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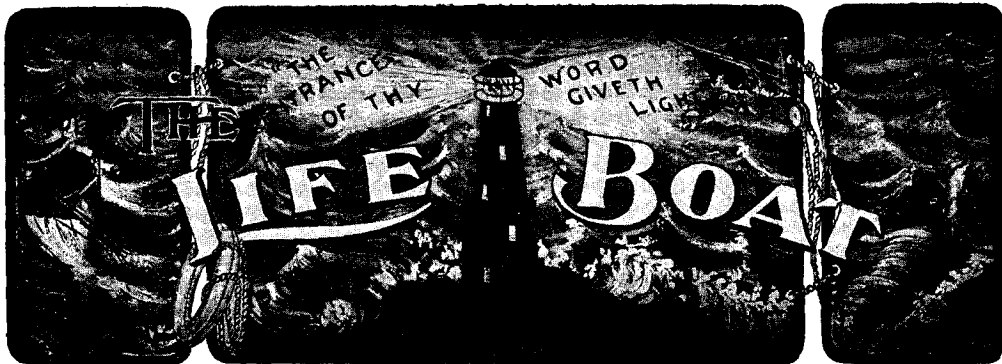
Shall Hospital Patients Have the Life Boat? See Page 138.



March 15 1903.

FIFTH ANNIVERSARY SERVICE LIFE BOAT MISSION.

Gibson Art Galleries, Chicago.



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

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Volume VI

CHICAGO :: MAY, 1903.

Number 5

**THE WORK OF THE LIFE BOAT MIS-
SION.**

E. B. VAN DORN.
Superintendent.

It would be impossible to give you any accurate record of the work of the mission, for any definite length of time. In fact we do not try to keep any books or records of conversions and other details of city mission work. This is the small part of the work. When it is done the tendency is to depend on that, and lose sight of the aim and object—"The salvation of the soul." God seeth not as man seeth, and things we would count as success, He would count as failure. "Paul may plant, and Apollos water, but it is the Lord that giveth the increase."

The Mission was established five years ago (March 15, 1898), in the first ward where some 40,000 men winter, and more or less of them stay the year around. These men are from every nation, and every walk of life. There is not a vocation in life that is not represented, from the banker and the preacher to the red-handed murderer and shoe black. The judge who sat upon the bench to interpret the meaning of the law for or against his fellow men, has failed to interpret the principles of life, liberty and prosperity for himself. The man who sneered at his fellow-man because he was poor can now be found in the filth of crime's mire. The banker, who in his hour of pomp displayed his corpulent figure on the streets of Chicago and elsewhere, who fed himself on the

best that money could buy, ignoring, persecuting and robbing the innocent poor. The preacher who caused the arches of the church to re-echo his appeals for sinners to come to God. The merchant, the soldier, the policeman, and the vilest men on the earth, mingle together on one common level. These men want to get away from the chains that bind them, but they are helpless. Many have been the leaders in their professions, but in an unguarded moment have fallen from the high and exalted position and become mere wrecks. They have propelled mighty problems of commercial interest in the world, but like a great ship that has succumbed to the storm, nothing remains but the wreck, and another sails in its place.

The street is lined with saloons, free lunch houses, pawn shops, brothels, and variety theaters; everything that tends to drag a man down. There are six thousand saloons, one thousand gambling dens, seven thousand haunts of sin, four hundred opium joints supplying one hundred thousand opium users, and other questionable places too numerous to mention.

This is the place that the mission has for a field, to rescue the perishing, to care for the dying, to snatch them in pity from sin and the grave. Thousands upon thousands are drifting toward the great Niagara of sin. The rapids, the falls, the whirlpool, and eternal destruction are just beyond.

At night every means is used to make the meetings interesting by having good singing in

which all take part, as well as special selections from time to time. Considerable time each night is given to those who have had a practical experience on both sides of life, and the consequences, and ending with an earnest appeal to those present to take heed to their ways. To repent and be converted, that the times of refreshing may come, and that they may prove what is that good and acceptable will of God.

I will mention one of the many interesting incidents that we have under our observation. A mere boy left his eastern home and associations and landed in this wicked city without anyone to befriend him, and in a few days, like the prodigal, he was at his rope's end. He was in destitute circumstances, and in this condition was unable to find employment, was forced to retreat to the lower elements of society. God sent him to us, his physical necessities were provided for and then he was instructed to "Trust in Jesus." He had never heard this before, and it took hold of him. He did trust in Jesus and Jesus trusted him, and has brought him to a large place. He went to school, studied to be a nurse, went, in that capacity, to the Spanish-American war and after his return, studied medicine and finished his course with honors. He is practicing at the present time in this city, and is also an instructor in one of the largest medical colleges in this city. See what God hath wrought.

ARE YOU PRAYING FOR YOUR FRIENDS?

Job was in terrible distress, both in mind and body. His fondest hopes had been crushed into the earth, bitter disappointment had settled down upon him like a pall of death. While in this condition the divine thought came to him that he should pray for his friends. Mark the result: "The Lord turned the captivity of Job." He also prospered him twice as much as he had before. (Job. 42:10.)

Dear reader are you somewhat similarly situated? Begin to work and pray for your friends, and you will soon experience the same blessings in your heart and life as Job did.

The permanent friend is the one who has been inspired by some truth which you have been able to impart to him, rather than fascinated by your personality.

SAVED FROM TOBACCO.

CLIFFORD G. HOWELL,
Culebra Island, W. I.

It is pitiful to see how men, women and even very young children in this Southland are chained to the poison known as tobacco.

I recently met a woman who had been its slave for years. Its poison had so completely filled her system that she was seldom free from pain and yet she would awake in the night to use it again.

The light of God's word came to her; she tried to quit tobacco little by little and failed, as is usually the case. God's spirit worked with her until she finally said from the depths of her soul: "I'll never put another bit in my mouth if I die for it." She asked God to witness and help her in her vow, and He has. Her health has returned; that life and death resolution saved her, and she now sells THE LIFE BOAT to help save others.

"THE EARTH FILLED WITH VIOLENCE."

In the first part of the 6th chapter of Genesis is summed up a description of the social and moral condition of society in the days of Noah. Twice it is stated, that the earth was "filled with violence." Christ said, "As it was in the days of Noah, so shall it be also in the days of the Son of man." Luke, 17:26. As you read of the suicides, strikes, lockouts, boycotts, riots, etc., that are becoming so startlingly common did it ever occur to you that perhaps violence is again filling the land as it did in the days of Noah and it should be an indication to the observing mind that the long reign of sin is nearly finished? In the days of Noah inspired writ declares they did eat, they drank, and then knew not until the flood came and took them all away. Are you in the same condition or are you heeding the solemn admonition, take heed to yourselves lest at any time your hearts be overcharged with surfeiting and drunkenness and cares of this life so that day come on you unawares. (Luke, 21:34.)

It costs something to secure a friend, it costs more to keep him, but it costs infinitely more to lose him.

AN EXPERIENCE IN POLICE STATION WORK.

JULIA ANNA HOENES.

"I was sick and in prison, and ye visited me." It is sweet, indeed, to know that in doing this work we are just where our dear Saviour would have us to be. If there is ever a time when the hearts of these dear men and women are tender, it is when, after a mad rush, a plunging headlong into sin, they find themselves suddenly checked by the bands of the law. It was a great privilege for me to visit, on a Sabbath afternoon, in company with Sister Van Dorn and three other workers, three of the precinct police stations on the West Side and North Side of the city. The keepers, though not themselves praying men, seemed very glad to have us come, and what a comfort we were to the incarcerated ones shall never be known till "the mists have rolled away." With prayerful hearts we held our services of song and prayer, then reached to the boys and girls the hand of Christian sympathy, with the plea to give themselves unreservedly to the Master. To encourage the growth of the seeds of truth, we left them each a LIFE BOAT, and some a book of John. At one place we visited, an Italian, who had just been brought in, was being searched for weapons. He had just killed a woman. Even this poor fellow did not have a hard face; he is, not beyond hope, for under the proper circumstances he may yet be touched, his heart softened, and he, though imprisoned, may rejoice in the freedom in Christ. The next day, on Sunday forenoon, we had a blessed time at the Harrison street police station. This is the building, a cut of which appeared in the March number of THE LIFE BOAT. It is the central station of the city, and is usually well filled. This time we had a folding organ with us, and after a precious service of song, one of our Christian workers talked to the boys, of the criminal row especially, and at the invitation five hands were seen stuck out between the bars, some black, some white, but I am sure Jesus took those hands into his own dear hands, which still bear the print of cruel nails, and these souls will be cleansed from all sin, if they take Him at his word. May the Lord grant it! Then the workers went up stairs to the station annex for girls, where the police

matron gave us a warm welcome. There were about eight or ten girls in this department, all gathered together in a rather home-like sitting-room. One of the unfortunate girls, her infant in her lap, seemed almost heartbroken, weeping all through the service. All enjoyed the singing and speaking, but, perhaps, the most profitable part of the service was the closing prayer service, one of consecration, when all the girls knelt down, each one accompanied by one of our workers. For myself, I can say that I certainly felt Jesus very near as I knelt beside that dear one, some mother's girl, now without money, without a home, perhaps without a character, and, oh, how glad I was to put my arm around her, press close to her, and whisper to her that Jesus could restore all if she would take him as her friend and love him in return for His great love for her. My dear, discouraged sister, look up, for Jesus can help you, though all friends forsake you, even your mother, Jesus will always be the same. Tell Him all about your sins and trials; He can make you pure and wash you in His own precious blood; you will be kept by His power divine and be perfectly happy. And you, my dear brother, my dear sister, who professes to belong to Jesus, give yourself more fully to Him, let Him baptise you for service, and with His love burning in your soul, go out as He did "to seek and to save that which was lost," be it in the prison, in the rescue mission, on the street corner, or wherever He needs you, and oh, the precious promise that "He that goeth forth and weepeth, bearing precious seed, shall doubtless come again, bringing his sheaves with him."

HOW TO BE HAPPY.

[If you want to have a good time go and do something to make humanity better and happier. The following extracts from a lady illustrates this point.—Editor.]

All the winter the dear Lord has been calling me to take up the work in our jail here. But I felt there were many who could do this work much better than I so I did not go; but still I could not dismiss the subject. Then I thought perhaps the sheriff would not want any one to bother him with such things, and I thought, too, that the men in jail would only laugh and not give any attention. But still the Lord kept urging me to go, and when I read in the February Life Boat of the

two girls, Alice Burghart and Mary Smith, I felt just like the dear sister said she did, for every line I read seemed to say to me, "Go," and finally I just said: "Lord, I will go." So Sunday afternoon, right after our Junior Endeavor meeting, I went with seven of our girls. We sang for the prisoners and I talked to them about their souls and pointed them to Christ.

I took along a lot of Life Boats and tracts and other good reading and they were all so glad to see us. How I did pray that the Lord would touch their hearts in some way. Now I am so glad that the dear Lord put it upon me to go.

