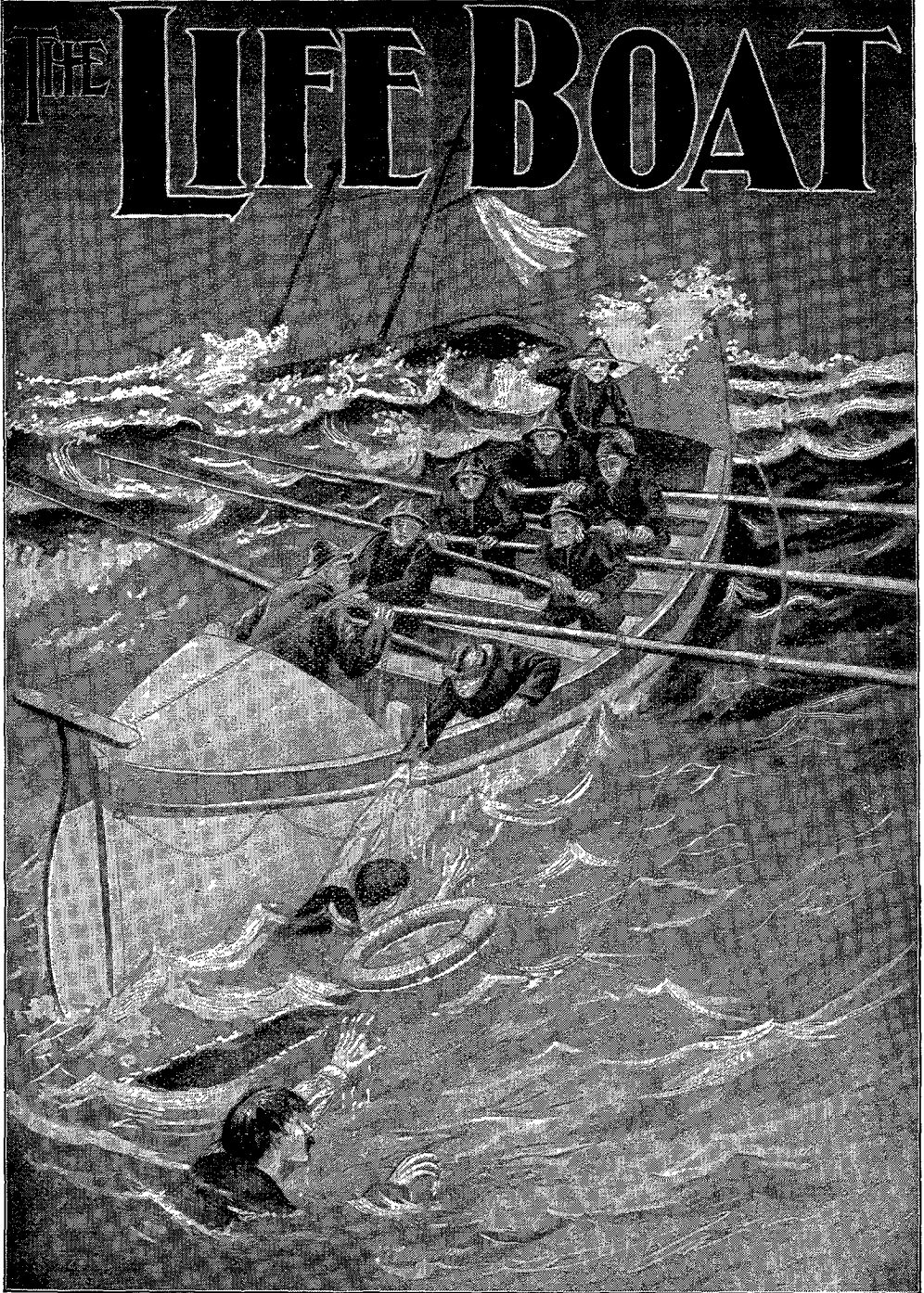


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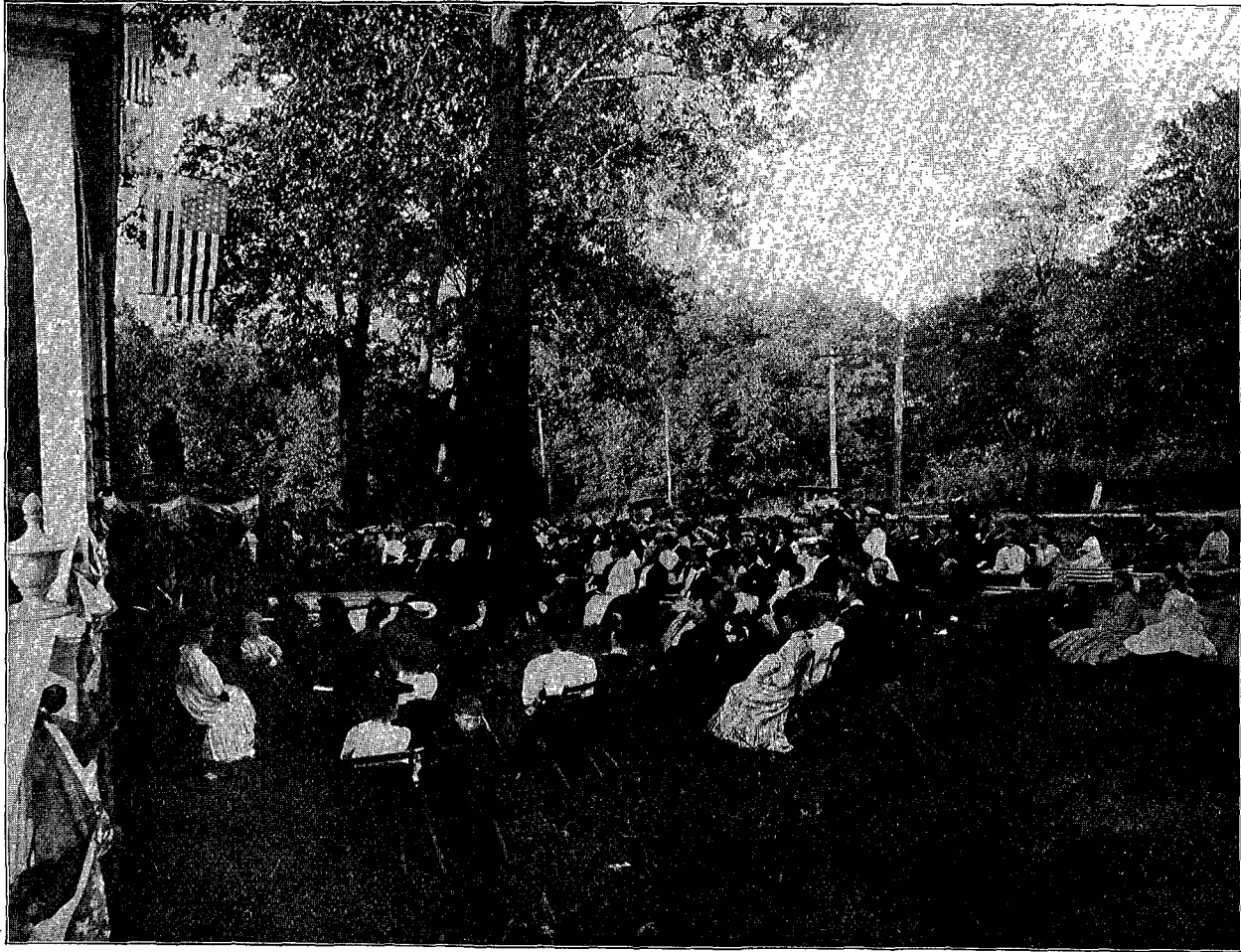
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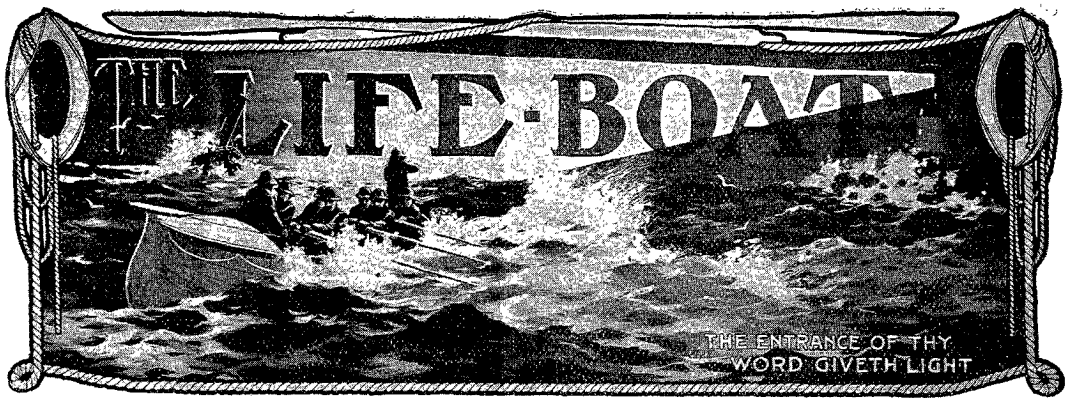
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Ex-Congressman Childs making the Opening Remarks at the Dedication of the Hinsdale Sanitarium.



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Volume VIII

HINSDALE, ILL. :: NOVEMBER, 1905

Number 11

SOME MOTHER'S CHILD.

At home or away, in an alley or street,
Wherever I chance in this wide world to meet
A girl that is thoughtless, or a boy that is wild
My heart echoes sadly, 'Tis some mother's child.

And when I see those over whom years have rolled,
Whose hearts have grown hard, and whose spirits are
cold,
Be it woman all fallen, or man all defiled,
A voice whispers sadly, Ah, some mother's child!

No matter how far from the right she hath strayed,
No matter what inroad dishonor hath made,
No matter what element cankered the pearl,
Though tarnished and sullied, she is some mother's
girl.

No matter how wayward his footsteps have been,
No matter how deep he is sunken in sin,
No matter how low is his standard of joy,
Though guilty and loathsome, he is some mother's boy.

That head hath been pillowed on tenderest breast,
That form been wept over, those lips have been
pressed;
That soul hath been prayed for in tones sweet and
mild—
For her sake deal gently with some mother's child.
—Selected.

SPARKS FROM THE ANVIL.

Pray hardest when it is hardest to pray.

Life's richest pleasures do not cost money.

The imagination is the hardest thing to get
converted.

The health should be as sacredly guarded
as the character.

Sin has never been closer to you than
Christ can be to you.

An idea is like an acorn: today it has no
value—tomorrow it grows an oak.

No man ever found his lost piece of silver
by sweeping his neighbor's house.

Every man you assist out of the gutter is
one less to pull you down.

The Bible is like a fountain, the more you
look into it the deeper it appears.

The world judges a man's success by what
he makes; God judges it by what he does.

Prejudice is like a cork in a bottle: it
won't let anything in nor let anything out.

Our enemies can never do us real harm
only as they inoculate us with their evil spirit.

God made this world that He might en-
large His family because he wanted more to
love.

Set yourself earnestly to see what you were
made to do, and then set yourself earnestly to
do it.

A man is already of consequence in the
world when it becomes known that he can be
implicitly relied upon.

Instead of complaining that they do not get what they deserve, most men should be rejoicing because of it.



Food that can not be absorbed is simply a load on the system and is expensive even if gotten for nothing.



A better thing than "hitching your wagon to a star" is to put your hand into the hand that moves the star.



It is better to make some mistakes than to sit idle and inactive and view all things from a pessimistic standpoint.



It is better to know how to pray than how to preach. Preaching may move a man, but prayer moves God.



A Christian making money fast is like a man in a cloud of dust; it will fill his eyes if he is not careful.



As the shadow of the sun is largest when his beams are lowest, so we are always least when we make ourselves the greatest.



The experiences God is giving us here are fitting us for a better place in the world to come than if we had not had them.



We must live so near to Christ that at every unexpected moment our thoughts will turn to Him as the flower to the sun.



No more could a soul who possesses Christ be hindered from confessing Him than could the waters of Niagara be stopped from flowing over the falls.



Many persons naturally possess such a latent craving for drink that all that is necessary to start them in the direction of the saloon is an attack of acute indigestion.



