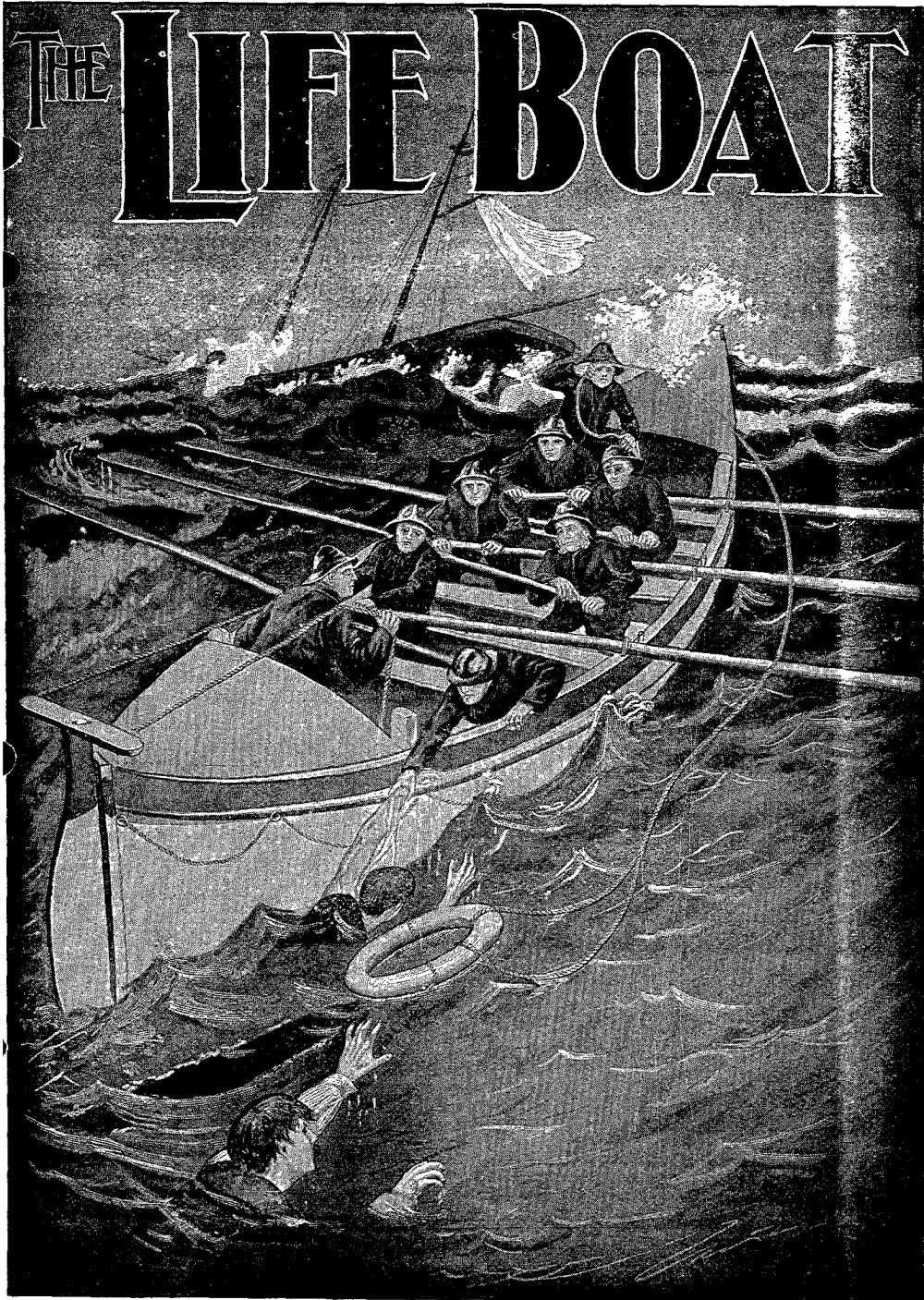


Published Monthly

February, 1904.
The Nation's Curse.

Price, Five Cents



Volume Seven
Number Two

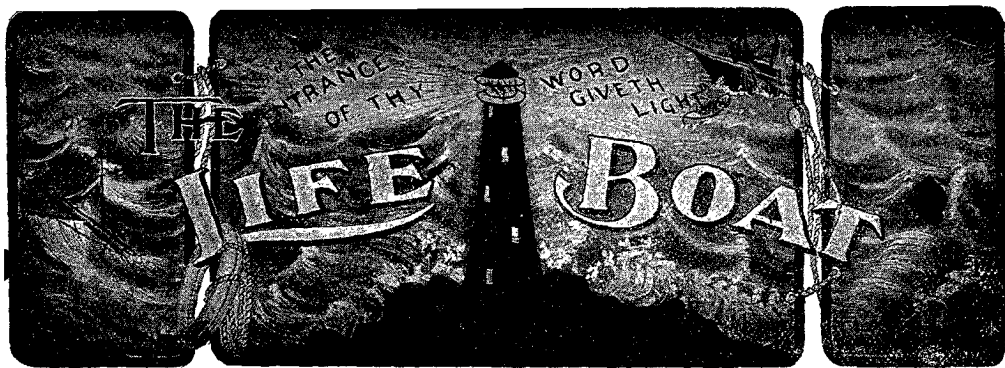
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**An Illustrated Monthly Journal Devoted to Charitable, Philanthropic,
Health and Soul-Saving Work**

Entered at the Post Office at Chicago, Ill., as second-class matter.

Volume VII

CHICAGO :: FEBRUARY, 1904

Number 2

A SMILE AND A SNEER.

FRANK A. MARSHALL.

Only a word that was hard and cold,
The glance of a scornful eye;
A hand withheld to grasp its gold,
The pride of a station high;
But a heart on courage lost its hold
And hope died out of a sky.

Only a touch of a hand one day,
A smile in an hour of care;
A word that costs so little to say—
But the whole glad day was fair;
A doubting heart had learned to pray
And a cross was lighter to bear.

**THE EFFECTS OF TOBACCO ON THE
HUMAN SYSTEM.**

N. S. DAVIS, M. D., LL. D.,
Chicago, Ill.

All substances that, when taken into the living body, diminish the sensibility of the brain and nerves, are called narcotics or anesthetics.

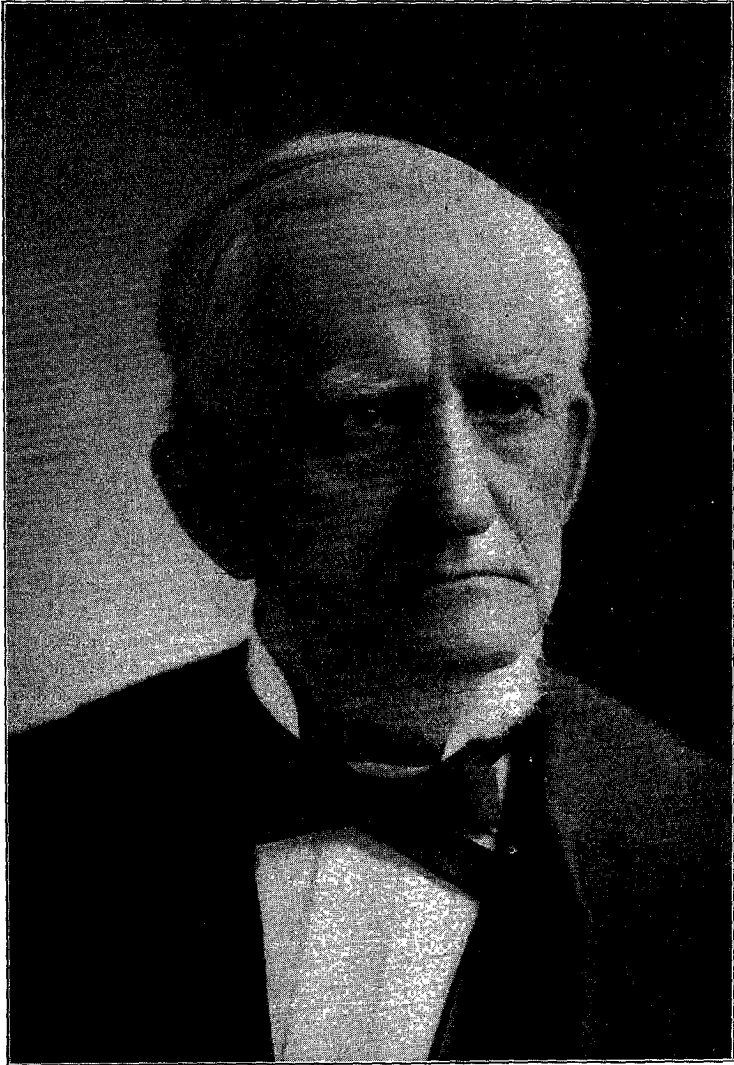
The most important of these substances are opium, morphine, cocaine, tobacco, ether, chloroform and alcohol as it exists in fermented and distilled liquors, i. e., beer, wine, whiskey, brandy, rum and gin. All the substances enumerated gain access to the blood, either through the mouth and stomach, or through the air passages and lungs by inhalation. And in the blood they are carried to the brain, and to every other organ and structure of the living human body.

Next to alcohol in its relations to the public health and morals we must rank tobacco, as used for snuffing, chewing and smoking; not because it is more actively injurious than opium, morphine or cocaine, but because it is used by so much larger a number of people and in so much greater quantities.

From the most reliable sources of information, it is evident that not less than from \$800,000,000 to \$1,000,000,000 worth of tobacco is used annually in this country alone. As is well known, the tobacco contains a small percentage of two most actively poisonous ingredients, called nicotine and oil of tobacco, which are absorbed through the lining membrane of the nostrils, mouth, throat, and air passages, sufficient to lessen the sensibility of the brain; also the nerve centers of respiration and circulation, when the tobacco is used either by snuffing, chewing or smoking. When those not previously accustomed to its use first begin either to smoke or chew, it is apt to produce severe nausea or vomiting and great sense of weakness. By repetition of the practice, however, the nerves become habituated to the impression of the drug and the nausea and vomiting ceases to occur, while the diminished sensibility of the brain lessens mental anxiety and care, and substitutes therefor a fascinating feeling of ease and don't-care-itiveness, which continues from one to two hours after a smoke or fresh chew, followed by a sense of weakness or depression with dryness in the mouth and throat, suggesting the use of a glass of beer or wine, or another supply

of tobacco. Those who use tobacco moderately generally take a smoke or a fresh chew directly after each meal time, and two or three in the evening. As tobacco, like all other narcotics, gradually diminishes the sus-

ity and strength of the nervous and muscular structures of the body, and impairs the efficiency of both respiration and circulation, and in many extreme cases ends in sudden death from paralysis of the heart.



DR. N. S. DAVIS, 'THE FATHER OF THE AMERICAN MEDICAL ASSOCIATION.'

ceptibility to its effects, the tendency is to increase the frequency of its use until some persons smoke ten or fifteen cigars a day, or their equivalent of tobacco in some other form. The habitual use of tobacco lessens the activ-

If its use is commenced in childhood and youth, as in the smoking of cigarettes, it retards the growth and development of both body and mind, as has been fully demonstrated by comparing the progress, mental and physical,

of smokers and non-smokers, in the schools of France, and several of the colleges in this country.

Perhaps the most injurious effect of both alcohol and tobacco consists in the impairment of the vital properties of the protoplasm of the blood and organized structures. By lessening the properties of the protoplasm, the atomic or metabolic changes that constitute nutrition, disintegration, and secretion, are diminished, thereby retaining both the toxic or injurious products of excretion, and the toxic micro-organisms imbibed from without, and rendering the individual much more liable to attacks of disease and much more liable to die when attacked. Consequently, all the efforts being made both in this country and Europe to prevent those two most prevalent and fatal diseases, pneumonia and tubercular consumption, must fail so long as the present rate of using alcoholic liquors and tobacco is continued, and the same may be said of the extraordinary prevalence of crime and recklessness of every grade. Then let all, whether old or young, who desire health, usefulness and length of life, totally abstain from the use of alcohol, tobacco and all other deceptive narcotics and anesthetic drugs.

"I WAS IN PRISON AND YE CAME UNTO ME."

LOIZA ELWELL,

American Medical Missionary College.

The work of the followers of Jesus is outlined in Matt. 25:35, 36. It consists in feeding the hungry, giving drink to those who thirst, and shelter to the stranger; in clothing the naked, visiting the sick, and going to those who are in prison.

It has been my privilege to go with a band of Christian workers to hold gospel services for those mentioned in the last clause of the above outline.

Harrison Street police station, although in a densely populated district, where twenty-two languages are spoken within two blocks, is yet a dark wilderness. Its inmates are the very scum of the criminal element. It has been compared to a great cesspool that receives the poisonous drippings of a great city.

We go on Sunday morning and are sure to find it well filled, for Saturday night is a riotous one in a city where so many who re-

ceive their pay Saturday afternoon proceed to spend it in carousing and drunkenness. Sunday morning finds them minus their weekly wage and behind the bars. The patrol wagon stands drawn up at the door, ever ready to answer any summons that may come.

A visit to any police station is not a pleasure trip, but when you ascend the stone steps of Harrison Street police station, you are in darkest Chicago.

We descend the dark, wooden stairway. The steps are worn, uneven, and hollowed out by the heavy tread of the many wayward feet that have staggered down over them in drunkenness, or have been jerked along by an officer.

The policemen and matron greet us with a cheery "Good morning," and, knowing well the purpose of our visit, throw open to us the corridors, from off which are the cells. We kneel and ask Divine aid for this hour, and then pass on to meet our audience—and what an audience it is. We meet shoplifters, tramps, thieves, toughs, professional robbers, and lads of ten and twelve years, who have been arrested for some juvenile offense. There are some whose minds have become so steeped in vice and crime that their visages seem no longer human. "The shew of their countenance doth witness against them." Isa. 3:9. They somewhat resemble wild beasts in a cage, and we are led to ask:

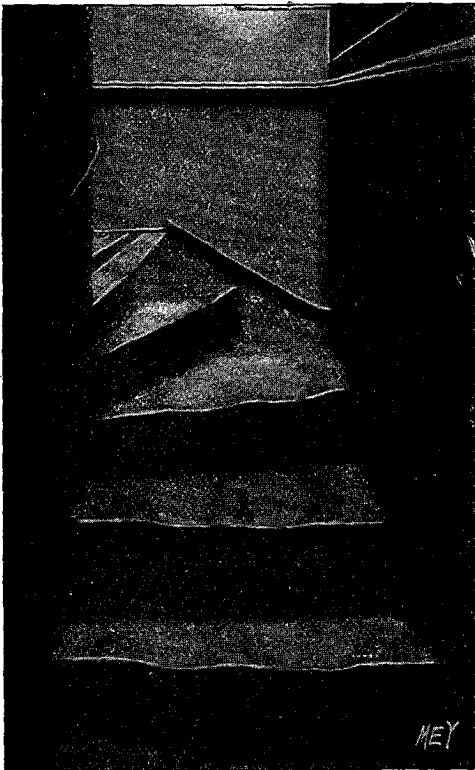
"Is this the thing the Lord God made and gave
To have dominion over sea and land;
To trace the stars, and search the heavens for power;
To feel the passions of eternity?
Is this the dream He dreamed who shaped the suns
And pillared the blue firmament with light?"

