

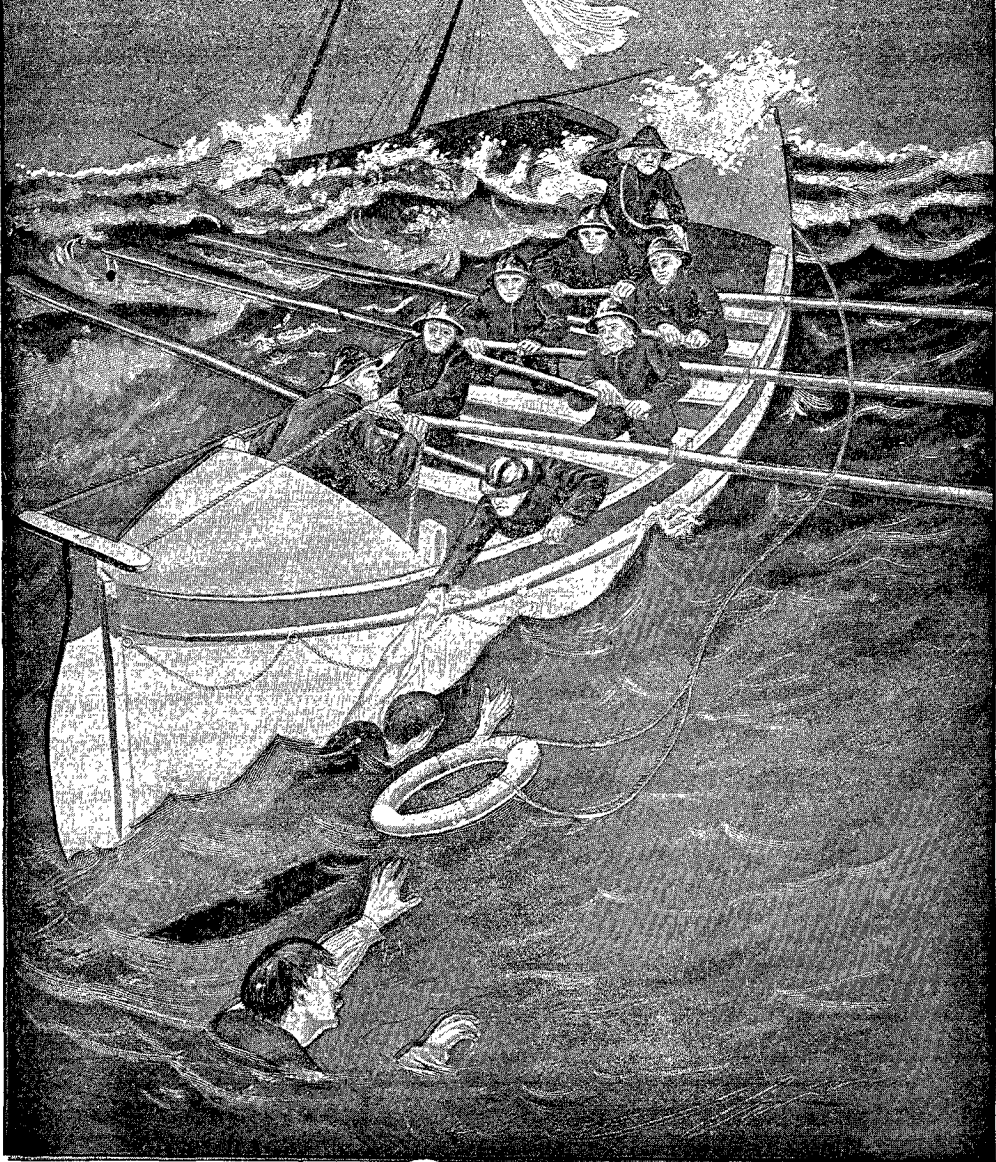
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Notes from abroad.—By the Editor.

THE LIFE BOAT



Help circulate a hundred thousand Life Boats each month.

Ministry of pain.—J. B. Kellogg, M.D., D.

Volume Six
Number Eight

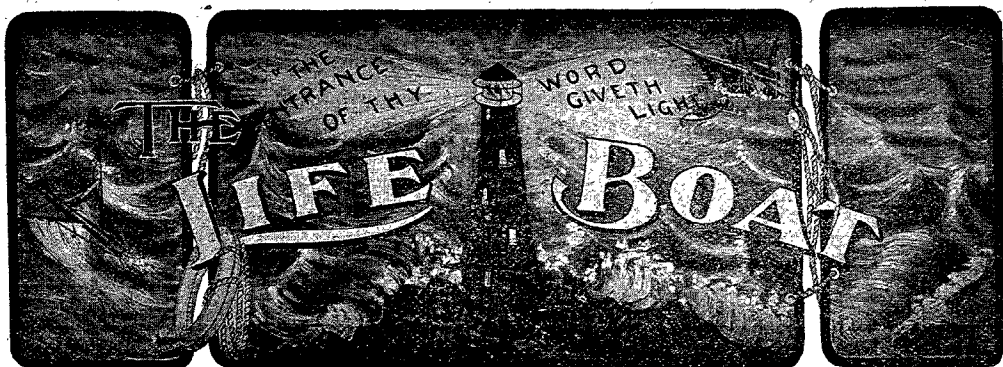
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**An Illustrated Monthly Journal Devoted to Charitable, Philanthropic,
Health and Soul-Saving Work**

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Volume VI

CHICAGO :: AUGUST, 1903.

Number 8

LIFE'S MIRROR.

There are loyal hearts, there are spirits brave,

There are souls that are pure and true;

Then give to the world the best you have,

And the best will come back to you.

Give love, and love to your life will flow,

A strength in your inmost need;

Have faith, and a score of hearts will show

Their faith in your word and deed.

Give truth, and your gifts will be paid in kind,

And honor will honor meet;

And a smile that is sweet will surely find

A smile that is just as sweet.

Give pity and sorrow to those who mourn;

You will gather in flowers again,

The scattered seeds from your thought out-
born,

Though the sowing seemed but vain.

For life is the mirror of king and slave—

'Tis just what we are and do;

Then give to the world the best you have,

And the best will come back to you.

—*Gospel Herald.*

THE MINISTRY OF PAIN.

J. H. KELLOGG, M. D.

For one who has suffered much it may be difficult to understand that there is anything good in pain. Nevertheless, pain, rightly regarded, is one of the greatest possible

blessings to erring mortals. Suppose the hand could be thrust into the fire without feeling pain; suppose no pain were produced by cutting or burning the tissues; what would be the natural consequences? Certainly the result would be such neglect to care for the body as would soon lead to its disfigurement, crippling or actual destruction.

The author was some years ago acquainted with a gentleman who had lost several fingers of his left hand. On being questioned respecting the cause, of the injury he explained that the nerves of feeling of the left arm had been paralyzed by a severe wound. Some years later, while working out of doors on a very cold day, feeling no inconvenience, he neglected to care for his hand and on returning home found it to be so severely frozen that several fingers sloughed off.

Pain, then, is a divine voice leading us away from wrong, telling us of the right, and warning us of danger. "For God speaketh once, yea twice, yet man perceiveth it not. * * * He is chastened also with pain upon his bed, and the multitude of his bones with strong pain; so that his life abhorreth bread and his soul dainty meat. * * * He looketh upon men, and if any say, 'I have sinned, and perverted that which was right, and it profited me not,' he will deliver his soul from going into the pit, and his life shall see the light. Lo, all these things worketh God oftentimes with man, to bring back his soul from the pit, to be enlightened with the light of the living." Job, 33:14, 19, 20, 27-30.

Pain is not an arbitrary infliction, but is the natural consequence of wrong doing. The basic principle of God's method of disciplining and dealing with man, is expressed axiomatically by Paul, the Christian philosopher, in the words, "Whatsoever a man soweth, that shall he also reap." Gal. 6:7. The idea that God inflicts pain, or that pain is in any sense an arbitrary or retributive punishment is a notion altogether foreign to a proper conception of God. The Creator, the Lawgiver, dwells in the temple; whatever the temple suffers He must share. In this way, the indwelling presence bears all our pains and sorrows, and takes upon Himself all of our punishments. This is true for every man. God is no respecter of persons.

But the experience of pain is profitable only to those who say of sin "It profiteth me not." And who, tired of the wrong way, have learned by experience, and have turned their faces steadfastly toward the right; and as they have reaped a harvest of pain from the seed-sowing of sin, they now begin to sow seeds of life and peace in right doing, and will surely reap the harvest thereof. "For he that soweth to the flesh shall of the flesh reap corruption; but he that soweth to the spirit, shall of the spirit reap life everlasting." Gal. 6:8. To sow to the flesh is the Bible method of expressing transgression of the law, departure from the divine order of life.

Whether in physical or moral conduct, the sowing to the spirit is simply obedience to the voice of God speaking to us through our instincts, through the inspired Word, through every source of truth which points out the way of life. Sowing to the flesh is a misuse of the appetites and energies which God has placed at our command. Sowing to the spirit is the implicit following of the guidance of that inner voice, the Spirit of truth which created man, which dwells in him, and which is ever pleading with him, "This is the way; walk ye in it."

Whatever man suffers, then, is simply the reaping of a harvest from a seed-sowing. The sowing may have taken place years before; indeed the seed sowing may have been done several generations back, for the iniquities of the fathers are visited "upon the children of the third and fourth generations of them that hate" God and righteousness. Ex. 20:5. "The fathers have eaten sour grapes

and the children's teeth are set on edge." Jer. 31:29. This is not an arbitrary principle, but the operation of the great law of heredity. The son of the drunkard or of the tobacco user, of the glutton, or the man who has wasted his energies in youth by riotous living, must reap the harvest which the father has planted, for the reason that the son and the father are really one being. The son's life is simply an extension of the father's life. A twig cut from the willow tree and planted in the ground becomes a new tree, but is simply an extension of the tree from which it was taken. So also the child is a bud from the parent stock, and bears the iniquities of his father just as he bears his likeness, and for the same reason. If the father's nerves have been wrecked by exhausting expenditures of vitality, the son will be nervous, feeble, possibly epileptic. If the father has been a drunkard, the son is likely to be insane or idiotic. Every human being bears a heavy burden of tendencies to sin and predisposition to disease which are an inherited harvest from an ancestral seed sowing. Nature is a good bookkeeper.

The man who justifies himself in the violation of the laws of health, because he does not see any immediate effects, declaring, perhaps, "It may hurt other people, but it does not hurt me," is like an old man who would justify himself in planting thorn bushes, crab apples, poisonous upas trees and worthless wild figs instead of good trees, because he did not expect to taste the fruit. He is planting a harvest for his children. That the children of the present generation are suffering to a terrible extent from the evil seed-sowing of their parents and grandparents is proved by the fact that the proportion of idiots, imbeciles and epileptics to all the population has increased within the last fifty years more than 300 per cent. Lunatics have increased at the same rate, and if the increase should continue at the same rate for two hundred and sixty-five years, the total population will at that time have become idiots, imbeciles, lunatics or epileptics. There is no possible way of escape for evil-doers—for those who hate righteousness and rebel against God. Destruction claims them.

But there is hope for the repentant transgressor, no matter how unfortunate may be the entailments of his birth. Although a terrible incubus of degenerating tendencies

may have been inherited from his earthly parents, yet the Great Father of all, from whom all men are descended, "whose offspring we are" (Acts 17:29) has provided a way by which through repentance (change of mind) and obedience that we may be recreated, restored and lifted above the thralldom of disease and sin. That we do not see such deliverance realized is due only to human stubbornness and ignorance. With absolute willingness to obey, and absolute knowledge of the way of life, the way is open to escape from all the consequences of disobedience, for the same God who said, "Obey and live," embodying in an absolute command a most glorious promise, said also, "He giveth power to the faint; and to them that hath no might, he increaseth strength." Isa. 40:29. "Let the wicked forsake his way, and the unrighteousness man his thoughts; and let him return unto the Lord, and he will have mercy upon him and to our God, for He will abundantly pardon." Isa. 55:7.

DON'T WAIT FOR "SOMETHING TO TURN UP."

ALONZO T. JONES.

Don't sit around and wait for somebody to help you to get a start. Do not waste precious time in waiting for "something to turn up;" but with your knowledge of divine truth take vigorous hold with your two bare hands and turn something up. We are not to be ruled by circumstances, but to rule circumstances, to seize and turn them into golden opportunities, stepping stones, not only to success, but to triumph.

Do not despise the day of things even so small that they can barely be seen. When imbued with energy of the divine principle and faith that will cause growth, it shall be with you and your work, that you "shall be like a tree planted by the rivers of water, his leaf also shall not wither, and whatsoever he doeth shall prosper." Ps. 1:3.

He who despises a heavenly truth and divine principle in the day of its apparently small workings, simply despises that which in its true workings compasses the universe and extends to eternity.

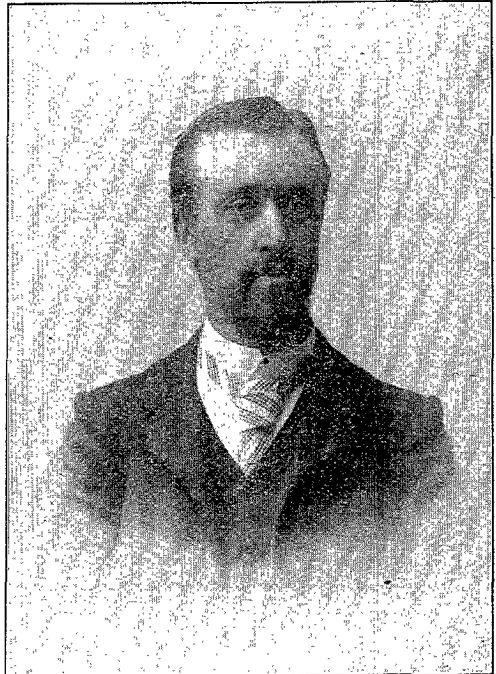
We, as workers for God, are not here to get good from the world or from men, but only to get good from God, and to do good to all men, in all things always. With this as our perpetual aim, and sanctified to that aim by the heavenly anointing, thus and only thus shall we be true missionaries.

