

"The Mission of Obstacles"—Dr. J. W. Kellogg

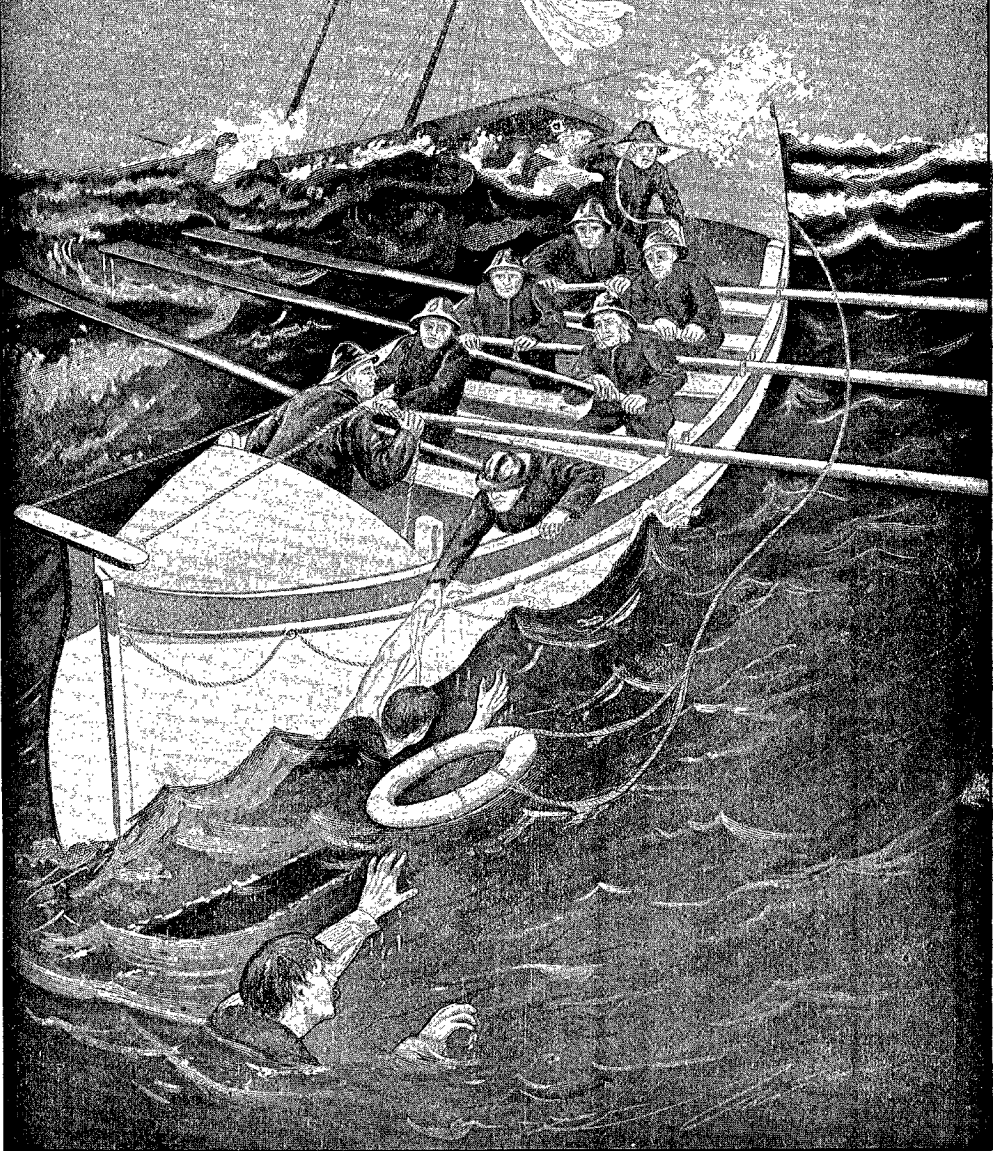
Published Monthly

March, 1903

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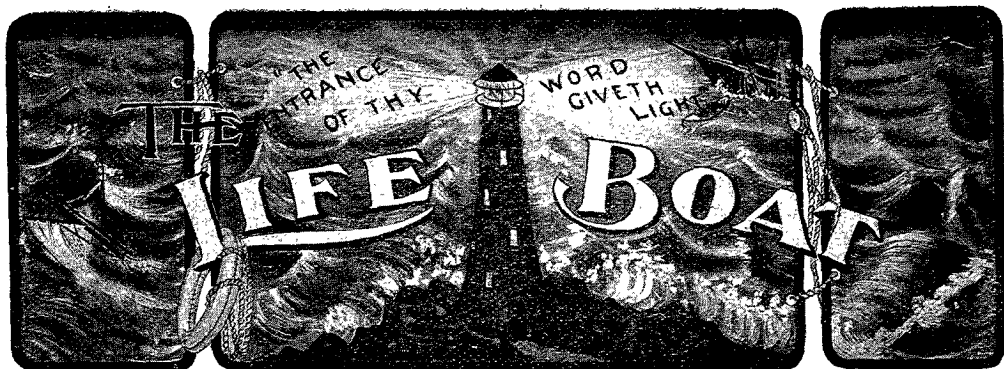


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An Illustrated Monthly Journal Devoted to Charitable, Philanthropic,
Health and Soul-Saving Work

Volume VI

CHICAGO, ILL., MARCH, 1903

Number 3

THE MISSION OF OBSTACLES.

J. H. KELLOGG, M. D.

SUPT. BATTLE CREEK SANITARIUM.

Often when we try to do certain things and do not succeed, we are tempted to sit down and wait for the obstacle to be removed. This is a mistake. Moses was educated in the best schools of the world. He had a plan to deliver the children of Israel and yet he had to flee for his life from the people he loved. He was compelled to herd sheep for forty years, yet he did not abandon the cherished purpose of his life.

When the children of Israel came to the Red Sea, there seemed to be no chance for escape. Psalms, 77:15-20, show us that they did not have such an easy time in crossing the Red Sea as we may have imagined. There was a terrific upheaval of nature, a cyclone, an earthquake and a whirlwind, all at the same time. We need not expect a less trying experience than the children of Israel had.

When I was in Palestine, I saw a shepherd leading a long train of sheep. It was not necessary for them to know the way, they simply followed the shepherd wherever he went. Sometimes he led them over rough paths, but they were not afraid of being lost. So we should be willing to follow our Shepherd though He leads us over rough paths.

While the children of Israel were in the wilderness, there was sand everywhere. Their lips were parched, and these children were almost perishing for water, yet all this was no evidence that they were on the wrong road.

David was confronted by obstacles. After

he had been anointed king, instead of sitting on the throne, he was compelled to flee from one cave to another to escape Saul.

Nehemiah had plenty of obstacles. He did not have an army to help him build the wall around Jerusalem. He simply organized the people who were at hand and they worked so earnestly that they did not take off their clothes except for washing until the wall was finished. He might have said: "Lord, I can't build this wall. I have no army, no skilled workmen, and no suitable material." But he did not say that; he went to work and finished the work God had given him to do. So we find in our own experience that much of God's work must be done in the face of apparently insurmountable difficulties.

After three and a half years' ministry on the earth, Christ left only a little church of cowards to represent His cause. Surely that must have looked like a failure.

Paul was shipwrecked and put into prison, but even when he was handcuffed to a Roman soldier he did not think it was impossible for him to preach the gospel. He did not say that the Lord would certainly excuse him because he did not have a meeting house, and a large congregation, but he wrote that he was having splendid opportunities to present the gospel, and he even had courage enough to proclaim the gospel after he was put into a dark and dismal dungeon.

Martin Luther met some great obstacles, but none of them were great enough to prevent his work from being done, and it was gloriously triumphant.

Some years ago I was traveling among the Alps, and at one time we rode rapidly down a very steep mountain with a dangerous precipice on one side. A little ahead of us I saw a turn in the road, and I felt sure we should be thrown over the edge of the precipice, but when we came to the turn we found that a stone wall had been built there.

Against this our conveyance jostled and then suddenly we turned off in another direction. That stone wall undoubtedly saved our lives. So, sometimes, when we are going straight ahead and everything looks smooth, the Lord knows there is a precipice just ahead and he puts some obstacle in our way. When we strike against it, we are turned in the right direction. God permits us to have just enough trouble to keep us in the right way.

Jonah did not want to go to Ninevah, so he took a ship sailing in another direction, and perhaps he was congratulating himself on the nice time he was having, when the storm came up and he was cast overboard, swallowed up by the great fish and carried back to Ninevah. So, sometimes, a net of circumstances will weave itself about our feet and take us just where we ought to go. The things we sometimes regard as luck are in reality the providences of God.

To be certain we are right, we must have, as it were, a vision of our duty. One day when I was a boy I was sitting on my mother's doorstep and she asked me what I expected to do when I became a man. I said: "Mother, I will be anything but a doctor." It seemed to me to be such an awful thing to cut off people's limbs, and doctors seemed to me to be hard-hearted wretches. I afterwards studied very seriously over this matter, and suddenly I seemed to get a picture of my life's work. I was standing in the door of a little log school house and children were coming toward it. I was smiling at them and beckoning for them to come in, and it seemed such a sweet thing to be doing. Then I began to study as much as I could about methods of education, and when I was sixteen years old I commenced to teach school. Finally, a train of circumstances led me to study medicine and then to practice, and then nearly every day I would say: "Oh, if I could only go back to that little school house." I was

so miserable, and I asked the Lord why He did not let me do the thing I wanted to do.

By and by a neighbor died and his little child was taken to our house, and a little later I read in a newspaper of some wretched children in Chicago, whose mother had died, and they were sitting beside the corpse eating the ends of tallow candles to satisfy their hunger.

I telegraphed that I would take them. Soon we had six children, and others came in various ways, and in a short time we had thirty or forty. Then the Lord put it into the heart of a wealthy lady to donate us a large sum of money, with which we built what is now known as the Haskell Home. At the present time we have more than a hundred children there and I still have twenty in my own home. A few years ago, while I was looking at these little ones, it came to me all at once that the Lord was letting me do the *very* thing I *wanted* to do, and I praised His name, while tears of joy ran down my face.

You may be sure that if you have any good intentions in your life God will certainly give you an opportunity to carry them out. It may take a long time before you are ready. It took me twenty years before I could carry out my cherished idea, but all the while I was getting a preparation for it.

Ask God to give you a glimpse of your duty and then make up your mind, no matter what obstacles come in your way, that you will surmount them. When you have climbed to the top of the highest mountain peak of obstacles, you will see the Promised Land on the other side.

[Extracts from a talk given to the Chicago Medical Missionary workers, December 27, 1902.]

ARE YOU HAVING ANYTHING OF HEAVEN ON EARTH?

The amount of heaven that the Lord can trust us with, depends on how much of heaven we have within us. If you had been in heaven today in your present spiritual condition, you would have had no more happiness than you have had today. The Lord gives us each day all the heaven we can make use of. If you desire more heaven about you, allow more heaven to come into your souls and by and by you will be fitted for that heaven of light which is hereafter.

THE LIFE BOAT OVERLAND TO THE PACIFIC COAST.

A few weeks ago Miss Mary Smith and Miss Alice Burghart, both workers in the Rescue Department of the Chicago Medical Missionary Training School, started, for the Pacific Coast, via the Rock Island system. Their plan is to stop at all of the important cities, en route, in the interest of soul-saving work. They expect to defray all of their expenses by the sale of **THE LIFE BOAT**. Although they have been gone but a short time they have already ordered six thousand copies and they have met with the most encouraging experiences at every turn. We quote a few extracts from their letters, knowing that all of our readers are interested in their missionary tour.

The second day after starting, they wrote us they had been comfortably located and had taken in \$15 above their expenses.

Grinnell, Iowa.—“Today, more than ever, have we been convinced that God has sent his angels before us and prepared the hearts of the people. While we were working on a business street, I went into an office, and not using more than two dozen words, and presented **THE LIFE BOAT** in the usual way, with the expectation that I would be handed a nickel and pass out. A gentleman handed me a dime, and I reached for a nickel to change it. Suddenly he turned to a safe in the corner, and returned with a dollar in his hand, remarking, “Take this, if you can use it in the work.” I knew it was nothing I had said which had caused him to do this, but God’s spirit had touched his heart.

“In a drug store, there were two men standing inside, and as I entered, one said with great surprise, “**THE LIFE BOAT!** why I bought one of those in England.” Then he said to his friend, “And I tell you those people are doing a great work. Just think, they go right down into the most dangerous places at the risk of their own lives to take to others these life saving truths.”

“Iowa City—It is one week since we started and we feel more rested than when we began. We have had good food and a warm comfortable bed every night, and everyone has been more than kind to us. We sold 186 **LIFE BOATS** yesterday.

“I found two young men who said they had **THE LIFE BOAT** sent to them in prison, and how thankful they were they could buy it now. One of them said: “There must be lots of you people in this business.”

“Des Moines, Iowa.—We have spent a very enjoyable time here. Yesterday we went to a Sunday School gathering, and really I have not spent a happier hour since leaving Chicago. The children all listened spellbound while we related to them a few incidents of Chicago life among the poor children. We were introduced to them as two missionaries, without

scrip or purse, on their way across the continent to carry the Savior’s message.

“The other day while waiting for a car, a man came up to me and said, “Are you selling those?” I had not been canvassing there because of being very tired after the day’s work. I said, “Yes.” He handed over a dime, saying, “I want one. I bought one some time ago, and I liked the reading very much, but it has been misplaced somewhere and I want another.” So when we are too weary to be very active, the Lord sends some one around to get them.

“When we first started, we always passed by the banks. Now we never pass by any place, and always go into the kitchen of hotels and eating houses for their hired help want **THE LIFE BOAT**.