The order of our service is singing, prayer and a gospel talk. An opportunity is then given for those who desire to forsake their old life, who want to pray or be prayed for, to raise their hands. The invitation is never in vain; there are always several hands held up, and one morning there were seventeen. Song books are passed in to those behind the bars, and the prisoners are urged to choose songs. They never select the newer hymns, but such old favorites as "There Is a Fountain Filled with Blood," or "Rock of Ages." Once a man was seen turning the leaves of his book very hurriedly, consulting the index, and again turning the pages. When the next hymn was called for, he had a choice which was none other than "Nearer My God to Thee," which proves that at some time these wrecks of hu-

manity have seen better days. The songs that were learned at their mother's knee or in Sunday School are still with them.

"You may break, you may shatter, the vase if you will
But the scent of the roses will cling to it still."

They give good attention; some press their faces close to the iron bars that they may get a little nearer; others sit with heads buried in their hands, apparently ignoring us, but later the uplifted hand for prayer tells us they have heard it all. Some pull their slouched hats down over their eyes, but the tears can be seen rolling down their cheeks, while others weep through the entire service.



WORN STEPS LEADING DOWN TO THE CELL ROOMS
IN HARRISON STREET POLICE STATION.

These hearts that were so bold in sin are melted by the tender love of Jesus.

One morning the inmates of the cells in the third corridor were noisy and boisterous. They called to us, "Go home, we don't need you, go away." When we went around there the silence throughout the service was intense. Their eyes were riveted upon the speaker, their mouths open that they might the better drink in every word. When the invitation was

given to those who by the help of God wanted to lead an upright life, to manifest it, a shower of hands were thrust through those iron bars. Five came from one cell. These men didn't know their own hearts, for while their lips said, "Go away," their hearts said, "Will you pray for me?"

We then go into the Annex, where the prisoners are. The woman who has fallen from grace is as truly Christ's sister as is such a man His brother. She, too, must be told of Christ's love for sinners. Some mornings we find but few, on others quite a number. How fair and apparently innocent are some of the faces we look into, while others are hardened and show results of disobedience; yet when told the old, old story of love, these stony hearts become as hearts of flesh, and plead for help.

What does it mean, in this age of crime, to see such wrecks of humanity calling for help? It means that sinners feel the need of having the cleansing blood applied; it means that the arm of the Lord is not shortened that it can not save, neither His ear heavy, that it can not hear (Isa. 59:1); it means that God's spirit still strives with man.

You may ask, does it pay to do all this work? Do they not go back to their old life? Not always; there are noble men and women abroad in this land today who are upright citizens and devout Christians and who will tell you they were turned from their sinful lives at some Sunday morning gospel service held in Harrison Street police station.

I am glad we can leave the results with the Lord. He it is who says, "In the morning sow thy seed, and in the evening withhold not thine hand." Eccl. 11:6.

TO THE RESCUE.

L. N. MOYER,

President The Anti-Cigarette League.

We are living in an age of *large things*, of gigantic business corporations, trusts, unions, and combinations of every description; and in a day of *appalling evils*, many of which are interwoven with the business and politics of the nation.

Perhaps the greatest of these which confronts us is the *liquor traffic*, which is sanctioned and upheld by our government for a *paltry* revenue which amounts to about \$77,000,000 per annum *less* than it costs to prose-

cut the violators of the law, and to protect, defend and care for those who are directly injured by this cursed thing. No business corporation would transact business very long with expenses exceeding profits by so large a percentage; but intelligent men consent to this proposition—and vote for it.

Next to this evil we have to consider the tobacco traffic and the effects of the use of this narcotic. It invades the homes of the refined and respectable, and stealthily creeps into the church, and often into the pulpit. It is one of the most subtle agencies of Satan in the destruction of the more sensitive elements of Christian character. It destroys the finer sensibilities of manhood, and robs man of the keen sense of gentility. Only a few years ago it was thought to be an improper act to smoke in the presence of ladies; now, men who pride themselves upon their refinement will enter an elevator filled with ladies, or stand at the counter where young women serve, and puff tobacco smoke into their faces with impunity. "Gentlemen" will sit in their office and smoke all day long, compelling the lady stenographer to inhale the fumes, regardless of how delicate she may be. Men will smoke on their way to church and lay their cigars on the window sill of the sanctuary until services are concluded, and as soon as they are outside will light the cigar and, beside wife and children, smoke until they reach their homes. Gentlemen of today who are slaves to the tobacco habit will ride in the "smoker" and allow wife to sit by herself, preferring the companionship of the cigar to that of the wife, and not recognize any impropriety in this, because the delicate tissues of the brain are so affected by this nicotine poison that the finer sensibilities of manhood and of decency have become blunted.

Have you ever known an aggressive, devoted, efficient Christian who was a slave to the tobacco habit? Think well before you answer this question. You say, "Why we have known some *good ministers* who have used tobacco!" We, too, have known and do now know, many ministers who use it—but they are not very *good*, and have very little influence over men to lift them to a higher life. They have occupied some of the high places in the church, but are growing lazy, slovenly and seemingly indifferent to their

"*high calling in Christ Jesus.*" The bishop of a large denomination said of one of these *Doctors of Divinity* who was a user of the filthy narcotic, "We must send him where he can do the least harm." The thought of his doing *much good* had been abandoned. Although he was a man of great endowments, he had lost his appreciation of the finer type of Christian purity and growth. God calls all men to *measure up to their best* and this condition can never be reached while dissipating one's energies, physical, mental or spiritual. Professor Drummond said: "What the world needs is not more, but a *better brand* of Christians," and this is true. The world is so full of adulterations that it readily recognizes them wherever found.

We are now entering upon a crusade against the cigarette, and all agree that this is the greatest enemy of the children and youth of today. Even tobacco users join in the fight and bitterly denounce the accursed thing. But don't you know that the *cigar* and *pipe* are the forerunner of the *cigarette*? Father smokes the cigar and his little boy takes the "baby *cigar-ette*" and smokes it on the sly. Father smokes at home with the precious babe in his arms, and fills the delicate lungs with the aroma of his cigar, and soon there is begotten in the child a craving for it, and as soon as he is old enough to play with other boys, or attend school, he begins to smoke the cigarette. It is appalling to note the number of children from six years up who are slyly smoking cigarettes. They can get them, notwithstanding the fact that there is a law on the statute books prohibiting the sale to children. The child is not to blame, for the sin lies with the older people, and with the parent who sets the example, and creates the desire in the child to be like papa. "*He* is a good man, and *he* smokes, so I can smoke too."

Chicago consumes annually over 250,000,000 of cigarettes, and while it is acknowledged by the best physicians and educators of the land that the cigarette is the greatest destroyer of the mind and body of our boys, yet no great public efforts are put forth to prevent the manufacture and sale of the deadly viper. Minor evils are freely discussed through the press, but these gigantic evils which "involve so much money," must be handled quietly and lightly.

We recently read in a daily journal an editorial entitled "*Muzzle the Dogs.*" Because there had occurred seventy-seven deaths in *ten years* from hydrophobia in Chicago, a plea was made that all dogs should be muzzled the whole year round, and that laws should be enacted and enforced to compel this action on account of the awful danger to human life. But what about the *other beasts* which we turn loose for the sake of a few dollars' license, which destroy lives by the *tens of thousands* annually, make desolate homes and fill our almshouses, our prisons and our asylums.

Surely the time has come when we must "cry aloud and spare not." We must lift up our voice "like a trumpet." Surely the time has come when the church should "awake and put on her strength" and measure up to her best and give to the world a better brand—a true brand—of Christian manhood.

There is a cry for "pure food." Newspapers are calling for legislation in this direction. They say the adulteration of *food* is a crime and must be stopped by enactment of law—and this is right. But let us have an unadulterated Christian life and character in the church and community, and set before the world the spotless life of Jesus Christ as the one that actuates His professed followers, and is worthy of all acceptance.

We are confronted on every hand by wrecks and struggling victims, helpless and bound by chains of evil habits, and crying for help. Let us man the life boat and push out to the rescue! We need *trained men*—brave and true *life-savers* for this work. There can be no compromise with wind or wave; there can be no lagging at the oar. The call is for men who are measuring up to their *best*, and with these there will be many lost ones brought into the harbor of safety and peace.

A STARTLING DISASTER.

On the evening of December 30, 1903, the entire civilized world was shocked by news of the most frightful disaster of modern times. The newest and supposedly safest theater in the city caught fire, and in a few minutes 800 lives were sacrificed and Chicago was draped in mourning. What is the lesson? "Think ye that they were sinners above all men that dwelt in Jeru-

salem? . . . Nay, but except ye repent ye shall all likewise perish." (Luke 13:4, 5.) Are you taking the lesson to heart? A few days after this disaster a gay and thoughtless woman sat chatting merrily in a railroad train in Kansas. The subject changed to the Iroquois Theater horror. The young woman became sober in an instant. It was quiet in the car and her words were heard distinctly.

"We never know," she said, "when we are facing death. Even at this moment we may be thundering along toward a broken rail; a freight train or a fast-running passenger flyer may be bearing down upon us, bringing death even at this moment." She was still talking when there came a terrific crash. Her body was among the dead.

Every person on that train was injured and thirty people lost their lives. You have no greater assurance of the future than this young woman had. As you see these things beginning to come to pass can you lift up your head and know that your redemption draweth nigh (Luke 21:28), or will you be among those who will have to say, "The summer is ended and we are not saved"? (Jer. 8:20).

PERSONAL EFFORTS.

MRS. HELEN W. ODELL.

While on my way from one of the noon meetings at the Woman's Temple, I noticed a boy leaning against one of the walls of a large business block. A cigarette, partly smoked, was in his mouth. He removed it when I stopped and spoke to him, but one glance at his frank open countenance, showed that he had not long been indulging in the debasing habit. Something in his personal appearance attracted me. Entering into conversation about things which would interest a boy, I soon turned his attention to the cigarette, still in his hand, held with not a trace of desire for concealment. He admitted that his mother and sister wished he would not use the stuff and said he could stop if he wanted to, but he did not see any harm in it, and all the other boys used them. I took time to tell him what they were made of, how they were made, their effect upon the system, and so on. As I talked a genuine surprise was visible more and more in his face,

and at last he said: "Why, I never knew anything about all this before. Why have I not been told?" I asked if he had not been taught these things in school. He said, "Never," so emphatically that I could not but believe him. "Well," I said, "now that you do know about it, what do you think you want to do? Can you enjoy a cigarette again?" "No, never," came the quick reply. "Do you want to show that you mean it by throwing down the one you have in your hand?" Instantly, with an energy born only of the deepest conviction and determination, he flung the cigarette far out into the street, saying, "I never want to touch one of the nasty things again." He gave me his address and I expect to visit him, his mother and sister.

I am learning more and more to take time to interest myself in everyone who comes my way. This interferes with many of my arrangements, but I believe it is all a part of God's soul-saving plan.

CIGARETTES AND NICOTINE.

J. H. KELLOGG, M. D.

(Extracts from an address given at a temperance mass meeting in First Congregational Church, Moline, Ill., November 30, 1903.)

I want to demonstrate some of the evils of cigarette and cigar smoking, and of tobacco in general. In order for you to fully appreciate this, you must know something about these wonderful bodies of ours. As you look at them from the outside, you get a very imperfect idea of what they really are.

You can nearly always tell the boy or man who smokes, by the shape of his mouth or the appearance of his face, for tobacco using somehow changes some of the delicate machinery of the body, for it hurts and spoils it.

I once extracted the nicotine from one cigarette, and then gave half of it to a frog, and the other half to another frog, and they both died almost instantly. Although there is enough nicotine in one cigarette to kill two large frogs, yet people try to make us believe that cigarettes are innocent! Nicotine is one of our most deadly poisons, and there is enough of it in one single cigar to kill two men, if it were all administered in a concentrated form, and injected into the skin with a hypodermic syringe.

You say, "Why then, are not men killed by it?" *They are.* Every one who uses tobacco is killed by it, unless he dies as the result of an accident or some acute disease. It kills him sooner or later.

We depend upon our stomachs to digest the food that we eat, so that it can be converted into blood. The potatoes, bread and apples

that we eat today, tomorrow are walking around and talking. If you should see a potato get up and walk off and begin to talk, you would think it a very remarkable thing; but that is the very thing that occurs when you eat a potato, for it soon becomes a part of you, and tomorrow that potato is talking.

When the stomach can no longer digest the food, the blood becomes very thin, the body becomes sick and is miserable. I recently examined a man and found in his stomach a great lump. He died shortly afterward and we found the lump to be a terrible cancer. The man had been a great smoker. Tobacco had spoiled his stomach to such an extent that the cancer parasites could *begin* to grow there, just as the mold can grow on a wall or weeds in a flower garden. So the cancer parasites grew there until they destroyed his life. He was a very rich man, but his money could not buy him a new stomach.

I saw a man the other day whose liver nearly filled half his abdomen. He died two or three days later because nothing could be done for him. This man had first ruined his stomach by tobacco and afterward it spoiled his liver. The same thing frequently happens with the lungs and the heart.



TRACING OF A NORMAL PULSE.

I have here a little instrument which, when placed on the pulse, writes down on a piece of paper the kind of a pulse a man has, so you can tell instantly whether his heart is working normally or not. I am here showing you a tracing



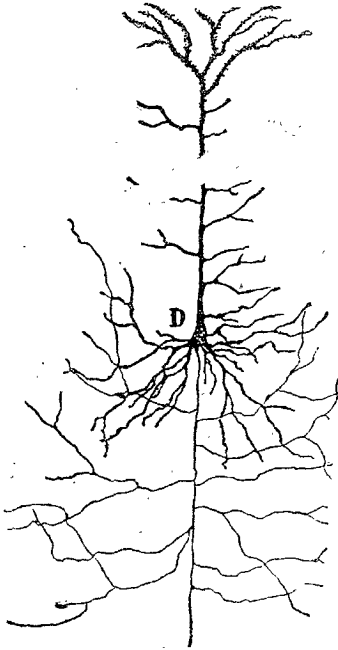
TRACING OF A TOBACCO PULSE.

made from a tobacco user. His heart was sputtering like a boy who stammers. It was weak. If he should start to run a little his heart would palpitate or perhaps fail entirely, for tobacco paralyzes the heart. This is the reason why a boy gets so sick the first time he smokes.

The white blood cells are some of the most interesting things in all the body. They are like the policemen who walk up and down the streets. If they find a dead cat or dog, they send the scavenger to take it away. So with these little cells: if they find a tiny speck in the body, they put out little lips and eat it up. If they can not swallow it, they pour out something that digests it. They are doing this kind of work all the while, and that is the way the blood is kept pure and clean. As long as these

blood cells are in good condition they are capable of destroying typhoid fever, pneumonia, or tubercular germs, even if they get into the blood. If it were not for these white cells we should all speedily die, *but tobacco paralyzes these cells so that they can not fight off the germs.* When a smoker gets pneumonia he is very likely to die.

The boy who smokes cigarettes soon begins to lose his memory. When we see things and



A HEALTHY NERVE CELL.