The most minute parts of a tiny leaf are made absolutely perfect. If God fashions these insignificant things so perfectly, will He not assist us in the little things of life?



Some mothers shut sunlight out of their houses to save color of their carpets, and as

the color leaves the children's cheeks, then they use the money saved on carpets to buy iron from the drug stores to put into their blood.



Throw a pebble into the lake and a wave is formed, and another, and another, and as they increase the circle widens until they reach the very shore. Thus our influence, though apparently insignificant, may continue to extend far beyond our knowledge or control.



Perhaps you have a great mind, perhaps you have an eloquent tongue; it may be you have a large purse, and can glorify God and bless mankind with that; but suppose you have nothing in the world but a kind, sweet smile. Then let that fall upon some poor life that has no smiles upon it. Remember that dew drops glistening in the sun are just as beautiful as jewels made of gold.



Earth's noblest, divinest achievement is to start songs in the world's wintry air, to sing into its weary hearts something of heaven's music. Not one of us may be permitted to write a twenty-third psalm to bless men with its strains of sweet peace; but we may at least make our life a song, a sweet hymn of peace, whose music shall gladden, comfort and cheer weary pilgrims as they pass along life's rough ways.

TO GIRLS IN TROUBLE.

MRS. DAVID PAULSON, M. D.

The following extracts from a recent letter from a girl whom it has been our privilege to help will perhaps aid some other girl in similar trouble to take courage and believe that God has raised up friends to help her also:

"Perhaps you never heard how I ever came to know you people, so I am going to tell you. Several years ago, when THE LIFE BOAT was first started, one of the workers came to my aunt's, who was living in Chicago at that time, and sold her a paper, and she left a card with different addresses on. She said, 'If any of your folks are sick or you are ever in trouble and need help, write to any one of these addresses and we will be glad to assist you in any way we can.' So my aunt put the

card away and did not think of it two years or more. When I came to her sick and needing help which she was unable to give, then this card flashed into her mind, so she sat right down and wrote, and next morning two workers called. I can not tell you how glad I was to see them, although they were strangers to me. I felt that something better was coming my way, and I was so tired of the sinful life I had been living.

"They were so kind I learned to love them at once. So they brought me over to 1926 Wabash avenue, which was then your headquarters, and there I met you who so kindly cared for me through my sickness, and when I was able arranged for my going away to school. I went to school there a year and learned to seek the Lord for myself. Then when school closed my father wrote for me to come home again. I did, and then I lived a pure, sweet, Christian life for two years.

"Then I forgot to pray and read my Bible, and got to going into bad company and fell a victim to the devil once more. I can not forget the terrible agony of mind I was in. I prayed for death, but it was merciless to me. So I left my home for Chicago once more, feeling forsaken of men and the curse of God upon me. I worked and took care of another aunt who was sick at the time for a month. At last I could stand it no longer, when something seemed to say, 'Write to the doctor; she has always been your friend.' I wrote to you, telling you all, and I waited a week and did not hear from you, so I decided you had given me up too. I had but a few cents left in my pocket, and so I decided to go out that very night and buy some poison and end it all that night, when your letter came that very afternoon, saying to come any time I was ready—that the Sanitarium doors were open to me. That meant new life to me. The hand of my Lord was in it all, but I did not see it then.

"Three months I stayed there, then my baby was born, and while sick in bed I met Sister Richmond, and in talking with her I told her of my life. She asked me where I intended to go and I told her I did not know, so she said, 'I know of just the place for you, and so you pray, and if it is the Lord's will for you to go I'll sell papers, and if I can sell enough papers to pay our way there

we will take for granted He wants you to go.'

"So we prayed, and then she told me of the Home here in Michigan and of the work just being started. She started out with the blessed little LIFE BOATS, and I prayed while she was gone, and she worked all night selling papers. She returned with over ten dollars from her papers, and the next night we came across the lake to the Home.

"That has been a year and a half ago, and I have written a little before of the ups and downs I have had in trying to live right, for not until within the last few months have I



Baby Clifford, mentioned in accompanying article.

been so happily serving Jesus, but now I have perfect joy, happiness and peace of mind, and confidence and faith that He who has begun a good work in me is able to perfect it unto the day of salvation, and my greatest burden is to work to help other poor girls who fell like myself and to tell them of Jesus' love for them and what He has done for me.

"So you see what the Lord is doing for me, and it all started through the little LIFE BOAT, too, and I have the highest words of praise for that little paper. I believe it is the means of bringing many honest souls into the truth, as it reaches all classes of people."

If you feel impressed, after reading this letter, that the Lord wants us to do something for you, write to us and we will do all for you that lies within our power. Address the writer, Hinsdale, Ill.

"THE CURSE CAUSELESS SHALL
NOT COME."

WILLIAM PENNIMAN.

I was much interested in reading the article in the September number of *THE LIFE BOAT*, entitled "Diet and Drunkenness," in which there is an allusion to this text. The article was more especially of interest to me as I know of a case quite similar. It is that of a man who, on account of intemperance, deserted his wife and children and wandered as a vagabond on the earth. After being absent a long time from home he returned, promised his wife he would reform, and did give up intoxicating drinks and all of his wrong habits but bad food, which, of course, included pork chops, mustard, pepper and other fiery things. He also used tobacco.

When I talked with him he claimed to be converted and said God had taken away his love for strong drink, but I doubted it, neither do I believe that God will take away a love for it so long as one uses tobacco and a fiery diet. I encouraged him all I could, called his attention to *THE LIFE BOAT*, gave him an opportunity to read it.

I have watched his course closely, praying with and for him, writing him to give up all of his bad habits, but he seemed to cling to his bad diet, including tobacco, like a dog to a bone. Finally, on going away from home on some business and remaining away a few days, he fell into bad company, ate more largely of unhealthful food and the demon of strong drink conquered him and he fell. This is not a parallel case to the one referred to in *THE LIFE BOAT*, but it proves that "the curse causeless shall not come."

On hearing of his fall I called on him again on his return home and invited him to take a walk with me to a secluded place, where we could pray together. He consented and I prayed as earnestly for him as I could, and if I remember rightly he did not take his quid of tobacco out of his mouth till I asked him to pray. He then took it out and threw it away. After he had made a good prayer he took out a ten-cent plug and made another "heave offering" of it to the devil, if I may be allowed to use the expression in this case. We then left the place of prayer rejoicing. I know I did, for the victory gained.

The man is again away from home, and I

fear he will fall again and that he will have a pathetic ending like the one spoken of in *THE LIFE BOAT* unless he trusts in God for strength and eats for strength instead of drunkenness (Eccl. 10:17), abstains from fleshly lusts, which war against the soul, and sings every day, "Yield Not to Temptation," and the following good piece: "Moment by moment, O Lord, I am Thine."

THE BOWERY MISSION.

W. S. SADLER.

At No. 55 The Bowery, New York, is to be found one of the most interesting Gospel Rescue Missions the writer has ever visited. It is indeed a light-house in a dark place. We never go to New York City without visiting the Bowery Mission, and the Jerry McAuley Mission.

This mission is perhaps the most elaborately furnished and fully equipped of any mission of its kind in the world. In its twenty-five years of existence it has been the means in the hands of God of reclaiming many a drifting soul. About a dozen years ago the mission, after a long struggle, was about to close for lack of financial support. About that time, Dr. Talmage, the editor of the *Christian Herald*, and Louis Klopsch, the proprietor, were making a tour of the world. In far distant Asia Minor, in the town of Smyrna, they visited an institute for training missionaries, under the direction of Rev. S. J. Jenyanyan, who was a convert of the Bowery Mission some years previous.

Dr. Talmage heard this remarkable man relate how he was converted on the Bowery in New York City. He told the story of the wonderful change that had come into the life of a poor besotted drunkard. His experience touched the hearts of the distinguished visitors, and immediately on their return to New York City, they visited the Bowery Mission, and through their instrumentality the financial tide was turned, the mission equipped to do a greater work, and it has continued its usefulness ever since.

The "Mother of the Bowery" is the name given to Mrs. Sarah J. Bird, a former worker in Henry Ward Beecher's church. Upon the death of her wealthy husband, she associated herself with this work for the outcast and down-trodden. For more than a dozen years

this devoted woman has held regular Sunday morning and Thursday evening services at the Bowery Mission, preaching to almost a hundred thousand homeless and outcast men each year. Mrs. Bird long ago gave up her palatial residence and lives in the Gospel Settlement, of which she is the founder, in the midst of the Ghetto.

At the close of her meetings, a luncheon is provided for those who attend and it is indeed an interesting sight for those who are not familiar with such work, to witness those who partake of these charity repasts, as well as to observe the assortment of human souls waiting in the "bread line" during the cold winter mornings, when early breakfast lunches are provided for the homeless and unemployed. Following the World's Fair in Chicago, our work was taxed to the utmost in this respect. It was during this time of great need that bean soup and bread was provided to the great army of the unemployed, and led subsequently to the establishment of the penny lunch-counter in connection with the Workingmen's Home, which is maintained to this day.

A Free Labor Bureau is maintained by the Bowery Mission, and many unemployed are assisted in finding work, and like the Life Boat Mission in Chicago, meetings are held every night in the year, besides the Bible classes and other special meetings.

SOUL-STIRRING STORY OF THE VOLUNTEER ORGANIST.

The story of Victor H. Benke, who was the organist of the Bowery Mission for ten years, is well known. The son of respectable parents in Germany, trained for government service, with a life full of promise before him, he gave way to dissipation, which resulted, in a few years, in his becoming a human derelict on the Bowery. He sat one Sunday morning in 1894, for the first time in the mission, at one of Mrs. Bird's meetings. He was ragged, dirty, hungry, depressed, homeless, friendless and penniless. Poor boy! what a picture of misery he was! Mrs. Bird was disappointed that morning, her pianist not appearing as usual. The singing was, consequently, eminently unsatisfactory. A few hymns were commenced, but they ended in breakdowns. Finally "Mother" Bird apologized, and asked if someone in the congregation could help them out. The young

"hobo" in the back seats heard the request, and volunteered. Amidst the jeers of those assembled he rose, slouched along the aisle, ascended the platform, with bleary eyes and tousled hair, and seated himself at the piano. Every breath was held, every eye strained. Then a new light suddenly shot from his dark eyes. The hopeless look had passed away. As the dirty fingers fell with a crash upon the keys, his entire being was changed. His whole frame quivered with emotion. The old piano itself seemed to undergo a subtle transformation. When it was all over, "Mother" Bird spoke such kind words to the poor tramp that they broke his heart. He became a Christian, and presently he was appointed organist of the mission. His fame spread far and wide. Whenever Moody and Sankey visited New York, they always insisted upon having Victor Benke as organist. Many churches offered him splendid positions, but he remained true to his Bowery friends. Mr. Sankey urged him to compose Gospel songs, and some of the most beautiful compositions of recent years were from his pen. He was one of the mission's most successful speakers and soul-winners. He died a martyr to his incessant toil for his suffering fellow men, on July 15, 1904, and at the foot of a beautiful tablet erected in the mission in his memory there is this sentence: "The Men of the Bowery Loved Him,"

THE GOSPEL IN THE HEART OF CHINA.

DR. FRANK A. KELLER.

[Years ago, while attending the University of Michigan, we heard Frank A. Keller, who was then traveling secretary for the Student Volunteer Movement, give a most stirring talk to the students. Later, while studying medicine in New York, we were brought together in Dr. Dowknott's home for medical missionary students and a deep and lasting friendship sprung up between us. After completing his medical studies he enlisted under Dr. J. Hudson Taylor for the China Inland Mission work and went into the interior of that great province. The only province in China that had not been opened to the gospel until the last few years was Hunan. It was in the capital of this province, in 1901, that Dr. Keller secured a foothold for the China Inland Mission, he being the first foreigner to gain a permanent foothold within its walls.

A train of providences enabled him to render medical aid to leading officials, and this was one of the keys that helped him to secure

permanent buildings, in which has been built up a most successful mission plant.

We have sent out from our LIFE BOAT office nearly two thousand copies of Hudson Taylor's remarkable story of how God led him to start the great work of the China Inland Mission, and it will be interesting to these readers to know that it was at this mission that this venerable missionary pioneer ended his earthly career, dying a few months ago with his head in Dr. Keller's hands.