“Council Bluffs, Iowa.—The last two days, we have taken subscriptions from merchants, saloon-keepers, storekeepers, lawyers, policemen, station masters, dentists, bankers, tailors, hotelkeepers, farmers, bootblacks and the Irish, German, French and many others and in all manner of circumstances; through ear trumpets, speaking tubes and all sorts of ways. We try to give everybody a chance. Yesterday while we were in an office, a man said, “Yes, I would like to take **THE LIFE BOAT**, but I haven’t a cent of money.” He had met me at the door in a careless, reckless way with a cigar in his mouth. Removing the cigar, he dropped his head and in a lower tone of voice said: “I have been spending all the money I could get in the past few months. I have been having a great deal of trouble this last winter; I lost my wife and little child, so I don’t much care for anything any more.” I replied, “Don’t you know that if you live a good life here on this earth and do what’s right you have the promise of meeting your loved ones on the other shore?” “That’s so,” he said. I handed him a **LIFE BOAT**. He could not say anything, but swallowed to keep back the tears and without raising his head, nodded, “I thank you.” As I left him reading the paper, I asked God to direct him to some article or sentence, or Scripture text which would help him to plant his feet upon the solid rock, and I have faith to believe that he did.”

Miss Burghart writes from College View, Nebraska.—“One afternoon, I worked about two hours in all and I sold 100 **LIFE BOATS** and had some grand experiences. In one day’s work, we took in about \$9.00 and sold about 175 **LIFE BOATS**. The children here are wild over the **LIFE BOAT** work.

“We had a grand experience at the penitentiary today. Three hundred prisoners were marched out and seated on benches in two long lines on each side of a long table. Upon a dry goods box at the end of the room, Dr. Edwards spoke to them about their bodies being the temples, in which God is working in every organ and tissue. Then Miss Smith gave a little talk about our work for pris-

oners, telling them we tried to interest some one in the vicinity of the prisons who could be put in correspondence with them and would help them when their term expired.

"They read THE LIFE BOAT with pleasure. Many were moved to tears. I trust God will water the seed sown.

"We were given the privilege of shaking hands with the prisoners and getting acquainted with them. While I was talking with a couple of men, one said 'If I had ever had a kind word spoken to me before, I would have not been in this place.' Then the other one said, 'Yes, that is the way with me, and when I get out of here, I am going to do all I can to help you people, and I am going to do all I can to keep other fellows from getting in here.'"

Miss Smith wrote from Fairbury, Nebraska.—"We spoke to a crowded house in the Mission. The next morning we sold LIFE BOATS for two hours and took in \$10. In the afternoon, we talked to a ladies' club."

From Beatrice, she wrote: "I sold in one forenoon one hundred LIFE BOATS. A man said today, 'I have seen enough of religion, I want to see some *doing*.' Another man said, 'That takes my beer,' when he bought the paper."

Miss Burghart wrote from Beatrice: "This is a splendid town for work. In three and a half hours, I sold one hundred and fifteen papers, and received for the same \$10. In the afternoon, a man called to me: 'Here, wait a minute; I want one of those papers,' and as I looked around, I saw him running toward me holding out the money, but I did not have a paper left. Today at three different times, a little child came running toward me holding out its hands and saying, 'Give me a paper; I want one of those little papers.'"

"One man said: 'I shall do all I can to help you. I am a poor man, but I will deprive myself of something and take it for a year.'"

"It seems to me the farther west we go, the easier THE LIFE BOAT sells.

"We are of good courage and God is blessing us."

WHAT I FIND IN THE BIBLE.

S. N. HASKELL.

EDITOR OF "THE BIBLE TRAINING SCHOOL."

I find an introduction to God through Jesus Christ, my Lord. Many have heard the name of God, but few are acquainted with Him. There is no being in heaven and earth who is so grossly misrepresented as God and his son Jesus Christ, and that often by those who profess to be His best friends. They make Him a stern judge without mercy and full of partiality. This is the devil's old, original lie, told over and over again. God forgives sins; not as man forgives, for when

He forgives sin it cannot be found. "The sins of Judah shall not be found: for I will pardon them whom I reserve." Jer. 50:20. "Who is a God like unto Thee, that pardoneth iniquity, and passeth by the transgression of the remnant of his heritage? He retaineth not His anger forever, because He delighteth in mercy. He will turn again, He will have compassion upon us; He will subdue our iniquities; and thou wilt cast all their sins in the depth of the sea." Micah 7:18-19.

In the depths of the sea is an undercurrent which sometimes sweeps vessels so they cannot be found. David says, "As far as the East is from the West, so far hath He removed our transgressions from us." Psa. 104:15. The distance between the East and the West on a round world is so great that one is always opposite the other. Then should we go to the opposite side, they would ever be opposite us. Again, "Thou hast cast all my sins behind thy back." Isa. 38:17.

These four expressions tell us how God forgives sins:

1. They cannot be found, for He pardons them.

2. He casts them into the depths of the sea, so they are carried away.

3. They are as far from us as the East is from the West.

4. They are cast behind God's back so that he cannot see them to be reminded of them. This is the way that God forgives sin. But the best is to come. "I, even I, am he that blot-teth out thy transgressions for mine own sake; and WILL NOT remember thy sins... Put me in remembrance; let us plead together; declare thou, that thou mayest be justified." Isa. 43:25-26. Here is another expression added to the list. "Blotteth out," and He promises *not to remember them*. When we confess our sins and put them away and become another man, God forgets them. He no more remembers them at all. Then, as a climax to all of this, He says, "Put me in remembrance of all this." That is, come and tell God what He has promised. Surely, there is no God like this! No heathen god forgives in this way. Man does not do it. But the God of the Bible does, and thousands testify to this.

Again he accepts the ungodly, "To him that worketh not, but believeth on Him that justi-

fieth the ungodly, his faith is counted for righteousness." Rom. 4:5. Are you ungodly? If so, come to the Lord and confess your sins and take to Him the promises He has made, and He will accept you, forgive you, cast your sins in the depth of the sea, forget them, cast them behind his back, hide them where they cannot be found, remove them as far as the East is from the West. The Bible introduces you to such a God as this. It brings to you this pardon. *This is the God of the Bible.* Try Him. Do it now.

"Return unto the Lord thy God; for thou hast fallen by thine iniquity... I will heal their backsliding. I will love them freely; for mine anger is turned away from him. I will be as the dew unto Israel: he shall grow as the lily, and cast forth his roots as Lebanon. His branches shall spread, and his beauty shall be as the olive tree, and his smell as Lebanon. They that dwell under his shadow shall return. They shall revive as the corn, and grow as the vine; the scent thereof shall be as the wine of Lebanon." Hosea 14: 1-7.

A SOFT ANSWER TURNETH AWAY WRATH.

NINA NEWELL CASE.

In answer to my knock at a door, a woman opened it just a few inches. Her face wore a deep scowl and she spoke in a very unpleasant voice, saying that she did not want my paper. I smiled and said, "All right," but did not turn away. She said, "I am awfully busy today—but what is the paper that you have there?" She invited me in, but I did not say anything about THE LIFE BOAT. I told her about our different lines of gospel work, and, almost before we knew it, a half hour had passed away. I said that I would not keep her longer from her work, but she replied that she wanted to hear more about the work. "Why is it," she said, "that you are out such a day as this selling your little papers? I am sure that you could earn more money in other ways." I told her that we were in the work because we loved to do the Master's work.

Before I went away, I had a little Bible reading with the woman and she invited me to come back again, and several times since then we have held very profitable and interest-

ing Bible studies with her. The first time I called at this house she did not have any Bible, so the next time I called I gave her one of mine. I am glad that by means of this paper we can draw near to the hearts and homes of many such people who are honestly and earnestly seeking the truth.

TO MY DISCOURAGED AND DISHEARTENED SISTERS.

If you are discouraged; if life is a burden; if you feel lonely and that there is no one to help you in your hour of trouble; if you are tempted to end your life, and God impresses you after reading this article to write to me, please do so. Do not hesitate because of timidity or fear of publicity. We will consider all such correspondence as confidential.

My dear sister I feel deeply impressed that I must hold out to you this offer again, praying that God will use our correspondence to your good. The Scriptures teach us that we should each be our brother's or our sister's keeper; and I am asking you to correspond with me simply because I desire to be a help and encouragement to as many people as God will give me the privilege of helping.

Address Mrs. David Paulson, M. D., 28 33rd Place, Chicago, Ill.

GENERAL HOUSE CLEANING.

Soul-house cleaning includes more than merely sweeping out of the body the use of liquor and tobacco. It should also include a thorough cleansing of the home-life of every unhealthful and sinful habit and practice.

A lady in a distant city writes the following in reference to this:

"I feel much interested in pure foods and the rational treatment of disease. I am anxious to learn all I can in order to preserve the bodies of my husband, my child and myself as clean and wholesome temples of the Holy Spirit, and I wish to carry the good news to others.

"We gave up the use of pork, tea and coffee, last July, and in November when we went to housekeeping, I went into the pure food diet with my sleeves rolled up. We have now discarded the use of meat, lard and everything else that is detrimental to good health.

"I am looking forward with untold pleasure to an opportunity to visit you and learn more about healthful cooking and how to live healthfully.

"The business firm allows my husband so much each day for his board, and by living on health foods instead of hotel fare he has saved enough to pay for my railroad ticket to Chicago, and my expenses while there.

"My baby has been fed on a pure and healthful diet since he stopped nursing and he is a fine specimen of humanity."

PRISONERS' DEPARTMENT

OUR FIFTH ANNUAL PRISONERS' NUMBER.

The next number of *THE LIFE BOAT* will be one of the best ever published. We hope to place it in the hands of nearly every prisoner, not only in the state prisons, but as far as possible, in every county jail and city prison.

This number will contain the choicest thoughts from experienced workers who have had extensive experience in dealing with the needs of humanity, and who are thus well

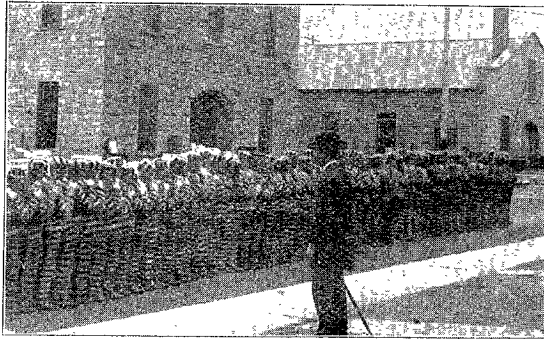
somebody to show me the way I was going. I have made a new start and I want you all to pray for me that I may prove faithful.

Yours very truly,

RUSK, TEXAS, PRISON.

DEAR BROTHER IN JESUS:

I will take the pleasure of writing a few lines to the dear friends of *THE LIFE BOAT*. I think it is the best paper I ever read. I



THE LOCK-STEP.

One Dollar will put a copy of the next *LIFE BOAT* in the hands of fifty of these men.

qualified to write helpful and inspiring articles.

Order at once a liberal supply for the prisoners in your vicinity.

IONA, MICH., PRISON.

Dear Friends—I take the privilege of writing you a few lines to let you know how glad the boys are here to get *THE LIFE BOAT*. Some of them are telling me that they can get more good out of it than they do out of any other paper. There are a lot of boys in here who want to live a better life. I am glad I got hold of *THE LIFE BOAT*, for it brought me for the first time, face to face with my wicked life. Oh, what a lot of trouble I would have saved myself if I had had

would be very thankful if you would send it to me once every month.

Dear friends, could you but for a day behold the darkness and superstition that there is in such heathen holes as these saloons and dives. If you could only hear their sad groans and pleading for mercy, or think of the sad pain in their mother's hearts.

I want to help you in this slum work.

ON THE STRAIGHT AND NARROW TRAIL.

STATE PRISON, Sugar Station, Utah.

Dear Sir—It is a pleasure to receive a letter from a friend on the outside as it shows that although we are in "durance vile"

we are not without friends besides the one we all have in heaven.

I have been receiving *THE LIFE BOAT* regularly, and the June number was on a very interesting subject, for the cigarette is a very great curse to the youth of the present time.

My time expires on the 26th of December, 1903. Eighteen months and fifteen days yet, but that will not be long for each second is one nearer to freedom. I have been feeling a great deal better since I started to take that straight and narrow trail. Many people claim we are fools for serving the Master, no matter what our station in life may be, but if they could only know the peace and joy that we have then how different they would feel about it. I must close as the bell will soon ring for breakfast. Hoping to hear from you soon, I remain,
Yours truly,

THE INFLUENCE OF A KIND WORD.

FRANK W. GREGG.

The deplorable custom of reserving kind acts until after death and then showing them by placing flowers on their graves, reminds me of an incident that took place, while I was in a state prison.

Some years ago a man was convicted of murder and was sentenced to this institution for life. The only name by which he was known was "French Joe," and when he entered prison he even lost that name, and became known only by a prison number.

Joe was so unfortunate as to have no living relatives, therefore during the long years of his confinement, he never received a letter or a friendly visit. Other men received mail night after night, but the letter carrier never stopped at French Joe's cell. Men were called out to receive visits from brother, sister, mother, wife and sweetheart, but French Joe never received a visit except from the chaplain or the warden.

Life held no pleasure for him. Prison life at best is dark and gloomy, but for the average man, even in prison, some pleasure can be found, yet "French Joe" seemed to be denied all pleasure.

He brooded over the past and became silent; and even when conversation was permitted, he refused to associate with his fellow-convicts? What darker picture can be imagined?

So dark that not a ray of light could penetrate that prison cell. Yet, a time came when a ray of light did reach "French Joe," buried as he was, for life, in this prison.

One Christmas eve "Joe" hung out his stocking upon the barred door of his cell and went to bed. No one can tell whether he expected to receive a present or not; no one knows what thought prompted this act; but as the prison guard, when taking his count, passed "Joe's" cell, he noticed it and reported the fact to the captain of the night guard. The captain narrated to him "Joe's" story of crime, drunkenness and misery, and while the guard was hardened by such instances, "Joe's" story touched a chord that responded, and taking a piece of cardboard, he wrote upon it these few words: "God knows that I can do nothing to help you in here, but I hope the *future* contains a brighter prospect than the present." He signed his name, took the cardboard and, together with a match, he dropped them through the bars into the stocking in "Joe's" cell. He rapped on the door with his key to awaken "Joe," and calling his attention to the note and the match, passed on.

Lighting the match, "Joe" read the message of sympathy. Who can tell the thoughts that were awakened in the mind of that convict, as he read the first message of sympathy that had been granted him in years? Could his mind have been read, what a story it might have told that would have echoed through the years of the future, to brighten the lives of many others in like positions; but this can never be known.