A LIFE BOAT WORKER ABROAD.

(Continued.)

BY THE EDITOR.

In Europe one hardly gets away from the shadows of towering church spires and from the sound of sweet church-bell chimes. The interior of many of these edifices are dazzling in their magnificence, but in spite of all these external evidences of spiritual life, it soon becomes evident that soul-saving work is painfully neglected and a real satisfactory Christian experience is almost unknown by thousands who scrupulously observe *outward* religious forms. Church membership is inherited the same as the family name, but here and there among the masses are a few who, like John the Baptist, are pointing their fellow men to a richer experience and a personal acquaintance with the Master.



HAROLD LUND, CHRISTIANIA, NORWAY.

In Christiania, Norway, I found a paper called the "Harold," which is almost a Norwegian LIFE BOAT. Every page contains an inspiring note, and, although only a little more

than two years old, it already has a circulation of five thousand.

I was especially interested in learning how the editor, Harold Lund, found his life work while yet the manager of a daily paper. He sought all available opportunities to win the confidence of young men who were going astray. He invited drunkards to his rooms and labored for their conversion. The sad stories of their downfall impressed him deeply. He soon developed an extensive soul-saving correspondence and thereby many were brought to the Master. He then dedicated his life more fully to the service of humanity, and devoted all his means to advance the gospel. At this juncture labor complications prompted him to resign his position. Just prior to this, the thought had come to him that if he should issue a paper he could more readily carry on his efforts for others, but he now found himself without a position and penniless. Just then a position was offered to him in a London publishing house, and the Lord sent a lady to him who purchased enough of his personal effects to enable him to get to England. He then used his spare moments to print a little monthly sheet, which he sent to all his friends. Subscriptions began to pour in, so that soon he returned to Norway and enlarged the size of the sheet and made other improvements. He acts on the scriptural admonition, "Go out into the highways and compel them to come in," often spending much time on the streets inviting them to come to gospel services. He is planning to put double-deck beds around the sides of his printing office, that he may be able to offer a night's rest to some of the poor, stranded wanderers and at the same time to improve his opportunities to give them the gospel. This generation needs more of this kind of men.

We shall do what we can to co-operate with this man, lending him LIFE BOATS and giving him of our choicest matter for his soul-saving paper.

We have been glad to meet in each European country which we have visited several staunch medical missionaries, who rendered valiant service in the early days of our Chicago work, and while there received much of the training and experience which fitted them for their present field of usefulness. God bids us glorify Him in body as well as in spirit (1 Cor. 6: 17-20), but the majority

of those who live in Christian countries are as ignorant concerning physical righteousness as the inhabitants of heathen countries are concerning spiritual righteousness, and, as a consequence, in large cities, sickness, immorality and a train of other evils are threatening to overwhelm the inhabitants like Noah's flood.

Shall no one build arks? The old dispensation had its cities of refuge, the new dispensation had its good Samaritan, and this generation has a great need for intelligent, earnest and devoted medical missionaries, who can show the people the real cause of their troubles and who can teach that which will "set them free" from not only their physical but also their spiritual bondage. Are you prepared for such a glorious work? We will be glad to offer you suggestions how you may begin, possibly in a small way, in your own family or neighborhood. The disciples were told to begin at Jerusalem, then go to the uttermost parts of the earth.

WHO CAN BE AGAINST US?

G. C. TENNEY.

"If God be for us, who can be against us?" If a man is uncertain about his ability to do a certain thing, he looks to his backing. If he can see that he has the support of those who are able to win, he is encouraged to go ahead, assured of final victory. With God on our side, who can successfully oppose us? This question does not need an answer, so the apostle does not answer it. But another question arises at once—Is God for us? This he answers. "If God spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" The question as to whether God is for us or against us is forever decided by the fact that He gave His only Son to die for us. Nothing but the greatest love could have furnished a motive for such a gift. Let us, therefore, conclude that God is for us. He says, "I know the thoughts that I think toward you, saith the Lord, thoughts of peace and not of evil, to give you an expected end." Jer. 29:11.

We are not to judge of God's ways by our momentary impressions, but trust Him for His grace. God does not look, as men do, at the present state of feeling, but at the eternal results. He is working out for us an eternal

destiny. It is everlasting happiness rather than momentary gratification that He aims to secure for us. So, if things do seem to go against us, it is our privilege to hold up this precious assurance that God is on our side, and therefore we shall succeed.

When Jacob was an old man, and had seen a great deal of sorrow, had been disappointed in his sons, and lost his best loved one; when a famine had come upon him and was eating up his substance, and was bringing him down very low in his old age, he was tempted to cry out, "All these things are against me." And sure enough it did look so, but we know now they were not. God was at the helm and He was working out a glorious future, which would result in the conversion and salvation of his family and produce great good to all succeeding time. Do not let us be tempted in this way. God is for us. That being so, we must win in the end if we trust and obey.

THE LESSON OF THE CROSS.

DR. E. J. WAGGONER.

London, Eng.

The preaching of the cross is to us who are saved the power of God. 1 Cor., 1:18. The stream of life which flows from God to us is not to be dammed up. That means stagnation and death. We have done it already to our great loss, therefore, Christ is lifted up before us on a cross that we, seeing Him, may be drawn to Him. We are to learn that life means giving. We are to allow the obstruction which our selfishness has interposed to be removed, so that as our life flows out to others new life from God may flow in. He laid down his life for us, and we ought to lay down our life for the brethren (1 John, 3:16). "There is that that scattereth and yet increaseth, and there is that which withholdeth more than is meet, and it tendeth to poverty." Prov., 11:24. This is the lesson taught by the cross. The seed that is stored away abides alone; more than this, if it be kept by itself too long, it loses the power of reproduction. The longest period that any known seed will retain its vitality, if not used, is thirty years. If it does not fall into the ground and give its life before that time, it must abide alone.

So that if we would live, we must give our lives. By yielding up the best we have, we obtain more. The reward of service is the power to do greater and better service.

THE MASTER MUSICIAN.

LILLIE M. HOLADAY.

Many years ago in Germany, as a new organ was being placed in a large church, a by-stander asked permission to play upon it. He was refused, but again he made his request. He finally obtained permission to stand inside of the church, and there again he asked to be allowed to play. The stranger, after being refused so many times, at last said he would play anyway, and he was told that he would do so at his own risk. As soon as he had placed his hands upon the instrument there poured out upon the air such magnificent music that the question was immediately asked him if he understood music and how it was that he could bring forth such beautiful chords. He replied, "I made this organ; I know every piece of timber and every string in it. It responds to my touch because I am familiar with it."

Perhaps for many a long year the Stranger of Galilee has been standing at the door of your heart asking permission again and again to come in and make music flow from your life, for is it not an instrument of a thousand strings of His own making? He says in His word that "He made thee and formed thee." Isaiah, 44:2, and again in Psalms, 139, you will find that there is nothing about you with which he is not familiar.

Will you not let your Maker place His hands upon you and bring from your life the music that only a Christian knows?

ARE YOU CARRYING OUT YOUR PLANS?

ALICE BÜRGHART.

Often when God asks us to do some special work for Him, we do not at once heed the still, small voice. We are apt to say, as I did when the trip which I recently took with THE LIFE BOAT was discussed: "Yes, that will be fine work; surely, much good can be accomplished by it, and I hope whoever undertakes the work will have the best of success." When God is saying to us, "Will you go?" "Will you not take up your cross and follow me?" often we say, by our actions, "No, I cannot go. My work is so arranged that I cannot leave it now." In other words, "My plans are more important at present."

His call falls upon our ears unheeded until our consciences become so dulled that even a louder call is passed by unnoticed, and then He is obliged to speak to us in a whirlwind or through sickness and trouble.

When God called Saul, he "hid himself among the stuff." 1 Sam. 10: 22. He had been chosen and anointed by God to do a work among the people, but when the real test came, his heart failed him and he was afraid to meet the people. So we often hesitate when God puts it into our hearts to sell literature for Him or speak a comforting word to the sick and suffering.

We stop and think of the supposed sacrifices we shall have to make in order to do His work, but God says: "If any man will come after Me, let him deny himself, and take up his cross (his self-denial) *daily* and follow me." Luke 9: 23. "There is no man that has left house, or brethren, or sisters, or father, or mother, or wife, or children, or lands for my sake and the gospel's, but he shall receive a hundredfold now in this time, houses and brethren, and sisters and mothers, and children and lands, *with persecutions*, and in the world to come eternal life." Do not forget that with God's hundredfold blessings will also come persecutions, but it is possible for them to become our greatest blessing.

The man whose eyes have been opened to observe the handiwork of God, who has developed a sympathetic touch, whose ears have been taught to recognize the harmonies of nature that others do not hear, and above all he who possesses a heart sensitive to the woes of others, is an educated man, even if he cannot square a circle or conjugate a Latin verb.

GRADUATION EXERCISES OF THE AMERICAN MEDICAL MISSION- ARY COLLEGE.

The graduating exercises of the fifth class of the American Medical Missionary College were held in the Tabernacle at Battle Creek, Mich., June 23, 1903.

The graduating class numbered twenty-three. There were also present a large number of the faculty, and the students of the college, as well as many visitors. The graduation address was given by Dr. Levi B. Salmans, who

has for many years been conducting medical missionary work in Mexico. He has recently been spending several weeks in this country striving to arouse a greater interest in medical missionary work.

In his address to the students he endeavored to impress upon them that the graduates from this school not only go out into the world as medical men but as healers of both body and soul. "Into whatsoever city ye enter, heal the sick that are therein, and say unto them, 'The kingdom of God is come nigh unto you.'" Luke 10:8, 9.

Among other things he said, "The opportunities of the medical missionary are very great. I read an article written by an Indian missionary a year or two ago, which aroused me. It showed how a certain district in that country had been closed against the gospel. A great epidemic had broken out and the missionaries abandoned every other kind of exercise or work and devoted themselves to the work of assisting others even to the verge of exhaustion. After plenty had returned, the people saw the children of those who had perished, not in the hands of their own people, but in the hands of those hated foreigners. Their prejudice fled away as the darkness disappears before the rays of the sun. They drew near to the missionaries with smiling faces and tender hearts to see what manner of men these strangers and formerly hated beings were, to hear their words and to make their acquaintance. These missionaries had before them only one business—that of preaching the gospel. Let us be men and women of one business."

Some of the graduates of this class expect to go to foreign fields; others are connecting either with institutions already established in this country, or are expecting to enter new fields, and to establish new medical missionary centers.

It was a very impressive scene at the close of the graduating exercises when all of the students kneeled on the platform and were led in prayer by G. C. Tenney, thus expressing their desire and a determination to be missionaries for God either in the foreign or home field.

Some of the graduates of this college are already in foreign fields. One is now in Egypt; another in Japan; another is on his way to India; others are expecting



soon to go to China. Two of the members of this class, Dr. L. H. Wolfsen and Dr. M. C. Hinds, have connected with our medical missionary work in Chicago. Dr. Hinds is opening a Swedish Medical Mission in North Chicago.

If any of our readers desire any further information about this college and feel impressed to enter this line of work, they may correspond with the secretary of the American Medical Missionary College, Battle Creek, Mich.



PHYSICAL REDEMPTION



BODILY UPRIGHTNESS.

J. W. HOPKINS.

When "God made man upright," He looked upon His work and pronounced it "very good." Adam and Eve were upright, not only because they did not sin morally, but because their bodies were erect, and they had well planned definite physical habits, which were a part of their upright condition. We can scarcely imagine either of them ever taking a position in standing, walking or sitting such as we almost invariably see people take nowadays. They walked erect, their heads lifted, and feasted their eyes upon the wonderful, beautiful world in which they were placed.

But the working position now is too often that seen in the cut. The head is carried forward, the chest is flat, all the front muscles are relaxed, and the whole body is just the opposite of upright; it is deformed. The body

gest the food. The heart, which has to work continuously, must not be restricted. The lungs, which have to do double duty, supplying fresh air and removing waste products, must be allowed to expand completely, so that every inch of their surface may be reached by fresh air.

When the work of this vital machinery is only half done, the individual life becomes stagnant. His life is no more like that of Adam than the frog pond is like the clear, flowing river. In such a case, the faulty positions should be corrected. If the muscles of the back and shoulders are weak, the following exercises, taken daily, will strengthen them.

1. Raise the arms forward, shoulder high; then fling them sideways, turning the palms downward. Return forward and slap the shoulders, as men warm their hands on a cold day. Do this vigorously, trying each time to swing the arms a little farther than before.

2. Raise the arms sideways, keeping the arms back of the shoulders, make small circles, about a foot in diameter, forward, backward, upward and downward.

3. Raise the arms forward. With the palms facing in and the elbows straight, fling the arms upward. Return, then fling the arms sideways; alternate the flinging, first upward, then sideways.

4. Lying on the bed, face down and arms by the sides, take in a deep breath, then raise the head and the upper part of the body; count four while raising the head; hold the position while counting four, and then return to rest

The waist and abdominal muscles should also be strengthened by proper exercise.



CORRECT AND INCORRECT POSITIONS.

in such a position can not be healthy. Our delicate bodily machinery will not work properly in such narrow, cramped quarters. The stomach requires more room, that it may di-

ONE-SIDEDNESS.

MRS. W. S. SADLER.

The making of a successful woman does not necessitate the knowledge of music, ability to work problems in algebra, or familiarity with the classics, but it does call for physical health, mental vigor, and a practical acquaintance with the every-day duties of life. How often we meet with cases of a strong mind in a weak body, or good physical health accompanied by inferior mental powers. It is a very common error to devote much more time and attention to the cultivation of the mind than to the developing of the powers of the body. Many a young woman, yet in her teens, is attending school and laboriously poring over her books, while her pale face and nervous condition show plainly that the body is not receiving its due share of attention. To such we would say, regulate your daily habits of eating, drinking, thinking, sleeping and dressing, so as to conform with the laws of life ordained by a wise Creator.