Dr. Keller, a few weeks ago, returned for the first time for a needed rest at home, and visited us, giving, October 7, an address to the senior students of the American Medical Missionary College, from which we reproduce the following extracts, which we are sure will be read with interest by all.—Ed.]

Ps. 37:3. Things that we can not bring to pass can be sure if we commit our ways unto Jehovah. He will most certainly bring them to pass. These precious verses were the stand-by of our great leader, Dr. J. Hudson Taylor. You will remember the story of how his parents wanted to go to China, but their circumstances were such that they had to abandon the idea and so they prayed God to give them a son who would go.

After he was born he was sickly, and as he grew older he developed infidel views. But one day while he was away his mother rose from the dinner table with an intense yearning for the conversion of her boy. She went to her room and turned the key in the door and resolved not to leave that spot until she had the conviction that her prayers were answered. Hour after hour she pleaded with God until she was constrained to praise God for what His Spirit taught her had already been accomplished,—the conversion of her boy.

That same afternoon he had been led to read a tract; he thought he would read the story and leave the moral alone, but he became deeply interested in it and then and there yielded himself to Christ. After that he went to God and found out what he would have him do and God clearly let him know that he should go to China. He then began to test himself in many ways by depriving himself of luxurious food and clothing and placing himself in circumstances where his faith would be severely tested.

In 1853 he went to China. After working there for several years he became convicted that it was wrong for a missionary society to go in debt to carry on God's work, and after

much prayer he decided that he would do medical work there in China to earn his way, and preach the Gospel between times, or he was willing to use all his time to preach the Gospel and trust God for means of support.

After he had been in China for several years he became ill and had to return to his home. The doctor said he could not go back to China again. He had not been home long before he found out why he was there. "Jehovah will bring it to pass." After he got home he began to study the needs not only of the province he had been in, but of the entire great empire. He then began going to various mission boards and called their attention to the inland provinces, asking for money and men, but they said they could not send them out. So after going to all the missionary societies and being refused he began to look to God in some way for workers and he felt in answer to prayer that God would give the means to send them out, but he had not prepared to assume the leadership.

DIVINE CALL FOR LEADERSHIP.

God said to him one day, "Child, I am going to inland China and if you want to walk with me you may go." As he thought of those words he began to get sick. He went to Brighton, to the sea shore, for his health, and one day in Brighton as the church bells were ringing he felt utterly crushed; he could not stand it any longer, and he bowed down to God on the sea shore and said, "I will accept the leadership." This he then wrote on the margin of his Bible, June 15, 1866.

He returned home and the people said that Brighton had cured him, but it was not the sea air that cured him, but the fact that he accepted God's offer. God gave him the workers and He furnished the means to send them out. In one single month God gave enough money to provide books and the passage for these workers. They came to China and opened up province after province. Each of the nine inland provinces were opened by the workers of the China Inland Mission. While the work was going on in all the other provinces there was one, Hunan, whose doors seemed to be steel, and our workers who went there could not get a place to stay. Six months was the longest time they could stay in that province.

Just a few years before I met Dr. Paulson,

in New York City, when God called me to the foreign missionary work, I thought first I would go to India, then as I learned of the needs of China I thought I would go there, then as I saw the needs of Hunan I wanted to go there. I felt that as soon as I had the language, etc., the door would be permanently opened. J. Hudson Taylor had said over twenty years ago, "If I could once see Hunan

Hunan, which had been a closed city. Our reception there was wonderful. The Lord raised up two men on the boat to help us enter. One of those men said they had established a bureau of foreign officers and told us to go there and pay our respects. It had been our rule to go on and pay no attention to the officials, but he said, "I will go with you and introduce you to the Delta." We



By Permission of China Inland Mission.

THREE VETERAN MISSIONARIES.

REV. J. HUDSON TAYLOR.

DR. GRIFFITH JOHN.

DR. W. A. P. MARTIN.

(Arrived in China 1854.)

(Arrived in China 1855.)

(Arrived in China 1850.)

This Photograph was taken in China one week before J. Hudson Taylor's death.

opened I would feel that my work was done." After being there for a year God permitted me to go over to Hunan and get a footing there. Some missionaries went there, but they were driven out by rioters.

PROVIDENTIAL OPENING.

I came up to Changsha, the capital of

went up there and the official of the city received us very nicely. He said, "It would not be very nice for you to stop at the Inn," so he said he would loan us a house, and he went and borrowed one for us. He sent the servant out to buy cooking utensils and he hunted up a cook for us. He sent a man after

some oil, etc., and sent out two officers to look up a permanent abode for us. After a while they came back and asked us to go and look at a house they had found. It proved to be a suitable one, so the next morning we moved over and the following morning we opened up the meetings and they have been continued right up to the day I left.

Either the first or the second morning after beginning, a young man came into the meeting who was a miserable looking vagabond and fallen into drink. Although drinking is a very rare vice there, he was as wretched a drunkard as any wreck in Chicago. His mother was an opium smoker and the proprietor of an opium den. This young man had been an officer. A man had told him that if he went with the foreigners they would get a good position for him and he would be fixed for life, so this young fellow came, hoping to get a good position. After he had gone out Brother Li said, "That man came here for no good purpose," and he said, "Oh, if he would only stay away." We came to this Chinese capital to convert the respectable people and we were hoping to get them around us and so by and by to reach the masses after we had gotten a standing there, but God's ways are not our ways. This man came the second morning, and the third morning and the fourth morning.

Our rooms were situated so that the people could see us eat. We ate rice and vegetables in pure Chinese style. The Chinese would come and watch us and as they saw us eat just as they did they thought we were not such queer foreign devils after all. They would look at what we ate and then say, "That is good food." After breakfast we would clear the food away and begin to sing and have meeting.

OUR FIRST CONVERSION.

The fourth morning after our meeting we went to our study and left this miserable wreck sitting there. We had tried to pray with him, but this fellow seemed beyond all hope. After the meeting he came to Mr. Li's study, and said, "Mr. Li, I want to ask a favor of you," and he said, "I want you to pray for me." Mr. Li explained to him about prayer, and talked with him for some time about it. He was a lazy man and had not been getting up in the morning until nearly noon and here

for four days he got a move on himself and came there to the meetings in the morning.

He said that he had had a dream that a man with bright clothing came to him and asked him to change his name. Changing one's name there is quite a common thing. He was told his name was to be Fuhseng, which means "born again." His surname was Leu and he changed his name at once to Leu Fuhseng.

The way that man grew in grace was simply wonderful. He got cleaned up and clothed and he was a new looking man in a few days. One day he came in and said, "Aren't we blessed? Jesus said to Thomas, 'Because thou hast seen me, thou hast believed; blessed are they that have not seen and yet have believed'; so that blessing is ours." I loaned him the book, "Bunyan's Pilgrim's Progress," then I did not see him for several days. When he came around he said he had been ill. I asked him if he had read the book and he said, "No," he was too weak to study much and he thought he had better read the New Testament. The Word of God is a source of strength. In those few months God worked wonderfully on the heart of that man.

About that time a new missionary was sent out there and he had no teacher, no evangelist, and no one to help him. The Chinese officials there had been watching the life of this man Leu and they saw that he had been born again, so they came to me and said, "Mr. Keller, could you not let Leu go over to be evangelist for the new missionary?" They said they would keep him from getting into trouble and he could help get people into the church. So I let him go. Afterwards that mission closed and he got a call from the Norwegian mission, and God has used this young man to raise up a nice little church in that large city.

CAUGHT UNAWARES IN THE GOSPEL NET.

The other man that met me on the boat when I came down said, "When you get to Chang-sha you will need a man to teach you; I have a friend in Chang-sha who is a fine teacher and a man of advanced ideas,—he would be a great help to you." So he brought him around and introduced us to Mr. Yang. He engaged himself to us as teacher, with the understanding that he would not have to

come to the meetings. But as he was teaching in the New Testament he was constantly getting a good dose of the Gospel. Gradually he became interested as day by day he watched the life of this man Leu. After Leu's conversion it was not long before his mother was converted, too, and one day he brought his mother's idol over and smashed it in our little court yard, and Mr. Yang followed him out to see the smashing. It convinced him that there must be something in this Gospel, and it was not long before Mr. Yang was converted and was baptized.

The moment he was converted he began to feel a burden for his mother. He was a student and had been taught absolute loyalty to his parents, but as long as his mother had no hope for Christ he could not rest. She said she could teach him, but he could not teach her, and so he could not get her converted. He asked if such a thing could be possible as to have meetings in the house of the converts, and I said, "Yes," so he asked Mr. Leu and his mother to go over to his house and he introduced Mrs. Leu to Mrs. Yang, and then the Chinese etiquette would compel her to return the call, so she would hear the Gospel twice at least. From this one cottage meetings were started, the Chinese converts carrying them on by themselves. Mrs. Yang could not resist the Gospel and she gave her heart to Christ and was baptized on her birthday.

I know of friends who worked for ten long years and have not had the privilege of seeing one brought to Christ, but just here the Lord opened up this city for us. During the last four years there have been started eight missions and they have come to us for young men evangelists. We have given to one mission three evangelists and one school teacher, and we have given to another mission two evangelists, and to another mission a Bible woman and are sending out evangelists to other stations, and so God has blessed our work there.

(Concluded next number.)

We still furnish Dr. J. Hudson Taylor's fascinating and inspiring story of his early life and the founding of the China Inland Mission for only four new subscriptions to The Life Boat. Just the book for a Christmas Gift.

RETURNING THE STOLEN WATCH.

E. B. VAN DORN.

A worker recently dropped into a mission in an Eastern city and there a man rose and gave this wonderfully interesting testimony:

"Three years ago I was a drunkard and thief on the streets of Chicago, when one evening, after robbing a man of a valuable watch and some other things, I stepped into the Life Boat Mission to keep away from the police." While there he said he heard



testimonials from redeemed drunkards, saved ex-convicts and many others. His heart convicted him; he thought if God saved these men, why wouldn't He do something for him? His stolen goods bothered him, but what to do with them he didn't know; he purposed to bury them in the lake, but that did not seem right. In his perplexity he opened the back of the watch and found the picture and address of the owner, and by the aid of a city directory he found the man's home and returned the property and then left the city and its haunts of sin and began an honest, industrious life, and had continued in the same for the past two years.

What a wonderful Saviour is Jesus our Lord, to deal so mercifully with us in our sins! Truly, the testimony of David is true: "He hath not dealt with us after our sins, nor rewarded us according to our iniquities." Ps. 103:10.

Dear reader, this same loving Saviour is pleading with you to turn to Him as this young man did, and live. "Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon." Isa. 55:7.

Another man said that some twelve years ago he had a saloon in this city, and one day an old lady came into his boarding house and told of a little mission, urging him to come to it. But he only spurned it, though he said he expected some time to come to God, but

when he did it would not be in a mission but in a respectable church. She said she was going to pray for him anyway, that God would humble him and lead him to Jesus, through the influence of a mission. They parted; she probably forgot the incident in the course of time and labor, but God did not forget; He followed him day by day even to a time when he sold the clothes off his body, the shoes off his feet, in dead of winter, and went out barefoot on the street in the snow to find drink.

He drifted down until finally he fell into a mission where he heard what great things the Lord could do. Then in contrast with his condition he saw a possible hope, a way of escape; he accepted the offer of mercy and found pardon, peace and power.

This man was one of the lowest of the unclean. Today he is an honored and respected citizen, with a little business of his own; instead of cold and hunger, rags and filth and the hovel of the lowest haunts of sin, he has a clean home, a loving wife, and the assurance of a home beyond this vale of tears so long as he is faithful.

These and many others told us the Lord had wrought all this, and I am sure those who read this would rejoice with us if they could only see what the Lord has done.

I am sure if those who have invested anything in this work could only know the joy that comes in these hearts they would feel more repaid for what they have done.

A STRAY COPY.