The next night a prayer meeting was held, and "French Joe," for the first time, arose to his feet and addressed the meeting. He told of the message of sympathy he had received the night before; he told something of his circumstances in the prison, lonely and alone; and then as a fitting climax, he calmly and deliberately resigned his soul to God, expressing it as his intention, whether he ever lived to see the outside of prison or not, to live a life that would be acceptable with Christ; for, as nearly as I can remember, his words were something like this: "If there is an influence in life that can cause a prison guard to recognize the misery of a convict like me, that influence must come from God;

and if there is a God who can recognize the misery of mankind to such an extent as to send a ray of light into a prison cell to a convict like me, I wish to place my life in the keeping of that God."

Within forty-eight hours from that time "French Joe" was carried out of the prison in a box, lifeless. That box bore no name; simply a prison number. Nameless in death as in life, he had ended his earthly career, not knowing that he had a friend on earth except the prison guard; but he had one in heaven.

A brother of this guard, knowing the circumstances surrounding Joe's life, gave him a respectable burial. More than that, the papers said that no funeral that was ever held in that city equaled in grandeur the funeral of "French Joe." Hundreds of dollars were expended in flowers that covered the casket, and the sermon that was preached at the side of the grave, was one long to be remembered by those who heard it, and went on record as one of the best sermons ever preached by the chaplain of that prison.

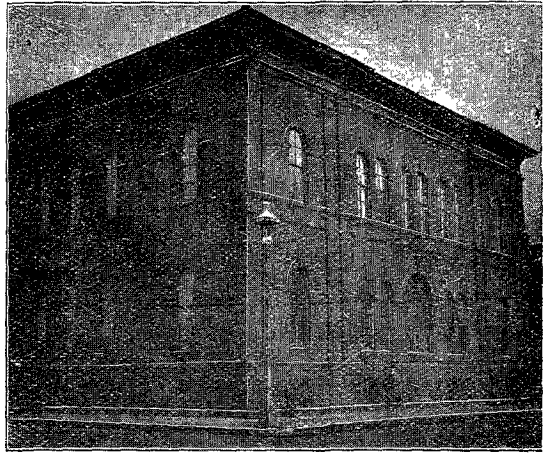
No one can tell where the influence of a kind word will end. The guard who gave this message of sympathy to Joe probably had no thought that he was raising from the depths of despair a soul that had not known light for years—a soul that had suffered enough torture to drive the average man insane; but yet, giving the message as he did, he not only brightened Joe's life for the few remaining hours of his life's sentence, but was the means of introducing to the life beyond one more soul from the darkness of sin and prison life.

WHAT A PRISONER DID DURING HIS SPARE MOMENTS.

DANNEMORA, N. Y.

Dear Sirs:—Recently *THE LIFE BOAT* came into my hands and in the back I saw a request under the heading, "When your time expires," for men expecting their discharge to write to you. Now that article fitted my case exactly, and I thought I would write and see if you could help me in getting employment. I realize only too well the hard road I'll have to travel all alone and I've been trying to prepare myself to work at some definite

thing. I received a five years' sentence and three years ago took up the study of the theory and calculation of electricity; with what little money I could earn I bought text books, and through the kindness of the officials I've been allowed at times to build a few dynamos and motors and to do other electrical repairing, and when leaving here I will take a machine with me in order to show what I am capable of doing. Of course I do not expect to compete with experienced hands but all I want is a chance. It has been no easy task for me in here to do a day's work and then go to my cell and sit up half the night in study, but it is nearly ended now as my time expires next month. I have not written a personal letter in four years and I hardly know what to say in order that you may know what I can do so you can find me employment; so please excuse all errors or omissions. Yours truly,



Harrison Street Police Station, where a corps of *LIFE BOAT* workers conduct services every Sunday forenoon.

The expense of the liquor traffic and habit-producing drugs are not so great items to be considered as the disappointed and broken-hearted wives and children who must bear the stigma of having husbands and fathers who are drunkards; fond ambitions crushed into the dust; happy family circles converted into domestic hells. These are the most deplorable features of this question, and cannot be estimated in dollars and cents.

Neighborhood Gospel Work

RELIGION UNDEFILED.

FRANK MARSHALL.

Not there in fretted temples
 Nor the church of mounting spire;
 Not in pomp of surpliced sermons,
 Nor the concert of the choir,
 Do I hear the gentle gospel
 Of a Savior meek and mild.
 For the show of creed and dogma
 Is not "religion undefiled."

But the ministry of going
 To the squalor of the slums,
 Down 'mid the sunken thousands,
 In the place of homeless homes;
 The warm Christ-heart that burneth
 With the old Judean flame;
 The cup of water given
 To the glory of His name.

Some word that speaks a message
 To the hearts that faint and tire;
 The love that guides the stumbling
 Through the pitfalls of the mire.
 That revives the sinking manhood
 Some temptation hath beguiled,
 Or hasteth to the need of widows,
 Is "religion undefiled."

That reaches to the gutter
 And raises him that fell;
 That makes this world a heaven
 And sayeth naught of hell.
 Some lowly said, "My brother;"
 That doth give him heart again;
 Some cheery, kind "God bless you!"
 Is that Gospel's true "Amen!"

Not the splendor of Cathedrals
 Nor the faith of velvet pews,
 But the love that feeds the hungry
 And gives the barefoot shoes;
 That lays its hand upon the forehead
 Of a fever tossing child—
 This is Jesus Christ's religion,
 The "religion undefiled."

When you go away from home, take your LIFE BOAT with you and show it to your friends. Ask them to subscribe for it.

"RUN, SPEAK TO THIS YOUNG MAN."

Zech. 2:4. Have you been trying to put off doing this until it is too late, when the Lord says, "Run?" That means to be energetic about it. He says, "Speak to him." That does not mean merely see him or bow to him, but say something helpful, elevating and inspiring that will benefit him to the last day of his life.

LOAN YOUR NEIGHBORS THE LIFE BOAT.

If every reader of this magazine would lend his copy to his neighbors we should doubtless receive many letters similar to this:

"Please find enclosed thirty cents for which send me THE LIFE BOAT for one year. One of my neighbors loaned me his paper and I was so attracted by it that I do not want to be without it."

THE "GO AND GET ONE" IDEA.

Have you been praying for the world in a general way, and preaching at a church and teaching to a Sabbath school class? That may be good, but there is something *better*. Determine to win at least *one* soul to Christ. Become his or her intimate *friend*, and win them by persuasive power, then concentrate your attention on another and then another. Mr. Moody did this so faithfully that he finally developed such a remarkable capacity, that when he was preaching to the thousands the individual felt that he was talking to him *personally*. Adopt the "get one" plan, and you will soon wonder why you had not tried it before.

DOES THE LORD NOTICE WHERE YOU ARE LIVING?

The Lord notices just where you are living "The Lord shall count when he writeth up the people that this man was born there." Ps. 87:6, And He has some good reason for allowing you to live where you are. Have you discovered it? If not, ask Him and He will soon show it to you.

WHAT ARE YOU SAYING TO YOUR BROTHER?

They helped every one his neighbor and everyone said to his brother, "Be of good courage." Do you sometimes talk discouragement and find fault and criticize God's work, workers and His institutions? If so, you are not fulfilling this beautiful prophecy, "the carpenter encouraged the goldsmith." The goldsmith was beating out gold leaf so thin that it would take hundreds of sheets to equal the thickness of an ordinary sheet of paper. He was working with the most delicate tools and had to be a man of extraordinary skill; while the carpenter was driving great spikes into heavy planks with a ponderous hammer. Yet this ordinary workman had received such an experience in Divine things that he could say something that would encourage the skilled goldsmith.

Does it seem to you that you have been given the most ordinary and humble work in God's vineyard? Yet you may study the Bible and cultivate such a character and develop such a missionary experience that the Lord will give you words that shall prove a source of encouragement to even the most skilled workmen in God's great mission field.

UNION COLLEGE GOSPEL CAMPAIGN.

OTTO J. GRAF.

Our students' LIFE BOAT campaign was one long to be remembered by the students of Union College. The school session was shortened, we had our dinners an hour earlier than usual and over a hundred enthusiastic students and teachers took the 1:10 street car for the city of Lincoln. An extra car had been provided by the traction company, so there was room for all.

On the way to the city the front end of our car left the track, but no one could be induced to swerve from his plan for the afternoon, viz., that of selling LIFE BOATS.

The territory had been carefully assigned, and the companies were well organized. Each person had from ten to twenty-five papers. In an hour or two nearly everyone had sold out and was endeavoring to get more at the headquarters, where those were to be left which could not be disposed of in the territory assigned, but were disappointed to find none there.

About a thousand were sold in a few hours, and many more could have been, had we had them. The following day we had a praise meeting instead of the regular chapel exercise. Many were the stirring and enthusiastic reports from the "Life Boat Crew."

We pray that God will water the seed sown and that this effort may be the means of starting many into permanent lines of missionary work. May the Lord bless THE LIFE BOAT work in all parts of the field.

TAKING THE GOSPEL TO THE FACTORIES.

C. W. DAVIS.

My wife sent me THE LIFE BOAT a few weeks ago. I laid it on the table and did not take any special notice of it until the other day, when I picked it up and read it. I had felt for some time that I ought to be doing something for God, and as I read of the different lines of work that are represented in THE LIFE BOAT, I got down on my knees and said: "God, is this the work that you want me to do? I have been waiting to be led by thy spirit, and I am willing to do what you want me to do." I felt more deeply interested than ever after a long season of prayer, and the next day I dropped my paint brushes and came straight to Chicago.

I spent several days in looking over the different branches of the work, praying all the while to know my duty. God laid upon me a burden to take up the work of holding noon-day meetings in the mills and foundries and workshops. I immediately began visiting these places. In a short time I found an opening in a large lumber mill. I shall find plenty of similar openings and I am anxious to do my part while it is yet day, for the night is coming when no man can work.

When Jesus told Peter to forgive his brother seventy times seven, the Lord was certainly willing to forgive Peter as many times each day himself, (Matt. 15:22). Christ will never ask you to do something for others He is not ready to do for you.

A FEW HINTS TO LIFE BOAT WORKERS.

NINA NEWELL CASE.

So many ask me, "What do you say to induce people to buy THE LIFE BOAT?" I find it is not so much a question of *what* you say as *how* you say it. A few, simple, earnest words from the lips of a worker whose heart has been refined and consecrated by prayer, will go to the hearts of men and women and make them long for a better experience. If you want to be able to reach hearts don't neglect to pray. Let every step be baptized in prayer. Your success depends upon it. When waiting at a door for the answer to your ring, pray, then when they come you will not lack for words or wisdom.

Don't be loud in your talk, but be earnest and enthusiastic, and speak so that your voice will not grate upon refined, sensitive nerves. With some people the "Hale-fellow-well-met" spirit is apparently successful and may result in permanent good, but with the better classes it almost always closes the door of the heart against our work.

On the other hand, a refined, courteous, earnest manner, such as will appeal to educated, thinking men and women will almost invariably appeal as strongly to the loud and boisterous class and result in inspiring them to live on a higher plane; thus instead of lowering yourself to a cheap level you can help bring them up to a higher plane of thought, and action.

When you are selling papers to men, never for an instant allow yourself to descend to familiarity. There are men who go about with words of flattery and cunning on their lips and it requires Divine wisdom to know just what and how much we ought to say to them.

In this work it is so easy to acquire the use of slang phrases, but their use quickly and positively marks a man or woman as ill-bred. Let us ask God to help us to eradicate this evil from our language.

Be careful about your dress. Attire yourself in such a manner that you may slip by unnoticed, like the thrush and the people will only see and hear the heavenly music of a spirit filled life. If you are dressed in a slouchy, haphazard way, then many of the people whom you are trying to help will con-

sider your work in the same light, no matter how beautiful a truth it may contain.

We must aspire to give this work the mold of Christ. If you have entered THE LIFE BOAT work out of curiosity then you are in the wrong. You are on Satan's ground and he will make it easy for you to color your experiences even to gain the object for which you entered and as a result your own soul will be dried up. In this work you can get sweet, ennobling experiences or condemnation, jealousy and bitterness. If you take it up because you love humanity and want to give them the Gospel, God will bless you. It means that much that we have been doing must be given up. We must pay our fare. But the blessed privilege of seeing souls step out into the light will more than repay us for all our little sacrifices.

GOSPEL WORK IN PENNSYLVANIA.

ADAM RHAN,
Lebanon, Pa.

The selling of THE LIFE BOAT is a glorious work and I can see that it will open the way for much active Christian work in the near future. The people fall in love with this little paper wherever they see it.

Last week, while working in a small village, I had many interesting experiences. I sell the paper in nearly every house, and often two and three copies.

One lady I remember especially, who, before I finished speaking, said she would take two of them. While walking on the opposite side of the street a little later, I noticed that she and her son were out watching for me. As I came nearer them she called to me, and said: "I looked over the little paper and think it is the best I have ever seen, and I want another to give away."

Many places I have been invited into the parlor by the very ones whom you would think would not be interested, but as I tell them of the work of THE LIFE BOAT and of the terrible suffering in Chicago that we are trying to relieve, many of them are moved to tears and wish us God-speed in our work. Often I receive from ten to twenty-five cents for a copy, and then when I meet a poor mother who is not able to buy, I make her heart glad by giving her one.

When away from home I work from 8

a. m. until 4:30 p. m. and generally sell from eighty to one hundred copies, and I am often detained by some one who insists that I shall tell them all about the work in Chicago.

I shall never forget the first time I went out to sell LIFE BOATS. I left home about noon with thirty copies, thinking that in a few hours I could easily sell them.

I walked around all the afternoon until 5 p. m., until I was completely discouraged, and came home with only five copies sold. Of course, I thought I would drop the work and return to Philadelphia, but after praying over the matter, my brother and I finally decided to try it again.

The next morning we started out again, he taking forty and I thirty copies. He said he would sell his and then help me sell mine, but this was not necessary, as I sold mine, also ten of his.

I thought that good enough for one day, having only worked from 11 in the morning until 2:30 in the afternoon.

