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UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 13F

INFORMATION REQUIRED OF INSTITUTIONAL INVESTMENT MANAGERS PURSUANT
TO SECTION 13(f) OF THE SECURITIES EXCHANGE ACT OF 1934 AND RULES THEREUNDER

REPORT FOR THE CALENDAR YEAR OR QUARTER ENDED December 31, 1999

(PLEASE READ INSTRUCTIONS BEFORE PREPARING FORM.)

IF AMENDED REPORT CHECK HERE:

ALLSTATE LIFE INSURANCE COMPANY

NAME OF INSTITUTIONAL INVESTMENT MANAGER

3075 SANDERS ROAD SUITE G4A NORTHBROOK ILLINOIS 60062-7127

BUSINESS ADDRESS (STREET) (CITY) (STATE) (ZIP)

DOUGLAS B. WELCH (847)402-6046 ASSISTANT VICE PRESIDENT, INVESTMENT OPERATIONS

NAME, PHONE NO., AND TITLE OF PERSON DULY AUTHORIZED TO SUBMIT THIS REPORT.

-----ATTENTION-----
INTENTIONAL MISSTATEMENTS OR OMISSIONS OF FACTS CONSTITUTE
FEDERAL CRIMINAL VIOLATIONS.
SEE 18 U.S.C. 1001 AND 15 U.S.C. 78FF(A).

THE INSTITUTIONAL INVESTMENT MANAGER SUBMITTING THIS FORM AND ITS
ATTACHMENTS AND THE PERSON BY WHOM IT IS SIGNED REPRESENT HEREBY THAT ALL
INFORMATION CONTAINED THEREIN IS TRUE, CORRECT AND COMPLETE. IT IS UNDERSTOOD
THAT ALL REQUIRED ITEMS, STATEMENTS AND SCHEDULES ARE CONSIDERED INTEGRAL PARTS
OF THIS FORM AND THAT THE SUBMISSION OF ANY AMENDMENT REPRESENTS THAT ALL
UNAMENDED ITEMS, STATEMENTS AND SCHEDULES REMAIN TRUE, CORRECT AND COMPLETE AS
PREVIOUSLY SUBMITTED.

PURSUANT TO THE REQUIREMENTS OF SECURITIES EXCHANGE ACT OF 1934, THE
UNDERSIGNED INSTITUTIONAL INVESTMENT MANAGER HAS CAUSED THIS REPORT TO BE SIGNED
ON ITS BEHALF IN ON THE 11 DAY OF FEBRUARY, 2000.

ALLSTATE LIFE INSURANCE COMPANY

(NAME OF INSTITUTIONAL INVESTMENT MANAGER)

/S/ DOUGLAS B. WELCH

(MANUAL SIGNATURE OF PERSON DULY
AUTHORIZED TO SUBMIT THIS REPORT)

NAME AND 13F FILE NUMBERS OF ALL INSTITUTIONAL INVESTMENT MANAGERS WITH RESPECT
TO WHICH THIS SCHEDULE IS FILED (OTHER THAN THE ONE FILING THIS REPORT): (LIST
IN ALPHABETICAL ORDER).

13F FILE NUMBERS WILL BE ASSIGNED TO INSTITUTIONAL INVESTMENT MANAGERS AFTER
THEY FILE THEIR FIRST REPORT.

NAME: 13F FILE NO.:

1. ALLSTATE INSURANCE COMPANY 28-35

2.

3.

4.

5.

MAGNA INTL INC CONV	DEBT	559222AE4	15,037,500.00	15,000,000	X	1	X
MAGNA INTL INC., CONVERTIBLE	DEBT	559222AF1	18,681,750.00	20,700,000	X	1	X
MAGNA INTL INC	DEBT	559222AG9	6,091,875.00	6,750,000	X	1	X
MARRIOTT INTL INC CONV	DEBT	571900AH2	11,902,500.00	18,000,000	X	1	X
MUTUAL RISK MGMT LTD CONV	DEBT	628351AA6	9,085,623.75	21,441,000	X	1	X
OFFICE DEPOT INC	DEBT	676220AA4	8,953,500.00	14,100,000	X	1	X
OFFICE DEPOT	DEBT	676220AB2	11,767,500.00	18,000,000	X	1	X
OGDEN CORP., CONVERTIBLE	DEBT	676346AD1	2,377,500.00	3,000,000	X	1	X
OMNICOM GROUP CONV.	DEBT	681919AC0	7,582,500.00	3,000,000	X	1	X
OMNICOM	DEBT	681919AE6	11,373,750.00	4,500,000	X	1	X
POTOMAC ELEC PWR CO	DEBT	737679BT6	13,531,500.00	13,950,000	X	1	X
RITE AID CORP, CONVERTIBLE	DEBT	767754AK0	12,895,312.50	15,750,000	X	1	X
RITE AID CORP	DEBT	767754AL8	7,368,750.00	9,000,000	X	1	X
ROBBINS & MYERS INC CONV	DEBT	770196AA1	4,688,250.00	5,640,000	X	1	X
ROCHE HLDGS INC., CONVERTIBLE	DEBT	771196AC6	10,721,250.00	18,000,000	X	1	X
ST PAUL CAPITAL CONV.	DEBT	792856205	14,601,562.50	26,700,000	X	1	X
SOLECTRON CORP.	DEBT	834182AG2	44,010,000.00	72,000,000	X	1	X
THERMO ELECTRON CORP CONV	DEBT	883556AF9	21,532,500.00	24,750,000	X	1	X
THERMO INSTR SYS INC CONV	DEBT	883559AC0	12,975,000.00	15,000,000	X	1	X
THERMO INSTR SYS INC., CONVERTIBLE	DEBT	883559AE6	5,934,375.00	7,500,000	X	1	X
THERMO OPTEK CORP CONV	DEBT	883582AA6	1,627,537.50	1,665,000	X	1	X
THERMOQUEST CORP CONV	DEBT	883655AA0	3,029,193.75	3,135,000	X	1	X
U S CELLULAR CORP CONV	DEBT	911684AA6	18,133,125.00	28,500,000	X	1	X
WMX TECHNOLOGIES CONVERTIBLE	DEBT	92929QAF4	32,986,125.00	40,350,000	X	1	X
USA WASTE SVCS INC CONV	DEBT	94106LAA7	13,350,000.00	15,000,000	X	1	X
WELLPOINT	DEBT	94973HAA6	12,180,000.00	21,000,000	X	1	X
XEROX CREDIT CORP., CONVERTIBLE	DEBT	984121AY9	8,306,250.00	15,000,000	X	1	X
XEROX	DEBT	984121BB8	14,369,812.50	25,950,000	X	1	X
TECNOST INTL	DEBT	EC1437234	279,721.95	273,006	X	1	X
HEALTH & RETIREMENT PPTYS TR TR CONV	DEBT	U40488AA3	19,950,000.00	21,000,000	X	1	X
BELL ATLANTIC / TELECOM CORP OF NEW ZEAL	DEBT	VV3077219	3,007,500.00	3,000,000	X	1	X
TEXACO CAPITAL	DEBT	VV3081575	6,015,000.00	6,000,000	X	1	X