The following lines were received from Carartota, N. Y.: "I have read one of THE LIFE BOATS—the first one that I remember ever reading—it was an old copy, and I think it a book that every family ought to have in their home. I saw by the one I read that you wanted to get some one to sell or act as agents for them. I have two little boys who would like to sell them for you and I would be glad to have them do so. People live on regardless of their standing before God and I think such books as THE LIFE BOAT waken some of them up to the truth. I am going to send in a year's subscription soon and will try to get some others to send for them."

THE PATHWAY TO GENUINE HEALTH.*

HOMER M. THOMAS, A. M., M. D.,
Chicago.

The four basic principles upon which rest perfect health are:

Pure air.

Pure water.

Pure food.

Pure thought.

Where pure air, pure water, pure food, abundant sunshine and judicious exercise can be had, disease can not exist. The vast storehouse of life-giving forces is found in the inexhaustible resources of nature's laboratory. From the unpierced heights and limitless expanse of the tractless skies comes the life-giving ozone. Its presence in our blood brings renewed life and vigor. The sodden skin, the halting step, the lusterless eye, the clouded brain, under its vitalizing influence are rejuvenated. Would we find freedom from disease, flee to the orchard, the meadow, the sunlit plains, the majestic mountain-tops, or the Hinsdale Sanitarium. There, bathed in nature's electrifying energy, will disease vanish. There will boundless buoyancy supplant insidious ravages of disease.

NO PURE AIR TRUST.

Pure air, the most widespread of nature's blessings, is the one real necessity that can never be combined in a trust. In all the world it is that of which there is the most. Yet, out of the twenty-four hours, in how many of them do we breathe pure air? We can live weeks without food, but only for five minutes without oxygen. If we are to be saved from sickness, we must breathe pure air twenty-four hours out of the twenty-four.

Oxygen reduces fever, aids digestion, gives refreshing sleep, and heals the lungs. In the minds of many there is much fear of breathing night air, but what other air is there to breathe at night but night air? Pure night air is healthful. Impure night air breeds disease.

What are the habits and environments which make us receptive to disease? Worry, overwork, over-exercise, indigestible foods, loss of sleep, vitiated air and over-stimulation.

*Abstracts of a paper read at the dedication of the Hinsdale Sanitarium, September 20, 1905.



"The Vast Storehouse of Life-giving Forces is Found in the Inexhaustible Resources of Nature's Laboratory."

RIGHTEOUS LIVING.

Righteousness saves from sin; right living saves from sickness. The closer we live to nature, the freer from disease. But we are all aware how difficult it is to practically carry out these precepts. Whether we will or no, we are rushed into the vortex of counter-currents, and find ourselves lashed and buffeted by contending forces. Life is strenuous; domestic tranquility rare. All social, business, or professional prestige is achieved by physical overdrafts. Nature honors those for a time. Then the insistent demands for more and more force exhausts the vitality, and the system becomes physically bankrupt. No longer can the constructive forces keep pace with destructive forces. Destruction gains the ascendancy. The vital powers sink lower and lower. In this critical, systematic situation the one cry of nature is for rest of mind and body, for change of environment, that the exhausted vital forces may recuperate. But this seldom seems possible. The situations and emergencies and exactions which brought us into this dangerous state of physical debility insistent persist. It seems imperative we should keep on going and doing.

THE STIMULANT DELUSION.

We therefore decide to force a balance by drawing upon our physical reserve. Tired nature has already protested against further efforts. The step is flagging, the muscles inert, the brain weary. The natural exuberance and elasticity of mind and body is gone. But do we must. What can we do to compel the flagging forces of nature to give us immediate vigor? Stimulate. Crowd down tea and coffee, the cocaine and strychnia, the whiskey and tobacco upon the enfeebled stomach and tired nerves. Force these willing and yet woefully abused servants to work overtime and do double duty. For a while they will respond to these sinfully unjust exactions, but nature has her laws, and they can not be violated with impunity. As you sow, you reap. As you draw out of the system, you must replenish.

To use a bucolic simile—if you milk the cow you must feed it, but food does not always mean strength. If undigested, it poisons. Rest is food. The condition is one of cause and effect. It is right at this point

the majority of cases of sickness date their inception. It is wrong conditions of living that make possible the receptive tendency toward disease. Avoid these, and you will remain as free from disease as the truly good are from sin.

HEALING CAN NOT BE PUT UP IN BOTTLES.

No medicine in bottles ever cured a disease; at best, it merely assisted. Years and years of scientific struggle have demonstrated the absolute failure to cure disease wholly by drug domination. It is our God-given resisting power that cures. Collateral therapeutics have their proper place and use as an aid to nature. But these must always play a secondary role, and be subservient to the great agencies of pure air, pure water, food, exercise and right thoughts.

THE SANITARIUM IDEA.

With the knowledge that the manifold agencies of nature cure, not drugs, have come into existence a number of institutions to practically apply these principles. Occupying a prominent place, in the effort to rationalize therapeutic resources is the far-famed work of the Battle Creek Sanitarium. Under the active administration of the distinguished Dr. Kellogg, great good has come to many. Through his clear comprehension of the great need of hygienic and dietetic reforms, progress has been made. Today witnesses the dedication of another branch of this institution. Its location is wisely chosen. Here, on a wooded hilltop, with porous soil and perfect drainage, overlooking a variegated landscape, has been established the Hinsdale Sanitarium.

Here, surrounded by all the agencies which promote bodily vigor, and encompassed by scientific security, will many be restored to health. To this chosen spot, where nature revels in the multitude of her health-restoring resources, will journey the afflicted. Despondent they come; exultant they go. From these sunlit slopes to many will come restoration of mind and body.

So long as the administration of this sanitarium remains true to these fundamental principles of hygiene and dietetics will it accomplish a great and lasting good. And so today we welcome the Hinsdale Sanitarium to occupy a high place among its cluster of sister institutions.

PRISON SERVICE.

W. C. AYERS.

Moline, Ill.

Sunday afternoon, October 8, was our young people's day to have charge of the service in the Rock Island County Jail. An organ was carried out into the prison corridor where the services were held.

Someone called for that familiar "Trust and Obey," also "There is a fountain filled with blood." Everyone joined heartily in the singing. The reading of the fifteenth Psalm was followed by prayer. We then sang, "Jesus Saves." L. T. Santee then gave an interesting and helpful talk from the words found in 1 Peter 5:7, "Casting all your care upon Him; for He careth for you." At the close of the service it was our privilege to have short personal talks with some of the men. They all displayed a desire for better lives and asked an interest in our prayers.

We find THE LIFE BOAT a wonderful help in our work for the Master. We are taking ten copies a month for the city hospital, and are always sure of a welcome. Our prayer is that many young people everywhere may take up this work and so help spread the gospel truth and receive the blessings in store for those who are up and doing in the Master's service.

SHALL WE PASS BY THE SAILORS?

HELEN CARLTON NORD.

[For various reasons soul-winners have passed by the sailors on the other side. They are a class of men who easily drift into rough and reckless ways. Most of them are good at heart and have generous impulses. We want to open up correspondence at once with those of our readers who are living in sea coast towns, and who are willing to do something to get the gospel in the hands of sailors. Those who have taken up this work have found that the Lord has gone before them. Ed.]

For the past few years I have taken much pleasure in selling THE LIFE BOAT, but as I lived in a small town I did not have access to prisons or hospitals. Since a child I have desired to be used of God to work for those who had not been reared as I had. I felt if the Lord could use me in a larger field He would locate me in one. I often prayed for this, but at times I almost despaired of an answer, but then I could hear the sweet voice of Jesus say, You shall have your desire, some-

time, somewhere. I am now situated in the largest city in America and in one of the most needy fields. There should be ten workers here to where there is one.

Since I came to New York I have been granted the privilege of visiting the navy yard and working among the sailors. I implore those who have access to a navy yard to try LIFE BOAT work among the sailors. I have been given such welcome from the captains that I am sure they are glad to have the work done. On one vessel there are from eight hundred to one thousand boys, very few of whom have chosen the Jesus of Nazareth. Think of these precious souls; can't something be done for them by co-operating with the Lord of hosts?

I love the prison work and my heart goes out to those in prison who are so sorely tried; may God bless these unfortunates, and may some honest souls feel the burden of this work and consecrate all to Him who surrendered all for us. We who are here will seek for it, and if we seek our Redeemer has said that we shall find. My supplications continually are that God may bless THE LIFE BOAT.

 PRAYED NINE THOUSAND, ONE HUNDRED AND TWENTY-FIVE TIMES FOR HIS BOY.

Rollo McBride's father, who is a clergyman, has recently spent a few days in Chicago visiting with his son who was converted at the mission nearly two years ago. They together attended the jail service which our workers conduct every week at the Harrison street police station. After Rollo McBride had talked the gospel and related his experience, his father, bent over with age, got up and declared it to be true what his son had said. Then he went back to the boy's babyhood and told how they had tried to bring him up carefully and educate him for a life of usefulness, but as time went on he began to do wrong and left home and how he wandered away from his father's God and his father's gospel. It was a most solemn occasion; everybody was quiet and the peace of heaven seemed to rest down upon all.

In the evening they both attended the mission service together. Mr. McBride gave a short talk based on Peter's experience in

prison, and how the angels came and struck the chains off from him, opened the gates, and let him go free. He said that is the way it was with him, he got into the prison of sin, bound by sinful habits, chained hand and foot. He told about how he virtually lived in the whiskey barrel houses, and how the night he came to the mission he hesitated at the front door, but the man who tended it put his hand behind his back and almost pushed him in; the talk he heard there, the testimonies and prayers, led him to give his heart to God, how he went out and wandered in the snow after mission service not knowing where to stop; finally after midnight he went back into the waiting room of the lodging house where he had been told never to come back, and the watchman turned out the light without discovering him and how he slipped down there between some chairs and prayed his first prayer that God would stand by him and help him. Then he told some about his later experiences and then said, "My dear father is here and I am going to ask him to say a word."

The aged servant of God got up and told how he kneeled down by himself every day for twenty-five years and especially prayed for that boy, and said that if it had not been for the Life Boat Mission perhaps he never would again have seen his boy. He then was overcome by his emotions and wept, and it seemed as though tears were streaming down every face in the house.

He then went on and told of the hearts of fathers and mothers all over the land weeping and praying for their sons and daughters, and how he had been going around the city during the day and seeing sin and iniquity on every hand and how thankful he was for the great change that had been wrought in his son. He plead with those present to flee from the wrath to come. When he sat down the audience all joined in singing, "All hail the power of Jesus' name," and it seemed as though it had never been sung so well before.

Mr. Hultz of the American Express Company then arose and said that he had figured up that this father had prayed for his son nine thousand, one hundred and twenty-five times, and mentioned the fact that many people pray two or three times and think that is enough.

Then Dr. Kellogg, who happened to be present, led in a very earnest prayer for God in a special manner to transform hearts. He afterward gave a very helpful talk and expressed his thankfulness to God for the light established here and for the privilege of being present. Another convert then rose and said that the last time he saw his mother alive he tried to steal ten cents out of her purse to go and get liquor, so that after he was converted he did not have the chance to go and tell her as Mr. McBride had an opportunity to tell his father.

Then Mr. McKeen, the singer who was present, sang "Life's Railway to Heaven," but when he was through, amidst deep emotion he told about how when twelve years old he ran away from his Scotland home, came over here and fell into crime. All through those years his parents never heard from him, but after he was converted he went back to Scotland and tried to find his father, but they took him out to the graveyard and showed him the mound and little tombstone with his father's name upon it. With his eyes filled with tears he said, "I would give all I am worth and all I ever expect to earn if I could have the blessing of telling my father that I was converted." Then eight hands were raised for prayer.

As soon as the meeting was over a splendidly dressed young man came up from the back of the room and asked if we could arrange for him to see Mr. Sadler, and he said, "Five or six years ago I was in a Michigan prison and through THE LIFE BOAT I got in correspondence with him and through him got in touch with my people." After his term expired he married a wife whose sister was leading a crooked life in Chicago, but several years ago this girl came into the Life Boat Rest while under the influence of liquor. Miss Emmel talked with her and prayed with her. She never afterward touched liquor; she left behind her the wicked life she was leading, afterward married, and has a good home, although Miss Emmel had never met her afterward. But she came into this mission meeting last night with her husband. It was very encouraging to accidentally meet all these four people at the Mission in one evening and learn for the first time the great blessing that came into their lives from having come in contact with this work years ago.