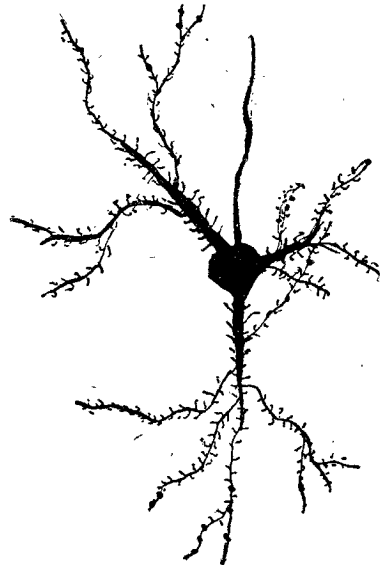
hear things, we store up images in the brain. In order to recall them it is necessary to have contact between the branches of the nerve cells. If the nerve cells are in good condition we can think clearly and have good, strong minds and retentive memories. If we only have a few that are in contact, then we can remember some things and can be about half ourselves.

Cut No. 1 is a picture of a healthy cell. You see it looks like a tree, with all its branches perfect. No. 2 is a cell which has been spoiled by tobacco or alcohol. Almost all the buds are gone and therefore it can make but few contacts.

I have here a little instrument that I had made in Paris some years ago, which measures how long it takes a man to think. The little hand revolves once every second. The dial is divided into one-hundredth parts of a second. When a man takes a little whiskey or a small amount of tobacco, I have found that it lessens the rapidity of his thinking. I now want some boy to come up on the platform who has been

smoking cigarettes and one who has not, and we will note the difference. [It took only one-sixteenth of a second for a nerve impulse to travel from the hand to brain and be sent back again into the left hand of a young man who had never used tobacco. The other young man, who had smoked fifteen or twenty cigarettes that day, required nearly three times as long.

There is nothing good in tobacco—cigars, cigaretteés, or pipes. It is a savage custom that was learned from the Indians and has killed thousands and tens of thousands of men and



A RUINED NERVE CELL.

women, and it is deteriorating the race so much that lunatics and idiots are increasing three times faster in proportion than the population; in fact, in the state of Louisiana they are actually increasing five times as fast as the population.

If every time you smoked a cigarette it should produce a wart on your nose or blotch on your face, you would soon stop smoking. That is only the outside of it. But it *does* spoil the *inside*, and then it spoils the outside afterward. I hope that none of you will ever smoke another cigarette as long as you live. I pray the Lord will help you to carry out your good resolutions and that you will do good missionary work in trying to persuade other boys who are smoking cigarettes to give them up.

LEADING STRINGS TO THE CIGAR- ETTE.

W. S. SADLER.

Undoubtedly heredity is the influence earliest at work to lead our boys into "tobacco

bondage." Men who supposed that smoking never injured them are brought to realize their delusion when they see their own children manifesting early symptoms of nervous breakdown and digestive difficulties. The father can not "sow the tobacco habit" without his son reaping the sure results.

Mere babies are often compelled to inhale the poisonous fumes of tobacco the greater part of each day. The pernicious influence of having to breathe tobacco-contaminated air can hardly be overestimated. Think of it—the father fondly caressing his child, meanwhile breathing upon it his own tobacco-tainted breath. It is not to be wondered at that children reared in a tobacco atmosphere should become addicted to the cigarette habit. Tobacco with its sight and smell on every hand, is doing its deadly work for the rising generation; not only are the boys falling before this destroying weed, but, in our great cities especially, thousands of young women also are victims to cigarette smoking.

The child's first introduction to tobacco is significant. Perhaps his first remembrance of his own dear father was of his coming home with a cigar in his mouth. Maybe his venerable grandfather was also a smoker; possibly his older brother smoked cigarettes. Perhaps even the doctor who attended him when he had the measles, was likewise a tobacco devotee. In like manner the boy observes that chewing and smoking are practiced by editors, lawyers, merchants and, sad to record, sometimes by professed ministers of the gospel.

What must be the influence on the child's mind of such examples? Childish curiosity and the spirit of adventure no doubt often lead many a boy into cigarette captivity. In the absence of *positive* teaching respecting the harmfulness of tobacco, your boy yields to the temptation and soils his lips with the deadly weed, urged on by companions who exhort him to "learn to smoke and be a man."

Diet reform is closely related to tobacco reform. The free use of flesh foods, pickles, pepper, mustard, spices, and various other articles, irritates the digestive organs, and gives rise to nervous derangements and digestive disturbances which are sure and certain "leading strings" to tobacco and alcohol. Anti-cigarette workers will do well to give more attention to this important subject.

Another leading string toward the tobacco habit is the use of tea, coffee, and other drugs. This influence is such that they lead the nervous system to call for greater and greater stimulation. Even the nursery use of sleep-producing drugs in the form of soothing syrups, may also exert an influence which will prepare the way for other narcotics.

In dealing with large numbers of boys it has been our observation that the cigarette habit is almost invariably associated with or becomes the forerunner of various other soul-and-body-destroying practices. The appearance of the cigarette is a positive danger signal in the career of any boy and should thoroughly alarm his parent or guardian.

LIFE BOAT WORK IN THE SOUTH.

[A few weeks ago Alberta Wiest started on an extended gospel trip through the South, defraying her expenses by the sale of LIFE BOATS. She has had blessed experiences and has during this time ordered about 8,000 LIFE BOATS. Mrs. Nellie Fuller joined her at Louisville, Ky. We quote the following from their recent letters.—Ed.]

"We are about to leave Louisville for Lexington. I am sorry to leave here, for I was never treated nicer; my heart swells with gratitude to the Lord for His goodness. I have had so many rich experiences here. A week ago to-night Mrs. Fuller and myself called on the chief matron at the city jail, and found her a lovely Christian woman, who is accomplishing much good. I could not help expressing my joy that such a woman was occupying a place where there are daily such opportunities. She was much interested in THE LIFE BOAT work and subscribed for the paper. At another time when I visited the jail I was allowed to have many personal talks with prisoners, and give them THE LIFE BOAT. We also called at the Hope Rescue Mission. The superintendent took quite an interest in our work, and personally conducted us through the city hospital.

"While visiting from house to house we met a young woman who told us the pitiful story of her life and ended by saying: "What else is there now?" I tried with God's help to show her that even for her there was still something better. She told me before I left that she would leave her wicked life. We called on a business man who gave us a donation to pay for over three hundred LIFE BOATS for prison and hospital work. We are going to Frankfort, Ky. The Kentucky State Penitentiary is there and we expect to put THE LIFE BOAT into that institution."

A CALL TO ARMS.

LUCY PAGE GASTON.

Superintendent The Anti-Cigarette League.

The pure life is the strong life. Lives of impurity are robbing the world of the service the world waits for and needs. Present conditions need no comment. The age of commercialism and self-indulgence is leaving its sorry impress upon many lives in all walks of life, which can be only fitly described as "hunger, thirst, fevers and appetites walking."

The fate of the nation is in the balance and there is no time to lose if proud America is to escape the doom of other nations whose God was mammon, and the end and aim of whose people was the pursuit of physical gratification and the passing pleasure of the hour, regardless of consequences.

The sooner we get back to first principles the better it will be for us. Then there will be something upon which to build. Children, with their parents, must seek the house of God instead of the playhouse. Bible ideals must be taught in the public schools, instead of "Mr. Bluebeard," and other radical changes be made, before truth and righteousness will prevail in either public or private life. Right thinking people who earnestly seek to have their own lives right, and who have high ideals are greatly needed everywhere as a positive force. God not only wants His people to be good but to be *good for something*.

Wide awake, up-to-date Christians of the right brand can do more than they are doing in many cases to mold the sentiment of an entire community, and a responsibility rests upon them which they can not evade. The almost universal use of tobacco is no small factor in bringing about present conditions. The prediction that America is to have a Spain-like future will be fulfilled if the rapid increase of this habit is to be continued among people of all ages and both sexes. A crying baby that can be quieted only by a bit of tobacco, a three-year-old setting his crib on fire with a lighted cigarette and a sixty-year-old grandmother who is a cigarette fiend, show the extremes in age of those who are under the same spell that binds the smoking schoolboy (so pitifully common), the dude, the weak and self-indulgent man, and his erring sister, whether found in brothel, station

cell, or private boudoir of some fashionable house.

The use of tobacco is not compatible with civilization but is a remnant of the savagery from which its use was learned. It is so common that to enjoy any comfort in life one must "learn to be smoked" if not to smoke. In my work in the Illinois legislature during several sessions for the anti-cigarette bill, it usually required at least two weeks in the big "smoke house" before I could be free from a distressing nausea and headache from the nicotine-laden smoke. Tobacco has made a conquest of the world, and rules its victims with an iron hand. Law makers of Illinois are law breakers, because the nicotine law is stronger than the law of the State. Some one asks, "What is more uncivil, impolite and indecent than to draw into one's mouth a quantity of smoke laden with poison from a burning weed and then puff it out again in public places where others must resort and to whom it is very offensive?"

Indifference to ultimate results marks the tobacco user. That it is a poison is well known, but the risk is taken. There is said to be no remedy for an over-dose of nicotine as there is for most other poisons. Doctors are afraid of it, and rarely prescribe it, yet poison-charged cigar stubs are carelessly thrown about by even Christian men, to be picked up by the boy who wants to look manly. "Pillaging the weed from father's pocket has been the first step toward ruin of legions of bright and promising sons," says an earnest writer.

President Lincoln, who was an abstainer from both liquor and tobacco, again and again, it is said, asked General Grant to give up his cigars. The great man who did so much to save the nation, himself condemned the habit publicly at one time, and promised the president that he would give it up as soon as the war was over, but this he failed to do. He took the risk and later paid the fearful penalty.

THE CIGARETTE CURSE.

Serious as are the results of the use of tobacco of any kind and in any manner the abomination of the cigarette is infinitely worse and the wreckage of human life from its use can hardly be estimated.

American enterprise has discovered that a very cheap cigarette can be made and sold at an enormous profit, and today both our own nation and the ends of the earth are being flooded with a product fitly described as "coffin nails," which has been said to be a quick way of making lunatics. The secret process of their manufacture is carefully guarded by the tobacco trust. Cigarettes made by this process rapidly displace all other makes, and the deadly fangs of appetite for their particular brands hold their victims secure. Deep laid schemes of this cruelest and most heartless of all trusts are being resorted to, to keep down the rising tide of indignation and dread that is being created because of what can already be seen of the havoc being wrought.

"Only about one generation of men has seen or felt the death-dealing and imbecile-making properties of the cigarette, but what about the third and fourth generations?"

A wail of woe follows the trail of the deadly cigarette around the world. The multi-millionaires who are draining the life blood of the nations into their own pockets, should be warned of the judgment to come, and THE LIFE BOAT can do no better work than to help bring this home to the professedly Christian men whose millions are back of this most iniquitous traffic.

The Talmud cautions men to be careful lest they cause women to weep, for "God counts their tears." God only knows the heartbreakings in the homes that the cigarette is helping to make desolate.

Students of the boy problem everywhere concede that cigarette smoking, more than any other one thing, is responsible for this epidemic of "moral insanity" which is spreading among the boys of the whole nation. All juvenile courts and truant officers see little hope of widespread reform until these cesspools which are poisoning the moral atmosphere can be drained.

THE OPINION OF A NOTED EDUCATOR.

Frank W. Gunsaulus, President of Armour Institute, Chicago, said: "I do not believe there is an agency more destructive of soul, mind and body or more subversive of good morals than the cigarette. The fight against the cigarette is a fight for civilization. This is my judgment as an educator."

WE NEED FIFTEEN THOUSAND DOLLARS.

Eight years ago Mr. C. B. Kimbell, one of Chicago's leading business men, came to our Branch Sanitarium in Chicago. He had traveled extensively in search of health, but without avail, and had well-nigh given up all hope, when he came to this institution as a last resort. He soon derived considerable improvement, and is today enjoying a fair degree of health. He became a staunch and firm friend of the principles of right living, and in various ways has shown the deepest interest in our Chicago medical missionary work.

Two years ago he gave us ten thousand dollars' worth of land for the Medical Missionary College. Last spring he placed one of his cottages at Hinsdale at our disposal for a Suburban Home.

Seeing the disadvantages under which we were laboring while trying to carry on a sanitarium work in the heart of this crowded city, he purchased for us ten acres of the most desirable property in Hinsdale, a suburb of Chicago. This land is beautifully wooded, contains two cottages all ready for use, and is within four minutes' walk from the village depot.

We want to move our sanitarium work to this place in the spring, but in order to do so we will need fifteen thousand dollars to build a simple but commodious addition to one of the cottages, and to install the necessary medical equipments for such a work.

Our Chicago workers feel satisfied that the Lord has been directing in this effort to move our sanitarium work out into this lovely country place; and now we are asking the Lord to put it into the heart of someone either to make a liberal gift to this work, or to make an investment on favorable terms. Ample security can be given for all money entrusted to our hands.

Chicago is a city of two million inhabitants. There are thousands of invalids within its borders who could speedily be restored to health if they could but have the opportunities that such an institution would afford.

Some of the best citizens of Chicago have been among our patrons, and almost constantly we are compelled to refuse admission to patients for lack of room. This is only an indication of what could be done under such

favorable circumstances as we would have in Hinsdale. Who will come to our rescue, and help us to establish this work? Address correspondence relative to this to David Paulson, M. D., Superintendent Chicago Branch Sanitarium, 28 Thirty-third Place, Chicago.

THE POOR CHILDREN'S CHRISTMAS.

EFFIE G. NORTHRUP.

With the aid of scores of friends, old and young, our teachers at the Life Boat Mission Sunday School were able to make many a little waif happy on Christmas eve. The evening before, a number of workers had gathered in THE LIFE BOAT office and made and filled with popcorn, nuts and candies about one hundred and sixty little stockings. Loving friends had made it possible for us to provide for as many children as the Mission would hold. From Dr. Kellogg, in Battle Creek, had come a big box of health candy and nuts; other friends had given us a large bag of popcorn, a large wholesale firm gave us a bucketful of good things, other friends furnished the tree, and from far and near had come articles of clothing, hats, mittens, shoes—everything, almost, that the little folks needed to make them happy. With the money which had been sent in, a committee of teachers had bought nearly a hundred presents of different kinds. The presents included twelve copies each of "The Story of Joseph" and the "Gospel Primer" and other books of Bible stories.

Hours and hours before the time set for opening the doors eager little faces were pressed against the big windows and dirty little hands rattled the latch on the big front door. Inside, many teachers and friends were busy in their labor of love, decorating the tree and the room, planning to make each child as happy as possible and hoping to impress the mind and heart of each little guest with the great and tender love of a loving Father who gives every good and perfect gift. An earnest season of prayer preceded the work and when it was all over we prayed that God might use the service to bring many little ones into His kingdom.

When the time came for opening the doors dozens of children were waiting outside. The little babies and the smallest children were admitted first, then the girls, then the small boys and last the larger boys, and a very happy,

lively and varied crowd it was. One hundred and forty-four children by actual count were there to enjoy the brilliantly lighted tree and see all the good things which their friends had sent them.