Exercise, both mental and physical, nourishing food, wisely chosen and properly prepared, suitable and healthful clothing—in brief, physical obedience to natural law, will produce elasticity of step, graceful bearing, clear skin, good digestion, sunny temper, mental strength, and spiritual discernment. For it is very true that the faculties of mind and soul are strongly influenced by the condition of the body.

Each day a proper amount of attention should be given to the needs of the mind, the soul, and the body, and no one of these should receive more than their share of attention. Perhaps many of the girls who will read these lines have thus far given considerably more time to their minds than to their bodies. These will do well to immediately change their practice, and begin to develop their muscles as well as their brains. It may even be wise to drop out of school for a while. Why should eagerness to graduate lead you to sow the seeds of nervous prostration, for the harvest will surely come. Either temporarily lay aside your books, and devote yourselves to physical exercise and out-door life, or make some systematic provision for bodily development to accompany your mental application.

One year of sharing mother's duties at home would not only afford mental rest and provide

physical development, but would also give you a practical training in the duties of orderly housekeeping which is so essential to the making of the true woman who desires to be genuinely cultured and usefully educated.

The monotony of long-continued study wearies the mind, and when the mind is thus wearied, further study does not strengthen, but weakens the intellect. That which is sown in girlhood is reaped in womanhood. The bending of the sapling to-day produces a deformed tree to-morrow. In after years we may try to straighten the crooked tree, but all our efforts will avail little. And likewise, carelessness concerning our physical habits, neglect of systematic exercise, the eating of unsuitable food at unseasonable hours, the wearing of fashionable but ill-fitting garments, novel reading, over-study, and all the other forms of physical and mental transgression, bend the body and warp the mind in such a manner as to produce imperfect characters, deformed bodies and debilitated minds.

A sound mind in a sound body should be our ideal, and anything less than this diminishes our sphere of usefulness, decreases our chances of material success, intellectual development, and spiritual capacity.

WHY NOT AVOID PURE DRINKING WATER AS WELL AS PURE AIR?

When we seek to impress upon people the wonderful advantages obtained from breathing pure air, many manifest actual prejudice against it. In order to be consistent, such persons, when they are handed a glass of clear, sparkling water, should say, "I don't think pure water is good for me," and should proceed to drop dust into it.

A little dust in the water would not be as dangerous as are some poisonous products which are continually being thrown out by the lungs. If we had to pay for the air at so much a cubic foot and then some one should attempt to sell to us air which was partially contaminated, we would quickly resent it. Why should we not be as zealous to give our lungs as fair treatment as we should if obliged to pay for all the air we breathe?

Send for extra copies of this issue to circulate among your friends.

Prisoners' Department

KEPT AND GIVEN.

CLIFFORD G. HOWELL.

Last night I read in *THE LIFE BOAT*, and the thought was there presented that within each moment of time there are sealed up possibilities which may blossom out in eternity. What a deep meaning this puts into every life. When I awoke this morning, I asked my heavenly Father to speak to me from His Word. In gracious answer, my eyes fell upon the words, "I, the Lord, have called thee in righteousness." (Isa. 42:6.) My heart replied, "Father, I am glad to answer such a call." Then I read on: "and will hold thine hand." I looked at my earth-stained palms and felt to ask, "Canst Thou make clean such hands as these?" There flashed through my mind the thought of the hands that were nailed to Calvary for that very purpose; and I will not let His purpose for me fail.

"Will hold thine hand, and will keep thee," were the only whispers that then fell upon my soul. Held and kept. Ah, since it is He that holds and keeps, shall I fear that I will not hold out in the life I have chosen? Am I not safe in such keeping?

But the very next three words are, "and give thee." Yes; that is the divine way. Held, kept, and given. Many want to be kept, but refuse to be given. But God's way of keeping is giving.

"And for what wilt thou give me?" I prayed. The next verse tells me: "To open the blind eyes, to bring out the prisoners from the prison, and them that sit in darkness out of the prison house." When I read these words, my thought went to *THE LIFE BOAT*, and to those it would visit, and I wanted to visit each one, too. So let me take your hand, my brother, and hold it till you shall feel the touch of that hand which bears the print of the nails. In it are the keys which have opened every cell of the prison. And the same blessed voice which has spoken to me this morning from the 42nd chapter of Isaiah is still saying, "If any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." The "door"

spoken of here, the turnkey of your prison cannot open; but the One whose hand I asked for to present to my friend, the Saviour, can open it; and now, having introduced you to Him, I leave you with Him. Get acquainted with Him. Treat Him kindly as you would me, if I should visit you in person as well as in thought. And do not forget His words, "Lo, I am with you alway."

TOBACCO USING AND SALVATION.

"I have just read the article in the April *LIFE BOAT* by Dr. J. H. Kellogg, entitled, "My Son, Give Me Thine Heart." It has caused me to do a lot of thinking. He refers to the irresistible fascination which the pipe or any other means of soul defilement through the filthy weed has for many. Now, I have used tobacco for more than ten years, and do not believe I could get along without it. Is it impossible to be a Christian and use the weed? Is there anything in the Bible for or against the use of the stuff?"

Yours truly,

OUR REPLY.

The use of tobacco is a soul and body-destroying practice.

Boys who begin with cigarettes soon show its harmful effects, physically, mentally and spiritually. The adult can withstand its ravages more successfully, but no one was ever benefited a particle by the use of tobacco in any form. Millions have had their lives cut short by its use, and lost a large amount of the nerve energy they should have enjoyed and used to better advantage.

The Bible warns us against defiling our bodies, which are the temples of God. Saturating the body with the poisonous juice of tobacco is certainly defiling, and so is a direct violation of this admonition. The effort required to free yourself from it will strengthen your character in other directions.

LIKE A RAY OF SUNSHINE.

Dear Brother:

MENARD P. O., ILL.

Your letters are like a ray of sunshine to me. What joy I have in my little cell to think that my sins have been pardoned and I am one of God's children, and I praise God, with the help of Jesus Christ, I am going to be one the rest of my life. There is such joy in serving Him that I pray all the time to God to give me strength to show others that it is good to be right. I want to do God's work when I leave here, for I know that God has forgiven my sins, and that there is no one living that cannot be saved, for I was so deep in sin. I have been over the most part of this world, and I have seen the darkest side of life from my boyhood until the small voice of Jesus came to me in a prison cell. Praise God, I am going to do what good I can among my lost brothers, telling them if I can be saved everybody in this world can be.

Yours truly, _____

DEAR MOTHER'S KISS.

(The following poem was composed by a prisoner in Waupun, Wis. We publish it, thinking it may be of some help to other prisoners.—EDITOR.)

Why seek to part from those you love?
The world is prone to push and shove;
And soon or late the time may come
When you'll regret what you have done.
Deceit will make you sigh and groan
When colder lips shall press your own,
For you will find they lack the bliss
Imparted by dear mother's kiss.

When sorrow's billows o'er you roll
And break your heart, or freeze it cold,
You may perchance with sad regret
Remember one who loves you yet.
Though others all abandon you
Still she remains loving and true
As when with joy she would insist
You merited dear mother's kiss.

Exile yourself from your dear home,
Get fame and wealth, perchance a throne;
You'd give it all, I'm sure you would,
If you've a heart that's pure and good,
Could you again be free from care
And share once more her humble prayer
At noon and eve, without a miss
Of your reward, dear mother's kiss.

Why do you weep, has mother gone?
Then dry your tears, your hope has dawn;
Still trust in Christ, your truest guide,
Mother will greet her child with pride,
And long to clasp you to her breast
And share with you eternal rest.
Then you'll enjoy, not through a mist,
But heart to heart, dear mother's kiss.

DO YOU WANT A FRIEND?

STILLWATER, MINN.

Dear Friend:

Yours received, and was very glad to hear from you. I have weighed your advice very thoughtfully and am glad to have it. Oh, you cannot know how glad I am to have found so strong a friend. I look back on a very sinful life, but do not dread the future while God is my guide. I think of His own words, which read thus: "Not my will, O Lord, but Thine be done." I have read the Psalms many times, and they bring gladness to my soul. Your friend,

LIFE BOATS IN THE CHAIN GANGS OF THE SOUTH.

The other day a gentleman called at our Life Boat Mission and told us that he was to act as chaplain for thirty chain gangs in Florida. He became very much interested in the work we are doing with THE LIFE BOAT, and requested that we send LIFE BOATS to be used among the prisoners of these chain gangs. We are glad indeed to have the privilege of doing this. We hope that the time is not far distant when every prisoner in the chain gangs of the south will have the privilege of reading THE LIFE BOAT each month. Who of our friends will help us by donations to reach these people with the gospel?

EASTERN PENITENTIARY, PHILADELPHIA, PA.

DEAR BROTHER:

Yours received and read with much pleasure and it gratifies me very much to know that you have taken a kindly interest in a sinner like me. I did not think that the Lord would be so kind as to have one like you give me such encouragement as was in your letter and I shall try and live a Christian life. You do not know what a help THE LIFE BOAT has been to me. I have read it over and over again and never seem to tire looking at it. I trust that God will give you strength to continue your good work and I hope if we do not meet in this world we shall have the pleasure of meeting in the eternal city above.

Your brother, _____



Life Boat Mission



SHALL THE LIFE BOAT MISSION BE CLOSED?

E. B. VAN DORN,

Superintendent Life Boat Mission.

The interest at the mission for the past few weeks has been unusual for such warm weather, as the men generally prefer to stay out in the parks or on the streets on warm evenings. We have endeavored to make these meetings interesting, by good singing and earnest speakers. One day last week a young man who had been reared in the luxury this world affords, a graduate of law and theology, and who had a bright prospect before him, yet was without a practical knowledge of a personal Savior, became converted in the mission. He had started on the downward road, but while he was out for a social time, he was caught in the gospel net. His voice may be heard two or three times a week, testifying to the power of God in turning him from darkness to light, from the broad way to the narrow way.

There are thousands who are drifting in the same downward way. Perhaps your boy or girl is among them. What will you do to save them? Can we not enlist your sympathy and your support in this great work?

The saloon army is alert, and aggressive, and determined. Over six thousand of them flourish in this city. They employ about thirty-two thousand persons. In one of these places, on Sunday evening, there were five hundred and twenty-four men at seven o'clock, and within two hours the number had increased to more than a thousand, uniting in all kinds of revelry and drunkenness. Shall we not keep open *one* place where they may come and find a helping hand when in distress, and where we can call the wanderers aside and tell them of the dangers that beset their feet? Quite a number are sending one dollar per month for the support of this place, but we need several more to make up the list. Any inquiry will be gladly answered. Address 436 State street, Chicago.

A YOUNG MAN WHO NEEDS HELP.

E. B. VAN DORN.

Some time ago we made a call to help a young man who had been converted in the Life Boat Mission to obtain a Christian education. Some one responded to this, and he has been attending a Christian school ever since. He has given satisfaction to his teachers and is doing his utmost to make the very best of his opportunities. We have now at our Mission another young man, twenty years of age, who is desirous of getting an education which will help him to be of greater service to his fellow men. I will be glad to correspond with any of our readers who wish to aid this young man in obtaining an education. Address 436 State street, Chicago.

MY ANNIVERSARY.

SAMUEL COOMBS.

[Recently, at the Life Boat Mission, the following testimony was given by Mr. Coombs, who has done faithful service for Christ since his conversion, one year ago.—EDITOR.]

It is with a heart full of gratitude to God to-night that I celebrate with you my first anniversary in the service of Jesus Christ. One year ago last night, I was a poor, lost, miserable drunkard. For eight days previous to my conversion, I was on one of my periodical sprees. The night I came into the Life Boat Mission, I was a wreck. My nerves were all shattered and I felt as though I should die. But, oh, the wonderful love of Jesus! He had compassion on me and His spirit led me to the mission that night.

After coming out of a saloon on Clark street, I walked about in different directions until I came to the mission on State street. I heard the singing and as I came a little closer I saw some of the dear brothers and sisters who labor here in the service of the Master. They were singing some of the blessed gospel hymns on the sidewalk, in front of the mission, just as they were doing to-night when I came to this meeting.

I stood a little way off and began to earnestly study their faces. As they sang, I could see there was joy and happiness stamped on their faces and there I stood, a poor, miserable, degraded wretch without hope! Oh, how

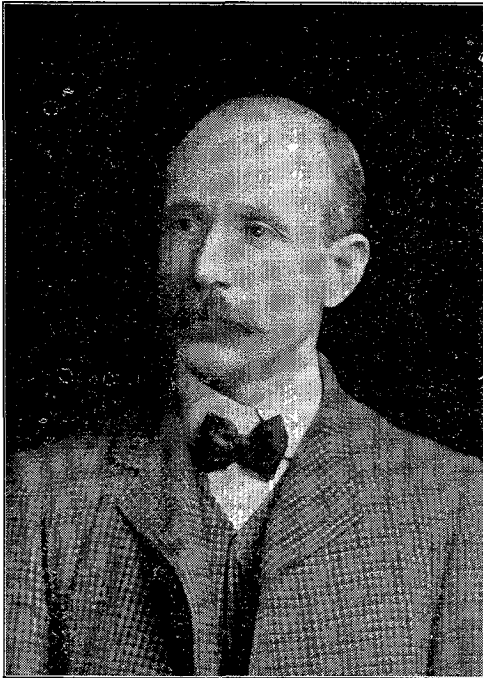
my heart did ache! My load of misery and sin was so heavy I felt as though I should sink into the earth. My nerves were in such an unsteady condition that I could scarcely venture out alone. I thought everyone on the street was looking at me and every policeman who came near I expected to take me by the shoulder and lock me up. Thank God, I accepted the invitation that night to come inside and hear the gospel message. I took a seat in the last row of chairs. I had no idea that night of accepting Jesus Christ as my Savior. I was indifferent to my surroundings for the greater part of the meeting and

the Lord showed me plainly that night that I could not become a child of His and use it, therefore I promised Him that as soon as I got outside I would throw it into the gutter where it belonged. I did, and, bless the Lord, I have not wanted either it or drink since that night.

