of Christ to save from sin.

Some lay hold on the word of Life, while others go away and allow Satan to come and steal it away from them. We may be sure that the Word will accomplish that which is pleasing to God, and will not be lost when the harvest is finally gathered.

We are of good courage and can say continually, "The Lord be praised."

Saved by a Poem

B. E. CONNERLY

THE poem printed below was recited in the Life Boat Mission recently, by a brother who had been at the Working Men's Home for some time, and had been labored with long and earnestly, but to no avail, and it seemed that he must be given up as an almost hopeless case. However, this poem so touched his heart, and stated so accurately his own experience, that he committed it to memory, and it proved the means of his thorough conversion. As he recited it, many were deeply moved, and his bright, happy face bore testimony that the last part of the poem was as real an experience as had been the first. God's means of saving men are endless, and we could but raise our hearts in thanksgiving and praise to such a wonderful Saviour.

FROM DARKNESS TO LIGHT

Life passing aimlessly,
Seeking for joys;
Building bright hopes upon
Frail earthly toys,
Satan gilt time for us,
As it slipped by;
Little we thought of God,
Then, you and I.

Pleasure an opiate,
Making us deem
Hell but an idle thought,
Heaven a dream;
Caught in his world web,
Like any fly;
Satan had hold of us,
Then, you and I.

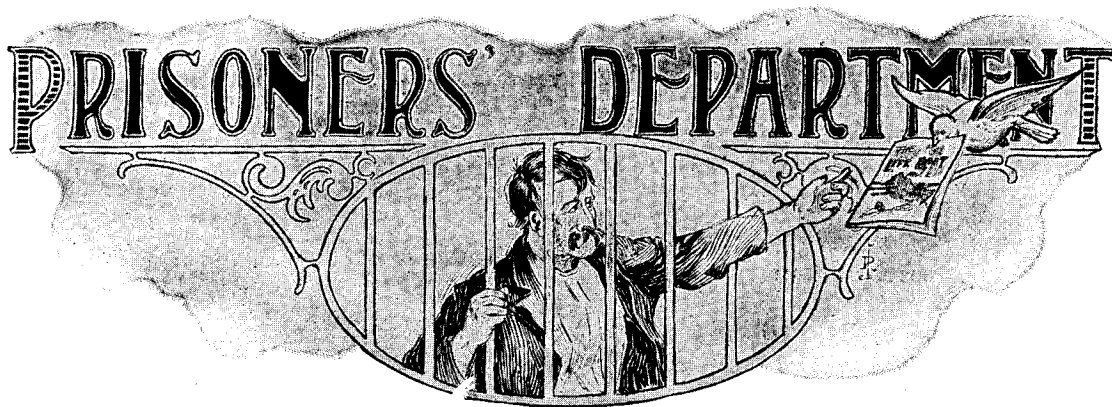
Varied the bait for us,
In that vain life;
Different paths we trod
Down in the strife;
Down to its ending,
In hell by-and-by;
Heedlessly drifting on,
Then, you and I.

Not all our carelessness,
Not all our sin,
Kept Him from calling us,
Who died to win.
With love unspeakable,
Jesus drew nigh;
He has saved our souls,
Now, you and I.

He woke us up, to find
That we were lost;
He gave us hearts to feel
What paradise cost;
He gave us eyes to see,
Why He did die;
We know Him and trust in Him,
Now, you and I.

Oh what a tale it is,
Herein is love;
What an eternity
Waits us above;
Not for ten million joys
Earth can supply,
Would we exchange our hope
Now, you and I.

Well do we know this hope
Cannot prove vain;
His faithful word has passed
"I'll come again."
Down here we trust in Him,
And by faith's eye,
Looking up, wait for Him
Now, you and I.



Extracts from Prison Correspondence

BOSTON, MASS.

STILLWATER, MINN.

DEAR SIR:—Some time ago I received a copy of THE LIFE BOAT, which I must say cheered me very much. It was the first time I had seen it since I left Chicago about a year ago. I was indeed surprised on entering my cell one day to see this little Messenger of Peace lying on my table. I have always had a great liking for THE LIFE BOAT. At that time I was a free man in body with my soul in bondage; and now I am a free man in Spirit but with my body in bondage to the laws of the country; but, by comparing my present situation and feelings I can truly say that I am satisfied with the change for there is a day coming when I shall be free in body and soul.