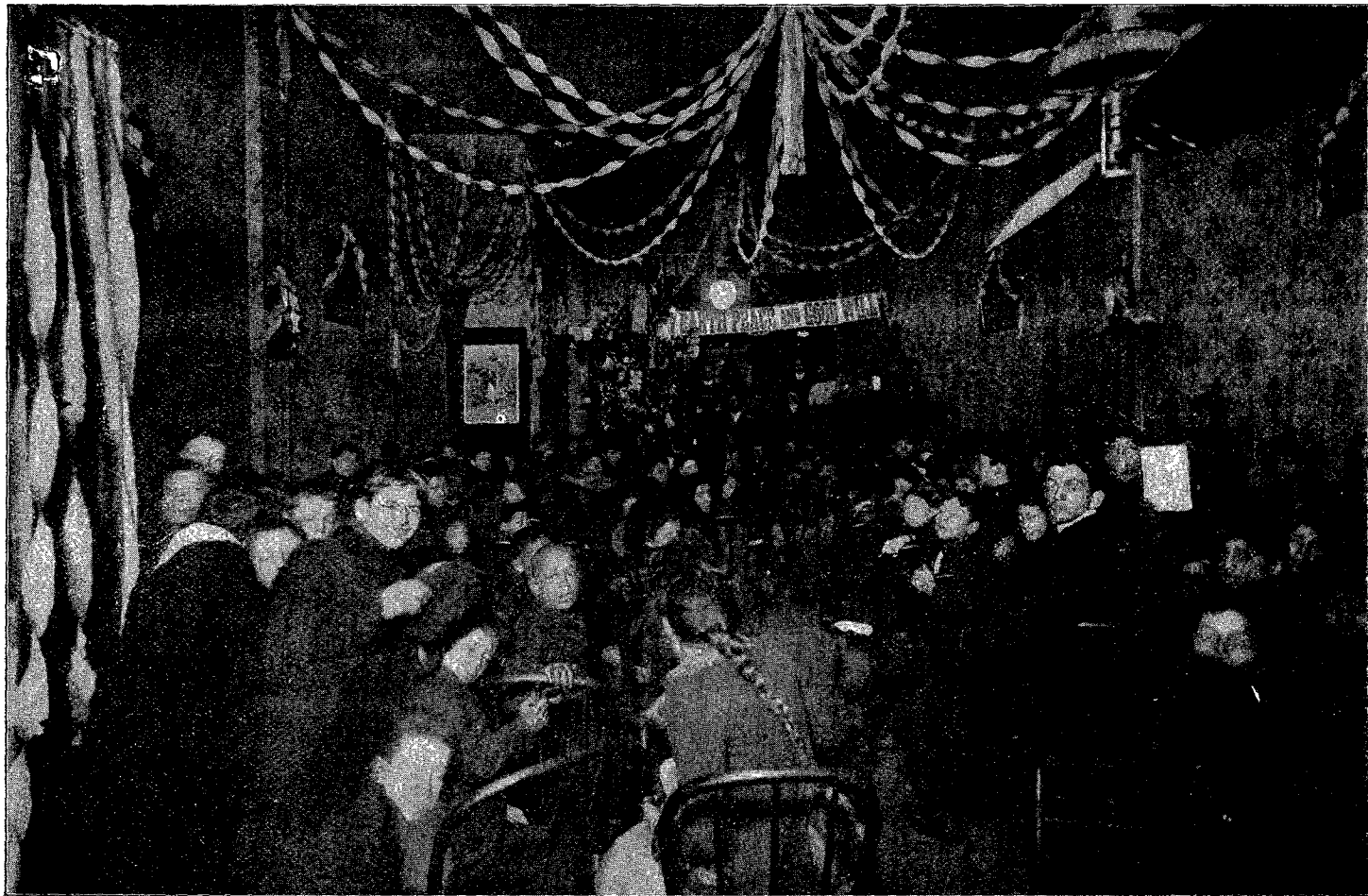
"We're a band of happy children," "Bring Them In," "Sowing in the Morning," "Trusting Jesus" and other beautiful songs were sung with a will, little girls spoke and sang of the love of Jesus, and then the whole school with bowed heads repeated the Lord's prayer. Other songs were sung, and as the candles on the tree began to grow dim the teachers came up to the front to get the presents for their children. A buzz of happy excitement quickly filled the room. Each child, it seemed, had something to say about their choice of a present, or to ask for one for a sick brother or sister or one who had to work. To those unaccustomed to, dealing with such children it would not have seemed an orderly company, but they were happy and so were their teachers. It was a sight long to be remembered, to see the teachers come down from the platform and distribute the books, mittens, stockings, work boxes, caps, rubbers, dolls and many other things dear to childish hearts.

A little after five o'clock a happy crowd of children flocked out of the doors of the Life Boat Mission, and as each child went out a little stocking was given him, and each was asked to come every Sunday afternoon. Though worn out with the hard day's work and the strain under which the exercises had been conducted, our hearts were filled with thankfulness that the Master was willing to use such weak and humble workers as we are in the great work of feeding His lambs.

DO YOU WISH TO ORGANIZE AN ANTI-CIGARETTE LEAGUE IN YOUR COMMUNITY?

Much good may be done by gathering together the boys of your community and organizing them into an anti-cigarette league. They can take up the study of the mental, moral and physical effects of tobacco, also plans for disseminating reformatory truths in their neighborhood.

We will be glad to send the necessary instructions to those who wish to undertake this line of missionary work. Please inclose a stamp for reply.



CHRISTMAS TREE AT THE LIFE BOAT MISSION.

THE GOSPEL CURE FOR THE TOBACCO HABIT.

ALONZO T. JONES.

There is an effectual cure for the tobacco habit. This cure is the gospel of Christ. The gospel of Christ is salvation. It can never be effectually applied in any cause, nor for any purpose, other than that of salvation. The gospel of Christ unto salvation from the tobacco habit, is the true and effectual cure of that habit.

The gospel of Christ is salvation only from sin. It can never be effectually applied in any cause nor for any purpose, other than that of salvation from sin. Therefore, in prescribing or applying the gospel of Christ unto salvation from the tobacco habit, the first of all things is to recognize and to confess that the tobacco habit is sin. When it is recognized and confessed that the tobacco habit is sin, then salvation from the tobacco habit is just as full and free and as certain as is salvation from any other sin.

But just there lies the difficulty: it is not generally recognized that the tobacco habit is sin. It is not generally taught, even from the pulpit, that the tobacco habit is sin. Therefore those who are enslaved by it undertake of themselves to break the bondage, and to cure themselves of it; instead of confessing it to be sin and being saved from it, and so being effectually cured of it.

Does some one ask, "How do you know that it is sin? Which of the commandments does it break?" Answer: The scripture says that though upon the principle of man's moral freedom all things may be lawful for me, yet Christian liberty declares, "I will not be brought under the power of any." 1 Cor. 6:12. The direct and only effect of tobacco-using is to bring the user under its power, and to hold him there in sheer slavery. It rules over him. It rules over him even against his will. This is the tobacco habit and when that thing so takes possession of a man and so rules over him, it usurps the place of God. The man has surrendered to this thing the place, the power, and the allegiance that belongs to God alone. Accordingly the scripture declares: "Many walk of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: whose end is destruction, whose God is their belly,

and whose glory is in their shame, who mind earthly things." Phil. 3:18, 19. Thus their habit becomes their god, and so is the breaking of the commandment which says, "Thou shalt have no other gods before me." Thus it is idolatry, and so is distinctly sin.

Such is the tobacco habit, and the only effectual cure for it is the divine cure for all sin—the gospel of Christ. Oh that every one who has the terrible habit would take the blessed cure!

EIGHT DAYS ON THE ROAD.

Mission Testimony.

Yesterday I went out and worked all day selling books. Many of my old companions in sin laughed at me. I went past a saloon where I had spent many a dollar and the bartender was standing in the doorway. He asked me where I was going and what I was doing. I told him that I was trying to earn an honest living and do what was right. His only answer was, "Aw, come in and have a drink." I said, "No, sir; I have had enough." He told me that I was crazy and I told him that "for fifty-one years I have been crazy enough to give all of my money to people like you."

I am determined to earn an honest living and although I am not a young man, today I carried a half a ton of coal up four flights of stairs, and the little money I earned is worth a whole lot more to me than the five or ten or fifteen dollars I used to earn in a day.

Eight days ago I came into this mission. I don't know how I got in or how I got on my knees, but I am glad tonight that it happened. My old friends are making all kinds of fun of me, but with the Lord's help I want to hold on and do what is right. They laughed at me long enough because I was a drunkard, but I am glad that God Almighty let me live long enough to have this chance. Pray for me.

TOBACCO IN SOUL-SAVING WORK.

E. B. VAN DORN,

Superintendent Life Boat Mission.

Few regard the use of tobacco as a sin or in any way harmful, yet this habit is one of the worst the Christian worker has to meet. It is often argued, "I have used it all my life and it never did me any harm; my father has used it all his life and has lived to a good old age, and many who profess to be Christians use it." These and similar excuses are held as precious morsels by those who use tobacco, yet our experience has taught us that very few men who profess conversion and who had been addicted to the use of liquor and tobacco make a success of the Christian life unless they abandon both.

I have before me the names of sixteen men who were slaves to both liquor and tobacco,

eight of whom gave up both habits at once and are free men today and doing commendable service for the Lord, in their homes and in the community, by both precept and practice. I will mention a few instances.

The first is that of Uncle Joe, now about seventy years old. From his earliest recollection he was taught to use tobacco by his father and continued its use almost every waking moment until he was sixty years of age. His body was a walking tobacco box when he came to the mission ten years ago and on bended knees asked God for mercy and pardon, and from that night he has not even had a hankering for it, God so completely changed his life, thus proving that when a man is in Christ old things have passed away, and behold, all things have become new. (2 Cor. 5:17.)

Brother Coombs came to us on May 21, 1902, in a drunken condition and saturated with tobacco. He gave his heart to the Lord, and, although nothing was said about either habit, the Lord convicted him of those things as sin, and when he left the meeting he separated himself from them, threw his tobacco into the street, has never gone back to the use of either, and is now one of our faithful and efficient nurses.

Dick Lane, whose name is familiar to many of our readers, used the weed for forty years. He would even chew and smoke at the same time. But eight years ago, on the 16th of January, 1896, he separated himself from it, and often says he would not let any one who uses it put their clothes in his wardrobe, for he can not endure the horrible stench that accompanies the clothes of those who use it. His daily prayer is that he may always be clean in body, mind and soul. Space will not permit me to speak of each individual in detail.

The other side of the question demonstrates the uselessness of trying to serve God and the flesh. The others have all gone back to the depths of sin and degradation, and in every instance I believe the day of God will show that clinging to the use of tobacco was the real cause of their return to their old lives. *Every man who tries to get away from liquor but still continues to use tobacco is almost sure to make a failure of it sooner or later.* I could cite the cases of many human wrecks who tried it and failed. They may appear to succeed for a season, but sooner or later it is the same sad story.

ARE YOU A TOBACCO-USING CLERGY-MAN?

If you are, you will probably never know until you stand at the judgment bar of God to what an extent this habit has crippled your influence for good. How much force can your words have on the hearts and minds of sin-en-slaved souls when they know that the gospel has not yet delivered you from this soul and

body destroying habit? Read Mr. Moyer's earnest words in another column of this paper and note how the example of a tobacco-using clergyman impresses one of Chicago's leading business men.

When you have been saved from this habit yourself, you will be able to speak burning words that will impress the heart of the poor cigarette fiend who may some time drop into a seat in the rear of your church.

HOW TO GET RID OF THE TOBACCO HABIT.

Mission Testimony.

"This is my birthday. Twelve years ago to-night I was converted. That night I asked the Lord to take tobacco, whiskey and all of those things out of my life, and from that day to this I have had no desire for them. My friends tell men that it is 'will power,' but I know well enough that it is not, for I tried often enough to quit by myself and failed every time. But that night I furnished the *will* to quit it and God gave me the *power* (2 Cor. 8:12). That is the only way the will power came in. Pray for me that I may hold out faithful."

"THE TRUTH SHALL MAKE YOU FREE."

This includes deliverance from the tobacco habit. He whom the Son makes free is free indeed. (John 8:36.) If this has not yet been true in your case, it can be as soon as you accept this word, for God has promised that "it shall accomplish that which I please, and it shall prosper in the thing whereto I send it." Isa. 55:11.

That word which had power to restore life to the dead, sight to the blind, and movement to the paralytic, has the same power today to set you free from the tobacco habit. If you doubt it in the least, read the experiences related in this number of THE LIFE BOAT, coming from the solid business man at his desk down to the poor, unfortunate mortal back of the prison bar. God is no respecter of persons. He is as ready to deliver you as He was to deliver every other poor victim that has been saved from the habit.

Will you do your best to put this number of The Life Boat into the hands of every clergyman and Christian worker in your community? They will appreciate it and the Lord will reward you for your effort.

ANOTHER PRISONERS' NUMBER OF THE LIFE BOAT.

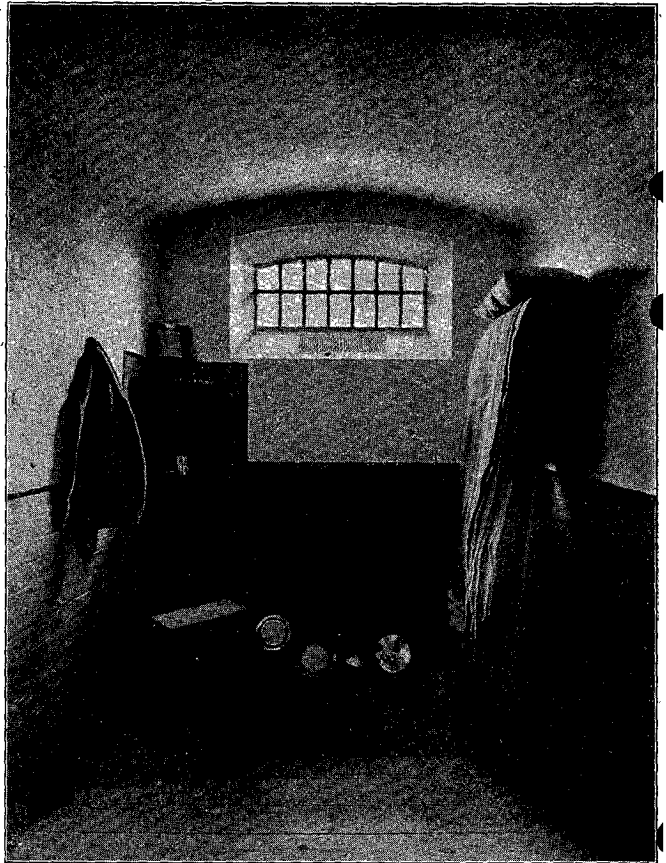
In April we shall issue another special Prisoners' Number. The prisoner is a man who has discovered that the way of the transgressor is hard, consequently in many cases he is more ready for the gospel than many sinners who have not yet tasted the wages of sin so bitterly. Prison officials, without exception, appreciate this effort on behalf of the prisoners and are doing all they can to cooperate with us.

We want to place a copy of this number in every prison cell in America. Will you send us the money that you used to spend for tobacco? Will you who are already using it give it up and dedicate the money for this purpose? The same gospel that can convert the prisoner can deliver you from the slavery of this wretched habit. Let the children save the money they have been spending for candy and various knick-knacks so as to enable a poor, disheartened, sin-laden prisoner to get a glimpse of a hopeful, cheering gospel. "Inasmuch as ye have done it unto one of the least of these ye have done it unto Me."