I had not written to my relatives for years, but when a man is saved, he wants to write home. I did so, but my letter was returned marked, "Gone away." It grieved me very much, but I happened to think of a minister whom I knew when I was a little boy at home, so I wrote to him and thus obtained their address. They wrote me that my mother was very sick and not able to write. I begged them to get her to write only a few words, and, thank God, two weeks ago, I received a letter written in her own hand, full of sweet Christian love. God has certainly done wonderful things for me during this year in His service. He promises to restore the years the locusts have eaten, and I stand here a living witness to-night that that is true. He has fully restored me to health and strength. I never felt better in my life. Oh, it is a grand thing to be free in Christ Jesus. Old things have indeed passed away and all things have become new. I thank God that He has led me into His work and has enabled me to accomplish a little good in His name and through the grace He gives me.

God has certainly watched over me during all my life. At the age of sixteen, I enlisted in the British service and was in the Nile expedition through Egypt. I had no bad habits before entering the service, but in less than a year I was into everything that was bad. I was promoted three times, but fell each time through drink and was finally discharged.

My prayer to God to-night is that some poor fellow like myself shall resolve in his heart to live for Christ, and that he may be able to celebrate with me an anniversary one year from tonight. I also take this opportunity of thanking any of you, my Christian friends, who have shown me a little kindness. You cannot realize how much it means to men like us who think the world is against us, to have a little kindness shown, so don't be afraid to put your hand on a man's shoulder and say a kind word to him. It has also been a great pleasure to me to have been associated with some of you here in God's work. May God bless you all.



SAMUEL COOMBS.

had been dozing off to sleep two or three times, when Brother Van Dorn said something that woke me up and brought me to my senses and struck home to my heart. Just as soon as I began to yield, Satan brought all of his power to bear on me. He made the things I would have to give up look like mountains, but, thank God, Jesus was also by my side and when I whispered, "Lord, help me," how quickly he came to my aid.

I had been a slave to drink most of the time since I was sixteen year old, and for twenty years I had been a slave to tobacco. I would often lie awake at night and smoke and chew in bed. It seemed much harder for me to give up tobacco than drink, but

"The effectual, fervent prayer of a righteous man availeth much." Jas. 5:16. It doesn't avail in moving the heart of God or changing God's mind; but it does avail in putting us into such a position that God can move us.

PERSONAL WORK NOTES.

E. B. VAN DORN.

Difficulties in the way of sinners.

1. The Christian life is too hard.
Jesus said, "My yoke is easy and my burden is light." Matt. 11:28. "For this is the love of God that we keep His commandments; and His commandments are not grievous." 1 John, 5:3.
"The way of the transgressor is hard." Prov. 13:15.
"There is no peace saith my God to the wicked." Isa. 57:21.
2. Too much to give up.
It would be better to give it up than to lose one's soul.
"What shall it profit a man if he gain the whole world and lose His own soul." Mark, 8:36.
God only asks that we give up those things which harm us.
"No good thing will He withhold from them that walk uprightly." Ps., 84:11.
3. I can't be a Christian in my business.
It would be better for you to give up your business than to lose your soul. "What shall a man give in exchange for his soul." Mark, 8:36-37. If you accept Christ, He will supply your need.
"But God shall supply all your need, according to His riches in glory by Christ Jesus." Phil. 4:19.
4. I will lose my friends.
"Blessed is the man that walketh not in the council of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful." Ps., 1:1.
"Know ye not that the friendship of the world is enmity with God? Whosoever therefore will be a friend of the world is the enemy of God." Jas. 4:4.
5. Afraid of ridicule.
"The fear of man bringeth a snare, but whoso putteth His trust in the Lord shall be safe." Prov. 29:25.
6. I will be persecuted.
"Yea, and all that will live godly in Christ Jesus shall suffer persecution." 2 Tim., 3:12.
"It is a privilege to suffer with Him." 2 Tim., 2:12.
7. I have no feeling.
The feeling is secondary. If you fulfill the requirements you will have the feeling.

David says, "O taste and see that the Lord is good." Ps. 34:8.

"The fruit of the Spirit is love, joy, peace." Gal., 5:22. To obtain this, read Isa., 55:7.
"Let the wicked forsake his way and the unrighteous man his thoughts, and let him return to the Lord and He will have mercy upon him, and to our God, for He will abundantly pardon."

8. I have been looking for Him but can not find Him.
"And ye shall seek and find me, when ye shall search for me with all your heart." Jer., 29:13.
You will find Him the moment you are willing to forsake everything for Him.
"For the Son of man is come to seek and to save that which was lost." Luke, 19:10.
The seeking sinner and the seeking Savior will soon find one another.

IT HELPED HIM TO OVERCOME.

JOHN F. BLY.

A few evenings ago an ex-convict who had just been released from a seven years' term in prison, called at our Life Boat Mission.

As soon as he got out of prison, he met two men who were ready to again drag him downward, but he refused their help because while in prison he had read *THE LIFE BOAT*, and several letters which he had received from *THE LIFE BOAT* office. These had caused him to accept Christ as his friend and Savior. He had determined when out of prison to live a straight life. He came to our mission friendless and God gave him friends; without money, and God supplied all his needs. We knelt with him in prayer and he left us with courage in his heart to do right.

Mrs. M. H. Bringle, of Belleville, Kans., writes: "I visited the jail here last week and gave each of the prisoners a *LIFE BOAT* and a bouquet of flowers. I had some good talks with some of them and made arrangements with them to furnish the jail with religious reading. It is a blessed privilege to work for souls, especially those who have met with misfortune."

CAN A BOY FORGET HIS MOTHER?

"I want to say that I am saved and kept by the grace of God. There is only one right way, and that is to serve God. I want to thank God for saving me, who was one of the most ungodly persons in Chicago. When I first came to the Mission I was one of the most discouraged young men on the streets that night. I was an opium fiend. Two weeks before my conversion I received a cablegram from England, but I cast it aside. Two weeks later, when I found out that I had lost my mother I noticed the cablegram had said: "Come home; your mother is dead." If I could only get back my dear mother, I would give my right arm. No tongue can tell the anguish of soul I suffered. I thank God for The Life Boat Mission, because I can always come in here, and I love to go where the gospel of Jesus Christ is heard. Pray for me."

TURNED ABOUT.

"I feel thankful tonight that I am able to stand here before you. I am a young man on the threshold of life. The other night, when I came into the Mission and heard the story of the gospel, I was made to realize that it was time for me to decide. I have been studying to be a lawyer, and I feared that I could not be a criminal lawyer and a Christian, too. I am now going to spend my life in telling the story of Jesus. My ambition was simply to please self, but now I want to teach sinners the way of salvation.

Since I came into this hall, a few nights ago, Jesus Christ has had my hand in His. Once I hated this Book, but now I love it. I never thought of the boys that I was leading down to perdition, but from now on I mean to be a light for Christ and have on the whole armor of God."

WHAT RESULTED FROM READING ONE LIFE BOAT.

Harvey W. Knerr, of Pitcairn, Pa., writes: "Two months ago I was a 'hobo' at Raton, New Mexico. In the railroad yards I picked up the April number of THE LIFE BOAT. I read it and that was the beginning of my salvation. Previous to that time for ten years I had been a wanderer upon the face of the earth, and for the past four years entirely apart from wife, mother and home, leading a godless, wicked, aimless life, associating always with the worst element of the "floating" population of the states and territories. When I found THE LIFE BOAT I was an ex-convict, ex-soldier, alone, wretched, penniless and filthy. To-day I am working at good wages, clean, well-dressed, sober and happy in the full joy imparted by the great love of an ever-faithful wife and a merciful God. Your paper was the initial agent in this great and blessed change.

Enclosed please find thirty cents; will you kindly mail me the April number of THE LIFE BOAT and enroll me as a regular subscriber and I pray God's blessing upon you and your work."

Can you not spare 50 cents each month to help pay the rent of the Life Boat Mission?

ARE YOU SIMILARLY IMPRESSED?

"A friend handed me THE LIFE BOAT to read last evening, and I have been so favorably impressed with it that I wish to do something for the Lord.

"I am an Indian girl, out in the world for myself, and if I can work for the Lord and help myself along I am willing to make a great sacrifice to do the work. I note you ask for earnest workers to take up the work in Chicago. I am a book agent and know a good many people. Perhaps I can do something here for you."

NEWARK LIFE BOAT MISSION.

[Walter Krusen, superintendent of the Newark Mission, sends in the following report:]

"Our attendance has been all that could be desired. Christian workers are helping us and we feel indeed that God is blessing our work. We are starting a Sunday school for the poor children, where we hope to teach them about Christ.

"We expect to spend one Sunday each month at the prison. Will some one send us LIFE BOATS for this purpose?"

"We are selling THE LIFE BOAT to help pay our expenses, and find it a very easy paper to sell."



Children's Department



WHAT YOUR OFFERING HELPED TO DO.

EFFIE NORTHRUP.

If you had had the privilege of sitting at our desk in THE LIFE BOAT office and reading the many letters which have poured in during the last two weeks from children all over this land who were anxious to help give their less fortunate brothers and sisters a happy time, your hearts would have thrilled with gladness and thankfulness to know that the world is not all selfish, and that the Lord has a band of little workers now in training who will help to save many souls for His kingdom.

We wish each one who sent us aid might have been with us to see the poor, tired little faces light up with gladness as the children entered the park. The boys scampered off to the nearest grassy knoll, shouting and turning somersaults, while the little girls began to pick the clover blossoms and gather around us, while we taught them to weave them into wreaths. One of the little fellows discovered a small toad under a shady bush, and immediately began to "have some fun," when another older boy grasped him by the arm and said in a commanding tone: "Put that toad down, I tell you. Put him over there in the shade and let him alone. He's tired; how'd you like to be bothered that way? If you don't let him alone now, I'll punch you." Though rough in outward appearance, we found that most of these little fellows have a kindness in their hearts for all living things.

After dinner each teacher took her class over to see the flowers. One little girl said, wonderingly: "Teacher, did them flowers just grow all by themselves?" We were glad to tell her of God's care for the flowers and how he longed to care for her in just the same way. When we started for home, I asked little Jeanie what she enjoyed most of all. With a long satisfied sigh, she said, "Everything." To the same question, Tony replied that he liked the bananas best; and Rosa liked the trees.

We feel sure that the One who gathered the

little ones in His arms and blessed them when He was here on earth will again give His blessing to those who have helped to bring so much happiness into many hungry little lives, for He has said, "Inasmuch as ye have done it unto one of the *least* of these—ye have done it unto Me."

HOW WE CELEBRATED.

LURLINE LAWRENCE.

On the next Tuesday after the Fourth of July, we gathered together some of our Sunday school children, seventy-eight in all, and started for the park. A car had been chartered, but not all could ride on that, so several of the teachers and about thirty children went out on a later car. How that ride was enjoyed! New sights all the way, and how impatient they were to get to the picnic grounds! From the time we left the mission until we returned in the evening, there was a continual babble of voices and the teachers were kept very busy answering questions and



PLAYING BEAN BAG.

keeping peace among those who were troublesome.

On the way to the park, one little boy, Jimmie, asked me, "What will we do out there?"

When I told him he could run and play on the grass he looked at me for a moment as though he could not believe it was possible that he could play on the soft, green grass. Poor little waifs, they could not realize that they were allowed to play on the grass. After a little while, Jimmie looked up at me and said, "I want to walk on the grass." I told him he might, and soon the children were all



DRINKING LEMONADE.

over the grass, running, jumping and shouting. For most of them this was the first time in the lives they had ever had this privilege.

Such a merry time as they had, rolling down the hill, turning somersaults, running races and playing bean-bag. Some of the smaller ones took their little flags and were a band of soldiers marching all around the playground. There were no dirty, noisy pavements, no drunken parents to interfere, no trains and street cars to run over them, everything their own way, and out in the woods enjoying nature and freedom. By and by, lunch time came. Think of seventy-eight little children who perhaps had never before had a chance of sitting down and eating all they wanted of good things. Each teacher took her little group and seated them by her on the grass while others passed the food to them. It took sharp eyes to detect those who were stealing, and firm hands to keep them in order during the meal. They were like wild children, each one seemed afraid that all would not get everything they wanted. Such a shout went up every time something new was started toward them! After the dinner was over,

one little boy came to me and said, "I had five sandwiches, four oranges, two or three bananas and three or four cakes and six glasses of lemonade." Still he was asking for more. All the children enjoyed their lunch and several wanted to carry food home to their little brothers and sisters who could not come.

After dinner we played games and rested awhile, then each teacher with her little group went over to the flower gardens. We wish you could have seen their eager faces and heard their remarks as they, for the first time in their lives, had the privilege of looking at flowers growing instead of seeing them after being cut and placed in some shop window.

One little boy, Mike, who was with me, said, "I never was out here before, but I am going to come again if some of the boys will come with me." He was all excitement, asking numerous questions about the flowers and the water in the little pond where the lilies grow. He is nearly thirteen years old, but has lived all his life in the slums. His friend, Frank, was just as enthusiastic over the whole day's outing. He called the pictures on the signboards, pretty pictures, and no doubt they were the best he had ever seen. He and Mike are about the same age and both are newsboys. When we started to



JIMMIE.

board the cars coming home, Frank said, "Let's get a big empty seat, just me and you and Mike."