I was born of Christian parents and they did all in their power to make me a good and true Christian, but I was always what you might call luke-warm. I went to church, but as soon as I came out the whole sermon was forgotten. I thank God I feel different now.

I would rather be behind prison bars with God's love in my heart than a free man without it. I don't think you will remember my name although you often talked with me. As often as our boat laid up at Chicago, I used to come to your Mission on State street, but whether you remember my name or not, I thank you very sincerely for that LIFE BOAT and I hope you will favor me with an answer and another copy of THE LIFE BOAT once in a while. May God bless you, and I ask the readers of THE LIFE BOAT to pray for me. Sincerely yours, in Christian love and faith,

LORENZ SCHMIDT.

IONIA, MICH.

DEAR FRIEND:—I take great pleasure in responding to your most kind letter which I received some time ago. Well Mr. Sadler, I appreciate the work in which you are engaged, and have always enjoyed THE LIFE BOAT very much. I want to assure you that I am enjoying the presence of the Holy Spirit, and have accepted Jesus as my Savior, but only regret that I put it off until I was confined in prison. But I realize that it is the will of God that I am here, and that He had a purpose in putting me here, and that purpose was that I might learn of Him the Truth and the Life. What a great consolation! Christ's invitation excludes no one, but He says "Come all ye that are heavy laden, take my yoke upon you and learn of Me." Thank God I have accepted the invitation, and have been released from slavery, and now I can rejoice in a free and full salvation, and those things I once loved I now despise. God has taken away tobacco, and all. Many of the boys in this place are serving God. We have a yard privilege twice a week; and I always do all the good I can during the hours in the yard. We have also a good chaplain here and good keepers. Well, I have eleven months and a half to remain here, and I mean not only to serve God in here, but to devote the remainder of my life to His service. I feel as though He has a work for me in here, and a larger one after I am released. I shall be glad to continue correspondence with you. I desire your prayers and the prayers of all others connected with the institution. Will close for this time. May He ever bless you in the good cause. Good-bye. I am with you as a soldier for Christ.

GEO. DEFOREST.

DEAR SIR:—Yours of the 15th inst. at hand, and it has given me hope and encouragement. I have felt at times as if this so-called Christian love for us was only mouth talk, that there was no genuine feeling of Christ-like love in human hearts, but your letter has caused me to think that there is a class of Christians in existence who live the Christ-like life.

For over four years I have tried to the best of my ability to learn the true way of life. I have had to push forward against many obstructions. I am not an educated person, but what I do know is enough to show me what Christianity really means when a person professes to have it. If you people live up to the standard of your articles you must be living according to the New Testament. I hope I will live to come amongst you.

I do a great deal of Bible studying during the long winter nights. I study by subjects and take down notes as I go along. During the summer months I do not follow it in that form but simply read and study occasionally. As cold evenings are now approaching I shall take up my studies and shall push forward with more energy than in the past. You asked me to read 1 Cor. 6th chapter 18th and 20th verses. Yes, I believe that God by the Holy Spirit does dwell in our bodies; that we should keep our bodies sacred and free from contamination.

I have twenty-two months to remain and during that time I want them to count in line of learning truths from Scripture. There is too much theory in our modern Christianity. The world is dying upon theory and very little real religion is to be seen.

I hope our friendship will be firm, and as you stated in your letter you will befriend me when I leave here. I have no place to go when I come out, and I often wonder what I shall do in order to get a start in life again.

My crime, which was an assault upon my wife's sister while under the influence of drink, has ruined me both at home and in business. It was done under my first drink and never again will I taste the accursed stuff. I have no bad habit attached to me. Tobacco I do not use, and as for drink, never will I touch it again.

I had a good business, but it is all lost and I have to begin anew somewhere. I know I am looking far ahead, as twenty-two months may make a great change with all of us.

As you have agreed to correspond with me I will write monthly. I have sixteen letters a year and I will try to keep you posted as to how I am, etc.

Please remember me in your prayers and ask the members of the Life Boat Mission to remember me in theirs, that the Lord will teach and lead me always. I received tracts all safe, thanks for them. I remain yours truly,

JOHN H. HANNAH.

We expect to issue our Third Annual Prisoners' Number next month. Get ready for it.



