

Are You Half Free and Half Slave?

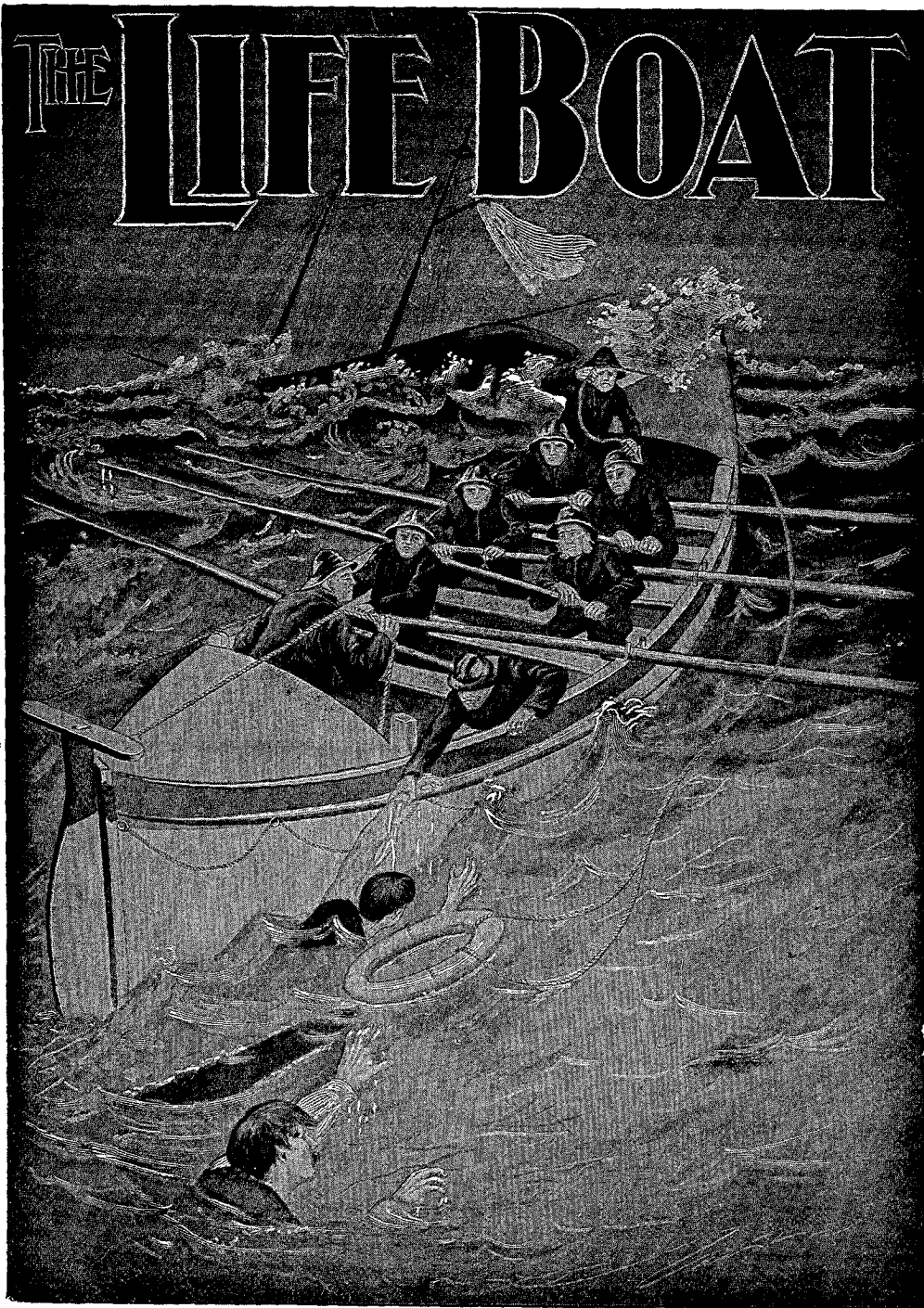
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THE LIFE BOAT

Order Extra Copies for Christian Workers.



Organize Soul-Winning and Temperance Work.

Volume Eight
Number Four

Windsale, Ill.

April, 1905

City Headquarters: 436 State Street, Chicago.

Christian Self-Control Number.



Complete Consecration

CHRIST will wash away the stain and guilt of sin, but good water, pure food and right physical habits are important factors in eliminating the physical stains resulting from liquor, tobacco and other physical sins.

If a man should saturate his handkerchief with chloroform, and deliberately place it to his face, he might then earnestly ask God to be kept awake; but God declares such a prayer to be an abomination (Prov. 28 : 9). So the man who deliberately eats wretched food, drinks tea and coffee, smokes tobacco, neglects physical exercise, breathes impure air and indulges in various debasing habits, may ask the Lord for a clear head and a satisfactory Christian experience; but if he continues in the same course it is as impossible in one case as the other, and God says of him: "Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts" (James 4 : 3). God says: "I beseech you, therefore, brethren, that ye present your bodies a living sacrifice, wholly acceptable unto God, which is your reasonable service" (Rom. 12 : 1).

Will not every reader of The Life Boat join us in solemnly promising, before God, that, as much as lies in their power, they will abstain from everything that they know interferes with their physical health and spiritual growth? If you have previously trifled with this vital question, decide that you cannot afford to and will not do so for a moment longer.

Consecration and Temperance Pledge

Realizing that our bodies and souls belong to Christ, I do solemnly and sincerely pledge the energies of body, soul and spirit to the service of God and humanity, and by the grace of Christ and the ministry of the Holy Spirit, I vow to abstain from the use of alcoholic liquors, tobacco, tea, coffee, morphine, cocaine and all other soul and body destroying habits.

NAME _____ DATE _____





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

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ONLY A GLASS.

PEARL WAGGONER.

Only a glass he was asked to take—
Only one glass for friendship's sake;
Only one drink, but it caused his fall—
Done to be sociable, that was all.

"Just to be sociable"—still one more,
Binding him faster than that before;
Once, then again takes the glass of sin,
Blindly ignoring the death within.

"Just to be sociable!" Home may go,
Hearts may be broken, and tears may flow,
Character ruined; for pain and gall
Just in a drink he will barter all.

"Just to be sociable"—on he goes,
Sharing the drunkard's delights and woes;
Scorning, with drunkards, the power to save—
Finally sharing the drunkard's grave.

Is there no remedy? Can it be
Nought from this bondage can set one free?
Ye who have failed, though have often tried,
Know, there is power in the Crucified.

Liquor is strong, and yet far more strong
Than the strongest drink or chains of wrong
Is the love of Christ, who came to save,
Lifting the fallen, freeing the slave.

Able He is to make all things new,
"Able to keep you from falling," too;

Then, why not let Him? Just trust His power,
Leaning on Him every day and hour.

Only believe Him—His Word is true;
All that is written He says to you;
Only believe; go on in His might;
Jesus will help you the battle to fight.

STOP AND CONSIDER.

The drink bill of Germany is four times as great as their military bill.

Last year there were smoked in this country 6,707,471,863 cigars.

Twenty million pounds of snuff were used in this country last year.

New York has 10,832 saloons; Chicago has 7,806; San Francisco, 3,007.

Pneumonia is nearly four times as fatal in alcoholics as in non-alcoholics.

Greater New York has a saloon for each 380 people, and a church for each 3,800.

"Whether, therefore, ye eat or drink, or whatsoever ye do, do all to the glory of God." I Cor: 10:13.

"Thou puttest a knife to thy throat if thou be a man of a craving desire." Prov. 23:2, Jew. ver.

Eighty-seven per cent of the girls in the

Geneva (Ill.) Reform School are there because of liquor and the dance hall.

Professor Krapelain could demonstrate depressing physical effects after taking as little as one-fourth of an ounce of alcohol.

The Northern Pacific Railroad has made it a rule to dismiss any employé who is seen taking a drink of liquor.

The American people pay every year \$1,074,225,928 more for intoxicating liquors than for literature of all kinds.

Empty the patent medicine bottles into the gutter instead of into your stomach, for their contents are nothing but medicated swill.

During the last thirty years liquor has destroyed 7,500,000 lives in Europe, or more than have been killed in all the wars of the nineteenth century.

England paid out for every man, woman and child within its borders last year \$21.94 for alcoholic liquors. Is it any wonder that nearly half of its population is on the very verge of pauperism?

When an ounce of alcohol was given to sharpshooters in the Swedish army it was found that within an hour their ability to hit the mark was lessened from 25 to 40 per cent in all cases.

Dr. Bernardo, whose work has been described in a former LIFE BOAT, says that 99 per cent of London's homeless children are made so by the drunkenness of one or both of the parents.

France is the first government in the world to put upon its bulletin boards a poster five feet long containing an official warning against the use of alcohol as a beverage.

Out of every 100 cases of mental disorder in the insane asylums of Germany, 73 are there as the result of intemperance, either personal or inherited.

Most people can get health easier than they can get wealth, yet people will sacrifice almost anything to acquire money, while they are unwilling to deny themselves the least for the sake of getting health.

According to official figures there were produced in France last year 1,743,959,650 gallons of wine. The Cleveland *Leader* has estimated that this would fill a canal ten feet deep, 100 feet wide and forty-four miles long.

In 1903 there were sold in the United States alone 3,210,352,015 cigarettes. It is estimated that if these were laid end to end they would reach twice around the world and then from New York to San Francisco and back again.

Last year \$18.15 cents was spent for stimulating drinks for every man, woman and child in this country, or \$90.75 for every family of five. Stop and think for a moment what such figures really mean.

According to Mr. Hunter, in his new book, "Army of the Poor" (Macmillan Company), there are 10,000,000 living in poverty in the United States of America. Four million of these are public paupers; 2,000,000 are without employment of any sort about half the time.

Last year there were brought into this country 700,000 pounds of opium and a ton of morphine, which is five times as much as was used six years ago, and the Chicago *Tribune* estimates that a million people in this country are addicted to the use of either morphine or cocaine.

If it is essential for the government to establish canteens, drinking posts and official saloons for its soldiers, why should not the railroad companies establish a saloon for their trainmen at each watering tank or roundhouse for the benefit of their employés?

The head master of one of the great public schools in England has recently called attention to the fact that when flesh foods are excluded from the dietary there is a diminution in animal passions. Every meal taken according to the modern menu is a direct stimulus to passion.

In 1900 the city of Boston received \$1,000,000 from the liquor business, but paid \$22,000,000 to organize police and hospitals and to sustain its paupers.

The *Daily News* says that before an individual is granted a life insurance of \$100,000 or more, expert detectives are put on his track, who report as carefully upon his physical habits as they would upon the movements of a criminal. The number of drinks of liquor he takes and amount of tobacco he uses, and his general deportment, are carefully noted.

Several years ago a once promising young man died of delirium tremens. In one of his last moments of sanity he said: "I hate my mother, for she it is who has cursed my life. She fed me on liquor from infancy." Very few women seem to think of the danger lurking in coffee, soothing syrups and patent medicines containing whisky, opium, cocaine or other powerful drugs.

Dr. S. A. Knopf, perhaps the greatest authority in the United States on the subject of tuberculosis, says: "To preach that alcohol is a food in tuberculosis is, to my mind, an error so grave, so fearfully dangerous, that I repeat that I can not let it pass without the strongest possible protest. Alcohol never was a food for consumptives, never cured and never will cure tuberculosis."

Superintendent Sloan, of the Bridewell Prison, Chicago, in his annual report states that 970 men, women and boys who were sent to the Bridewell last year were slaves to morphine, cocaine or some similar drug. That was an enormous increase over the previous year, when there were 309 slaves to these drugs. He recommends an immediate and thorough investigation to stop the careless prescribing of these drugs by doctors.

Is there a jail or hospital in your community that you can supply with The Life Boat?

Send us the names and addresses of the clergymen and Christian workers in your community, and 2 cents for each, and we will send them a copy of this LIFE BOAT. Don't neglect to do this,

IS THERE HOPE FOR THE DRUNKARD?

ROLLO MC BRIDE.

[The first anniversary of the conversion of Rollo McBride was held in the Life Boat Mission February 26. On that occasion he gave a brief but interesting account of how God led him from being the drunken, broken-down railway man that he was into the glorious liberty of a Christian's experience.—Ed.]

I had saved up nearly two hundred dollars and had made up my mind to go home and see



my father. I had not been there for ten years. The last time I was home I was in such an intoxicated condition that the family were glad when I went away. This time I was strongly determined to go home sober.

I was buying some presents to take home, and as I was going down State street the devil kept whispering to me: "Why is it you can not take a drink and leave it alone like the rest of the boys?" Finally I said: "I can," and walked into a saloon, but practically stayed there four weeks. My two hundred dollars went. I had traded off my five-cent necktie and every piece of clothing I did not absolutely need. That was a year ago tonight, almost directly across from this

Mission, when one of the boys who were drinking with me, said: "Come on, let us go to the Mission." I said, "All right." I supposed "The Mission" was the name of another saloon.

As we crossed the street the snow was up to my knees. I had pawned my overcoat and sold my underwear for twenty-five cents. My two friends, who were railroad boys, steered me for the door and as I started to open it I heard church music. It reminded me of my boyhood days, of the time when, with my hand in father's I used to go to Sunday school. I drew back; I hesitated, but some Christian man put his hand behind my back, pushed a little, and said: "It is all right, brother, come on in;" so we went in and sat down and I listened to Brother Van Dorn reading wonderful things from God's Word.

I heard burning testimonies from men redeemed from the very jaws of hell and *something* began to work in me, and when the invitation was given for those to raise their hands who wanted to be remembered in prayer my hand was the first to go up. The night before I had slept in a saloon, on a wine room table with my feet hanging over the back of a chair; in fact, I had been sleeping that way or on the floor for some time.

We three who raised our hands were invited up to the front and asked to kneel, and Brother Van Dorn, Fannie Emmel and Mrs. Swanson prayed with us.

Soon after we passed out upon the sidewalk and there we stood for a moment in the bitter cold, and one of the boys said: "Where shall we go?" Then I realized that I had nowhere to go, nowhere to sleep, and nowhere to eat. One of them said: "Come on, we shall have to go over to the saloon and stay." I said: "No, not for me; with the help of God I have gone into my *last saloon*," and God heard that little prayer.