This is court week, and there were some that I really wanted to see before they were sent away. One woman wanted a Bible, and I told a man who was reading a novel that I would furnish him with all the good reading he wanted, so I prayed today that the Lord would show me the way to get Bibles for the jail, as I did not have the money, and so He presented a way by which I could raise the money. I went to the court and during the recess I solicited money of the people, and, oh, how the dear Lord did bless me. I raised three dollars in a very short time. This more than covered the expense of the Bibles and, besides getting the money, it gave me a chance to talk to the people about Jesus, how He died to save sinners. He never fails to help us when we are doing His will and working for Him.

This has been a blessed work to me. I have been so happy in the service of God. I love to work for Him.

I read in the last Life Boat about donating our wedding rings to the Lord. I have been thinking it over and asking the Lord what to do about it. Something seemed to say to me, "Could your rings ever be the means of bringing a single soul to Christ by wearing them on your fingers?" and I said, "I think not," and then again it came to me as I prayed over it, that I might meet some one in heaven who would tell me that it was through the influence of The Life Boat that my rings paid for; that they were saved, and then, oh, how I would praise God for what I had done. So I send you my rings, and you can sell them and send me Life Boats for the amount they will bring.

HIS FIRST AND LAST TESTIMONY.

JAY W. CUMMINGS.

Pastor South Side Church.

One of the number who have been attending our Monday night prayer meetings was an old man, who had passed the four score mark. After an earnest talk by the leader on the subject of prayer and our duty to God, a call was made for testimonies, and this old man under the convicting power of the Spirit

gave us, as we believe, his first testimony. We all remember how his aged form trembled with emotion as he told how good God had been to him and how he intended to serve Him the balance of his days. He was looking forward to another happy time last Monday evening, but it was not to be, for he did not know what a day would bring forth.

On reaching my office Monday morning about the first one to speak to me said, "Did you hear that old man Bailey was killed by the fast mail train on the Lake Shore this morning?" It was a sad reality.

He had gotten up early in the morning to go on an errand of mercy and in crossing the tracks he was struck and instantly killed by the fast train. But we have hopes of meeting him again at the first resurrection, when the earth also shall disclose her blood and no more cover her slain. "And the Life Giver shall come to break the fetters of the tomb, and call His children forth immortal."

My brother, do not *wait* till you are eighty years old to give your heart to the Lord, but say with the apostle of old, "Now is the accepted time, now is the day of salvation."

THE GOOD OLD DAYS.

How often we hear people speak of how much better things were in the old days. The Scripture warns us against cherishing such sentiment. "Say not thou, What is the cause that the former days were better than these? For thou does not inquire concerning this." Eccl. 7:10.

Persons who are looking back at the past are not remembering the present. It is better to make each day immortal because we are living in it, than to fold our hands in inactivity and complain of unfavorable times.

We can all remember when someone passed through a room carrying a large bouquet of beautiful flowers, and what a pleasant fragrance they left behind. It is possible for each one of us to have our hearts and lives so filled with good cheer and helpfulness that wherever we go, we will leave behind us such an inspiration that all shall be grateful that they came in contact with us.



Life Boat Mission



PERSONAL WORK.

E. B. VAN DORN.

Hand to hand dealing with men and women and children.

Simplest form of Christian work.

Every one can do it.

Most effective method.

Example. Andrew found Peter. John 1:10-45.

Andrew never preached a sermon that we know of.

Peter preached one that led 3,000 to unite with the church. Acts 2:14-41.

Jesus with the woman at the well, gave him an opportunity to reach the multitudes of Galilee. Jno. 4:28-40.

Personal work will bring little applause from men but great things from God.

Its advantages—

All can do it.

It can be done anywhere.

It can be done at any time.

It reaches all classes.

It hits the mark.

It is direct, personal.

There is no doubt who is meant.

You can find and deal with the definite need and every need.

Avails where all other means fail.

Produces large results.

Conditions for success—

Personal knowledge of Christ as your Savior. 1 Tim. 1:15.

A knowledge that your sins are forgiven. 1 Jno. 1:9; 1 Pet. 2:24.

A knowledge of daily deliverance from the power of sin. 1 Jno. 1:7.

A clean life inside and out. 2 Tim. 2:2.

God does not demand a beautiful vessel, but he does want a clean one.

A surrendered life. Phil. 1:21. (Example: The loaves and the fishes. Matt. 14:16-20. It took all that the lad had to feed all the multitude.)

A realization that men out of Christ are lost. Acts 20:31; Luke, 19:10.

How to get this realization. Rom. 3:20, last clause.

A love for him. 1 Jno. 4:19. Luke 7:47. 1 Tim. 2:15. 2 Tim. 3:16. Gal. 5:22.

Perseverance. Luke 15:7.

A working knowledge of the Bible. 2 Tim. 2:15. 2 Tim. 3:16. 1 Pet. 3:15.

Show men their need of a Savior. Rom. 3:23. Isa. 1:6.

Show men Christ as the Savior which they need. Rom. 5:6, 8, 10.

Show men how to make Christ their personal Savior. Jno. 5:24 and 1:1 and 17:3.

How to meet difficulties. 2 Tim. 2:15, 16.

Prayer. 1 Thes. 5:17.

Ask for the right person. Acts 8:20.

Ask for the right message. Jer. 1:7. (Whatsoever I command thee thou shalt speak.)

Ask for power. Acts 1:8.

Watch for souls. Exe. 3:17.

From house to house. Acts 20:20.

In the market place. Acts 17:17.

In the highways. Luke 24:32.

In place of business. Mark 2:14.

Everywhere. Acts 8:4.

AN OPPORTUNITY FOR A MISSIONARY MUSICIAN.

We need at once a man or woman who can play the organ readily and who has the ability to lead in gospel singing and who possesses a genuine love for human souls.

Such a person can just now find at The Life Boat Mission the missionary opportunity of a lifetime. Who is willing to devote his valuable talents for the purpose of saving human souls?

Address, E. B. Van Dorn, Sup't. Life Boat Mission, 436 State street, Chicago.

The victims of intemperance, vice, and drug habits must be taught that what prayer is to the soul, short, brisk, cold treatments which produce a good, wholesome reaction, are to the body.

A CURE FOR IMPATIENCE.

D. H. KRESS, M. D.,
SYDNEY, AUSTRALIA.

We go to the doctor to be cured of rheumatism, but we expect to be cured of impatience by prayer, but often the *same* causes produce both.

Rheumatism is caused by the circulation or deposit of irritants or foreign products in the tissues, which set up an inflammatory process and pain. When rheumatic pains appear, the patient consults a doctor who says: "Abstain from the use of jams, puddings and rich foods. Also use in moderation soft starchy foods, for the soft starchy foods and the sweets readily undergo fermentation, thus forming the acids and irritants that are largely responsible for the disease. The use of flesh foods is forbidden on account of the uric acid and the large quantity of waste products they contain, also tea, because it makes dyspeptics; interfering with the process of digestion, and favoring fermentation, and also containing a poison very similar to uric acid.

As the patient follows these directions the system will soon unload some of these irritants and the pain ceases. But the same substances are carried by the blood to the brain, rasping its delicate cells and setting the nerves on edge so that the least noise irritates them. Everything seems to go wrong, and all of the sweetness of life is lost. The patient feels terribly abused and is, of all men the most miserable, and he would feel abused even if he were in heaven. The music of the heavenly harps would grate upon his nerves and he would want the angel voices hushed. He goes to the Lord in prayer and pleads for the needed grace to be patient. It is not impossible for such a person to be kept patient for it is possible for a person to be covered from head to foot with mosquitoes and yet live and receive grace to endure them, but certainly life would be more pleasant if the mosquitoes were brushed off. In the same way life would be more pleasant and it would be much easier to be patient if these irritants were removed from the blood. The same good advice given to the rheumatic patient will be a help to the impatient man, for that which is largely responsible for the one, is largely responsible for the other. Human hands had to remove the stone from the grave of Lazarus before the words "Lazarus, come

forth" could be spoken. We must co-operate with God, and do all that human hands can do, then our prayers will be answered and we shall be able to testify: "Faithful is He that hath promised who will also do it." We shall ask and receive.

YOUR MISSION.

If you cannot on the ocean
Sail among the swiftest fleet,
Rocking on the highest billows,
Laughing at the storms you meet,
You can stand among the sailors,
Anchored yet within the bay,
You can lend a hand to help them,
As they launch their boats away.

If you are too weak to journey,
Up the mountain, steep and high,
You can stand within the valley
While the multitudes go by;
You can chant in happy measure,
As they slowly pass along;
Though they may forget the singer,
They will not forget the song.

If you have not gold and silver
Ever ready to command,
If you cannot toward the needy
Reach an ever helping hand,
You can visit the afflicted,
O'er the erring you can weep;
You can be a true disciple,
Sitting at the Saviour's feet.

If you cannot in the conflict
Prove yourself a soldier true,
If where fire and smoke are thickest
There's no work for you to do,
When the battlefield is silent
You can go with careful tread,
You can bear away the wounded,
You can cover up the dead.

If you cannot in the harvest
Garner up the richest sheaf,
Many a grain both ripe and golden
Will the careless reapers leave;
Go and glean among the briers,
Growing rank against the wall,
For it may be that the shadow
Hides the heaviest wheat of all.

—(Anon.)

SOWING THE GOSPEL IN THE CITIES.

(Mr. and Mrs. John Niehaus of Indianapolis started for California March 9th, over the Southern route, visiting only such principal points as Terre Haute, St. Louis, El Paso, Ft. Worth, Pomona, Los Angeles and San Francisco. They expect to defray their traveling expenses by the sale of LIFE BOATS. We quote the following extracts from their letters.—EDITOR.)

"Realizing what a vast amount of good could be accomplished by circulating gospel literature broadcast we decided to earn our traveling expenses to and from California by selling THE LIFE BOAT. We made it a subject of earnest prayer and resolved that the good that should be accomplished should redound to His "honor and glory."

We began in Indianapolis with one thousand LIFE BOATS. Here we had abundant assurance that God was leading us on our way. A business man whom we met there said he was a subscriber to THE LIFE BOAT and it was a great spiritual help to him. When he read about the "Anti-Cigarette League" and the invitation to those who were in bondage to this evil habit to write to the editor for suggestions how to be delivered he wrote "just for fun" to see what reply he would get. Readers, the "just for fun" plan worked a reformation in this young man. He said it led him to quit smoking and also the use of intoxicating liquor. He remarked that he treasured that letter and is thankful that he was ever brought in contact with THE LIFE BOAT and its work.