BUTTON BADGE

The Life Boat Mission League

Last month we briefly mentioned the organization of the Life Boat Mission League, and promised our readers more about the League this month. We are glad to be able to fulfil our promise.

The League was organized on the evening of December 20, 1900. A goodly number of members were received the first evening, and live interest has been taken in the work by the Mission converts and others. Following is the

Object—

To help the fallen, to rescue the perishing, to spread the everlasting gospel, to care for the sick, to assist in maintaining and supporting The Life Boat Mission, and its various lines of work, and to promote the spirit of brotherly love and fellowship among the converts of The Life Boat Mission.

Who May Become Members—

1. *Active Members.*—Any convert of The Life Boat Mission, or other person who has been particularly helped by the Mission, may, upon payment of the membership fee, and signing the Declaration of Principles, become an active member of The Life Boat Mission League.

2. *Associate Members.*—Any person interested in and in sympathy with The Life Boat Mission and its work, may, upon payment of the membership fee, become an associate member of The Life Boat Mission League.

The membership card appears in the center of this page. This card is given to all members both associate and active upon payment of the membership fee and dues, for the first year. All members of the League receive a beautiful little badge like the one reproduced on this page. The background for this

This Certifies that M..... Address..... IS A MEMBER OF (ASSOCIATE) The Life Boat Mission League 436 SOUTH STATE STREET CHICAGO. DATE ISSUED..... PRESIDENT	No..... MEMBERSHIP \$1.00 ANNUAL DUES, \$1 00 SECRETARY
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(FAC-SIMILE MEMBERSHIP CARD.)

DECLARATION OF PRINCIPLES

1. I believe in God, in His Son Jesus Christ, and in the Bible as His inspired Word.
2. I believe the responsibility rests upon every Christian to do his utmost to spread the gospel and help his fellow-men.
3. I believe the human body is the temple of the Holy Ghost, and that Christians ought not to defile it by the use of intoxicants, tobacco, or other injurious substances.
4. I promise by the grace of God to endeavor to live up to all the light I get from God's word.

From these four declarations it will be seen that the principles of the League are Christian, temperance, and missionary.

The following is taken from the printed application for membership concerning the object of the League, etc.:

badge is the title-page of THE LIFE BOAT, which will be readily recognized by all. A button smaller than the one shown in the illustration is also to be had and applicants for membership should specify whether they desire the larger or smaller badge.

On the evening of organization the following officers were elected: President, W. S. Sadler; Vice-president, B. E. Connerly; Recording Secretary, E. B. Van Dorn; Corresponding Secretary, Mrs. B. E. Connerly; Treasurer, Mrs. E. B. Van Dorn.

BY-LAWS OF THE LEAGUE

1. This organization shall be known as "The Life Boat Mission League."
2. The headquarters of the League shall be the Life Boat Mission, Chicago, Ill.
3. The official organ of this League shall be "The Life Boat."
4. The Life Boat Mission League shall be composed of two classes of members: (a) Active Mem-

bers—the converts of The Life Boat Mission; (b) Associate Members—friends and supporters of the Mission and its work.

5. A membership fee of one dollar will be charged to all members, in consideration of which the League shall furnish its members with the following: (1) The League Badge. (2) A membership card. (3) One year's subscription to THE LIFE BOAT.

6. Annual dues: The annual dues of The Life Boat Mission League shall be one dollar, payable in quarterly instalments of twenty-five cents each.

7. All membership fees must be paid to the Treasurer of The Life Boat Mission League.

8. The officers of The Life Boat Mission League shall be as follows: President, Vice-President, Treasurer, Recording Secretary, and Corresponding Secretary.

9. The Life Boat Mission League shall hold meetings every quarter, at which time all its officers shall be elected, and all regular business transacted.

10. No officer of this League shall receive a salary.

11. After meeting the expenses of the League, all its funds shall be used for the support of The Life Boat Mission.

12. Members to be considered in good standing must be present at the quarterly meeting or write a letter to the Corresponding Secretary, and promptly pay their dues. The Executive Committee of this League shall consist of the before-named five officers.

13. Any member violating the spirit and purpose of this League may be dropped at any time at the discretion of the Executive Committee.