A VISIT TO CHICAGO'S GREAT HOSPITALS.

HELEN W. ODELL.

Since so many of the Chicago hospitals are on my visiting list, it is impossible to visit them all each month, hence there is sometimes quite an interval between the visits, to the most distant especially. When I alight



from a car and turn my face toward one of these it is with a prayer for spiritual guidance that the very most and best shall be accomplished. Pleasant indeed it is to be greeted by one of the nurses or by a physician who knows and appreciates the work, and

to hear the remark, accompanied by a hearty handshake, "How glad we are to see you with THE LIFE BOAT! The patients all enjoy reading it so much," or, "It does us all so much good," as I leave them copies for their personal use. Then the elevator boy always likes to be remembered.

A sweet-faced, gray-haired, old lady was sitting enjoying the sunshine in one of the rooms. She was glad to get a LIFE BOAT, although it was new to her. She had undergone an operation and was recovering nicely, and it was gratifying indeed to hear her take the Scripture interpretation of her cure, that it was the Father's hand which guided the knife and His power that carried forward the healing process, and she was trusting Him to complete that which He had begun.

A young man with one hand bound up, when asked for the cause replied, "Infection." This gave an opportunity to call to his mind the worse, because more dangerous and lasting in its results, *infection of sin*. He already trusted Christ to pardon past sins, but had not got hold of the thought that He saved from infection and thus from sinning. He was glad to see this and thought it would help him in the future.

Handing a LIFE BOAT to one lying on a

bed nearest the door, unlike my usual custom I did not stop to speak, but with a nod and a smile I passed to others. Coming back, on my way out, she was reading THE LIFE BOAT with evident interest, and as I paused at her bedside she looked up, her eyes suspiciously moist, and said: "This appeals to me because it is temperance. I have a brother who has never been to Chicago, but I hear he is beginning to drink in his home town. I just couldn't stand it if it was not for prayer. Somehow every time I pray it seems to me that I can be sure that it will come out all right." She gave me her name and address and that of her brother and they are added to my prayer list.

We desire, through THE LIFE BOAT, to thank every one who has in any way helped along in the hospital work, whether by donations of money or by assistance in distributing THE LIFE BOATS, and later for the very material and much needed aid to the hospital extension work. One who, unsolicited, made a very acceptable donation of bedding, table linen, etc., expressed great pleasure at having the privilege of meeting with us at our morning Bible study. She was soon to go to Europe, and she felt that THE LIFE BOAT and its lines of work would mean more to her from this time forward than ever before.

Please do not forget our monthly bills when you meet yours. Join us in presenting them to the throne of grace.

S. H. Howard, Winston, N. C., writes:

"I have been in the hospital for an operation and have just got home from the same. While I was in the hospital the matron handed me a copy of your LIFE BOAT, and I think it one of the finest magazines that I ever read. As I am not strong enough to go back to my work, I have decided to take a two weeks' trip for my health, and I thought if you would send me some sample copies of THE LIFE BOAT I would see how many subscribers I could get for it."

None can do much in this world, but the little that each can do is just as important in God's sight if it is done cheerfully as was the work of Martin Luther or Paul.

JOY BEHIND THE BARS.

The following are extracts from a letter written by a prisoner in Jefferson City, Mo.:

"I do truly assure you that I appreciate your friendship and comforting letter, for it reached me when I was in need of comfort and cheer, and your precious letter is filled with

to commune with Him as friend with friend! What joy to know that beyond this life of sorrow and trials there is a loving and sympathizing Saviour waiting and watching to give us a welcome to His heavenly home, which the Apostle John pictures to us in the fourteenth chapter of his writing. It is a



The Lord is Using the Life Boat to Carry the Gospel to Many Prison Cells.

such glorious words of help and encouragement. I was in the hospital, not able to sit up at the time.

"May God bless you for writing to me! I can't find words which will tell you the good that your letters and THE LIFE BOAT which you sent me have done me in strengthening my faith in our blessed Saviour, Jesus Christ, who died for us. Praise His blessed name! Oh, what bliss it is to be a child of God and

glorious chapter—one of the most beautiful in the Bible—and I love to read it and then draw my idea of that glorious mansion.

"I am rejoicing heart and soul in Jesus' love and am more determined than ever to go all the way, for I find that there is more joy and happiness in living for Jesus and striving to follow His footsteps here behind the prison bars than I ever found on the outside, in the ways of the world and sin. It was bad com-

pany and drink which caused me to be here. I can't say just what my plans will be after my release. I have no home to go to and no friends. Will you advise me as to what you think best for me to do to make an honest living and to be of most use to Jesus, who has suffered and done so much for me? My only desire is to do His will and be able to help my fellow man in keeping him from going so far in sin as I have been."

LED HIM BACK TO JESUS.

From a newly-sentenced prisoner in Wau-pun, Wis., we received the following:

"I received your letter, which is a blessing to me. I am glad to know that I have a friend in Jesus and His people. I never expected an answer to my letter, but am glad it came at last. It gives me new life and new hope and makes me wish to receive more of such kind words. I am more than glad that THE LIFE BOAT will be sent to me, for it is THE LIFE BOAT that has led me back to Jesus. Pray for me that He may keep me and help me through my sorrows. I have been sentenced to eight years of hard labor in prison. I have a praying mother, two sweet little children, five and six years old, and five from thirteen to nineteen years old. May God help them, I pray every day. May God bless you and the work of THE LIFE BOAT. Pray for me."

GAVE UP THE USE OF TOBACCO.

We quote the following extract from a letter received from an inmate of the Indiana State Prison:

"Since coming to prison and being urged by kind friends and a mother to become a Christian and let the Saviour prepare me for a useful life, I have been endeavoring to know the way of God and become His servant indeed and in truth. But the sins I had become addicted to would not let me go without urging me to keep practicing them; although in prison, I was tempted with many kinds of temptation trying to get me back into the old life again. The enemy tried every way, by sending evil thoughts into my mind, to get me to forsake the Saviour who had rescued me. I was persecuted by the sins I had been practicing and all of them had to be rooted up. The enemy tried my faith, but Jesus

came to my rescue and said, 'Be of good cheer; I have overcome the world,' and 'He that shall endure unto the end, the same shall be saved.' The trials and temptations I have had have caused me to seek the Prince of Peace and His way, and where there was nothing but torture in the way I had been living, I came to the Prince of Peace asking for peace, and found peace in Him.

"THE LIFE BOAT has been a blessing to me, and many of my evil ways have been corrected by endeavoring to reform in my way of living. I have no more use for tobacco. Since quitting the use of it I know my life has been better to me in every way that is good. I have a good memory, something I did not before. It pays to serve God and not the flesh. I ask an interest in your prayers. I have been a very mean man in my lifetime, and would like to live a good Christian the rest of it. 'Let the sighing of the prisoner come before Thee.' (Ps. 79:11.)"

CAN YOU SPARE SOME STAMPS?

We are in correspondence with one hundred and fifty prisoners, and new names are coming to us continually. The complete results of this work with prisoners we will see on the other shore. We are seeing some of them now—enough to make us believe that it pays. Would not some of our readers like to have a share in this work by helping us pay the postage on these letters? Small donations for this work will be thankfully received. Address Mrs. David Paulson, M. D., Hinsdale, Ill.

THEATER-GOING THE FIRST STEP.

An inmate of the Animosa (Iowa) Prison writes:

"Your very welcome letter was received in due course, and I take this opportunity to thank you for it and for the copy of THE LIFE BOAT, the reading of which I enjoy very much. It is needless to say that THE LIFE BOAT is very precious and dear to me.

"Dear friend, I thank you sincerely for your kindness in being interested in my welfare, and must say in reply thereto that I am getting on well, feeling happy even under very trying circumstances. I have a good deal to be thankful for, especially the opportunity I have for witnessing to the joy that is in my

heart because of the very real presence of the dear Lord with me within prison walls.

"For ten years I faithfully served my Lord and Master; for five years previous I served the devil, and it was a young lady, a school teacher in London, England, and a total stranger to me, that first brought me to the light of the Gospel, and as a result I gave up the use of intoxicating liquors.

"It is now twenty years since I had my last glass of whiskey. But for the last four years I wandered away from the fold of my Shepherd. I felt that I was forsaken by all and took to theater-going, so that I could forget my greatest sorrow—the loss of my good, dear wife, for the young lady mentioned above became my wife. She died suddenly from typhoid fever before I started for the United States five years ago. I can now say that I am firm on the rock Christ; all other ground, I have found, is sinking sand."

SUITED FOR PRISON WORK.

W. A. Rochambeau writes from Eureka, Kans.:

"THE LIFE BOATS have been a wonderful source of encouragement to both myself and others. We took a hundred to the Kansas State Reformatory and I am sure eternity alone will reveal the results. We met the Chaplain and he said THE LIFE BOAT was by far the best paper that came to the institution."

TURN THE PICTURE.

CAROLINE LOUISE CLOUGH.

Has your picture in the old home been turned to the wall or taken down and laid away in the attic with other less cherished articles? Has the bright, hopeful picture that your mother had of her son growing strong and noble in character as he grew in years and coming into manhood with a solidity of purpose and a firm hand to grasp the affairs of life and above all an unyielding trust in his Maker—has all that been shattered by your wayward course? Have you disappointed your mother and are you disappointed in yourself? If so, *turn the picture*. The bright, youthful face is there still. God is looking at that. He sees the power for good that lies hidden there. He sees the bright picture that your mother years ago had painted for you.

He sees you, a respected citizen, with a wide circle of friends, reaching down to help your brothers, ever ready to do a kind deed. He has already made it possible for you to be all this by giving His only Son a ransom for your life, so accept the sacrifice and place yourself in harmony with your Maker.

God has been watching you all these years, and He has placed this little Gospel sheet before you. "Behold, now is the accepted time, now is the day of salvation." When you have finished reading these lines, seek a quiet place by yourself and on bended knee get right with God, then claim the promise, "Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isa. 1:18.

THE BRIGHT SIDE.

There is many a rest in the road of life,
If we only would stop to take it;
And many a tone from the better land,
If the querulous heart would wake it!
To the sunny soul that is full of hope,
And whose beautiful trust ne'er faileth,
The grass is green and the flowers are bright,
Though the wintry storm prevailth.

Better to hope, though the clouds hang low,
And to keep the eyes still lifted;
For the sweet blue sky will soon peep through,
When the ominous clouds are rifted.
There was never a night without a day,
Or an evening without a morning,
And the darkest hour, as the proverb goes,
Is the hour before the dawning.

There is many a gem in the path of life,
Which we pass in our idle pleasure,
That is richer far than the jewelled crown,
Or the miser's hoarded treasure;
It may be the love of a little child,
Or a mother's prayers to Heaven;
Or only a beggar's grateful thanks
For a cup of cold water given.

—Selected.

PASSED IT TO TEN OTHER PRISONERS.

A prisoner writes from Concord Junction, Mass.: "I am real glad to see that you have not forgotten me, both in correspondence and in mail matter. When I am released in December I will do all I can toward helping the Life Boat cause along, both getting my friends to buy the paper and buying it myself and living a good life, obeying the laws of God and of man. I have passed THE LIFE BOAT, I believe, to about ten men already. Just as soon as one person is through reading it he returns it to me, and I then let some one else take it, and in that way you see I know just who is interested in it. I am waiting earnestly for the next publication of THE LIFE BOAT."

Present Truths for the Present Time.

By W. S. SADLER.

National History in Daniel Eleven.

In this department, from month to month, we have considered the leading prophesies of the book of Daniel, and there now remain for our consideration the final chapters.

We begin this month a study of the tenth chapter, and shall consider the remainder of the book under the general heading of "National History in Daniel 11."

The reader is asked to carefully compare these outline lessons with both the Bible and with the secular history touching the events as they are studied.

1. With fasting and prayer Daniel seeks for more light concerning his empire dream.

In those days I, Daniel, was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled. Dan. 10:2, 3.