At my last stopping place I had been told not to come into the building again. The boys went across to the saloon, and I started to walk the street. Imagine how I felt with no overcoat, no underclothing, and the snow up to my knees and more coming down every minute. I do not remember where I went, but about 2 o'clock I was in front of the Railroad Y. M. C. A. I slipped inside. The night clerk did not see me, so I took a chair. I did not feel bad; I felt happy. After the night clerk was gone I slipped on my knees and made my first prayer and asked God to make me a better man, and God heard that prayer. The next morning I met an old friend and I told him my experience and he said: "Ain't it the old religious dodge?"

God helped me and in a few days I was able to write home to my father that his only boy, about whom he did not know was dead or alive, had been converted at the Life Boat Mission.

Last July I went home to visit him and he met me at the train with tears in his eyes as he put his arms around my neck and said: "I am so glad that God has found you." That night I attended prayer meeting in the very church where I used to go to Sunday school with my father and mother. I stood up and spoke to the people as a redeemed man by the power of Jesus Christ.

While at home my sister said: "Let us go down to our mother's grave." I had not been there since we laid her away when I was about twelve years of age. When I walked up to that grave and saw that monument, I thought of all the meanness and all the wrong that I had done in my life; it rose up in front of me like a great monument; tears started to my eyes as I thought how good that mother had been to me—how she came to my bed and put her hand on my forehead and smoothed back my hair and bent over and kissed me. Then I thought of how I had abused that love, and there, with tears running down my face, I asked God to forgive me.

To-night I want to thank the different workers here for what they have done to encourage me, especially Brother Van Dorn, who has ever stood ready with his Bible in his hand to point me to the Lamb of God—the man whom I respect above all men in this great city.

I want to thank all you Christian people who at different times have greeted me with a handshake. You can never understand what it means to young converts like me. It costs nothing, but give it to every young convert you see, and if you do, you may some day have the privilege of seeing someone saved, and think of it, friends, what that will mean.

THE WOE IN THE PATENT MEDICINE BOTTLE.

DAVID PAULSON, M. D.

The patent medicine evil has now become a formidable rival of the saloon itself. The day is past when a man can maintain his respectability and yet make regular visits to the saloon on the plea that he is drinking liquor "for his health," for well-informed people have learned that alcohol is a most prolific *cause* of disease.

But during the last few years disguised intemperance, in the form of patent medicines, has grown at a most alarming rate, and the astonishing part of it is that clergymen, statesmen and other eminent men who protest against the use of beer containing two to five per cent of alcohol furnish glowing testimonials encouraging the use of various well-advertised patent medicines containing, in most instances, more alcohol than ordinary whiskey,

forgetting that the alcohol which is sold over a drug counter is just as destructive as that sold over a bar.

Dr. Osborne, professor of materia medica and therapeutics in Yale College, in a paper read before the last American Medical Association, spoke of one patent medicine firm that uses 500 barrels of whiskey each week. He mentions a highly recommended "sure cure" for alcoholism which is itself nearly one-half alcohol! Another remedy which has been advertised so extensively that in some communities one out of every four of the population buy it, is nearly one-fourth alcohol.

A widely advertised catarrh snuff contains a liberal quantity of cocaine and is already pro-

ducing a prolific harvest of victims for insane asylums. One of the most widely advertised soothing syrups has unquestionably killed a thousand times more children than Herod ever slew, for it contains half a grain of morphine to every two ounces of the drug, and infants are peculiarly susceptible to the influence of narcotizing drugs. This is one reason why the cigarette evil is playing such havoc with the boys of our nation.

It has been estimated that there are a million morphine and cocaine fiends in this country. This is not surprising when the child is introduced to its bewitching effects and its nervous system is made to demand unearned felicity, even before he is old enough to ask



PHOTOGRAPH OF BURNING PATENT MEDICINES.

A tablespoonful of Peruna was put in can No. 1, the same amount of Hostetter's Stomach Bitters in can No. 2, an equal amount of Lydia Pinkham's Vegetable Compound in can No. 3, and a tablespoonful of beer in can No. 4. Heat was then applied for a few minutes, and the vapor distilling off passed up through the rubber tubes to the gas mantles, and these on being lit, burned brightly. Hostetter's Bitters and Peruna burned brighter and longer than beer. This experiment was made and photographed for The Life Boat by Dr. A. J. Read of the Battle Creek Sanitarium.

for it. "Train up a child in the way he should go, and when he is old he will not depart from it," is just as true when it is trained in *wrong* habits as when it is trained in correct ones.

The real foundation for this evil is a mistaken idea about the cure of disease. Genuine and permanent healing of the body can not be put up in bottles and bought and sold at so much an ounce. It results from coming into harmony with nature's laws and a proper use of nature's own remedies, such as exercise, pure air, pure food, hydiatic measures, electricity and a simple trust in God. The physician who can intelligently and skillfully bring these influences to bear upon his patient will find but little use for drugs, and certainly not for a wholesale and universal doping with alcohol, morphine, cocaine and other habit-forming drugs.

LIFE BOAT WORK IN SIXTEEN STATES.

ALBERTA WEIST.

The Life Boat work was first brought to my notice in my home town, Reading, Pa., where I was at the time working for my brother in a factory. I became a Christian and realized that for me Christianity meant *service*, and I found that THE LIFE BOAT was a good medium to work with.

There was a young lady, Miss Porkorney, working with THE LIFE BOAT, and it was through her that I became interested, and together we worked Reading with THE LIFE BOAT from one end to the other—a city of about 90,000 people. When we had covered it once we would begin over again next month.

This was almost two years ago, and in the fall of 1903 I received a letter from Dr. Paulson inviting me to attend the Life Boat Workers' convention. Starting from Pennsylvania, I made my way selling LIFE BOATS through Pennsylvania, Ohio and Indiana, from one city to another, to attend the convention in Chicago.

Here I got an idea of real missionary work and proceeded to adopt in my own life the methods they were using in Chicago. Starting out from Chicago to Indianapolis, Ind., and visiting the principal cities in Indiana, I made my way with THE LIFE BOAT, often selling from 800 to 1,100 a week.

The proceeds that I made from THE LIFE BOAT enabled me not only to support myself and pay my traveling expenses, but also to place THE LIFE BOAT in the penitentiaries and hospitals and to visit the poor districts of the cities, where I often met people in the most destitute circumstances, families in actual need which it was my privilege to help. The Lord so wonderfully blessed me that I was never obliged to turn away from any case of distress or need that came to my notice.

From Indiana I kept on going south,



ALBERTA WEIST.

through Kentucky, Tennessee, Georgia, Florida, Alabama, Louisiana, then through Mississippi, Missouri, Iowa, Minnesota, North Dakota, Wisconsin, Illinois, during this time selling about 42,000 LIFE BOATS.

This is only a short synopsis of the work. Brief accounts of many of my actual experiences have appeared in THE LIFE BOAT from time to time. I am encouraged to go on with the work, although I know that here I shall never see the full results, but I am willing to work as the Lord shall direct, thanking Him for an opportunity to have a part in His work.

WORKING FOR THE INTEMPERATE.

MRS. E. G. WHITE.

Every true reform has its place in the work of the Gospel and tends to the uplifting of the soul to a new and nobler life. Especially does the temperance reform demand the support of the Christian workers. They should call attention to this work, and make it a living issue. Everywhere they should present to the people the principles of true temperance, and call for signers to the temperance pledge. Earnest effort should be made in behalf of those who are in bondage to evil habits.

There is everywhere a work to be done for those who through intemperance have fallen. In the midst of churches, religious institutions, and professedly Christian homes, many of the youths are choosing the path to destruction. Through intemperate habits they bring upon themselves disease, and through greed to obtain money for sinful indulgence they fall into dishonest practices. Health and character are ruined. Aliens from God, outcasts from society, these poor souls feel that they are without hope either for this life or for the life to come. The hearts of the parents are broken. Men speak of these erring ones as hopeless; but not so does God regard them. He understands all the circumstances that have made them what they are, and He looks upon them with pity. This is a class that demand help. Never give them occasion to say, "No man cares for my soul."

Among the victims of intemperance are men of all classes and all professions. Men of high station, of eminent talents, of great attainments, have yielded to the indulgence of appetite, until they are helpless to resist temptation. Some of them who were once in the possession of wealth are without home, without friends, in suffering, misery, disease, and degradation. They have lost their self-control. Unless a helping hand is held out to them, they will sink lower and lower. With these self-indulgence is not only a moral sin, but a physical disease.

Often in helping the intemperate, we must, as Christ so often did, give first attention to their physical condition. They need wholesome, unstimulating food and drink, clean clothing, opportunity to se-

cure physical cleanliness. They need to be surrounded with an atmosphere of helpful, uplifting Christian influence. In every city a place should be provided where the slaves of evil habit may receive help to break the chains that bind them. Strong drink is regarded by many as the only solace in trouble; but this need not be, if, instead of acting the part of the priest and Levite, professed Christians follow the example of the good Samaritan.

In dealing with the victims of intemperance we must remember that we are not dealing with sane men, but with those who for the time being are under the power of a demon. Be patient and forbearing. Think not of the repulsive, forbidding appearance, but of the precious life that Christ died to redeem. As the drunkard awakens to a sense of his degradation, do all in your power to show that you are his friend. Speak no word of censure. Let no act or look express reproach or aversion. Very likely the poor soul curses himself. Help him to rise. Speak words that will encourage faith. Seek to strengthen every good trait in his character. Teach him how to reach upward. Show him that it is possible for him to live so as to win the respect of his fellow men. Help him to see the value of the talents which God has given him, but which he has neglected to improve.

Although the will has been depraved and weakened, there is hope for him in Christ. He will awaken in the heart higher impulses and holier desires. Encourage him to lay hold of the hope set before him in the gospel. Open the Bible before the tempted, struggling one, and over and over again read to him the promises of God. These promises will be to him as the leaves of the tree of life. Patiently continue your efforts, until with grateful joy the trembling hand grasps the hope of redemption through Christ.

You must hold fast to those whom you are trying to help, else victory will never be yours. They will be continually tempted to evil. Again and again they will be almost overcome by the craving for strong drink; again and again they may fall; but do not, because of this, cease your efforts.

They have decided to make an effort to live for Christ; but their will-power is weakened, and they must be carefully guarded by

those who watch for souls as they that must give an account. They have lost their manhood, and this they must win back. Many have to battle against strong hereditary tendencies to evil. Unnatural cravings, sensual impulses, were their inheritance from birth. These must be carefully guarded against. Within and without, good and evil are striving for the mastery. Those who have never passed through such experiences can not know the almost overmastering power of appetite, or the fierceness of the conflict between habits of self-indulgence and the determination to be temperate in all things. Over and over again the battle must be fought.

Many who are drawn to Christ will not have moral courage to continue the warfare against appetite and passion. But the worker must not be discouraged by this. Is it only those rescued from the lowest depths that backslide?

Many are the outcasts who will grasp the hope set before them in the Gospel, and will enter the kingdom of heaven, while others who were blessed with great opportunities and great light which they did not improve will be left in outer darkness.

[From advance sheets of new book, "The Ministry of Healing."]

A COSTLY CUP OF COFFEE.

H. W. R.

A few nights ago W. S. Sadler gave an address in the Life Boat Mission on "Mistakes at Meal-time." He spoke of the importance of thorough mastication, the necessity of abstaining from various substances and particularly mentioned tea and coffee, because of the stimulating principles they contain—thein in tea, and caffeine in coffee, both of which are similar in effects to the nicotine in tobacco. The audience listened with profound interest, and many were deeply impressed.

During the testimony meeting which followed a man gave the following very remarkable evidence from his own personal experience, of the relation of coffee to intemperance:

"I know there is something that should be recognized in reference to this question. I had been drinking whiskey for twelve years. I had tried innumerable ways to fight it and overcome it, but it seemed to be practically impossible.

"Last fall I came to Chicago to see some

friends, and during that stay, I didn't drink liquor and had no desire for any, but they used neither coffee nor tea. They gave me a kind of cereal coffee, and when I went back to South Bend, I did not seem to have the old craving desire for whiskey, but while I remained there at the hotel I always asked for hot water and milk to drink. I had that for three weeks, and drank no coffee nor tea.

"I returned to Chicago, and I had no desire for a drink of whiskey. Now I didn't know whether it was the blessed influence of this Mission, that had taken away from me the appetite and desire for drink. I was puzzled for I had never received the spiritual experience here that others had, but the appetite and desire had disappeared, and for five straight months I had no desire to drink. I have kept silent about my own experience because I was afraid that I might say something that would discourage those who were making progress spiritually. I love to see men go on and on, though I may not be able to go myself, and I say 'God bless you; I will help you to, though I may have to stay out.'

"But I am going to give you the fruit of my experience. A week ago last night I had to change my boarding place, and I had to either drink coffee, or else water, and I said, 'Well, I guess I'll take a drink of coffee.' Do you know, that cup of coffee cost me thirty dollars and a gold watch and chain? Just that *one* cup of coffee. I got that cup of coffee and went back to work in the afternoon, and I was not at work for two hours before the old irresistible craving came on, and I went on a good solid drunk. I say, God bless Brother Sadler; the time may come that I may be able to see the blessedness of the grand teachings that I have here heard night after night."

The concluding portion of Mrs. Whittemore's talk in the Life Boat Mission will be given in the next number. Be sure to get that copy for you will want to read it.

MUZZLE THE DOGS.

In many of our large cities the boards of health take the most rigid measures to muzzle dogs during the hot summer months. But one or two mad dogs on the streets of Chicago would be a small calamity in comparison with more than 7,000 wide open saloons.

THE BEGINNINGS OF THE WHISKEY
APPETITE.

J. H. KELLOGG, M. D.,

Superintendent The Battle Creek Sanitarium.

The appetite for alcohol as well as that for tobacco is wholly unnatural. No child is



born with an instinctive craving for these poisons. A person who has an appetite for quor or tobacco is in a state of disease. He has become perverted.

The alcohol habit is acquired. It is a cultivated appetite, the roots of which reach back to the earliest

years of life. Perhaps the majority of men who drink strong liquors have no relish for them. The toper seizes his glass of poison, bolts it at one gulp, and sends down after it a glass of cold water with all the celerity possible. To many the draught is so nauseous that great effort is required for some minutes after it is swallowed to restrain vomiting.

The alcohol appetite is not in the mouth, neither in the stomach; it is deeper down in the tissues, in the nerves. Many a man who hates the sight, smell and taste of liquor, and fully realizes the awful consequences of intemperance in general and the fearful results which may follow the use of liquor in his own case, will nevertheless rush for a saloon under the impetuous leading of an imperious impulse and drink himself into insensibility, only to awaken a few days later for the hundredth or the thousandth time to spend days or weeks in a remorseful repentance for his folly. He can not understand why he should have done such an insane act. He resolves never to do it again, but in due time he falls into the same slough.