Of course this settled the matter for me, as I knew if I could have success in one day I could do it again. And from that day on I have always sold more copies than I expected.

HOW TO BEGIN PRISON WORK.

One of our readers writes us as follows: "The county and city jail is located here, and there is need of spiritual work among the prisoners. We have recently organized a little missionary society, and, at our last meeting, we ordered a club of LIFE BOATS to use in our jail work, but we do not know how to proceed. Please give us some instruction, so we can begin this work intelligently. We are anxious to do it in such a way that God's blessing will rest upon it and it may serve as an opening for a still larger work."

OUR REPLY.

In most cases the prison authorities will grant you permission to personally distribute THE LIFE BOAT to the prisoners. (If they object, you will have to ask them to distribute them.) Our plan is at first to merely say a kind word to the prisoner and hand him a copy of THE LIFE BOAT, and then pass on to the next cell. As our workers become better

acquainted with the officials, they can generally arrange to hold some regular gospel service on Sunday. This will consist largely of singing, a short select scripture reading, a few earnest words of exhortation, rather than a sermon, then invitation for those to hold up their hands who especially desire the prayers of Christian people, and then a short but earnest season of prayer, closing with some brief personal work with those who seem to be particularly anxious or needy. This part will require considerable wisdom.

Prison work requires a large amount of rare discretion, or else some blunders are likely to be made. Do not imagine because you are in the Lord's business that this will justify you in going beyond the prison regulations in the least.

Prison officials have discovered that the general public is usually unwise in its dealings with the prisoners. It is not best to enter into any conversation with prisoners about their relations with society. Stick closely to their relations with God and you will not be likely to have any trouble with the prison officials. If you do not adhere to this principle, they are justified in prohibiting your work.

Never take any message from any prisoner to any outside parties, unless you have permission from the jailer.

Deal with the prisoner just as you would if you should meet a man on the street. Forget that you are talking to a prisoner—simply regard him as a needy human soul. Talk with him in a friendly, natural way. Get him interested in THE LIFE BOAT, and, as you leave, hand him a copy and he will gather from its pages many helpful truths that you do not have time to tell him. Do not crowd the work any faster than God opens the way. Write us about your experiences.

God is willing to fan into life every flickering light that is willing to shine for others.

Is your Christian experience unsatisfactory to yourself? Perhaps you have been feeding on the husks instead of the real kernel of the Gospel. Isaiah, 55:2. Many Christian workers are trying to secure from religious forms and ceremonies what they can only get from a spirit-filled life of genuine service.

Life Boat Mission

THOUGHTS FOR SOUL SAVERS.

TOM MACKEY.

Many Christian workers spend more time in frizzing their hair and polishing their shoes than they do in secret prayer and personal Bible study. They are more particular about the shine on the outside than they are to have something shine on the inside, yet no one will ever become a great soul-saver, who does not spend much time in earnest prayer. If you will stand for Jesus in your neighborhood, he will for you in heaven.

Keep on praying. Moody prayed for years for the Lord to send him a Gospel singer, and when he began to think his prayers would not be answered, the Lord sent him Sankey, and what a powerful team they became! The Lord will answer your prayer as soon as you are ready to have them. If you want to become a fisher of men, remember that we use different kinds of bait for different kinds of fish, and the same story and the same plan will not catch all kinds of sinners.

A REMARKABLE CONVERSION.

[Nearly every evening Brother Melvin is one of the first to rise to his feet in the Life Boat Mission and give a ringing testimony to God's saving and keeping power. We give a few extracts from one of his testimonies.—Editor.]

"I thank God that I can stand here tonight, saved by the blood of Christ. I was as low as any man could ever get. I had traded almost the last rag off my back for whiskey. When I wandered into the Pacific Garden Mission I only had on a pair of pants, and a coat, and two shoes that both belonged to the left foot. I was down so near the bottom of sin and despair that even the dogs shunned me. I was too poor to buy drink, so I would slip in and drink the little that was left in the glasses which others left on the bar. I cared for nothing but drink, and the devil seemed to have absolute control of me. My friends had all deserted me, and if by chance they saw me on the street they would cross over to the other side, saying, 'Here comes Melvin; he will ask for money to buy a drink.' My wife stayed by me as

long as she could, but finally she had to leave me.

"I stumbled into the mission and gave my heart to God, and He did a mighty work for me. I praise Him every day of my life for His saving power. He is just as able to save and keep you. He took me when I was the lowest of the low, and He saved me, and He will do the same for any that will ask Him.

"At first my fellow officers thought lightly of my conversion and said it would not last long, but they did not know the power of God to keep."



Gibson Art Galleries, Chicago.

A REMARKABLE CONVERSION.

Since we began to keep the Mission room open all day, a constantly increasing number come in to apply for help. Often drunken men have come in and asked for temperance pledges to sign, and we are thankful for the opportunity of telling such men that the only cure is the blood cure.

A NOBLE DEED.

Two years ago a young man who was in the very depths of despair drifted into The Life Boat Mission and there gave his heart to God. Since that time he has made the best of his opportunities.

A couple of months ago Brother Van Dorn sent out a circular letter to a number of friends who have been contributing to the support of The Life Boat Mission, asking if some of them would not be glad to assist this young man to obtain an education for a life of Christian usefulness.

An influential business man in New York City accepted the invitation and wrote that he would assist him through the Emmanuel Missionary College at Berrien Springs, Mich. He made the condition that the young man should not use liquor, tobacco, drugs or flesh foods; and that his education should include a study of the principles of hygienic and dietetic reform.

This young man has now entered upon his course of study, and we hope the Lord will help him to make such use of his opportunities that he may become a powerful worker for humanity.

These are days when men invest large sums of money in real estate and various business enterprises; but there is nothing that will bring such good returns as judicious investments in earnest and consecrated young men and women.

Do you know some excellent young people who would like to come to Chicago to secure a medical missionary training, but have no means to enable them to do so? Will you give them some assistance?

SOW THE WIND—REAP THE WHIRL-WIND.

E. H. ABBOTT.

Among those who raised their hands for prayer at a recent meeting in The Life Boat Mission was a young man whose face bore the impress of much suffering. His hand was the first to be raised when the leader asked if anyone present felt the need of the prayers of Christian friends.

After the close of the meeting, I took this young man aside and asked him about his soul, and his Christian experience, and he

said: "I would like to talk to Dr. Paulson." I called the doctor to him and the young man greeted him with these words: "Doctor, do you remember me? Five years ago, I was in your Bible class, and was training for active, earnest missionary work. The time came when I had to choose either the wrong or the right course, and I chose the first and since then I have had some hard knocks. I have served three years in a state prison, and in other ways I have been paid a good rich salary of sin and misery by the devil. I made up my mind while in prison, that if I ever obtained my freedom, I would come to Chicago to The Life Boat Mission, and here I am. I am sick and tired of the old life and I want you to pray for me. I am anxious to do what is right."

This young man gave his heart to God and has already started to do his "first works." May his case be a warning to some who are hesitating as to what their choice should be.

THE SAME HELP AWAITS YOU.

"After being a drunkard for sixteen years I am sober today. After inhaling tobacco for twenty years, I do not have the odor of tobacco about me today. A mother who did not know for five years whether or not I was in prison or out, now knows where I am and she is happy.

Thousands of dollars were spent on my education, but my learning did not save me from strong drink and its attending sins. I tried the gold cure five times, and it did not save me. I drank the cup of sin to the bitter dregs and then tried to live on the dregs. I was as low as any man could get, but the power of God raised me up and saved me. I am now an honest man, saved and kept by the power of God."

HOW THE LORD REGARDS EASY GOING PEOPLE.

"I am very sore displeased with the heathen that are at ease." Zech. 1:15. Are you proud of the fact that you never get stirred up over the needs of humanity? If so, then bear in mind that the Lord is displeased with that kind of people.



PHYSICAL REDEMPTION



HEALTH BREVITIES.

DAVID PAULSON, M. D.

The meal hour is not the time to nurse our miseries.

In order to receive the most benefit from our food, it must be both attractive and palatable.

A couple of hours of natural sleep is worth more than a whole night of non-existence, arbitrarily produced by drugs.

Aside from religion, there is nothing that so vitally affects our present and future welfare and happiness as the food that we eat.

The best way to prevent an attack of biliousness, or to clear up a coated tongue, is to eat nothing but fruit, four times a day for several days.

By cultivating wrong physical habits, we are sending out invitation cards for disease to call upon us, and it certainly would be remarkable if some form of disease did not accept our invitation.

The climate we create for ourselves on the inside has far more to do with our health and happiness than the climate that surrounds us.

It is amazing that a blessing that is supplied so freely as fresh air should be enjoyed by so few. Thousands of homes are provided with every luxury, except that of an abundance of pure air at all times.

It is well to eat dry foods during the first part of the meal, thereby insuring thorough mastication. This encourages the secretion of a large amount of saliva, which is necessary to the proper digestion of the food.

Water is needed in abundant quantities on the inside of the body to cleanse the tissues, for the same reason that it is necessary to cleanse the outside of the body.

The restoration to health and happiness of the man who has been to the very brink of the grave because of his wrong-doing, is as great an evidence of the love of God as is the marvelous transformation in the character of the sinner who repents and humbly seeks the right way.

It is well to avoid the use of fruit and veg-

etables at the same meal. Ripe fruit digests in about an hour, while vegetables require from four to five hours, consequently, when eaten together, the fruit has to be retained in the stomach until the vegetable fiber has been disintegrated, and then, in weak stomachs, fermentation has already begun.

It has been demonstrated by actual experiment that when a dog has been teased and irritated, his stomach does not produce the ordinary amount of the digestive juices. If one has a family quarrel just before dinner, he will not receive nearly as much benefit from his meal.

One of the prime essentials for the health of the body is the breathing of pure air. If the air that is taken into the lungs is already saturated with tobacco smoke or the poisonous products from the lungs of others, it can not be expected to carry off so completely the poisonous gases from our own lungs.

If in a fit of despondency a man hangs himself, thereby entirely shutting off the supply of air from his lungs, he dies in a few moments, and it is clearly a case of suicide. But if the same thing is accomplished by living in a poorly ventilated room for several months, or even years, then his death is regarded as a mysterious dispensation of Providence.

Eat those foods which are strength-producing. A man in England, who recently walked 100 miles from nine o'clock one day until five o'clock the next morning, which is the shortest time in which this distance had ever been covered, lived on nut products, toasted breads, fruits, etc. Another man in Germany, who broke all previous records in a walk of 129 miles, also lived upon a natural dietary.

Modern medical science recognizes that it requires definite seed sowing to produce either a dyspeptic or a drunkard. The fact that multitudes are born with a strong predisposition in either direction does not alter the principle, for they only represent an extended harvest resulting from the wrong sowing of their ancestors.

A GREAT FIRE.

DR. A. W. GEORGE,

Little Rock, Ark.

Almost every day we are startled with the news of some great fire. Wealth and precious life is sacrificed to the cruel flames. These are indeed great calamities. But the smoke of a fire more terrible, occasioning the loss of millions of dollars and thousands of lives is unceasingly ascending; a fire that is burning away the fond hopes of many families; blighting the career of young men; snatching the small boy from his mother's arms to a life of slavery; a fire that consumes vigor and vitality; benumbs the mind and nerves and dries up the fountain of spirituality. Yet no alarm is sounded, no fire department is called out. This fire is fed by tobacco. Stop and think how much it costs to feed this expensive fire! A half billion dollars goes up in tobacco smoke every year in this country! In 1899 40,000 tons of tobacco were produced in this country. If it were made into one great cigar and set up on end in Chicago, its base would cover a space equal to that occupied by the Masonic Temple, and its top would vie with Eifel tower. Light it and the cloud of deadly smoke settling down over the city would banish every inhabitant.

The amount wasted for tobacco is more than two-thirds the value of all coal mined in this country. Almost as much expended for the gratification of a worse than useless habit than it takes to heat our houses and furnish the power for our railroads, the factories, and the ships upon the sea! Three times as many people are employed in the manufacture of tobacco as there are in making bread and other bakery products.

Tobacco is a narcotic poison; it depresses bodily activities. No organ in the body escapes its subtle influence. Instead of protecting from disease it lessens the vitality of the tissues. The lungs filled with its poisonous fumes are rendered incapable of doing their work, and are rendered less able to combat disease. The delicate nerves of the stomach are paralyzed. The secretion of healthy gastric juice is lessened. The proper digestion and absorption of food is interfered with. Tobacco injures the heart. One-fourth of all tobacco users suffer with weakness of the heart. But the brain and

nerves suffer the most. The mind is impaired; the nerves are unbalanced, and the will is weakened, as is shown by the fact that so many seem to have no will power to leave it off.

Why will man, made in the image of God, destroy this image with tobacco. "Ye are the temple of God." If any man defile the temple of God, him shall God destroy." Whether we realize it or not the body is the sacred temple of the Creator. There he works continually, maintaining all the processes of life. No one would smoke in a church dedicated to the worship of God. How much worse to defile with smoke the "living temple" of the body.

How can any one go on day after day puffing tobacco smoke into the face of his Creator! How can he kneel down in a cloud of such incense and worship God! The day is coming when the Great Judge shall say, "Let him that is filthy be filthy still." Now is the time while the fountain for sin and uncleanness is still open to wash you, make you clean, and put away the evil of your doings.

HINTS ON HOW TO CONDUCT A COTTAGE HEALTH MEETING.

MRS DAVID PAULSON.

One of our readers writes the following: "I am interested in the work that is being done in Chicago. Our Sabbath School has decided to send a new worsted quilt. It was made by the members.

"Can you instruct us about how to conduct a cottage health meeting? I am starting a neighborhood health and missionary effort, and I should be glad to have a reply either through THE LIFE BOAT or by personal correspondence."

OUR REPLY.

In starting Cottage Meeting work, it is necessary to first find the interested ones, and one of the best ways to accomplish this is by selling THE LIFE BOAT from door to door.