APPLICATION FOR MEMBERSHIP

IN THE LIFE BOAT MISSION LEAGUE

436 S. State St., Chicago, Ill.

I hereby make application for membership and subscribe myself to the declaration of principles within.

Name.....

Address.....

State whether you wish to become an Active or Associate Member.

Note.—In case of change of residence, notify the Secretary.

How to Deal With Chronic Ulcers

An ulcer on a limb should be regarded as suggesting that the entire skin is not in a very healthy condition, and the individual on whom it is should do all in his power to secure a better skin. Fortunately, nature is making new skin for us all the time; in reality she changes it faster than we find it necessary to buy new suits of clothing. But very many people are living on such an unhealthy plane that nature can only furnish them a little poorer skin each time. Taking this view of the case, it is very evident that it is a discouraging process to try to cure chronic ulcers by merely applying antiseptic salves, for while they prevent the inroads of germs they at the same time tend to still further benumb the already half-dead tissues. When a coat sleeve begins to wear out at the elbow we naturally conclude that it will soon give way in other places; so when a man has an ulcer on some part of his body, even if we should be successful in patching it up, as it were, some little abrasion of the skin in some other part is all that would be necessary to produce another one. Ulcers thrive best

where the bones lie nearest the surface, because in such localities there is not so good an opportunity for an abundant circulation of the blood.

The rational treatment for such a condition is to live upon the most nutritious food, thereby increasing the healing possibilities of the blood, without which all other treatment will be useless. Several times a day the patient should extend the affected limb, with the foot resting upon a chair or other support; then have a pailful of water as hot as can be borne with comfort, and another as cold as can be secured, and pour a dipperful from each bucket alternately on the diseased area and the immediate surrounding tissues; and continue this treatment for at least five minutes. Hot water will tend to dilate the blood vessels, thus sending a large quantity of fresh blood into the diseased part, and cold water will contract the blood vessels, and urge the blood along. The reason ulcers do not heal is because there is a large quantity of poisonous material stagnating in the blood vessels about them. This treatment tends most effectually to regenerate the diseased tissues. By perseveringly following this plan, very frequently the most obstinate ulcers can be cured.

In addition to this local treatment, it will be to the benefit of the patient if he will daily take cold sponges or short cold baths followed by vigorous friction, for the reaction following such cold applications arouses a perfect tornado of healing impulses in all parts of the body,—it acts as a sort of fire-alarm to stir up all the tissue cells to do more efficient work.

In some instances the presence of the chronic ulcer is due to a varicose condition of the superficial veins of the limbs, and this condition may become so aggravated that a surgical operation is necessary before a permanent cure can be effected. D. P.

Training School Paint Fund

The Training-School Building, which is the Headquarters of our work in Chicago, needs a coat of paint very much. We have no funds with which to do this work. Just as we go to press, it has been suggested that we start a fund for this purpose. Contributions small and great will be appreciated, and will be used toward the expenses of painting this building.

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Chicago

THE LIFE BOAT

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SPECIAL CONTRIBUTORS

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

How One of Our Little Ones Came to Us

THEKLA BLACK

ONE of the saddest cases ever under our notice is that of a poor woman only twenty-one years of age; a stranger in this country, and scarcely able to speak a word of English. Her husband had struggled ever since reaching America to support his wife and two children. He would not yield to the terribly diseased condition he was in, but worked till the very night he died. He went to bed as usual, saying that he would soon get well again, and be rid of his dreadful cough.

In the morning, the unhappy young woman found her husband lying dead at her side. This was so unexpected, and her grief was so heavy, that it was a long while before she could collect her thoughts and decide what to do. Finally she was obliged to leave her little ones with the corpse, and go for help. As some of our workers are able to speak her language, one went with her to act as interpreter. The eldest child, a dear little two-year-old girl, is now with us, while the baby is with the mother who at present lives with a kind-hearted widow, pending arrangements for her return to her native land. We have had the privilege of talking to this heart-broken sister about Him who is the helper of the helpless, and the father of the fatherless.