This man is in a state of disease. He is suffering much in the same way as one who finding himself on the top of a high tower is seized with an impulse to cast himself off. Impulses of this sort are not uncommon among persons whose nervous systems have been damaged by a wrong diet, a sedentary life, dissipation, worry and other causes.

There are many varieties of these morbid cravings and impulses. The Mexican toper

can not eat without swallowing half a dozen of the hottest peppers and later he naturally feels an irresistible craving for his fiery tequila. That the craving for pepper and hot condiments is closely associated with the drink habit is recognized by every saloon-keeper who entices customers with a free lunch. The hottest of mustard, pepper, peppercorn, ginger and various blistering sauces are as necessary for the free lunch as are the cheap bread and tainted meat whose evil qualities the hot flavors serve to hide.

The real nature of the liquor appetite is a desire for unnatural stimulation. Any substance which when swallowed produces almost at once a sense of exhilaration is a so-called stimulant, whether it be a dram of whiskey, a whiff of tobacco smoke, or a juicy beefsteak. Each application of the stimulant is followed by a depression a little greater than the preceding one, so that the man who uses stimulants is in the interval continually sinking lower and lower. He soon gets to the point where the stimulant no longer lifts him above par, and a large dose is required to bring him up to his normal level of good feeling. The chronic drunkard does not drink for exhilaration, but to relieve the horrible depression, the trembling, the goneness, the nervousness and apprehension to which he has been reduced by the repeated depredations made upon his constitution.

Experience as well as theory have clearly demonstrated that there is a direct relationship between flesh-eating, the use of tea and coffee, the use of condiments such as mustard, pepper, peppercorn and other hot and irritating substances taken with food, and the liquor and tobacco habits. One of the best proofs of this is the fact that when one who has long been accustomed to the use of alcohol and tobacco adopts a natural dietary from which tea and coffee, condiments and meats of all sorts are discarded, the appetite for liquor and tobacco frequently disappears at once. Said a prominent business man who was stopping with his wife as a visitor at the Battle Creek Sanitarium a few weeks ago: "If I should remain here a week or two longer I think I should be compelled to renounce the use of tobacco. When I came I was smoking a dozen cigars a day; I am now smoking but two and I have hard work to finish them. Somehow since I have been eat-

ing your food I have lost my appetite for tobacco and the flavor of it rather nauseates me."

Another gentleman, a boarder, engaged in business in the city, after having lived a few weeks at the Sanitarium, remarked to the writer: "I like the Sanitarium diet in every respect but one; it will not permit me to smoke. I love to smoke and I like your food; but when I eat your food I can not smoke."

A man who had been for fifteen years a drunkard and who for several years had not seen a sober moment, stumbled into the Workingmen's Home in Chicago. He ceased to drink and for the first time in years led a sober, steady life. At the end of three months he became restless and remarked to a friend that he was going away for a few weeks. "In fact," said he, "I am going on a spree. I haven't any appetite for liquor, but I want a little change. I am going on a spree and the first thing I shall do will be to eat a great, big juicy beefsteak to give me a whiskey appetite." This man had evidently wallowed so long in the mire of intemperance that he had come to recognize it as his native element, and so, like the pig, returned to his wallow. The interesting fact is that he had himself discovered the intimate relation between beefsteak and the whiskey appetite. The appetite for beefsteak is as unnatural for human beings as is that for liquor. The little child has to be taught the use of meat and no child could be induced to swallow tea of coffee without the disguise of cream and sugar.

Modern physiology has revealed the momentous fact, which has been confirmed by experience, that many of the ordinary practices of our civilized life are leading strings to intemperance; that mothers who dearly love their sweet little ones actually set traps for them at the dinner table, feeding them with viands which create in their impressible bodies morbid cravings which only strong poisons like tobacco, alcohol, opium and other narcotic drugs can appease.

The cure for the liquor habit, for the tobacco habit, is to be found nowhere else but in a return to that normal state of being in which the Creator established man when He made him, with unperverted instincts, for

the satisfaction of which he provided wholesome foods and all other things needful.

The cure for intemperance is not to be found in any drug which can be swallowed or which can be injected beneath the skin. It is not to be found in hypnotism and it can not be effected by legislation. Prohibitory laws are just and helpful, but *reformation* requires something which strikes deeper.

The drunkard is diseased, soul and body. His instincts, physical, mental and moral, are perverted. His *only* hope is to return to God physically, mentally and morally. The unwholesome stimulating food which many a man struggling against the appetite for liquor consumes at his daily meals is a fatal undertow which is continually dragging him down into the deep waters in spite of his struggles. The beefsteak, mustard, pepper, tea, coffee and other unwholesome comestibles are each one a sinker about his neck. He must cast off these weights; he must tear himself loose from these physical entanglements.

Then let him on bended knee, with his face turned toward heaven, lay hold of that mighty hand which, *always* outstretched and waiting, is able to save to the uttermost. Thus a veritable regeneration may be wrought in him; he may be born again, made new physically, mentally and morally. The old man of disease and sin may be put off and the new man of health and rectitude put on. The same power that created man can recreate him, can redeem him and cleanse him. "Obey and live." This is the promise and command. This is the drunkards' *only* hope. The obedience must be thoroughgoing.

There is no such thing as successful temperance reform without diet reform; the two go together like Siamese twins. A vicious, unwholesome diet creates the appetite for drink; a natural wholesome diet obliterates the abnormal craving. Divine grace will cleanse the heart and miraculously strengthen the weakened will. There is a wide door of salvation open for *every* man who is willing to walk in. The gracious invitation is given to every weary, struggling, tempest-tossed despairing soul. Hear the voice of infinite power that speaks to you: "Come unto me, all ye that labor and are heavy laden, and I will give you rest."

A PHYSICAL AND SPIRITUAL TRANSFORMATION.

SAMUEL COOMBS.

Three years ago, when I came into this Mission, I was dead in trespasses and sins. My life had been misspent and misdirected, but if somebody had told me when I was sixteen years old some of the things I know now and how to care for my health and control my appetite I should have been saved a world of trouble.

I have sent Dr. Kellogg's book on physiology to my nephew in Ireland and to my little niece in Nebraska. I do not intend that they shall grow up in ignorance of how to care for their bodies.

Just after my conversion my brain was in such a condition that when I attended the Life Boat Mission Bible class I could not remember the texts long enough to find them in the Bible, but in Mrs. Dr. Paulson's physiology class I learned how to take care of my body. It was a wonderful revelation to me that it was possible by right living that God would again build up my brain cells. It is a wonderful thing to go to bed and sleep soundly all night and awake refreshed, whereas before I used to lie awake and use tobacco to try to quiet my nerves and then felt in the morning as if somebody had beaten me all night.

What a wonderful thing it is to stand here this morning and not want any of those things! The night I came in here I was a poor drunkard and the height of my ambition was to keep sober long enough to get enough money together to buy a saloon, so that I could hand out drink, but God works in mysterious ways His wonders to perform, and instead of handing out drink to-day I am handing out Battle Creek Sanitarium health foods.

(Mr. Coombs has a health-food store at 555 West Sixty-third street.) What a contrast!

A few nights ago I dreamed that I was back in the old life, and oh, the horror of it! When I awoke I was so thankful that it was not so that I said out loud, "Praise the Lord!" I know God has saved me for a definite purpose and that He wants me to proclaim his keeping power.

Related at a recent Sabbath service at the Life Boat Mission.

STARTLING FACTS AND FIGURES.

The retail cost to the consumer of intoxicating liquors amounts to \$1,500,000,000.

This is more than twice as much as the capital stock of all the banks.

The drink bill for eight months would pay off the entire debt of the United States.

In two years it amounts to more than the



MR. AND MRS. COOMBS.

total value of all the horses, swine, sheep, mules and goats in this country.

The total drink bill amounts to fully one-half the value of all the farm crops including cotton, seeds, vegetables, fruits, nuts, sugar, forest products, flowers, etc.

The entire corn, wheat and oats crop of the entire nation only equals the nation's liquor bill for thirteen months.

All the gold now used as money in the world would only pay the drink bill of this country for about three years.

The total gold production of the world since the discovery of America by Columbus until the present time at the present rate of consumption would only pay the United States' drink bill for six years.

Our drink bill eats up in less than six days the equivalent of all the salaries of the postmasters in the United States for an entire year.

If we should save up all the money that we are paying out for liquor every forty-three days, we could pay the total debts on all our States and territories.

The gross income of all the railways of the United States, carrying 600,000,000 passengers and handling more than 1,000,000,000 tons of freight, only equals our drink bill for one year and two weeks.—*Compiled from the Prohibition Year Book for 1904.*

SELF CONTROL.

M. C. WILCOX.

Editor The Signs of the Times.

Temperance, whenever used in the New Testament, comes from a Greek word meaning "self control." And the term "self control" is the best expression of what true temperance is—the proper balance and co-operation of all the faculties and powers of heart, mind and soul. It is temperance in all things; a legitimate, normal use of that which is proper and good, but a total abstinence from that which is evil. Surely it would seem that there is no man with the right use of his senses who would not choose such a life as that.

What a blessed world it would be if all were thus temperate. Yet here comes in one of the seeming paradoxes of truth. Man can not, though it be his duty, control himself. We do not mean by this that he can not impose upon himself certain onerous tasks and do them. He can live and die a "holy" hermit; he can hold his clinched hand above his head till the nails grow through the palms and the muscles harden and wither; he can sit in meditation like a stone statue till people worship him as a God; but all these are not examples of self-control. True self-control withers no organ, dwarfs no faculty, kills no noble inspiration or affection of mind or heart, nor does it shut itself from human kind, its needs, its joys, its sorrows.

Alexander controlled men to conquer the world, but he could not control himself, and the latter has been true of earth's sons who depend upon themselves to control themselves. Man is sinful, inherently sinful, ever tending to the indulgence of the flesh. He is a slave, "sold under sin." At times he strains like a lashed hound for freedom, but inevitably falls back into the bondage of sin and Satan. Hence another Bible paradox: He who would be truly free must *yield* to become God's servant.

We have not space to argue the philosophy of it; we only proclaim the glorious blessed fact: "For he that is called in the Lord being a servant (literally 'bond slave') is the Lord's free man: likewise also he that is called being free is Christ's servant." 1. Cor. 7:22. For he who yields himself in heart and soul and flesh to God in Christ Jesus shall know the truth, and the truth shall make him free. "If the Son, therefore, shall make you free, ye shall be free indeed." John 8:32, 36.

Powers and faculties under the bondage of Satan and self are released from their enslavement to do the things for which they were created. The soul is freed in the glad joy and strength of Jesus Christ, and yet, is he a servant; but he is in bondage to infinite love, free to do; aye, free to go back to the mire and the wallow of sin; for God holds none in His service save by constant love and the soul's own free choice.

To what absolute self-surrender of your sin-bound, helpless soul and body he invites you, dear reader. While you now may say with one; "I know, O Lord, the way of man is not in himself; it is not in man that walketh to direct his steps," you may sing the song of deliverance in Christ Jesus: "Oh, Lord, truly I am thy servant. I am Thy servant. . . . Thou hast loosed my bonds."

There the service will be the service of life, not death, and the fruits of the spirit will be love, joy, peace, long suffering, gentleness, goodness, faith, meekness, temperance (self-control).

"I've found a Friend; O, such a Friend.

All power by Him is given,

To guard me all my earthly way,

And end that way in heaven.

Nought that I have my own I call,

I hold it for the giver—

My heart, my strength, my life, my all,

Are His, and His forever."

GOING TO CHURCH EVERY DAY.

CAROLINE LOUISE CLOUGH.

"I went to church every day," and "I never go to church but once a week, but last week I went every day."

A few weeks ago at our Life Boat Mission Sunday school we asked the children to do some kind act or loving deed during the week, something they had not been in the habit of doing before, and which would cause Jesus and the angels to be glad, and come prepared to tell us about it at our next meeting.

The above replies came from the lips of some of the children who had thought by so doing that they had fulfilled their promise.



A Group of Our Mission Sunday School Children.

The act of going to church merely seemed to them to be the only way of being good. Living in homes as they do where the name of our Lord is never spoken except in an oath, where drinking and carousing take the place of the mother's quiet hour with her children, it is not to be wondered at that these children know of no other way of showing their desire to do better.

The little we can do with the children one hour a week seems sometimes like only a drop in a bucket, but we know the Lord will take care of His word.

We received an express package not long ago and upon opening it found a box carefully packed with fragrant wild flowers and two bird's nests containing their eggs. Neatly folded on the top was the following letter from two little girls addressed to the poor little folks of Chicago: "This little bird's home was found this morning while we were out gathering in the leaves; the mother bird

had forsaken her home. While we are so happy in the woods searching the pretty leaves, we think of you, who perhaps can not be out in the woods and see the many pretty things which grow for us all to enjoy, so we tried to prepare a little box for you which we hope you will enjoy." As we presented this box to the children we told them of Christ's life on this earth and how He said, "The foxes have holes and the birds of the air have nests, but the Son of Man hath not where to lay His head." Christ was willing to endure hardship that he might save us.

WHITHER IS THE NATION
DRIFTING?*

A. T. JONES.

The history of this world can be, and indeed is, briefly yet largely told in the simple subject of temperance and intemperance. The nations that in succession have dominated the world have gained their power and supremacy while they were temperate, plain livers, and have lost their dominion and their power when they abandoned their plain living. In that notable night of the drunken, lascivious feast of Belshazzar, when the world empire of Babylon sank to rise "no more at all," it was to the Medes and Persians that the power of world empire fell.

All who are acquainted with the pages of good old Rollin will remember the statement with reference to the Persians that "the only food allowed either the children or the young men was bread, cresses and water." The word "cresses" does not signify especially the single herb, cress, but in general a vegetarian diet. This dietary they held because, as is further said, "their design was to accustom them early to temperance and sobriety; besides, they considered that a frugal diet without any mixture of sauces or ragouts would strengthen the body and lay such a foundation of health as would enable them to undergo the hardships and fatigues of war to a good old age."

Yet all this was lost by the Persians when they secured world dominion, and they went over the same course and came to the same end as that of Babylon. The Greeks in turn went over the same course unto the same end as had gone both Babylon and Persia.

*Abstract of address given in the Hall of Congresses, Battle Creek Sanitarium Day at the World's Fair St. Louis. Stenographically reported.