Possibly you imagine these children were clean and dressed up for the occasion. But there were not more than two or three who had clean hands and faces and clean dresses. They were dirty and ragged, just as they are every day in the slums. One little boy said, "I don't want any hat," and he did not wear one. Some of them were so dirty it was hard to tell by the color whether they were black or white. It is so pitiful to think of these children, left to grow up in ignorance and filth. Yet they are God's little ones and He loves them. Do you think it pays to work for them? If you could have seen them, you would not regret having sent us your pennies to make this one bright spot in the lives of these little neglected waifs.

We had such a good time that we want to take them out again before the warm weather is gone. Do you think it will be worth while?

WHAT THE CHILDREN HAVE DONE FOR CHICAGO WAIFS.

[The following are extracts from some of the letters which we have received from little children all over the country, who by their self-sacrificing, earnest effort, have made it possible for these needy children in Chicago to enjoy a pleasant day out in the park.—EDITOR.]

"It made our hearts glad to see the children give this money to the poor little ones in that place instead of spending it, to be blown up in smoke. We are glad to see the children working for the Master."

"Enclosed find fifteen cents for the picnic outing for the poor children. This money is from three little girls, who wish the poor little tots much pleasure."

"Enclosed find check for two dollars, Fourth of July fire-cracker money, to be applied in sending the poor children to the country."

"Please find here one dollar and sixty cents to take the slum children to their picnic. I collected the sixty cents and earned the dollar by cleaning out the garden."

"I have seen in THE LIFE BOAT you would like to take the Sunday School children to a picnic. I have only fifty cents I had thought to get a flute with, but I will send this to help you in having the picnic."

"Our little boy sends you twenty-five cents to help take the children for an outing. He talks about the letter he is going to get. He gives all of his own money; he is but five years

old. We are glad to see our children love to work for the Master."

"We are two little sisters, eight and nine years old. We want to send of our pennies to help pay for some poor girls to go to the picnic the Fourth of July. We hope they will remember God, who made all the beautiful trees, and grass, and flowers they will see."

"Our little boy and girl have wanted a part in sending the children to the city park for a picnic and are joined in the effort by a little friend. By selling lettuce and donating money intended for Fourth of July expenditures, the three children have gotten together one dollar and fifty cents."

"Enclosed find twenty-five cents to take the poor children into the country for a picnic. We are very poor in this world's goods, and never think of spending one cent for things not needed, but we are going to deny ourselves and each one give five cents to help with the picnic."

"Grandma sent us THE LIFE BOAT, and we read 'Something Better Than Fire-Crackers,' and my two brothers, little sister and I are going to send part of our Fourth of July money. I hope they will have a good time. Give our love to the children."

"Our little girl says she does not want any fire-crackers this year, but wants the poor little children to have it for their picnic. She has lived in Chicago, but this summer we are living on a farm, and how she does enjoy being out-of-doors."

"Our little girl earned the enclosed eleven cents by riding the horse to haul water. She is only five years old, but she wanted to help, so her papa gives her a penny every time she rides the horse for water. One Sabbath she had no penny to give at Sabbath School, and I wanted her to borrow one from these, and we would get some change and give it back, but she said, 'Why, mamma, that is the poor children's money; I will go without before I would use their money.'"

"Since receiving the June LIFE BOAT we have organized a society of Happy Workers among the children ranging from five to ten years of age. They have met twice a week and manifested a lively interest in making small articles, which sell for five cents a piece, and during the last few days they have sold many to get money for the poor children's car fare. One little girl said she would be so sorry if you did not get enough money to take them all, for it would be so hard to be left at home."

"We receive THE LIFE BOAT every month and have been much interested in reading about the little poor children's picnic. Myself and a friend have gone around among our friends and taken donations, and I enclose herewith four dollars for the children. I am sick and can not get around much, but do hope this money will do some good."

Hospital Life Boat Work

WHAT ARE YOU DOING FOR THE SICK?

Each day our workers, who distribute LIFE BOATS to the hospitals of this city, are having most interesting experiences. The patients and nurses are hungry for the paper and beg of them to not fail to bring it each month. It costs considerable to furnish THE LIFE BOAT to all the large hospitals in Chicago. If you have a hospital in your town, do not fail to see that the poor sufferers there have the privilege of reading the encouraging gospel in its pages. If you have no hospital, could you not help us to supply it to our large hospitals? If you cannot visit the sick and suffering yourself, do you not want a share in making it possible for others to do so?

HOW THE PATIENTS ENJOY OUR VISITS.

MRS. HELEN ODELL.

At one place where we applied for admission the superintendent said, "Don't fail to come again. We like your paper very much, and the patients enjoy it, too. We want THE LIFE BOAT distributed here regularly."

It is truly encouraging to find upon our second or third visit to the same hospital that the patients anxiously look forward to the next month when they shall get another paper. As we entered one ward, a man with bandaged feet started toward us, remarking, as we handed him a LIFE BOAT, that he had been very much interested in the first copy brought to him, and he had hoped he could receive another before he went to his home in a distant state.

As we pass from bed to bed and give each a smile or a pleasant, cheerful word, which costs us so little, but means so much to the patient, we are reminded of Christ's words, "It is more blessed to give than to receive." Acts, 20:35.

We have been soliciting funds from the business men to get sufficient means to carry on this work and many have been glad to help us with small donations. It costs considerable to supply all the hospitals in Chicago, but it pays.

WHY THE CHRONIC INVALID DOES NOT GET WELL INSTANTLY.

DAVID PAULSON, M. D.

"Why am I not restored instantly to health as Christ once healed the sick?" For the same reason that the farmer must sow and then cultivate his crops for several months before he can expect a harvest, although Christ, at least twice, made bread instantly; and for the same reason that the fruit raiser must toil one or more seasons to get the fruit juices, while Christ made it instantly at the marriage feast; and for the same reason that the fruit grower must labor several years for his crop while Aaron's rod budded, blossomed and bore almonds in a night; and for the same reason that a boy does not grow up in a day although Adam received his growth instantly; for the same reason that usually people must dig wells to obtain water while with a stroke upon a rock, it was once secured for God's people; and for the same reason that we must cook our food, although it was furnished to the children of Israel already prepared.

The Lord knew that it would be better for Adam to earn his bread by the sweat of his brow, so he arranged that there should be a certain interval between sowing and reaping to give an opportunity to work for it. By working he would better appreciate it when he secured it, and so it is in all the other cases.

Why, then, are these instantaneous manifestations recorded? When humanity had lost sight of the fact that it was always God who multiplied the grain when it was planted in the ground, then, so that it should never again be forgotten that He is the real bread-maker, He multiplied a few seed loaves instantly in His hands before their very eyes. That God's original way is ordinarily the best is shown from the fact that there were many who followed Christ the next day hoping to secure more bread in this easy manner, without the trouble of sweating for it, and Christ reproved them. God has always been changing the water in the earth to fruit juices, but when the people had come to believe that the fruit merely came of itself, then Christ did it instantly by changing the water in the vessel into wine.

In the age when Christ was here, the people had forgotten that whenever health was restored, God was always the healer. Psalm 103:3. The sick, instead, were regarded as being under the special curse of God and were often treated accordingly, but by healing instantly a multitude of the sick and even raising the dead, it never again can be

denied that He is the Restorer and Life Giver and that all we can do in the healing art is to learn the most successful ways of co-operating with that healing power. The child learns some valuable lessons during the time it takes for him to grow up. In the same way God has some lessons for every invalid and He knows that the time spent in cultivating health is not altogether wasted. David said, "It was good for me that I was afflicted, that I might learn thy statutes." Ps. 119:71.

What about the large number of wonderful instantaneous cures? In the majority of cases, the invalid who was once sick had already recovered but had never discovered it. During the illness a morbid imagination had created a ghost of the disease, which is often more real to the patient than the disease itself and whatever influence can shatter these imaginary fetters, heals the patient immediately. The burning of a house, the impressive prayers of the professional healer, hypnotism, etc., may wield this influence. In reality, God has been saying to arise and walk ever since He first healed the disease, and prayer would have made His voice to be heard long before.

Our modern civilization is producing thousands of highly imaginative individuals who readily deceive themselves and others with the idea that they have serious maladies and when the ghost of the disease is driven out, they honestly suppose that they are genuine examples of instantaneous healing; yet there are exceptional cases of genuine instantaneous healing even in the hands of the most evident fake faith healers. This is because God, who heard the cry of Hagar's perishing child, (Gen. 21:17) and who always hears every sufferer's cry of need, saw that He could safely trust the individual with instantaneous restoration. But it was the invalid's actual condition and not the reminder from some one else that made it possible for God to evidently shorten healing work.

If God is always the healer, why do I have to take treatment? It is as great a blessing for the invalid to have a share in the miracle of restoration, as it is for the farmer to sow and cultivate his grain, although God must work the miracle of multiplying it, or as it was for the friends of Lazarus to roll away the stone, and afterward to loosen him from his grave clothes. In the same way, the invalid sows for and cultivates health by prolonged mastication of wholesome food, breathing in full breaths of heaven's pure air, by physical exercise, and by such other physiological treatments and medical attention as shall tend to fan back into a full blaze the abused and flickering life forces. Health is promoted by the observance of the laws of health (Ex. 15:26) while disease comes from violating them (Deut. 28:15-22). The law of sowing and reaping is as unerring as the law of gravitation. The Lord declares "Whatsoever a man soweth, that shall he also

reap." (Gal. 6:7.) During the interval God bids the invalid not to become weary, for in due season he shall reap provided he does not become discouraged and give up. (Gal. 6:9.)

The body changes not once in seven years as many suppose, but all the important tissues change once in every three or four months. Thousands of suffering invalids are saying in despair, "Who shall deliver me from this body of death." Rom. 7:24. They do not know that God is continually delivering them, but their wrong habits of life are constantly building a body equally as wretched, in the same way that we might change a house entirely by taking out one brick at a time and putting in another equally as bad as the one we took out, and the house would not be improved by the change. The only hope for the cure of the invalid is to take advantage of this arrangement and by a vigorous intelligent co-operation with nature's kindly efforts, he will soon secure a better bodily temple that will be a more fit place for the divine indwelling spirit.

CARRYING THE GOSPEL TO HOSPITALS.

ESTHER LATHAM.

It was my privilege the other day to spend some time, aside from nursing, in taking THE LIFE BOAT to some of the hospitals in Chicago. At each hospital visited we were kindly received by the house physician and nurses in charge. At one of the hospitals the head nurse told us that she greatly appreciated the little paper, that it was a delightful magazine, and invited us to call again. At another place, where we had the opportunity of talking with the house physician, he gave us permission to distribute LIFE BOATS through the wards, saying, "It won't hurt them." Each patient seemed eager to get the paper, as they had read a copy of it the previous month, and they said they enjoyed reading it so much.

Many of the patients in these hospitals tell us that they are greatly cheered by reading THE LIFE BOAT. Some gave us their address, inviting us to call and see them at their homes after being dismissed. We are glad it is our privilege to carry the gospel to these lonely and sick ones. Although we are very busy with other lines of work, yet we find that only a few hours each month is necessary to enable us to distribute LIFE BOATS in several hospitals, and we shall never know until the day of God what the results of such a work shall be.

Neighborhood Gospel Work

THE LIFE BOAT IN HAMBURG HARBOR.

DAVID PAULSON, M. D.

Hamburg, Germany, has one of the most extensive harbors in the world. Here may be found by the thousands, the ships of all nations.

Sailors, as a class, are not religiously inclined, but their training and work makes them thoughtful and observant, and when tactfully approached, they readily respond to right influences.

We were glad to meet in Hamburg harbor, Captain Christensen, who is in charge of a small gospel naphtha boat. He was once the captain of a missionary vessel, the *Pitcairn*, cruising among the South Pacific islands.

He visits on an average six ocean vessels daily, and has gospel conversations with the crew. He sells them gospel books and papers, or gives away packages of papers as he has opportunity.

When the Lord calls a man to work, He also enables him to do it successfully. One would naturally suppose that he would be ordered from the deck, but instead he is received kindly and courteously just as Miss Emmel is in her work in the dangerous places in darkest Chicago.

Captain Christensen has been reading *THE LIFE BOAT* and he told me that it is an ideal gospel paper for English speaking sailors. I felt impressed to promise him we would furnish him free one hundred copies each month. The postage on these will be quite an item, but we believe God will put it into the hearts of some of our readers to assist us to do this. It may be that the paper will be read by some sea captain far away from home who shall thus be led to devote his life to giving the gospel to seafaring men, as has Captain Christensen, who will preach *THE LIFE BOAT* gospel message just as you have done, and if we step into this little opening, who knows what God will do for us next? We hope that Providence will soon enable *THE LIFE BOAT* to reach the majority

of all vessels manned by English-speaking crews.

Thousands of men, both on land and sea, who are supposed to know the gospel, are famishing for a new spiritual experience and let us ask God that they may be fed. Will you not send us a donation to help supply the one hundred *LIFE BOATS* for Hamburg? If we receive more than is needed for this purpose, we will use it to supply the demand elsewhere for *THE LIFE BOAT*, as God may open the way.

ARE YOU DISCOURAGING YOUR CHILDREN FROM OBTAINING A PREPARATION FOR SOUL-SAVING WORK.

[Recently, while attending a worker's convention in Copenhagen, I heard Mr. Conradi, from Hamburg, relate the following incident, which made a deep impression on my mind, and I trust it may sink deeply into the hearts, not only of parents, but also the young people, who shall read this.—EDITOR.]

"While engaged in gospel work in a farming community in Southern Russia, I met a bright young man and soon discovered that he felt called and was desirous to prepare himself for gospel work. He had young brothers who could easily carry on the work of the farm, but when I asked the parents to let him go, they decided it was impossible to give him up. A few months later I received a letter from those very parents, in which they expressed the deepest regret that they had not yielded up their son to the Master's work when he felt called to it by the Lord, for what it then seemed impossible for them to do for the Lord, they had been *compelled* to do by the cruel hand of death. Even years later, when I again called upon them, they still expressed the greatest grief that they had not decided to yield their son at that time to the service of perishing humanity."

How many of our readers have *actually visited* any of the thousands of sick in the hospitals?

