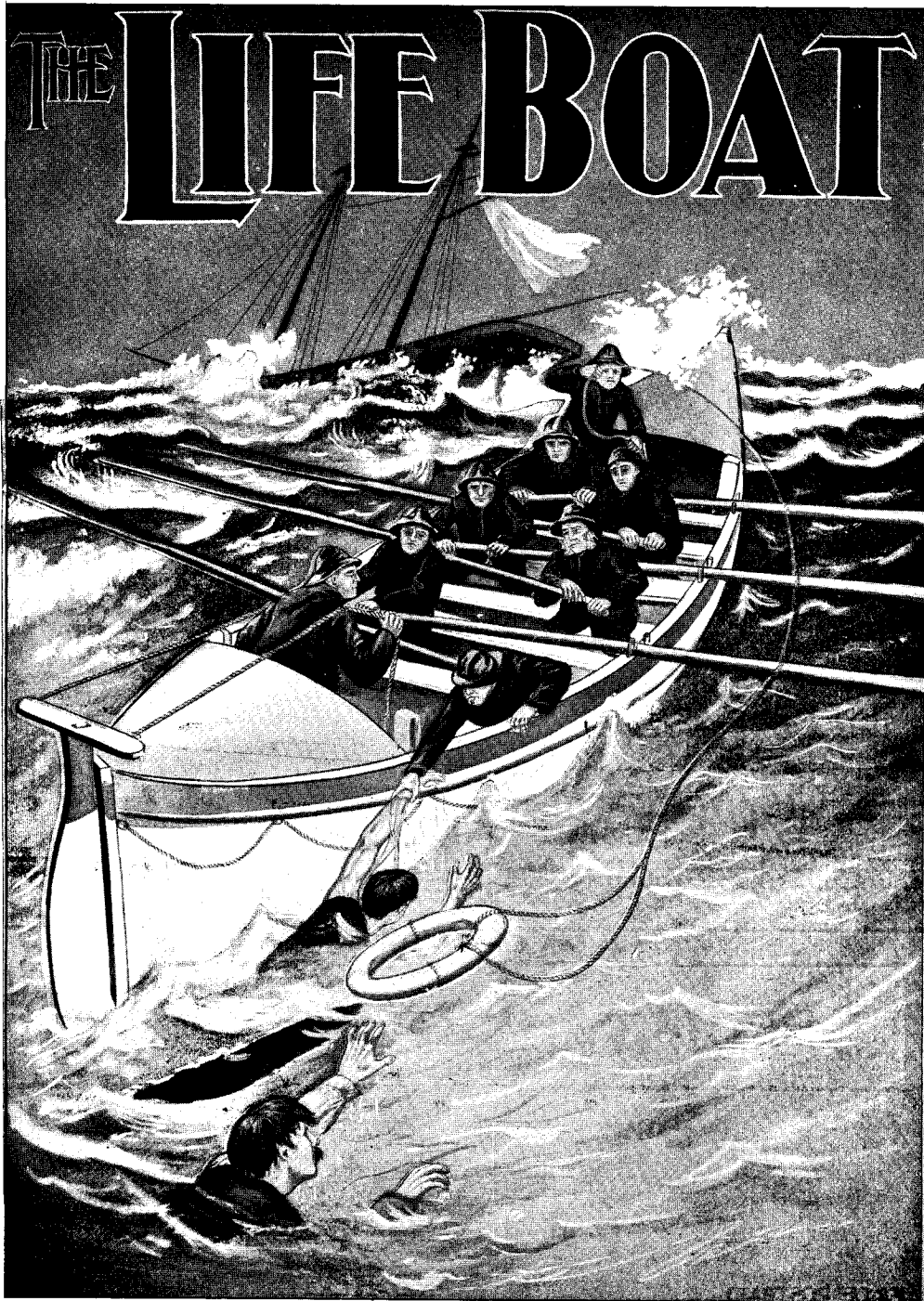


Published Monthly

July, 1902

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Volume Five
Number Seven

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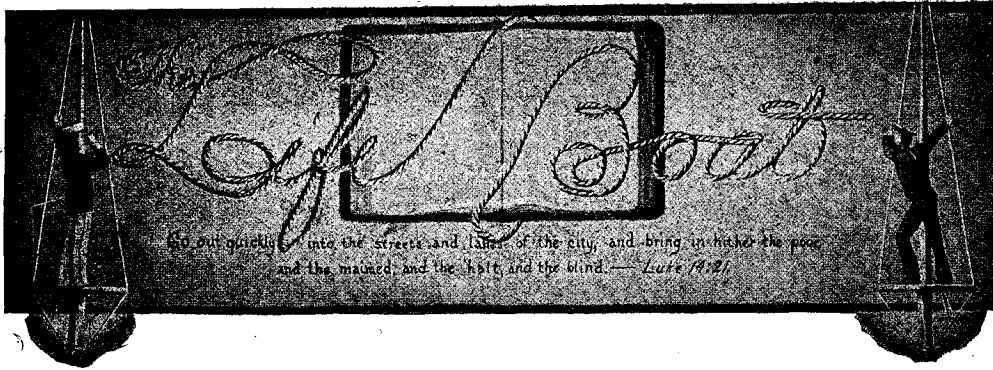
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Volume V

CHICAGO, ILL., JULY, 1902

Number 7

***THE PRACTICAL MEDICAL MISSIONARY.**

WILLIAM MALCOM, M. D.

The medical missionary needs no apology. Our beloved Savior was a medical missionary. We have very high authority for medical missionaries. Jesus himself went about doing good—healing all manner of sickness and all manner of diseases among the people; and there followed him great multitudes of patients and their friends. He had pity on the multitudes when he saw them. He then went up into a mountain, and when he had sat down he taught them in the wonderful "Sermon on the Mount."

Jesus is our model missionary. He came from a far country—he was a foreign missionary. He went about doing good and healing diseases at home—he was a home missionary. The "Good Samaritan" was a true medical missionary. If he had sat down by the man who had fallen among thieves and had simply talked to him about his sins, and the Law and the Prophets, this matchless parable would never have been written; but instead he bound up his wounds, pouring in wine and oil—the best antiseptic dressings known at that time. He then put him on his beast—the best ambulance service he could get, and took him to an inn—the best hospital obtainable in those days. He was a true missionary. The medical missionary follows very closely in the footsteps of his Master.

*[Selections from an address at the Graduating Exercises of the American Medical Missionary College.]

It has been truthfully said that China was opened to Christianity at the point of the lancet. The medical missionary has been, and is, the kind of missionary called for in China. Surgical work is a great power in the hands of the medical missionary in China to win the hearts of the people.

What are we doing there in our Medical Mission? Our last report shows that one doctor, with three or four native medical assistants, treated in one year over twenty-eight thousand cases, and performed five hundred operations, a large proportion of which were major operations.

What the medical missionary can accomplish is illustrated by the following incident: A woman came to our dispensary one morning screaming from the sting of a scorpion. Her pain was instantly relieved by the injection of a few drops of cocaine, and her cries of pain were immediately changed to laughter. This seems perfectly miraculous in their eyes.

Another case: A man came to the dispensary who had been blind for twenty years. I put in a little cocaine and removed the opaque lens and immediately he was able to count my fingers. He saw my face—the first face he had seen in twenty years. He could see me smile. I could scarcely hold him on the table, so great was his joy.

Do you think these people want to drive us out of the country? They love us, they cannot help it. The race rebellion and the hatred manifested against missionaries was confined to those who know nothing about

us and who had listened to false reports. There is plenty of room for medical missionaries in China. They are badly wanted there. I feel constrained to go back—I MUST go back.

I feel sad when I think of the many patients that come for treatment, and I have to say, "It is too late, you came too late; I can do nothing for you now." I remember the case of one boy who came to us, suffering from an enlarged spleen, as the result of malaria, and I had to tell him he was too late in coming.

"I am not too late, doctor," he said, "you are too late in coming here; I have been here all the time." But sadly I replied, "You are too late; I can do nothing for your son." "But, doctor," his father said, "I have no other son; he is my only son and you must cure him; we have no means of support." But I could only say, "I cannot help you."

There is no native surgery in China worth mentioning. Here is a man with a tumor. A native doctor thinks he can have a big sum of money for taking it off. So he gets a barber's razor and takes off a slice, and then, if the patient is able to endure it he takes off another slice. They have nothing that compares at all with modern surgery.

The medical missionary is a double missionary—he goes armed with a double power for good. Every morning, when I go to the dispensary, I find forty or fifty patients with their friends. I tell them some gospel story or some parable and explain its meaning. How thankful they are for truth and how gladly they drink it in!

You are looking forward to making a success of your profession. Just define that word "success." What does it mean? Is it to be the first surgeon in New York City or Chicago? Would you call that success? That is not necessarily success. Who should be the best judge of this matter? What did the Savior say success in life is? Do you remember John the Baptist and his brief six months' ministry, imprisonment and beheading? What did Christ say of him? "Of those that have been born of women, there hath not arisen a greater prophet than John the Baptist." That is success. His life work won favor in the eyes of God. Keep that point *ever* before you.

Do you believe in foreign missions? I do,

with all my soul. What proof have you that I do? Is not this a testimony to the Chinese work and Chinese Christianity, that forty thousand of them have died rather than trample upon the cross of Christ? Many of them have been brought to this decision: The sign of the cross is marked in the sand and they were bidden to trample upon that or be thrust through with the sword, and they have taken the sword. We think our standard is high, but how many of us would stand *that* test? It will never be fully known what the native Christians in China have endured. I want to go back to them. The reports that come from China are today most encouraging. There is a great work opening up before us in that country. I want to go back to China, and I hope that this fact will speak more eloquently for me than anything that I could say.