HAD GIVEN UP EVERYTHING BUT TOBACCO.

A prisoner in the New York State Prison writes: "I wrote you some months ago requesting you to send me THE LIFE BOAT, as one of the Lord's poor, and I read it over and over and found it very interesting and helpful, especially one piece which I will mention. If you think it will help some one else, you are at liberty to publish it.

"The article was on tobacco using and salvation. I had been trying to live a Christian life for two years and had given up everything except tobacco. I knew it was a sin, but it



THE INTERIOR OF AN ENGLISH PRISON CELL WITH FURNISHINGS.
THE COT IS STANDING ON END.

seemed to me I must have it, shut up in here; but when I read that article it set me thinking, and I quit using it and very seldom think of it now. When I do, I think of the article and say, 'Jesus, help me,' and the desire leaves me. That is what one little article in THE LIFE BOAT does for me.

"I passed THE LIFE BOAT around as far as it was possible for me to do and they all enjoyed reading it and asked when I would get another."

A POET'S OPINION OF THE TOBACCO HABIT.

I feel a great interest in any effort to check the pernicious habit of tobacco using. It is not only a nuisance, but a moral and physical evil, and a shame to our boasted refinement and civilization.—*John G. Whittier.*

SAVED FROM THE TOBACCO HABIT IN A PRISON CELL.

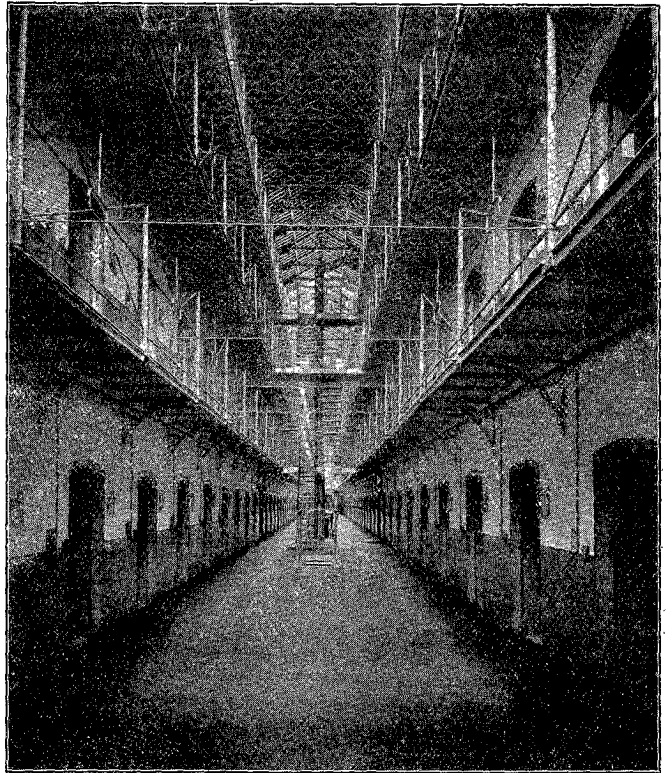
"I have suffered from using tobacco, and how thankful I am to the Lord for sending me THE LIFE BOAT, for I found in it what I could not buy with money. It led me to give up tobacco. Since I quit using it I am getting along fine and I can stand noise now. 'Can a man take fire in his bosom and his clothes not be burned?' Prov. 6:27. That is just the way with using tobacco: the nicotine it contains will destroy a man's brains. The users may say it does not hurt them any, but is not the blood that is the life of the body also the life of the mind? May I not say that tobacco is an instrument of the devil? After nicotine begins to go to the brains, the users begin to study on idle thoughts and begin doing little things that they think are no harm, and then the devil has them on the road to destruction, and not only that, but their example will entice others. Let not the young man be snared with such foolishness. Tobacco will steal your brains.

"I do not rejoice because I am in prison, nor for the crime I committed, but I do rejoice in a loving Saviour, for 'in due time Christ died for the ungodly.' Rom. 5:6. When I was helpless He helped me. Oh, what sunshine and peace I have! He is always with me; what I could not do for myself He has done for me. Those demons that would haunt me in my sleep He delivers me from. Of course I have temptations, but I know one thing: 'All things work together for good to them that love God.' Rom. 8:28. 'Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest.' Josh. 1:9.

"THE LIFE BOAT is doing much good among the prisoners. I get a half dozen requests for THE LIFE BOAT every month.

Of 278 boys between the ages of ten and fifteen in the Illinois State Reformatory, when the investigation was made in 1899, 92 per cent were found to be in the habit of smoking cigarettes at the time they were committed for the crimes for which they were sent to the reformatory. Even more astonishing is the fact that 85 per cent had become so addicted to their use as to be classed at the time as "cigarette fiends." Eighty or 85 per cent of the boys who come to our Illinois reformatory come from good families—families in which the parents, brothers and sisters are all doing well and living above suspicion. Other reformatory managers who have made investigations find what is true of Illinois to be true elsewhere.—*Hon. George Torrence, Ex-Supt. State Reformatory, Pontiac, Ill.*

Will you help us to place a copy of the April Life Boat in every state prison cell in America? Send donations to The Life Boat, 28 Thirty-third place, Chicago.



A CORRIDOR IN AN ENGLISH PRISON.

WHAT SHALL THE HARVEST BE?

Smoking the weed by the daylight fair,
 Smoking the weed by the noonday glare;
 Smoking the weed by the fading light,
 Smoking the weed in the solemn night;
 Oh, what shall the harvest be?
 C., what shall the harvest be?

CHORUS.

Sowing the seed of a poisoned brain,
 Sowing and reaping both palsy and pain,
 Forging the chains of your slavery,
 Sure, ah, sure will the harvest be.

Smoking in faces of ladies fair,
 Poisoning all the ambient air,
 In coaches and cars, where the children ride
 The room of the sick, the home of the bride.
 Oh, what shall the harvest be?
 Oh, what shall the harvest be?

CHORUS.

Chewing the weed by the morning light,
 Chewing all day and far into the night,
 Defiling all places—the high and the low,
 The stairway, the carpet, the beautiful snow;
 Oh, what shall the harvest be?
 Oh, what shall the harvest be?

CHORUS.

Smoking and chewing by day and by night,
 Regardless of reason and heedless of right,
 Filling the hearts of your friends with pain,
 Resolving to quit, then yielding again;
 Oh, what shall the harvest be?
 Oh, what shall the harvest be?

CHORUS.

—Selected.

THE HOME CURE OF THE TOBACCO HABIT.

J. H. KELLOGG, M. D.

First of all, quit it. Don't have any "ifs" or "ands," or dilly-dallying about it. Simply stop. Stop forever. Don't taper off. There is no end to that, except tapering on again. Don't keep anything around to remind yourself of it. Don't take to chewing cold cigars. Get rid of the whole business.

Bear in mind continually that tobacco is a poison, a deadly poison. It will kill snakes. It will kill men. It is a nuisance. It is a tyrant. It is foolish to use it. It is wicked to use it. Say, "By God's help I have quit it forever. I will never touch it again." It is necessary to maintain an uncompromising attitude of antagonism toward tobacco and everything that pertains to it.

The sooner the nicotine can be fully eliminated from the system, the sooner will the morbid craving for the drug disappear; hence the value of the sweating bath. A person may take a sweat in a number of ways. A very good plan to take a sweat at home is to drink a quantity of hot water, hot lemonade, or some other wholesome and harmless hot drink, say three to six glasses; then go to bed and cover up warmly, and place hot bags or bricks to the feet. After going to bed, the hot water

drinking should be continued. Go to bed after taking the first glass or two of hot water; then keep on drinking until six or eight glasses have been swallowed, waiting a few minutes after each glass before taking another. After fifteen or twenty minutes, perspiration will begin.

Sweat for an hour. Then get out of the pack and rub the body vigorously all over several times with a towel wrung out of cold water, rewetting the towel four or five times. Then dress and take a two-mile walk, or saw or split wood for half an hour, or do something else vigorous enough to produce a sense of weariness. Then prepare for bed.

Before getting into bed, wring a towel out of cold water, wind it around the trunk of the body and cover this with a flannel bandage a little wider than the towel, winding it three or four times around the body, so as to warm up quickly and keep warm. This will keep the liver and kidneys active during sleep.

Next drink a glass or two of cold water or lemonade, not too sweet, and go to bed in a well-ventilated room. Open the windows wide, so that the air can sweep freely through the room. In very cold weather the window need not be so widely opened as in summer. The air of the sleeping room should be cool and freely changed.

In the morning take another cold towel bath immediately on getting out of bed. Rub the body very vigorously with a towel wrung out in cold water, rewetting the towel several times. Dry and rub the body with a coarse towel until warm and red. Put a dry flannel bandage around the body and go to work. Some occupation which will fully engross the mind and require vigorous muscular exercise is especially desirable. Nobody can smoke while working hard. Sprinters do not smoke. It spoils their wind.

At night take another sweat, then the cold towel rub, and apply the moist bandage as before; continue this for a week until the nicotine is well eliminated from the system.

Great importance attaches to the dietary. Meat must be wholly discarded, also tea and coffee, mustard, pepper, and other irritating condiments. All of these create an appetite for tobacco. Fruits and fruit juices should be used very freely. Take great pains to chew each morsel very thoroughly, at least four or

THE LIFE BOAT.

five times as long as usual. This will promote good digestion and help to rebuild the shattered nerves.

When the heart has been very much weakened by tobacco using, this difficulty may be relieved by a very simple method. The patient should lie down at least twice a day for fifteen or twenty minutes, and place over the heart a rubber bag filled with ice. An ice-bag can be obtained at any drug store for twenty-five cents. It is wonderful what beneficial effects may be obtained in cases of weak heart by this simple measure.

After the first week the nightly sweating bath may be suspended, but the cold morning bath should be continued indefinitely, as a means of strengthening the nerves and improving the general vital tone. If the habits have been sedentary, at least an hour should be spent every day in out-of-door exercise. This is indispensable for the maintenance of good health.

FAREWELL MEETING FOR OUR ST. LOUIS WORKERS.

In the Sanitarium dining-room on the evening of January 10, 1904, a most interesting and important gathering took place. It was a farewell service to two of our workers on the eve of their departure to commence work in St. Louis in connection with the Exposition shortly to begin there.

The two workers were Miss Mary Smith, who has had considerable experience in rescue work among women; and Mrs. N. E. Holaday, who is a worker of maturity and experience. These workers have heard the call of God for devoted, consecrated work in St. Louis the coming summer, and they hope with divine assistance, to save some souls from being ensnared in the traps laid by the wily foe of human beings.

Miss Smith spoke of her great desire to be used of God, to in some measure counteract the efforts that would be made and were already being made, to ruin the lives of many young women who would be enticed to the St. Louis world's fair on promise of employment. During her work in Chicago she had often learned from the lips of poor heart-broken girls how many of them were induced to come to Chicago during the World's Fair, but instead of being given the employment

that had been promised, they were taken advantage of at every turn in the most heart-rending manner.

"I have already seen advertisements in the papers, offering work to young women, if they would attend the exposition; and from my experience I knew that many of these advertisements are allurements put out to draw in unsuspecting women. I have felt a burden that I could not shake off to go to St. Louis and try to do something for those who shall find themselves there in trouble, and without a friend to take an interest in them or to warn them of their danger. It is not so much our object to get these poor girls after they have been led astray as it is to save them in time. Our uniformed workers will be on the streets and in the depots, and we will have *THE LIFE BOAT* with us, which will give us an excellent excuse for speaking to those we think are in need of a friend.

"A friend and I were in a great St. Louis depot some time ago, and a policeman said to us that some persons like us ought to be there all the time. He suggested that if we were there with our paper, we could help many where it would not be proper for the officers to interfere. We hope to carry on this work in such a manner that it will have the confidence of the readers of *THE LIFE BOAT*, and of all our interested friends everywhere. We go in the strength of the Lord, and shall depend on Him for guidance."

Mr. E. C. Widgery, who is chairman of the committee for St. Louis work, said that the work to be done in St. Louis was not to be a haphazard movement, but that they would seek to have it done "decently and in order." Only those who were duly recognized by the committee would be entitled to any assistance from the donations that would come in.

Mrs. N. E. Holaday told how a year ago the Lord had begun to impress her in reference to the St. Louis work and how circumstances had now shaped themselves so that she found it possible to carry out her great desire to take up this work with Mary Smith.

A collection was taken and the donations of our workers were nearly \$40.00. The meeting closed with a prayer that this gift might be as the five loaves and fishes, which the Lord will move on His children everywhere to multiply.

THE LIFE BOAT.

AN ENCOURAGING EXPERIENCE.

E. B. VAN DORN.

Superintendent of Life Boat Mission.

Mrs. Van Dorn and myself will remember for a long time a recent experience we had at the Life Boat Mission. The work was trying and hard, as it was the holiday week, when Chicago seems to entirely forget spiritual things; but we have always found that in the hour of apparent darkness God lifts the clouds, letting in enough rays of light to cheer the heart of the worker.

Before the evening meeting the workers gathered for prayer and consecration, giving themselves anew to God, and asking help to do successfully the evening's work. While a song service was being held I went out on the street to invite in the wayfarers. During the service I spoke briefly and pointedly about the new birth, and then, as usual, we gave the audience an opportunity to tell what the gospel had done for them. After two or three had spoken a young woman arose and told us that a year and three weeks ago she had come into the mission and given her heart to God. She thanked God from the depths of her heart for such a place, situated as it is to catch poor, disheartened people. Her testimony was clear and decisive. She thanked God for what the gospel had done for her own soul, also for the salvation of her father and brother. Then her father arose and broke down and wept like a child. He asked us to bear with him as he began to tell us between his sobs of his experience. He said that years ago he was a church member and an active worker, but had become discouraged and disheartened by some things done by professed Christians. He told how his children had backslidden and gone to the world, and he had gone on from day to day in open violation of the rays of light he knew he ought to obey. For twelve long years he suffered in this way. A year ago his daughter sent him a copy of *THE LIFE BOAT*, and while reading it he became convinced that there was yet in the world the same spirit that actuated Christ to come from heaven to seek and to save that which was lost. He then said: "I have come four hundred miles to see this place and again give my heart to God. When I got that paper and read it, I gave it to my boy, who was spending his time and money at

the gambling table every day. He read it and from that day to this he has never played another card. I thank God that none of us ever used liquor or tobacco. He saved us from that."

He sat down and buried his face in his hands and wept bitterly. I felt that this was a call to prayer and we knelt together and implored God's help that light might pierce the dark chambers of this man's soul and give him light and liberty through the power of the gospel. At the close of the service he raised his hand again for prayer and finally got down on his knees and asked God to pardon him for his transgressions and help him to go out and work for Him.

With them was a girl, possibly fifteen years of age, and while some one was offering prayer I went to her and asked her regarding her soul's salvation. She was unacquainted with the power of God and had not endeavored to live a Christian life. Matt. 11:28 was presented to her and she surrendered, knelt down and prayed this prayer: "God be merciful to me, a sinner, and help me, for Jesus' sake."