This will enable you to reach the people in a way you otherwise could not do, as it gives you an excellent opportunity to talk with those who seem interested. When you find those who express a special interest in soul-saving work, or in the subject of the

gospel of health, put down their names and addresses and make an appointment with them and then follow up the interest as Providence opens up the way. Do not let such an opportunity pass by, but arrange at once for a cottage meeting. It is not necessary that the attendance should be large at first. The members of the immediate family may be the only ones there, but it should be made just as interesting as if fifty were present.

In such a meeting, it is better not to follow any set form, simply do as the occasion demands, 1 Sam. 10:7. The exercises should be short. Stop at the best place and then have a few interesting songs in which all can take part. Sometimes it is better to have prayer at the close instead of at the beginning.

Lead right out in some interesting conversation, as if you were just having a visit, but keep the conversation on the right track.

In taking up cottage health meetings, "Good Health" and the "Pacific Health Journal" are two excellent periodicals to use and recommend. Almost everyone is interested in health topics.

The subjects of exercise, ventilation, proper diet, cookery, healthful dress, and simple treatments can be presented in such a way that they will create an interest and awaken a desire for further instruction.

For a few cents, we can supply you with splendid tracts on nearly all of these subjects.

A good way to begin a health effort is to give a hygienic dinner in your own home or in some church. These dinners should be served in just as attractive a style as possible. Great care should be taken in the preparation of the food. While they are partaking of the dinner, you will have an opportunity to explain many things about foods, and answer questions on health principles.

We ought never to bore people by simply telling them that they must not eat this or that. We should place before them something so much better than fried foods, pastries, flesh foods, etc., to which they have been accustomed, that they will become anxious for a better way of living.

We have had considerable experience in this work in Chicago, and we shall be glad to give suggestions on the best methods of preparing and serving such a dinner.

ARE YOU AS ENTHUSIASTIC AS THE PUGILIST?

When Corbett and Fitzsimmons have a pugilistic engagement in sight, they do not content themselves with merely swallowing a few doses of nerve tonic, but they take up a regular systematic course of physical development. They adopt a special dietary and begin to build themselves up from the very foundation by most patient and persistent efforts. They feel that it is absolutely essential for their success.

Many of us who have the infinitely more important business on our hands of trying to save humanity from its doom are too often content to smother our distressing symptoms with nerve-fooling drugs, and allow our bodies to gradually fall into decay, and then drop into premature graves.

PHYSICAL HABITS AND HOLINESS.

Suppose it were possible for the vilest and most sinful drunkard to have my brain and nerves substituted for his brain and nerves. Then for the time being he would think and talk just as I do, but his blood, filled as it is with nicotine, alcohol, and other poisons, would soon contaminate his new brain and nerves and in a short time he would think and act just as he did before. So he would derive no permanent benefit from such an exchange unless he also adopted my ways of eating and drinking, and my habits of life in other ways.

When God says that He will not only *dwell* in us, but will *walk* in us (2 Cor. 6:16), He recognizes this principle for he adds:

"Having therefore these *promises*, let us cleanse ourselves from all filthiness of the *flesh* and spirit perfecting holiness in the fear of God" (2 Cor. 7:1). This shows that the transformation must begin at the foundation. In order for the mind of Christ to become our mind, we must be willing to give up our wrong habits and live clean, pure lives, and eat such foods as can be made into good blood and refrain from taking poisons into our systems to injure our brains and nerves; and in every way endeavor by the help of God to keep our bodies pure, so that they may be fit temples for the Master to dwell in.



Children's Department



I am a little boy nine years old. I have worked one day, and got my nine subscriptions all right. I think *THE LIFE BOAT* is a good paper, and I expect to try to get more orders.

ELI HARPER.

Miss Sadie Loop of Duke Center, Pa., who sends us fifty new subscribers, writes: "I am only thirteen years old and I go to school. I only missed one day from school while I was securing these subscribers."

Rosa and Lillie Paul, of Lyons, Kans., aged nine and twelve, have been selling *LIFE BOATS*, and they write that they enjoy the work very much. Every time they leave a house where they have sold a paper they feel so glad because they know that there has been some good done.

DO YOU PRAY?

Children, have you learned to talk with God as freely as you do with your mother? If you have not you do not know what a blessing you have missed. Tell Jesus all about your plans, your trials and your struggles. Ask Him each morning to prompt you to do right during the entire day, and in the evening do not retire until you have thanked Him for all the many good things which He has allowed to come into your life.

THE "GIVE UP" DELUSION.

Have you had the idea that if you become a true Christian you would have to give up some good things that you are now cherishing? If so, just settle it once and forever, that God does not ask that of you.

He only desires you to give up the wicked and sinful things, or those things which are a hindrance and an obstacle to genuine progress. The Lord does not wish to deprive you of one good thing. "No good thing will He withhold from them that walk uprightly." Ps. 84:11.

YOUR CLOTHING IN THE TENEMENTS OF DARKEST CHICAGO.

L. L.

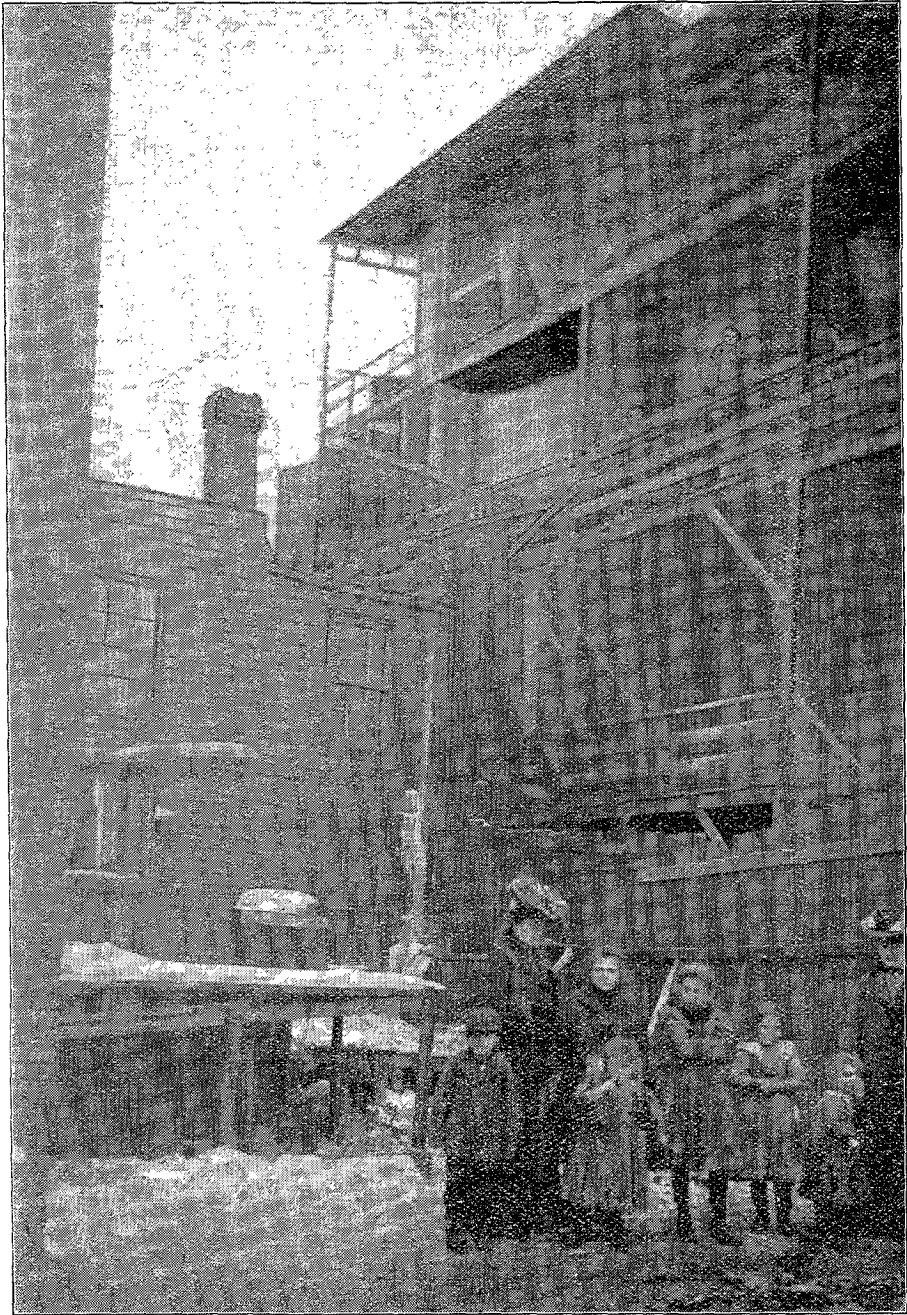
"Do they do anything with the clothing we are sending to be used among the poor?" I can hear some children asking themselves this question. The following family is one of the many, many that have been made happy by this timely aid.

As our workers go about in the slums gathering the children into the Mission Sunday School, we often find those who cannot come because they have no shoes, sometimes no clothing excepting a thin, ragged dress or worn pair of trousers and ragged coat. But we take them, no matter how dirty or ragged, all who will come, remembering that the Saviour said, "For of such is the Kingdom of God." Luke 18:16.

This particular day we had tried in vain to get the children to come; for some unaccountable reason they were no where to be found. Only one little boy had been found who was willing to go with us. This was little Tony, who always waits on the corner when he sees his teacher going down the street after children. He knows she will come back that way and he can go with her. He has learned to love her, and although he cannot talk much English, he does the best he can.

As we started to the mission we were almost disheartened, but we felt we must not go back without more children. We asked Tony if he knew where there were some boys or girls that could come. He nodded his head, and darted down the alley and up a long flight of stairs. We waited at the bottom of the stairs for Tony to return. In a few moments we heard some one calling "Wait." I looked up and saw Tony standing at the top of the second flight and at his feet was a little, dirty baby face peering down at us. Soon he came down, and after him came a little girl, carrying the same baby we had seen before at the top of the stairs.

The accompanying picture was taken just beside these same stairs when we had gathered



a few children around us. The little girl, holding her teacher's hand, is the baby sister of little Della. Della is about twelve years of age, but small for her age. She told us how

she begged her stepmother to let her go to Sunday School, but she had told her it was too cold and that she had to take care of the little girl. Della knew she could not go with

us unless she took her little sister, so she said, "I'll share my shawl." This is what she did. She carried the baby in her arms all the way. Think of it. Two little girls dressed in old calico dresses and only an old, worn shawl over their heads.

We told this little girl we would give her some nice, warm clothes after Sunday School if she would wait. She was so pleased she could hardly wait until the meeting was over and waited anxiously at the side of the door until the other children went away, then we had some clothes brought up and selected some that would fit the little girls. A little hood was put on baby's head, a pair of red mittens on her hands. A little dress was given her, also a nice, warm cloak and a blue apron. Then Della was fitted out with a cap, coat, dress and underclothing. Oh! if you could have seen them! They did not know what to do or say. They could only laugh, too pleased even to thank us.

Think of it, children, only some of your cast off clothing, yet it brought perhaps the greatest happiness to these little ones that they had ever known. Are you not glad you helped in this great work? There are thousands of such children. Many of them with no home but some dark stairway or under the sidewalks. Don't you want to help them?

NOT AFRAID OF THE DOGS.

Grace Jordan of Mt. Hope, Wis., writes with reference to her pupils who are engaged in THE LIFE BOAT work: "I am sure that this work is good for the children as well as for the people who receive the papers.

We always kneel before going out with the paper and ask the Heavenly Father to prepare the hearts of the people who are to receive the papers, and to show us just where to go and just what we should say.

One little fellow who was very much afraid of dogs, said: "I am sure that God will keep even the dogs from hurting me when I am working for Him."

LIFE BOAT RIBBONS.

Our friends everywhere are well pleased with our Life Boat ribbons. We furnish them at ten cents each.

HOW A CHICAGO TERROR BECAME AN ANTI-CIGARETTE LEAGUE WORKER.

LUCY PAGE GASTON.

Founder and Superintendent of the Chicago Anti-Cigarette League.

One of our most earnest and consecrated workers, at our request, wrote out his experience for "The Boy." I give the following extracts from it for the benefit and encouragement of the thousands of boys and girls who read THE LIFE BOAT.

"About two or three years ago, before I ever thought of giving my heart to God and my name to the Anti-Cigarette League, I was an especially naughty boy. All the police knew me, and I think made especial efforts to catch me in some unlawful act, as you know they are not allowed to take a mischievous boy without seeing him do something wrong.

A "gang" is a lot of tough boys who are forever looking for trouble in some way or other, and I used to be at the head of such a gang. I could give a loud yell when a policeman would chase us. We also had a dog who was just as foxy as the boys. When an officer would come to give us a chase, he would get in front of him and bark and bark until we were two or three blocks distant, then he would leave and come after us.

I was a terror. I would be in a fight almost every night, and have black eyes and a bloody nose and everything that was imaginable in a tough lad.

If I should stop to tell you of the things I did, I believe you would wonder how God could save a boy like me, but He did it all the same, I am glad to say. One night I heard the song, "The Holy City" sung, and it touched my heart, and I gave up the devil and began to follow my Savior, and he led me on until I felt in my own heart that God wanted me to do something for Him. He spoke so plainly to me, just the way I believe, that he did to Samuel when he said: "Samuel, Samuel." And so I was called to do something for him, and I felt like joining some society where Christian young people came together. One day I was walking upon Monroe street, and hearing beautiful singing in Willard Hall, I dropped in. I was handed a copy of the paper, "Boy." There I heard for the first time of the Anti-Cigarette work, and made up my mind to join the society, and later did so, and am still working in it for the good of other boys and girls. I helped to organize a very large league on the North Side, of which I was the first president, and we now have a membership of about seventy-five and are doing splendid work.