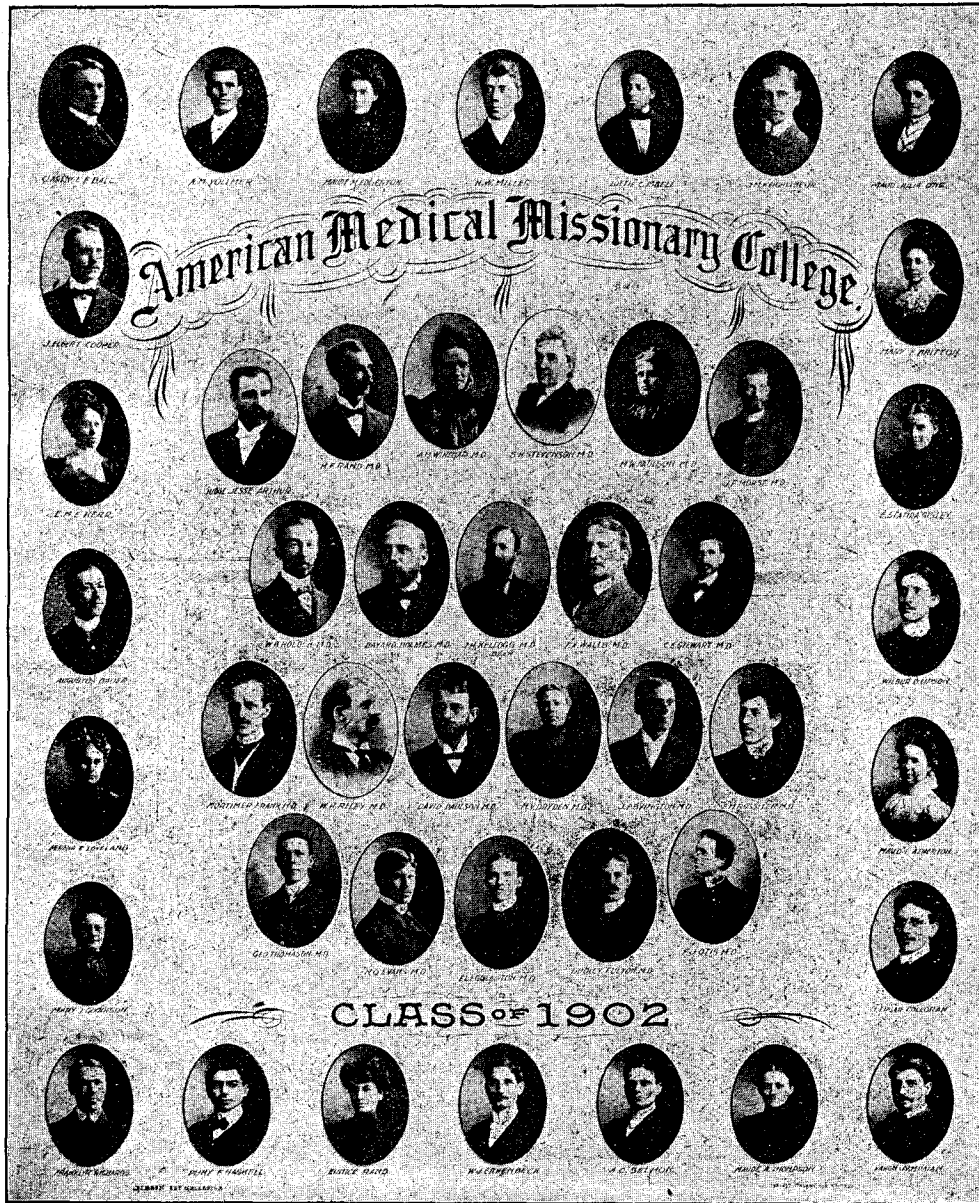
GRADUATION EXERCISES OF THE AMERICAN MEDICAL MISSION- ARY COLLEGE.

Seven years ago was organized the only medical college in America that devotes itself exclusively to the training of medical missionaries. This school ranks with the leading medical schools in the country, and it has been admitted into the American Association of Medical Colleges.

This year twenty-three young men and women completed their course of medical training in this college. For this occasion willing hands had transformed the tabernacle pulpit into a veritable flower garden, and every pillar was tastefully decorated.

The graduation address was given by Dr. William Malcom, who has been for ten years a medical missionary in China, and was driven out in the recent rebellion at great peril to his life. He is now on his return trip to his old field of labor. In another column we give a few extracts from his inspiring talk.

One of these students will soon go to Egypt; one to South Africa; others to needy fields elsewhere; others will connect for a time with some of our medical missionary institutions at home, so as to acquire the necessary experience to fit them to carry heavy responsibilities in distant lands. We welcome to the medical missionary work in



The Faculty and Graduating Class of the American Medical Missionary College.

Chicago Dr. Harry Miller and Dr. Maude Thompson.

The next school year begins in October. About forty students can be admitted. Has the Lord called you to be a medical missionary? If you feel that he has, write at once to the secretary of the American Medical Missionary College, Battle Creek, Mich.

WHAT IS YOUR IDEA OF CONVERSION?

DAVID PAULSON, M. D.

We have been requested by some of our readers to begin a Bible study department in *THE LIFE BOAT*. In order to make this as personal and as helpful as possible, we think it would be a good plan to correspond with those of our readers who are not satisfied with their Christian experience. There are thousands of physical invalids who could in a comparatively short time be enjoying a satisfactory degree of health if someone would give them a few sensible suggestions. Likewise, there are thousands of spiritual invalids going through life crippled who might speedily become sturdy and substantial Christian workers if someone would only explain to them that spiritual growth, like physical growth, is dependent upon a few simple principles.

God is as willing to develop beautiful characters in our lives as He is to grow beautiful flowers in our gardens. The part we have to act is as simple in one case as in the other, yet if we are unwilling to co-operate, God is as powerless to do one as the other. The really essential principle in the science of salvation is as easy to learn as is the science of gardening, for divine inspiration has declared, "He shall grow as the lily" (Hosea 14:5).

The same God who is operating so beautifully and systematically through natural forms is operating just as beautifully and systematically in human lives.

Have you cherished the idea that your standing with God was not so good as that of some of your friends? If so, settle it at once and for all time, that "God is no respecter of persons" (Acts 10:34). Nature emphasizes the same declaration for the same sun that shines on the righteous man's field ripens the wicked man's grain as well (Matt.

5:45); but if a man should so cover his grain that the sun could not shine upon it, he might complain, when he compared his wilted crop to his neighbor's flourishing growth, that the sun was better to his neighbor than it was to him; and if he should pray about the matter, God would not answer it by making the sun to shine brighter, but rather would seek to impress the man to remove the covering and put in a new crop.

If a man wants Nature to make ice for him he must be willing to expose water to a freezing temperature, and if a man wishes to secure health, he must be willing to supply the human co-operation. If he wants to have a noble and grand character that is worth the having here and is worth preserving in the future world, he must co-operate with divine power; for it is no more possible for God to accomplish this without human co-operation than it is to ripen the grain that is sheltered from the sun, or impart good health to the dissipating invalid.

Are you anxious, first, to learn what these conditions are, and, second, are you *determined* to supply those conditions as fast as you can become acquainted with them? If so you have already laid the first foundation for the temple of character which shall endure when all other things shall have passed away, for "if there be first a willing mind, it is accepted" (2 Cor. 8:12). Thousands are not willing to treat spiritual things in a simple, sensible way, and they are disposed to doubt the reality of their experience unless they have some special feeling, emotion, or demonstration. Yet these same persons are willing to plant potatoes in the soil and expect, after cultivating the resulting growth, that divine power will create a new crop, although they have had no special feeling or emotion about the matter.

God wants us to cultivate confidence and childlike faith in his willingness to do his part by observing how faithfully he is doing it in natural things. For this reason the Bible frequently compares spiritual operations with similar operations in Nature; therefore he bids us to sow to ourselves in righteousness (Hosea 10:12). "Whatsoever a man soweth, that shall he also reap" (Gal. 6:7). If we had always learned from childhood that spiritual growth was dependent upon principles just as simple as those underlying physical growth,

many of us would have been saved many discouragements, doubts and heartaches.

Reader, have you been merely drifting along making no advancement, living a life useless to yourself and to others? If so, there are better days in store for you. We shall pass this way but once. Life can hold as great a meaning for you as it has for anyone. God has no favorites. He has the same fatherly care for us all. If you have asked him to help you to take the first step on a road that will never end, then do not hesitate to ask him to teach you how to take the second step. In the next number of THE LIFE BOAT we will study the simplicity of Christian growing.

We shall be glad to open up a correspondence with any who, as a result of reading this article, have determined to make a genuine success of life. If convenient to do so, inclose a stamp with your letter, but if you do not have it, do not hesitate to write. We are in earnest in reference to this matter. *Are you?*

If a physician should assure you that you had tuberculosis of the lungs and advise a suitable change of climate, would you be so foolish as to tell him that perhaps you would give the matter some consideration *next year*? Have you a mortgage on the future? "*Now is the accepted time*" (2 Cor. 6:2).

LOST OPPORTUNITIES.

L. A. HOOPES.

President Union College.

I am impressed with the fact that many opportunities are lost simply because we fail to recognize or utilize them. Many an opportunity is lost because we fail to step into it at the proper moment.

I never was more thoroughly impressed with this thought than while attending one of the meetings at the Star of Hope Mission down on Madison street, Chicago. In company with others, I visited this mission to see how such work was carried on in a large city like Chicago. I was not impressed particularly by either the singing or the preaching. I felt convinced that everything was constructed with a view of meeting the wants of the class of men that were to be benefited. The thing that impressed me most was the deep interest that was manifested by the workers in speaking good and kind words for Christ, to these,

perishing men. As a speaker would make a few brief statements concerning the love of Christ and the opportunity there was for sinners to give their hearts to God I noted that many of the missionaries present would move from their seats and go and converse with some unfortunate person, and in a few moments I would see them kneeling down then and there imploring the Lord for his blessing upon them, and my heart was touched and I desired to do likewise. I asked the Lord to point out the individual and he did it, but before I could muster up courage to go to him in that public congregation and ask him about his soul someone else had stepped in and in a few moments these parties were on their knees seeking God. I saw that this opportunity was lost. Then I felt impressed that I ought to speak to another man, but I hesitated, and to my surprise someone else spoke to the very individual I had in mind. Another opportunity lost, thought I. And I began to question, "Is it possible that by and by someone will step in and take my crown?" I immediately prayed that God would point out someone else, which he did, and ere I could arise from my seat and go to him some other person had stepped in and had received the blessing of seeing that soul turn to God.

I went home with a heavy heart; for it seemed to me that all my opportunities had been lost. It seemed to me that I never was a greater coward than I was that night, and the thought of missing the opportunity of speaking to those souls, which perhaps would never have another opportunity to hear the gospel of Christ, weighed like a burden of lead on my heart.

A few evenings later I determined to visit the same mission. Meanwhile I had discovered a secret, and that was to improve the first opportunity of inquiring into the welfare of the souls of my fellow men. I determined to go early to the mission and speak to the first one that I met concerning his soul. I reasoned that if he was enjoying a good degree of God's blessing I certainly needed it, and if I had something that he did not have it certainly was my duty to impart to him, so no harm could possibly come from having a conversation with him about the things of God.