At the close of the meeting the daughter told Mrs. Van Dorn how the first gospel seeds came to be sown in her heart. The day before her conversion she and her family were in destitute circumstances, as her husband was out of work. She took an alarm clock and walked down State street looking for a pawn shop. She stopped at the Life Boat Mission to inquire for the number. Some one told her where the place was and gave her a copy of *THE LIFE BOAT*. She started out and had gone less than a block when two men approached her, whom she did not know and has never met since, who said to her: "Have you something that you are going to pawn?" She told them her circumstances and they offered to give her 50 cents if she would go home without pawning her clock. The next night she came to the mission and gave her heart to God. From that day she has been an earnest worker for her family, especially her father, who had not written to her for over three years. She sent him *THE LIFE BOAT* that she had received and he in turn gave it to her brother, and as a result both were converted.

I invited them to spend the next day with me at my home, so that I could go a little farther into the details of the gospel with them

and make them acquainted with the different phases of the work we are carrying on. We studied healthful living and the deeper truths of the gospel, both physical, mental, and moral, and the Lord wonderfully blessed. As they went away the old gentleman, who is nearly sixty years of age, took me by the hand and thanked me for the clear, frank and concise way in which I had pointed out to him the truths of the Word of God. And he said that from henceforth he would endeavor to live up everything that had been pointed out to him.

The next evening the whole family came to the mission. The young woman's husband, an ungodly man, came also, and after hearing the gospel message and the testimonies, he stood up and confessed that he had not been to a religious service for years; that he had been careless and indifferent, had little respect for religion in any way whatever, but that somehow he was impressed that we had something that he wanted. We opened the Word of God and pointed out to him some passages of scripture. He knelt down and pleaded with God to forgive his sins and give him power to do what is right. He and the rest of the family were at the mission a few nights later and he gave a ringing testimony. He said that something new had come into his life that he had never experienced before. He went on: "I don't understand it; I drifted on all these years, careless and indifferent, with little or no conviction of right or wrong; but since I came here and gave my heart to God I have had no desire to do the wicked things that I did before, and I feel and know that I am a different man."

I am sure that all who read this account will lift their hearts to God for this family who have been so wonderfully led to the truths of the gospel. The father told me, as he left me, that it would possibly be the last time we would meet, and asked us to remember him daily at the throne of grace, that as he should go back to his old home where he had lived an ungodly life, he might have power to go and tell the people what God had done for him, and that God would use him as an instrument to take the same salvation to his friends and neighbors.

Day by day we are led to recognize more and more the truth of the words of scripture, "Cast thy bread upon the waters, for thou shalt find

it after many days." Eccl. 11:1. "In the morning sow thy seed and in the evening withhold not thy hand." Eccl. 11:6.

Wanted—One hundred men and women who will donate \$1.00 each month for the rent of the Life Boat Mission. Will you be one of them?

THE RESPONSIBILITY OF LAW MAKERS.

DAVID PAULSON, M. D.

The medical profession are united in their denunciation of cigarette smoking. This is, first, because they understand how very susceptible the child's nervous system is to morphine, nicotine and similar drugs, and, second, because in the cigarette the tobacco is packed so loosely that nearly all the nicotine is taken into the lungs, as it has no chance to condense, which is not the case when used in the closely packed cigar or when it has to pass through the stem of a pipe.

We are just beginning to awaken to the results of this overwhelming curse, as it is comparatively a new evil among us. Cigarette smoking was introduced into this country after the Philadelphia Centennial, and in the rising generation we are reaping the harvest in a most alarming manner. The state reformatories are being filled with morally deformed cigarette fiends, another crop is ripening for the insane asylums, and Prof. J. W. Seaver, physical director at Yale, finds after a series of most extensive measurements that the tobacco-using boy is below the standard in physical development. Educators are beginning to find that cigarette smokers never attain to high scholarship, and it must be evident that they are dwarfed to an equal extent morally.

None of you would like to have your own boys smoke cigarettes. The evil is so pernicious and destructive to the race that you are just as much in duty bound to pass laws controlling the sale of cigarettes as to pass laws in reference to a contaminated water supply or any other frightful evil that preys upon the public health; for those who once become the victims of this awful habit rarely become delivered from its bewitching influence.—*Extracts from a talk given in the City Hall before the License Committee of the Common Council of Chicago, December 18, 1903.*

A WORD FROM DR. BARNARDO.

In the October number of *THE LIFE BOAT* we presented something of how Dr. Barnardo had been used of God to care for over fifty thousand of England's poorest and neediest orphan children. The influence of this work has extended all over the world. We quote the following extracts from a recent letter:

"It was a great pleasure to me some weeks ago to receive from you the issues of your interesting *LIFE BOAT*. I rejoice to think that such an excellent, wholesome and Christian periodical is being circulated so widely, and carrying its message for this life and for that which is to come, to such a numerous clientele. May God more and more abundantly bless your seed-sowing. . . . This Christmas-tide I have over seven thousand boys and girls under my charge, and we are admitting eleven others every day from destitution, evil surroundings, or ill-usage."

A PAIR OF RED MITTENS.

EFFIE NORTHROP.

The story of the Christmas tree would not be complete without the story of a little fellow who received a little pair of red mittens. We believe he was the happiest boy in the room. A few days before Christmas we received a letter from a dear old lady who said she had no money to send for the purpose of making the poor children happy, but she did have some yarn, and so she knitted three pairs of little red mittens. We wish that it might have been possible for her and all of our readers to see the joy this little fellow manifested over his present. He fairly jumped up and down for joy, and when he marched out to go home he held his hands carefully in front of him so that he might not soil or tear his mittens. The same God who accepted the widow's mite surely accepted this kind friend's gift, and shall we doubt that the seed thus sown shall bear fruit for the heavenly garner?

THE WHOLE EVIL.

H. F. PHELPS.

Editor of "*Save the Boys*."

The tobacco question is important enough to demand earnest thought and to arouse vigorous action on the part of every lover of souls, for tobacco is one of the greatest factors in the ruin of the world; and this is true not only of the cigarette, but of tobacco using in any form. The devil cares not a straw for our

protestations against one particular form, while we seemingly compromise with the evil in some other form. This pen therefore will protest against the whole thing, as an evil, and nothing else. Tobacco is a poisonous herb (margin of Deut. 29:18), a thing to be proscribed now and forevermore: "Touch not, taste not, handle not." The very nature of the weed is to benumb and stupefy the faculties, so that it is like raising the dead when we make an effort to arouse the tobacco devotee to realize his danger; and these stupefying effects are so widespread in society that a John the Baptist is needed to arouse even professed Christians and cause them to realize that they have something to do in staying back this evil thing.

Viewed in all its bearings, physical, social, and moral, and considering the extent of the habit, we must conclude that tobacco using is the worst form of intemperance, for it not only injures the user, but affects the whole race to such an extent that physical needs, social requirements, and moral principles are almost totally lost sight of by multitudes of humanity.

RUNS INTO BILLIONS.

"Cigarettes to the number of 3,041,573,668 were smoked in the United States during the last fiscal year, according to the report of the commissioner of internal revenue. That was an increase of 389,954,871 over 1902 and almost 800,000,000 over 1901. Due probably to anti-cigarette crusades, the number fell off 400,000,000 in 1901 as compared with 1900. Since 1901, however, there has been an increase of nearly 400,000,000 a year.

The consumption of cigars in this country also runs into large figures. The number smoked last year was 7,426,890,403. In 1902 the number was 6,863,499,635 and in 1901 it was 6,455,438,419.

The quantity of other manufactured tobacco produced in the country last year was, in pounds: Plug and twist tobacco, 185,736,781; fine cut chewing tobacco, 12,065,617; smoking tobacco, 131,130,733; snuff, 18,682,341.

That those barreled messages are still being sent to Africa in great profusion is also shown by the report. The exports of rum to the dark continent last year are shown to have been 594,485 gallons. No such deluge of rum was sent to any other country."

THE MEDICAL MISSIONARY NURSES' GRADUATION EXERCISES.

A deeply impressive and interesting occasion was the graduation of eight nurses from the Chicago Medical Missionary Training School on the 22nd of December, 1903. The exercises were opened with prayer and song, after which a brief address was given by O. S. Hadley. He compared the occasion to the launching of a vessel to sail upon unfamiliar waters and to be exposed to perils and experiences which none could foresee. He also remarked that the life of those then graduating would of necessity be one of continuous education. Then there was the urgent need of a well defined purpose, to achieve which every nerve must be strained and every faculty made use of. He advised them never to lose sight of the importance of working for God rather than for dollars, or men, or temporal advancement. In conclusion the speaker emphasized the demand that would be made for self-reliance, so that in any crisis or hour of temptation each one would be able to stand alone, leaning for support on the everlasting arms of the Ruler of the universe.

Following this address Dr. David Paulson introduced W. S. Sadler, who had that day returned from California and who spoke in part as follows:

"The medical missionary has before him the greatest possibilities of all forms of ministry. He has also the greatest dangers and the most alluring inducements to forsake the path of duty.

"The world has plenty of nurses and doctors today. Then why do we have special training schools such as you have been attending? It is to send out nurses who will be soul-savers as well as body-savers.

"In order to be able to help those you come in contact with as medical missionaries you must have an experience for yourselves. I can take good, nutritious food and carry it around in my pocket and demonstrate to the satisfaction of any one that it is really good and nutritious food; but what good will that do me if I let it remain in my pocket? No, if I am ever to get any good out of it, I must make it a part of myself; I must eat it and digest it and assimilate it, or it will never do me a particle of good. So it is with principles of truth. We must make them a part of our own soul's experience. It is possible to starve to death while you are serving food to others, and you can

never minister to the souls of your patients unless you have made the principles you have learned during your training a part of yourselves.

"Let me remind you that while it is a splendid thing to be a health reformer and a dress reformer, and so forth, yet *transformation* is far better than reformation. And it is the gospel of the Lord Jesus Christ that transforms an individual and makes him a new creature. So do not be afraid of getting too much religion into your medical work. In all your ministrations to the body do not overlook the needs of the soul. May God help you to get a grander and broader idea of what it means to save a soul. Let your work be of God. Devote yourself to it. Do not seek to make a success of this world only, but seek to get a training that is divine, that will fit you to do the work of real medical missionaries."

The diplomas were then presented to the graduates by Dr. Paulson with appropriate remarks, and then E. B. Van Dorn, superintendent of the Life Boat Mission, gave an exhibition of illuminated club swinging.

With the singing of the hymn, "I'll Go Where You Want Me to Go, Dear Lord," the exercises terminated.

A new medical missionary class will be organized the 1st of May. There is an opening for ten more substantial and consecrated young men and women to be admitted. Write for further information.

FROM A CHICAGO WORKER IN CHINA.

Carrie Erickson, one of our former Halsted dispensary visiting nurses, who accompanied Drs. Miller, Selmen, and their wives when they left for the interior of China, has written an interesting letter concerning her first impressions of a foreign heathen land. After describing their many providential openings, she says:

"This whole nation is ripe for the gospel, and it will rapidly go through it, but we must put forth a great effort to satisfy the hungry souls, and we will need your prayers. God is ready to bless the work, and He has already wonderfully blessed in the efforts which have been put forth to get our company of workers over to this field. And He is helping us to see the magnitude of this field. May God help each of us to do his part well."

Let no one forget that almost the last words of the Saviour were that this gospel of the kingdom should be preached to the whole world as a witness, and then the end shall come. (Matt. 24:14.) The gospel message is being carried to the earth's remotest bounds. This means that we are rapidly approaching the end of all things.

DON'T FORGET

That the subscription price of *The Life Boat* is now 35 cents a year. Do you feel that your soul has been blessed as you have read this copy? If so, will you not show your appreciation by getting it into the hands of your friends? We will supply you with additional copies for only 2 cents each. Order at once a liberal supply. Send 1 and 2-cent stamps, money orders, or bills.

REPORT FROM THE SUBURBAN HOME.

MEDA KERR.

We have been settled in our suburban home some two months, and are enjoying the privilege of being here, besides receiving great blessings in working for souls for whom Christ died.

God is verifying His promise found in Phil. 4:19, through those dear souls who are coming up to the help of the Lord against the mighty. If the faithful donors only knew how not only the workers, but also the inmates of the home appreciate the nice new quilts, towels, bed linen and fruit, besides many other things that are sent to us, they would appreciate that they have a part in the work, although not located at Hinsdale.

We now have four girls in our home, besides a seven-weeks old baby, John; bright-eyed Charley, and our curly-headed Italian infant whose mother is sick in the hospital. Our family is very happy, because the love of God is manifest in our home.

HOSPITAL WORK.

MRS. H. W. ODELL.

"I was sick and ye visited Me." These are the words of the Master Himself. Then we can be sure that the doing of this very thing will be approved by Him whose we are and whom we claim to serve. One visit with me as I go to any city hospital would be enough to convince the most skeptical and indifferent that we as Christians owe a duty to these "shut-ins." And the performance of

this duty brings the greatest of blessings. From the time when we enter the superintendent's office to show *THE LIFE BOAT* and explain the object of our coming, to the last goodbye at the outer door, we are conscious of the presence of Christ Himself.

In this work as perhaps in no other, can we get very near to our sister, our brother. Their hearts are turning to something, they scarcely realize what; they have time to reflect on what they hear from our lips; they wonder that anyone, especially a stranger, should care enough for them to take to them, free, something to make their condition more endurable. We tell them that we are just an expression of the Father's love for them, and that He is only giving them an opportunity, while laid aside, to become better acquainted with Him; and as soon as they have learned their lesson He will give them a chance to tell to others what He has done for them; we then leave *THE LIFE BOAT*, promising to come again. Sometimes we pray with some burdened soul for comfort and strength to pass through some trying ordeal. We then pass on between the long, long rows of white beds, with perchance whiter occupants, or into some private ward, where greater quiet is often secured at the expense of hours of weary loneliness. As patients, nurses and physicians alike express in words and looks their pleasure and appreciation of the message of love and hope we bring in *THE LIFE BOAT*, we are fully repaid for the labor we have bestowed.

Not only in the hospitals are we permitted to tell the gospel story; for the taking of hundreds of copies each month requires a fund to pay for them. The securing of this fund, which is still insufficient, gives me the privilege of talking with many who have never thought much of the extreme monotony and weariness of these hospital inmates. By some of these the simple story of salvation for themselves is accepted as gratefully as by those in whose behalf we appeal to them.

Hundreds of our readers have already secured Dr. J. Hudson Taylor's inspiring missionary book which relates wonderful experiences in the early days of the China Inland Mission. Why not induce four of your friends to subscribe for *The Life Boat* and thus secure this book? You will never regret the time and effort put forth.

Editorial Department

David Paulson, M. D.

THE POISON HABIT.

Have you stopped to consider that there is an army of 10,000,000 in this country staggering toward a drunkard's grave; that there are still other millions uncertain whether they could dispense with tobacco or not; that there are 2,000,000 morphine fiends in this country alone; that 10 percent of American physicians are slaves to this drug; that the boys of our land smoked last year over 3,000,000,000 cigarettes? All this expresses an effort on the part of humanity to secure *unearned* felicity. It is an attempt to borrow a good feeling in hopes that it will not have to be paid back in sorrow; but it is all in vain, for "whatsoever a man soweth, that shall he also reap." Gal. 6:7.