ARE YOU DISCOURAGED? READ THIS.

MRS. DAVID PAULSON, M. D.

The following letter, recently received, must express the feelings of many a lonely and discouraged heart:

"I received from some friend a copy of *THE LIFE BOAT*. I suppose whoever was kind enough to think of me thought I would be delighted to read it, and so I was. I never heard of such a paper before. I want to tell you how much good it did me. I began at the first page and was sorry when I came to the last. Every page seemed to speak words of love; each writer seemed to be trying to help some one to bear their burdens. The article on 'How shall I pray' interested me. Pray for me, that the Lord will teach me how to pray aright, and that I can go to Him in all my sorrows and trust Him with implicit faith to answer my prayers.

"I hope this letter will be gladly received from a lonely heart in the midst of good Christian people, yet lonely for something to make me happy and contented amid discouragements."

Reader, if this is your experience, just remember that there is a God who is not far away from any of us and who loves you just as though you were the only individual on earth. If all of the love of a mother for her child for all the ages past could be gathered together, it would only be as a tiny rill compared with the great ocean of God's love. "Can a woman forget her child?"....."Yea, they may forget yet will I not forget thee." Isa., 49:15.

"God is love; His mercy brightens

All the path in which we rove;
Bliss he wakes and woe He lightens;
God is wisdom, God is love.

"E'en the hour that darkest seemeth,

Will His changeless goodness prove;
From the gloom His brightness streameth,
God is wisdom, God is love."

"I WISH I COULD DO SOMETHING
FOR SINNERS."

Miss Maud Vaughn, Boone, Okla., writes: "I love to sell *THE LIFE BOAT*. It sells to almost everybody. If you can get one in a place you can always go there and sell another. I find that God prepares the hearts of the people to receive *THE LIFE BOAT*. His spirit is surely with those who put their whole soul into the work, for the purpose of carrying the blessed message of Jesus, love to a

fallen world. I have often heard the remark, 'I wish I could do something to help sinners.' This work affords a golden opportunity for young and old. If the young people would take hold of it, they would find in it many beautiful experiences and a glorious chance to carry the ever new and sweet story of Jesus. I pray God that many may be awakened to this realization and grasp the opportunity of sowing seed by all waters. We will never know until the day of God what our harvest will be and the stars we have won for our crown. We have no time to lose. Let us throw out the life line to those around us. We must all be up and doing, so that in that day we may hear from the lips of our Master, 'Well done, good and faithful servant.'"

THE BEST PAPER FOR SAILORS.

A *LIFE BOAT* worker in San Francisco reports that she visited the reading room for sailors near the ferry. The manager told her that *THE LIFE BOAT* was the best paper for sailors he had ever seen. "He took five copies and explained that he wished to provide some for the men who might desire to carry the paper away with them, as it was contrary to the rules for any paper to be removed from the reading room.

Permission was obtained from the official for us to go aboard the transport to work among the soldiers."

Certainly the thousands of sailors who go out from our shores should have a chance to read *THE LIFE BOAT*. Are there not some of our friends who live in seaport towns who would like to take the responsibility of distributing *LIFE BOATS* to all the vessels which go out from that port? We shall be glad to hear from those who are interested in this line of work. Address *THE LIFE BOAT*, Thirty-Third Place, Chicago.

Have you ever read a copy of the interesting weekly paper, *The Signs of the Times*? If not it will more than pay you to send for a sample copy. This paper is especially valuable for Bible students as well as for those who are interested in the great events of the day and their significance. Address Pacific Press, Oakland, Cal.

THE SWEDISH MEDICAL MISSION.

M. CLAIR HINDS, M. D.

One-third of the population of Chicago, or about seven hundred thousand, are foreigners. About fifty thousand of these are Swedish. We are starting a medical mission in Chicago, on the North Side, to reach these.

During the past winter, our visiting nurses have been working among the Swedish people in this district and have relieved many cases of suffering and want.

An old couple were found living in a basement, destitute, and sick and not able to speak a word of English. As they began to get stronger through the treatments administered by the visiting nurse, their gratitude knew no bounds, and the old lady, unable to express her thanks in English, attempted to do so by embracing both her nurse and doctor. These people appreciate the gospel and a "God bless you" on departing is often reverently answered by "Amen."

"DID ME GOOD PHYSICALLY AND SPIRITUALLY."

"Please continue my order for THE LIFE BOAT; it is a good paper. I am soliciting for it and expect to send in fifty subscriptions before long. I long for it to read. It has done me good physically and spiritually."

GRADUATING EXERCISES OF THE CHICAGO MISSIONARY TRAINING SCHOOL FOR NURSES.

MRS. DAVID PAULSON, M. D.

On the evening of July 8, the parlors and dining room of the Branch Sanitarium were beautifully decorated with class colors and an abundance of flowers in honor of the first graduating class of missionary nurses who have received their training at our institutions in Chicago. Previous to this, our nurses have finished their course at Battle Creek, Mich., but as our work has grown, it has become possible to give the entire course in Chicago.

One of the members of this graduating class expects soon to go in company with Doctors Miller and Selmon, to China, where she will carry on the same line of work as she has been doing while in training. Another member of the class has already left for Canada to extend these principles there.

Elder Allen Moon gave an interesting ad-

dress calling attention to the importance of a Christian education. Dr. H. W. Miller spoke of the history of our training school since it was first started.

We are located in the greatest missionary center in the United States and we believe that the students have lost nothing in making their missionary work prominent.

There are in training in our school about thirty consecrated, earnest young people who realize that they have in Chicago one of the greatest missionary fields they could possibly find anywhere, so that while they are getting training in the care of the sick, they also have great opportunities to reach both the bodies and souls of hundreds of poor sufferers. Perhaps the work of these nurses is better expressed by the following stanzas which are selected from a poem written by Miss Frances E. Bolton for the occasion:

"Where He leads me, I will follow."

Million lips have sung the strain,
Proved their words a mockery hollow,
Ne'er have followed in His train,
Though Christ stood with love-crowned beauty,
Scarred for them with stars of light,
They have shunned the path of duty,
They have scorned the way of right.

Not of these we make the measure:
But of hearts that sing and do,
Counting toil for Christ their pleasure,
Knowing only to be true,
These have seen His face so tender,
These have loved His steps in truth,
In their strength and in their splendor,
These have followed Him in youth.

As the fragrance of sweet flowers,
He has caused their lives to be,
As they consecrate their powers,
To a noble ministry.
By the sick bed, in the prison,
In the slum and foreign land,
They proclaim a Savior risen,
Reach to souls a helping hand.

They will see before their vision
Priceless steps, like gems of worth,
Jesus' steps to God's Elysian
Through the weariest ways of earth.
In the city, in the meadow,
In the prison, in the slum,
In the valley of the shadow,
They will whisper, "Sinner, come."

Sing for life the tender measure
"I'll go with Him all the way,"
Through all losses to the treasure
Of the Everlasting Day.
And my soul shall sing the story
Of the end of such renown,
It shall be eternal glory
And a never-fading crown.

Rescue Service

RESCUE WORK IN STOCKHOLM.

BY THE EDITOR.

No nation is doing so much to encourage the physical development of its people as are the Swedish. Their system of gymnastics is taught the world over, yet the widespread and almost universal use of liquor and tobacco, and other soul or body-destroying habits, are undermining these hardy people. Only two-thirds of the population attain the age of twenty-one, and of these, one-fourth are rejected from the military service because of their physical condition.



ENSIGN S. TISSELL,

Matron of Salvation Army Rescue Home,
Stockholm, Sweden.

The Salvation Army has built up a strong work in this city. I was particularly interested in their rescue work for women. Their rescue home is located near the outskirts of the city. Here the women are allowed to remain about a year. The matron told me the sad

but familiar story that none of the girls knew how to do any useful work, so they are patiently but thoroughly taught sewing, weaving, knitting, quilt-making, laundry work, housekeeping, cooking, and other useful things so that when a home is found for them, they not only go out with new spiritual aspirations, but have also learned how to earn a living in useful ways.

As far as possible, at regular intervals they arrange for these girls to return for a reunion and by this means they keep in touch with them. The Lord is blessing these workers in their labor of love. There were about twenty-five in the home when I visited it. The majority of those who have passed through this home in Stockholm are today living upright, useful Christian lives.

Miss Emmel and others of our workers who have carried upon their hearts the deepest burden for their needy sisters, have felt for a long time the absolute necessity for a suburban home operated on practical lines, but how to secure it was a perplexing question.

The Lord has already impressed some of our friends to help us get this much needed work started and we hope that some of our readers will be especially moved upon to help this enterprise with a liberal donation.

We are thankful to say that there are some noble, self-sacrificing and successful missionaries to-day, who are themselves the tangible fruits of our Chicago rescue department, and the Lord only knows what may be accomplished with better opportunities. Direct all inquiries and donations to Rescue Department, Chicago Medical Missionary Work, 28 Thirty-third place, Chicago.

HOW A HOME WAS FOUND FOR HER.

FANNIE EMMEL.

Several months ago the matron of the Annex of the Harrison street police station brought to The Rest a young woman who had been taken to the station for shelter. She was a stranger in a strange land and needed a friend.

The matron asked us to take her in. We did so, and she was a part of our little family until she had to be removed to the hospital.

After leaving the hospital, she, with her infant was cared for at a public institution. While here she regretted that she had not accepted the offered kindness of her friends at The Rest, and for the first time in her life she prayed to God to give her back her old friends.

She asked us to take her back, and we did so. We soon found a home for her in the country, among Christian people. In a letter just received from these friends are the following encouraging words: "I believe the Lord sent her here, and I am looking for the best results. May the Lord bless the Life Boat Rest and its workers."

SOMEBODY.

"Somebody did a golden deed;
Somebody proved a friend in need;
Somebody sang a beautiful song;
Somebody smiled the whole day long;
Somebody thought, 'Twas sweet to live';
Somebody said, 'I'm glad to give';
Somebody fought a valiant fight;
Somebody lived to shield the right.

Was that somebody you?"

AT THE REST.

FANNIE EMMEL,

Matron

The workers at The Rest have witnessed much of God's working during the past month. Never have we been able to see more clearly how willing the Lord is to help the needy, and how, after giving His Son Jesus, which was the best gift heaven could bestow, He says, "How shall He not with Him freely give us all things?"

We have had the privilege of uniting mother and child, of helping the woman who was once a refined and educated daughter, but who, through the power of drink, had fallen to the terrible condition in which she was when brought to us at midnight. She was cared for and nursed into life by the patient and persevering efforts and willing hands of our nurse. She was restored to a clean life and hope in God.

Dear reader, how much are you allowing the Lord to do for you? If you profess to

follow Christ and have fasted of the good things of the world to come, are you helping Him to bring into your life the best or are you consenting to let the pleasure of ease and your own comforts "Limit the Holy One of Israel?"

HAVE YOU, MY YOUNG SISTER, LOST HOPE?

MRS. DAVID PAULSON, M. D.

Too often it has been my experience to read letters from those who say they have lost hope. It is a surprising fact that often this is the experience of the young who ought to be full of hope, but already in their young lives they have come in contact with so many discouraging experiences that they have lost faith in both God and humanity and so are without hope. Reader, is this your experience? Is your heart growing faint and hopeless because of the discouraging and disheartening experiences of your life? Does the world seem to have turned a cold shoulder to you? Does it seem as though your friends have forsaken you? Have you never felt the converting power of God in your life, if not would you not like to experience it?

If there is anything in this world worth living for it is to have the privilege of helping some one who is in this condition. Possibly you will find in this number of THE LIFE BOAT some message for you that will help you, if not write to us, and perhaps the Lord will impress us how we can help you. We do not publish such letters unless permission is given by the writer. Write to our address at 28 Thirty-third place, Chicago.

The devil's opportunities appear to be all roses and lilies and pinks, but when we are brought face to face with them we find that they are thorns and thistles. The Lord's opportunities may, at a distance, appear to be thorns and thistles, yet when we become willing to grasp them they become lilies and pinks.

What can YOU do to help the thousands of girls in this city who need the protection and help which we desire to furnish for them in a Rescue Home?

Editorial Department

David Paulson, M. D.

HAVE YOU EVER THOUGHT OF THIS?

If you sell, give, or lend a Life Boat to some one, you have done him just as much good as if you had personally written the entire paper for his benefit, and you will be rewarded for and it will prove a blessing to you whether he accepts its life-saving principles or not. If we should neglect for one or two months to issue the paper, it would certainly be a curse to us, but suppose you neglect your God-given opportunities to get it into the hands of others, are you not also missing something that you will regret in the day of judgment? As you read of the hundreds of lives being blotted out almost instantly by storms, floods and fires, can you say with a clear conscience, "I did my duty to help them secure a satisfactory Christian experience?"

Let every reader feel a personal responsibility to extend the circulation of this paper. If the Lord impresses you regarding this matter, for your soul's sake, do not smother the promptings of that voice.

DO YOU CONSIDER YOUR CASE HOPELESS?

Do you seem crushed with the thought that you have no hope for forgiveness? If so, let me call your attention to Ahab's case. His is one of the darkest characters described in the Bible, yet when he consented to hear God's words, and repented, and "went softly," the Lord spoke these words by the mouth of Elijah. "Seest thou how Ahab humbleth himself before me? Because he humbleth himself before me I will not bring the evil in his days." 1 Kings, 21:27-29. If you hate your sins and are willing even at this late day to abandon the old life, you may be sure that the Lord is not only willing to forgive you, but will also, as in Ahab's case, if necessary, call the attention of others to the fact that they may help you with this assurance. Do not make any half-way work of this matter.

HAVE YOU AN AMBITION TO BECOME A PRACTICAL MISSIONARY.

A little over four years ago we came to Chicago with forty-four untrained workers. God blessed this self-supporting missionary effort. Many of these young people are now filling responsible positions in medical missionary enterprises in various parts of the world. The soul-saving problems of our large cities will only be solved by those who come into actual and personal contact with them.