"God blessed our efforts here and in four days we disposed of over four hundred papers. At Terre Haute one hundred and fifteen papers were sold during our short stop. We found that the young folks have taken up the Life Boat work here and were meeting with success. At St. Louis we met Nina Case of Chicago and Miss Fort of Des Moines. Some thought that little work could be accomplished here, but we knew God would help us here as well as elsewhere. One night we gathered together more than a score of young people, five hundred papers were sold in a few hours. During our stay there two thousand papers were sent out on their soul-saving mission. The young folks seemed greatly encouraged and ordered thirteen hundred more for the balance of the month. Our next stop was Ft. Worth, Texas. In four

hours we sold about one hundred and sixty papers. We could have easily disposed of several thousand papers in a short while. Every now and then we would be greeted with this remark, "THE LIFE BOAT, why, of course, I want one; I have not seen that little paper for some time; it is a blessed paper." Such pleasant words gave us renewed courage.

At El Paso our supply of papers was exhausted. In Juarez, Old Mexico, we visited the old cathedral over three hundred years old. At Pomona, California, we were very successful in our work. At Los Angeles we experienced some delay in getting our papers, but in the short time that we labored we disposed of a goodly number of them. We arrived in San Francisco March 27th and find here is a large field of work and we hope to do our share in spreading the gospel among the many thousands through the medium of THE LIFE BOAT.

When we started many expressed doubts of our success, but we were impressed by God to take up our cross and follow Him. He has blessed every effort put forth in this soul-saving work and it is wonderful to see how God by His Holy Spirit impresses people to buy the papers. This work develops faith in God and also helps to keep our minds stayed on Him who keeps us in perfect peace. Ancient Israel limited God and there is danger of modern Israel doing the same thing. God is able to perform just as great miracles in these days as the in days of old.

We shall soon start on our return trip via the Rio Grande, the "Scenic Route."

 SHOULD NOT SUCH MEN HAVE THE LIFE BOAT EACH MONTH?

I will answer your kind and welcome letter. I was so glad to know that you have not forgotten me, a poor prisoner who is bound in a prison. This is more than I can say of my relatives.

I received the precious little paper that you sent me. I read it through every night and I think it very precious. I have received two numbers of The Life Boat, and I think they are just grand. They do me more good than any other book I ever did read in my life.

Very truly,

	PRISONERS' DEPARTMENT	
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U. S. PENITENTIARY.

MY DEAR SIR:

The nine hundred copies of THE LIFE BOAT have just been received. I am perfectly delighted with the paper, and to say that the prisoners were pleased is putting it mildly; they were overjoyed. At any time in the future, if you should have more to send us, we shall be glad to receive them. With hearty thanks to you for your co-operation and assistance in this much needed work, I am

Yours in the Gospel of Christ,
_____, Chaplain.

STATE PENITENTIARY.

DEAR BROTHER:

I beg to acknowledge the receipt of fifty copies of THE LIFE BOAT, and thank you in the name of quite a number of prisoners who enjoy them very much. The good that we do is often not apparent at once, but the future will reveal much of good we never dreamed of. A kind word spoken, or written is never lost, but in God's good time will bloom and bear fruit to His glory.

Very sincerely yours,

CHAPLAIN.

STATE PRISON,
DANNEMORA, N. Y.

DEAR SIR:

I take the liberty of addressing you this blessed Easter day to let you know how happy I am to find I have a friend on the outside. I have been in prison almost two years and have not received a letter from anyone. I still have four years and five months to serve. In reading THE LIFE BOAT of this month I read about some conversions and thought to myself why can't I live an honest life like these men I read about. After being crooked all these years and finding out it does not pay well, from now on I intend to mend my ways and be somebody and I shall be happy to hear from you; also to receive THE LIFE BOAT or any other Christian paper.

Very respectfully,

PLEAD GUILTY.

J. K. FULLER.

Chaplain Vermont State Prison.

If a man does wrong—and we all do wrong—he ought to be willing to own it. That is the manly way; it is the only safe way. Not to do it, hardens the conscience, and causes the man, at last, to believe in a lie. Our system of jurisprudence allows a man to plead “not guilty.” This is just and right, but when a man knows himself wrong and criminal, such pleading, aided by skillful counsel, may cause the man to be confirmed in the delusion that wrong is right and right is wrong. Such a person can be helped but little in the direction of a manly or Christian life.

I once knew a prisoner who was counseled by the Chaplain, before his trial, to plead guilty before God and court. He did so, and to all appearances he found mercy from above and rejoices in that mercy. Would he have the same degree of happiness and hope today if he had denied the crime and then had listened for days, perhaps weeks, to eloquent counsel defending and applauding the denial.

If all wrong doers could be met by some person who had the reform of such at heart instead of by one intent on winning a case it would make prison reform easier and save many valuable lives. From any point of view the noblest thing a sinful man can do is to throw himself on the mercy of One whose mercy is boundless and endureth forever.

WORKHOUSE,
HOBOKEN, PA.

DEAR SIR:

I wish to thank you for THE LIFE BOAT. It is said that a book that does not cause the reader to stop and think is not worth reading. THE LIFE BOAT is worth reading. I am singing in the choir and have sung the hymn entitled “Give me thy heart,” but the words never had any great force upon me until I read the article of that title in the April LIFE BOAT. I think a good many prisoners are benefited by reading THE LIFE BOAT.

Yours truly,

WILL YOU HELP THIS MAN OR SOME OTHER?

ILLINOIS STATE PRISON,
JOLIET, ILL.

DEAR SIR:

I have received my parole. Dear Sir, I have no one in the state of Illinois to write to, so with your permission I express the following wish: Would it be possible for you to secure some employment for me? I have done hospital work for several years, but am willing to do most any kind of work. If you succeed in finding work for me I will do my utmost to be a credit to your recommendation and lead an upright and Christian life.

Gratefully yours,

COUNTY JAIL,
LITCHFIELD, CONN.

MY DEAR BROTHER:

I thank God that I have the privilege of writing to you this morning. I have received THE LIFE BOAT two or three times since I have been in jail. It made me think that I had better live a good life and I started in for this new life about four weeks ago and I have been praying to God for help ever since that day. The only friend I have is Jesus. I have led a very bad life for a young man of twenty-two. I thank God that He has stopped me of using tobacco. I wish that I had the money that I have spent for tobacco or beer. I could pay the rent of the Life Boat Mission for one year. I hope you will pray for me.

Your Friend,

FROM A MILITARY PRISONER.

* * * "As to my doing good in the Guard House, I would say that I know that 'charity begins at home,' and I must practice that which I would have others do for me. I am willing to distribute as many copies of THE LIFE BOAT as you may desire me to do. Our Post Chaplain is a splendid man and gives us good books and papers to read. He does everything in this line that can be done here, but after my sentence expires I will be more than glad to do all that I possibly can for your work. I shall take an interest in selling THE LIFE BOAT without keeping a cent for my own benefit. I am so situated now that I cannot do anything, but some day I will surprise you by the work which I will do for THE LIFE BOAT."

COUNTY WORK HOUSE.

DEAR SIR:

THE LIFE BOATS came to hand and we are most truly grateful for the favor. We distributed about three-fourths of the number among the prisoners, keeping the remainder to hand to new prisoners as they come in. When those distributed are read they are passed on to others. All in prison will have the privilege of reading this number of THE LIFE BOAT. Without asking any questions I am continually hearing words of commendation. As for myself I think it is a splendid number and calculated to reach the hearts of those who have become apparently hardened by criminal associations. Again thanking you for this kind and ample contribution, I am

Very sincerely yours,

_____, Chaplain.

STATE PRISON.

DEAR SIR AND BROTHER:

Allow me to say that THE LIFE BOAT is always sought for here and gladly received, and always creates a feeling of obligation to its publishers. We shall be glad to receive such supply as it may be possible for you to send. We can use three hundred copies, but should feel happy over two hundred, if that is all we should get.

The breezy life, the helpful truths, the inspiring facts, and illustrations in the life-giving spirit of THE LIFE BOAT will commend its messages and start thought and give impetus to resolve to many who otherwise would escape the knowledge of the blessing it offers whenever it comes. Its coming arouses consciousness of need. Its earnest word assures one of help. May many blessings enrich its influence, to the saving of many souls in every added cruise.

Very truly,

_____, Chaplain.

WHAT A PRISONER DID FOR A BUSINESS MAN.

"A few days ago I bought a LIFE BOAT of a lady who came into the store where I was employed, but I did not read it until today. The letters from the boys in prison touched my heart very deeply, and if you will send me the name of some prisoner in Michigan City, I shall be very glad to write him."

STATE PRISON,
MICHIGAN CITY, IND.

DEAR FRIENDS OF THE LIFE BOAT:

I am glad to know that I have some one to call friends. I came in from my work and found a LIFE BOAT in my cell. I said to myself, this is cheap and I have not much money to get one of those dollar magazines so I subscribed for it. Now let me tell you what it did for me. I smoked cigarettes for ten years. Every time I read THE LIFE BOAT I read something about tobacco. I began to understand what I was doing for myself, so about six months ago I gave my heart to Christ, but did not quit smoking. I often repeated in prayer, Lord, if there is anything that is evil about me remove it. Something would say, those cigarettes, how do you expect the Lord to do anything for you when your mind is incapable of doing the Lord's will. I had to give up smoking, THE LIFE BOAT had awakened me to my condition.

Yours very truly,

HARRISON STREET POLICE STATION.

CARRIE CLOUGH.

"There is more joy in heaven over one sinner that repenteth than over ninety and nine just persons which need no repentance."

We sometimes get the mistaken idea that when we take up the cross of Christ, we must lay down at its foot all happy and joyous feelings. Not so; God does not require us to give up anything without giving us something better in its place.

Those who have been carrying the message of good cheer into the police stations of Chicago find this to be true, as they see poor, homeless, friendless, hardened sinners with broken and contrite hearts bow before God and ask his forgiveness, then it is that they experience a little of the joy which is felt in heaven.

A very impressive incident occurred recently during the gospel service for the benefit of those in the criminal row. Five men were brought in during the meeting and were placed in one cell. When the invitation was given for those who wanted to be prayed for, five hands were extended through the bars of that cell. Surely the spirit of God was present

and carried the few words spoken to the hearts of those men. Others also raised their hands for prayer. One poor colored man, far down the corridor, whose hand was scarcely visible in the dim light, sought the Lord and asked the prayers of God's people.

The Lord was in the songs that were sung. One poor man, who seemed to have the spirit of mockery, was touched as the song, "I've wandered far away from Thee, Lord, I'm coming home," was sung. As he thought of the home he had disgraced, and of the sorrowing mother, the tears began to flow, and I think, too, he got a vague glimpse of the home that the Lord is preparing for him, if he will continue to follow the footsteps of the meek and lowly Saviour.

We ask the prayers of THE LIFE BOAT readers for these people. Some we get in touch with later and are able to help them, while others we never hear from, still we claim the promise that if we cast our bread upon the waters, it shall return after many days (Eccl. 11:1), and we are satisfied to labor joyfully and leave the results with God.

WHAT TO DO FOR PEOPLE WE DO NOT LIKE.