The first persons that I met at the mission that night was a janitor, probably a rescued

soul, and one of his friends. I was glad to converse with them concerning their Christian welfare, and as one after another entered the room I improved the opportunity to welcome them, and to ask them concerning their souls, and when the meeting was in progress and I sitting in the congregation with hardened sinners on every side, their general appearance indicating that they had been dissipating and were in a poor condition to appreciate the things of God, I felt that I was in an open field where I could breathe forth the love of Christ, if I really had it in my soul. I improved every opportunity and as a result I had the privilege of hearing many that night say that they would accept Christ and serve him.

I went to my room happy, because I felt that I had discovered the secret of success, and instead of waiting for opportunities or carelessly allowing them to pass unappropriated and thus lose opportunities, would make them. It has helped me many times since.

SOME ONE CARES FOR YOUR SOUL.

W. S. SADLER.

"I looked on my right hand, and beheld, but there was no man that would know me; refuge failed me; no man cared for my soul" (Ps. 142:4).

Is your refuge failing? Have you looked on this hand and on that hand for friends, only to find enemies? Are you saying in your heart, "No one cares for my soul?" God speaks to you in this hour of trial, saying: "Casting all your care upon Him, for He careth for you" (1 Peter 5:7). Jesus, who left the glories of Heaven to come to earth and die for you, cares for you. He invites you just now: "Come unto Me all ye that labor and are heavy laden and I will give you rest" (Math. 11:28). "Cast thy burden upon the Lord, and He shall sustain thee" (Ps. 55:22). God loves you and He is deeply grieved because of your careless, sinful life. In His image you were created, and it is by His love and power that you exist, moment by moment. God is working in you and with you, and He is seeking to bring you back into the path of right doing. Every sinful act exceedingly pains your Redeemer. He says: "Thou hast made me to serve with

thy sins, thou hast wearied me with thine iniquities. I, even I, am He that blotteth out thy transgressions, for mine own sake, and will not remember thy sins" (Isa. 43:24-25). If you will only come to God all your sins WILL be blotted out and remembered no more. "Wherefore He is able to save them to the uttermost that come unto God by Him, seeing He ever liveth to make intercession for them" (Heb. 7:25).

God loves you, no matter what your condition is. He gave His son Jesus to die for you, JUST AS YOU ARE, and this is the reason you can come to Him, JUST AS YOU ARE, and He will receive you with outstretched and loving arms. Will you not come?

"In the last day, that great day of the feast, Jesus stood and cried, saying, 'If any man thirst, let him come unto me and drink'" (John 7:37). "And him that cometh to me I will in no wise cast out" (John 6:37). God is now standing by your side, ready to save you the very moment that you shall call upon him, for he says: "Whosoever shall call upon the name of the Lord shall be saved" (Rom. 10:13). "He looketh upon men, and if any say, I have sinned, and perverted that which was right, and it profited me not, He will deliver his soul from going into the pit and his life shall see the light" (Job. 33:27-28). Do you feel and realize that your soul is going down every day further and further into the pit? As you look into the future do you see only darkness and despair? Surely then this promise must mean you. It does mean you. It means that if you will confess all and forsake all for Christ. He will receive you and pardon you as he did those of old, saying: "Go and sin no more" (John 8:11). "Seek ye the Lord while He may be found, call ye upon Him while He is near: Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto the Lord, and he will have mercy upon him; and to our God, for He will abundantly pardon" (Isa. 55:6-7). My discouraged sister, your only help is in God.

"Therefore He brought down their heart with labor; they fell down, and there was none to help."

"Then they cried unto the Lord in their trouble, and he saved them out of their distresses."

"He brought them out of darkness and the

shadow of death, and brake their bands in sunder."

"Oh that men would praise the Lord for His goodness, and for His wonderful works to the children of men!"

"He sent His word, and healed them, and delivered them from their destructions" (Ps. 107:11-16, 20).

Are these not wonderful promises which God has made and which He now offers to you? God's ways are not man's ways, and God's thoughts are not man's thoughts, and while many would push you down and down, God stands ready to help you if you will only call upon Him. He has said: "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" (Isa. 41:10).

Do not worry about how you will make a living. God knows you have need for these things. You can trust Him for He says: "Seek ye first the kingdom of God and His righteousness, and all these things shall be added unto you" (Matt. 6:33). Do not listen to the tempter as he whispers "you cannot," "you are too weak," "wait awhile," or "you are too great a sinner!" The Bible says: "I can do all things through Christ which strengtheneth me" (Phil. 4:13). God has redeemed you by the blood of His own dear son. Jesus died for you. Jesus loves you. "I have blotted out, as a thick cloud, thy sins; return unto Me, for I have redeemed thee" (Isa. 44:22).

"Purge me with hyssop, and I shall be clean; wash me and I shall be whiter than snow" (Ps. 51:7).

"Blessed are the pure in heart; for they shall see God" (Matt. 5:9).

Do not think you must become better before you become a Christian. Come to Jesus just as you are. He will accept you. "But when Jesus heard that, He said unto them, 'They that be whole need not a physician, but they that are sick.'" "But go ye and learn what that meaneth, I will have mercy, and not sacrifice; for I am not come to call the righteous, but sinners to repentance" (Matt. 9:12-12).

A MODERN MIRACLE.

W. B. HOLDEN, M. D.

Kittie Andryoski was born in Poland, December 26, 1863. She was reared in the faith of Roman Catholicism. At the age of sixteen she was married to a Mr. Miller, who soon afterward died, leaving her with one child, a little girl. Her second marriage occurred when she was twenty-two years of age. This union proved an unhappy one, so she left her husband and went to Chicago. She there found employment, and spent about six years in various callings, when her troubles proving too severe for her to bear, she sought to forget them in drink. For five long, weary years she struggled on, until disease fastened itself upon her and she was sent to a hospital. Having made a partial recovery, she again took to her wrong course and rapidly sank to her old level. It was in this terribly fallen condition that she staggered into the Chicago Medical Mission. There she met the Lord Jesus. Kind hands administered to her needs, and through this she recognized for the first time the love of God, and gave herself to him. His Word became her constant companion.

About three months after her conversion she was impressed to carry the word of God to her relatives in South Bend, Ind. God's Spirit was sending another Philip to the honest eunuch. Her first day at South Bend was the Sabbath, which she spent in reading her Bible. Sunday morning she was asked by her uncle what book she was reading. The answer was, "Take it and see." He took the book and began to read. His soul was thrilled. Like a hungry child, he devoured the precious food. He believed as he read, and he read all day, and was fully converted to God. As he read the sixth chapter of Matthew, he remarked: "I have a work to do for my boy." (His son was at that time confined in a reform school, unforgiven by his father.) He purchased a Bible and sent him. The son, with another convict, was converted. The father went to work in the neighborhood, and soon people all around were reading the Bible. So great was the demand for Bibles that nearly every available copy was purchased. Within three months eighty souls were rejoicing in Christ, they calling themselves "Bible Christians."

Through the efforts of Kittie's uncle, the son, who had been confined in prison, was released and at once joined his father in gospel work.

Soon after this the uncle and father was called to Poland, but only to carry forward the same line of work which he had begun in America. Ere a twelvemonth had passed, about three hundred had learned to love the Word of God. Persecutions came, but they only added to the zeal of the believers and caused the light of truth to shine out more clearly. And the good work still goes on.

It may be said of Kittie that hers was a wonderful life; wonderful because God chose her to begin a wonderful work for him. Though ignorant and somewhat uncouth externally, God saw, buried within a jewel of priceless value, and he brought it forth to the light. She did what he designed, and she was then allowed to fall out of sight.

She died Sabbath, March 29th, 1902. She sleeps, but her work goes on. How little we know concerning those whom God would choose to accomplish his plans! Well it would be if all could learn from the rescue of this soul the lesson which all must know, that no soul is too unpromising to require our strongest, best and most loving efforts to save.

A CHEERING RAY.

Dear Friend:—With pleasure I write you these few lines. I have now before me one of your LIFE BOATS, and I think it is grand. Oh, it has cheered my heart to read it and to know that if I only trust in God I may be a man again. I would like very much to have THE LIFE BOAT sent to me, but I have no money and no way of getting any as I am disabled so I cannot earn money like some of the other boys. I would like very much to help you in your good work. May God bless you is the prayer of a poor convict. I remain, Your brother in Christ,

"There is an alarming increase of juvenile smokers, and, basing my assertions on the experience gained in private practice and at the St. Vincent's institution, I will broadly state that the boy who smokes at seven will drink whisky at fourteen, take to morphine at twenty-five, and wind up with cocaine and the rest of the narcotics at thirty, and later on."

DR. L. BREMER,
Nerve Specialist, St. Louis.

THE MISSION GROUP.

MR. AND MRS. E. B. VAN DORN.

It is hard to convey to the minds of our readers by pen alone the real work of the Life Boat Mission. One must be associated with it, and more than that, he must be a co-worker in order to appreciate the circumstances under which we find many of these "diamonds in the rough." It requires personal experience to understand how to bring them, through patient heart to heart work, with the study of the Word of God—which is the power of God unto salvation, and its exemplification in the life—to a knowledge of the truth that they may be saved.

We are glad to give you this month a picture of a few of the men and women that may be seen at the Life Boat Mission almost every night and whose voices may be heard in the glad songs of praise to the One who saves his people from their sins. One of these men was sitting in a lodging house one Sunday when one of the boys suggested that they go to the Studebaker theater, where a gospel service was to be held, and see if they could not induce someone to give them the price of a night's lodging. They agreed upon this plan. While there they heard gospel songs and a stirring talk was given, Christ's invitation to the weary and heavy laden was extended to the unsaved, yet these men remained unmoved. But when the meeting was over some of the Christian workers spoke to this man, and he finally knelt with them in prayer and confessed his sin. That evening he drifted into the Life Boat Mission, where he heard the same sweet story. That was four months ago. He is with us today, and each night he is among the first to give his testimony. He had spent many years in prison for various crimes. He is not only free from them today, but he is also free from the prison house of sin.

Another man a few weeks afterwards, came to the mission as we were going to one of the lodging houses to hold meeting, and he said that he was just out of prison. I asked him to stay till I came back, which he did. We talked over his past life. He had already come to the conclusion that it had been altogether unprofitable, and then we asked the Lord to forgive the past, and help him to live a different life. Two or three days later



Bro. and Sr. Dorn and a Group of Converts and Friends of Life Boat Mission.

he went to work at the shoemakers' bench to earn his bread by the sweat of his brow. His testimony that night was that he had earned his first honest dollar in seventeen years, and that the peace of God with that one dollar was more to him than all the thousands he had secured while living in the old life.