Our large cities need experienced and consecrated evangelists, thoroughly trained and devoted visiting nurses, earnest, practical household-workers, intelligent missionary cooks, and other classes of workers.

Our Chicago Medical Missionary movement affords unparalleled opportunities for the right persons to secure training and experience in the above mentioned lines, but remember that this work can not be taken up as a fad to be laid aside when the novelty wears off. If you now have no interest in the spiritual or physical welfare of your present associates, probably a trip to Chicago would not impart it to you, but instead you would soon learn more about the difficulties of such a work, and the shortcomings of those engaged in it than you would about the glorious soul-saving opportunities and the blessing that comes from associating with others in such a work, even if our co-workers are not themselves perfect.

We should be glad to correspond with any who feel burdened in reference to any of these lines of work.

By the time this LIFE BOAT reaches our readers, we hope to have returned to our Chicago work. As we observe the tremendous missionary needs of the great cities of the world, we appreciate more than ever the necessity of urging young people to volunteer to take up medical missionary work in some of its various phases.

The Lord is asking you as He did Elijah, "What doest thou here?" What answer are you giving? If you can not come to Chicago for a course of training, you can be a neigh-

borhood missionary worker during your spare moments. If you do not know how to begin, write us and we will give you all the suggestions we can.

OPPORTUNITIES FOR PRISON WORK ABROAD.

In Christiana, Norway, we had a very profitable visit with Rev. Nissen, the chaplain of the large prison located in the Norwegian capital.

There are six hundred prisoners at Christiana and several government prisons at other points. We were glad to know that the majority of the prisoners were permitted to receive Christian literature. Already they were receiving occasionally from America some of the excellent Moody gospel booklets. The prisoners also have practically the same privileges in reference to correspondence that are permitted in our country. Why should we not have editions in some of the various European languages of our next special prisoners' number of *THE LIFE BOAT* and supply the prisons of the old world? In our day, the simple soul-saving gospel must be proclaimed, not only from the pulpit, but it must also be carried into the haunts of poverty in our city slums, to the military camp, the hospital bedside, and to the prisoner behind the bar.

This must be a *world-wide* effort and God will either raise up others to do it or He will make it possible for it to be done by some of the existing soul-saving agencies. There may be some individual who shall read these lines who could, without any special self-denial, make it possible for us to supply the leading hospitals and prisons in Europe once a year with *THE LIFE BOAT*. It would not require half the money that is spent at the average pugilistic performance.

AN ENCOURAGING LESSON FROM THE GROWING GRAIN.

Someone asked Paul about the resurrection, and his answer contains the most beautiful truths. For an object lesson, he selected one of the most common illustrations in nature and clothed it with a lesson of surpassing beauty.

"Thou sowest not that body that shall be, but a bare grain (the naked kernel) * * but God giveth it a body, as it hath pleased him." 1 Cor. 15:37, 38. That is, we sow kernels of corn and the useful part is transformed into a beautiful green growth while the useless parts of the seed are left behind in the ground.

Every farmer boy has planted a bruised, scarred and weather-beaten potato and has seen a green top spring from it, and perhaps he has afterward scraped away the earth from the roots, and has found the old hulk of the potato and those parts that could not be used in building up the potato top.

Many human beings are like that potato. They have become so bruised by adverse circumstances that their outer life does not fitly represent to human eyes the soul struggle going on within. It may appear to many, who do not understand, as if their lives now were sown in dishonor, but in the resurrection the sin-scarred body may be raised in glory. Human weakness may be a source of perpetual discouragement to some, and the subject of much criticism by others. Yet that mortal may be "raised in power." 1 Cor. 15:42, 43. So let not the weakest follower of the Master despair of having a part in the first resurrection. "The love of God is broader than the measure of man's mind, and the heart of the Eternal is most wonderfully kind."

DO YOU WANT TO SEE MORE?

Are you altogether satisfied with your present eyesight, or do you desire to see more clearly what you ought to do each day? Do you believe God has ever spoken to man? Do you know anyone whom you have reason to believe has ever been definitely led? If so, did it ever occur to you that you might have the same experience? God is no respecter of persons. If at every step of the way you are humble, trustful, and submissive to His will, asking for His divine guidance and direction, your answer will be just as certain as is the rising sun. You may not at first discern it at every step of the way, but you will be able to look back afterwards and see that a greater intelligence than yours has guided and directed you.

NEWS AND NOTES.

Miss Ruth Millet has returned to take up her work in Chicago.

Dr. Mary Dryden has connected with the Chicago work.

Miss Esther Latham is spending a few days at her home in Illinois.

Miss Lillie M. Holaday recently spent a week visiting friends in Menominee, Mich.

Dr. M. C. Hinds has opened up a Swedish medical mission in North Chicago.

Dr. L. H. Wolfson is rendering valuable assistance in the nose and throat department at our Branch Sanitarium.

H. H. Todd, manager of the hygienic café at Detroit, Mich., stopped at the Branch on his way to Denver.

Miss Belle Rame and Miss Lizzie Hoyt are still in Milwaukee and report great interest in THE LIFE BOAT work.

The Life Boat Mission Sunday School picnic was an occasion long to be remembered by all present.

Miss Lena Cooper, of the Battle Creek Sanitarium, recently visited our Chicago institutions.

Miss Alice Burghart is spending a week in Cleveland, Ohio, in the interest of THE LIFE BOAT work in that city.

The Misses Anna and Katherine Erlandson, Wells, Minn., and Bertha Bartlett, Menominee, Mich., have entered the nurses' training school.

Miss Jemima Campbell, who lately graduated from our nurses' training school, has gone to her home in Winnipeg, Manitoba, where she expects to continue medical missionary work.

Mrs. Nellie Richmond is now spending most of her time in Chicago, looking up a favorable location for our rescue home for girls. She reports great interest among the citizens in this work.

The Youth's Instructor, a neat little paper, published weekly at Battle Creek, Mich., is full of most interesting and instructive articles, which cannot fail to be of great interest and benefit to every young person. Send for a sample copy.

OUR NURSES' TRAINING SCHOOL.

During the past month we have received into our Nurses' Training School, in Chicago, several earnest, consecrated young men and young women, who have entered the school for the purpose of fitting themselves to be a greater help to needy humanity. The fields for such workers are many. Are there not others who will heed the call coming from these needy fields, and who are willing and anxious to give their lives in service for their fellow men?

We give the students a thorough nurses' training, and also expect them to put in a large share of their time doing missionary work. We will be glad to correspond with any who are at all impressed that it is their duty to give their lives to God's service.

Write us for further information and for application blanks. Address Mrs. David Paulson, 28 Thirty-third place, Chicago.

A SPECIAL NUMBER OF A VALUABLE HEALTH JOURNAL.

Do not forget to send for the special dedication number of the *Good Health* for August. It will contain an unusually large amount of literary matter rendered especially attractive by nearly thirty well chosen illustrations, beside a full account of the dedicatory services of the new building of the Battle Creek Sanitarium. It will be full of valuable instruction with reference to almost every phase of reform and correct habits of living. Address all orders to the Good Health Publishing Co., Battle Creek, Mich.

OUR HEALTH FOOD STORE.

We carry a full line of the Battle Creek Sanitarium health foods, nut products and sanitary supplies at our Health Food Store, located at 3314 Cottage Grove avenue.

All orders sent in, either by mail or telephone, are given prompt attention, and we supply fresh foods direct from the factory.

Those who wish to assist in carrying on medical missionary work in Chicago can do so by ordering health foods from us, as all the profits are used in the support of this work. Telephone 1131 South.

OUR DIRECTORY.

American Medical Missionary College, 2 and 4 Thirty-third place.

Chicago Branch Sanitarium, 28 Thirty-third place.

Chicago Medical Mission, 2 and 4 Thirty-third 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 Dispensary, 436 State street.

Chicago Medical Mission Health Food Store, 3314 Cottage Grove avenue.

Swedish Medical Mission, 209 Oak street.

North Side Treatment Rooms, 76 Hill street.

STORY OF JOSEPH.

Every child will read with great interest the neat and profusely illustrated little book, "The Story of Joseph."

We have on hand a supply of these books and can furnish them at twenty-five cents a copy. The proceeds from the sales of this book will be used to support medical missionary work among the colored people in Nashville, Tenn.

Enclose a two-cent stamp for postage.

Address THE LIFE BOAT, 28 Thirty-third place, Chicago.

\$50.00 TO CALIFORNIA AND RETURN.

Chicago & North-Western Railway, August 1 to 14, Chicago to Los Angeles and San Francisco, account G. A. R. Correspondingly low rates from other points. Three trains a day from Chicago to the Coast, through without change. Daily and personally conducted tourist car excursions. Special G. A. R. train leaves Chicago 10:30 p. m., August 11th. Write for itinerary, illustrated folder and full particulars.

W. H. Guerin, 17 Campus Martius, Detroit, Mich.

SPECIAL G. A. R. TRAIN VIA CHICAGO & NORTHWESTERN RAILWAY.

Leaves Chicago 10:30 p. m., August 10th, for San Francisco; \$50.00 for the round trip, Chicago to Los Angeles and San Francisco. Correspondingly low rates from other points.

Three trains daily through to the coast without change. Daily and personally conducted tourist car excursions. Write for itinerary, illustrated folder and full particulars.

DONATIONS, JULY, 1903.

VISITING NURSES' FUND.

Mrs. Ella Hinzelles, 75c; Mrs. L. Jacobson, \$1.

HOSPITAL FUND.

A Friend, \$1; John Anholm, \$1; Mrs. E. E. Barden, \$2; Beaver City S. S., \$1.06; M. A. Clement, 75c; Emma Pugh, 25c; Abbie Van Ormer, 10c.

LIFE BOAT REST.

A Friend, \$1; Jacob Arnold, \$5; Nellie Butler, \$1; R. Eden, 25c; Mrs. L. Jacobson, \$1.15; Mrs. N. C. Morris, 50c; Mrs. Anton Mergenthal, \$1.50; J. A. Scott, \$1; Mrs. Jennie Westing, \$10; Miss Grace Walker, \$1; Mrs. Melissa Cookendortfer, \$2; R. Roy Nickels, \$1.75; Marion Zero, 10c.

LIFE BOAT MISSION.

T. S. Anderson, \$1; E. Athan Brown, \$5; A Friend, \$1; J. H. Gardner, \$1; E. E. Gardner, \$3; N. A. Marsh, \$6; Mrs. S. Morris, \$5; G. Nimon, \$1; Newark Church, \$2.10; Neneah, Wis. Church, \$1.45; May A. Pollard, 65c; Mrs. J. H. Powell, \$1; D. L. Purdon, \$3; W. B. Payne, \$1; Cyrus J. Smith, \$2; Bertha Wilson, \$1; Mrs. E. Zytkoshee, \$12.15; B. C. Sanitarium Helpers, \$10; L. Yeoman, \$1.

PRISONER'S FUND.

A friend and child, 50c; a friend, 25c; a friend, \$1; a friend, 36c; a friend, 10c; a friend, \$1; Mrs. F. A. Bush, \$1; Mrs. Alice Bank, 10c; Mrs. D. S. Burkholder, \$1.25; Mrs. Alice I. Carman, \$1; Alberta M. Carie, 50c; Eva Robbins Daggett, \$1; J. Grundset, 75c; Mrs. Geo. W. Griswold, 50c; Laura Johnson, 75c; Mrs. Jenkins Kamp, 50c; Jessie Lovitt, 25c; Mrs. J. H. Miller, \$2.48; D. Myers, \$1; McNally, 10c; Mrs. Jno. A. Peterson, \$1; J. M. Peterson, 25c; Mrs. Louise Ross, \$1; J. Manlove Smith, 50c; Mrs. J. W. Scott, 25c; Mrs. Lucia Sawyer, 50c; Mrs. Wm. S. Springer, 30c; Miss Marcia Thompson, \$4; Mrs. M. E. Trotman, \$2; Mrs. W. C. Wood, 25c; Mrs. Thos. Williams, 25c; Mrs. Annie Walde, 25c; Geo. W. Young, \$20.

FUND FOR CHILDREN'S PICNIC.

Mable Niel, \$1; Primary S. S. Class, Santa Rosa, Cal., 25c; Mrs. A. H. Kenyon and friends, 50c; Nelsonville, Wis., S. S. class, \$2.68; Altha Paullin, \$1; Margaret and Roger Kellogg and Carl Peterson, \$1.50; John Swank, 10c; Eddie Swank, 10c; Gertie Swank, 15c; Nellie Swank, 10c; Mrs. Maggie Swank, 25c; Ethel Sutherland, 66c; Mrs. J. P. Jaspersen, \$1; Olive Kelley, 10c; Harold Kelly, 5c; Lawrence Kelly, 5c; Ethel Kelly, 5c; Annie Farenchick, 5c; Georgie Farenchick, 5c; Johnnie Farenchick, 5c; Mabel Farenchick, 5c; Eddie Farenchick, 5c; Carrie Anderson, 5c; Gertie Anderson, 5c; Helen Anderson, 5c; Minnie Hill, 5c; Carroll Hill, 5c; Eunice Hill, 5c; Mrs. Hill, 5c; Lester Clark, 10c; Ada Kurth, 5c; Savilla Trumbell, 10c; Mrs. H. A. Harold and Hammond Potter, \$1.25; Johnnie Gness, 14c; Ida M. Sutton, 60c; Amy Woodruff, 60c; Grace Walker, 50c; Mrs. Lucy A. Small, \$2.15; Henry Kohn, 75c; Harold Ross, 15c; Jessie Levy, 25c; Arthur, Bernice and Robert Fellows, 5c; Lorraine Lawrence, 25c; Mrs. G. Koder, 50c; Lynn Clark, 25c; E. G. and M. A. Fenner, 50c; John N. Mills, \$2; "Happy Workers," E. Canaan, Ct., \$1.25; Dubuque Children's Society, \$2.31; Mr. and Mrs. F. B. Johnson, \$1; Frances and Clarence Devinney, 5c; Don Dennett, \$1; Robert Jorgensen, 25c; Mrs. B. D. Alton, 35c; Mrs. S. C. Braymer, 50c; Nettie Sommerville, 65c; A. E. Hassell, \$1.25; Mrs. Mary Provencha and friends, \$4; Geo. M. Hess, \$1.05; Otilie Bastian, 40c; Harold Ross, 15c; Mabel Boose, \$1; Lulu Meier, 10c; Newark Church, \$4.75; F. E. Fort, 25c; Cynthia Millhorn, 25c; A. J. Millhorn, 10c; Lester Millhorn, 10c; Lee Millhorn, 5c; Preston Millhorn, 5c; Beulah Millhorn, 5c; Flossie Millhorn, 5c; Dollie Millhorn, 10c; Mrs. Carrie Merritt, 25c.