The increase of insanity, disease and premature funerals is sorrowful proof of this stubborn fact. The peace of Christ in the heart and life "passeth all understanding," and is much better than the unsatisfactory, temporary peace that can be secured by morphine, liquor, tobacco, tea, coffee, or any other nerve-deceiving agent.

WILL YOU WAIT UNTIL THERE IS A FUNERAL BEFORE YOU DISCOVER THAT YOU LOVE YOUR FAMILY?

How often we hear a broken-hearted man in anguish of soul tell at the bedside of his dead or dying wife, how much he loved her, and what a treasure she had been to him. How it would have cheered that woman's discouraged heart to have heard such affectionate words when she dragged herself through each day's duties and wearily bore life's burdens; but then it was only criticism, or at best scanty appreciation of her devoted and untiring services.

Many a wife never discovers what a large-hearted, generous and noble man her husband had been until after his death, and then how free she is to recount his generous and noble deeds to her friends and neighbors. What a pity that his heart could not have been cheered and warmed by such expressions of

esteem while he was alive, so that he could have appreciated them. Likewise, how many parents there are who never discover that they have splendid children until some epidemic has swept them into the grave.

The last gospel work on earth is to turn the hearts of the fathers to the children, and the hearts of the children to the fathers (Mal. 4:5, 6); and undoubtedly it also will turn the hearts of the fathers and mothers to each other. Has that blessed influence begun to be felt in your home? If not, do not deprive yourself of it for another day.

LIFE BOAT WORK AT THE ST. LOUIS EXPOSITION.

Millions of people from all parts of the world will flock to St. Louis during the coming summer. The young and the innocent will come, and the devil's agents will be there to ensnare them. A definite effort must be made this coming season to spread out the gospel net in that great city.

Mary Smith, our former nurse at the Life Boat Rest, and Mrs. N. E. Holaday, have already gone there to arrange for the opening of a home for preventive rescue work.

A committee for St. Louis Life Boat work, consisting of E. C. Widgery, Fannie Emmel, E. B. Van Dorn, Dr. Mary Hunter and Dr. David Paulson, has been appointed. It is expected that this committee will be enlarged by the addition of several experienced workers in St. Louis. We have no doubt that God will guide and bless this effort in a marvelous way.

THE LIFE BOAT and other gospel literature will be sold, treatments will be given in homes, and an effort will be made to come in personal touch with those who specially need help. Financial assistance will be necessary from the start. Donations for this purpose should be sent to THE LIFE BOAT and any who have a burden to connect with this work in any capacity should address the editor of THE LIFE BOAT, 28 Thirty-third place, Chicago.

A MILLION DOLLARS A MONTH.

This is the amount which the people of Chicago are spending for tickets of admission to their thirty-six theaters. This sum, the editor of one of the leading daily papers says, would cremate all the garbage in America; it would put down cement sidewalks on every street in Chicago with enough money left to sweep the streets and perhaps pave them.

The people are spending their money for that which is not bread and yet they are unwilling to accept the free gospel which would enable them to experience the blessings of *real* life, of which the theater is only a wretched sham and disappointing imitation.

PREPARE FOR THE LORD'S COMING.

Christ was living in the last generation of the Jewish national life. He walked in the streets of a city that He knew in a few years would be washed with human blood. His eye saw the magnificent buildings and institutions that were to be swept away by the cruel hands of the Roman army; but in spite of all that He went on, day after day, quietly healing the sick, cleansing the temple, gently reproving Martha for not having chosen the better part, with tears in His eyes condemning the sins of church dignitaries, and gathering the people around Him on the mountain side where He gave that wonderful sermon on the mount. In all this He was most effectively preparing them for their awful hour. If there had been a better way He would have employed it.

During the last few days of His earthly ministry Peter, James, John and Andrew asked Him privately, "Tell us, when shall these things be? and what shall be the sign of Thy coming, and of the end of the world?" Matt. 24:3. Then, but not until then, He unfolded before them the destruction of Jerusalem, and in the same connection that which it signified, the ultimate destruction of the world.

Every great missionary in foreign fields, and the majority of really successful workers for God at home, can but recognize that we are living in the last days of this world's history, for the gospel "shall be preached in all the world for a witness unto all nations, and then shall the end come." Matt. 24:14. Soon this will have been done for the first time in this world's history, but in order to prepare people for His second coming we must follow the ex-

ample of Christ, who "went about doing good." Acts 10:38. We must learn how to do genuine medical missionary work and be able to treat poor, sinful men and women as Christ did. We must take the same interest in work for children that He did. Then human hearts will be prepared for us, just as they were in Christ's time, to unfold to them the significance of Matt. 24.

We need \$15,000 to start our Sanitarium work in Hinsdale. Read the full particulars on page 43.

PERSONAL CORRESPONDENCE.

Are you deeply concerned about the condition of your soul and desire to know the way of salvation more perfectly? The editor and the contributors to THE LIFE BOAT invite you to correspond with them.

Have you met with some especially interesting or helpful experiences? We would be glad if you would share them with us. We may be able to pass them on to some starving soul who has written us for some morsels of spiritual food.

Has the Lord used THE LIFE BOAT to bring joy, happiness and peace into your home? It will be a source of encouragement to us to know it.

Do you know of some poor, tempted and tried soul that is struggling to come into the light of the gospel? Will you send us his or her name and address, so that we may write them a personal letter and endeavor by the help of the Lord to assist them?

Do you feel that you are a poor lost sinner, whose case is utterly hopeless? We would like to write to you.

If the Lord has used something in this LIFE BOAT to save you from the tobacco habit, write us about it.

Letters to the editor, or to any contributor if directed in care of THE LIFE BOAT, will always reach them, whether they are in Chicago or not.

Correspondents will decrease our expenses very materially if they will always remember to enclose stamps.

Can you possibly afford to pass by our offer to extend your subscription to The Life Boat for one year and furnish you one year's subscription to the "Good Health" Magazine for only 85 cents?

ESTABLISH A FAMILY ALTAR.

We feel sorry for the men and women who have grown up in a prayerless home. Will you see to it that your children shall not be deprived of the hallowed influence of a few minutes each day dedicated to family prayer? If you do have morning worship, but it has become so cold and formal that it is tiresome and uninteresting to the younger members of your family, the Lord is willing to teach you how to conduct it so that it will be interesting to all.

A MODERN MIRACLE.

A poor man was brought by one of our visiting nurses to our Sanitarium. He had an enormous ulcer on one of his ankles, his limbs were so dropsical that the skin was almost ready to burst, and his abdomen was so full of fluid that he could not breathe if he lay down. He was in a terribly neglected condition. We considered his case in our nurses' class and decided what was the proper treatment for him, and then earnestly asked God to bless it. Brother Coombs, who himself was saved in the Life Boat Mission only a year and a half ago, was assigned as his nurse. We gave him thorough and vigorous hyriatic treatment, had prayer with him, and induced him, for the first time undoubtedly in his life, to pray. At the end of forty-eight hours, with his permission, we wheeled him in before our nurses' class. The ulcer had wonderfully improved, the dropsy had almost entirely disappeared; he could lie down and breathe with comfort, and looked like a new man. The change that had taken place was so remarkable that it brought tears to the eyes of more than one of the nurses. Ten days later he walked out to the street car, unaided and alone, practically restored in body, and with a new inspiration in his soul.

ARE YOU INTERESTED IN CITY WORK?

Nearly half the population of the United States now live in cities. City mission work presents special problems which have to be earnestly studied. One important feature is house to house work. We have found the selling of THE LIFE BOAT the best way of getting access to the people. If the one who car-

ries the papers has a genuine love for human souls and knows how to present the gospel in a tactful manner, he will have abundant opportunities almost every day not only for gospel conversations but also to pray with soul-burdened individuals, and to organize cottage meetings, where the people can be led into more advanced truths.

We ought to have enough LIFE BOAT workers in Chicago to call at every home in the city one or more times the coming season. God is beginning to speak to this city in unmistakable tones. Shall we shirk our part of this responsibility?

There are thousands of truth-loving people in this great city. Shall we do our best to find them?

Foolish, silly, amusement-loving young people need not apply for this work, for God has not called them into it. What are needed are earnest, humble workers of maturity and judgment, who are soundly converted and have left their fathers' gods behind them.

A REMARKABLE ANSWER TO PRAYER.

We quote the following interesting incident in the life of Hudson Taylor, from a recent issue of the *"Review and Herald."*

"When Hudson Taylor, the famous missionary, first went to China, it was in a sailing vessel. Very close to the shore of the Cannibal Islands the ship was becalmed, and it was slowly drifting shoreward, unable to go about, and the savages were eagerly anticipating a feast. The captain came to Mr. Taylor, and besought him to pray for the help of God. "I will," said Taylor, "provided you set your sails to catch the breeze." The captain declined to make himself a laughing-stock by unfurling in a dead calm. Taylor said: "I will not undertake to pray for the vessel unless you will prepare the sails." And it was done. While engaged in prayer, there was a knock at the door of his stateroom. "Who is there?" The captain's voice responded: "Are you still praying for wind?" "Yes." "Well," said the captain, "you'd better stop praying, for we have more wind than we can well manage."

Can you afford to miss reading a book which is full of such interesting experiences, when you can receive it by merely sending in four new subscriptions to THE LIFE BOAT? We sometimes mail as many as thirty or forty of these books in a day. Have you had one of them?

TOBACCO KILLS.

Years ago, when a student in Bellevue Hospital, New York City, I captured a large cat which was constantly creating a disturbance on the premises. I took a pinch of fine cut tobacco, soaked it in water for a time, and then, with a hypodermic syringe, injected a little of this tobacco juice under the cat's skin. In twenty minutes it died in convulsions—killed by a smaller quantity of tobacco than it takes to make a cigarette. What can kill a strong cat in twenty minutes can not be good for a growing child, and necessarily must be injurious to even a grown-up person.

THE PROUD BRITISH ARMY AT LAST BEING CONQUERED.

General Lyttelton, who is commanding the forces in South Africa, declares that the majority of those who are sent out give evidence of marked physical deterioration and are of a low standard of intelligence. He declares that they are not fit material for making anything whatever.

The *Chicago Tribune* reports him as saying: "It will take three years of feeding and training to bring them up to the point where they will be capable of doing a day's work without breaking down."

The whole trouble is traced directly back to cigarettes, and incidentally to the recent American invasion of England by the American tobacco trust. The tobacco people literally forced the cigarettes into the hands of the boys of Great Britain. Their prize offers, their club rates, and their thousand and one devices to introduce their cigarettes regardless of cost or loss have left an indelible impress upon the youths of the generation now called to the colors.

A host of cigarette smokers has arisen, and it is this host, too lazy, too weak in mind to seek or to do work, that is enlisting for service in the army. It is stated as a fact that after months of drilling and training many of these recruits seem unable to remember the simplest movements of the manual. The chief disposition of most of the recruits seems to be to hunt some place in which to lie down to rest.

England is only discovering what is also going on in this country. Will you do your part to stem this terrible tide?

INTEMPERANCE IN DISGUISE.

This is the title of the latest W. C. T. U. department leaflet Number 233. It is written by Dr. David Paulson. It shows how the patent medicine evil has become a competitor with the saloon and how it is driving thousands of unsuspecting invalids into the morphine, cocaine and other drug habits.

Price 25c per 100. Address Rubie I. Gilbert, 915 The Silversmith building, 131-137 Wabash avenue, Chicago, Ill.

We will furnish the well known gift booklet, "What Is Worth While," for two new subscriptions to The Life Boat.

"SAVE THE BOYS."

The above is the name of a stirring paper published by H. F. Phelps, Minneapolis, Minn. Everyone whose heart has been impressed with the importance of the tobacco evil should subscribe for this little paper, and aid the editor by their influence, prayers and donations, to forward the good cause to which he is directing his untiring efforts. Send stamp for sample copy. Subscription price, thirty cents a year. Address 118 West Minnehaha Boulevard, Minneapolis, Minn.

The Bible Training School, published at South Lancaster, Mass., is a helpful little magazine devoted to the study of the Bible. Send stamp for a sample copy.

You will find many vital truths discussed in an instructive manner in the *Signs of the Times*. Send stamp for a sample copy. Address Pacific Press, Oakland, Cal.

We ship health foods to any part of the United States. Write to us for special terms.

WHAT ARE YOU DOING WITH YOUR TOBACCO MONEY?

When you used to earn less money than you are now you spent a certain amount of it for tobacco. Are you as willing to devote that sum to the Lord now as you were then to use it for tobacco? If so, how would you like to send it to us to enable us to keep the Life Boat Mission open, to proclaim to other poor captives the same glad gospel of deliverance that some one brought to you?

NEWS AND NOTES.

Selma Just has gone to her Minnesota home for a brief vacation.

Mrs. Carrie Clough has recently visited her parents in Minneapolis.

Mr. and Mrs. Bush, Mr. Rosebottom and Cora Young have lately joined the medical missionary training school.

Katy Mourer, Ola Allee and Effie Northrup are enjoying short vacations at their homes in Nebraska.

Our boys in this country smoked as many cigarettes last year as there have been minutes since the days of Adam.

Mary Smith and Mrs. N. E. Holaday have gone to St. Louis to open up preventive rescue work in connection with the Exposition.

This year we had Christmas trees in The Life Boat Mission, the Halsted Street Dispensary and The Life Boat Haven.

The parents of Omar Grantham have recently moved into one of the cottages on our new Hinsdale sanitarium property.

Alice Burghart was not able to be present at the graduation of the class of medical missionary nurses, of which she was a member, as illness at her home had called her away.

Now is a good time for half a dozen earnest, substantial young men and women to join our Chicago Medical Missionary Training School. Write for full information.

May Coker, who has been engaged in LIFE BOAT work on the Pacific coast, has connected with the Chicago Life Boat work and is meeting with interesting experiences and good success.

Isaiah Moore and Lura Collins, who were members of the recent medical missionary nurses' graduating class, have recently been united in marriage and left for the South, preparatory to entering Cuba as medical missionaries.

Miss Emily McCoy, Pitcairn Island, South Pacific, passed through Chicago recently on her way to Philadelphia to take up studies in dental work. She spent a few days visiting the various branches of the medical missionary work.

On account of installing a new mailing machine there have undoubtedly been a number of mistakes made. We wish all our readers to know that we will cheerfully rectify all errors on our attention being called to them.

THE LIFE BOAT.

Yearly subscription \$0.35
 In clubs of five or more to one address25

Ten cents additional to foreign countries.
 Address all orders and business communications to THE LIFE BOAT, 28 Thirty-third place, Chicago, Ill.

OUR DIRECTORY.

- American Medical Missionary College, 2 and 4 Thirty-third place.
- Chicago Branch Sanitarium, 28 Thirty-third place.
- Workingmen's Home, 1339 State street.
- Life Boat Haven, 3514 Vincennes avenue.
- Life Boat Mission, 436 State street.
- Life Boat Rest for Girls, 425 South Clark street.
- Life Boat Rest Suburban Home, Hinsdale, Ill.
- American Medical Missionary Dispensary, 3558 Halsted street.
- Hygeia Dining Rooms, 5759 Drexel avenue.
- Chicago Medical Mission Health Food Store, 3314 Cottage Grove avenue.
- North Side Treatment Rooms, 76 Hill street.