Another man had led a very ungodly life, he has been all around the world, and served sentences in various countries. He came in touch with the Life Boat Mission a few weeks ago and the Lord saved him. He is not a wanderer today, for his feet are on the solid Rock, and the song of deliverance is in his mouth.

Another of this group had been especially deceived by the devil, for he was bound by the drug habit. He felt that there was no hope, but in his distress he drifted to the Mission and heard that God could free him. He asked God to break the fetters that bound him, and like Paul and Silas in the Phillippian jail when they sang that midnight song, his shackles all fell off. We have a mighty God, strong to save, and not willing that any should perish.

Another one in the group is a young lady who rang our door bell one day and asked for work, saying that she was hungry. It was just dinner time and we asked her to sit down with us; which she did. She was hardly able to understand the kindness that was extended to her that day, but as a result of it she was inspired to make the beginning of a new life.

Another one in this group is a brother with gray hair and the weight of many years. He had once had an experience in the things of God, but in time of adversity he fell. In the course of his wanderings he drifted into the mission, and from here he was sent to the hospital ward, where kind hearts and loving hands ministered to his needs, and while human hands bound up his physical wounds, God bound up his broken heart.

One of this group had been a railroad man for years, and while in this work he contracted the habit of strong drink, but today he is a free man.

One of the women of the group has been a faithful worker for the Master a number of years. The husband often accompanied the wife to the mission, and was there convicted

of sin and led to repentance. The happiness in their home today is a fore-taste of the joy of heaven.

Another of these men was accustomed to spend his time in the cheap saloons. He had been brought up to appreciate better things and was ashamed of his conduct, but that did not change his condition. The Word of the Lord came to him at his lodging house, and night after night he raised his hand for prayer. He was invited to come to the mission. Months passed before he came. Finally he heard the testimony of those that had made the Lord their trust, and he was encouraged to step out on the promises of God, and from that day to this he has had freedom from the old life. He usually quotes some verse of Scripture at the mission each evening, which has been his stay and strength during the day.

Another of these men came in one evening under the influence of liquor, and slept all through the meeting, and as the speaker was giving the invitation, he referred to the awful disasters that were taking place about us every day, and urged upon men, that they should surrender to the Lord that night, as it might be the last time we would all be there under the same circumstances and have as good an opportunity to comply with the plan of salvation, and his heart was touched, and he felt that if he should leave that place without the peace of God, that it would surely be his last opportunity. He raised his hand for prayer, and then asked God to be merciful to him, a sinner, and God for Christ's sake forgave him his sins.

He had no place to stay and no one seemed to recognize the fact, so he went out, and said that as he had served the devil and walked the streets, he would do as much for the One to whom he had now given his allegiance. The next day he earned seventy-five cents, the succeeding day he earned more. Today he is still testifying that "old things have passed away, and all things have become new."

Much more might be said, but it is impossible to tell it all. If faithful a little longer, we shall gather around the great white throne, and tell the story "Saved by Grace."

We praise the Lord that He has given us the privilege of engaging in work for him, and our earnest desire is that we may have an abiding faith and trust in him that our steps may not falter.

We have received ten thousand new subscribers in the last eight months. Will you help us to get as many more?

EATING THINGS THAT GIVE THE PALATE A TWIST.

DAVID PAULSON, M. D.

Recently one of our physicians while traveling, found a medical friend looking over his shoulder to see, as he expressed it, what this doctor was eating for his lunch. The gentleman was surprised to see nothing but zwieback, blanched almonds and some fruit, and remarked, "Is that all that you eat?"

Our friend replied, "What more do I need? Here is bread; that is the staff of life. There are nuts; they are the beefsteak and butter; and the fruit represents the pie, cake, dessert, and all the rest of the good (?) things."

But this gentleman, who had just been in the dining car eating an extensive variety of vile and indigestible things, as well as some substances that blister, burn and sting as they are swallowed, said: "I tell you, doctor, I like to eat such things as will give my palate a twist." He forgot that anything that would twist the palate would also twist the stomach, the liver, the nerves, the brain, and consequently help to twist the poor fellow's temper and character.

SELF-COMMUNION.

BROSE S. HORNE, M. D., MARION, IND.

Many have found themselves weak, forsaken and out in the world alone, while many of those who appear to have all the treasures of this world are really criminals in the sight of their own consciences.

The blessings of this life do not consist in having and receiving, but in giving to others. It may be but a cheerful word to the broken-hearted or a helping hand to the down-trodden and oppressed that is given, but nevertheless a divine spirit prompts it all.

The world has accepted the saying, "If you lose your life you shall save it," but that tribunal existing within us as individuals, which we call Conscience, must pass upon our acts, for it is but the terminal point of a Divine wire from the Omnipotent, and often our personal examinations reveal to us that we have not as individuals accepted in its true sense the great truth that *self-sacrifice* is the true road to everlasting peace. We hear in the distance the voices of the suffering crying out for practical religion, yes a cry

for *applied Christianity*. Who will sit with folded hands and say, God in his wisdom intended that one-fifth of humanity should enjoy luxury, while four-fifths groan for the need of help? Can a true follower of Christ rest content? Will his conscience acquit him, if he lets his brother suffer without offering him help? What we need is Christianity rather than *Church-anity*. The loud cry in the synagogue will not save the helpless girl or give the hungry child bread.

Rigid self-examination in the case of many a so-called Christian would reveal motives of whose existence he did not dream.

Daily self-communion might do much toward helping us to become Christians (followers of the Christ) in reality as well as in name.

AN INTERESTING OCCASION AT THE LIFE BOAT REST.

MARY WILD PAULSON, M. D.

It was recently my privilege to be present upon a very pleasant occasion at the Life Boat Rest. Several Chinese ladies with their children called to visit with the workers. One of these women informed me that there are only eleven Chinese women in the city and only a few Chinese children.

These ladies were dressed very neatly and the children, from the oldest to the youngest, conducted themselves in the most genteel manner. We sang several gospel songs with them and they joined heartily in the singing. We were greatly interested in listening to the little boys from four to ten years of age singing "Jesus Loves Me," both in the English and Chinese languages. They all showed evidences of having a good Christian experience. Who can tell to what extent their lives have been influenced by the workers from the Life Boat Rest who have been friendly to them, calling upon them often and nursing them when sick? Truly the Lord has given us many blessed opportunities to work for him. May he help us to realize the privileges which are ours.

We appreciate the financial assistance that many of our readers have given the Life Boat Rest in the past. We hope you will not forget this department in the future and we should like to hear from others.

EARLY RECOLLECTIONS OF THE WORKINGMEN'S HOME.

E. H. WILLIAMSON,

Supt. Workingmen's Home.

There are very many who do not appreciate the importance of an institution such as the Workingmen's Home.

In 1892-93 I was conducting a cheap lodging house at 42 Custom House Place, next door to where Dr. Kellogg first established the Medical Mission. At that time I had but little thought or care for the sad condition of so many men. I was looking after my own welfare and I cared little for those who were next door to me, but when I saw men on a cold winter's morning, many of them without overcoats and their feet protruding from their shoes, stand in line for half a block, waiting for an opportunity to get into the Mission and get a bath and warm themselves, that was the first thing that made an impression upon me. I was as sinful as any man can be, but yet during all those years the early teachings of my mother clung to me and I remembered her with respect. I thought, "If these men have a mind to seek an opportunity to clean up, they certainly must have had good mothers."

A year or two later I had become tired of my occupation. In fact, I had become nearly worn out by my constant fighting and trying to subdue unruly men. Dr. Kellogg wanted to purchase my interest in the lodging house so that he might have a better opportunity to help the men that had been cleaned up and treated in the Mission. He wanted to furnish them clean beds to sleep in and a clean place to stay, so I relinquished my claim, and the Workingmen's Home was established.

I went away for one year on some worldly business. On my return to Chicago I casually dropped into the Workingmen's Home to see how it looked, and there for the first time in twenty years God impressed me with my own sinfulness. I said, "This is my only and last opportunity. I will give my heart to God." I yielded there and then, little thinking that my experience as a lodging house keeper would afterwards be used by God in his work; for at the request of Dr. Kellogg, I went back into the Workingmen's Home to use my efforts on the side of right as I had previously used them on the side of

wrong. That was nearly five years ago, and since that time I have never for one moment regretted that step. By the grace of God I have been enabled to help many of my fellow men who were in the same condition that I was.

Men are constantly coming and going at the Workingmen's Home. I have seen those who were in the midst of a life of sin and debauchery saved and become substantial Christian men. I have seen others who have said, "If I only had the Spirit of God to enable me to resist my temptation to sin, I would give anything in the world." I have seen such a man go away deeply discouraged, and months afterward I have received a good and encouraging letter from him.

A few days ago I received a letter from Butte, Mont., from a young man who had been in the Home for two or three weeks. I talked with him several times during his stay but I seemed to make no impression upon him. He went away, and a few days ago I received a letter from him. He says, "I thank God that there is such a place as the Workingmen's Home. After leaving you I was earnestly seeking a chance to get out of my sinful life. I drifted out here to this part of the country. Surrounded as I am by everything that is wicked and sinful, I would give all that I have tonight if I could just spend one hour in the Workingmen's Home, that I might use its baths and be subject to its helpful influence."

SERVING A FORTY-YEAR SENTENCE.

Dear Friends and Brothers in the Master's Name—I take pleasure in writing you a few lines to tell you that I am a reader of *THE LIFE BOAT* and have been for some time. Some kind friend has sent it to me, and it has been a great help to me and a bright light to my lonely cell. When I read the testimonies of those who found the Master, my heart beats with joy. Thank God for his tender mercy. My prayer is that he will keep you to the end, and may his blessing be upon the good work.

I am sending you two photos, one of myself and the other a friend of mine. I am a prisoner here, doing a forty-year term. The fourth of September I will have here eight years. The other photo is of my friend, who is doing sixty years. He is the boss of

the bath and wash house. He is a model prisoner.

We have a brass band here with about thirty men. We have four hundred and thirty prisoners, six women. One is doing twenty years and is but twenty years of age.

We have church every Sunday and plenty of band music. We will soon have a splendid library. Some Christian people are sending quite a lot of reading matter here. They also sent us one hundred song books, "Christ in Song." The boys like them very well.