A Lesson from the Life of Elijah

Elijah had many great and wonderful experiences before he was translated to heaven. By the power of his prayer, heaven was effectually closed so that no rain fell for three years and a half. Yet he did this but once. It was Elijah who called down fire from heaven. And this he did but once. He ran before the king's chariot but once. He it was who, while living his quiet life of meditation and enjoying the hospitality of a poor widow, saw the wonderful miracle of God day by day. And so it is in the experience of every Christian worker. There are times when God seems to mightily visit the work and to marvelously reward the worker. If our faith and courage depend on these unusual manifestations, we are sure to fail and become discouraged, and, like Elijah, may find ourselves frightened at the first threat of the enemies of God. Let our faith and hope be strengthened by the daily miracles, although small, which God is working all around us. It is these little miracles which are conclusive evidence that God has watchful care over His children and that He is ever mindful of their needs. Look not for the great and mighty manifestations of miraculous power. Let us be content with the momentary evidences that God is continuing the good work which He has begun in our hearts.

W. S. S.

Does Your Subscription Expire This Month?

If your subscription expires this month the little yellow address label on the wrapper will appear like the one below:

Mrs John Jones Feb 1900

There will also be a blue cross marked across the expiration paragraph on page 312.

The End of Trial and Tribulation

"And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope." (Rom. 5:3, 4.) "Tribulation worketh patience." Patience, one of the crowning virtues, is that quality of soul which enables us to deal considerately, kindly, and gently with our erring fellow mortals. Patience is the balance wheel, the governor of the Christian life. However severe the trial, if received and experienced as a divine permission, it is sure to result in the development of patience.

"Tribulation worketh patience; and patience, experience." Experience with the Providences of God, and His dealings with men; an experience which teaches the one exercised thereby to know that "All things work together for good to them that love the Lord." This kind of experience is one that leads us to trust more and more implicitly in the Infinite One whose hand is ever on the lever of circumstances. Tribulation produces hope, and hope for the future always goes hand in hand with satisfaction with the present. A trial cannot be said to have been in vain if it has given birth in our experience to a bright hope for the future, and to a contented satisfaction with our present lot in life.

W. S. S.

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

Treatments given.....	925
Examinations.....	120
Prescriptions.....	33
Office treatments.....	100
Surgical operations.....	10
Admitted to the surgical ward.....	20
In Children's Christian Home and Branches.....	53
Days nursing.....	450.1
Meals served (penny lunches).....	39,981
Lodgings given.....	6,944
Using free laundry.....	4,156
Attendance at gospel meetings.....	4,925
Professed conversions.....	40
Gospel meetings held.....	62
Bible classes conducted.....	30
Testaments and Bibles given away.....	162
Pages of other literature distributed.....	10,000
Requests for prayer.....	255

Personal Paragraphs

MR. JOHN BLY spoke at the Mission.

Iva Barr has returned to Battle Creek.

W. S. Sadler spent a day at Battle Creek.

Mr. and Mrs. Brandt were visitors to our institution.

Miss Olive Jones sang solos at the Mission recently.

Mr. J. A. Skinner is visiting friends in Toronto, Ontario.

Effe Bigelow has returned to her home in Westfield, Ill.

Etta Hoover has returned from a vacation in Nevada, Mo.

Mr. J. M. Johnson is acting as cook for the Training-School.

Sister Dunnevald has sung occasionally at the Mission of late.

Elder C. P. Bollman was the speaker one night at the Mission.

Mrs. S. L. Manhart has been visiting Miss Jennie Van Wagner.

May Brunson has located at the Branch Sanitarium as stenographer.

Elizabeth Hamill is a teacher at the Children's Christian Home.

Among the visitors to the Mission have been Mr. and Mrs. Collins.

Miss Martha Johnson has gone to Battle Creek Sanitarium to work.

Dr. Julia White spent a few days in Battle Creek during the holidays.

Adam Rhan, of Lebanon, Pa., has become a student at the Training-School.

Lenore Galloway has arrived at the Children's Christian Home from Battle Creek.

The Training-School now has an express wagon, in charge of Smith Roberts.

N. W. Paulson and wife spent some days at Mrs. Paulson's home in Baraboo, Wis.

Members are being added to the roll of the Life Boat Mission League daily.

Maud Herriot and Marie Nichols have gone to Battle Creek to continue studying.

"Pass It Along" was the theme of a talk by Dr. Gizel one evening at the Mission.

Mr. and Mrs. B. E. Connerly left for Washington, D. C., to engage in mission work.

Traveling Evangelist Town addressed the audience at the Mission on a recent evening.

For about four weeks very few empty chairs have been seen in the Mission every night.