2. Christ appears to Daniel, and gives him a third Empire Vision.

Then I lifted up mine eyes and looked, and behold, a certain man clothed in linen, whose loins were girded with fine gold of Uphaz . . . and I, Daniel, alone saw the vision: for the men that were with me saw not the vision; but a great quaking fell upon them so that they fled to hide themselves. Therefore I was left alone, and saw this great vision, and there remained no strength in me: for my comeliness was turned in me into corruption, and I retained no strength.—Dan. 10:5, 7, 8.

3. Gabriel, the angel of the prophecy, is sent to further explain the vision of Daniel.

And behold, a hand touched me, which set me upon my knees and upon the palms of my hands. And he said unto me, O Daniel, a man greatly beloved, understand the words that I speak unto thee and stand upright: for unto thee am I now sent. And when he had spoken this word unto me, I stood trembling. . . . Now I am come to make thee understand what shall befall thy people in the latter days: for yet the vision is for many days.—Dan. 10:10, 11, 14.

4. The Three Weeks' Delay in enlightening Daniel was due to Gabriel's efforts to influence the King of Persia.

Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come

for thy words. But the prince of the kingdom of Persia withstood me one and twenty days; but lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia.—Dan. 10:12, 13. See also 20.

5. Babylon has passed off the Stage. Four kings of note are yet to rule Medo-Persia before its overthrow by Greece.

Also I in the first year of Darius the Mede, even I, stood to confirm and to strengthen him. And now will I shew thee the truth. Behold, there shall stand up yet three kings in Persia; and the fourth shall be far richer than they all; and by his strength through his riches he shall stir up all against the realm of Grecia.—Dan. 11:1, 2.

(This was written in the third year of the reign of Cyrus, five years after Darius took the throne.)

THE FOUR KINGS.

The four prominent kings who ruled Medo-Persia and undoubtedly those alluded to in the prophecy are:

- (a) Cambyses, son of Cyrus, who was slain in Egypt during battle.
- (b) False Smerdis (the Imposter), called Artaxerxes in Ezra 4:7.

It was this ruler who temporarily stopped the building of the temple at Jerusalem. See Ezra 4:19-22.

(c) Darius II, the chief of the six men who discovered and slew the false Smerdis. It was during the reign of this Darius that the building operations were resumed at Jerusalem. See Ezra 4:23, 24.

- (d) Xerxes, the Ahasuerus of the book of Esther.

There were several other unimportant rulers in the declining days of Medo-Persia, among whom should be mentioned Artaxerxes, Longimanus, who issued the final decree for the rebuilding of Jerusalem and the return of the Jews. This decree embraced all that was contained in the former mandates of Darius and Cyrus, and also granted permission to build a wall and establish a government.

This decree, found in the seventh chapter of Ezra, was issued B. C. 457.

6. Next, a mighty king, Alexander the Great, ruler of the United States of Greece, was to overthrow Persia.

And a mighty king shall stand up, that shall rule with great dominion, and do according to his will.—Dan. 11:3.

Alexander was not a Greek, but a Macedonian. The rule of Greece extended from the days of the Prophet Malachi to John the Baptist. There were no prophets in Israel during this time.

Alexander the Great, at the head of an army of over five million, conquered the then civilized world. He took the throne of his father, Philip, King of Macedon, in B. C. 336, when but twenty years old.

As the armies of Alexander approached Jerusalem, he was met by a procession, headed by the high priest, who read from the prophecies of Daniel concerning his own work and destiny, and it is said the general was constrained to acknowledge God, but afterward in Egypt he was made a "Son of Jupiter." What an object lesson! With a chance to become a son of God he renounces the exalted privilege to become a follower of a mythical diety.

7. At the death of Alexander his kingdom would be divided and fall to other families.

And when he shall stand up, his kingdom shall be broken, and shall be divided toward the four winds of heaven; and not to his posterity, nor according to his dominion which he ruled; for his kingdom shall be plucked up, even for others beside those.—Dan. 11:4.

After twenty years of war between Alexander's eight leading generals, as noted in a previous lesson, the empire was finally quartered and fell to the four victors, as follows:

Lysimachus, the northern division.
 Seleucus, the eastern division.
 Cassander, the western division.
 Ptolemy, the southern division.

The west and north were subsequently united under Lysimachus. He was afterward slain by Seleucus, who thus became ruler of three-fourths of Greece—the west, east and north.

Ptolemy still ruled the south. Both the kingdoms constituted the divided empire of Greece. Seleucus was "King of the North," Ptolemy was "King of the South."

8. The King of the South (Egypt), who was one of Alexander's princes, was to be

strong, but another prince (Seleucus, King of the North) was to be stronger.

And the king of the south shall be strong, and one of his princes; and he shall be strong above him, and have dominion; his dominion shall be a great dominion.—Dan. 11:5.

9. In order to make peace and stop war, the daughter of the King of the South was married to the King of the North.

And in the end of years they shall join themselves together; for the king's daughter of the south shall come to the king of the north to make an agreement.—Dan. 11:6.

Berenice, daughter of Ptolemy, King of Egypt, married Antiochus, King of the North, who put away Laodice, his lawful wife.

10. Antiochus finally tired of Berenice, recalled his wife Laodice, who poisoned him and put her own son on the throne.

But she shall not retain the power of the arm; neither shall he stand, nor his army; but she shall be given up, and they that brought her, and he that begat her, and he that strengthened her in these times.—Dan. 11:6.

Laodice also murdered Berenice, her child by Antiochus, and all her Egyptian attendants.

11. Ptolemy Euergetes, a brother of Berenice, now invaded the north with an army, carrying back to Egypt captured gods and much treasure.

But out of a branch of her roots shall one stand up in his estate, which shall come with an army, and shall enter into the fortress of the king of the north, and shall deal against them, and shall prevail; and shall also carry captives into Egypt their gods, with their princes, and with their precious vessels of silver and of gold; and he shall continue more years than the king of the north. So the king of the south shall come into his kingdom, and shall return into his own land.—Dan. 11:7-9.

(In fulfillment of the statement that he should continue more years than the King of the North, it is interesting to note that this Ptolemy did actually outlive Antiochus Callinicus, son of Laodice.)

12. Next, Antiochus Magnus, the younger son of Antiochus Callinicus, undertakes to regain the realm of Syria.

But his sons shall be stirred up and shall assemble a multitude of great forces; and one shall certainly come and overflow, and pass through; then shall he return and be stirred up, even to his fortress.—Dan. 11:10.

He also invaded Egypt at this time.

And so the struggle between the north and south is well on. We are now in the midst of the long fight between Egypt and Syria for supremacy.

We will close the study this month with the tenth verse, and in the next issue resume

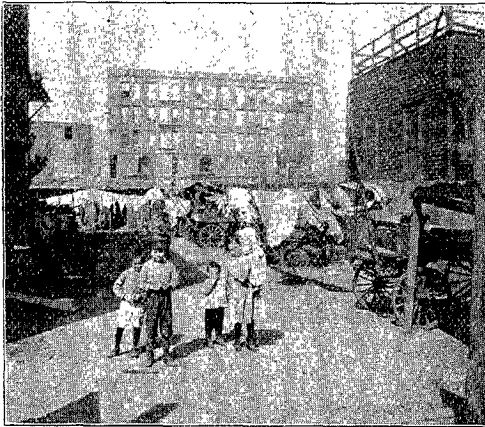
the study of this remarkably explicit and orderly prophecy, giving in chronological order a cycloramic view of the world's great military operations from the origin of kingdoms unto the final establishment of the everlasting and righteous reign of the Lord Jesus Christ.

(To be continued.)

A LIGHT IN A DARK CITY.

FRANCES E. BOLTON.

Going down State street from Van Buren, we were impressed with the sad fact that evil was on the alert to wreck the souls and bodies of men, women and children. Blazing signs, gaudy pictures, strong odors, attractive music,



Snapshot of Group of Children in Chicago Slums.

persuasive voices, free lunches, amusements, social pleasures and all manner of caterings to the lust of the eyes, the lust of the flesh and the pride of life invite the wavering masses to ruin. The defiling indulgences are patronized by multitudes. The street is crowded with men, women and children eagerly seeking for something as a surcease to the unrest within. The faces—some young, some middle aged, some old—are traced with the writing of sin, dissipation, sorrow and crime. Oh, what faces under slouched hats and flickering gas light! Even in the early evening drunken men reel to and fro, witless of what they are doing.

Block after block, and no sign of help, no note of warning, no voice of good tidings!

Humanity, like a great onswEEPing river of darkness, seems pouring on to the cataract of destruction. At last here is an illuminated sign hung out over the sidewalk, "The Life Boat Mission." "Straight is the gate and narrow is the way which leadeth unto life, and few there be that find it." (Matt. 7:14.) Comparatively few of the masses outside are gathered in, and yet the hall is well filled.

The voice of prayer, precious voice, greets us as the faithful superintendent of the Mission invokes the aid of the Mighty One and invites the presence of the tender Holy Spirit. We feel the contrast of the calm of the place



A Child From a Similar Group After It Had Been Out At Our Country Headquarters For Two Weeks.

to the roar of unrest left outside. All join in singing, "Leaning on the Everlasting Arms," the only help to stay the mighty sweep of overwhelming evil.

W. S. Sadler follows with a stirring discourse on walking all the journey with God, using the experience of Abraham as foundation and illustration. Abraham dwelt in the midst of gross idolatry, in environments as dark as those of dark Chicago. When he heard the call of God he obeyed without questioning. It was enough for him that God had spoken. He knew not where he was going, but trusted that God would lead him aright. Many, when called to-day, defer obedience because they do not see how they are to make a

living, or what their social prestige will be, but Abraham, the type of the faithful, knew God would care for all his needs. He started out with a number of relatives, but one by one they dropped back, choosing some earthly gain or pleasure. Abraham went on. God had promised to make him the heir of the world. Lot, the last to leave him, pitched his tent toward Sodom and barely escaped from its fatal doom. Many are doing this to-day and are affiliating with the world. Lot's family was destroyed by the contamination of the city, just as the children of many who profess to follow Jesus are being lost to-day in the allurements of the city's evils. God is calling men to-day as He called Abraham to come out of the cities and to come close to nature and to Him for the sake of health and spiritual vigor.

Abraham made mistakes, it is true, and suffered because of them; but God did not cast him off. "He knoweth our frame; He remembereth that we are dust." (Ps. 103:14.) Let no one despair because he has made mistakes: Christ receiveth sinful men. He came not to call the righteous, but sinners, to repentance. With no worthiness of his own to plead, Abraham believed God, and it was counted unto him for righteousness. So with the repentant soul, Jesus Christ is his merit and plea, and the power of God will be given to enable him to walk with God as did faithful Abraham.

Abraham died, not having received the fulfillment of the promise, but he died in faith, looking forward to the resurrection of the just and to the "city which hath foundations, whose builder and maker is God." Those who trust God must trust Him to the end and through the valley of the shadow of death. We look forward to the coming of Jesus, to the new heavens and new earth, wherein the righteous shall dwell forever.

Testimonies followed a song and showed the determination of many who found the way precious to press on. Many of the testimonies were from men and women who had found Christ at the Life Boat Mission, who had been redeemed from lives of dissipation to lives of purity, peace and power.

At the invitation of Brother Van Dorn, six men, showing the marks of sin and sorrow, pressed their way to the altar for prayer, and

earnest was the plea that rose from sympathizing hearts for their return to Him who says, "Him that cometh to Me I will in no wise cast out."

A REFORMED CRIMINAL.

F. E. CARTER.

I am glad I can stand as an undeniable witness to the power of God to lift up and transform fallen humanity. After spending a lifetime in sin and crime of almost every conceivable character, being a most hardened criminal and having had to spend many years behind prison bars, *THE LIFE BOAT*, tossed into my cell in a southern prison, brought me the first ray of light. I found in it words that encouraged me to live a better life, but, being surrounded with sin I tried to choke out these impressions, and I went out of that prison at the expiration of my term to engage in another career of sin and crime, but still those rays of light received from *THE LIFE BOAT* never left me.

I was looking about for the best place to engage in my criminal practices, when a little more than three years ago I came to Chicago and drifted by the Mission. The sign on the window reminded me of *THE LIFE BOAT* that I had read in prison and I dropped in, and the rays of light in my soul were kindled afresh by the earnest workers here. It created new inspirations in me and led me to see my lost condition. As I heard the testimonies of persons who had been redeemed from horrible lives I thought if God could save such men probably there was hope for me, and I am glad to say that I never regretted that first step.