When the Romans took possession of the world power they were temperate people. In partaking of food, even though they were seated at a most sumptuous banquet, they took nothing "more of it than what was useful, and that in the most temperate manner, for the necessary support of nature, and despised all the rest as that which corrupts the mind as well as the body and breeds vicious humors in both." And yet when Rome had gained in undisputed sway the absolute dominion of the world she too followed the same course as had those who preceded her, and to the same end, for all know how abundantly every history of that nation shows what a frenzy of intemperance it was to which Rome sank and by which she perished forever.

These facts are sufficient to illustrate the great truth that the great nations that have dominated the world, rose to world-power through the practice of temperance and lost it all through intemperance. And now in our day, this our own nation has suddenly stepped to the front to occupy the leading place as a world-power, and to wield, in a way that it had never before, a world influence. So there arises a question that is worthy of the most serious consideration of all the people of the United States: Is this nation prepared to wield a wholesome world influence? Any person who will seriously consider the facts will be compelled to confess that as compared with the former world powers the United States to-day is almost as intemperate as were these other world powers when they sank. For, though it is conceded that this nation is not yet as intemperate in the things which the others indulged to their ruin, yet it is undeniable that this nation is intemperate in more things than any of those ever indulged, even in their deepest and worst intemperance.

Those nations knew practically only one kind of intoxicant—the fermented juice of the grape. Think of that as compared with the scores of intoxicants, far more fierce and fiery, that are indulged to such fearful excess among the American people to-day. Think of the widespread indulgence of the deadly opiates, as cocaine, opium, morphine, etc., not one of which did any of the ancient nations ever know. Think also of the enormous indulgence in tobacco, a multiform evil, in its many manufactured forms, which also none of those

nations ever knew. Nor does the list stop even here, but it must include the stimulating and narcotizing poisons, tea and coffee, which are so universally indulged in. For though it be true that tea and coffee are not so intense in their effect as are the other intoxicants named, yet it is also true that they are both just as really intoxicants in their degree as are the others, though the degree be not so great. One of the chiefest of the universally recognized scientific authorities of our day has stated the case thus: "From tea to hashish we have through tobacco, alcohol and opium a sort of graduated scale of intoxicants which stimulate in small doses and narcotize in larger." "The action of these gradually shades into each other." In view of these facts and of the universal indulgence of these many absolutely destructive things, there is presented to the American people to-day this question: When the mighty world powers of Babylon, Medo-Persia, Grecia and Rome could sink themselves into eternal ruin in the indulgence of practically only one sort of intoxicant, how long can this nation stand in its enormous and universal indulgence of these many and far more vicious intoxicants? How long can this nation hold her newly assumed position as a world-power when at the very beginning of her career as a world-power by the indulgence of this long list of fiery and fierce intoxicants, she is almost at the stage of intemperance at which the others sank to irretrievable ruin?

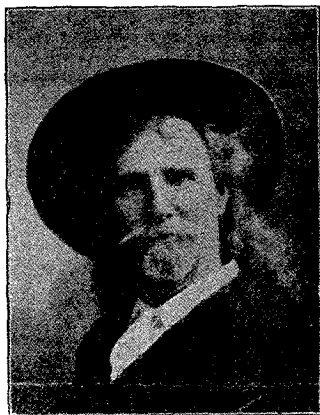
These considerations demonstrate that there is a most urgent need of temperance reform among the American people. They also emphasize the importance of such a study of the subject as shall develop a system that will furnish such a foundation for temperance reform as will assure both thoroughness and permanence.

A plain simple regimen of natural foods when thoroughly masticated is not only wholesome but is so satisfying that neither tea nor coffee, pepper or other condiments, nor wine or brandy sauce, nor anything that has in it any stimulating or narcotizing principle whatever is required.

The whole principle of temperance is expressed in this one sentence of scripture: "All things are lawful for me, but I will not be brought under the power of any." The

simple and plain dietary of the Battle Creek Sanitarium system with its accompanying rational treatments and thorough instruction in the principles involved, all conducing to the restoration of the man to truly a normal condition and guarding him from everything that would take control of him, tends to set him firmly upon such a plane of living that he should be truly master of himself and servant of nothing and nobody. (Applause.)

True temperance reform must have in its every phase essential Christian principle as its basis and guide, the spirit of Christianity as its inspiration, and from that foundation build from infancy to the last day of life, and those who espouse it will be strong, healthy, clean, pure, and true and high thinking men, a blessing to mankind and the world wherever they may be found. Through such Christ will accomplish His glorious purpose of developing the true saints of the Most High and fit them to take the kingdom and possess the kingdom forever, even for ever and ever. (Great applause.)



The above is a picture of Captain Crawford, the chief of Indian scouts. Few men have passed through so many thrilling experiences on the frontier and in border warfare, and yet he has come out of it all a clean, wholesome, and upright man. At his mother's deathbed he pledged her that he never would drink a drop of intoxicating liquor and he kept his vow when he was face to face with six-shooters in the hands of desperadoes who threatened to shoot him if he did not drink. As we heard him tell of this and many other trying experiences we appreciated more than ever the value of a pledge.

He told us personally how some time ago, when talking to a company of boys concerning the harmfulness of the cigarette habit, one little fellow said: "Mister, if you will give up the use of tobacco, I will give up the use of cigarettes;" and for the sake of helping this boy, after using tobacco for a lifetime, he then and there discontinued its use, thereby setting a good example to all tobacco-using men who are trying to help others.—Ed.

WINE.

MRS. S. N. HASKELL.

Wine is one of the precious gifts of heaven. It has been highly honored by being taken as an emblem of the precious blood of Christ. It would seem that in proportion as God designed it to be a blessing, Satan has degraded it into a curse.

When used in its pure, unfermented state, it is a blessing; but fermented wine is a curse to all who partake of it. From the earliest times the Bible record states that the use of fermented wine caused those who drank it to lose their modesty and virtue. Gen. 9:21-24. Gen. 19:33-35.

Some confuse the passages of scripture that speak of unfermented wine and thus try to justify themselves in the use of fermented wine. The two kinds of wine are clearly defined in the Bible. The wine the butler gave unto Pharaoh would not intoxicate. It was the pure juice of the grape, before fermentation had taken place. Gen. 40:11. This kind of wine is called the "pure blood of the grape." Deut. 32:14, "and maketh glad the heart of man." Psa. 104:15. God himself takes delight in this class of wine. Judges 9:13. The Saviour used this unfermented wine when He instituted the Lord's supper. It was on the eve of the Passover, and during the seven days connected with the Passover, that all leaven, or anything that was fermented, was removed from every Jewish home. Ex. 13:7. All wine used during the passover week was unfermented. Therefore, the wine the Saviour used was the pure, unfermented wine. It could not be otherwise, for the Saviour would not take that to represent His precious blood which God had forbidden all to even look upon, much less drink. God has said, "Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder." Prov. 23:31-32. Fermented wine resembles the old serpent, the devil, "it biteth like a serpent, and stingeth like an adder."

Fermented wine is deceptive. Satan deludes the mind with a belief that it has healing properties, and will benefit the one who drinks it, but God says this, "wine is a mocker, strong drink is raging, and whosoever is de-

ceived thereby is not wise." Prov. 20:1. Here, again, we see the resemblance to the arch deceiver, the devil. Woe is pronounced upon all who give to others any class of drink that will make them drunken. Heb. 2:15.

In order to preserve the unfermented wine, it must be bottled air tight. This manner of preserving the wine was so common that the Saviour referred to it in teaching spiritual lessons. Mark 2:22. The old bottles of skin, which were used at that day, would retain some of the old wine, and this would cause the new wine to sour, or ferment, and destroy both wine and bottles, but if sealed up in new bottles there would be nothing to start fermentation, and the wine would be preserved.

This unfermented wine was what Paul directed Timothy to use. 1 Tim. 5:23. It could not be otherwise, for Paul would not instruct Timothy to break a plain command of God by partaking of fermented wine. Fermentation is the result of decay and death. None who continue to allow their appetite for strong drink to control them, will ever enter the kingdom of heaven. 1 Cor. 6:10.

When the last enemy, death, is forever vanquished, the Saviour will partake of the pure juice of the grape, with His faithful followers in the kingdom of God. Matt. 26:29. **WILL YOU BE THERE?**

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

ELLEN R. PAULSON.

"Inasmuch as ye have done it unto the least of these, my brethren, ye have done it unto me." Matt. 25:40.

Services in the Harrison Street Police Station of Chicago are conducted by our workers every Sunday morning. At nine-thirty a company of workers with Bibles and song books enter the police station. They pass down from the first floor by the way of a dark and badly worn stairway to the basement where at the bottom they are confronted by a strong iron gate.

The party about which I am relating were met at this gate by the police sergeant, who, seeing us approach, stepped forward and unlocked and opened the gate, giving words of greeting.

Immediately in front of us as we entered

lay the form of a man upon the cement floor, while bent over him were two policemen. "Is he dead?" I asked of a friend near by. "Dead drunk," was the answer I received, and sure enough as the policemen shook him to get an answer to their inquiries, a moan was heard.

"What impression will the scriptures about to be read, and the songs sung, have upon this poor soul?" were the thoughts that came to my mind. Dear reader, this is but an example in the extreme of how each one of us may numb our senses by the use of tobacco, opium, cocaine, mustard, pepper and many combinations of food, so that we are unable to comprehend the things of God. Satan is watching these opportunities to entrap us.

We passed from this sad scene to a desk where sat the police matron, an elderly lady, who seemed pleased to have us come. Here we removed our wraps while one of our number brought down a Bilhorn organ that is stored in the building for use at these services.

This apartment of the police station consists of four long corridors having a row of cells on one side. The two center corridors are occupied by the criminals. Sometimes these cells are crowded to their utmost capacity.

As the gate to the corridor to the left was open we stepped in and began a song service, each inmate being supplied with a song book. There was such a decided contrast between the cold, barren walls, the broken-hearted women, and the words of the song, "Wonderful Story of Love," that the picture of the whole plan of salvation seemed more beautiful than ever before. Satan is certainly a hard taskmaster. An earnest talk was given by one of our company, then other songs were sung. One woman raised her hand to be made a subject of prayer.

After prayer and parting words we moved into the criminal corridor. Here the gates were unlocked for us and a song book was given to each prisoner. Some of them received them eagerly. Several songs were sung and prayer offered. Then two of our party gave earnest talks. The Power that could save each one of them, even under such unfavorable circumstances, was explained to them in detail. The opportunity was theirs to accept.

Some of them listened with their faces pressed up against the bars of their cells. As a call was made for prayer, thirteen hands were raised; thirteen had enough of God left in their hearts to desire to be remembered at the throne of grace. The drunkards are in the fourth corridor and it was a very noisy one. Each inmate seemed to have some remark to make. The song books were distributed and we at once began to sing, "There's Not a Friend Like the Lowly Jesus." All of them became quiet and some shed tears.

Brother McBride then told his personal experience. He told of his life of sin and the results of serving Satan, how he was just celebrating his first anniversary, and the joy and peace that had been in his heart during the past year. Several hands were raised and prayer was offered. When the song books were collected one prisoner asked if he might keep his and the request was granted.

We then passed through a hall to an outside stairway to go to the Annex. Upon reaching the top of the stairs the door bell was rung and an elderly lady wearing a star immediately answered it. Being well acquainted with our workers she welcomed us in. The room had the appearance of a hospital ward with small white beds along the walls.

At one end of the room were rows of chairs and here sat ten girls and women, some with youthful faces of from twelve to twenty-five years, and others with mature faces and gray hair. As we scan the faces some seem soft and tender while others are hard and bold. A song service was at once begun and many of the girls sang with us, some of them selecting certain pieces.

Different workers were called upon to talk. Sister Abrams briefly told the story of her life, which appealed to the girls quite forcibly. Before the final prayer a number of hands were raised. The workers had a personal talk with each one and many poured out their hearts to them. These girls may never be met again by our workers, but some word may have been spoken or some scripture read that may change a life and win a soul for God.

Ours is the work of the sower. Some seed will surely fall on fallow ground and God will take care of the harvest.

A BUNCH OF SUNSHINE.

A prisoner in the Waupun, Wis., State prison, writes: "I take this opportunity to write you to let you know how grateful I am for that little bunch of sunshine that calls on me every month. It is such good reading and does me so much good to know that some one takes some interest in a man behind the bars. If every one who reads THE LIFE BOAT would see in it what I do you could not print enough of them. It is the best reading I get. I see you are getting outsiders to write to prisoners; that is a very good plan. I have not had a letter from any one for some time. My dear old mother writes now and then, but no one else. I like to get letters, but none come."

We ought to send a much larger number of Life Boats to prisoners each month. We heard Dwight L. Moody say before his death that he considered the prisons the most promising and at the same time most neglected field for missionary work. Our experience entirely confirms this. Will you send us a liberal donation to this work?

A RAY OF LIGHT IN A PRISON CELL.

A prisoner in Michigan City, Ind., State Prison writes:

"There is not in all this big world one person I can say is my friend; no one to care if I am in here or out; no one to shed a tear at my death. Sometimes I get very lonesome. I try as best I can to hide it at the shop, but in my cell it is different.

"When I received your last letter I was down-hearted and all broken up; every day was the same or worse to me. I was ready to welcome any change; even death would have been welcomed. 'Behind each cloud is a silver lining' was a fool's saying to me. Yes, things looked black, but one night, after trying in vain to close my eyes in sleep, I put in some time in hard thinking. I made the discovery that I alone was to blame for my condition, and if I did not care for my own welfare how could I expect others to care for me? That God helps those who try to help themselves is true.

"When doing a favor I used to expect a reward; now I find my reward in the cheerful willingness to do whatever I am told to do. I do not know just how it is, but I do know.

I find peace where I used to find trouble. I now feel a sensation of sadness creep over me when I hear of some one's misfortune, when before it was not part of me; I had my own trouble. Things I took pleasure in I now detest.

"The thought of giving myself up to God after years of wrong living seems so much like cheating—to waste myself up to the last moment, then give my wornout self to Him. I do not expect to become great or do wonderful things, but it is the height of my ambition to so conduct myself that it can be said of me, 'He is a good, honest man,' and I can not be good if I leave God out of it. By His help I expect to attain my desire.

"I want to thank you for your kind letters. When I received them they gave but little concern; they were just common letters; since then I can remember many things in them that had I understood at the time would have saved me many sleepless nights. It was like casting pearls before swine, but will not be so again.

"I wish you would have some good Bible student correspond with me; I will look upon this friend as my teacher and will be faithful in my study of all lessons sent me. I would like especially to take up a study of the book of Daniel. In other words, I want to learn more of the Bible so that I can get closer to God and be of some benefit to others as well as myself when I leave here."