Birdie Watson, sister of Mary Watson, has spent some weeks visiting the Training School.

Ransom Burke is acting as chaplain at the Workmen's Home in Mr. Skinner's absence.

Jemima Campbell, of Winnipeg, Manitoba, has taken up a course of study at the Training-School.

Mr. J. C. Mussulman, of Mt. Ayr, Iowa, is now in charge of the Life Boat Supply Department.

Miss Mittie Hill, formerly at the Children's Christian Home, is in the Training-School family now.

D. W. Gise has been joined by his wife and three children, who recently arrived from Frederick, Md.

Miss Black, matron of the Children's Christian Home, spent a few days with friends in New York City.

T. F. Mackey has gone to hold meetings in Oshkosh, Wis. He has had a successful time the past month in Elgin, Ill.

C. W. Wilson, from Stockton, Ill., on his way to Wheeling, W. Va., to connect with the work there, spent two days with us.

A woman with her seven-weeks-old baby, both sick and needing clothes, called one day, and with tears in her eyes, asked for help.

Chaplain H. L. Henderson, a good friend of THE LIFE BOAT, was married at Michigan City, Ind., on January 3 to Miss Bessie Royce.

Louise Paulson, who took the place of the matron at the Children's Christian Home while she was away, has left Chicago for Battle Creek.

Mr. Francis Wessels, with his wife, spent the hour of service one Sabbath morning at the Training-School. He briefly addressed the audience.

Service commemorating the close of six years' work in the Chicago Medical Mission was held at the Training-School on the last Sabbath in the century.

A little girl eleven years old and in poor health sends us a club of twenty-five names for the LIFE BOAT. Will not some other child try to get subscribers?

Dr. A. J. Reed, from Battle Creek Sanitarium, on his way to Mexico and the West Indies, passed through the city, and spent a few hours at the Training-School.

Jessie Consulman and Anna Holtz have been nursing in Joliet with the company of workers there. The nurses report favorably of the progress they are making and the sympathy met with on all hands.

Ernestine Hoaglan, one of the nurses who have been for some time working in Joliet, paid a flying visit to the Training-School, and told the family of the beautiful experiences she and her associates had.

On January 15 a double farewell occasion was marked at the Training-School. The family said "Good-bye" to Brother and Sister Connerly, and Brother and Sister Staby. They leave Chicago to take up work in eastern and western fields respectively.

Christmas at the Children's Christian Home was marked by a very enjoyable entertainment, in which most of the little ones took part. Each child was given a present, and apparently greatly enjoyed the festive occasion. Recitations, dialogues, and singing in concert, in which the children had been trained by their teacher, Miss Dora Fargo, were pleasingly rendered.

Who Will Take Freddy?

Freddy is a deserted child, eight years old, fair, and intelligent. Those who have taken care of him for the past two years cannot keep him any longer. Who will give this little fellow a permanent home? Address Miss Thekla Black, 2408 South Park Avenue, Chicago, Ill.

THE LIFE BOAT

PUBLISHED MONTHLY ILLUSTRATED

(Entered at the post-office in Chicago)

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Friendly Letters

_____, Oklahoma.
DEAR SIR:—My dear wife who is now in Iowa, has been sending me reading matter and among it sent me a copy of your paper, which I have read and reread, and have become so attached to it that I have decided to send you my subscription for one year. Please send me August and September numbers. Yours in the faith, and hoping you will have good success with your prison work. Respectfully,
A. CROSIAR.

_____, N. Y.
DEAR EDITOR:—I think THE LIFE BOAT is a most wonderfully good little missionary. May the Lord continue to bless it more and more to the saving of souls, and may He also bless the workers connected with it and grant to them needed wisdom and strength. Your sister in the love of truth,
DELLA A. WOODRUFF.

_____, KAN.
GENTLEMEN:—I have just picked up a LIFE BOAT of 1899. I don't know where it came from, but if you are still in the business I want to be a subscriber. Jesus took me as a drunken sin-

ner one year ago, and bless the Lord I have been fighting for Jesus ever since. Happy New Year to you all in Christ Jesus.
C. W. HOOKER.