When the children of Israel were to be carried captives to Babylon they naturally were very much prejudiced against their conquerors, so God sent them a special message by Jeremiah: "Seek the peace of the city whither I have caused you to be carried away captives and pray for it." Jer. 29:7.

That is a splendid suggestion how to treat people whom we do not like. If you dislike the institution you are connected with begin to plan how you can more successfully promote its interests or in other words "seek its peace."

If you are terribly prejudiced against some individual or his religion, begin to pray for him and you will be surprised at the blessing which comes into your soul as a result of adopting God's plan.

There is a splendid opportunity for fifty more workers to join the Chicago Life Boat movement, and have the educational advantages of The Life Boat Training School.



Rescue Service



ANOTHER OF LIFE'S REAL PICTURES.

ROSA ZIEGLER.

Recent circumstances took us to a widowed mother with five small children, who had spent her last dollar for tickets to return from a neighboring city, to their old home, from which they had been driven some months before by a brutal, besotted husband and father.

They had trusted the shipment of their household goods to a supposed friend who knew of their destitute circumstances, and had promised to attend to the safe delivery of the same, and to see that the charges were paid. After having arrived in this city their first steps were towards the procuring of their goods, preparatory to establishing the home fireside and getting the older children to work as quickly as possible.

Imagine the surprise and distress of this family at finding that their freight had been sent C. O. D., and not a cent with which to pay the charges. As a result of this condition they were forced to seek shelter at a police station until matters might be settled by those whom God should send to befriend them. It was at the Harrison street police station that our workers found them, and they immediately undertook to arrange the matter. After some correspondence with the false friend, they decided that nothing could be done but to solicit aid for the unfortunate ones, and thanks to the prompt response of willing friends, ready always to lend a helping hand, the little family was soon safely transported, with their household effects, to convenient quarters, now their own home.

Could you have witnessed the hearty thanks returned by them in words and looks, the happy faces which greeted us, the tears of joy which trickled down the mother's careworn face you could not doubt the fact that in helping others we ourselves were helped.

There is a striking parallel between the increase in the use of alcohol and the alarming increase of insanity.

DO YOU DESPISE THE DESPISED?

MARY F. SMITH.

I met a woman the other day who said that she did not see how a woman who had any refinement at all could be induced to do gospel work for the intemperate. She knew that she could not do it and she was thankful that there was a better class which she could work for.

A few days later she missed her little boy, and a neighbor said he saw him go into a saloon. Then she fairly ran there. But she went there for "her boy." That made quite a difference. When it is "our boy" or "our brother" going astray it is easy enough to go after them. It is harder not to do it, but God is "our Father," and we are all *one* family.

My heart is made sad when I meet a mother who never had sympathy in rescue work for women until after her own daughter had gone astray; wrecks of humanity she would not stoop to speak to until she saw how empty her own home was, and what it meant to lose her own girl. Then she could sympathize with some other poor child who perhaps never had a mother's love and careful home training.

One woman said to me that she would not assist in the jail service, for she could not endure the smell, but the day came that her own son wrote to her from a prison cell and then she went to him.

Why can't we hear God's voice and see His work today, and not wait until some sorrow overwhelms us and causes us to taste the sorrow of humanity.

When you find a seemingly useless man or woman, do you think they should be quenched as you would a smoking candle?

God's way is to fan even the tiniest spark into a flame, so that it may be used as a light in the life of others. God said he would not break the bruised reed or quench the smoking flax (Isaiah 42:3), so try to bring down heavenly fire to kindle the little spark that is left in the life of your careless or indifferent neighbor.

THE LIFE BOAT FROM CHICAGO TO THE GOLDEN GATE.

On January 14th two of our workers started on a Missionary tour to the Pacific Coast, meeting their expenses by selling LIFE BOATS. They visited thirty-five cities, arriving at San Francisco March 26th.—We quote the following extracts from their letters.—EDITOR.)

Miss Burghart wrote: "In Cripple Creek and Victor we had glorious times. In a little over six hours' time we took in twenty-two dollars.

The Lord touched the heart of a poor wreck of humanity to whom I sold a LIFE BOAT and she promised to write to us. We had many opportunities to hold up the Gospel for both soul and body.

At Victor we persuaded the Superintendent of the Gold Coin Mine to take us down, although at first he refused, but he consented when we told him of how we dig out the gems from the moral rubbish in darkest Chicago and how we wished to see the miners dig out the precious ore from the depths of the earth. When we came up again he presented us with a specimen of the richest ore worth several dollars.

We found Leadville suffering from the results of a great miners' strike. So we feared we would only sell a few papers but the Lord helped us to sell one hundred and fifty LIFE BOATS and to take twenty-four subscriptions in a few hours."

Miss Emmel wrote from Canon City, Colo.: "While selling papers I met the Chaplain of the State Prison and he asked me to speak to the prisoners on Sunday. When he introduced us he mentioned the fact that THE LIFE BOAT was the little paper they liked so well and of which they had spoken so many appreciative words, and now they were to listen to some of THE LIFE BOAT workers. After the services we were taken over to the woman's department and had a song service and gave a short talk. They sang heartily and seemed much in earnest when they said they wanted to be better women."

Miss Burghart wrote from Utah: "Provo is a strictly Mormon city. I was afraid it would be difficult to sell THE LIFE BOAT to them, but the first office I entered the cashier bought a paper and donated one dollar, and in a few hours my hundred papers had disappeared and twenty-two new subscriptions had been secured.

"In Salt Lake City we first met a few of our friends and a little girl six and a half years of age persuaded her mother to let her go out with me to sell papers. Before starting out we knelt in prayer and how sweet was her childish heartfelt petition, 'Dear Father, take care of Miss Burghart and I today; help us to make somebody happy.' In an hour after starting the little girl had sold twenty copies. As we were returning a feeble

old lady with tears in her eyes tottered up to me, saying: 'That little girl asked me to buy one of her papers and I told her I could not afford it, then the child handed me a nickel saying Take this to help you.' So the little girl's prayer was answered, although this poor soul expressed her happiness through tears."

Fannie Emmel wrote from San Francisco: "In Salt Lake City we found kind friends who were waiting to have us come and help them get started in this work. In three days we succeeded in disposing of a thousand LIFE BOATS, and took several hundred new subscriptions. We had special favors shown us on every side. We assisted in gospel work in the missions in the evenings. It was gratifying to see those who would otherwise have been spending their time in a questionable way come in and drink in the gospel. Several of us attended the service in the jail Sunday morning. The prisoners listened with tear bedimmed eyes as we presented the simple, plain gospel to them from Acts 17. We also attended services in the state prison. We found those who had the courage to accept the gospel, and live it out behind the prison bars. We found some faithful workers who for fourteen long years have conducted these services regularly.

"At Ogden we had some of the crowning experiences of our entire trip. I attended mothers' meetings, visited the reform school, where there were opportunities for much gospel work."

Miss Burghart wrote from San Francisco: "In Ogden I sold \$22.00 worth of papers in a little over one day's work, but what was still more cheering I had an unusual number of opportunities for gospel talks.

"A thirty-six hours' ride from here brought us over the snowy Sierra Nevada mountains into the land of 'sunshine and flowers.' After a journey of two months and a half we were indeed thankful to God for a quiet rest in Oakland.

"A few days after I arrived a number of young people went out with me and in a few hours we disposed of two hundred papers. We found the people in San Francisco just as ready to purchase the papers as in other places. In San Jose, which is a thriving place surrounded with fragrant, blossoming orchards, we had most encouraging results.

"When we started on our long journey we claimed the promise that God would send His angel before us, and it was abundantly verified. At no place did we get in such a hurry that we could not take time to stop in and talk and pray with some poor, tired, discouraged mother, and we had abundant opportunity to do this. We also sought to improve every opportunity to use our nurse's training to relieve human suffering.

"To all the readers of THE LIFE BOAT we would say, be *sure* the Lord wants you to do a thing, then do it with all your might."

TEACH YOUR CHILDREN THE DANGERS OF OUR LARGE CITIES.

MRS. DAVID PAULSON.

Three young ladies boarded a train at a country station and seated themselves just behind us. Although bright in their appearance, their actions plainly revealed that they were not accustomed to the ways of the world. Before they reached their destination we felt impressed to speak to them, so handing them a LIFE BOAT, we opened a conversation. We learned that they were going to Milwaukee to secure employment and that they were entire strangers in the city. They evidently had no idea how to find work in a large city, and we were anxious about their welfare. We gave them the address of one of our workers there and also of the headquarters of the Young Woman's Christian Association, and then sought to impress upon their minds that they had a more perilous proposition before them than they had imagined. One of them said that they were not at all worried, but would get along all right. These girls evidently came from honest and respectable families, but their ignorance of the pitfalls which awaited them in the large city, was appalling. It gave them a confidence in themselves which will prove a snare to them unless some guardian angel, in response to mothers' prayers, shall protect them.

If you have thus far allowed your children to grow up without any knowledge of the dangers which confront them you may some day shed bitter tears and regret your negligence when it is too late.

THERE'S POWER IN THE WORD.

MRS. EVELYN R. WOLFSEN.

For six months Dr. Wolfsen and myself have been holding anti-cigarette meetings with the boys living near our dispensary on Halsted Street.

These boys were not of the type you'd be pleased to have your carefully reared child associate with, but boys who know nothing much but wickedness.

It was discouraging to us at first when we saw how they behaved. There was no regard for sacred things and when thirty or forty of them were together it seemed impossible to hear our own voices above the din and roar of their jeers and laughs.

Stouter hearts than ours would have quailed and said: "It's no use, it's casting pearls before swine," but we held on, knowing our

Saviour said, "Sow beside all waters," and we knew, too, that He has said His word would not return unto Him void. But, friends, it took prayer and courage from above to face this turbulent set of boys.

One thing we determined must be done—order must be observed at all hazards. The ringleaders were notified that if they continued disturbing the meeting they would have to go outside. The boys said, "If one goes all go, for we are a union." However, we carried out the plan of order and now those boys come into the meeting and behave as nicely as one could desire.

In our last meeting hands were raised and such questions as these were asked: "Where do we go when we die? How does God resurrect us, anyway? Will we know our friends we have here, in heaven?"

These questions coming from such hardened characters were a revelation to us. We took time to carefully answer these questions and the boys drank in these truths as eagerly as the flowers drink God's pure water. We could realize the presence of the power of God as it shone out through His word. The hour was gone before we knew it, and as we told the boys we were going to leave Chicago and would meet with them just once more they at once asked, "Who will teach us when you are gone?" We trust some one who has a deep love for wayward boys may be found to carry on the work.

Remember our boys when you pray.

KALAMAZOO, MICH.