Since that I have bent my energies to climbing higher and higher. Had it not been for *THE LIFE BOAT* I do not believe I should have been where I am, and it is through the miraculous providence of God that I am what I am.

We want one hundred more agents to take up the sale of *The Life Boat*. Write for full information and special discount.

"Be not deceived. God is not mocked. Whatsoever a man soweth, that shall he also reap."

DELIVERANCE FROM COLDS.*

DAVID PAULSON, M. D.

Over and over again consumptives have told me, "My troubles started with a cold." This shows that a cold is not the harmless thing that it is ordinarily supposed to be and consequently should not be neglected. Colds are caused by germs which secure their foothold because the vitality is lowered by indigestion, lack of sleep, breathing too much indoor air, overwork, unusual nervous strain, or to some undue exposure to an overwhelming number of germs.

Imagine for instance being cooped up in the average sleeping car berth, whose blankets and curtains necessarily must be loaded with countless microbes from the different sleepers who have occupied it night after night for a long period of time. There are many who if they spend a single night in a sleeping car without opening the windows are certain to contract a severe attack of cold.

The best time to cure a cold is before it begins. An important part of that cure is to have the air in the bed room as nearly pure as it is possible to have it and keep the skin in an active condition by cool sponge baths followed by vigorous friction. Where it is possible in most cases it is advantageous to precede this by some short, hot application which prepares the skin to react more vigorously to the cold. A simple, nutritious dietary is another most valuable preventative for cold.

Good vigorous exercise daily, tends to develop a healthful circulation which promotes the bodily resistance. But suppose, nevertheless, accidentally or otherwise, you contract a cold, if vigorous attention is given the first twenty-four hours the cold can generally be checked immediately.

Before going to bed take a hot foot bath, apply for at least fifteen minutes flannel cloths wrung out of hot water, to the back and in severe cases to the chest also, then take a piece of muslin cloth, cut it approximately in the form of a vest and wring it out of cold water and put it on next to the body; put over every part of this a layer of cotton batting, then several thicknesses of newspaper or oiled silk or mackintosh, and over this pin very snugly a layer of flannel which may for conven-

ience be also cut roughly in the form of a vest. Be sure that the top and bottom are particularly pinned closely, otherwise the air will come under and cause evaporation, the patient be chilled, and be harmed instead of benefited by the treatment. Then retire immediately in a well ventilated room with hot water bag to the feet.

Before rising in the morning remove the chest pack and sponge the chest with cold water, followed by vigorous friction. Eat a light breakfast and drink an abundance of water during the day. If the chest is not entirely relieved, the same program may be repeated the following night.

Those who have never tried this simple treatment will be astonished to find the marvelous relief that it affords when a most distressing cold has settled upon the chest.

IN GREATER NEW YORK.

FANNIE EMMEL.

[Mrs. Kershaw, while engaged in business in Chicago, became deeply interested in soul-winning work and thereby secured the blessing of a richer Christian experience. About a year ago her business interests led her to New York City. She immediately determined to use her spare time in soul-winning efforts, and while thus engaged she has recently been disposing of about a thousand LIFE BOATS each month. Miss Emmel, who used her brief vacation in visiting missionary enterprises in New York City, wrote us as follows concerning her personal missionary experience with Mrs. Kershaw and what the Lord is doing for her.—Ed.]

I HAVE been with Sister Kershaw in New York a little over a week and have been delighted to see how she puts her whole self into the work that is so dear to her and us, and how the various officials, business men, ladies of wealth, and human wreckage on the Bowery, alike become interested in the Gospel that she presents to them. We have been working with THE LIFE BOAT on the Bowery and on the navy vessels and asked for a pass from the commissioner to go through the Tombs. He granted it freely and we had a great deal of courtesy shown us by the guide. When we talked to the assistant about distributing THE LIFE BOAT to the prisoners, he replied he felt sure there would be no trouble if we would secure a missionary permit from the commissioner.

*Extract from a lecture delivered at the Lincoln Ill., Chautauqua.

Yesterday we visited the workhouse, almshouse, and the charity institutions on Blackwell Island. The steward took us as a personal favor right into his own home, where we were entertained and given our dinner. His wife accompanied us through the different institutions. First we visited the rector who has charge of the religious work among the inmates, to ask him about leaving THE LIFE BOAT in the library and reading room, where the intelligent and those who really care for reading could get them and receive a message from its pages. We found him very courteous and perfectly willing that we should do so. The steward's wife told Mrs. Kershaw she would go with her to distribute the LIFE BOATS if she would drop her a line saying when she would be there.

When we went to the workhouse the little matron of the women's corridor took us into the dark cell or dungeon. As we entered and she was about to close the door, I said, as I caught my breath, "Have you the key?" She assured me that she had, and, oh, in the dense darkness of that place it brought a sense of joy to my heart as I remembered how I had been able, in our Chicago jail work, to save some from that awful experience, and my heart went out to the Lord to give me the ability and power to do better work in the future.

We spent one night in the Doyer Street Mission, the meeting lasting from ten o'clock till midnight. The superintendent came to me and wanted to know if I would not talk to the men, and though I told him I did not expect anything of the kind and was not prepared, I thought I could not refuse this opportunity, so told him I would do what I could. He introduced me as a worker from the Life Boat Mission in Chicago and I soon found that a number of the men had visited it.

As I gave the message from Isa. 55: 1-6 to those two hundred men who sat before me at the midnight hour, I had an inspiration to say something in dead earnest, for all sat with eyes and mouths open, eager to catch every word. Some of their faces were so deeply marked with sin that it seemed to me one could scarcely trace an image of the Lord in them, yet one by one a number of them

changed their seats and came up to the front so that they might hear better. I talked to them for over thirty minutes, and was most cordially invited to come again.

We next went to the "Girls' Retreat" settlement work and found a noble work being done among that class in China Town. They had learned of THE LIFE BOAT through Sister Kershaw's former visits, and one of the workers wanted to subscribe.

We visited the old McAuley Mission on Water street; we arrived late, but gave our testimony and were afterward invited on the platform. The gentleman who conducted the meeting that night, a Presbyterian minister's son, twenty years before came in there a human wreck. Separated from home, wife and family, possessing nothing, he gave himself to the Lord and to-day in Virginia is himself running a mission. One brother, a business man, who is also an old convert of the McAuley Mission, became so interested in THE LIFE BOAT that he gave me a dollar for a year's subscription.

We also sold LIFE BOATS in the Chinese restaurants. It is certainly marvelous how the Chinamen respect Sister Kershaw when she enters and asks for permission to sell to the guests, and she does splendidly. During the week we worked together we got THE LIFE BOAT in the navy vessels, the Tombs, Blackwell's Island, and sold them on the Bowery in the saloons and dance halls, taking in about twenty-four dollars. Sister Kershaw has aimed at selling enough LIFE BOATS to earn enough every month for five hundred to be given away to these places we have visited, especially the Tombs, where every class is met, and the work is followed up as it is learned where the individuals are placed who are sentenced from here after their trials.

Mrs. Calvert and Mrs. Wood, formerly of Chicago, are very much interested and go with Mrs. Kershaw in her work. It was through the kindness of Mrs. Calvert, who is well known in New York City as a devoted and successful Christian worker, that we obtained the favors shown us in our efforts, and I am convinced that the interest that has been already stirred in these hearts who have taken hold with our faithful Sister Kershaw is simply an opening for a deeper and broader field of labor and usefulness.

SOUL WINNERS' BIBLE STUDY

SOUL-WINNERS' BIBLE STUDY.

W. S. SADLER.

Evidences of Conversion.

1. *Faith.*

For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.—Rom. 10:10.

Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.—Mark 9:23, 24.

2. *Willingness to follow Christ.*

If there be first a willing mind, it is accepted according to that a man hath, and not according to that he hath not.—2 Cor. 8:12.

All that the Father giveth me shall come to me; and him that cometh to me, I will in no wise cast out.—John 6:37.

As Jesus passed forth from thence, he saw a man named Matthew sitting at the receipt of custom: and he saith unto him, Follow me. And he arose and followed him.—Mat. 9:9.

3. *Willingness to obey.*

Come now and let us reason together, saith the Lord; Though your sins be as scarlet they shall be as white as snow; though they be red like crimson, they shall be as wool. If ye be willing and obedient ye shall eat the good of the land.—Isa. 1:18, 19.

Then said Jesus unto him, Except ye see signs and wonders, ye will not believe. The nobleman said unto him, Sir, come down ere my child die. Jesus saith unto him, Go thy way; thy son liveth. And the man believed the word that Jesus had spoken unto him, and he went his way.—John 4:48-50.

4. *Willingness to accept new light.*

But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.—1 John 1:7.

5. *Willingness to walk in new duty.*

See Acts 26:10-22.

6. *Love for the brethren.*

By this shall all men know that ye are My disciples if ye have love one to another.—John 13:35.

WHY NOT TRY THIS PLAN?

MAUD ESKRIDGE.

For some time I have read THE LIFE BOAT with great interest and recently I thought it might be possible for others to share it with me, so I decided upon the old plan of house to house work. I took several copies of THE LIFE BOAT and went on the streets near by explaining the mission of this little magazine and asking permission to bring it to the house each month for as long as they desired to buy it. I was successful beyond my great-

est expectation and in a few afternoons I had a large number who were willing to give the paper a trial. Several had already seen it in their travels and expressed themselves as being very favorably impressed with the mission of THE LIFE BOAT. Others had had their attention arrested by the exhibit at the World's Fair.

To some such soliciting might seem much unnecessary labor, but through the promise to take the papers regularly I gained an entrance to many houses that otherwise would not have been opened to me. This paved the way for greater opportunities, for since this little exertion on my part I have taken several yearly subscriptions from those same people and have had opportunities for further Bible studies. "In the morning sow thy seed, and in the evening withhold not thine hand: for thou knowest not whether shall prosper, either this or that, or whether they both shall be alike good." Eccl. 11:6.

After reading them several passed their paper on to others so this seed sowing will be blessed of the Lord and can not fail to do its work. Who can estimate the result of even so small an effort? I also sold several hundred single copies throughout the city, and in this the children had a part, for often they were willing to give their pennies that no doubt had been saved for some cherished object for THE LIFE BOAT. In all this I am sure my purpose of interesting others and creating a greater interest in my own heart in the things of the Lord was accomplished.

"As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God. If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever." 1 Pet. 4:10, 11.

FROM PANAMA.

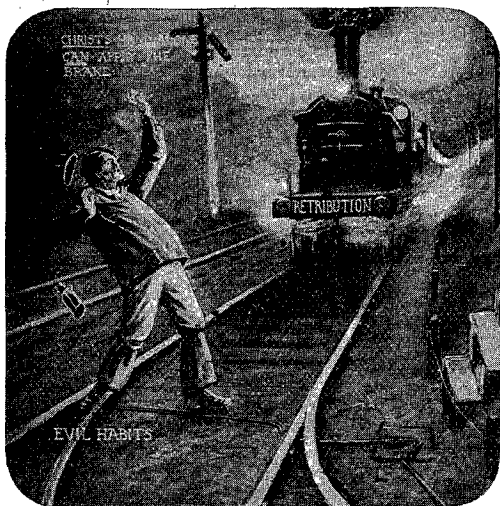
J. P. Lee writes from Panama: "I have succeeded in procuring forty-five new subscribers for THE LIFE BOAT. I have made arrangements to post on to you the entire amount for the year's subscription while you send to me forty-five copies each month."

HOW SHE GOT A BEAUTIFUL BIBLE FOR NOTHING.

Daisy L. Berry, Marthaville, La., writes regarding the premium Bible: "I am more than pleased with it; it is so much better than I expected. I never owned such a beautiful Bible before this one and you may imagine how much I appreciate it. My birthday was the day after I received it, so the Bible came very near being a birthday premium. I was a long time getting the ten subscriptions but I do not regret it for the Bible more than repays me for my time and trouble."

AN ANCIENT DESCRIPTION OF A MODERN DRUNKARD.