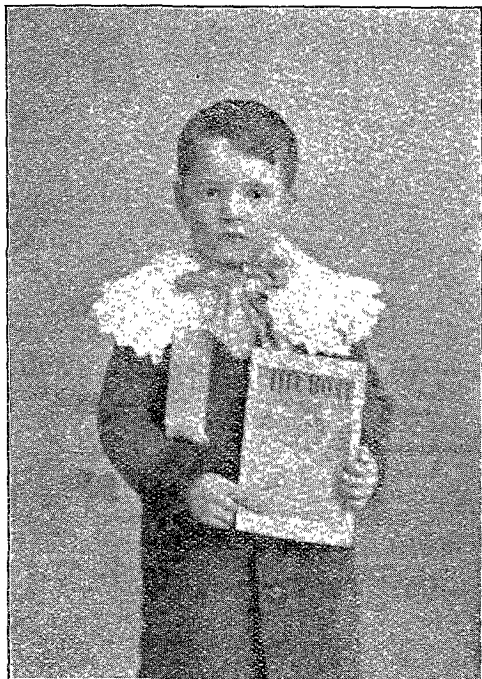
I wish to say that after I left the gang it broke up. The boys one by one left it, and now there is no gang in that neighborhood. I am now doing my best to get the boys and girls interested in the Anti-Cigarette league, and I am still walking and talking with my

Savior, and He is leading me on, and making the darkest paths light and the burdens easy. He has now called me to take a class in the Sunday School. I believe some of them know my life, and I hope God will speak to any boy or girl who may read this, who is as I was, and bring them into his way of living and away from the devil's way. I believe the devil was very angry when he lost me, and my determination from now on is that God may guide and direct me in all that I do and say, and that he may help me to win boys from the cigarette habit and to Christ.

God bless all in the Anti-Cigarette League.
"A BRAND FROM THE BURNING."

A LITTLE MISSIONARY.

The mother of this little boy writes: "He is all enthused over selling THE LIFE BOAT. As he is only four and a half years old, I go out with him myself. Last week we



ARTHUR PRINGLE.

went to the jail and gave the prisoners some copies and they seemed to be real glad to get them. Last Tuesday we went to a little town about ten miles from here and sold ninety copies, and I believe that good will come from the work."

DO YOU DESIRE A BETTER LIFE?

God gave us the sense of taste because there are good things in this world for us to taste. He gave us the sense of smell because He has fragrant odors for us to enjoy. He gave us the sense of hearing because He has grand things for us to hear. Likewise He has also given us the desire for a better life because He *has* a better life for us to live.

A GOOD INVESTMENT.

CLYDE LOWRY.

One cold, rainy night a frail woman with a baby in her arms was seen standing outside of the Mission door, and beside her stood a little girl about seven years of age. The woman and the girl were drenched by the cold rain, but the baby was apparently dry and comfortable, thanks to the tender care of the mother. The little girl carried a small basket which I afterwards found contained all the earthly possessions of the family.

I quickly led the shivering family around the corner to The Life Boat Rest. At a glance the matron understood the situation and she gave them a most cordial welcome, and a few kindly questions brought forth a sad story of a runaway husband, a ruined home and great distress. In a few moments the little girl and the baby were playing on the floor, as happily as if there were no such thing as suffering and hunger. The mother was dressed in clean, dry clothing and she soon began to realize that "He careth for His children." She had been assured that she would be fed and sheltered until she could help herself.

Being an honest and industrious woman she soon found employment, and in a short time she saved enough money to pay a month's rent for a couple of small rooms. She furnished the rooms in a modest way and in less than two weeks she moved her little family into their home, and at last accounts they were living a happy life.

In speaking of the case afterwards, the matron said: "I do not think that all we did to save that family from possible death and destruction represented a cash outlay of more than five or six dollars."

All will agree that it was money well spent.



Visiting Nurses



SAVED FROM EJECTMENT.

ESTELLE MARSHALL

Shortly before Christmas, one of our visiting nurses found a poor widow who had been sick with a fever for three weeks and had not been able to secure suitable medical attention. Our nurse promptly took the case in hand and soon the fever yielded to the rational treatments given.

A month later the nurse met the same woman on the street, and she related to her a sad story of privation and suffering. The woman had not yet recovered her strength and was unable to work, and as she had no friends to help her, she was in a pitiful condition. She had been notified that in five days she would be turned out of her meager home because she had failed to pay her rent. The next day I went with the nurse to see her. The picture I saw was certainly one of dire poverty. The house was a large weather-beaten structure in a very dilapidated condition, and the surroundings were neither beautiful nor hygienic. Upon entering a door in the rear we found ourselves in a small dingy room with but little furniture. The frail little woman told her story in trembling tones. She was certainly too weak to work but she was anxious to keep her children together and send them to school. The family was destitute of even the bare necessities of life and they needed at once, food, clothing, and enough money to pay the rent. The rent money especially worried the woman, for she knew if the constable came she would be turned out into the street. The day was cold and dismal and the poor woman had no place to go, not even enough money to pay an expressman, if she had had a place to send her scanty furniture. She was so distressed and agitated she said: "If the constable comes, I know I shall die."

We spoke words of encouragement to her, and told her the story of Elijah—how God sent the ravens to feed him and assured her that, if it was necessary, He could do the same today. We told her that He had performed

as great a miracle in raising up friends to send us donations to be used for just such needy ones, and that we were glad we could be humble instruments in His hands of paying the rent. We promised to bring some clothing for the little girls.

A neighbor who happened to be present said that she thanked God for putting it into the hearts of Christian friends and nurses to make such a work possible.

The woman was greatly encouraged and seemed to realize that God would take care of her and her little ones. We promised to come again and have had the privilege several times since of taking them food and clothing. We have bought mittens for the little girls. With some of the money which the children have been sending us. Since we have dressed them comfortably, they are able to come to our Halsted street Dispensary Sunday School, and the teachers find them to be bright and good scholars.

We will help the woman to secure a couple of small rooms in a more comfortable house, and we feel sure that she will be able to support herself, for God helps those who try to help themselves and this woman is certainly willing to do what she can. We hope that our influence will teach her to look to Him for help in every time of need.

The visits of our nurses bring into her life her only ray of hope, and one more family is thanking God because he has put it into the hearts of Christian nurses to forfeit professional ambitions and be content to go about healing the sick and preaching the Gospel, just as their Master did.

ARE YOUR PLANS SOMETIMES BROKEN?

It was not until Mary's alabaster box was broken that its fragrance filled the room. When you are willing to permit the Lord to break some of your selfish plans and sinful schemes then there will be a fragrance about your life and character that will have a saving influence for good in all the community. Matt. 26:6.



Rescue Service



ENCOURAGING WORK IN A DISCOURAGING PLACE.

EDITH CRAIG.

A few evenings ago Miss Rubush and I were in a place where we undoubtedly could have sold all of our papers, but we felt impressed that we should go somewhere else immediately.

We soon entered a place where our attention was particularly drawn to two girls. Soon I was engaged in conversation with one of the girls, and the other girl drew near. Suddenly the second girl sank into a chair and fainted away. I supported her head on my arm, and as soon as she regained consciousness she said: "You are my friend; do not leave me; take me with you."

A cab was ordered and we took the girl to our hospital. On the way she thanked the Lord again and again that He had sent us to her just at that moment when she had needed help the worst.

I learned that her life had been a very discouraging one in many ways and sin had already begun to leave its mark on this sweet young life. I felt something of that spirit in my heart toward this girl that the Master expressed in the words: "Yea, I have loved thee with an everlasting love, therefore with everlasting kindness have I drawn thee."

CHRISTINA'S DEATH BED EXPERIENCE.

MRS. L. K. ABRAMS.

With Sister Emmel, I was recently called to visit a poor girl who was dying as a result of six years of sinful life. My heart was made sad as she told me her pitiful story, but I am glad to say that now she is happy. Almost in her last hours, she has given her life to the Lord and has found peace and happiness.

Three years ago, Miss Emmel had sold her LIFE BOATS and tried to help her, but then she refused the offer. Now the Lord put it into her heart to send for Sister Emmel,

and the Lord blessed our efforts and used us to bring this poor erring girl to Himself and I earnestly asked God that He would use this dying woman to save other souls. He heard and answered my prayer, for the next time I called, she told me of many blessed experiences she had had. As her friends came to see her, she told them of Jesus, and how He had saved her, and she urged them to give up their sinful ways, before they came to their death beds. Her story had left a powerful impression on their lives and many of the girls went away with tears in their eyes.

On this occasion, after we had sung, "Is my name written there?" she said, "All is well with my soul—I am praying for the end to come. I long to rest, for I am very tired." Then she broke down, and said: "Tell the girls who are living in sin, to give their hearts and lives to God while they have health and strength and not to delay, for they may not have the chance I have had, they may be cut off without a moment's notice."

She asked me to write up her experience, using her name, so that her life might be used of God to save some of her friends, and I hope that this last message may not be given in vain.

WHERE IS YOUR BIBLE?

When Nehemiah rebuilt the walls of Jerusalem it was said of the workers that every man with one hand wrought in the work and with the other hand held a weapon. The Bible is the sword of the spirit and it is as necessary for us to have it at hand and to be accustomed to using it as it was for those ancient workmen to have their weapons by their sides.

In thousands of homes the Bible is the most neglected book that there is in the house. Is it any wonder that Satan finds easy access and makes captives of so many of our youth? Fathers and mothers, would you save yourselves and your children? Then introduce daily systematic Bible study into your homes.

DEDICATION OF THE SAN FRANCISCO HYDRIATIC DISPENSARY.

MRS. W. S. SADLER.

About one year ago plans were laid for the establishment of a Hydriatic Dispensary beneath the auditorium of the Laguna Street church in San Francisco, and Sunday evening, Jan. 11, witnessed the dedication of this Dispensary to the service of God and the good of suffering humanity.

A. T. Jones gave an interesting address on "The Medical Missionary Idea," and then W. S. Sadler told a history of the establishment of this Dispensary. He called attention to the fact that in olden times the priests not only looked after the spiritual welfare of the people, but were also their physicians. Time has certainly brought many changes to us, for today the people regard the doctors as the caretakers of the human bodies, while priests look after the souls. But this should not be, for the gospel includes the care of the body as well as of the soul; and the preaching of Christ, which is the gospel, is incomplete without the beautiful work of ministry to the needs of the helpless. For this reason the church should seek to relieve the sufferings of Christ's children. As the majority of these places of worship stand idle, with closed doors for several days of the week, it was a cause for rejoicing that one church, at least, had decided to open a part of its building for the relief of bodily ills.

Attention was called to the fact that the recovery of health and its maintenance are secured by getting at the causes of disease and not by merely treating the symptoms; so in the equipment of the Dispensary, regard has been paid to the things which will aid Nature in repairing the damage wrought by ignorance and neglect.

Immediately after the service the congregation was taken in sections of twenties through the rooms constituting the Dispensary. First, as one enters from the street is the neatly furnished waiting room. Next is the doctor's office, where one of the nurses was busily engaged in bandaging a patient's arm. By means of a hall, on one side of which are eight dressing rooms, we reach the treatment rooms, which are admirably adapted and equipped for their purpose—the equipment including treatment tables, full and sitz baths,

and a magnificent spray apparatus similar to the one in use in our best sanitariums. Next to the spray apparatus is one of Dr. Kellogg's electric light baths, on which is a plate bearing this inscription:

"This electric light bath was
erected by the Young People's
Self Denial Fund."

To the amount of nearly one hundred dollars, California young people sent in their nickels and dimes, which otherwise might have been spent for candy, soda water and gum.

The rooms are lighted by electricity; the tiled floor and the neat appearance of the furniture and fixtures gives one a feeling of thorough equipment and adaptability to the use for which the Dispensary is designed.

One of the most interesting features of the evening's entertainment was the demonstration by nurses of the actual treatments that are given.

We are indeed grateful to the Lord that this work has been started and we pray that that which he has allowed to so encouragingly begin may be richly blessed by Him, and the work done in this Dispensary may be the means of bringing relief to many sufferers and of leading many to the feet of the Great Physician.

ARE YOU DISCOURAGED BECAUSE OF YOUR MEAGER OPPORTUNITIES?

As you read of the remarkable things that God has helped others to do does the thought sometimes come to you, "I never can have any such experiences. I am a country boy or girl, with only a meager education. If so, you will be encouraged to know that Amos stepped into a great opening crisis, and wrote some of the most helpful things in all the Bible, and yet he said of himself: "I was no prophet, neither was I a prophet's son, but I was an herdsman." Amos 7:14. This was the most menial employment in Israel. He employed his spare moments gathering sycamore fruit but the Lord saw that he was willing to be useful, so he took him as he followed the flock, and opened before him a great door of opportunity.

If you are doing your present work as faithfully as Amos did his, the Lord is just as anxious to make a great worker of you as he was to make one of Amos.

IS THERE HOPE FOR THE DRUG FIEND?

Three years ago, there came to us, one of the most pitiful wrecks of humanity we have ever met. He had been a confirmed slave to both the morphine and liquor habits for about ten years. He was using the drug in enormous doses, and had abandoned all hope of ever being delivered from the terrible bondage until some one persuaded him to come to Chicago. Physiological treatments, a simple, non-irritating diet, the laying hold upon divine resources, all worked together to set this man entirely free in a short time from this dreadful slavery. He returned to his home a grateful man and ever since has been conducting a good business. In a recent letter he writes: "I am now in my third year without any drink or drugs passing my lips, and I feel better and younger than I did twenty years ago."

IN HIS STEPS.

C. L.

In no department of our work can the personal touch be applied more closely than by our missionary visiting nurses. They learn all the sad stories and heart aches of the families and have the blessed privilege of telling them of Him who has borne our sorrows and who can wipe away all tears. It is their privilege, not only to heal the sick and preach the gospel, but to clothe the naked with the garments which kind Christian friends are sending in to us for this purpose. Many times they have fed the hungry by taking money from their own small salaries. They are able to teach mothers of the sacredness of the human temple and the proper care of their children. In many cases they follow up their nursing with their Bibles, and God alone knows the full results of this work.

These visiting missionary nurses could command splendid salaries if they chose to work for the world; but they are willing to give their talents and their lives to the service of the Master. At present their work must be made self-supporting and as a result they are not able to give their entire time to the work which means so much to the sick and suffering poor.

Will you not pray over this matter and use your influence to raise five or ten dollars a month to be used in this far reaching work? We feel that you could hardly give your money to a better cause. If some of our best nurses are willing to give their lives to the work can you not, at least, try to raise some money to encourage it?

THE CHICAGO MEDICAL MISSIONARY SOCIETY.