William E. Floding sends us from Apia, Samoa, a list of thirty-five new subscribers. THE LIFE BOAT is reaching the islands of the sea.

The Labor of Love is a little mission paper published in the interests of the Ozark mountain mission work, under the auspices of the Missionary American Sunday School Union, at Lebanon, Mo. Price, 10 cents per year.

If you can not engage in selling Life Boats yourself, will you encourage some one else to do it?

LOOK OUT! THE BOY IS COMING!

BRIGHT,
 ORIGINAL,
 ATTRACTIVE.

Official Organ of the Anti-Cigarette League (just organized) and an advocate of Temperance and Purity.

MISS LUCY PAGE GASTON, Editor.

The Original Anti-Cigarette Paper. Now in its fifth year.

Don't miss the Lincoln's Birthday Number. Price, Five Cents.

Address: "THE BOY,"
 1119 Woman's Temple.

SUMMARY, DECEMBER, 1903.

CHICAGO LIFE BOAT REST FOR GIRLS.

Public meetings held	16
Aggregate attendance at meetings	30
Pages printed matter distributed	3,308
Scriptures distributed	129
Articles of clothing distributed	63
Calls made and visits	161
Medical services rendered	18
Treatments	92
Free baths	30
Free lodgings	47
Free meals	80
Positions secured	1
Number admitted to Rest	5
Number in hospital	1
Number professing conversion	10
Requests for prayer	60
Contributions received	\$7.70

HINSDALE LIFE BOAT REST FOR GIRLS.

Public meetings held	72
Aggregate attendance at meetings	5
Pages printed matter distributed	680
Scriptures distributed	30
Calls made	10
Medical services rendered	4
Treatments	20
Free baths	15
Free lodgings	108
Free meals	324
Number admitted to Rest	2
Number in maternity ward	2
Requests for prayer	5
Girls returned home	1
Contributions received	\$36.78

LIFE BOAT MISSION.

Meetings	66
Bible studies	3,100
Hands raised	120
Pages of literature	5,000
Garments given	450
Lodgings given	248
Meals given	62

WORKINGMEN'S HOME.

Laundry	3,397
Lunches	25,578
Lodgings	5,408

DONATIONS.

CHILDREN'S FUND.

Ed. Anderson, 50c; Tina Adams, 75c; Annie Brown, \$3.00; Ottilie Bastian, 25c; Ella Bronson, 89c; Mrs. Bergner, 25c; Sophia Brewster, \$1.00; Algy and Edwin Battern, 55c; Gwen Evans Baxter, 25c; Anath Baxter, 25c; Henry Barnhart, \$1.00; Mrs. A. C. Clawges, \$1.25; Edyth Colburn, 50c; Emporia Sabbath School, \$2.25; Mrs. C. H. Errell, \$1.00; Everett and Vernon Estell, 40c; Mary Evans, 25c; Mrs. Vera Fleming, 15c; Nettie Somerville, 36c; Margaret A. Streeter, 45c; L. M. Stover, 85c; Katie and Freddie Schaum, 25c; John Steinel, \$1.00; Gertrude Swank, 50c; Nellie Swank, 10c; John Swank, 10c; Eddie Swank, 10c; Mrs. Margaret Swank, \$1.00; Mrs. Edward Shott, \$1.00; Susie Twigg, \$1.00; William H. Tuttle, \$2.60; Upper Columbia Conference, \$5.00; Harriet Wilson, \$1.00; Grace Walker, \$1.05; Lulu Meier, 25c; Mrs. J. Molgard, \$1.55; Percy and Meta Meramontez, \$2.00; Walter Madsen, \$2.15; Mrs. F. A. Moore, \$1.28; Willie McVane, 25c; Mrs. George McLean, \$6.70; Fred Nelson, \$1.75; Nebraska Tract Society, \$1.00; Mable Neilson, \$2.00; Ida M. Pock, 50c; Mrs. E. E. Parsons, \$1.00; Charles Proletxoo, 75c; Altha Paullin, \$3.40; Fay Pendola, 50c; Josie Pritchard, 25c; Zora Root, 50c; Miss Emma Ryder, \$2.00; Robertus Reiman, 25c; Mary Richards, 25c; Chris Sorenson, 25c; Irma and Virgie Smith, 25c; W. A. Siebert, \$3.50; a friend, \$1.00; R. L. Free-

borough, 50c; a friend, 40c; S. S. Grandview, 50c; Betsy Grundset, \$1.00; Johnnie Guess, 10c; Mrs. William Hancock, 25c; Mrs. Addie Harrison, 50c; Mrs. M. E., \$5.00; F. B. Johnson, \$1.00; Mrs. E. J. Johnson, \$1.00; Katie Jensen, \$1.00; Mrs. Margaret Johnson, \$2.00; George Johnson, \$1.00; F. B. Johnson, 50c; H. R. Kitto, \$3.00; Mrs. G. H. Kenyon, 50c; Hobart Kenyon, 10c; Lennie Kennedy, 10c; Mrs. E. G. Lawrence, 50c.

MISCELLANEOUS.

Mrs. W. E. Allichie, 75c; Harvey Anderson, \$2.00; Walter Alkorn, 50c; Adeline Berry \$1.00; Mary Burdick, \$1.00; Mrs. Bush, \$3.00; Felix Blackowski, \$3.75; Melissa Cookendorfer, \$2.00; H. A. Fisher, \$3.90; L. M. Tronabarger, 25c; a friend, \$4.50; Mrs. W. R. Harris, 20c; Mrs. F. A. Hewitt, \$1.50; Mrs. John E. Harrison, \$5.00; Elsie Hollinger, 50c; Teddy Little, 25c; S. H. Lane, 50c; S. M. Love, 60c; Emil and Eddie Myers, 48c; Thomas H. Moore, 75c; Electa Moore, \$1.50; Clara Malin, 75c; J. G. Miller, 75c; St. Louis Work—Mrs. Fred Nelson, \$2.00; M. Newton, \$3.75; G. Mervin, \$2.00; Mr. Olmstead, \$1.00; Mrs. R. Perry, \$1.75; Daniel Payton, \$1.25; Mrs. Hattie Roberts, 50c; H. J. Rich, \$1.00; R. A. Roe, 25c; L. C. Tilton, \$3.75; Upper Columbia Conference, \$5.00; Rosalie Wickline, \$1.00; Annie Waldie, 50c.

PRISONERS' FUND.

Harvey Anderson, \$1.85; Marie Brown, 25c; Mrs. Mazie Bennet, 25c; Anthony Bean, 25c; Mrs. Bissell, 25c; Mrs. C. Cousins, \$1.00; Delia Clark, 75c; C. M. E., \$1.00; Mrs. L. B. Godfrey, 25c; Mrs. Julia Hahn, 25c; W. Harrison, 32c; Elsie Hollinger, 50c; Mrs. E. J. Johnson, \$1.00; Mrs. W. H. Morris, 50c; Mrs. T. J. Murphy, 50c; Mrs. E. A. Sorth, \$1.00; Cyrus Smith, 50c; Effie Thompson, 50c; Upper Columbia Conference, \$5.00.

LIFE BOAT MISSION.

Mrs. Uppel, \$5.00; Max Anderson, \$1.00; Mrs. J. A. Chamberlain, 50c; Lennie Chamberlain, 25c; C. M. E., \$1.00; John Freeman, \$1.00; Mrs. William Hancock, 25c; L. E. Hill, \$1.00; Elsie Hollinger, 50c; Mrs. E. J. Johnson, \$1.00; Mrs. T. J. Murphy, 50c; Mrs. L. S. McDougall, \$1.00; Mrs. G. Morey, \$1.00; Mary Olmstead, 75c; Mrs. A. Oisen, 15c; Mrs. May Reid, 25c; Cyrus J. Smith, \$2.50; Effie Thompson, 25c; Mrs. E. Unlandt, \$3.00; Mrs. A. L. Woodard, \$1.50; H. Worthington, \$5.00.

LIFE BOAT REST.

Mrs. P. W. Baker, \$5.00; Mary E. Brown, \$1.00; C. M. E., \$1.00; A. L. Eggleston, 75c; a friend, 90c; Mrs. Sara Gamble, 75c; Elsie Holinger, 50c; Mrs. F. E. Johnson, \$1.00; Lafayette (Ind.) Church, 80c; Lizzie Schafer, 25c; Upper Columbia Conference, \$5.00; Pete Wilkerson, 28c; Mrs. Flemming, 25c; Mrs. Maag, \$6.00; Fresno Ingathering, Cal., \$6.75; Mr. Cinderson, \$1.00; Mrs. Rhodes, \$2.00; Mr. George, 50c; Janetta Stewart for Christmas gifts, \$4.00; Mr. Rumsey, \$3.00; Mrs. Rice, \$3.50; a friend, \$1.00.

HINSDALE SUBURBAN HOME.

Mrs. Appel, \$5.00; Mrs. E. J. Johnson, \$1.00; Mrs. S. M. Wilcox, 25c; Mary E. Woodworth, 75c; Mrs. Hilda Wright, \$2.00; a friend, \$1.50; a friend, \$1.50; a friend, \$1.00; a friend, \$25.00; Miss Emmel, \$7.40; Mrs. Clark, 38c.

LIFE BOAT HAVEN.

Mac Bronson, \$15.00; Mrs. A. C. Clawges, \$1.00; Fred Nelson, \$1.00.

VISITING NURSE.

Mrs. Eunice Hitchcock, \$3.00; Mrs. D. Meramontez, \$2.00.

HOSPITAL WORK.

A friend, 25c; Mrs. S. Noble, 50c.

Two Special Combination Offers

The Special COMBINATION OFFER in our last issue has met with such universal response that we have been encouraged to extend it to include the *Pacific Health Journal*. So this month we are prepared to offer THE LIFE BOAT and the *Pacific Health Journal* for 65 cents, or the GOOD HEALTH magazine and THE LIFE BOAT for one year at 85 cents. The subscription price of the *Pacific Health Journal* is 50 cents a year, and of Good Health, one dollar a year. This offer only holds good for new subscribers to the health magazines, but applies to either renewals or new subscriptions in the case of THE LIFE BOAT.

Will you not call the attention of your friends and neighbors to this unusual offer? Each month these health magazines contain a feast of good things, which no family can afford to be without.

The January number of the *Pacific Health Journal* was a Special Temperance Number, containing articles from leading physicians and other noted writers.

"*Good Health*" has been the leading health magazine in America for more than a quarter of a century, and is too well known to need any special recommendation.

These are offers which every reader of THE LIFE BOAT will do well to take advantage of. Address all correspondence to

The Life Boat,
28 Thirty-third Pl.,
CHICAGO, ILL.

We have on hand several thousand January LIFE BOATS. They will be furnished at one cent apiece until the supply is exhausted. Order immediately.

100 VISITING CARDS 35c

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The Christian Banner..... 25c
Thoughts of Eden..... 10c
The Song of the Angels..... 10c

All for thirty cents this month to the readers of THE LIFE BOAT. Send your order at once to Otto Lundell, 28 Thirty-third place, Chicago, Ill.

Remember, the subscription price of The Life Boat is now 35 cents per year.

\$2.20
SAVED

A
BIG
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NATION
OFFER

Ten dollar's worth of Battle Creek Sanitarium foods and a Rapid Steam Cooker worth \$5.70 (\$15.70 worth in all) will be shipped Freight Paid to any point in the United States east of Colorado for \$13.50 until March 1, 1904. This means a saving to you of \$2.20 besides what freight on the cooker would amount to if it were shipped alone as it regularly sells f. o. b. Battle Creek.

Description of Cooker.—Diameter, 11 inches; height, 16 inches; capacity, 5 gallons; seamless nickel-plated copper boiler; aluminum cap and shelves.

The material used is the very best and absolutely rust proof.

TESTIMONIALS.



Battle Creek, Mich., Jan. 9, 1903.



ROTARY STEAM COOKER CO.,
Battle Creek, Mich.

Gentlemen:—The Steam Cooker was received and has been given a fair trial. I am pleased to say that I think it is the most convenient Steam Cooker I have ever used, and I can recommend it to any one who is desirous of purchasing any article of this sort.

Thanking you for your courtesies, I remain,

Very truly yours,
MRS. E. E. KELLOGG.

Battle Creek, Mich., Dec. 12, 1903.

Battle Creek Sanitarium Co.
LTD.

Battle Creek, Mich.

ROTARY STEAM COOKER CO.,
Battle Creek, Mich.

Gentlemen:—I am pleased to say the Rapid Steam Cooker is more than the manufacturers, claim for it. I have used it in my kitchen and find it does the work satisfactory

Yours very truly,

H. BROADY.

Chef. B. C. Sanitarium.

CUT ALONG THIS LINE

Gentlemen:—
I enclose \$13.50 for the Rapid Steam Cooker advertised in January Life Boat, also for \$10 worth (or more) of Battle Creek Sanitarium Foods. I have deducted \$2.20 from the list price of the goods ordered, according to the terms of your offer. As I live east of Colorado you agree to pre pay the freight.

I understand this price is conditional on my order reaching you before March 1, 1904,

Name.....
Street.....
City and State.....

If you are unacquainted with Battle Creek Sanitarium Foods write Dept. 54 for Descriptive printed matter.



...Special Premium Offers...

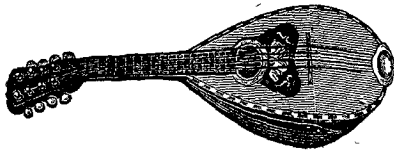


FOR FORTY-FIVE NEW SUBSCRIBERS we offer a seven-jeweled, gold-filled watch, ten-year guarantee case, beautiful design, with famous Seth Thomas movement. We will furnish the same style in coin silver hunting case.



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 THIRTY 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



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

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

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

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

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

BEAUTIFUL OFFERS.

To make it possible for every reader of **THE LIFE BOAT** to secure Dr. J. Hudson Taylor's thrilling missionary book, describing some of the most interesting incidents and most remarkable answers to prayer, in the founding and development of The China Island Mission, we have decided to furnish this book for only four new subscribers to **THE LIFE BOAT.**

A beautiful, highest grade Pocket Bible, Persian morocco, divinity circuit, leather lined to edge, silk sewed, round corners, red under gold edges, size 2½ by 4 inches, ½-inch thick, for ten new subscribers; or a 5x7-inch and 1 inch thick Nelson Bible, containing illustrated Bible dictionary, concordance, etc., silk sewed, gold edges, for only fifteen new subscribers. And fifteen cents for postage.

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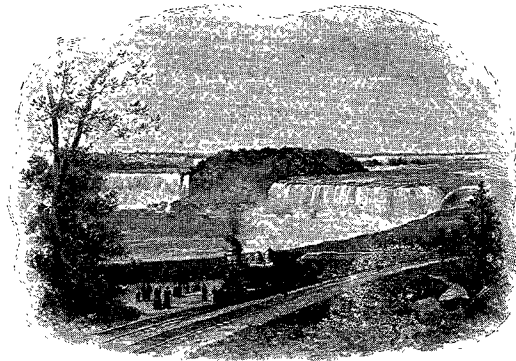
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