LIFE BOAT, Chicago.—We are having quite a good experience here. We have sold over three hundred LIFE BOATS in a few hours. Have had the privilege of speaking in a W. C. T. U. meeting and took a number of subscriptions there. We also were permitted to speak in a temperance meeting of the Christian Alliance, and have held two jail services. After speaking to the prisoners we gave them LIFE BOATS. We have held several Bible studies with deeply interested people, who are anxious to know more of the word of God. We have met many who are acquainted with THE LIFE BOAT, and they are all glad to see it. The other day I met a man who had bought a LIFE BOAT from Sister Richmond, in a saloon in Grand Rapids. He bought an April number from me. We are having splendid experiences and are enjoying the blessing of the Lord in our work.

Our little girl has taken some subscriptions. She can tell the people about the work in Chicago, and the matter that is in THE LIFE BOAT almost as well as I can.

MRS. L. K. MORGAN.



Children's Department



SUNBEAMS.

LETTIE A. SANTEE.

I have been asked to tell you about our Sunbeam Society here in the Elgin (Ill.) church. It is composed of eighteen children, nine girls and nine boys.

As God works through the sunbeams to bring life, health and happiness to all, so they want Him to work through them to bring joy and cheer to others.

The meetings are held Sunday mornings, and, after singing and prayer, one of the teachers talks to the children or reads them some instructive story. They love to hear of the Visiting Nurses' work and the stories given in the Children's Page of THE LIFE BOAT. Their hearts are drawn out to the poor children, who are not so fortunate as they. Last winter they collected some clothing and made a quilt, which they sent to The Life Boat Mission. They send their papers, "Our Little Friend" and the "Youth's Instructor" to Chicago, to be used in the mission Sabbath Schools.

Since the children's meetings were begun here four quilts have been made, two of which were sent to the Orphans' Home at Battle Creek, Mich., one to the Life Boat Mission in Chicago, and one was given to a hospital here in this city. They have also made thirteen chair cushions, which have been sent to the Old People's Home at Battle Creek. The children are now making another quilt.

Those who have ground are making missionary gardens. Some have made money by gathering and selling dandelion greens.

In these ways they are trying to work for Jesus and really be "Sunbeams for Him."

"PAPA, COME HOME."

E. B. VAN DORN.

Superintendent Life Boat Mission.

In city mission work we often find fathers who have been away from their homes for a long time, and whose loved ones at home know nothing of them. Their hearts are torn with

anguish and grief by the pain which sin has made. The following letter was written by three little girls to such a father who had been separated from them for a long time by his bad habits, and reconciliation has been brought about through the work of The Life Boat Mission:

Dear Papa—We received your welcome letter, and mamma and I were so glad to hear from you. Papa you did not say if mamma's picture looks anything like her. I mean like she looked when you left home. Do you think she looks much older? Now papa we want you to have your picture taken and send us one, if it is only a tin-type. Papa who do you board with? Papa dear you know that mamma would like to have you at home, and O how happy I would be for it is a long time since I have seen you. But you know, papa, if it had not been for that old liquor, we should have all been together to-night. Now papa dear, do not think that mamma has forgotten you or that she does not love you, for she does. There is hardly a day passes that she does not speak of you. Now papa you know as well as I do that you are divorced, but that certainly would not keep you from visiting us, and mamma would be glad to see you, and I would. Well I don't know what I would not give to see my papa once more. Now papa there aint nothing we would not do for you if you will just quit drinking for good. Now if you can't come and see us, perhaps there will be a cheap excursion and we can come and see you.

Papa dear I appreciate your dear, sweet letters. When mamma comes home the first thing she asks is "Have we any mail from you?" If we have she reads it and cries but seems to be satisfied to hear from you. Now papa, mamma joins me in sending love. I think Mission work is good work. I attend a mission Sunday school. Well good-bye. Write soon. From your loving little pets.

ANNA, MAY, BEULAH.

How many who read this have been separated from loved ones because of drink or for

some other cause, and have found it an unprofitable way. Such persons will all know that they have perverted that which is right and have sinned, but they need not despair. The same power that saved the Philipian jailer, and has been the means of bringing this man and his family together by correspondence, is able to do the same for all.

First, confess your sins to God, and He is "faithful and just to forgive you your sins and to cleanse you from all unrighteousness." (1 John 1:19.)

Then make all things right with your fellow men, Matt. 5:23, 24. Then you are to walk in the light as you have the light, and you will have fellowship with his children, and the blood of Jesus Christ, God's son, will cleanse you from all sin.

"IT'S ME."

ELLA M. MERRELL.

Some time ago there occurred in the Kansas City Mission Sunday school a touching incident which shows that though we are often ignorant of the results of our labor, the good seed takes root where we little expect it. For several weeks, two bashful little Italian girls had been coming to our Mission School. We supposed they scarcely understood what was being taught, as they never had spoken a word. One day as we finished singing the old song, "When he cometh to make up his jewels," I asked the children what was meant by the jewels. All was quiet when suddenly one of the little girls said with a happy smile, "It's me." Afterward we visited them in their dark basement home and found that through their little sisters the mother and other members of the family had found the pearl of great price.

"It is not possible for the mother to cultivate too great intimacy with her child. She should have the juvenile heart spread out before her as a mirror, reflecting every thought, every feeling, every passion of the child. Thus she will be able judiciously to administer antidotes to vice and build up safeguards to virtue."

The songs with which you sing the little child to sleep will echo through all its life. I think that often the first seven years of a child's life decides whether it shall be unreliable, waspish, rude, false, hypocritical, or gentle, truthful, frank, obedient, honest, and Christian. Before they sow wild oats get them to sow wheat and barley. You will fill the measure with good corn and there will be no room for husks.—Talmage.



DEAR LIFE BOAT:

The above is a photo of Ester Kunde and Maude Ragan, each eight years old. They, with other of their schoolmates, sold many LIFE BOATS during the present school year.

I have called them the "Two Faithful Ones," because they worked in such harmony and came regularly for their papers without any regard to weather.

All profits on LIFE BOATS sold were cheerfully given by all our pupils to the Mission fund, nothing being spent for selfish purposes.

We wish THE LIFE BOAT every blessing.
H. M. HIATT, Teacher.



PHYSICAL REDEMPTION



THE WEALTH OF HEALTH.

DAVID PAULSON, M. D.

We should enthusiastically co-operate with the Master-mechanic in developing the human machine, the masterpiece of all created works, to mental, moral and physical perfection. We see a great procession marching toward premature graves. One-half the infants die before they are five years old, and a large number of those who live soon drift into a life of miserable invalidism. Insanity is increasing three times faster than the population and the insane in this country alone would form a procession one hundred and twenty-three miles long. Consumption, which was comparatively rare a generation ago, now weeds out one-third of our adult population; while pneumonia is responsible for almost as many more deaths. Typhoid fever, which is an entirely preventable disease, carries away fifty thousand of our people each year. The majority of the twenty-seven million cases of illness in the country each year is a legitimate harvest resulting from colossal ignorance, carelessness, and indifference to natural laws.

In the advertising columns of some of the popular magazines may be seen in bold display type, a dozen or more advertisements of morphine, cocaine, and other drug cures. Conservative authorities estimate that there are sixty thousand morphine fiends in Chicago; and it has been estimated that there are a million persons in the United States addicted to various drug habits.

It is no fanciful dream that there is something radically wrong with society, which demands that the public conscience should be aroused to cultivate mental, moral and physical health. If it were possible for someone to go out and raise several people from their graves, the very next day it would be heralded in two continents; but is it not a grander thing to save a thousand people from having premature funerals? Yet nothing is easier than to prevent unnecessary funerals. A health

officer in Buffalo instituted sanitary reforms which lessened the death rate of that city two thousand four hundred a year. That was surely a greater work than would have been the raising of an equal number from the dead.

There is being developed among us a class of sedentary men whose health is being undermined by office work, and who are physical wrecks when they should be in the very prime of life. Every individual requires daily the exercise that would be taken in climbing a ladder more than a mile high.

Every intelligent physician knows that our mothers, daughters, and wives, are sacrificing their health and happiness in the effort to make their bodies fit their clothing, instead of adapting their clothing to their bodies; and the wretched ill-health of their children testifies to the far-reaching evil result.

If there was a business investment in sight which was certain to realize ten per cent, there would be a rush to take advantage of it; yet the average individual can readily lengthen his life at least ten years, and add twenty-five, fifty and in many cases, even a hundred per cent, to his physical capacity and endurance, yet most people are content to drift along day after day in their present enfeebled condition, soon to drop into untimely graves.

Only good food can be transformed into pure blood and sound muscle. It should be intelligently cooked, and free from all injurious substances, and should contain the maximum amount of nutrition, with the minimum quantity of waste material. It should be palatable and eaten slowly, and at regular times. It is worthy of mention that the honors in feats of physical endurance are invariably earned by men who live exclusively upon the natural products of the earth.

The almost magical results secured from dashing cold water into the face of a fainting person are just as certainly secured when it is applied to the entire twenty square feet of body surface. A short daily cold sponge or tub bath acts as a sort of fire alarm to the

heart, lungs, liver, stomach and other vital organs.

Recent scientific experiments have shown that sunlight possesses almost miraculous restorative powers. We should, therefore, covet every opportunity to be exposed to its benign influence.

There is a far larger number of honest people who are dying from wilful deprivation of pure air, than there are criminals who are forcibly deprived of it by being hung for their crimes.

We must not be content with merely looking and feeling well today, but must take into consideration how we will look and feel ten years hence, unless we change our present wrong physical habits.

It is important to accept the divine truth that the body is a temple wherein God dwells. We teach our children not to mar costly pictures and rare furniture; how much more important that they should recognize the abundant evidences of God's miracle-working power, in the human body, so that they shall be inspired to properly care for it, and endeavor to glorify God in body and spirit. 2 Cor. 7:1.

HIS LAST CHANCE.

A few days ago a man who was suffering with delirium tremens was brought to our hospital.

He was in such a desperate and pitiable condition that some of our workers thought there was no hope for him, but we felt that God had sent him to us as his last chance.

The second day he became rational for a few moments, and, seizing the nurse by the arm, he cried wildly, "Pray for me, I know I must meet God." Twice this heartrending sentence was uttered, and the nurse knelt and prayed earnestly for the poor sufferer, and he lapsed again into unconsciousness, and only a few hours later he breathed his last.

Perhaps it was another case of the thief on the cross. *What a solemn warning to those who are tampering with strong drink and wasting their God-given opportunities!*

Reader, have you sincerely and completely given your self to God? Do you want to take the awful risk of living a sinful life, expecting to be pardoned on your death-bed?

A large number of the most serious accidents that have occurred upon the great lines of travel, as well as in factories and various other institutions, have been traced to blunders committed by individuals whose minds were more or less stupefied by liquor, or whose mental activities were daily paralyzed by the "moderate drinking" delusion. The superintendents of these great enterprises universally recognize that it is a wise policy for them to require total abstinence of their employes.

WHAT DO YOU THINK OF THESE SIGNS?