We wish that it was possible for all our readers to attend our Sunday night meeting of our Missionary Society and hear the enthusiastic reports of the workers from the various departments of this work. Our most influential patients attend these meetings and are as intensely interested in them as our own workers.

At the last meeting Brother Van Dorn gave an interesting talk about his missionary experiences during his Western trip. Then splendid reports were given of cottage meeting experiences, work for children in the slums and encouraging things that have taken place in the Mission. Then one of our physicians spoke of just having been called to the sick bed of a poor wreck of humanity who plead to have one of our nurses come to her because she thought she would be the only one that could do her any good.

Most encouraging letters were read from the girls who are on a missionary tour to the Pacific Coast. Broader plans are constantly being laid for the extending of this work in different parts of the land.

If a man sow his lawn with the seeds of thorns and thistles, sooner or later they will pierce his own flesh and that of his children. If a man persists in using tobacco and alcoholic stimulants and indulges in small tipping in the form of tea and coffee; if he applies mustard plasters to the inside of his stomach by the use of fiery condiments and tries to subsist upon the carcasses of dead animals, which were perhaps more or less diseased; if he eats poorly cooked foods, pastries, sweets and other indigestible things between meals, there will surely be a harvest of misery to be reaped by himself and his children.

Editorial Department

David Paulson, M. D.

THE LAST NUMBER OF THE LIFE BOAT.

The circulation of the February number reached eighty thousand copies, and undoubtedly the present issue will even exceed this number. There is no reason why **THE LIFE BOAT** should not soon have a circulation of a quarter of a million. If our readers will do their part, this may be accomplished in a short time.

THE NEXT NUMBER OF THE LIFE BOAT.

The next number of the **Life Boat** will be our annual prisoners' number. We shall print at least one hundred and twenty-five thousand copies. We believe that it will be the most valuable number we have ever issued. It will contain helpful and stirring articles from A. T. Jones of California, Chaplain Thornton of Illinois State Penitentiary; Dr. J. H. Kellogg, superintendent of the Battle Creek Sanitarium; W. S. Sadler, formerly editor of **The Life Boat**, and who was used of God to organize **The Life Boat** prison movement. It will also contain a number of inspiring letters from men behind prison bars, who have been helped or saved by reading **The Life Boat**. Send in your order at once for extra copies, for this number will be interesting and helpful to men and women in all walks of life.

ARE YOU IN A PROGRESSIVE MISSIONARY CHANNEL?

Are you simply being tossed about like a chip on a wave or are you in some *progressive* missionary channel? There was a time when some of the disciples were content to drift along, day after day, without making any special advancement, but there came a day in their experience when the Master said to them: "Follow me, and I will make you fishers of men." For years he has been trying to get you to *hear* the same call. He has some work for *you* to do, and you will enjoy it. Ask him to help you to hear his call just now.

THE APRIL LIFE BOAT SHOULD REACH YOUR LOCAL PRISON.

This year we desire the prisoners' number of **THE LIFE BOAT** to reach not only those confined in the state prisons, but also every county jail and city prison. The most hopeful class of prisoners are confined in these jails. Will you not become responsible at once for the number necessary to supply your local jail? Let us hear from you immediately in reference to this matter.

DON'T LET YOUR SUBSCRIPTION EXPIRE.

As your eye falls upon these words, stop and think if your subscription is not about to expire; if so, send in twenty-five cents while the thought is in your mind. It is a very small thing and very easy to forget. We do not wish to part company with you. With the help of the Lord, we hope to make **THE LIFE BOAT** better each month. **RENEW YOUR SUBSCRIPTION NOW.**

THE LIFE BOAT IN MANILA.

We have recently received the following letter from the Military Headquarters of the Division of the Philippines: "I beg to acknowledge the receipt of your letter to Major General George W. Davis, the Commanding General, Division of the Philippines, and to inform you that the General will be glad to aid you in the distribution of **THE LIFE BOAT** for the Army."

Who will help us to step into such openings so that **THE LIFE BOAT** may be placed in the hands of our soldier boys even in our remotest possessions?

Those who are working for premiums can send us the subscriptions as fast as they get them. With each list of names a letter should be written, stating what premium you are expecting to get and asking that the number of names sent be credited to the sender.

DO YOU WISH TO CONNECT WITH OUR CHICAGO LIFE BOAT MOVEMENT?

Worldly business enterprises carry their wares and goods to the homes of the people all over the land. Shall we not rise up and carry the life-saving gospel to every place where it is needed? Millions of people are living discouraged, disheartened, miserable lives, and nothing will make them happy except the Gospel of Christ.

If you feel your soul stirred in reference to this matter, come to Chicago and spend a short time in gaining an experience in active soul-saving work. We hope that a hundred energetic young people will respond immediately to this call. Address the Editor of *The Life Boat*, 28 Thirty-third Place, Chicago.

HOW TO GET MONEY FOR SOME WORTHY OBJECT.

An excellent way to raise money for some worthy object is to interest several young people in the project and then encourage them to sell LIFE BOATS and to devote the returns to that purpose. How much better such a plan is than to provide an indigestible meal and then devote the proceeds from the sale of tickets to some charitable work. This plan has already been adopted in many places and much good has resulted from it.

The students in Union College have decided to raise a hundred dollars in this way, to assist worthy students in foreign countries to secure an education in some Missionary Training School.

SALOON WORK.

As thousands of young people begin to take part in an extensive soul-saving movement, it is too much to hope that some mistakes will not be made. It is well to remember that common sense is as much a gift from God as any other gift of the Spirit, and unless we have some definite evidence to the contrary, we should never undertake anything that is not in harmony with good, sober judgment and genuine experience.

The gospel must be carried to saloon keepers, and to those who frequent saloons, but rarely does God call young girls to do this

work. Thoroughly consecrated mature women, going two and two may often here find a large field of usefulness, but even they should study with the greatest care the principles that are underlying this work.

Only in rare instances should a young girl undertake this work unless she can be accompanied by an older, and experienced Christian woman. We trust that no one will feel that because we do not encourage them to engage in saloon work, that this excuses them from undertaking the many other splendid lines of gospel work for which God has so well adapted them.

ARE YOU READY FOR MOVING DAY?

We all remember "Moving Day," and how carefully we preserve certain things, and how we left other things behind, because they were "not worth moving."

When the Gospel shall have been preached to all the world, then we shall move from this world over into the next. (Matt. 24:13).

There will be some, who, like the rubbish on moving day, will be left behind; not because the Lord hates them, but because they will not be worth moving. Noah built an ark and at the same time built character, and was ready when the crisis came. (Heb. 11:7.)

There came a time when the Lord wanted to move those who were worth saving out of Sodom. Lot reluctantly responded. Lot's wife was so wedded to earthly belongings that she had to look back to it and so she was left behind. (Gen. 19:14-26).

The Apostle James speaks of a time when the rich are heaping treasures together for the last days. "Behold, the hire of the laborers who have reaped down your fields, which is of you kept back by fraud, crieth." (James 5:4.)

When these things come to pass, the Lord admonishes us: "Stablish your hearts: for the coming of the Lord draweth nigh." (James 5:8).

When you read in the daily papers of the terrible perplexities growing out of the present relations between the rich and the poor, do they not sometimes suggest the thought to your mind that "moving day" is rapidly approaching?

SPECIAL COMBINATION OFFER.

We are pleased to announce that arrangements have recently been made, enabling us to furnish that splendid Gospel magazine, *The Signs of the Times* with *THE LIFE BOAT* at \$1.50 a year. This is supplying you with both papers at the price of one. "*The Signs*" is a live, up-to-date religious weekly. Just now it contains a series of particularly valuable articles from the pen of that well known writer, Dr. Mary Wood Allen.

THE CHICAGO MEDICAL TRAINING SCHOOL.

After reading in this issue about some of the splendid opportunities our nurses are having to relieve suffering and distressed humanity, are you not impressed that perhaps the Lord is calling you to medical missionary work?

There is no other line of work which offers greater opportunities to reach humanity than this.

Students may be received at any time. Send for application blanks and further particulars. Address, Mrs. David Paulson.

FROM FAR AWAY ALASKA.

Arthur Winjum, secretary Military Y. M. C. A., at Port Egbert, Alaska, writes:

"Your letter just at hand with the sample of *THE LIFE BOAT*. It pleases us very much to receive such a valuable paper and we cannot fully thank you for sending us the paper gratis. Three or four copies, I should think, would be a great plenty for this post. It is very seldom we have any prisoners, to be said to the good of this company, and I am glad to say that the boys are very much pleased with the sample of *THE LIFE BOAT* and long to receive the monthly copies of the paper."

People everywhere are becoming aroused on the subject of health. The surprising increase of insanity, Bright's disease, tuberculosis, and kindred maladies, are attracting widespread attention.

Do you desire to avoid premature funerals? If so, send a dollar to Good Health, Battle Creek, Mich., and secure that valuable health magazine for a year, and be sure to adopt in your family its sensible health suggestions.

If you have not already read the encouraging article, "What I Find in the Bible," from the pen of S. N. Haskell, in this issue, do not fail to do so, and then you will want to send a stamp to get a sample copy of *The Bible Training School*, of which he is editor. Address, 363 Grand avenue, Brooklyn, N. Y.

THE TRAINING SCHOOL ADVOCATE.

The March Training School Advocate will be a special public school teachers' number. Order a few and place them in the hands of your teachers. Price, four cents each. Address, Training School Advocate, Berrien Springs, Mich.

THE YOUTHS' INSTRUCTOR.

This paper gives you the brightest things concerning missionary fields, the latest things in science, the most interesting and helpful things in reference to young people's work. Send twenty cents for three months' trial subscription.

Address, The Youths' Instructor, Battle Creek, Mich.

H. T. Phelps, Box 989, Minneapolis, Minn., writes that the present edition of his valuable Anti-cigarette tract, "Save the Boys," has been exhausted. It is his intention to revise it, and get out another edition but he will need some financial assistance in order to accomplish this. Mr. Phelps' tract has done much good, and undoubtedly another edition would be still further used by the Lord.

A TEMPERANCE PAPER PUBLISHED BY BOYS.

Several years ago, three boys, all less than twenty years of age, began publishing a paper in the interests of the prohibition movement, entitled, "The Home Defender." Its special object is to interest young people in the temperance movement; and as a special inducement, they offer the paper for one year for 10 cents. Address: The Home Defender, Woman's Temple, Chicago.

VOCAL MUSIC.

"*Thoughts of Eden*" and "*The Song of the Angels*." Price 10c each. Send 20c to Otto Lundell, Room 770, 324 Dearborn street, Chicago, Ill., and you will get the right kind of music for your home.

NEWS AND NOTES.

Mr. A. Abegg has joined the Chicago Life Boat crew.

The Sanitarium is enjoying at present the largest patronage it has ever had.

Rose Zcigler has taken Mary Smith's place in the Life Boat Rest.

Louie Shelley and Della Hinshaw have returned to their home in Iowa.

Mr. and Mrs. Ottenbach, of Battle Creek, Mich., have connected with the Chicago Branch Sanitarium.

E. B. Van Dorn has returned from his western trip and has again taken up his work at the Life Boat Mission.

Some of our nurses are at present employed in some of the most influential families in the city.

Mrs. Nellie Richmond is spending a few weeks in Grand Rapids, Mich., in the interest of medical missionary work.

Miss Mary Frey, of the Review and Herald office, has taken up work in THE LIFE BOAT subscription department.

The medical missionary nurses' class have volunteered to sell one hundred and eighteen Christ Object Lessons.

Thos. C. Parks is opening up THE LIFE BOAT campaign in the large cities of Ohio.

Dr. J. M. Keichline, who has been spending a few weeks with us while taking post-graduate work, has left and will soon go to a foreign field.

Dr. A. W. George spent a few days in our Chicago work making arrangements for some one to come to Little Rock, Ark., to inaugurate a Life Boat campaign.

Regular class work has been begun for the Chicago Life Boat Crew. Synopsis of these lessons will be sent to those who are selling papers in all parts of the country.

Nina Case had splendid experiences in Philadelphia and Boston, where she went in the interest of the Life Boat campaign. She is now in Detroit engaged in the same work.

Mrs. E. M. Whittemore, the well known founder of the Door of Hope Rescue Home in New York city, and its fifty-eight branches in different parts of the United States, recently visited the Life Boat Mission, and gave an interesting talk which will long be remembered by all present.

OUR HEALTH FOOD STORE.

Our health food store, located at 3314 Cottage Grove avenue, Chicago, carries a full line of health foods, nut products and sanitary supplies. We ship good to any part of the country and deliver to any part of Chicago, free of charge.

Mail orders given prompt attention. Those who live in Chicago may order by telephone, 1131 South.

All profits from this store are used in maintaining our Chicago Medical Missionary work.

The February number of that valuable journal, "Our Dumb Animals," contains a quarter-page cut of the front cover of THE LIFE BOAT.

The editor, George E. Angell, who is also president of the American Humane Society, accomplished a world of good in educating the public on the evils of cruelty to animals.

MEDICAL MISSIONARY CAMPAIGN WORK.

Dr. and Mrs. Edwards, who have been teaching the science work in the Emmanuel Missionary College, are now in the Western States engaged in a medical missionary campaign. We quote the following extracts written from Lincoln, Neb.: "We had a fine time at the State Conference of Corrections and Charities, and it was so arranged that Miss Smith and Miss Burghart had a chance to speak before the Conference and also to present copies of LIFE BOAT to each member. We also spoke at the State Penitentiary last Sunday morning. We staid all day, took dinner with the Warden and had another service in the afternoon. We were given permission to visit every cell and talk with as many prisoners as we wished to. In this way we came in touch with many men that we could help. Quite a number promised to write to "THE LIFE BOAT." We took the names of those whose terms are about to expire and we will do what we can to get some one to begin correspondence with them and give them a new start in life."

If you are having a hard time, it is not because of the good you are doing, but because of the wrong. It is the way of *transgressors* that is hard (Prov. 13:15), while "the path of the just is as the shining light, that shineth more and more unto the perfect day." Prov. 4:18.

DONATIONS.

LIFE BOAT MISSION.