ARE YOU DISCOURAGED OR IN TROUBLE?

MRS. DAVID PAULSON, M. D.

If any girl or woman reads this who is in deep trouble and can not see the way out, or is discouraged with life, I wish they would consider this a personal letter to them.

As we have been brought in contact with humanity we have found that when persons are discouraged they are more easily tempted to do wrong; therefore we desire to make every such person feel that there is some one who is interested in their welfare. A word of encouragement, a little personal interest at the right time, will often save a soul from making a fatal mistake. Our heart goes out in sympathy for every deceived and misled girl. We believe in the Scripture, which says: "We

that are strong ought to bear the infirmities of the weak." Rom. 15:1.

If you dare not tell your troubles to your friends, and feel forsaken and alone in this great world, write to us and we will endeavor to be a true friend to you in time of need.

Address the writer, Hinsdale, Ill.

HOW SOME OF OUR GIRLS CAME TO OUR RESCUE HOME.

MRS. HANNAH SWANSON.

A few weeks ago I heard some of our girls tell how they learned of our Home. One dear girl said some one sent her a LIFE BOAT when she was on the brink of despair and about to commit suicide; she said she would not dare to go near a moving train for fear she might be tempted to throw herself in front of the engine. She confided in no one, not even her father or mother. She saw in this LIFE BOAT a ray of hope. So she wrote for particulars and was invited to come, and we would do everything we possibly could for her.

Since coming to our Home she has endeared herself to all. A little girl baby has been born to her. She has given her heart to the Lord. Her father has been to see her. He assured her that she and the baby will be welcomed home as soon as she is able to travel. After first leaving home she wrote her father a most pitiful letter, telling him to forgive and forget her, and not to try to find her, as he would never see her again. He told me himself that the letter nearly broke his heart. He immediately started after her, but when he arrived at the place from where she wrote the letter she had left for our Home. He said he seemed impressed not to follow her any farther, so went back.

Another said that some one sold her a LIFE BOAT nearly a year ago, and last spring at house-cleaning time the old papers and magazines were put down in the cellar—among them that same LIFE BOAT. In it Mrs. Paulson asked any girl in trouble to write her. This poor girl in her sorrow remembered THE LIFE BOAT and went to hunt for it. She remembered about the papers in the cellar and found it at the very bottom of the pile. She wrote to Mrs. Paulson, who directed her how to come. She also has endeared herself to all of us.

Now I must tell you about another, one of

the dearest girls we have ever had in our Home. She came to us utterly cast down. She bought a LIFE BOAT last summer and laid it away in her trunk. She fell, and imagined she was afflicted with an awful disease. She then remembered this LIFE BOAT and felt there was some one she could come to for help. She has proved to be a real missionary in our Home, encouraging the discouraged, etc. Our doctors have assured her that she has no serious trouble. She seems to realize more every day what the Lord is doing for her. We know the Lord is blessing us in our little country home, and wish to help every dear girl that wants to be helped.

Have you a wayward child or some back-slidden friends? Send them The Life Boat. You may be thankful throughout eternity that you did it.

OUR NEEDS AT THE SUBURBAN HOME.

Just as long as the Lord sends us girls to be helped shall we have needs to be supplied. During the past few months our Home has



Beatrice and Irene, born in our Home.

been so full and the weather so cold that our expenses have been very heavy. The Lord has remarkably blessed the work in a spiritual way. The other day a gentleman called, the father of one of our girls, and stayed with us a few days. When he left he made this remark: "I am perfectly satisfied to leave my daughter at your Home, for I have found out it is a place where God dwells." We are anxious that it shall not only be a place of refuge and safety for every girl who is far from

home, but also that every inmate shall realize that God's presence continually abides there.

We need money to pay our rent and coal bill; we need food and other necessary supplies. Is there not some one in a neighboring State who will send us some potatoes this spring? A few bushels would be a great help. We also need flour, as we do our own baking; perhaps some one could send us some. We shall be glad to answer any inquiries regarding the work.

All donations to rescue work should be sent to Mrs. David Paulson, Hinsdale, Ill.

MODERN MIRACLES WROUGHT AT THE MISSION.

E. B. VAN DORN.

Superintendent Life Boat Mission.



In November, 1899, Mr. Arnicost was converted. He afterward took a course in Bible study and is now working among the miners in Ohio. The Lord has used him in many ways to win others for the better life.

Seven years ago Mr. Van Landingham was walking along the street in a drunken condition when he came to the Star of Hope Mission. He and his wife were on the way to a theater, but went into the Mission instead. They have lived honorable lives ever since and now have a good home in Chicago, Mr. Van Landingham being in a good position. They come to the Mission as often as possible to tell the marvelous story of saving grace.

Seven years ago Mr. and Mrs. Abrams, while on the way to a place of amusement were attracted into the Mission by the singing, where she was converted. For four years she worked and prayed for her husband. He gave his heart to the Lord, and there is a happy home instead of gambling, card-playing, lying, stealing and drinking. There is constantly heard "Praise the Lord." They have a good home and are happy in God's service. They attend the Mission regularly and once a week go to the police station to extend a helping hand to some needy one, in which God blesses them.

A. B. Horstmann ran away from his Indi-

ana home and soon found himself in the slime of this great city. But four years ago, on March 4th, he was converted in the Life Boat Mission. He spent a year in college and now has a good position and is doing well.

J. C. Stewart was converted April 7, 1900. He had been a vagrant, having traveled as such all over the world, and served in prison more or less everywhere he went. In his wanderings he found the Mission, where he learned of a better way to live. He profited by it and the Lord has been with him, so that now he has a good business in Missouri, where he lives with his family. In a recent letter he wrote: "I am getting along finely and am of good courage. The Lord is blessing me in a wonderful way."

Mr. Rice was released from the Iowa State prison and a friend brought him to the Mission, where he heard the gospel and gave his heart to the Lord July 31, 1900. He was now not only free from State prison, but also from the prison house of darkness. He has a happy home in Chicago, and with his wife is doing all he can to help others on the way.

F. E. Carter was a desperate criminal. He read a LIFE BOAT in prison, which gave him hope and when in dire need, he remembered what he read in it while in that prison and he came to Jesus, who took him in. For nearly three years he has been one of the most faithful and trusted employees at the Workingmen's Home.

Rollo McBride was converted February 26, 1904; his story is told elsewhere in this LIFE BOAT.

Mr. Evans ran away from home in the old country. When he came to the Mission he was a physical wreck as a result of the life he had lived. He is now taking a Bible course

and endeavoring to fit himself for a life of usefulness.

Mrs. Roach, converted in the Mission November 3, 1902, was an outcast, with her children in homes for orphans and separated from her husband on account of drink. Their first drink was taken together before they were married, and it led them to disgrace and ruination, to broken hearts and landed him in prison. In her distress she looked to Jesus and He saved her. She is doing her best to earn an honest living for herself and two little ones.

Mr. Coombs, who three years ago came in drunk, gave his heart to the Lord. He afterward took the nurses' course and finally entered into business for himself; now he and his wife have a store and are doing a good work. He endeavors to do all the good he can for others as he goes along. He helps at the Mission every Friday night.

Mr. Cox started to serve the Lord over six months ago, and is now taking a preparatory course for medical missionary work.

This is a brief statement of only a few of those who have received a helping hand at the Mission. There are a host of others who are monuments of God's grace, living successful lives, and doing what they can to help others. I ask you to pray for the workers that they may faithfully point men to the Lamb of God that taketh away the sin of the world.

There is scarcely a night but someone gives his heart to the Lord; often ten or fifteen and even more may be seen seeking salvation. Pray God that He will send the means for the continued maintenance of this work.

Donate 25 cents, 50 cents, or a dollar each month toward the rent of the Life Boat Mission. It will be a good investment.

Fill out the following blank and mail to us:

The Life Boat Mission Rent Fund

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To the Supt. of The Life Boat Mission, 436 State St., Chicago, Ill.:

I hereby promise to give the sum of 10c, 25c, 50c, \$1.00 each month for one year, to be used in paying the rent of THE LIFE BOAT MISSION.

SIGNED.....

ADDRESS.....

Underline the amount you promise to give each month.

A SURE CURE.

L. B. SALISBURY.

One day this week the Life Boat Mission door bell rang, and when I went down to see who it was, a middle aged man came in partially under the influence of liquor, and said, "I have been told that here is a place where you can get something that will get you rid of smoking, chewing, and all those things." I told him that we had something here, and if he would comply with the conditions he could get rid of those bad habits. He said he would do anything. I took him up to my room and heard his story. He saw nothing in the future but death. He said he had been told that at the Life Boat Mission we had a remedy that would cure drunkards. I said we had, and he asked what it was. Then I read to him from the Bible certain texts, and told him that if he would obey Jesus Christ he might then and there receive the benefit and what he wanted. He said, "God knows I will do anything." So I said then, "Well, brother, you must be willing to give your heart to the Lord, and just ask Him to give you the victory. Then you can go away from here healed of sin as well as all those evil habits." I asked him to kneel with me in prayer. We had to spend some time there before I got him to fully appreciate that he must give up all. After a while he said, "I believe the Lord has accepted me," and I told him that was all that was necessary.

After we got up he threw his pipe and tobacco into the stove; and he had a pint bottle half full of whiskey and threw that out of the door, and said, "That is the *last of this business for me.*" After we had talked a while he wanted to pray again, and said he felt he must have help. So I prayed with him again, and let him go, and prayed several times for him after he left.

Next morning he came back and said, "Praise the Lord, I am all right yet, and am going to see if I can't get some work, and straighten up and be a man."

He went out, and next day he said, "I have got work for a week or two, and I am all right yet, and feel I have the full assurance that God is going to help me forever."

Are you too busy to have family prayers in your home?

LET THE CHILDREN SELL LIFE BOATS

A business man in Denver, Colo., writes as follows regarding Harold Andrews' work:

"One afternoon about Christmas time I was hurrying along the street when a nice boy held out a little book toward me, but I passed on, as so many things are offered for sale at that season. After I had passed I heard him say, "For the rescue of boys and girls." On my return he was still there, and I asked him about it and bought a paper. I read it and said I would send you some money, so I send you a draft for \$15 and hope you may use it to rescue some girl now in some den of vice, for I have seen so many of these and their awful degradation that I would gladly do this to assist a little in the help of the unfortunate."

The world needs youth like Daniel, brave,
Who can say "No!"
Who will not eat or drink what's bad,
Though kings say so.
Then we shall have wise men, and strong
To stand for right, and battle wrong.

JESSIE F. WAGGONER.



Children, you will be saved from many temptations if you resolve to see not, to hear not, and to speak not to the tempter.

"A LITTLE CHILD SHALL LEAD THEM."

Almost every day we receive most interesting letters, often from prominent people, telling of the blessing received from reading a LIFE BOAT which had been bought from some little boy or girl. Have we not looked forward to the time when God would in a

special manner use the children in this work, and are we not beginning to see a fulfillment of it? A Nebraska gentleman writes: "Find enclosed thirty-five cents, for which please send me THE LIFE BOAT. I am a foreman on a large cattle ranch in Western Nebraska, and I never heard of THE LIFE BOAT until about a month ago. I was walking along the street in Norfolk, Neb., when a pretty little girl of eight or ten years came up to me and asked me to buy one of her books. I asked her what it was, and she told me it was a good book. I then asked her what she would do with the money if I should buy one. Her answer was, "When I get enough I'll send for more books.' 'Well, but,' I said, 'what is your aim, little girl? Are you working for a premium?' 'Oh, no,' she said, 'I am working for my Master.' Of course I bought a book, as I always try to help the children out. She then bade me good bye and said, 'Now, you take that book home with you, and read every word of it.' I promised her I would, and I did.

I want to say I have been a professing Christian for several years, and I never had duty revealed to me before like the reading of this little book has done. Why, it shows to me how little I have done for the Master, when I have been trying to make myself believe that away out here in the sand hills of Nebraska there was no opportunity to work for the Master, but now I see on every hand work to do. The harvest is plentiful but the laborers are few. I expect to do more work for the Master in the future. I am interested in the good work you are carrying on in Chicago and elsewhere, and I promise to help the work myself."

PRINCIPLES OF INTERPRETATION OF PROPHECY.

NO. 2.

[Continued from last month.]

W. S. SADLER.

7. Prophecy may be either literal or symbolic.

a. Literal: The Flood of Waters in Noah's day.

And, behold, I, even I, do bring a flood of waters upon the earth, to destroy all flesh, wherein is the breath of life, from under the heavens, and everything that is in the earth shall die.—Gen. 6:17.

b. Symbolic: The Flood of Persecution During the Dark Ages.

And the serpent cast out of his mouth water as a flood after the woman, that he might cause her to be carried away of the flood. And the earth helped the woman, and the earth opened her mouth and swallowed up the flood which the dragon cast out of his mouth.—Rev. 12:15, 16.

8. Prophecies may have a double or even a treble application.

a. The Saviour's prophecy in Matt. 24 refers to the destruction of Jerusalem and of the whole world.

b. Ezekiel's prophecy against 'the king of Tyrus' (Ezek. 28:12-19) evidently refers also to Satan.

c. The seven churches of Rev. 2 and 3 refer to the seven local churches of that particular period, also to seven great epochs in the history of the Christian church, and possibly to seven different phases of church condition in every one of the clearly designated periods of the church's history.

9. The Holy Spirit often presents truth and advance history to the prophets by means of symbols and similitudes.

I have also spoken by the prophets, and I have multiplied visions, and used similitudes by the ministry of the prophets.—Hos. 12:10.

And the Lord answered me and said, write the vision, and make it plain upon tables, that he may run that readeth it.—Hab. 2:2.

10. In symbolic prophecy one day is equivalent to one year of literal time.

After the number of the days in which ye searched the land, even forty days, each day for a year, shall ye bear your iniquities, even forty years, and ye shall know my breach of promise.—Num. 14:34.

And when thou hast accomplished them, lie again on thy right side, thou shalt bear the iniquities of the house of Judah forty days. I have appointed thee each day for a year.—Ezek. 4:6.

11. A *beast* represents a secular government, an earthly kingdom, or world power.

And four great beasts came up from the sea diverse one from the other. . . . These great beasts, which are four, are four kings, which shall rise out of the earth. . . . Thus, he said, the fourth beast shall be the fourth kingdom upon the earth, which shall be diverse from all kingdoms, and shall devour the whole earth and shall tread it down, and break it in pieces.—Dan. 7:3, 17, 23.