The accompanying cut shows the front of the saloon, the very next door to the Life Boat Mission, as it appeared about a year ago. As you study this array of signs to attract the attention of men to this soul-destroying business do you not think it would be a good plan to have a first class electric light illumination sign hung out over the sidewalk bearing the words Life Boat Mission in letters so large and brilliant that they will attract attention several blocks away? Should not the Gospel be advertised as conspicuously as are soul-destroying wares?



Visiting Nurses



ONE OF HIS LITTLE ONES.

ROSA ZIEGLER.

Life Boat Rest Visiting Nurse.

One snowy morning while on my rounds to visit my patients I was greeted with a cheery "good morning," by a shivering little girl about four years of age. Under her arm she carried a large piece of dry bread, and she asked me to share this, her breakfast, with her. I asked her why she did not eat breakfast at home, and she replied that her mamma had to go to work early—had locked the door of their home, which was a shabby little room on the second floor of an old tenement house—and would not be back again until evening.

I then asked "Where is your papa?" In answer to which I learned of a father who usually came home drunk after spending all the money he had earned, and would then force the mother to give up her meager earnings that he might get more liquor to satisfy his unquenchable thirst. This condition had become unbearable, and the wife and mother now refused him entrance to the house, and locked the door to keep him out. So, while the mother worked to support herself and her little one, this little girl wandered up and down the wicked streets, keeping warm as best she might, sometimes in a store and again in some neighboring tenant's room.

As I daily come in contact with these little ones who are "growing up," just as Topsy did in the old slavery days, with little training save what they absorb from their dirty wicked surroundings, I often wonder if we have not present with us today a slavery as bad, if not worse, than that of which we speak as being a thing of the past, and if we are always as patient with our neighbor's children as we might be. As we work for the neglected children, let us remember that the parents also need help and instruction, and let us point them to the loving Savior who is able to save to the uttermost, and will in no wise cast out any who come unto Him, for we know that "Inasmuch as we have done it unto the least of these, we have done it unto Him."

AN EXPERIENCE OF A DISPENSARY NURSE.

MILLIS COLLINS.

A very nice appearing woman came into the dispensary recently, wearing a bandage around her head, and saying that she *must* have help from some one. The wound was a cut about two inches long, on the back of her head. When questioned as to the cause, she said, with sadness and anger in her tone, "He tried to kill me but he couldn't." It was the same old story of a home ruined by the wine cup.

She was the mother of seven children and after telling me her long story of how she had tried to drop her old associates and be a better woman for her children's sake, she ended by saying: "Is there anything you can give me that will take away this appetite, for it is terrible at times and if I don't have money to get the drink with I beg it of my neighbors, or steal it, or get it any way I can to stop that terrible thirst?"

This was my opportunity to give her the only true prescription and the one that will cure. We simply pointed her to Jesus, who giveth freely to all who come to Him. This touched her heart and then we asked her if she was willing to let Jesus help her to overcome this habit, and kneel with us and ask Him for help? She knelt, the tears rolling down her cheeks, and in the simplicity of a child who was just learning to pray she tried to repeat word for word, the prayer that was being offered in her behalf. It seemed as though the poor soul had never heard a prayer before. We asked her if she were tempted again if she would right then and there ask Jesus to take the appetite away. Her countenance changed at once, as though the real truth was just dawning on her mind. She asked: "Will He really do that for *me*?" Then we told her of the many greater things that He was already doing for her every day. This seemed to help her to realize the truth and she said: "When I come again you will see that I won't be as I am this time."

Do you who read this article know the true value of prayer? If so, will you do something for the thousands of poor souls who do not know that there is a prayer-answering God? Think of the influence for good this mother may exert over her seven children who are daily forming habits either for good or evil.

Will you not aid us in our work by your prayers? For we know that in unity there is strength.

VISITING NURSES FUND.

Daniel Andre, \$5.00; A Friend, .10; Mrs. N. W. Bates, \$1.00; Mary N. Cassel, \$1.25; Laura Hansen, \$2.00; Mrs. H. G. Markel, \$1.00; W. A. Marsh, Jr., \$2.50; Mrs. Susanah Myres, .50; Mrs. Mary A. Pollard, .20; Mrs. H. S. Welsh, \$3.00.

SUNSHINE vs. SHADOW.

W. C. DALBEY.

Rest no longer, O my brother, in the *shadow* of the cross

But step out into the *sunshine*; let its beams not suffer loss;

Let the light dispel the darkness that has long been in your way;

Gathering shadows bring the night time; let us dwell within the day.

Why stay ever 'neath the shadow, with its dark and gloomy night?

Why not live within the sunshine, in its warm and tender light?

Why not rise and scatter sunlight, guiding pilgrims on their way?

You may lead some groping stranger from the darkness into day.

Turn your face up to the sunlight, and with Jesus e'er abide;

Christ is not within the shadow—he is on the other side.

In His love so warm and tender, making sunshine everywhere,

Let us dwell so close beside Him there can be no shadow there.

LITTLE THINGS.

FANNIE EMMEL.

A young woman at the police station, who was being taken back to the State prison, because she had broken her parole, was asked what she had done. She replied, "Oh, a lot of little things."

How many of us, dear readers, are careless about the "little things." Like this poor soul, I fear that some time it may mean sudden destruction. The only way to save ourselves from this real calamity is to call selfishness, pride, envy, jealousy, by their right names, and, by God's help, free ourselves from them.

A nice looking young man was brought in by the officers during the service at the jail and handed over to the turnkey, who took possession of him. The great iron door clanked behind him, and he was a prisoner.

When he was asked what had brought him there, he answered, "I was playing with drink." "At the last, it biteth like a serpent and stingeth like an adder." Are not the devil's playthings dangerous?

DOES IT PAY TO GIVE AWAY GOD'S WORD?

MRS. D. K. ABRAMS.

A short time ago while holding gospel services at the police station and doing personal work with the prisoners we gave away tracts and Life Boats, but I just longed to give them a Testament as well. I prayed over the matter and the Lord put it into my heart and mind to write to some of my friends to interest the Sabbath school children in selling The Life Boat and donate the proceeds to buy Testaments for the prisoners of the Harrison Street police station. They were glad to do this and have already sent me some money for this purpose.

The result of giving away the Testaments is well illustrated in the case of a man who was released Sunday afternoon. He came and said: "I am determined by the help of God to live a Christian life," and tears streamed down his cheeks as he told me the sad story of his life; how that drinking had led him down; that he was tired of the old life and was willing to give his heart to the Lord; so we knelt in prayer. His prayer was: "Lord, be merciful to me, a sinner," and he went away promising to come and see us often. May God bless the Sabbath school children who are engaged in this work, and I hope and pray that others may be encouraged to sell this little paper and provide Testaments for every prisoner in the United States, for God's word will not return unto Him void. Hebrews, 4:12.

It pays to work for Jesus.

"A happy childhood is one of the greatest blessings that can fall to the lot of an individual, and that blessing is only to be found in a pleasant home."

Editorial Department

David Paulson, M. D.

IS THERE A HOSPITAL IN YOUR CITY?

It is evident that *The Life Boat* is destined to find in hospital work another great field of usefulness. If you have ever been sick you will know how wearily the hours drag and how thankful you would have been if you could have had a copy of the *Life Boat* at your bedside. There are tens of thousands of patients shut up in the various city hospitals. Most of them would appreciate reading the cheering gospel in *The Life Boat*. We ask Young People's Societies, Sabbath Schools and various other Christian organizations to take up this matter immediately. If you cannot interest anybody else in it, get so interested yourself that you will do something. Send a copy of *The Life Boat* to the superintendent of your hospital and secure his consent for you to distribute them to the patients. If this permission cannot be secured, get him or one of the nurses to distribute them. Those who go to hospital should avoid making long visits or to sermonize the patients. We will furnish *The Life Boat* for this purpose at a special reduction. Begin at once to take up this matter and report your progress to us and we will help you all that we can.

WHEN DOES YOUR SUBSCRIPTION EXPIRE?

As you read this, stop and think if your subscription is not about to expire, and while the matter is fresh in your mind, send in a quarter to renew your subscription thereby saving us the expense of writing you in reference to it.

DID YOU GET UP A CLUB LAST YEAR?

If you sent us a good list of subscribers about a year ago will you not spend a few hours in calling upon the same people and securing their renewals? Ninety-nine cases out of a hundred will not require the least bit of urging but only a mere reminder. We will allow you enough commission to compensate you for the time which it requires.

HOW YOU MAY EXTEND THE GOSPEL.

Stop and think where would you have been today if someone had not interested themselves in your spiritual welfare? Will you now take the same interest in some one else?

You can arrange a pleasant social evening in your home, for a few discouraged disheartened, or even careless youth. Some of your neighbors will likely give you credit for wasting your time, but do not think so for even one moment. If you will take an interest in such young people they will in due time look to you for spiritual advice when they would not even accept it from that class of sanctimonious people who have had nothing for them but words of condemnation and who have tried to drive them into Christianity by sermonizing.

We would be pleased to hear from those of our readers who either were led to Christ by such simple kindly efforts or who have themselves by similar means won other souls to the Master.

"STRENGTHEN THE THINGS WHICH REMAIN."

In nearly every church or community there are some from whose life the last spark of spiritual light seems to be dying out. While others are making unfavorable comments about such people will you ask the Lord to help you to carry out the divine admonition: "Strengthen the things which remain that are ready to die." Rev. 3:2.

TURNING RINGS INTO LIVING GOSPEL.

A lady in an Eastern city after reading our suggestion in the February Life Boat to donate rings for the purpose of saving humanity sent in her rings with the following note:

"I would like to do something that would help others to receive the Life Boat. A few years before my husband's death I presented him with a valuable ring, and it came to me to send it to you and you can sell it and use the money to supply others with the paper."

DO YOU KNOW SOME ONE WHO MIGHT SELL THE LIFE BOAT?

Many of our most successful Life Boat workers never thought of undertaking this work until some one suggested it to them or sent in their names and addresses to us, so that we could open up correspondence with them.

There is nothing more blessed than to have the satisfaction of seeing some one whom we encourage to begin, accomplishing a mighty work for God.

We want to get a thousand more workers to join the Life Boat movement during the next few weeks and this can easily be done if our readers will earnestly and prayerfully improve such opportunities as God may open up to them.

Address the Editor of THE LIFE BOAT, 28 Thirty-third Place, Chicago.

ARE YOU WORRYING ABOUT THE PAST AND ANXIOUS ABOUT THE FUTURE?

Most of our troubles consist in worrying about yesterday's blunders and mistakes or else a dreading that we shall not make satisfactory spiritual progress in the future. If you belong to either class remember that Paul near the end of his life did not consider himself perfect yet he said, "This one thing I do *forget* those things that are *behind*." This is just as true of your latest failures as of the older ones. If you are anxious about the future remember the Master's words, "The morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." Some say, "If it was not for the past or for the future I would be happy." Let such obey the Master's suggestions to forget the past and not to worry about the future. Those who feel grieved about the present should remember that *all* things work together for good. Will you adopt this simple principle?