I am sorry that I cannot send you a little money with this letter; I will send some later on. May God's blessing rest with you all, is my earnest prayer. Pray for me; I need your prayers. May we all be ready at the Master's call, that we may be found trusting in His holy name.

Your brother in the Master's name,

HEAR, SAY AND DO, CHRISTIANS.

GEORGE W. HOSS, WICHITA, KAS.

From one point of view, Christians may be divided into three classes, the Hear Christians, the Say Christians, the Do Christians.

THE HEAR CHRISTIAN is often your genteel Christian, too dignified to engage in anything out of the prescribed course. He is a stickler for gentility, decency and order, hence his oft repeated text—"let everything be done with decency, and in order." A revival meeting is likely to be disorderly, and a cottage prayer meeting is not mentioned in his creed. He likes the "old paths"; hence he goes to church, listens respectfully to the Word, often sitting in the best pew, wearing the best clothes and riding in the best carriage. He seldom ever attends the prayer meeting, never visits the sick and poor, and he hears with indifference the story of suffering, and answers your plea in their behalf by saying: "If they would work and save as I do, they would not need help." He politely dismisses you without a penny when you call upon him for help. Apparently he has never read "Woe to them that are at ease in Zion" (Amos 6:7), or "Be ye *doers* of the Word and not *hearers only*, deceiving your own selves." (James 1:22.) His favorite text is "Hear thou the word of the Lord." (I. Kings 22:19.)

THE SAY CHRISTIAN has advanced a grade

above the Hear Christian. He says, "Come let us go up to the house of the Lord." "Taste and see that the Lord is good." Indeed, he may be quite urgent, even eloquent in exhorting others. He may talk well in the class meeting, in the prayer meeting, but he stops short of the third class; indeed he may deceive himself, feeling that he has talked often and long on the beauties and joys of the Lord's work, resting in this as the measure of his duty. He even says, with some self-commendation, "I never allow an opportunity to pass without giving my testimony concerning the goodness of God and the preciousness of his Word." His favorite text is, "My tongue shall speak of thy Word." (Ps. 119:172.) He has spoken and his duty is largely done. But, Oh, man! hear what Christ says about this, "Not everyone that saith unto me, Lord, Lord, shall enter the kingdom of heaven, but he that doeth the will of my Father which is in heaven." (Matt. 7:12.) Let us read the remainder of that chapter and see what becomes of the mere talkers. Hear the fearful words. "Depart from me, I never knew you." O, ye mere talkers, take heed and move forward to the higher class, namely:

THE DO CHRISTIANS. Here we reach the culmination of Christian life. The Word is so full of instruction in this line that we hardly need do more than cite a few passages. "My Father worketh hitherto, and I work." (John 5:17.) "The Son of Man came not to be ministered unto, but to minister." (Matt. 20:28.) "Herein is my Father glorified that ye bear much fruit." (John 15:8.) A positive command as above, "Be ye *doers* and not *hearers only*." Let us hear the conclusion of the whole matter; be ye *hearers* that ye may know duty. Be ye *sayers* at times that you may persuade and guide others, but, above all, be ye *doers* that ye may help others and thus glorify your Father which is in heaven. The young disciples may say, "What can I do?" Read Matt. 25:35-40, and you will see a world of work opening before you; feeding the hungry, clothing the naked, visiting the prisoner. Hear the reward. "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." May your head, heart and hands be full of the Master's work, that your life may be full of good works to the glory of God and the good of man.

WHY IS IT?

I. M. CLARK.

Why are there thorns on the roses?
 Why are the stones in the way?
 Why do the clouds hide the sunshine?
 Why does night follow the day?

O why, when life seems the brightest,
 When it seems we have reached our goal,
 O why should then come the darkest,
 The dreary dark night to the soul?

O why, when success seems the nearest,
 Are we laid on our beds of pain?
 Why, when the sky seems the clearest
 Must the sunshine give place to the rain?

Do you ever question and murmur
 When you find these things are so?
 Do you ever wonder and worry
 When the winds of adversity blow?

Do you not know that the Father
 Ruleth the land and sea?
 And all in His wise purpose,
 Is "best" for you and me?

Not one thorn without a purpose,
 Not one cloud but worketh some good,
 Not a trial but worketh His glory,
 If we give it the chance we should.

ARE YOU TRYING TO DO GOOD IN
YOUR COMMUNITY?

We quote the following extracts from a letter that we received recently from one of our readers:

"I read that you would correspond with those who would like to be freed from the tobacco habit. The Episcopal rector called and I read the article to him, and I asked him if he would not like to use the paper in his church, and he said he would. I told him I would furnish him with fifty copies.

"Now, I would like a little advice. I am one among twelve hundred people. What shall I do and how shall I do it? Oh, for the wisdom of Solomon! I often think.

"I have talked with one of my friends and he said that his experiences had been that the people would not read religious reading. I have come in contact with only one person who will read anything outside of the newspapers.

"I have sought God on bended knees to

know what to do. My ability is only ordinary, and at last it occurred to me to speak to one of the pastors here and I told him that I was willing to help him in his work, such as calling on the sick, the afflicted, or where he thought I could do any good in a Christian way. He gave me a few names, some were sick, in one place both father and mother were drunkards. Some of these cannot read, so now what can I do? I thought perhaps you might help me to some literature or Bible reading that you use in your mission work there, that would be appropriate to use among such a class of people.

"In one family where I called, the father has consumption. I helped the mother a little, she has four children. The town assists in supporting them. When we were through, I asked them if they would like to have me read from the Bible and pray with them. The man said "Yes" and the mother said she had often wondered why someone did not come and pray with them, but she did not feel like asking anyone to do it. They seemed grateful and asked me to call again."

Are you somewhat similarly situated? We have reached a time when the hearts of humanity seem to be turning away from everything that concerns the spiritual and better life, and therefore it is of the greatest importance that we should *live* Christianity when there is no opportunity to talk it. If you are a Christian and expect some day to live in a better world, do you not want some of your friends to accompany you? If so, God has a work for you to do for them here below, and there is *something that you can do*.

We would be glad to correspond with those whom the Lord has impressed in reference to this matter. The room or home of *every* reader of THE LIFE BOAT should become a missionary center. We are not simply in this world to be good but to *do* good. If the gospel has taken possession of our lives we will be to each neighborhood just what the leaven is to the dough. We can be used by God to leaven the whole community. Some may consider this to be too high an ideal, but it is no more than Daniel, Joseph or John the Baptist reached. "Begin at once to cultivate an ambition to be something and to do something for humanity, and God will *satisfy* the desire of your heart."—Ps. 146:19.

THE ENCOURAGING AND DISCOURAGING SIDES OF MISSION SUNDAY SCHOOL WORK.

LURA COLLINS.

When I was asked to help in the Sunday School work at the Life Boat Mission for the children who have nothing to do on Sunday but to play on the streets, I did not at first think I would come, but when I was asked if I would play the organ and assist in teaching the children some gospel songs, I promised them that they could depend on me. I little thought at the time to what a varied experience this might lead.

It is often difficult to get teachers who find it possible to attend regularly. Thus we do not always have the same teachers, and although it might seem there is no reason that it should be so, we seldom have the same children twice.

The first day we went out to bring in some children, although we did not know where we would find them, but we had not gone far until we came to a group of little boys with dirty hands and faces, and clothes much the worse for wear. One little fellow looked as though he might have had a respectable cleaning up in the morning, but a few hours out in the wind and dirt had sadly changed his appearance. Their faces lighted up when I asked them if they had ever gone to Sunday School, and if they would like to go with us to the Life Boat Mission and help us sing some nice songs and listen to Bible stories. In this way each teacher aims to bring in a few of the little ones, although sometimes it is difficult to get them to come. We have also found little Italian children and children of other nationalities, who would be glad to come but do not understand our language.

Often there are children who come simply to make sport and disturb the others; and of course, it is difficult to know just how to manage them. If we depended on our own wisdom we could do nothing, but when we trust in Him who has promised to be with us in every time of need, He always shows us something to do or say.

On Sunday I had the privilege of teaching

One Sunday I had the privilege of teaching fact, there were three in the class at first, but one decided that it was too quiet for him

there, and I could not persuade him to stay. The two who remained were bright, manly boys and took a great interest in the lesson taught, asking questions that showed they appreciated the privilege of being there, and both promised to return the next Sunday, but on going back a week from that day, my heart was made sad when one of them came staggering down the aisle before the song service began, too intoxicated to talk. I sat down by him and talked with him a while, but his mind was so beclouded he could not think. After we had finished singing and were ready to take up the class work, he wanted to go home to get another drink. We finally persuaded him to stay, and after talking with him a few moments I learned that he had not drunk the beer at first because he really wanted it, but it being Easter Sunday his parents had provided a liberal supply of "That which is not bread," thus training the appetites of the children in a way that pleased Satan. The Lord put it in my heart that day to give the boy a special lesson, a practical one that he would not soon forget. It may be I shall never see him again, but I know there is a guardian angel by his side and that our Father in heaven is watching his foot-steps.

It is almost impossible for us to get the same children to come each week, or to keep in touch with them afterward; but there are a few of the little girls who come quite regularly because they like to get the little picture cards and to learn the songs.

Does it pay to work for these little children? Certainly it does, for if the admonition of old was ever true, it is true today: "Train up a child in the way he should go, and when he is old he will not depart from it." May the Lord bless this Sunday School effort that it may be a useful part of this training.

"In my judgment it is impossible for a cigarette smoker to make a good railroad man. As a rule they are dull and half asleep most of the time. These are not the kind of men the Rock Island wants to operate its trains and its great system, which is daily responsible for the lives of thousands of people."

GENERAL MANAGER PARKER,
Of the Rock Island R. R.

KEEP OUT OF SIGHT.

J. S. WASHBURN.

One summer evening I stood in the top-most gallery of Royal Albert Hall, the finest concert hall in England, and looked down upon the many thousands that filled every seat in the vast auditorium. What rare attraction had so filled the great hall that late comers found only standing room? I will tell you.

Madame Adalina Patti, the most noted living singer, and in some respects the most wonderful singer of modern times, is singing here tonight. She has sung before all the royal families of Europe, and after nearly half a century of public singing, still draws as no other singer in the world. What can be the secret of her marvelous success in her chosen life work—it is a simple yet wonderful secret.

The singers are so far from me I cannot without a glass distinguish the features of Madame Patti from the other singers in her concert company. Now she sings difficult Italian music and her voice is wonderfully flexible and birdlike, clear and marvelously penetrating. But *this* is not the *secret*. I have heard other voices greater and equally good in many respects—but wait a minute.