12. A *horn* symbolizes power, and is used to denote a special kingdom, or a particular king or ruler of some government.

The horn of Moab is cut off, and his arm is broken saith the Lord.—Jer. 48:25.

All the horns of the wicked also will I cut off: but the horns of the righteous shall be exalted.—Psa. 75:10.

And the ten horns out of this kingdom are

ten kings which shall arise, and another shall rise after them; and he shall be diverse from the first, and he shall subdue three kings.—Dan. 7:24.

13. A beast or horn resembling a man denotes a civil power united to a religious power, making and enforcing religious laws.

I considered the horns, and behold, there came up among them another little horn, before whom there were three of the first horns plucked up by the roots; and, behold, in this horn were eyes like the eyes of a man, and a mouth speaking great things. . . . And he shall speak great words against the Most High, and shall wear out the saints of the Most High, and think to change times and laws: and they shall be given into his hands until a time, and times, and the dividing of time.—Dan. 7:8, 25.

14. *Water*, the sea, etc., stands for nations, tribes, peoples, etc.

Daniel spake and said, I saw in my vision by night, and behold, the four winds of the heaven strove upon the great sea. And four great beasts came up from the sea, diverse one from the other.—Dan. 7:2, 3.

And he saith unto me, the waters which thou sawest where the whore sitteth, are peoples, and multitudes, and nations, and tongues.—Rev. 17:15. (See also Ezek. 26:3, Isa. 8:7, 17:12, 13.)

15. *Earth* represents the opposite of waters or sea—uninhabited regions, territory without previous secular government.

And I beheld another beast coming up out of the earth, and he had two horns like a lamb, and he spake as a dragon.—Rev. 13:11.

16. *Wind* signifies political strife, national commotion, conquest and war.

And Daniel said, I saw in my vision by night, and behold, the four winds of heaven strove upon the great sea.—Dan. 7:2.

A noise shall come even to the ends of the earth, for the Lord hath a controversy with the nations; he will plead with all flesh; he will give them that are wicked to the sword, saith the Lord. Thus saith the Lord of hosts, behold, evil shall go forth from nation to nation, and a great whirlwind shall be raised up from the coasts of the earth.—Jer. 25:31, 32. (See also Isa. 17:13, 21:1, 2, 9.)

17. *Stone* or *rock* symbolizes Christ, the church of Christ, the kingdom of Christ.

Thou sawest still that a stone was cut out without hands, which smote the image upon his feet that were of iron and clay, and brake them to pieces. Then was the iron, the clay, the brass, the silver, the gold, broken to pieces together, and became as the chaff of the summer threshing-floors, that no place was found for them; and the stone that smote the image became a great mountain, and filled the whole earth. . . . And in the days of these kings shall the God of heaven set up a kingdom which shall never be destroyed, and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand forever. Forasmuch as thou sawest that the stone was cut out of the mountain without hands, and that it brake in pieces the iron, the brass, the clay, the silver, and the gold; the great God hath made known to the king what shall come to pass hereafter; and the dream is certain and the interpretation thereof sure.—Dan. 2:34, 35, 44, 45.

And did all drink the same spiritual drink; for they drank of that spiritual Rock that fol-

lowed them, and that Rock was Christ.—1 Cor. 10:4.

18. A *Pure Woman* denotes the True Church.

And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars; and she being with child cried, travailing in birth, and pained to be delivered. . . . And she brought forth a man child, who was to rule all nations with a rod of iron; and her child was caught up unto God, and to his throne. And the woman fled into the wilderness, where she hath a place prepared of God, that they should feed her there a thousand two hundred and three score days.—Rev. 12:1, 2, 5, 6.

19. An *Impure Woman* represents an Apostate Church.

So he carried me away in the spirit into the wilderness; and I saw a woman sit upon a scarlet colored beast, full of names and blasphemy, having seven heads and ten horns. And the woman was arrayed in purple and scarlet color, and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations and filthiness of her fornication; and upon her forehead was a name written, MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS AND ABOMINATIONS OF THE EARTH.—Rev. 17:3-5.

20. An *Angel* represents the Gospel Messenger—a people with a Message for the World.

And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, Fear God, and give glory to him, for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.—Rev. 14:6, 7.

LIFE BOAT HOSPITAL NOTES.

Mrs. Odell is so busy doing practical hospital work that she has but little time to report it. But there is an abundance of evidence coming to us that God in a special manner places His seal upon this work of distributing THE LIFE BOAT to the sick and suffering in the hospitals.

George S. Sawyer, superintendent of the Chicago Baptist Hospital, has written the following appreciative words concerning this work: "Kind friends have been distributing copies of THE LIFE BOAT to the patients, nurses and others in the hospital, and the same is thoroughly appreciated. The management is well pleased to think there are such kind and sympathetic workers in our midst who are willing to make such sacrifice in the name of the Master."

Dr. F. C. Robinson, superintendent Monroe

Street Hospital, has written the following: "We take pleasure in saying that ever since the beginning of the distribution of copies of **THE LIFE BOAT** we have watched with interest the progress of the work, both there and later at the Monroe Street Hospital, and wish to join in words of commendation of the work and of those in charge thereof."

A nurse in the Mary E. Thompson Hospital writes: "The patients enjoy reading the little **LIFE BOAT** very much, and we are much obliged for having it given us."

Another nurse wrote: "While working in the wards I have seen patients reading **THE LIFE BOAT** with great interest."

Another hospital nurse wrote: "In looking over a copy of **THE LIFE BOAT** I find it to be full of good, helpful reading. I have also heard patients express pleasure when reading **THE LIFE BOAT**. Personally my interest in one of the copies of last spring was so great that I took the magazine to my room to cut out one of the articles and send it to a friend."

Another nurse expresses herself thus: "I am glad that a copy of **THE LIFE BOAT** came to me. I enjoyed reading it very much. I know it has been a great help to patients who know not the Saviour, and in quiet moments made them think of their need of a true friend."

We invite those who have taken up Life Boat Hospital Work in various parts of the country to send in accounts of their experience to either Mrs. Odell, 28 Thirty-third place, Chicago, or the editor of **THE LIFE BOAT**, Hinsdale, Ill.

For several months past Mrs. Odell and a company of Life Boat Workers have held weekly services in one of the hospitals. During Mrs. Odell's absence the one who took her place wrote her: "Everything went off lovely at the services yesterday. The nurses said that the patients were waiting with great expectancy for the hour to arrive." In this hospital Mrs. Odell has often seen patients who have been there for some time clap their hands on her arrival and exclaim, "Oh, now we

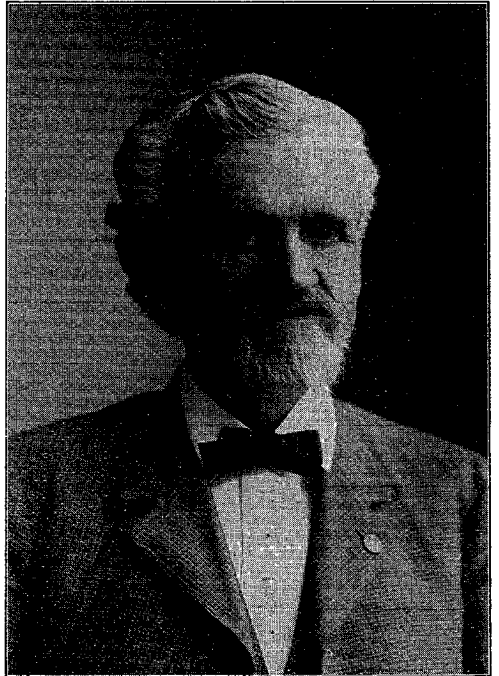
are going to have our service!" If you want true happiness, give a little service to some of these "shut-ins."

Everywhere Mrs. Odell finds the weary to refresh, the discouraged to be inspired to continual efforts. Interspersed with brief moments here and there for feeding on the Word, her days go swiftly by, filled to the brim with joy in the Lord.

In the next **LIFE BOAT** Mrs. Odell will give some valuable suggestions for beginners in hospital work.

THE DEATH OF A NOBLE MAN.

It is with sadness of heart that we announce the death of Mr. C. B. Kimbell, which occurred at Glendale, Cal., February 18, where he had gone a few weeks before for rest and recuperation. Years ago Mr. Kimbell came



C. B. KIMBELL.

to our Sanitarium in Chicago with but slight hopes for life, but he was restored to a fair degree of health.

He was a true friend of **THE LIFE BOAT** and

its work. For several years he assumed the expense of sending that paper to fifty of his prominent friends, so that they might keep in touch with this movement.

He purchased ten acres of beautiful ground in Hinsdale for sanitarium work and put it in the hands of the Board on very favorable terms, and used his experience and business influence in every way possible to help to promote its interests. He manifested a deep and genuine interest in our rescue work. His body was brought back to Hinsdale, and it was with sadness that we laid away a man whose heart was so wrapped up in projects for the good of humanity.

HOW A LARGE PORTION OF CHICAGO HAS BEEN KEPT FREE FROM SALOONS.

ARTHUR BURRAGE FARWELL,

Sec. Hyde Park Protective Association.

[Few men in Chicago are more highly respected by good men, or more feared by evil doers, than Arthur Burrage Farwell, a simple, earnest, Christian business man who has succeeded beyond the experience of most men in actually verifying the words of Paul that "the powers that be are ordained of God." "A revenger to execute wrath upon him that doeth evil." Rom. 13:1-4.—ED.]

The contest against the saloon in Hyde Park started about 1862. Citizens, both men and women, appealed to the village trustees, who passed an ordinance establishing what is known as prohibition districts, comprising about eleven square miles of territory, in which to-day there are residing about 150,000 people. *There has never been a licensed saloon in these districts.* They also passed what was known as the Local Option law, which is in force to-day in about thirty-five square miles of Hyde Park territory. This shows the wisdom of men and women coming in touch with and appealing to the public officials in their district and asking for what they want.

Hyde Park was finally annexed to Chicago in 1889.

The next year an attempt was made to procure a license in one of the prohibition districts. The mayor refused the license and the liquor people went into court to compel him to grant it. Eventually the Supreme Court upheld the prohibition districts. The decision can be found in 138 Ill., page 401. This grand decision has been the foundation for every prohibition district established in the State of Illinois to-day.

Citizens of Hyde Park met and organized

what in time became "The Hyde Park Protective Association," its first object being to employ counsel to assist the city in the suit just mentioned.

The contest has been going on ever since. Hundreds of illegal sellers of intoxicating liquors have been prosecuted by this Association. We had the World's Fair in this district in 1903.

This Association has assisted in carrying (or has carried) seven cases to the Supreme Court of the State, all of which have been won, and our contentions sustained.

The details of this work would fill a good sized volume; but in a word, it shows the value of an organization composed of men and women of different political opinions and religious beliefs yet united in the work against the saloon. The work done in Hyde Park can, in my judgment, be duplicated in thousands of places in the United States.

Too much praise can not be given to the men who have been in this work. We have had three presidents, viz.: Mr. E. I. Galvin, Mr. Thomas A. Hall and William H. Brintnall—heroes! every one of them.

Now, a word personally: I am an old traveling man; but I quit traveling in 1888, when my little boy, Burrage, died. This little fellow, only a little over three years old, had been taught by his mother the "Now I lay me down to sleep," and of his own accord had added this little prayer—

"God bless the little boys;
God bless the big boys;
God bless the ladies."

In 1892 when the Association was incorporated I was made secretary, and as I became more and more interested in the work the thought of this little fellow and of his little prayer and of the "Lead us not into temptation" have been to me a sentiment that has helped me many times in the work that had to be done. So that, as far as my work is concerned, the prayer of a little three-year-old boy—now under the sod in Oakwoods cemetery—has been one of my main incentives in the work, believing that the value of a single person (man, woman or child) can not be computed as compared with money. This contest has been very largely on moral grounds. If it had been simply a matter of real estate values it would not have been carried along in the vigorous manner that it has been. Our work may be of encouragement to others.

The new report of the Association costs about four cents per copy, and two cents postage, and a copy will be supplied as long as we can spare them to any one who sends six cents in postage to the secretary of the Association, 230 Adams street. This report includes map showing (so far as we have been able to obtain the information) every prohibition and local option district in the City of Chicago.

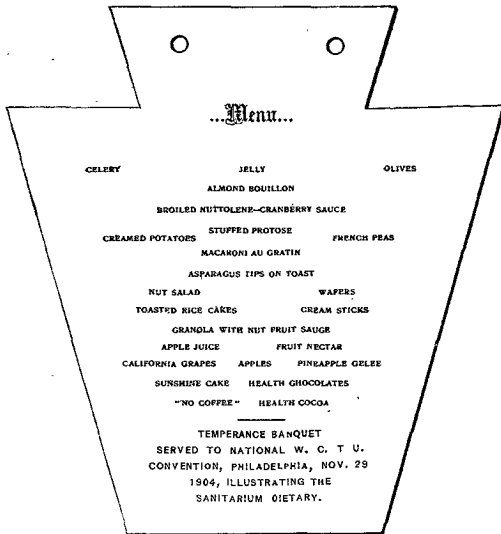
THE REAL EFFECT OF ALCOHOL.

Professor Kraepelin, of Heidelberg, has recently made two thousand experiments with instruments of precision to determine absolutely the effect of alcohol. A man who could read letters of a certain size thirty feet away, within half an hour after using an ounce of spirits could only read them a little over half that distance away. Where the ticking of a watch could be heard thirty or forty inches from the ear it had to be moved within ten or fifteen inches of the ear. The ability to lift was diminished one-third and sometimes more. The rapidity of thought as measured by an instrument invented for such work, was found to be lessened nearly one-half.

These experiments show conclusively that alcohol paralyzes even in such small doses. Typesetters were found to do a smaller amount of work and make more mistakes.

THE COOK MAKES BUSINESS FOR THE SALOON KEEPER.

The leaders in the temperance movement are beginning to realize that the nation's eating has something to do with the nation's drinking. For this reason we were invited to



serve the above menu to nearly a thousand delegates and other temperance workers at the last national Woman's Christian Temperance Union convention in Philadelphia.

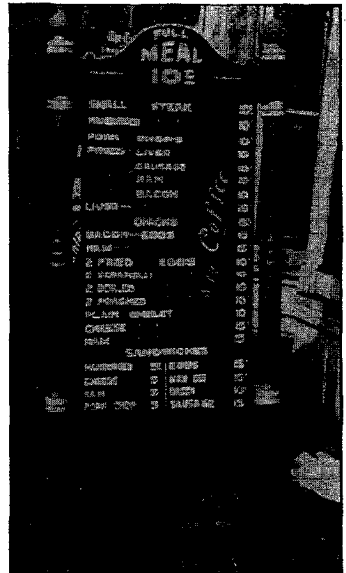
DO YOU WANT TO BE A MISSIONARY NURSE?