HOSPITAL PATIENTS PREFER IT TO NOVELS.

"I wish to renew my own subscription and also send one to the military hospital in San Francisco. I should like to send you many subscriptions, but I am past seventy-two years of age and I earned this money by washing.

"Some time ago I had an acquaintance who was in the surgical ward of the General Hospital, Presidio, of San Francisco, and I let him have my copy of THE LIFE BOAT. He told me that the other 'boys' in that ward, thirty-four in all, were very eager to read it and would lay down novels any time to read THE LIFE BOAT. So this year I thought I would send this ward a copy, trusting that some seed may grow and bear fruit.

"I am, yours truly."

THE LIFE BOAT IN HOSPITALS.

MRS. DAVID PAULSON.

Recently while going from San Francisco to Oakland, California, I met a friend of my childhood days. During the conversation, she related the following interesting experience.

Her mother, who was a regular reader of THE LIFE BOAT, had been in the habit of placing her copy each month in one of the wards of the Military Hospitals in San Francisco.

She found that they read THE LIFE BOAT in preference to novels and in one week's time it had been kept in such constant use that it was nearly worn out.

It was also my privilege to meet a gentleman who said it was his practice to keep the hospital supplied each month with the papers. He said they were more anxious to get it than any other literature. By selling some LIFE BOATS each month he is able to earn enough to pay for the papers that he uses in the hospital.

Are there not others who want to help to get THE LIFE BOAT into the hands of the sick and suffering in the crowded hospitals? An invalid can often be reached by the gospel when nothing would have appealed to him while in health.

Send us the names and addresses of the hospitals that you are acquainted with and their average number of patients and what you think you can do to interest others to assist in meeting the expense of supplying these poor sufferers with a few LIFE BOATS each month.

CURRENT ITEMS.

SUMMARY, MARCH, 1903.

Dr. A. C. Selmon is temporarily connected with the Chicago work.

Elizabeth Fort is engaged in successful LIFE BOAT work in Arkansas.

Dr. J. H. Kellogg recently gave an interesting lecture to the Chicago workers.

Dr. and Mrs. Paulson have just returned from a brief trip to the Pacific coast.

Miss Estelle Marshall, Arthur Hoyt, Howard Nott are all out of the city nursing.

Miss Julia Anna Hoenes, of Battle Creek, Michigan, has just spent two weeks in Chicago.

Dr. J. H. Kellogg gave an interesting lecture to the family as he returned from conference.

Nina Case has returned to Chicago and is devoting her time to the LIFE BOAT campaign in the city.

Empress and Juanita Brickey and Isaiah Moore are enjoying vacations at their respective homes.

Fannie Emmel and Alice Burghart will return from their western LIFE BOAT trip over the Northern route.

O. P. Grant, Martha Pederson, Kathleen Feifer, Edna Buffum and Roy Hewett have joined the work in Chicago.

The senior medical class has returned to Battle Creek. Three other classes have come down to work in Chicago a few months.

Ed K. C. Russell sends in encouraging reports of the work in Boston, and the work is being organized in other cities in that vicinity.

Scores of most encouraging letters have been received from prisoners and prison officials as a result of the circulation of the April LIFE BOAT.

Miss Lura C. Collins has resigned her position as clerk in the LIFE BOAT subscription department and is enjoying a vacation at her home. Miss Nettie Morical has taken charge of this department.

The Mission Sunday school teachers have planned a series of picnics for the slum children. Who wants to help these poor waifs have one afternoons' pleasure? Send us your pennies to pay their car-fare.

WORKINGMEN'S HOME REPORT.

Penny lunches served.....	16,955
Lodgings given	6,680
Used free laundry	4,637

HOSPITAL REPORT.

Admitted to wards	16
Surgical operations	4
Gospel meetings held	50
Operations in eye, ear, nose and throat department	6

LIFE BOAT MISSION DISPENSARY.

Office treatments	53
Bath treatments	4
Outside calls	9
Operations	1
Outside treatments	0
Consultations	62

HALSTED STREET DISPENSARY.

New patients	120
Outside calls	172
Consultations	234
Office treatments	86
Outside treatments	118
Bath room treatments	104
Operations	5
Garments given away	323

LIFE BOAT REST FOR GIRLS.

REPORT FOR MONTH OF MARCH, 1903.

Public meetings held.....	20
Aggregate attendance at meetings.....	30
Pages printed matter distributed.....	2,500
Scriptures distributed	97
Articles clothing distributed	465
Calls made	170
Medical services rendered, treatments.....	50
Free baths	8
Free lodgings	25
Free meals	52
Positions secured	2
Number received from police	3
Number admitted to Rest	7
Number in maternity ward	0
Number in hospital	6
Number professing conversion	51
Requests for prayer	125
Girls returned home	2
Contributions received	\$9.00

LIFE BOAT MISSION.

Meetings held	132
Attendance at meetings	4,817
Testimonies given	1,980
Requests for prayer	396
Testaments distributed	225
Lodgings given (roc each).....	40
Meals given to poor	150
Garments given away	350
Life Boats sold and given.....	1,500
Professed conversions	200
Missionary visits	15

DONATIONS.

LIFE BOAT MISSION DISPENSARY.

Ellen Holder, \$5.00; Carl Anderson, \$2.00; Mrs. H. G. Markel, \$1.00; Mrs. J. M. Mortimer, \$1.50; Mrs. Gusta Packard, \$1.00; Mr. Packard, .50.

LIFE BOAT MISSION.

Mrs. Eugene Avelin, .50; Mrs. Sarah C. Blake, .50; B. C. San Helpers, \$10.00; Wm. Christopher, \$6.00; Mrs. Annie Donahy, \$1.10; E. C. Detwiler, .25; Mrs. E. A. Green, .31; John W. McBride, \$2.00; Mrs. H. G. Markel, \$1.00; T. J. Murphy, \$1.00; Etta Nicholas, .50; Annie Olson, \$2.00; A. H. Shafer, .65; J. O. Stedman, \$2.00; Y. P. Society, St. Clair, Nev., \$4.50; G. W. Sandell, \$2.00; John L. Turner, \$2.00; Miss May Van Dorn, \$2.00; Emma Weatherby, \$1.00.

LIFE BOAT REST.

Daniel Andre, \$6.00; Mrs. Sarah C. Blake, .50; Jennie C. Bailey, \$9.00; E. C. Detwiler, .25; Flora Fox, \$1.00; E. E. Gardner, \$3.00; Mr. and Mrs. Hurd, \$2.00; Mrs. H. G. Markel, \$1.00; Mrs. Mark Morris, .50; W. A. Marsh, Jr., \$2.50; Mr. Martins, .25; O. J. Olson, \$4.00; Minnie Reasner, \$1.00; Grace Shanafelt, .50; John L. Turner, \$5.00; Mrs. Lucile Downey, \$5.00; Mrs. Christina Brown, \$2.35; Mrs. Flora Wickline, \$1.00; Mrs. Doerr, .50; Wm. Tyler, .15; Rev. R. T. Francis, fruit and clothing; Harvey Church, clothing; Dodge Center, Minn., Help Band, clothing; Blanch Goodwin, clothing; James De Vinney, chair; Mrs. Hall, fruit.
Mrs. Hill, \$1; S. Shrimp, \$1; Annie Detwiler, 75c; Miss Bean, \$1; Miss Erickson, \$1.50; Mrs. Heald, 75c; Miss Martha Guel, \$1; Mrs. Lawrence, \$2; Mrs. Miller and daughter, \$1.50; Mrs. Doerr, \$1; Ravenswood friend, \$5; Sunshine, 37c; Mr. Pritchard, \$2; Mrs. Tait, 50c; Mrs. M. J. Knowles, \$2.25; Mrs. Rice, 50c; Mrs. Morris, \$1; Francis Beidler, \$10; Miss Cutler, 25c; Fannis Miller, \$3; Henrietta Miller, \$1.50; Geo. Sebring, \$10;

PRISONERS' FUND.

Daniel Andre, \$5; Tina Adams, 90c; L. B. Alton, 25c; Jersey Shore Pa., friend, \$1; Friends, \$1.35; Mrs. C. Anderson, \$4; Lebanon, Pa., friend, \$1; Lockport, Ill., friend, \$1; Arnon Jacob, \$5; Hanford, Cal., friend, 50c; Naomi Anderson, \$1; Medford, Mass., friend, \$1; Canon City, Colo., friend, 25c; Nathan Allborg, 50c; Mendocino, Cal., friend, 50c; Mr. and Mrs. R. W. Atkinson, \$1.50; Fish Creek, Wis., friend, 20c; O. R. Albertson, 25c; Max W. Anderson, \$1.50; Sheridan, Wyo., friend, 25c; Mrs. W. Binding, 30c; C. A. Burman, 25c; Susan A. Brown, \$1; Mrs. Wm. Barton, 75c; Martha Bunnidge, 25c; S. W. Burkhart, 25c; Jennie Bee, \$1.50; W. J. Burnham, 25c; Mrs. Sarah C. Blake, 25c; A. S. Beers, 50c; Miss Nancy Brewer, 50c; Lillian Burrirtt, \$1; Wm. Barker, 50c; Gussie E. Brown, 25c; Mary E. Beach, \$1; Miss Mary Ballard, 25c; P. E. Brotherson, 25c; Mrs. Alice Barber, 50c; Mrs. Samuel Burgess, 75c; Mrs. Marie Brown, 50c; Mrs. A. J. Boman, 50c; E. C. Boylan, 75c; Miss Bertha Barker, 25c; G. W. Barker, 50c; Mrs. M. F. Brewer, \$1; Mrs. Blake, 50c; Mrs. Ada Bradley, \$1; Beaver City Church, \$2.25; Lucile Brown, 50c; Bowling Green, O., Church, \$1.05; Ernest N. Bowen, 25c; Mrs. D. M. Boucher, \$1; Miss Gulah Brown, 50c; Mrs. D. Bartshe, 25c; Amelia Bryant, 25c; Mrs. Sarah Baker, 26c; Ezra Benedict, 25c; Mrs. F. A. Bush, \$2.50; John A. Burkey, \$4; Mrs. H. A. Barnes, 50c; Olive M. Brown, \$2; Pheba Biggar, \$1; John J. Brightly, \$1; A. J. Bristol, 15c; Mrs. M. E. Beck, 35c; Clyde Balkwell, \$1; Felix Blackowski, 75c; Henry Christenson, \$1.86; Mrs. C. Conar, \$1; M. M. Collins, 25c; Welsey M. Carter, 10c; Mrs. W. E. Carter, 25c; Miss Etta Cornish, 35c; Mrs. Ellen Craig, 50c; Veigh Curtis, 25c; Mrs. Z. B. Carpenter, 25c; Miss Helen Clyde, 25c; Mrs. A. M. Corbet, 50c; Mrs. M. S. Carle, \$9.75; Wm. Christopher, \$5; Miss E. J. Carter, \$1; S. C. Christenson, \$6; Mrs. Fannie J. Chiles, \$1.50; Frank Clark, 10c; Miss Grace A. Cady, \$2;