_____, IOWA.
DEAR FRIENDS:—Enclosed please find a small donation. I wish it was many times larger, but we have to control our gifts by what our pocket-books contain. May God bless the labors of the Life Boat Mission. We have none of us received THE LIFE BOAT yet, but suppose it will be here this month. We are all looking for it. I was very sorry to miss the last number. Yours respectfully,
MRS. JOHN TIBBETTS.

Donations to the Chicago Medical Mission and Allied Charities

THE LIFE BOAT RESCUE SERVICE

A. A. Buss.....	\$ 75	Mrs. H. C. Zoerb.....	\$ 1 00
Ida Cox.....	1 00	Betsy Grundset.....	50
		Total.....	\$ 3 25

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Mrs. N. Cole, one barrel clothing; H. C. Jorgensen, one barrel clothing; M. E. Klein, one box bedding, clothing, etc.; Mrs. Sarah Chatterton, one barrel clothing; Maggie and Nellie Weeda, one box clothing; Prepared by S. A. D. and friends, one barrel clothing.

LIFE BOAT MISSION

Harvest Ingathering Ill..	\$ 35	Mrs. Homer L. Hayes..	\$ 29
Mrs. Geo. W. Davis.....	1 00	Mrs. C. R. Chapman....	50
Adam Rae.....	75	Geo. Clark.....	4 00
Mrs. Newton.....	25	Total.....	\$ 7 14

THE PRISONERS' FUND

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Otegra Sabbath School..	70	Lozena Hielt.....	50
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Mrs. Anna W. Tracey...	25	Julia A. Boose.....	25
Jno. Hinderberger.....	25	Mrs. Irene Larson...	50
Mrs. A. E. Beard.....	50	Grass Creek Church...	1 12
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Grace Walker.....	25	Mrs. Mollie Myme....	25
Mrs. M. M. Boger.....	25	A. J. Carpenter.....	1 00
Wilfred Craig.....	25	Mrs. D. Sterling.....	2 50
Mrs. Wm. Banks.....	1 17	A Sister.....	1 00
J. Grundset.....	25	S. D. Smith.....	50
C. M. Bowles.....	50	Total.....	\$35 89

THE LIFE BOAT REST

Mrs. Homer L. Hayes..	\$ 25	Miss Figgins.....	\$ 5 00
Mrs. J. P. Jaspersen...	1 00	Jno. Just.....	5 00
Geo. Clark.....	1 00	Total.....	\$12 25

DISPENSARY

Mrs. H. G. Markel (for the needy poor)	\$ 5 00
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WORKINGMEN'S HOME RELIEF FUND