I hear the opening bars of "Home, Sweet Home"—the piano is faint, so far is it away, but a death-like silence has fallen upon the vast throng. I fear I shall not hear the singer; I strain my ears, intently listening. Ah yes, I *can* hear, so slow and soft, like a spirit voice—

"Mid pleasures and palaces, tho' we
may roam,

Be it ever so humble—"

The hall fades from sight, the brilliant lights have vanished. I see no more the great fashionable crowd. I have forgotten that I am listening to the greatest singer in the world. Only a dream whisper, silver clear, yet faint and sweet and far away: "*Home, home, sweet, sweet home.*" I am borne swiftly across the wide sea. The years have vanished. I see my old home again—the old brown farm house in Iowa. The old orchard is here. I am swinging careless and free with my dear little brother under the old oak tree. I hear the sweet voices of my sisters; I see my father so true and good, and oh, I see my mother's dear face full of tenderest, sweetest love. *She*

is singing and her voice comes to me as an angel's voice. Scarce had I dared hope to see my home again. Yet *now* truly I see it all so clear and bright; the blessed innocence of childhood, the sweet, free country air—ah, I hear the sweet music of gentle breezes whispering through the trees and o'er the waving grain—the dreamy hum of nature. Ah! too sweet to last. Almost with a shock I awake. I hear the last echoes of the piano notes; the singer is retiring and the crowd is beginning to applaud.

The vision was mine, yet not mine alone. There are tears in the eyes of many whose faces were so weary and hardened. They too have seen the dear old home, and lived over again the dear, dead days of childhood, and to many has come a longing for the heavenly Father's home.

Truly Madame Patti is a great singer. I have the secret of her magic power. What is it? *She went out of sight and hearing*, behind her great art, her subject. Not the *singer* but the *song*. *Not Madame Patti*, but home, dear, sweet HOME. This is true art, this is inspiration. *Keep self out of sight*. Let your glorious work, your calling, however humble, appear. Be unconscious of self and of selfish desire to be seen, to be applauded, to grasp, to seize for self, and you will succeed. Die to self. Let God be seen in you. Live to love, for the good you may do, the blessings you may be, and you shall have a *home*, a "sweet" and everlasting home in the Father's house of many mansions.

A PRISON CHAPLAIN'S APPRECIATION OF THE LIFE BOAT.

Publishers of the LIFE BOAT,

Dear Sirs:—I am chaplain for the convicts at ——— and I try to keep them furnished with suitable reading matter. I have examined several numbers of the LIFE BOAT and as I am pleased with it I am directing this letter of inquiry to you.

What would you charge for subscriptions in quantities of say five or six hundred, to be sent to the different places where the prisoners are kept. I should want about six hundred to be divided among them in proportion to number at each place. Please let me hear from you at your earliest convenience.

Yours in Christian love,

THE JUNIOR CLASS OF OUR MEDICAL MISSIONARY COLLEGE.

DAVID PAULSON, M. D.

During the first two years spent in our Medical School, the students do the most of their work in Battle Creek; but the last two years they spend a little more than half of their time in Chicago, thereby securing many advantages that this great medical center affords. At the same time they have unsurpassed opportunities for missionary work in various lines.

We are glad to say that the Junior class who have just completed their year's work in Chicago, have been almost without exception, heartily engaged in some phase of missionary work.

They have done valuable work for the Master in the Life Boat Mission, Tyng Mission, the Chinese School, Salvation Army Mission, Life Boat Mission Sunday School, in our medical missionary dispensaries, as well as many other lines.

We wish the readers of the LIFE BOAT could have been present at the Sabbath service, when a number of these students gave a brief recital of their varied and interesting experiences while here in Chicago. Many of them testified that they considered the eighteen weeks that they had spent here the richest experience of their lives. At the same time, they have pursued the most arduous medical studies and their proficiency shows that Christian young men and women can interest themselves in work for God and humanity and at the same time reach the highest attainments in scientific work.

Are there not substantial, well educated and consecrated young men and women who desire to enter this school next fall? We should be glad to correspond with such at once.

THE MISSIONARY SIDE OF MEDICAL TRAINING.

AMY R. HUMPHREY,

Pres. Junior Medical Class.

The members of the Junior class of the American Medical Missionary College have for several months been pursuing their regular course of study in Chicago. Medical students are supposed to have quite enough to keep them busy without turning their attention to other lines of work; these young peo-

ple however, have felt that there are other things in Chicago which demand a part of their time. These "other things" are the various lines of missionary work which are so much in need of help in this great and wicked city.

Our college stands for missionary work as well as medical work; we take up a course in this school that we may be prepared to go forth and minister to the whole man—the sick soul as well as the disease-marred body.

So last March when the Senior Class returned to Battle Creek and left us the mission work, they had been so much interested in we determined to do what we could to help carry the gospel to the perishing souls here in Chicago.

One morning I attended services at the Harrison Street Police Station. In one section of the prison there were four young men in one cell. None of them, I think, were over twenty years of age. They seemed quite careless and indifferent when we first went in, but I noticed they looked a little less indifferent as we sang some gospel songs; and when one of our workers, himself a young man, spoke earnestly to them concerning Jesus and the new life that he offers, they all listened attentively. I am sure God will bless the seed sown and the words spoken, so that sometime it may be the means of salvation to those boys.

In the "Annex" (a department of the jail where women and young boys and girls are detained for various reasons) we held a meeting, and I noticed a little girl about twelve years old who was crying behind her hymn-book, as we sang and told of Jesus' love. After the services I went to her and asked her if she had asked Jesus to help her to do what was right. She was sobbing but she nodded her head. I took her over to one corner of the room and we knelt and I prayed with her and then told her how Jesus wanted to help her. She could not say much for sobbing, but I am sure her heart was touched, and she said she would pray every day.

As the company of workers left the jail I am sure all felt the blessing of God, and my own heart was made tender as I thought of Christ's words, "I was in prison and ye came unto me," "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me."

INFANT FEEDING IN HOT WEATHER.

MARY WILD PAULSON, M. D.

When our attention is called to the fact which the government of Germany has recently brought before us that "eight per cent of children exclusively nourished by mothers, die during the first year of life, and of children fed on artificial foods fifty-one per cent die during the first year, we are led to inquire what can be done to prevent this terrible mortality.

To most of us the thought of deliberately ending the life of a new born babe is horrifying; and perhaps equally repulsive is the thought of purposely treating the little one in such a way that its future usefulness and happiness will be greatly interfered with because of its weak physical condition; yet we are forced to say that many mothers, or those who are caring for these little lives, are unconsciously doing this very thing every day.

Many a life might have been saved, and many a physically crippled man or woman might have had strong bodies today if their mothers had thoroughly understood the importance of correct infant feeding.

In our large cities, especially during the summer months, the physician often sees young babes, who a few months before were born with plump and healthy bodies, now with an old drawn expression on the face, their young life gradually but surely fading away. Such a child is actually starving to death—a condition which, in the majority of cases, could be prevented.

A short time ago a mother wished me to see her only child which was very sick. Upon inquiring what it was eating, she said, "O we let it eat anything it wants." Hygienic surroundings and a change of diet quickly cured the child.

The natural diet for the infant is mother's milk. If, however, the mother is so diseased that her milk is unsafe, or if for various reasons it is impossible for the child to get human milk, then an artificial food must be provided.

In selecting such one must get that which contains all the constituents in the same proportions as found in human milk, and it must be fresh. Cow's milk, properly diluted, per-

haps answers these requirements better than any other.

Human milk contains of
 Fat, 4.0 per cent
 Milk-Sugar, 7 per cent
 Proteids, 1.0 per cent
 Cow's milk contains of
 Fat, 4.0 per cent
 Milk-Sugar, 4.5 per cent
 Proteids, 4.0 per cent

Therefore, to make of cow's milk a suitable food it must be so diluted that it will contain less proteids and a larger proportion of milk-sugar. There are many formulas given by which this may be done. We shall only attempt to give one formula, with the statement that as the child grows older the several constituents must be increased in quantity and also the amount for each feeding must be increased.

For the first week of infant life:

Sweet cream, 8 to 10 teaspoonfuls
 Milk-sugar, 3 teaspoonfuls
 Lime-water, 6 teaspoonfuls
 Boiling water, $\frac{5}{8}$ of a pint

This provides for ten feedings in twenty-four hours.

Great care must be taken that the cream used is taken from fresh milk and that it is kept in clean vessels. After being prepared, it should be put in bottles, which have been cleaned in boiling water, and kept in the refrigerator. When needed, the amount to be used should be heated to 99 degrees or 100 degrees Fahrenheit and then fed to the child from a bottle which has just been cleansed with boiling water and over the mouth of which has been placed a soft rubber nipple that has been thoroughly cleansed.

If this does not agree with the baby as is evidenced by the fact that it does not gain in weight, or passes frequent acid stools, it may then be necessary to change the milk used, or make a change in the dilution of the same.

The common use of the many so-called "Infant Foods" on the market is an unsafe one. Prof. Chittenden of Yale University has demonstrated that almost all infant foods are deficient in fat, milk-sugar and albuminoid. The child is able to take care of only the one article of food before six or eight months of age. Something in regard to the diet after this age will be given in a later number.

**The next LIFE BOAT will be a Temperance Number.
 Send twenty cents for ten extra copies.**

FREE DISPENSARY WORK.

A. J. HETHERINGTON, M. D.

During the past two months our nurses in the dispensary and bathrooms at 2 and 4 Thirty-Third Place, have been kept busy. People with injured hands or feet, bruises or illnesses of various sorts come to us for aid. We are always glad to relieve suffering, and bathroom treatments and bandages are always furnished. It is our plan to charge a small fee sufficient for covering the cost of bandages and applications that are used, but many times the sufferer has nothing whatever to pay. We cannot turn such away unaided, for we remember the injunction, "Inasmuch as ye have done it unto one of these, ye have done it unto me," and we rejoice for the opportunity of serving humanity.

We need a few improvements just now very much. The linoleum on the floors has served its purpose well and must now be replaced with new. The woodwork in the bathroom needs repainting that it may present a clean, bright appearance and properly represent the character of our work. We are unable to make these much-needed improvements, even though but a small sum is necessary. Twenty dollars would be sufficient to improve the appearance of things wonderfully.

Would not some of the LIFE BOAT readers be glad to help in this good work? Let those who wish to assist in this way send their donations to the LIFE BOAT, 28 Thirty-Third Place, designating that it is to be used for repairs in the Medical Missionary Dispensary.