In a few weeks the Hinsdale Sanitarium will organize a training school for missionary nurses. The excellent suburban train service between Hinsdale and Chicago will enable the workers to attend, as often as they desire, the Life Boat Mission and come in touch with other lines of missionary work in Chicago, and at the same time receive their medical training, and enjoy the pure country air and beautiful scenery surrounding the Hinsdale Sanitarium.

Applications will only be considered from those who earnestly desire to be soul-winners and who are enthusiastically interested in the principles of health and reform of which this institution is an exponent.

Those who write for further particulars and information should state age, education, condition of health, missionary experience and also send a photograph of themselves if they have one in their possession, which will be returned. Address Hinsdale Sanitarium, Hinsdale, Ill.

Write us for further information concerning foods that do not produce a whiskey appetite.



Photograph of a Bill of Fare that Drums up Business for the Saloon.



Editorial Department



DAVID PAULSON, M. D.
EDITOR

W. S. Sadler
ASSOCIATE EDITOR

A FEW WORDS TO PASTORS.

If a copy of this LIFE BOAT reaches your hands will you not bring it to the attention of the Christian workers in your church? THE LIFE BOAT was born in prayer only a few years ago and now it has a hundred thousand readers.

The Lord has used it to transform the prisoner behind the bar; to arouse spiritual aspirations in the heart of the soldier by the military camp fire. He has used it to cheer the discouraged patients in the hospital wards.

It has been the means in the hands of God of the transformation of multitudes of men from being drunkards to those who walk in paths of sobriety and righteousness. It has awakened the slumbering missionary spirit in the hearts of thousands of professed Christian people all over the land.

What the church to-day needs is a revival for soul winning. Why not arrange to receive a club of LIFE BOATS regularly? We furnish them for two cents each. We shall be glad to receive personal letters from you. Address The Editor of THE LIFE BOAT, Hinsdale, Ill.

THE NEW TEMPERANCE.

Suppose you should sit down at the table and eat a large quantity of salt, would you be surprised if it developed in you a strong and almost irresistible desire to patronize the water bucket? In precisely the same way when a man who has inherited weak, sensitive, irritable nerves, eats fiery and highly spiced foods, juicy beefsteaks, fried foods, or that which ferments or decays in his alimentary canal, producing irritating poisons, and drinks tea and coffee, it will be likely to arouse a thirst for liquor, or some other abnormal desires and passions just as naturally as the salt will arouse a thirst for water. Drunkenness frequently starts at the dinner table. The cook is often unconsciously in league with the saloon keeper and the undertaker, making business for both.

As the eyes of temperance reformers and Christian workers are being opened to these things they begin to see some reasons for past failures. It is just as true in our day as it was in the days of John the Baptist that the axe must be laid at the root of the tree and the curse causeless shall not come.

THE DEVIL'S AUCTION.

"One, two, three—going, going, gone, cheap." This could truthfully be said of those who are permitting themselves to be sold on the devil's auction block. Are you one of his slaves? Has he already sold you repeatedly at a little cheaper price each time? If so, how long will you keep on letting him play at that game? Whomsoever the Son setteth free is free indeed. (See John 8:36.)

ORGANIZE A TEMPERANCE SOCIETY.

A few joining hands for the same purpose can accomplish much more than when working alone. That is clearly taught in the Scripture which says, "One shall chase a thousand, but two shall put *ten thousand* to flight." That shows that two persons by working together multiply their efficiency *five fold*.

Hunt up a few wide-awake young people, and if their souls are not on fire over this temperance question, ask God to help you to infuse enthusiasm into them. Appoint a leader and a secretary, and begin to study literature on this subject. We shall be glad to suggest some to you. Ask God to fit you up for efficient work.

Worldly people find time to attend club and lodge meetings. Suppose you get time to meet at regular intervals and plan and study for useful careers. Nearly all who have done great work for God began their useful career in some such way. They might have put it off just as you will be tempted to do, and lived a useless life just as the devil wants you to do.

A useful life does not just happen, is not an accident. It is a result of persistent sow-

ing on the part of the individual, which is watered by the dews of heaven. Get away from the shore-line; launch out into the deep. Remember the four lepers who sat at the gates of Samaria when it was surrounded by the Syrian army. They said, "If we *sit still* here we die." They determined to go out into the camp of the enemy, saying, "If they save us alive, we shall live, and if they kill us, we shall but die." Read about their wonderful discovery. II Kings, second chapter.

If you sit still while the hosts of evil are active, you will die spiritually; but if you launch out, you will likely live to be useful. "Who knoweth whether thou art come to the kingdom for such a time as this?" "For if thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise from another place." (Esther 4:14.)

Get as many people as you can to sign the physical consecration pledge, and report to us from time to time some of your encouraging experiences.

ASK FOR RAIN.

As you read of the mighty work God is doing in various parts of the earth, will you not begin to pray for a genuine spiritual awakening to take place in your own family and your own neighborhood, and ask God to show you how your heart may be prepared to have a part in it? Every great missionary movement came as a result of humble prayer. Who can tell what will happen as a result of your earnest prayer? It is time to seek the Lord until He come and rain righteousness.

WHAT DO THESE THINGS MEAN?

In the Bible we read of a time when men's hearts shall fail them for fear and for looking after those things which are coming on the earth. Have we not reached that time in this, our day and generation?

What is the meaning of the widespread discontent and dissatisfaction we observe in this fair land of ours, in the very midst of unparalleled prosperity and growth?

How are we to regard the appalling decline in spirituality and the evident drift of the churches worldward?

What is the meaning of the enormous in-

crease in insanity, crime, and the frightful multiplication of defectives and degenerates?

What do these things mean?

What is the significance of universal political corruption, and the frightful prevalence of graft on the part of public officials and those in positions of trust?

What lessons are we to learn from the enormous increase in intemperance, and its attendant train of misery and woe?

What can be the significance of the bloody struggle in the Far East, the slain of a single battle being greater than all the soldiers engaged in some of the greatest battles of the Civil War?

What is the meaning of the tide of secession breaking loose in Russia, held down for a thousand years?

Even in the daily papers and the magazines, scientists are discussing the possible ways in which our world may come to an end. Why are these minds thus aroused?

What is it that leads even the common people who walk the streets to ponder in their minds and ask themselves the question, "What do these things mean? What shall be the end of all these things?"

Send the names and addresses of victims of the drink habit and a 2-cent stamp for each and we will mail them a copy of this Life Boat. The Lord will use it to save some of them from drunkard's graves.

WHAT TO DO FOR THE INTEMPERATE.

The body changes every few months, instead of every seven years as we were taught in our childhood days. All the blood in our body is entirely renewed every few weeks. The same is true of the muscles and other tissues, only the process takes a little longer. This accounts for the wonderful transformation we see taking place under favorable conditions in patients a few weeks after having typhoid fever or some other acute disease.

The drunkard, tobacco slave, drug fiend, glutton, or victim of any debasing habit can truthfully say physically as well as spiritually, "Oh, wretched man that I am! who shall deliver me from the body of this death?" Rom. 7:24. For not only the mind but the body also, has been injured and crippled, just

as it is after typhoid fever or some other disease.

The man who drinks water contaminated with typhoid fever germs is likely to get typhoid fever. If he drinks water contaminated with alcohol, or breathes air poisoned with nicotine, or eats or drinks other poisonous things, he is producing a sick body gradually, but just as surely, as if he were drinking typhoid fever water. For the same reason that fever patients need not only spiritual help but also baths, proper diet and other treatments, so the drunkard, tobacco slave, drug victim, needs not only spiritual help but also proper diet and other appropriate treatments.

Those temperance reformers and other spiritual workers who would advise doing something for the typhoid fever patient's body as well as his soul often fail to recognize that the principle is equally true with regard to those who have ruined their bodies physically as well as morally by wrong habits, and so they have often met with the same discouraging results as if they had overlooked the same principle in the sick room.

God has wonderfully blessed our efforts as we have sought to apply these principles in our Chicago work. God makes the seed to grow but the farmer must cultivate the crop, so while God is changing the drunkard He lays upon us the responsibility of using our knowledge to help him physically. "If ye know these things, happy are ye if ye do them."

The tobacco slave, to begin with, needs to take several good sweats a week, followed by some short cold treatment, and drink an abundance of water so as to get the nicotine out of the system as quickly as possible. For a few days let him live almost exclusively on fruit; let him eat all he wishes to four or five times a day.

The drink victim should be put to bed with heat to the feet, cold to the head, and if the pulse is weak cold applications over the heart. Let him drink plenty of sweet fruit juice, have a very simple dietary and good cheerful surroundings. Once a day apply heat to the spine and a mild cold mitten friction to the rest of the body.

Those who are drinking tea and coffee will find the Battle Creek Sanitarium "No Coffee" a perfectly wholesome and satisfactory

substitute. We shall be glad to offer any additional suggestions in any given case. When writing kindly enclose a stamp.

Tens of thousands of Life Boats are being sold all over the country and those who are engaged in it report most blessed experiences. Will you encourage some one to begin?

HAVE YOU MADE YOUR WILL?

We earnestly ask the readers of THE LIFE BOAT to remember the Chicago Life Boat work in their wills.

The rent that we pay each month for the Rescue Home would almost keep two more girls there. This property could be purchased for a few thousand dollars.

Some one should leave something to help us extend the work of the Life Boat Mission. The same can be said of the Hospital work, and the Visiting Nurses' work.

Bequests should be made to our legal corporation, "The Workingmen's Home and Life Boat Mission."

If they desire, we shall be glad to arrange with some of our aged readers for them to put their property into this work, rather than to have the trouble of caring for it, and receive a reasonable annuity as long as they live.

A HEARTRENDING LETTER.

Dear Mrs. Paulson: A good Christian lady gave me some LIFE BOATS to-day and I have been reading them. I came to the article in the "Rescue Service" entitled "To Any Sister in Trouble," and it surely applies to me. I will tell you as briefly as possible of the deep sorrow in my heart.

I can not remember when religion was not a part of my life. My parents were farmers, and as soon as we children were old enough we had to work for our clothes. I was sickly, never knew a well day, but I had determination and grit, and at the age of sixteen years had my first certificate to teach common school. After teaching eleven years my health gave out entirely. I always loved God and religion and I needed it during all those years.

In 1888 I married a poor but respectable man of a Christian family. I think no man ever loved a wife more than he did me.

In 1894 my husband was chosen lineman on the railroad from La Crosse to Portage, a good paying position, but all unawares he fell into bad company. He carried it on for two years before I knew what he was doing, as his work took him from home so much. He finally confessed to me that his money was spent in drink or treating, but firmly vowed that he would quit. It grew on him, and oh, what I suffered all those eight years trying to save him! He got so that if he took a drink he was crazy and forgot his work and family, and I have been over the road all hours of the day and night to find him and get him home to save him from losing his position. I have faced loaded revolvers, I have taken terrible blows that made me unfit to be seen for weeks, I have heard my children scream with fright, seen them knocked down while pleading for papa not to strike mamma—all done by whisky. It turned one of the best, truest of husbands into a demon, but still I trusted and hoped God would save him.

The final blow came a year ago Thanksgiving. He went to do some work and did not return for a week and lost his position, and now comes the terrible reality. He left here last July and was working in South Dakota. He got to drinking and has never written one word to his family since August and sent no money. We have no home; my health is very poor and my children are too young to work, and I can't find any trace of him. I believe he has been killed in some way or committed some crime and is under arrest. He loved his family when sober, but was a demon when under the influence of liquor.

I am afraid I shall lose my reason with this terrible worry. Won't you write to me and pray for me and my dear children and for the wandering husband? And can you tell me of any way that I may find him? THE LIFE BOAT goes everywhere, even to the prisons. Could you publish my request? Help me if you can to learn if he is living or not.

Yours in deepest sorrow,

MRS. DON E. WILLIAMS,
Tomah, Wis.

Have you shown The Life Boat to your friends and asked them to subscribe for it?

Do not let your subscription expire. Renew NOW.

THOSE WHO CAN NOT AFFORD SANITARIUM TREATMENT.

To accommodate those invalids whose means are limited the managers of the Hinsdale Sanitarium have developed a plan whereby they will be able to furnish tent or cottage rooms at a very small rental per week. They will also furnish good, wholesome table board at practically cost, and simple and efficient treatments at very low rates. This special provision is made for those who need sanitarium treatments in order to regain their health but can not afford to pay for more expensive arrangements. If you have friends whom you think would be glad to learn more about this opportunity ask them to write for further particulars. Address the Sanitarium, Hinsdale, Ill.

The Hinsdale Sanitarium enterprise affords a splendid opportunity to make a safe investment with good security, at a reasonable rate of interest. Write for full information. Hinsdale, Ill.

NEWS AND NOTES.

Stella Archer Maloney is developing an interesting Life Boat work in Boston, Mass.

Sickness at home has called Fannie Emmell away from Chicago for a short time.

The Hinsdale Sanitarium is being plastered and will soon be ready for patients.

Mr. Robert Carter has taken a position with THE LIFE BOAT as stenographer.

Mr. L. B. Salisbury represents THE LIFE BOAT magazine and Workingmen's Home interests at the Life Boat Mission.

In spite of the intensely cold weather in Colorado, Harold Andrews sent in an order for eight hundred March LIFE BOATS, to sell after school hours.

Dr. Haskell, of the Keene Sanitarium, recently visited the Chicago work. He was much pleased with the growth that has taken place since he was here a few years ago.

Several readers are getting our premium Bible for a gift book to some of their friends. This is a splendid idea; what could be more appropriate?

The Hinsdale Sanitarium has issued an artistic catalogue, which will be sent free to those who want to learn more about this delightful place for regaining lost health.

The Life Boat and Good Health are furnished together for one dollar a year.

The tobacco bill of the United States is estimated at eight hundred million dollars per year.

Dr. Kellogg spoke at the funeral of Mr. C. B. Kimbell, and also the following Sabbath at the Life Boat Mission. He gave an interesting account of how God had led out in this work from its very beginning.