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CHILDREN'S CHRISTIAN HOME

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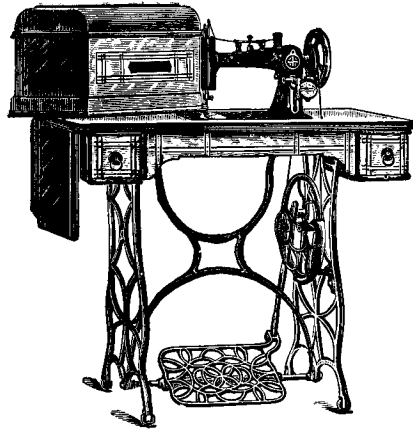
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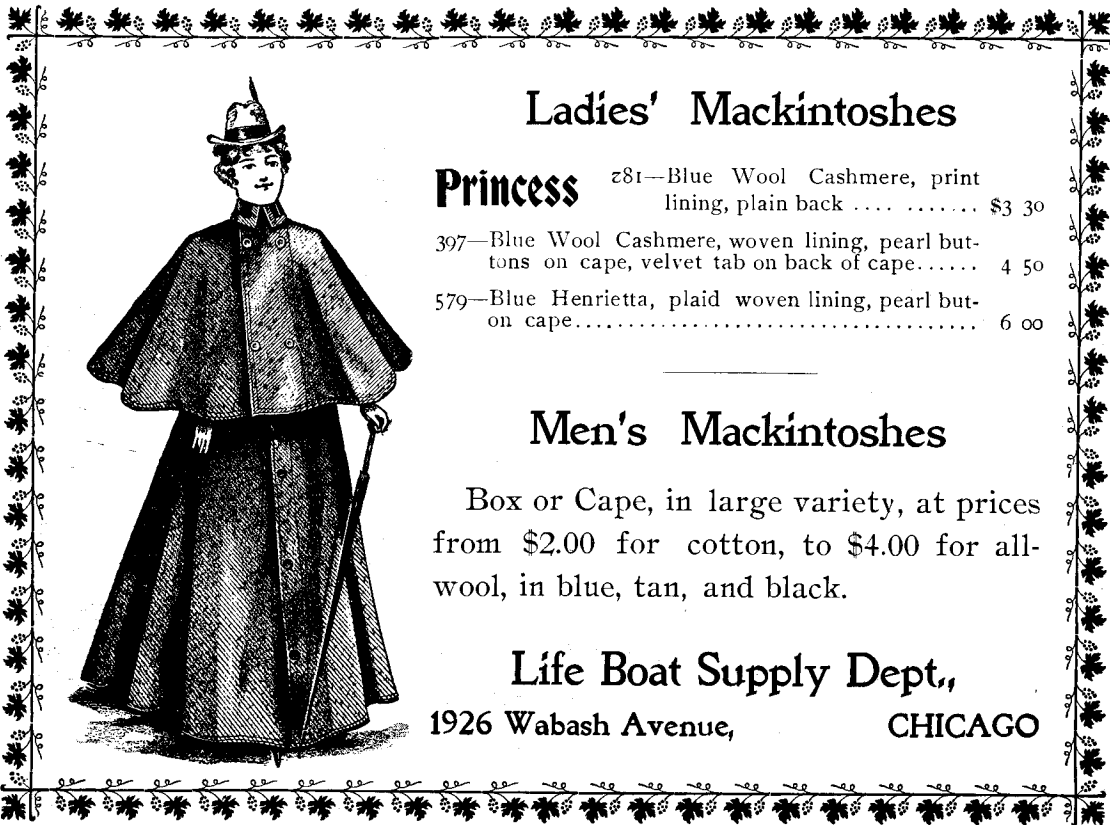
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- Princess** 281—Blue Wool Cashmere, print lining, plain back \$3 30
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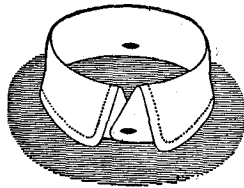
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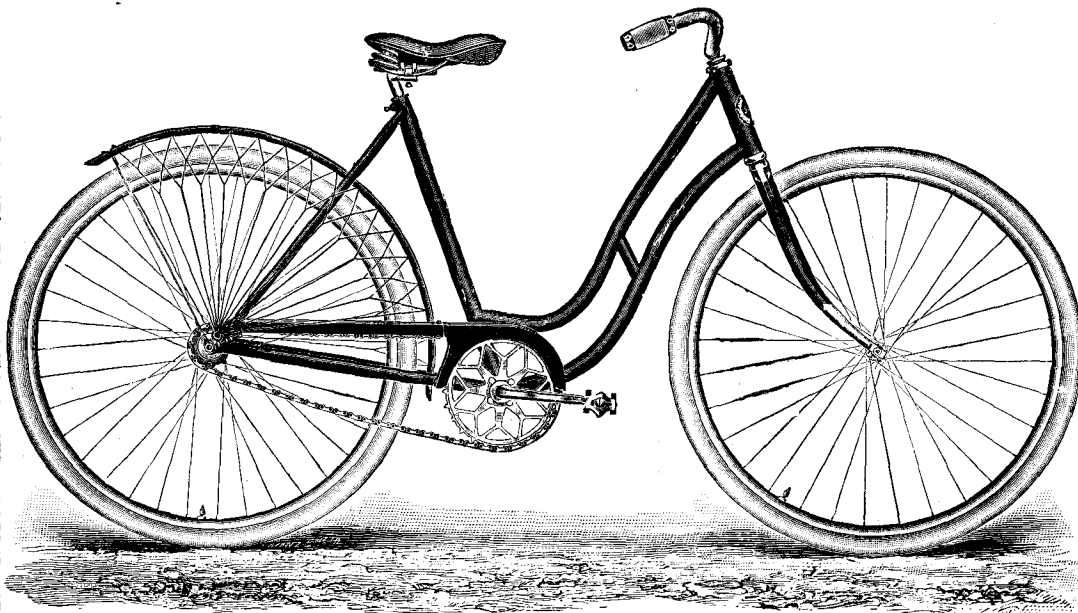
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