The article by Dr. Malcom speaks for itself. What is true of medical missionary effort in China is equally true of India, Africa, and all other heathen countries. A hundred Christian physicians could at once enter these fields, and find all the work they could do until the Lord comes. And the home field is needy, too. Does God call you to this work?

The boy or girl who grows up without becoming acquainted with that splendid young people's magazine, *The Youth's Instructor*, is certainly missing a feast of good things.

Price, 75c per year. Address, *The Youth's Instructor*, Battle Creek, Mich.

HAVE YOU FRIENDS WHO ARE INVALIDS?

Do you know that the great majority of patients can either be cured or become very much improved in health? The chronic invalid needs new surroundings. He needs the attention of intelligent and well trained attendants, rather than the well meaning, but in most cases unwise, services of his friends. He needs a diet that is prepared scientifically and for his physical good rather than for the purpose of satisfying his morbid whims. He needs the powerful stimulus which he will secure from the intelligent application of hydropathic measures, massage, electricity in various forms, including electric light, and rest cure, and surgical attention if his case demands it. And above all things, he needs the inspiration that comes from being in an institution where the sound of gospel songs reaches his room, where the voice of prayer is heard daily; where physicians and nurses are not only trained in the management of physical ills, but have also sought to learn at the feet of the great Physician how to deal with the sin-sick soul.

Is it justice to your friends to allow them to drag out a miserable and wretched existence, when in most cases a few weeks or months spent in the earnest cultivation of health would place them well on the road to physical comfort and happiness, virtually giving them a new lease of life?

The average invalid has become so disheartened over his past disappointments and failures that it will take more than ordinary persuasion to rekindle the spark of hope in his breast, but if he were freezing to death, or if he were lying in the path of a lightning express, you would realize the seriousness of his condition and most earnestly would you endeavor to rescue him. Is it not just as painful to spend several years in dying from stomach trouble or from some nervous disease as it is to die in a few hours from a railroad injury? Why not stir up your invalid friends?

Send for circulars and information. There are plenty of good rooms to rent in the immediate vicinity of our Chicago institutions. We could care for several hundred patients almost as easily as the numbers which we now have, and what we could earn while helping them would enable us to start a medical missionary center on the West Side of the city, which is a needy field that should be entered at once.

THE LIFE BOAT

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

THE NEXT NUMBER OF THE LIFE BOAT.

Do you know that one and a half million of our population are constantly crippled by the liquor evil? Does this personally concern you?

The next number of THE LIFE BOAT will be especially devoted to the consideration of how each one of us may do what we shall wish we had done when we face lost humanity at the bar of God. It will then be too late to become interested in this question.

Will you send twenty cents for ten extra copies to distribute among your friends? If you were unconverted, you would not hesitate to expend many times this sum on amusements. Will you invest this small sum to assist in stemming the dreadful tide of intemperance that is threatening to overwhelm our country?

THE CHICAGO MEDICAL MISSIONARY TRAINING SCHOOL.

Do you want to become a medical missionary nurse? We have just organized a new medical missionary class. A dozen good, substantial, consecrated men and women could be accepted at once. All applicants should be at least twenty years of age, possess good health and not be afraid of hard work. Write for application blank and further information. Address Chicago Medical Missionary Training School, 28 Thirty-third Place, Chicago, Ill.

ARE YOU IMPRESSED TO DO SOMETHING FOR YOUR FELLOW MEN?

If so, seek for divine guidance; then remember that even the creating of a smile upon a face where before was written discouragement, is genuine missionary work, such as is often overlooked by a class of useless workers, who are sighing because God does not give them great opportunities for usefulness.

Write us a brief account of your missionary

successes, and also of your failures; for God has often taught his children valuable lessons through their failures.

We will publish in THE LIFE BOAT portions of these letters (omitting names and addresses) for the benefit of other workers who are willing to begin their missionary career by performing the simplest service for humanity.

WILL YOU HELP TO SUPPORT A MISSIONARY STENOGRAPHER?

Our prison and missionary correspondence has recently increased to such an extent that we have been compelled to employ another stenographer.

If you had the opportunity of reading the pathetic letters written to us by those who are hungering for human sympathy and advice, you would certainly agree that it would be a sin for us to allow these letters to remain unanswered.

This stenographer cannot maintain herself in this expensive city on less than \$12.00 a month and her room and board, which will cost us at least \$9.00 additional. We have no means at our disposal to use for this purpose.

Are there not among the readers of the LIFE BOAT twelve persons each of whom would be willing to meet this expense for one month? We will agree to forward to such persons the most interesting things which pass through this stenographer's hands, thus giving them a glimpse of what their generosity has actually made possible.

We know that this work *must be done*, and we believe God will put it into the hearts of someone to help us to do it.

THE LAST NUMBER OF THE LIFE BOAT.

We issued twenty-five thousand copies of the June LIFE BOAT, and the entire edition was practically exhausted two weeks after it was off the press. We feel thankful that God put it into the hearts of our friends to give it such a wide circulation. Eternity alone will reveal the good that was accomplished by this effort.

THE HYGEIA DINING-ROOMS IN CHICAGO.

Last summer a dinner was given at the Branch Sanitarium to the leading students and teachers of the University of Chicago. Prof. Jackman, one of the leading educators in this country, in an after-dinner speech, emphasized the great importance of a wholesome dietary to the man who aspires to great intellectual attainments, and, in closing, he earnestly invited us to establish a hygienic restaurant near the University. We felt that this was a suggestion that God would have us act upon, so accordingly we opened neat, homelike dining-rooms, almost under the shadow of the University buildings. We were compelled to go in debt for the entire thousand dollars that was necessary to successfully inaugurate this undertaking.

Mr. and Mrs. Musselman have had the general oversight of this enterprise, and some of our best young people have acted as table waiters. We feel that God has blessed this effort. From the very beginning the place has been patronized by the best class of students. They recognize the fact that the enterprise was not undertaken for commercial reasons, and they have not been slow to express their appreciation.

Within the last few months the patronage has increased to such an extent that it became necessary to greatly increase the seating capacity of our dining-rooms. This institution affords a splendid opportunity for those who would like to start similar enterprises in other cities, to come and connect with this work for a few months, thereby gaining valuable experience that would save much expense and many mistakes.

We should be glad to open correspondence with those who feel interested in hygienic restaurant enterprises.

The Good Health has for more than a quarter of a century been the aggressive exponent of practical health ideas. It is gradually enlarging its scope of usefulness by becoming more of a popular medical magazine. It would be difficult to conceive how a dollar could be better invested than in a year's subscription to *The Good Health*. Address, *Good Health*, Battle Creek, Mich.

IN BRIEF.

Ned and Millis Collins of Cedar Lake, Mich., have recently entered the Chicago Training School.

Brother and Sister Ingles, of Wisconsin, have come to assist in the work at the Life Boat Mission.

Dr. Holden is spending his summer vacation in assisting in medical lines in our institutions on the Pacific coast.

Mrs. E. G. Lawrence, medical matron of the Nebraska Sanitarium, has accepted a position in our Chicago work.

Lurline Lawrence, of College View, Neb., has been employed as stenographer in the LIFE BOAT office.

Dr. and Mrs. Paulson recently spent a week at Saratoga, N. Y., attending the annual session of the American Medical Association.

Laura L. Fisk, of the medical class, will spend her summer's vacation assisting in the various departments of the Chicago Medical Missionary work.

Dr. Selmon is taking a course in advanced medical work in the University of Chicago.

Ida Poch, Rosa Ziegler, Edith Lipsey, Grace Richmond, Mrs. Mattie Jensen, Mabel Hebard and Selma Dahl have recently connected with the Chicago Branch Sanitarium.

Edna Langley, Alice Burghardt, Selma Just, Empress Brickey and Mabel Kennedy are all enjoying a well earned vacation at their respective homes.

Our workers in the dispensary on Halsted street, and our nurses, gave the junior medical students a farewell reception at the close of their school year.

T. A. Logan and wife, of Canada; M. D. Smith, of Arkansas, and M. E. Mickelson, of Wisconsin, have responded to our recent call for helpers and are now connected with the Workingmen's Home.

A number of the junior medical students will spend their summer's vacation laboring in the various departments of the Chicago medical missionary work.

THE PRISON LIGHT.

This is a prison paper edited and published by two life time prisoners in the State Penitentiary at Rusk, Tex. It is a bright, up-to-date prison magazine, and a perusal of its pages gives one a glimpse of the prison situation from the standpoint of the prisoner.

Subscription price 50c per year. Address *Prison Light*, Box 103, Rusk, Tex.

SAN FRANCISCO MEDICAL MISSIONARY AND BENEVOLENT SOCIETY.

Under supervision of the California Medical Missionary and Benevolent Association.
Headquarters, 995 McAllister Street.
Phone Page 8012.

W. S. SADLER, President.....995 McAllister Street
B. F. RICHARDS, Vice-Pres't.....1123 Ellis Street
E. E. PARLIN, Sec. and Treas., Room 208 Parrott Bldg.

Branches:

HYDROPATHIC DISPENSARY.....916 Laguna Street
VISITING NURSES, Headquarters: 995 McAllister St.
CHRISTIAN HELP BAND916 Laguna Street

Associate Institutions:

THE SANITARIUM.....1486 Market Street
VEGETARIAN CAFE.....755 Market Street
HELPING HAND MISSION....641 Commercial Street

APPRECIATIVE WORDS FROM A PRISON OFFICIAL.

EDITOR OF THE LIFE BOAT,

Dear Sir:—I must beg your pardon for the delay in acknowledging the receipt of your valuable LIFE BOAT. They came duly to hand and were distributed among the prisoners and under the divine blessing will do good, as the testimony of not a few convicts declares. Inclosed find two notes expressing the effect of the reading of the LIFE BOAT. These notes are keynotes that sound the praise of the good you are doing by the publication and generous distribution of your paper. Will be pleased at any time to receive THE LIFE BOAT. Thanking you for your kindly interest in the spiritual welfare of the prisoners, I am,

Yours truly,
_____, Chaplain.

AN ACCOUNT OF THE MARTINIQUE DISASTER.

The undersigned, who has been confined to her bed, and a great sufferer for several years, who has a son who has been confined to his bed and helpless for more than three years, and who lost her home by fire four years ago, earnestly asks the reader to aid her by purchasing from her the following described book:

History of the people of St. Pierre and of the terrible disaster that recently occurred there, also accounts of many other great disasters that have occurred, including that of Pompeii, written by Hon. Wm. A. Garesche, for five years United States consul at Martinique. The book will contain nearly five hundred pages, printed on the best quality of book paper. It will be illustrated with

many pictures, reproduced from photographs and drawings from life. Cloth, price \$1.50; Morocco Grained Texoderm, price \$2.25.