H. P. Clark, 24c; Mrs. S. D. Colby, 25c; Mrs. Mary Cumings, 25c; Mrs. L. S. Drew, 75c; Mrs. Dennis, 10c; Mrs. Divine, 50c; Mrs. Mary A. Douglass, \$1.70; Mrs. J. H. Davis, \$1; E. J. Dodge, \$1; Mrs. Alice Donahue, 50c; A. J. Denman, \$1; Mrs. Dickson, \$1; E. C. Detwiler, 25c; Gertrude J. Dobbie, 25c; Wm. M. Dail, 50c; A. Damoa, \$1; Arm M. Doble, 25c; Miss M. Erickson, 25c; G. R. Earl, 25c; Lizzie J. Earl, 25c; Mrs. M. E. Endriss, 25c; Alfred Eden, 25c; Mrs. L. Eggleston, \$1; Mrs. D. A. Eddy, 25c; John Foss, \$1; Wellsville, O., friends, 20c; J. B. Furtney, 50c; Nora Forsythe, 25c; Mrs. Foss, 50c; Mrs. C. Farnsworth, 25c; Wm. Frank, 25c; Sine Frank, 25c; Adeline Fraukner, 50c; Wm. Fox, \$1; Alvin Fox, \$1; Findlay O. Church, 75c; Byron S. Fulk, 75c; John W. Grimes, 25c; Jane Griffith, 25c; Mrs. A. T. Galbey, 15c; Mrs. Zada Gotham, 10c; Mrs. T. Gornall, \$1; Miss Alice Goodman, 44c; M. E. Graves, 25c; A. Grundst, 25c; Mrs. C. V. Graham, \$1; Kate Gudme, \$1; Mrs. Almira Goodrich, 25c; Lafayette Goddard, \$1; Lillie A. Gainard, 50c; Mrs. F. Gleason, \$1.30; Mrs. Mary Goward, \$1; Miss S. A. Gallie, 25c; Mr. Homan, \$1; Almira G. Hicks, 50c; Matilda Harwood, \$1; Isaac Hewitt, 5c; Hammond Hoilar, 25c; A. S. Hottel, 5c; Mrs. F. C. Hightower, 50c; Thelma, Elsie and Mamie Hightower, 25c; Mrs. Harrison, \$1; Miss Clara Hill, 75c; Mrs. T. L. Horning, 50c; Minnie Hinderberger, 25c; Laura Hansen, \$1; Max Hill, 50c; Mrs. W. R. Harris, \$1; R. G. Harrison, 50c; Rachel Hastings, 25c; Mrs. Linda Haney, 25c; Helping Hand Mission, \$1.50; Mrs. A. G. Hoover, 25c; H. L. Hahn, \$1.55; Mrs. S. Irwin, 10c; F. P. Ide, \$1; Mrs. F. H. Howes, 25c; Cora Jackson, 25c; Mrs. J. P. Jasperson, \$1; Carrie Johnson, 25c; N. C. Jensen, 75c; Mrs. Maud Jennings, 25c; Tina Jordan, 25c; Emma E. Jensen, \$1.30; Minnie M. Jordan, 30c; Frank B. Kirby, \$5; Anna L. King, 25c; Nina King, 10c; Mrs. B. C. Kuder, 25c; E. M. Klein, 50c; Mrs. John Knight, 25c; Edwin Kloss, 75c; John T. Klostermyer, 25c; Joshua P. Kelley, 25c; Elizabeth King, 25c; Mrs. A. H. Kenyon, 25c; Harold and Laurence Kelley, 50c; Mrs. A. W. Kirkendall, \$1; Frank Kay, 25c; Mrs. M. E. Klein and mother, 80c; Mrs. H. J. Lee, \$1.25; Mr. and Mrs. C. W. Lee, 50c; Mrs. J. Lees, 5c; W. K. Loughborough, 25c; Mrs. M. C. Leslie, 50c; Mrs. J. J. Lowell, \$1; E. F. Long, 25c; Mary M. Lloyd, \$1.25; Mrs. G. L. Litchfield, \$2.48; Theresa Lowells, 50c;

(To be continued.)

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, 3558 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.

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HOPE PUBLISHING CO.,

228 Wabash Ave., Chicago

SOCIETY OF CHRISTIAN ENDEAVOR, DENVER, 1903.

The Passenger Department of the Chicago & North-Western Railway has issued a very interesting folder on the subject of the Christian Endeavor meeting to be held at Denver, July 9th to 13th, together with information as to reduced rates and sleeping car service, as well as a short description of the various points of interest in Colorado usually visited by tourists. Send 2-cent stamp to W. B. Kniskern, Passenger Traffic Manager, Chicago, for copy.

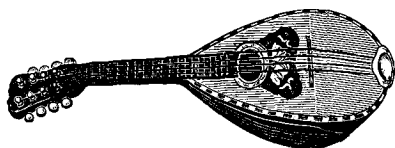
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FOR FORTY NEW SUBSCRIBERS we offer "The Jupiter" Guitar, standard size. Dark Mahogany finish back and sides, hand polished, spruce top; fancy colored wood inlaying around sound hole, edge inlaid with fancy colored woods and bound with celluloid, neck 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.

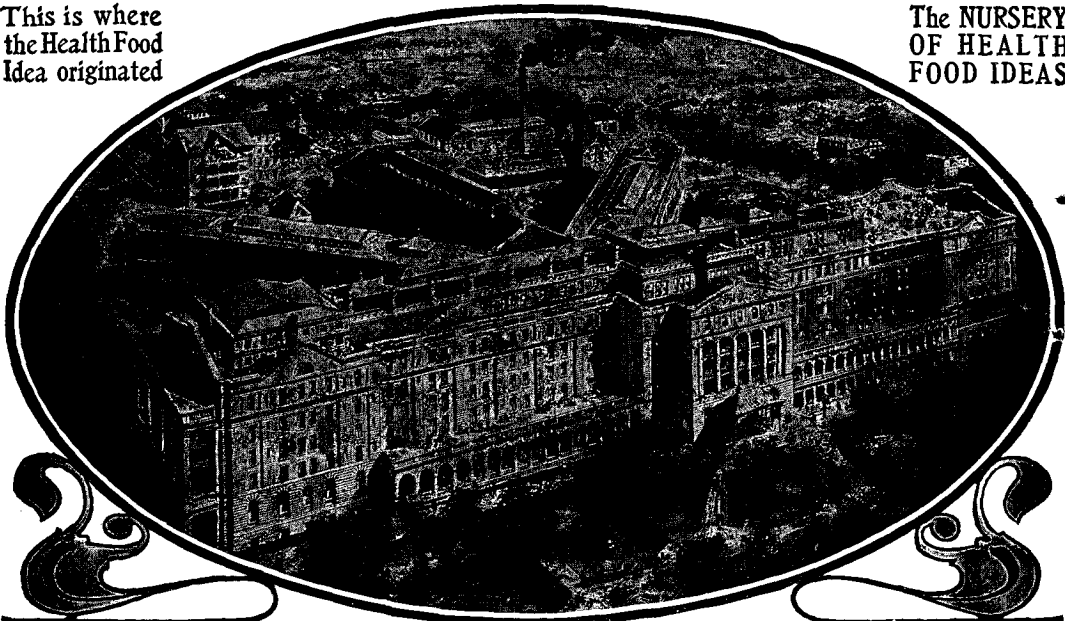
FOR ONE NEW SUBSCRIBER we will send the booklet, "My First Drink and My Last," by S. H. Hadley, Supt. of Jerry McAuley Mission, New York.

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

Or both for two new subscribers.

This is where
the Health Food
Idea originated

The NURSERY
OF HEALTH
FOOD IDEAS



THE NEW MAIN BUILDING OF THE BATTLE CREEK SANITARIUM

Is 550 feet long, the rear extensions aggregate five hundred feet more. It is five and six stories high, fire-proof, made of brick, stone and iron. There is a sun parlor, and separate bathing buildings for men and women. It has facilities for treating one thousand patients—as many as could be treated in the old main building and hospital, which were destroyed by fire Feb. 18, 1902.

THE MOST COMPLETE AND BEST EQUIPPED INSTITUTION OF ITS KIND IN THE WORLD

**The Battle Creek Sanitarium Food Idea
Is the Health Food Idea to-day**
WE ARE THE GENERAL CONFERENCE BULLETINATORS

Do not buy so-called health foods simply because they are made in Battle Creek. Remember, the **genuine** bear the name of the Battle Creek Sanitarium Food Co., or the Sanitas Nut Food Co., Ltd. If your grocer does not keep them, write to us.

Why buy poor imitations when the real health foods cost no more?

INVALIDS—Attention
DIETETIC DEPARTMENT.

We announce the opening of a Special Correspondence Department for the benefit of invalids, dyspeptics, and those suffering from diabetes, rheumatism, and other maladies requiring careful regulation of the diet. If you will fill out the coupon below a blank will be sent you, which, after filling out, you will mail to us. This statement of your dietetic needs will be given attention by a member of our Medical Consulting Staff.

More than one hundred thousand former invalids will testify to benefits unforget, a return to health, the natural result of nature's remedy, pure food.

Cut out Coupon and mail to us. No charge for advice.

Your Health will be improved by the continued use of our foods, which contain every element necessary to man, woman or child. There is as much chance for improvement in foods as there is in ice-cream freezers or threshing machines. Why not try our new

Twentieth Century Diet?

You will like the new food, and your palate, your stomach and your pocket-book will be in sympathy with it, even if your mind is prejudiced before having tried it.

Free—A Brochure—Free

On the Battle Creek Sanitarium **FOOD IDEA** will be mailed to you free if you will send coupon with name and address plainly written. It will give you the whys and wherefores of our Pure Food Idea, the result of thirty years' study of the food questions. **Mail to-day.**

CUT OUT COUPON, SIGN AND MAIL TO-DAY TO

THE BATTLE CREEK SANITARIUM CO., LTD.
BATTLE CREEK, MICH.

Sanitarium
CO. LTD.

THE BATTLE CREEK SANITARIUM CO., LTD.
BATTLE CREEK, MICH.

Gentlemen:—I understand you make a special line of foods for those whose health is so impaired as to render the use of ordinary food impracticable. I wish you would send me the full particulars and a blank for all our, so that any difficulties may be submitted to one of our Medical Consulting Staff, who will prescribe the foods applicable.

Name _____
Town _____
State _____

Gentlemen:—Please send me free of charge, your Brochure on Battle Creek Sanitarium Food Idea.

Name _____
Town _____
State _____

COUPON