The Senior medical class have returned to Battle Creek and the Junior class have come down to remain until the end of the school year. The Freshman and Sophomore classes have come to spend six weeks. Prof. A. T. Jones, the Bible instructor in the American Medical Missionary College and the Sanitarium Training School for Nurses, is utilizing this opportunity to spend a little time in Washington, working in the interests of religious liberty.

A friend in New Zealand writes: "For some time past we have taken a copy of THE LIFE BOAT. When we have read it we loan it to others. It has been appreciated by all who have read it. We have thought we would like to help in this good work by selling the paper. Will you kindly send us a club of twelve copies each month?"

Grace L. Walker, Knoxville, Tennessee, writes: "THE LIFE BOAT work is the dearest of all work in the world to me, because I have had more of the Lord's presence with me in this work than ever before. I have many precious privileges of telling souls of the loving Saviour. I often kneel in a word of prayer and introduce them to my Jesus and my Friend. I sold ninety-five papers on a recent evening. I supply the jail with THE LIFE BOAT. Please send me 1,000 April LIFE BOATS."

A gentleman in New York City writes: "A copy of THE LIFE BOAT was recently handed me in a Boston restaurant. I have read it with soul-stirring interest; it is a spell-binder and a wonder. I never tire of reading it; I thank God that it fell into my hands. Please send me one hundred copies as soon as possible; I think that with God's help I can dispose of them both to my interest and to God's glory. I shall soon undoubtedly want as many more."

Premium Offers

For New Subscriptions or Renewals



For Forty-five New Subscriptions we offer a seven-jeweled watch, gold filled, ten year guarantee case, beautiful design, with famous Seth Thomas movement. We will furnish the same style in coin silver hunting case. We have sent out several of these each week for about two years, and they give the best of satisfaction. You will be pleased with this watch.

We offer for **Ten New Subscriptions** or renewals an **Oxford Bible**, bound in French morocco, divinity circuit, round corners, red under gold edges, minion 16 mo., reference Bible. with twelve maps, size 7 $\frac{1}{2}$ by 5 inches; or a **teacher's Bible** 5 by 7 $\frac{1}{4}$ by 1 $\frac{1}{2}$ inches, American Seal, divinity circuit, lined with silk cloth, red under gold edges, containing **helps, references, concordance**, and also seven-teen plates, twelve colored maps and thirty-two pages of illustrations.

For those of our readers who can not have the privilege of traveling in different parts of the world, we have selected a series of fifty photo-colortype stereoscopic views of the most famous sights on earth, with the colors true to nature. We have provided a stereoscope that brings all the details of the pictures out as real as life, with an adjustable slide to accommodate all degrees of sight. We offer both for only **Ten New Subscriptions**. These photographs include scenes in Russia, Japan, tropical scenery, noted sights in Europe, pictures of national buildings, street scenes in Chicago, New York, western mountain scenery, the Niagara Falls, views of the Holy Land, Mexican scenes, etc.

For Ten New Subscriptions we offer a first-class gold-pointed fountain pen.

For Six New Subscriptions. We have selected a Bible one size larger than the ordinary pocket Bible. It is a regular Oxford, pearl 24 mo., contains six maps, size 5 $\frac{1}{2}$ by 3 $\frac{1}{2}$, only three-fourths of an inch thick. It is beautifully bound in French morocco, divinity circuit, round corners, red under gold edges. We send this splendid Bible postpaid for only **six new subscriptions or renewals**. If desired we will furnish instead the regular vest pocket size.

All our young people should read 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 Inland Mission. We furnish this book for only **Four New Subscriptions** to "The Life Boat." We have sent out over a thousand of these books.

For Four New Subscriptions we will offer Mrs. S. M. I. Henry's best book, "Studies in Home and Child Life."

For Three Subscriptions we offer Mrs. Edholm's well known book "Traffic in Girls."

We ask our kind friends to please enclose a stamp when they write us, to help meet the expenses of postage.

We have on hand a few copies of the little booklet "Whiskey," by Mr. D. E. Scoles. It contains "Telling Facts and Figures." We will furnish them for two two-cent stamps each until our supply is exhausted.

After reading the article by M. C. Wilcox in this number you will want to send a stamp for a copy of the "Signs of the Times," of which he is editor. Address, Mountain View, Calif.

If you have never seen a copy of the *Bible Training School*, send stamp for sample copy, or 25c for a year's subscription. Address, South Lancaster, Mass.

All who are interested in medical missionary work should subscribe for *Medical Missionary*, 50c a year. Send for sample copy. *Medical Missionary*, Battle Creek, Mich.

A NEW BOOK.

"Our Paradise Home" is the title of a new book by S. H. Lane. In this beautiful, instructive volume, is set forth in glowing terms the facts relative to the establishment of the kingdom of God on earth and the future home of the saved. It dwells on the work of the Holy Spirit upon human hearts, to prepare men for the rest that remaineth. Delightful surprises greet one in the perusal of every chapter, as the unfolding of the truth it contains is as charming as the opening of a rare flower. Tastily bound in two styles. Cloth, 50 cents; board, 25 cents. Address all orders to New York Tract Society, Rome, N. Y.

The management of the Battle Creek Sanitarium Training School for Missionary Nurses desire to announce that a new class will be organized April 1, 1905. None will be received except those who give evidence of a sound Christian experience and who desire to devote their lives to Christian philanthropic work. Boys and girls are not wanted. Only mature persons of sound and settled character and principles are desired in this work.

Graduates from this course will be free to engage in work wherever Providence may direct them. For information address the Battle Creek Sanitarium Training School for Missionary Nurses, Battle Creek, Mich.

OUR DIRECTORY.

American Medical Missionary College, 28 Thirty-third Place.
Chicago Branch Sanitarium, 28 Thirty-third Place.
Workingmen's Home, 1339 State Street.
Life Boat Mission, 436 State Street.
Life Boat Rest for Girls, 436 State Street.
Life Boat Rest Suburban Home, Hinsdale, Ill.
American Medical Missionary Dispensary, 3558 Halsted Street.
Hygeia Dining Rooms, 5759 Drexel Avenue.
Battle Creek Sanitarium Health Food Store, 3314 Cottage Grove Avenue, and 309 Dearborn Street.
North Side Treatment Rooms, 76 Hill Street.
Suburban Sanitarium, Hinsdale, Ill.
The Life Boat, Hinsdale, Ill.
Englewood Health Food Store, 555 West Sixty-third Street.

SUMMARY FOR FEBRUARY. WORKINGMEN'S HOME.

Using bath and laundry 3,984
Penny lunches 21,173
Lodgings 5,578

RESCUE SERVICE.

Pieces of clothing given away 300
Visits made 60
Girls taken to the Home 2
Girls given employment 3
Home found for one baby.

JAIL SERVICE.

Inmates 172
Requests for prayer 117

DONATIONS FOR FEBRUARY. LIFE BOAT MISSION.

W. J. Rich, 75c; R. A. O., \$1; Mrs. Baldwin, \$1; Mrs. Vanlandingham, \$1; Miss Frid, \$1; Mrs. E. Bailey, \$1; D. P. Smith, \$2; D. Sorensen, 25c; W. C. Cherrer, 10c; T. E. Williams, \$1; E. Lehmann, \$5; Western Plumbing Supply Co., \$2; H. Ricketts, \$1.10; G. Nimon, \$1; a friend, 20c; Miss Flanagan, \$1; Mrs. Coverdale, \$1; Mabel S. Orchambeau, 25c; Mrs. Hunter, \$1; Mrs. Butler, \$1; Mattie Nelson, \$1; John Bly, \$1; Mrs. Umlandt, \$1; Mrs. C. E. Halliday, \$1; John Amon, 25c; Mrs. Forbes, 10c; Neenah Church (Wis.), \$2.25; Mrs. Johnson, 65c; Mrs. Baker, \$3.95; P. Hamp, \$1.65; A. Borgen, \$1; Mrs. Guttill, 20c; Miss Underwood, 10c; Mrs. Clark, 50c; C. Yount, 40c; C. B. Green, \$6; Mrs. Logan, \$1; D. B. Booth, \$3; E. McMahon, 10c; F. Montgomery, \$10; Mrs. Albery, \$1.05; J. Arnold, \$2; Mrs. Binding, 10c; E. & G. Stone, 20c; A. C., \$1; E. J. Harvey, \$1.50; G. S. Harding, 25c; C. McIntyre, \$7.25; N. Meda, 25c; G. D. Brown, 20c; H. Heron, \$1.15; H. Chamberlin, \$3.25; J. A. Lauck, \$1; L. Shaffer, 10c; O. Gross, 10c; Anon. Nashville, \$3; a friend, 50c; Mary Pierson, 50c; F. E. Carter, 50c; J. Roberts, 25c; G. W. Davis, \$2; F. and E. Harrie, \$1; Mrs. Jewel, \$1; L. Farney, 50c; Mrs. L. M. Stulle, \$1; J. F. A., \$1; Mrs. Smith, 18c; E. Swanson, 25c; A. Johnson, \$2; Mr. and Mrs. Woosley, \$2; A. Anderson, 10c; M. Van Dorn, \$3; Mrs. Mackin, \$1; a friend, 50c; L. Van Dorn, \$3; Josephine Williams, \$10; S. Huffnagle, \$4; W. B. Payne, \$1; Mrs. Westing, \$5; M. McLaulin, \$1; Mrs. Reid, \$1; E. F. Wilkinson, 30c; Mrs. Nibe, 25c; E. Johnson, 25c.

RESCUE SERVICE.

Edgar Nelton, \$1; Henry L. Chamberlin, \$3.25; Rhoda Harrison, \$1; Mrs. D. Miramontez, \$1; Miss Flora E. Judd, \$1; E. J. Harvey, \$1; Mrs. John Jacobson, \$1; Alice Musson, \$5; Mrs. Alice Howell, \$1; W. C. Swift, \$1; Miss Emma Schrum, 50c; Sarah M. Gamble, \$4.30; Mrs. Jennie Westing, \$4.75; Mrs. N. J. Ross, \$1; Mabel Gowell, \$1; Mrs. A. B. Campbell, \$1; Myrtle C. Flood, \$1.50; J. J. Hill, \$1; Edna A. Marston, \$1; Mrs. M. S. Clark, \$50; R. Eden, 65c; Adam Rol, \$1.50; May James, 50c; Mrs. Maude M. Knopp, \$5; Nellie Edward, 50c; Frank Hardy, \$1.50; Mrs. Johnson, 50c; Mrs. Weller, 50c; Mrs. Rhodes, \$1; Mr. and Mrs. Thos. Williams, \$5; Mr. Stearns, 50c; Nellie Montgomery, 25c; Mrs. Abrams, 40c.

PRISONER'S FUND.

Mrs. M. J. Hayes, \$3.95; Mrs. Eva I. Chapman, \$1; F. M. Kellogg, \$1.15; Reuben Snell, \$1; Isaiah Rhiner, 25c; James Davis, 10c; Mary McLaulin, 65c.

LIFE BOAT WORK.

T. J. Landrum, \$4; May Van Dorn, 76c; Dr. M. Alice Wilson, \$2; Amanda Bryant, 50c; West Penn. Conference, \$1.

UNCLASSIFIED DONATIONS.

Mrs. Jane Griffith, \$1.20; Henry Richett, \$1; Daniel Payton, \$5.07; Mrs. J. K. Luther, \$1; W. T. Bland, general conference, \$28.60; F. C. Weed, \$10; Mrs. L. D. Walker, 65c; Henry Anderson, \$3.20; Mrs. L. M. Speer, \$1; E. L. Wilson, \$1; Erwin Kloss, 50c; Dr. S. J. Fryette, \$5. Total, \$58.32.

VISITING NURSES' FUND.

Mrs. D. Miramontez, \$1.

NELLIE MAY FUND.

Alice Behrens, 25c.

ST. LOUIS FUND—MARY SMITH MEMORIAL.
Western Pennsylvania Conference, \$1.



The Hinsdale Sanitarium

The managers of the Hinsdale Sanitarium are pleased to announce to the public that they have secured for their Sanitarium work one of the most desirable places among all the Chicago suburbs. The property is the well-known country home of the late Judge Corydon Beckwith, seventeen miles west from Chicago on the Chicago Burlington and Quincy Railroad, in the Village of Hinsdale.

There are about forty-five daily suburban trains between Chicago and Hinsdale, making the trip in about thirty-five minutes. This makes it possible to enjoy all the benefits and freedom of country life, yet the city can be reached at a trifling cost at almost any time.

The Location is ideal. In addition to the commodious buildings already on the premises, large and well-arranged additions have been made, especially adapted to sanitarium work.

The grounds comprise ten acres of beautifully located, high, and rolling land, covered with a virgin forest of oak, ash, elm, walnut and other trees, and an orchard of apple and pear trees. It is surrounded on two sides by well-paved streets, and its broad, shady lawns, with winding walks meandering through the grounds, up and down the beautiful ravine, afford every opportunity for outdoor exercise and recreation. It is completely isolated from every suggestion of business and the high tension of modern civilization.

The institution is fitted with all modern conveniences, such as gas, electric light, steam heat, telephone in each room, elevator, and finely equipped bath and treatment rooms. The guests' rooms are light and airy, and neatly furnished, and some are provided with private bath rooms.

The exceptionally attractive surroundings of the Sanitarium make it an unusually inviting place, both for invalids and for those who are not confirmed invalids, but wish to avail themselves of the opportunity for rest and diversion under medical supervision. Chicago business men will find it an ideal place to which to bring their families, as the proximity to Chicago enables them to go back and forth every day, if they choose, and attend to their business in the city.

The Hinsdale Sanitarium is affiliated with the Battle Creek Sanitarium, and its physicians and nurses have enjoyed the advantages of long experience in that institution in the care and treatment of chronic invalids of all classes, so that in addition to the potent curative influences of nature found in fresh, pure air, sunlight and the quiet life obtainable here, guests will have the benefit of the same thoroughness of examination, the same carefully arranged dietary, the many forms of hydiatic treatments and other physiological remedies, including massage, electricity in all forms, Swedish movements and scientific gymnastics, that have given the Battle Creek Sanitarium such a world-wide reputation.

All inquiries regarding methods of treatment and all particulars as to prices, etc., should be addressed to

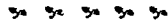
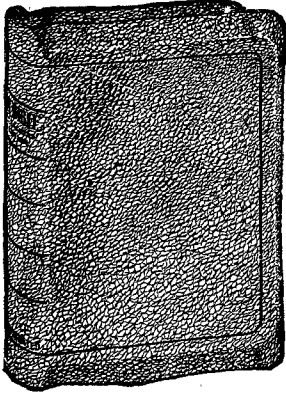
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