The writer believes the book will give satisfaction. Please purchase to assist me in my perplexing situation and trouble.

Remit by money order. Do not send checks. Address, Mrs. Dora A. Grant, Patten, Maine. Penobscot Co.

THE LIFE BOAT AS AN ADVERTISING MEDIUM.

The circulation of THE LIFE BOAT is increasing at a very rapid rate. One year ago we were printing only about seven thousand copies each month. For the past six months our circulation has been above fifteen thousand; last month we printed twenty-five thousand. At the rate our subscription list is increasing at the present time we shall soon print even larger editions than this. We desire to insert a few more thoroughly reliable advertisements. We know of no other advertising medium through which to reach such a good class of readers at such a low rate.

ADVERTISING RATES.

One full page, one month.....	\$15.00
three months.....	30.00
One-half page, one month.....	8.00
three months.....	16.00
One-fourth page, one month.....	5.00
three months.....	10.00

The above rates are for space in advertising pages only. For advertisements to be inserted on other pages, special rates will be quoted upon application.

SEA SHELLS. Collection of **25 SHELLS** by mail for **25 CENTS**. Stamps taken. Each shell a different variety, with engraved list. Shells for making Shell Wire Jewelry, Tools, Gold Wire, etc., for beginners. A good, paying business. Send for list. **J. F. Powell**, Waukegan, Ill.

Our Directory.

American Medical Missionary College, 2 and 4 33rd Place.
Chicago Branch Sanitarium, 28 33rd Place.
Chicago Medical Mission, 2 & 4 33rd Place.
Workingmen's Home, 1339 State Street.
Life Boat Mission, 436 State Street.
Life Boat Rest for girls, 442 S. Clark Street.
American Medical Missionary Dispensary, 3558 Halsted Street.
Hygeia Dining Rooms, 5759 Drexel Ave.
Chicago Medical Mission Health Food Store, 3314 Cottage Grove Ave.

SUMMARY OF THE WORK OF THE
VARIOUS INSTITUTIONS AND DE-
PARTMENTS OF THE CHICAGO
MEDICAL MISSION FROM
APRIL 15 TO JUNE 15.

Treatments given.....	1,339
Examinations	20
Prescriptions	10
Office treatments.....	320
Surgical operations	13
Admitted to surgical ward.....	13
Garments given.....	75
In Children's Christian Home and Branches	30
Days nursing.....	250
Meals served (penny lunches).....	13,572
Lodgings given.....	6,805
Used free laundry.....	3,649
Attendance at gospel meetings.....	6,000
Gospel meetings held.....	125
Bible classes conducted.....	35
Testaments and Bibles given.....	450
Pages of other literature distributed...	1,000
Requests for prayer.....	523
Testimonies given.....	750
Tracts distributed.....	300

DONATIONS.

LIFE BOAT REST.	
Addie F. Bigelow.....	\$ 1.50
Nancy J. Cady.....	1.00
Mrs. M. S. Carle.....	2.50
Mrs. Della Carnish.....	.30
R. Eden.....	.25
Frank Endriss.....	.50
Mrs. Emma Fellow.....	.10
Reuben Ford.....	.10
A Friend.....	1.00
Mrs. Mamie Howell.....	.25
Thos. T. Heald.....	8.00
Mrs. E. B. Hodgins.....	.50
Rhoda Harrison.....	1.00
Mrs. E. J. Johnson.....	1.00
Mrs. M. E. Klein.....	2.00
Mrs. L. M. Lesesne.....	.75
L. G. Moore.....	3.59
Mrs. Bessie Mackin.....	.25
Florence L. Morse.....	.10
Laura Neuman.....	1.00
Clarence E. Powers.....	3.00
Isaiah Rhiner.....	.25
A. J. Thompson.....	1.00
Harriet Wilkie.....	5.00
May Wakeman.....	1.75
Mrs. Chas. J. Whitney.....	3.00
Miss J. R. Archibald.....	1.00
John J. Bauer.....	3.50
Mrs. E. Blakely.....	1.00
Mr. Burleigh.....	3.00
Mr. and Mrs. Rice.....	4.00
Mrs. Doerr.....	.50
Mr. and Mrs. Hurd.....	2.00
Mrs. E. J. Welsh.....	1.00
A Sister.....	.50
Miss Cutler.....	.85
Mrs. and Miss Miller.....	3.00
Mrs. Bliss.....	1.00

Mrs. Cook.....	2.00
Mrs. Heald-Wilton.....	.25
Miss Rich.....	.25
Miss Victoria.....	1.00
Mrs. Hull.....	.25
A Friend.....	5.00
Mr. Gossard.....	8.00
Miss Margaret Beck.....	.50

\$78.29

CHILDREN'S HOME.

George, Arthur and Gertrude Harlan...	\$ 1.05
Isaiah Rhiner.....	.25
A. J. Thompson.....	1.00

\$2.30

VISITING NURSES' FUND.

Mrs. L. G. Ingersoll.....	\$ 1.00
E. C. Clark.....	5.00
Mrs. H. B. Tilden.....	.50
Mrs. A. C. Clawges.....	1.25
Daniel Payton.....	.50
A Friend.....	.25
Henry Finn.....	10.00
Clarence E. Powers.....	2.50

\$21.00

WORKINGMEN'S HOME.

Hildah Bucht.....	\$ 3.00
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SLEEP OUTS.

Mrs. A. C. Clawges.....	\$ 5.00
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LIFE BOAT MISSION.

Sarah Altman.....	\$ 2.00
T. R. Angrove.....	4.25
Tillie Brink.....	1.20
A Sister.....	.70
B. C. San. Helpers.....	20.00
Miss Cook.....	1.00
Mrs. Geo. W. Davis.....	1.00
Frank E. Endriss.....	.50
Ole Nelson.....	1.00
A. G. Paris.....	.25
Miss Eva Gregory.....	1.00
Harstman & Nister.....	5.00
Thos. T. Head.....	6.75
Miss. Dept. Ia. Con.....	1.00
John Ramsey.....	.75
Neenah Church.....	1.78
C. W. Wright.....	1.00

\$49.18

FREE BEDS.

Clara L. Allen.....	\$.10
Nettie Ashton.....	.50
Miss J. R. Archibald.....	1.00
Edith Barbee.....	.10
Mrs. J. W. Beams.....	
E. A. Brown.....	.10
Mrs. Bartlett.....	.10
Mrs. A. C. Bell.....	2.50
Wright Barker.....	.25
E. L. Cooper.....	.10
Ella Coglizer.....	.10
Julius Christensen.....	.10
Mrs. Mary A. Dunn.....	.10
Mrs. Frank Dibert.....	.25

The Life Boat Supply Department

28 Thirty-third Place
CHICAGO, ILLINOIS

WE SELL EVERYTHING MANUFACTURED

Our arrangements with some of the leading wholesale houses and manufacturers in the West enables us to furnish the newest and best goods at prices that will be a considerable saving to our patrons. It is not our desire to realize large profits; in fact, we only wish to make this department a financial aid to The Life Boat and its work. We feel assured that our friends will give us their hearty support and co-operate with us in making this department a success.

All the earnings of The Life Boat Supply Department will be used to assist in maintaining the various departments of the Chicago Medical Mission.

We can furnish anything you want at prices that will save you money. We can duplicate and, in many instances, discount the lowest prices. We will be pleased to quote prices of any article that you may desire.

If you are thinking of purchasing a Bicycle, write us. We can save you money. We have arrangements with the largest bicycle manufacturers in Chicago and we can quote you prices that will please you.

If any of our institutions or private individuals are in need of wheel chairs or any invalid supplies be sure to write us, as we have special rates on these things.

**GRAND
TRUNK
RAILWAY
SYSTEM**

Muskoka—"Clear Sky Land"

Is an Indian word that fittingly describes one of the most delightful spots for a summer outing on the American continent.

The **New "Royal Muskoka" Hotel**

IS UNSURPASSED FOR LOCATION,

Without a rival in the perfection of its appointments and the excellence of its cuisine.

Descriptive literature, time tables, etc., can be had on application to

GEO. W. VAUX,

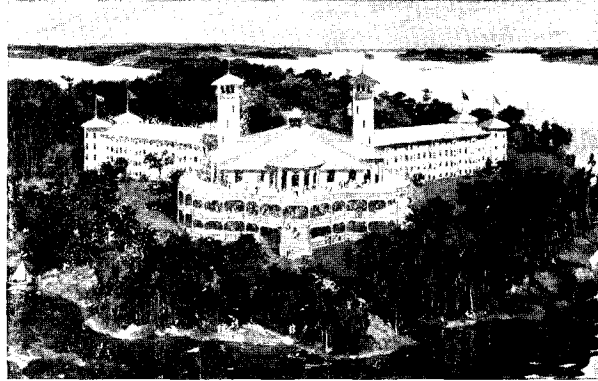
Asst. Gen. Pass. and Tkt. Agt.

**GRAND TRUNK
RAILWAY SYSTEM**

917 Merchants Loan and Trust
Building,

135 Adams Street,

CHICAGO, ILLINOIS.



"ROYAL MUSKOKA" HOTEL.



**Burlington
Route**

DINING CARS À LA CARTE

BY paying close attention to little details and by providing only the best of everything, our dining car service à la carte now has an international reputation.

We carry dining cars on all of our express trains from **CHICAGO and ST. LOUIS** to

**ST. PAUL
MINNEAPOLIS
OMAHA
KANSAS CITY
DENVER**

P. S. EUSTIS, Gen'l Pass. Agt.
C. B. & Q. R. R., CHICAGO, ILL.



Summer Trip California

*It's cool in California, by seashore
and in mountains.*

*Pleasant journey on the Santa Fe
through Southwest wonderland—
a mile up in the sky.*

Cheap round-trip, Aug. 2 to 10, \$50, from Chicago.

\$47.50 from St. Louis, \$45, from Kansas City.

Low rates from East generally.

*On the way see Grand Canyon of Arizona
and Yosemite.*

*The California Limited, best train for
best travelers.*

Semi-weekly, Tuesdays and Saturdays.

Chicago to Los Angeles and San Francisco.

Illustrated books on request.

*General Passenger Office
The Atchison, Topeka and Santa Fe Ry.
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