Mrs. G. W. Adams, \$1.00; P. Benoit, \$10.00; G. W. Burkhart, 40c; B. C. San. Helpers, \$10.00; Mary E. Beach, \$2.10; Mrs. E. Crane, 75c; F. E. Devan, 50c; Louis Dornbush, 50c; Thos. Eaton, \$2.00; Mrs. Fisher, \$4.20; Friend, \$1.30; G. R. Fletcher, 39c; Friend, \$3.00; G. A. Herolz, \$1.00; C. E. Howan, \$1.00; Dennis Hurley, 25c; Mrs. L. T. Heaton, \$1.00; E. F. Henry, \$1.00; Rudolph Just, \$5.00; G. W. Keller, \$1.00; Chester Kinsey, 50c; W. R. Kellogg, \$1.00; Mrs. L. Leonard, \$2.00; T. J. Murphy, \$1.00; Mrs. J. E. Morgan, 40c; Helen McCollins, 50c; Charlotte McIntyre, \$4.00; L. M. Ogden, \$2.00; Mrs. J. H. Powell, \$1.00; W. B. Payne, \$5.00; Beulah Payne, \$1.00; R. L. Pierce, 50c; R. B. Payne, \$1.00; J. G. Pitts, 50c; C. A. Patterson, \$1.00; Pollock Drug Co., \$1.00; D. L. Purdon, \$1.00; N. A. Piazza, \$1.00; P. G. Rooks, 50c; A. P. Seymour, 25c; P. B. Schweitzer, \$1.00; P. C. Shockey, \$1.00; J. O. Steadman, \$1.00; Violet Storm, 50c; Wm. D. Tough, 50c; Miss May Van Deren, \$4.00; Miss Allie Veitch, 25c; Weinstein Bros., 50c; R. S. Wheat, \$1.00; Mrs. Albert Weldon, 50c; Mrs. Emma Weatherby, \$1.00; C. Winslow, \$1.00; Harry E. Woodburn, \$8.62.

PRISONERS' FUND.

Nettie Ashton, \$1.00; J. F. Archibald, 27c; Mary E. Beach, 25c; Mary J. Garby, 25c; D. P. Evans, 75c; Emil Erdman, \$1.00; Friend, \$1.00; Mrs. Jennie Graham, 50c; Edith Gofredsen, 25c; Mr. Harris, 50c; Mrs. M. A. Howell, 20c; Mrs. M. J. Hells, 25c; Mrs. Maria Just, \$1.25; G. W. Keller, 75c; W. K. Kellogg, 25c; Mrs. M. A. Livingstone, 50c; Will Marlin, \$2.00; T. J. Murphy, 25c; Mrs. R. E. McDonald, 25c; Lillian McPherson, 50c; John McMillan, \$1.00; H. C. Nelson, \$4.50; Edgar Nelson, 50c; J. A. Parsons, 25c; Mrs. E. M. Pierce, \$1.00; Mrs. Ida H. Smith, \$1.25; Skinner, \$2.00; A Sister, \$1.00; Mrs. E. Snyder, 45c; H. Toyne, \$2.00; Luin A. Wilcox, 25c; Eliza Woodruff, \$1.00; James Walker, 40c; Mrs. Will Wells, 40c; D. E. Youngs, \$1.00; D. W. Nichols, \$2.00.

VISITING NURSES' WORK.

Mrs. J. E. Davies, \$1.40; Mrs. Carrie Johnson, \$2.00; Mrs. Prudence L. Jones, 75c; Mrs. D. Miramontez, 50c; Orman McCoy, 25c; Mary E. Nelson, 75c; Mrs. W. H. Parker, \$1.00.

LIFE BOAT FUND.

Mrs. J. E. Bennett, 25c; Dr. Rozelle, \$5.00; Mrs. J. E. Davies, \$1.40; Mrs. J. Johnson, \$1.00; Mrs. M. A. Livingstone, 50c; Alva Moore, \$15.00; Manitoba Tract Society, \$3.00; Mrs. Lizzie Valentine, 25c; E. A. Wilhelm, 75c; D. W. Nichols, \$1.00.

LIFE BOAT REST.

Mrs. J. E. Davies, \$1.40; Friend, \$3.00; Jane Harrison, 25c; Mrs. J. Johnson, \$2.00; Mrs. M. A. Livingstone, 50c; Edgar Nelson, 25c; D. W. Nichols, \$1.00; J. W. Gossard, \$10.00; Service Club, \$10.00; Mr. and Mrs. Hurdy, \$2.00; Miss Rich, \$1.00; Mt. Vernon Academy Student, \$1.50; W. H. Groomes, 75c; Mr. Peterson, \$5.00; Mrs. Larson, \$1.25; Nellie Crossier, 15c; Mrs. D. A. Fisher, \$7.50; Mrs. B. M. Heald, 25c; Dr. Perrine, \$2.00.

LIFE BOAT REST FOR GIRLS.

Report for month ending January 31, 1903.
Public meetings held 31
Aggregate attendance at meetings 310
Pages printed matter distributed 1,000
Scriptures distributed
Articles clothing distributed 70

Calls made 70
Medical services rendered 30
Treatments 20
Free baths 2
Free lodgings 20
Free meals 30
Positions secured 2
Number received from police 1
Number admitted to Rest 3
Number in Maternity Ward 1
Number in hospital 1
Number professing conversion 20
Requests for prayer 40
Girls returned home 1

HALSTED STREET DISPENSARY.

Report for January, 1903.
New patients 300
Outside calls 355
Consultations 250
Office treatments 225
Outside treatments 148
Bath room treatments 90
Operations 8
Garments given away 141

LIFE BOAT MISSION.

Report for January, 1903.
Meetings held 76
Attendance at meetings 2,250
Testimonials given 450
Requests for prayer 350
Testaments distributed 110
Lodgings given (10c each) 30
Meals given to poor 25
Garments given away 125
Life Boats sold and given 1,555
Professed conversions 120
Missionary visits 25

LIFE BOAT MISSION DISPENSARY.

January 5 to 31, 1903.
Bathroom treatments 50
Office treatments 24
Outside calls 11

HOSPITAL REPORT.

Admitted to wards
Surgical operations 8
Gospel meetings held 35
Operations in eye, ear, nose and throat department 6

WORKINGMEN'S HOME REPORT.

Penny lunches served 20,241
Lodgings given 6,487
Used free laundry 3,768

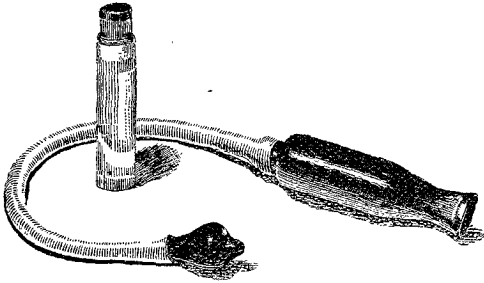
OUR DIRECTORY.

American Medical Missionary College, 2 and 4 33rd Place.
Chicago Branch Sanitarium, 28 33rd Place.
Chicago Medical Mission, 2 and 4 33rd Place.
Workingmen's Home, 1339 State Street.
Life Boat Mission, 436 State street.
Life Boat Rest for girls, 425 S. Clark Street.
American Medical Missionary Dispensary, 355 1/2 Halsted Street.
Hygeia Dining Rooms, 5759 Drexel Avenue.
Life Boat Mission Dining Room, 436 State Street.
Life Boat Mission Health Food Store, 436 State Street.
Life Boat Mission Dispensary, 436 State Street.
Chicago Medical Mission Health Food Store, 3314 Cottage Grove Avenue.

THE Chaplain of the New Jersey State Prison writes concerning the next number of the Life Boat: "Five hundred copies of your very profitable Life Boat can be used here. Out on the sea of life, wrecked by bad habits and drifting toward the lea shore of everlasting destruction, a paper like yours will help to save many a one who otherwise would perish. Any number you can send would be very acceptable and would help me in my work as Chaplain."

This is only a sample of similar letters that we are receiving from Prison Wardens and Chaplains in every mail. Do you want a part in this good work? Will you help us supply your own state prison?

This is What You Need for March Colds.



We are glad to recommend to all of our readers, **The Improved Magic Pocket Vaporizer.**

It is small enough so that it can easily be carried in the vest pocket. It relieves colds in the head, and catarrhal troubles in a surprising manner. Each outfit contains sufficient medicine for three months' treatment. Price, one dollar, post paid. Address:

THE LIFE BOAT,

28 33rd Place, - CHICAGO.



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

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

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

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

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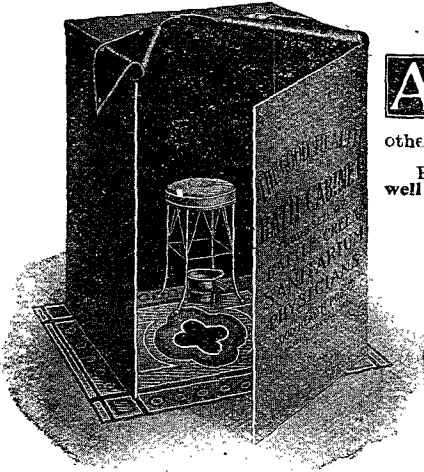
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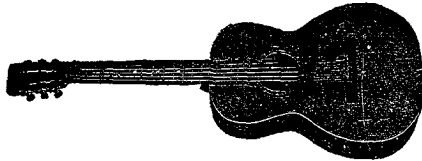
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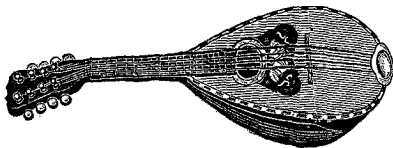
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FOR FIFTY NEW SUBSCRIBERS we offer a seven-jeweled, gold-filled watch, ten-year guarantee case, beautiful design, with famous Seth Thomas movement. We will furnish the same style in coin silver hunting case.



FOR FORTY NEW SUBSCRIBERS we offer "The Jupiter" Guitar, standard size. Dark Mahogany finish back and sides, hand polished, spruce top; fancy colored wood inlaying around sound hole, edge inlaid with fancy colored woods and bound with celluloid, neck Mahogany finish, finger-board with pearl position dots, nickel-plated patent head, metal tail-piece, nickel-plated, strung with steel strings. **Price, \$7.00.** Express charges extra.



FOR FORTY NEW SUBSCRIBERS we offer "The Jupiter" Mandolin. Ribs, dark Mahogany finish with black inlaying between, broad, fancy colored wood inlaying around sound-hole and edge, celluloid bound, high varnish finish, spruce top, Mahogany finish neck, rosewood finger-board and tortoise celluloid guard plate, pearl position dots, nickel-plated patent head, nickel shell pattern tail-piece. **Price, \$7.00.** Express charges extra.

FOR TWENTY-FIVE NEW SUBSCRIBERS we offer a beautiful set of sterling silver-plated knives and forks.

FOR FIFTEEN NEW SUBSCRIBERS we offer a first-class gold-pointed fountain pen.

FOR TEN NEW SUBSCRIBERS we offer a handsome set of nut picks and cracker.

FOR FIVE NEW SUBSCRIBERS, a complete stamping outfit, consisting of complete alphabets, numerals, etc., of rubber type. It will be found useful for marking linen, printing cards, etc. Something all children will appreciate.

FOR FIVE SUBSCRIBERS we offer a child's set, consisting of a knife, fork and spoon, and a small pair of scissors.

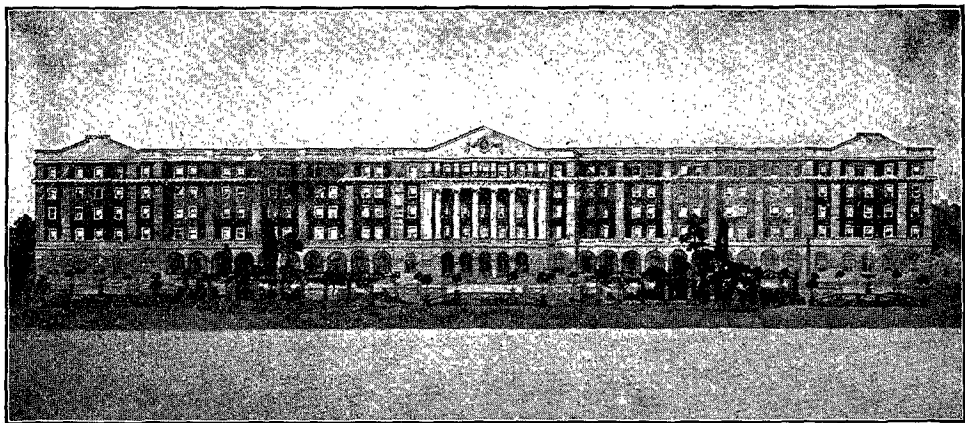
FOR FIVE NEW SUBSCRIBERS we will give a year's subscription to **THE LIFE BOAT**.

FOR ONE NEW SUBSCRIBER we will send the vest pocket edition of either one of the Gospels, or book of Acts or Romans. They will please you.

FOR ONE NEW SUBSCRIBER we will send the booklet, "My First Drink and My Last," by S. H. Hadley, Supt. of Jerry McAuley Mission, New York.

Or "The Miracle of My Conversion," by Col. H. H. Hadley.

Or both for two new subscribers.



Battle Creek Sanitarium Food Company

CHOICE CEREAL PRODUCTS AND CANNED GOODS.

Battle Creek, Mich., March 1, 1903.

Mr. Thinking Man,
Somewhere,
Dear Sir: Anywhere.

We have prepared a brochure which will tell you all about our Health Foods, and our 30 years of experience in making them. It will tell you the whys and wherefores as discovered by the Battle Creek Sanitarium.

It will pay you to read it.

BESIDES, in the booklet are Special-Offer Coupons which will permit you to secure a well-selected Trial Order--sent prepaid, at a very low price. Cut off Coupon and send it in an envelope. Mail it TO-DAY.

Yours truly,

BATTLE CREEK SANITARIUM FOOD CO.

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BATTLE CREEK SANITARIUM FOOD CO.,
Battle Creek, Mich.

1903.

Gentlemen: Please mail me Free Brochure described in The Life Boat, and oblige,

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