We have on hand a few recent numbers of THE LIFE BOAT, which we will furnish at one cent a copy. Send for copies to distribute among your friends.

SUMMARY, JUNE, 1903.

WORKINGMEN'S HOME REPORT.

Penny lunches served	16,638
Lodgings given	5,580
Used free laundry	2,208

LIFE BOAT MISSION DISPENSARY.

Office treatments	33
Bath treatments	13
Outside calls	29
Operations
Outside treatments
Consultations	92

HALSTED STREET DISPENSARY.

Outside calls	168
Office treatments	50
Outside treatments	93
Bath room treatments	110
Operations	1
Garments given away	12

LIFE BOAT REST FOR GIRLS.

REPORT FOR MONTH OF JUNE, 1903.

Public meetings held	41
Aggregate attendance at meetings	30
Pages printed matter distributed	3,500
Scriptures distributed
Articles clothing distributed	100
Calls made	50
Medical services rendered, treatments
Free baths
Free lodgings	50
Free meals	138
Positions secured
Number received from police	3
Number admitted to Rest	4
Number in maternity ward
Number in hospital
Number professing conversion	28
Requests for prayer	50
Girls returned home
Contributions received	\$6.55

LIFE BOAT MISSION.

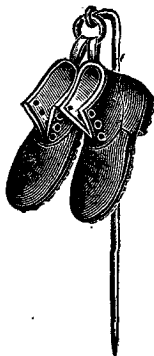
Meetings held	132
Attendance at meetings	9,900
Testimonies given	1,125
Requests for prayer	375
Testaments distributed	400
Lodgings given (10c each)	40
Meals given to poor	80
Garments given away	300
Life Boats sold and given	750
Professed conversions	300
Missionary visits	25

WANTED.

Agents for my beautiful mottoes. Large commissions given. Money earned easily and quickly.

Size, twelve by sixteen inches; from eight to fourteen colors in oil, with flowers and up-to-date lettering, making a beautiful picture. Retail price, 25c. Sample sent postpaid for 13c, or 80c per dozen.

All profits on mottoes sold by LIFE BOAT readers given to gospel work in cities. Order a dozen at once and send part or all of your profits for the work of THE LIFE BOAT. Address Mrs. O. E. Cummings, R. F. D. No. 4, Battle Creek, Mich.



Lucky Old Shoes Stick Pin.

Two Shoes on a Pin.

2 Pins by mail for 10 cents, silver or stamps, or 12 Pins for 50 cents.

These old shoes are one of the best sellers out. Will make you price by the gross, \$2.25, delivered so you can sell for a nickel.

SEA SHELLS.

25 varieties, by mail for 25 cents, with Engraved List. Shells for making Wire Jewelry, Tools, Gold Wire, etc. For beginners a good paying business, easily learned.

Large, showy Sea Shells for Dealers, Florists, etc. Send for catalogue of Shells and fast selling Novelties, etc.

J. F. POWELL

WAUKEGAN,

ILLINOIS



To the West

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

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

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

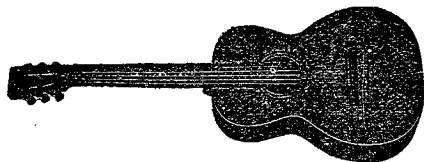
The story of the western country and of the Pioneer Line that has played so great a part in its progress is interestingly told in a booklet which will be sent on receipt of a two-cent stamp to pay postage.

W. B. KNISKERN, GEN'L PASS'R & TKT. AGT.
CHICAGO

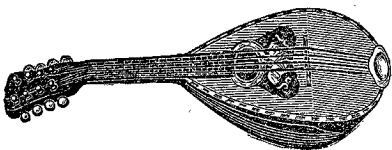
..Premium Offers..



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



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



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

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

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

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

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

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

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

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

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

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

Or both for two new subscribers.

\$3.62 for \$2.50

If you have never tried Battle Creek Sanitarium foods, here is an excellent opportunity. We are offering a package, each of nineteen foods, \$3.62 worth in all, for only \$2.50. And besides,

WE PAY THE EXPRESS

To all States listed below under Class 1. We pay the larger share of express charges to States listed under Class 2. If you live in any of the eleven States or Territories listed under Class 3, or outside of the United States, write us before sending in your order.

BATTLE CREEK SANITARIUM FOODS

Are the original line of health foods, the most complete line, and the best.

Sanitarium foods include health crackers and biscuit, free from lard, soda, ammonia and all other harmful ingredients; dextrinized flaked cereals; dextrinized granulated cereals; meat substitutes; nut butters; health candies; and several others.

If your stomach has been worn out in the effort to appropriate indigestible and unnatural foods, we can supply you with those which are easily digested, easily assimilated, and which at the same time provide every element required by body and brain.

If your health is apparently sound there is nothing you can eat that is more nourishing, nothing that will enable you to do clearer thinking or a harder day's work than the foods which we manufacture. Have you ever tried them? If not, why not?

IMITATIONS.

The fact that the name, Battle Creek is found on a package of food does not prove that it contains a genuine Health Food. Those who would secure the original Sanitarium foods, and not im-

tations, should look for the name of the manufacturer—THE BATTLE CREEK SANITARIUM FOOD CO., or THE SANITAS NUT FOOD CO., Ltd., on the package.

These two companies are the only ones whose products are used and endorsed by the Battle Creek Sanitarium.

WHY HAVE YOU NEVER TRIED THE ORIGINAL HEALTH FOODS?

Perhaps you are waiting for your grocer to stock our products. Possibly he does carry some of the imitations and you are satisfied with them. Well, just let us say that until you get the genuine Sanitarium foods, and get them direct from the manufacturers, you don't know what the term "health foods" stands for.

IS THE GROCER A NECESSITY?

We've tried selling our foods through the grocer, but the plan hasn't worked. The average grocer is a success handling flour, potatoes, sugar, molasses and canned goods,—stock which requires practically no care and for which there is a universal demand; but if he undertakes to carry prepared foods he often

allows them to remain on his shelves for months, to become stale, and to absorb the taints of surrounding merchandise. SOAP, CODFISH and KEROLINE are all good enough in their place, but their flavors hardly combine well with those of delicate food products. We have replaced thousands of cases of old goods, and thousands of people have concluded that they do not like Sanitarium foods simply because those they buy are stale. There is a sure way to get good foods—fresh foods—buy direct from the manufacturer.

If you write to us and tell us to send you some of our foods it's a simple proposition O.L..

FROM MANUFACTURER TO USER.

You get the goods fresh, and in the best possible condition. You are not bothered by finding us "just out" of what you order as grocer Green or Gray so often is.

We are always able to furnish just the foods in just the package you wish, and make no substitutions—no attempts to offer you some other Battle Creek food that's "just as good," or "just the same thing under another name." Quite an advantage, isn't it?

By selling our goods direct to the consumer we increase the volume of our business because we give better satisfaction. And by saving the grocer's commission we are able to make our customers the...

PREPAID EXPRESS

Offers which appear on the page below. Shipment by express means that you will get the goods without any delay after they leave our hands; and there will be...

NO DELAY ON OUR PART.

We acknowledge orders the same day they are received and ship the same day or the next. Your trade means something to us, and you may be sure that you will not be annoyed by "pigeon-holed orders," or, "we regret our delay."

AGENCIES.

In several cities, first-class grocers are carrying full lines of Sanitarium foods. In other cities Sanitarium Food Stores have been established. If you have one of these agencies in your town, patronize it. If you do not know whether we are well represented in your city, write us and we will tell you.

This SPECIAL OFFER

of \$3.62 worth of Sanitarium Foods for only \$2.50 is made to all those who have never bought Sanitarium Foods direct from the manufacturers, or from any of the Sanitarium Food Stores. It IS open to those who have been buying from grocers, as in most cases they have never really had a good opportunity to test our products. We make these prices in order to have you try a number of our foods. While the list does not include everything we manufacture, it gives the best idea of Sanitarium foods of any list of equal value which could be made up, therefore WE CANNOT SUBSTITUTE.

WHERE DO YOU LIVE?

Before sending in your order PLEASE READ the list of States given below. If you live in any of the States in Class 1, send us \$2.50 for a trial order. If you live in any of the States or Territories in Class 2, add 40 cents to help pay the express charges, and send us \$2.90 for the foods. If you live outside of the United States or west of Kansas, please write to us before sending in your order.

CUT OUT THIS COUPON AND MAIL IT TO-DAY.

(CUT HERE.)

CLASS 1.



We prepay express on orders amounting to \$5 to all points in these States.

- | | | |
|-----------------------|--------------------|-------------------|
| 1. Connecticut. | 9. Maryland. | 17. Ohio. |
| 2. Delaware. | 10. Massachusetts. | 18. Pennsylvania. |
| 3. Dist. of Columbia. | 11. Michigan. | 19. Rhode Island. |
| 4. Illinois. | 12. Minnesota. | 20. Vermont. |
| 5. Indiana. | 13. Missouri. | 21. Virginia. |
| 6. Iowa. | 14. New Hampshire. | 22. W. Virginia. |
| 7. Kentucky. | 15. New Jersey. | 23. Wisconsin. |
| 8. Maine. | 16. New York. | |

CLASS 2.

Add to your remittance one-sixth the value of the foods ordered, and we will prepay express charges on \$5 orders to all points in these States and Territories.

- | | | |
|----------------------|------------------|------------------|
| 1. Alabama. | 7. Louisiana. | 13. S. Carolina. |
| 2. Arkansas. | 8. Mississippi. | 14. Oklahoma. |
| 3. Florida. | 9. Nebraska. | 15. Tennessee. |
| 4. Georgia. | 10. N. Dakota. | 16. Texas. |
| 5. Indian Territory. | 11. S. Dakota. | |
| 6. Kansas. | 12. N. Carolina. | |

CLASS 3.

Write us before ordering if you live in these States or Territories or outside the Union.

- | | | |
|----------------|----------------|-----------------|
| 1. Arizona. | 5. Montana. | 9. Utah. |
| 2. California. | 6. Nevada. | 10. Washington. |
| 3. Colorado. | 7. New Mexico. | 11. Wyoming. |
| 4. Idaho. | 8. Oregon. | |

Battle Creek Sanitarium Co., Ltd.,
Battle Creek, Mich.

Gentlemen,—I enclose.....for the \$3.62 worth of Sanitarium foods listed below. You agree to ship by express, prepaid—

1 pkg. Bromose.....	\$0.25	1 pkg. Breakfast Toast.....	\$0.15
1 bottle Malted Nuts.....	.40	1 pkg. Granola.....	.12
1 jar Meltose.....	.30	1 pkg. Graham Crackers.....	.15
1 can Protose.....	.25	1 pkg. Oatmeal Wafers.....	.15
1 can Nut Butter.....	.25	1 pkg. Whole Wheat Wafers..	.15
1 can Nuttolene.....	.15	1 pkg. W.W. Cream Sticks....	.15
1 pkg. Granose Biscuits.....	.15	1 pkg. Gluten Meal, 20 per cent	.20
1 pkg. Toasted Corn Flakes...	.10	1 pkg. Caramel Cereal.....	.15
1 pkg. Granuto.....	.15	1 can Baked Beans.....	.15
1 box Chocolates.....	.25		

\$3.62

(CUT HERE.)

Name.....

Street.....

Town.....

State.....

DEPT 36.

**GRAND
TRUNK
RAILWAY
SYSTEM**

**SOLID
THROUGH TRAINS**

BETWEEN

**CHICAGO, BUFFALO, NEW
YORK AND PHILADELPHIA**

VIA BATTLE CREEK.

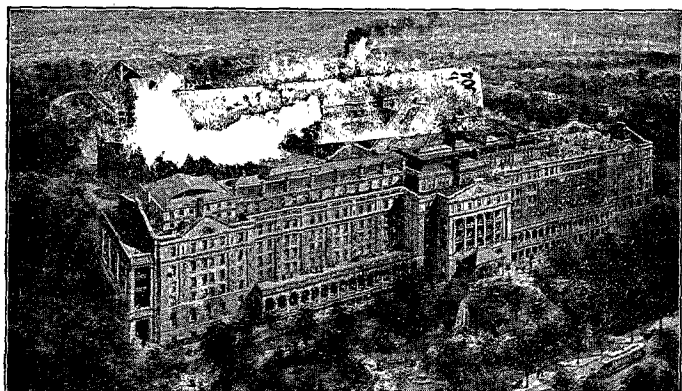
Also to BOSTON via the important business
centers of CANADA and NEW ENGLAND.

For information, Time Tables, etc., apply
to any Agent of the Company, or to

GEO. W. VAUX,

ASST. GEN. PASS. & TKT. AGT.,
ROOM 917, 135 ADAMS ST.,
CHICAGO.

The
Michigan
Central



“THE NIAGARA FALLS ROUTE”

Is the direct line from the East and the West to

THE BATTLE CREEK SANITARIUM

WHERE THEY CURE PEOPLE.”

Special excursion rates all the year round.
See ticket agents or address

O. W. Ruggles, G. P. & T. A., Chicago.