Divine inspiration three thousand years ago in Prov. 23:29-35 pictured with startling vividness the awful effects of intoxicating liquor. Notice the allusion to congestion of the eyes in verse 29; the nonsensical talk and temporary insanity, verse 33; the drunkard's



Dear Reader, does this represent your condition? If so, a mighty Deliverer is near.

vertigo in verse 34; the profound alcoholic anaesthesia, drunkard's stupor, and insatiable craving, in verse 35.

"Who hath woe? Who hath sorrow? Who had contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes?" Verse 29.

"They that tarry late over the wine; they

that come to seek for mixed drink." Verse 30.

"Do not look on the wine when it looketh red, when it giveth its color in the cup, when it glideth down so readily. At the last it will bite like a serpent, and like a basilisk will it sting." Verses 31, 32.

"Thy eyes will see strange forms, and thy heart will speak perverse things, and thou wilt be like one that lieth down in the heart of the sea, or he that lieth on the top of a mast." Verses 33, 34.

"They smote me, but I suffered no pain; they struck me hard, but I felt it not; when shall I awake? I will continue to seek it again." Verse 35 (Hebrew version).

DO YOU NEED A BIBLE?

S. Blackfan writes from Nebraska: "I was much delighted to receive the nice Bible which you sent me as a premium for ten subscribers to THE LIFE BOAT. I am very much pleased with it and can truly say it is all that is claimed for it and better than I had anticipated. It is indeed well worth the effort put forth to secure it, and I can cheerfully recommend that others send you lists of subscribers and secure it also."

NOTICE OUR PREMIUM OFFERS.

Scores of our readers have secured our premium watches and are more than pleased with them. Hundreds of our readers have secured our premium Bibles and can not understand how we can offer such high-class Bibles for such a small number of new subscriptions.

Why continue to use an old worn-out Bible when you can get a beautiful and attractive one by simply asking a few of your neighbors to subscribe for The Life Boat?

From the State Prison, Michigan City, Ind.:

"I want to tell you that your letters do me so much good, and I am glad that I can call you my friend. I pray that God may bless you. I am trying to live nearer my God than I ever have done, and I am glad to have you write to me; it seems to put new life in me. I ask you to please remember me in your prayers."



Editorial Department



DAVID PAULSON, M. D.
EDITOR

W. S. Sadler
ASSOCIATE EDITOR

HAVE AN IDEAL THANKSGIVING.

Why not this year, instead of having a day of feasting and self-gratification, adopt an entirely new principle and follow Job's example, who delivered the poor that were cast out and the fatherless and he that had none to help him? Do you know any of this class in your neighborhood? If so, hunt them up and see to it that they have a thanksgiving that they will look back to with pleasure all the coming year. Then you will share in Job's experience, who said that "the blessing of him that was ready to perish came upon me." Job 29:13.

Are there any poor widows in your neighborhood who need to have some wood sawed and carried in? Go and attend to that and like Job you will cause the widow's heart to sing for joy. Remember Job was a man of great wealth and influence, but he was not above using his eyes for the blind and using his feet to assist the lame. Do you know of any who are very poor? Job "was a father to the poor." Are there some cases in your community that you hardly know whether they are deserving or not? Do not wait for somebody else to look into the matter. The cause which Job "knew not he searched out," or as another translation has it, "He used to investigate."

If you will plan to have a thanksgiving day of that character you will get such a blessing from it that you will be tempted to continue to devote some time each day in blessing others when Thanksgiving day is gone by, and if you do so it will not be long before every day will be a day of thanksgiving to you.

THE GOSPEL FOR RAILROAD MEN.

We should pray for and be specially interested in the spiritual welfare of railroad men for their work deprives them very largely of the ordinary means of grace. Some of our readers have been in the habit of distributing gospel literature to these men, and we are

receiving a number of encouraging letters which show that this sowing is not in vain. We quote the following from letters received from an eastern railroad man who wrote us, sending in a long list of new subscriptions.

"I have been reading your Christian LIFE BOAT some months, and I have found power in the blood. I am a railroad man, and was a very hard drinker, which caused me a great amount of trouble. By reading one of your LIFE BOAT journals that was left in my cab, I found that the alcohol habit could be cured, and I have given my heart to God and He cured me of the habit. I do thank God, the Father of heaven and earth, for what He has done for me, and I want to say to men who are overcome by alcohol that the blood of Jesus will cure them and cleanse them from the alcohol habit. I do find joy, peace and happiness living with Jesus.

"I am working for THE LIFE BOAT; Jesus directs me to do so. I will send you a list of subscribers to the paper. I will be very much pleased with one of your Holy Bibles as a premium, for that is my study now."

Later he wrote: "The Lord is still keeping me, and I do bless His holy name. He keeps me from the thirst of alcohol—that evil that had me dragged down to degradation and made me miserable and crazy. Things in my life go far better at present; my fellow-workmen say, 'I do not know how he gets by a saloon without going in, as much whiskey as he drank.' I know Jesus has my hand and He takes me by.

"I received the Bible. Pray for me, as I do want to get closer to my blessed Jesus."

AN INSPIRING EXAMPLE.

We have just learned how the Lord helped an aged sister to earn sixteen dollars to supply LIFE BOATS to prisoners in Michigan. This lady is eighty-one years old. Last spring she became burdened over the matter of supplying THE LIFE BOAT to some of the prisoners, but on account of her extreme age and

lack of money she did not know how to accomplish it. So she took the matter to the Lord, asking Him to give her strength that she might use it to His glory. Then she went out and picked strawberries at two cents a quart and was enabled, much to her surprise and pleasure, to find that the Lord had given her strength enough to earn sixteen dollars in this way.

When you become as deeply in earnest to do some work for the Master in your community the Lord will also help you to accomplish something that you will be glad to meet on the other shore.

KEEP IN THE SUNSHINE.

It is as bad for your children to live a large share of their time away from the sunshine as it is for your plants to live in the cellar. Dr. Senn, the famous surgeon, told us the other day that in his travels in the far north he met Lieutenant Perry, the noted Arctic explorer, who told him that their child was born in the Arctic region just at the beginning of the winter season, when the sun did not rise for several months. As they repeatedly weighed the infant they noted that it gained little or nothing in weight, but when the sun returned in the spring and the child was allowed to be out, exposed during the long summer days, it at once began to grow and gain so rapidly in weight that it practically made up for lost time.

Are you shutting your children away from the sunlight so much that they might as well be in Arctic mid-winter? If so, you need not be surprised that they do not develop rapidly either mentally or physically.

A PESTILENCE ABROAD IN THE LAND.

Competent authorities estimate that there are two million syphilitics in the United States to-day. It is estimated that fifteen per cent of the entire population of New York City is afflicted with it, and a similar estimate can not be far from the mark for other large cities. As syphilis is a disease that is in a special manner "visited unto the third and fourth generation," the evil does not end with those who are primarily afflicted with it.

Divine writ declares, "Whatsoever a man soweth, that shall he also reap." Sinful sow-

ing is bringing a sad harvest which is beginning to be felt in all parts of our land.

ARE YOU GOING TO HIBERNATE THIS WINTER?

At this time of the year some animals crawl into caves or holes in the earth and spend the winter in a sort of semi-dazed condition from which they emerge in the spring in a most forlorn-looking condition. There are some people who practically do the same thing. From a health standpoint they convert their houses into non-ventilated caves; they starve their blood by attempting to live on poisonous air, thereby ruining their digestion, and consequently they fall an easy prey to colds, influenza, or to other similar germ diseases.

In the spring, about the time the animals come out, they also begin to come out and begin again to breathe some of heaven's pure air; the windows into their house-caves are pried open and the whole situation brightens up. Occasionally some of the hibernating animals never again return to a state of activity. Likewise some of these human cave dwellers dissipate their vitality so thoroughly by their unnatural and unphysiological habits of living that death claims them as its lawful prey before the hibernating season is over. That is the reason why there are several times as many deaths from germ diseases in the winter as in the summer.

GENERAL SUGGESTIONS FOR CONSUMPTIVES.

The most important principle in the treatment of tuberculosis may be summed up in three things, absolutely fresh air twenty-four hours a day, good, nourishing, yet easily digested food, particularly cream, butter and eggs, especially the yolks, and short tonic treatment such as hot applications to the spine while taking a short, cold sponge bath, cold mitten friction, or cold towel rub, which produce good, wholesome reaction and act as a sort of bodily gymnastics, developing physical resistance against the inroads of the germ.

Cultivate a determined ambition to promote health, and do not let anybody discourage you from adopting a sensible program by telling you that you are cranky, for your life de-

depends upon faithfully and perseveringly carrying out a health-promoting program. Cling to the idea that you have a great work to do in the world and that you can easily afford to pay the price of health.

Sleep out doors on the veranda or in a tent. If in a tent be sure to leave it open at one end. If it is chilly have plenty of bed clothes and wrap up your head as though you were going out driving on a cold day. You can put hot bottles or hot rubber bags to your feet and spine to prevent chilling. Be sure to keep your feet warm. You should dress and undress in a warm room and be sure your bed is well warmed before you enter it.

You may find it more advantageous to eat four small meals a day than two or three larger ones. You could advantageously eat the yolks of six to ten eggs a day. The meat substitute, Protose, which you can easily procure, is also very beneficial. Well cooked rice is extremely nourishing and easily digested. Toasted bread, baked potatoes, and corn flakes are good. Eat as freely of cream and butter as your appetite will allow. Fruits like raisins, figs, baked apples, oranges, etc., also pecans and almonds, are very nourishing and when very well chewed are easily digested. You should chew all your food just as long as you can taste it, or as long as it will remain in the mouth.

You should be careful not to overdo in the matter of exercise, at the same time you ought not to merely sit around. Take walks and do useful things, but do it in the open air. Cultivate a simple trust and confidence in an all-wise and loving Father who will do for you exceeding abundantly above all that you might ask or think, if you only co-operate with Him, mentally, morally and physically.

A CURIOUS PARTNERSHIP.

We shall make but little more advancement than we have made so far in the battle against intemperance until we secure the intelligent co-operation of the cook. The inside of the stomach is as delicate as the lining of the eyelid. So long as a boy is fed veritable mustard plasters in the form of condiments, highly spiced foods and stimulating beefsteaks, just so long will be have a hankering for the paralyzing influence of the cigarette to soothe the

irritation produced on his delicate nerves by his mother's cooking.

Such a dietary creates a necessity for the after-dinner cigar in the father, and, furthermore, arouses a thirst that the town pump can not quench, and the devil will do his best to assist such unfortunate mortals to discover that the corner saloon contains liquid that can satisfy the demand created at the home dinner table. The cook is undoubtedly the strongest ally of the cigarette dealer, the tobacco manufacturer and the saloon keeper.

Mothers, is the food on your tables paving the way for a drunkard's or tobacco user's career in your children? If so, the Master who cleansed the temple is willing to help you clear your kitchens of everything objectionable. We would be glad to put you in touch with instruction that will enable you to readily usher a new era into your family.

Parents, some day you will stand at the bar of God and give an answer to the question, "Where is the flock that was given thee, thy beautiful flock?" Jer. 13:20. Then, "What wilt thou say when he shall punish thee?" Verse 21. May the Lord deliver you from this sentence in that hour when it is too late to change. "In *thy* skirts is found the blood of the souls of the poor innocents." Jer. 2:34. Perhaps you will excuse yourself then as you have been doing now, by saying, "I have not sinned." But God says, "Behold, I will plead with thee." Now, right now, is the time to change your way of dealing with your children. Every unkind and harsh word you speak to your boys is the devil's invitation for them to drift into some evil habit. Perhaps you have been thinking of reforming and have made a few desultory efforts to change your ways. If so, God is saying to you, "Why gaddest thou about so much to *change thy way*?" Jer. 2:36. Shall or shall not the blood of the poor innocents be upon your skirts? Ask God to help you to answer the question *now*, for if you do not answer it now you will be compelled to answer it in the judgment.

Enoch was so near to God that he walked and talked with Him. Like Enoch we should day by day long for a closer union with the Divine, and as we endeavor to walk with Him He will walk with us, until it can be said of us, as it was of Enoch, that we are not, for God has taken us.

The Life Boat

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