

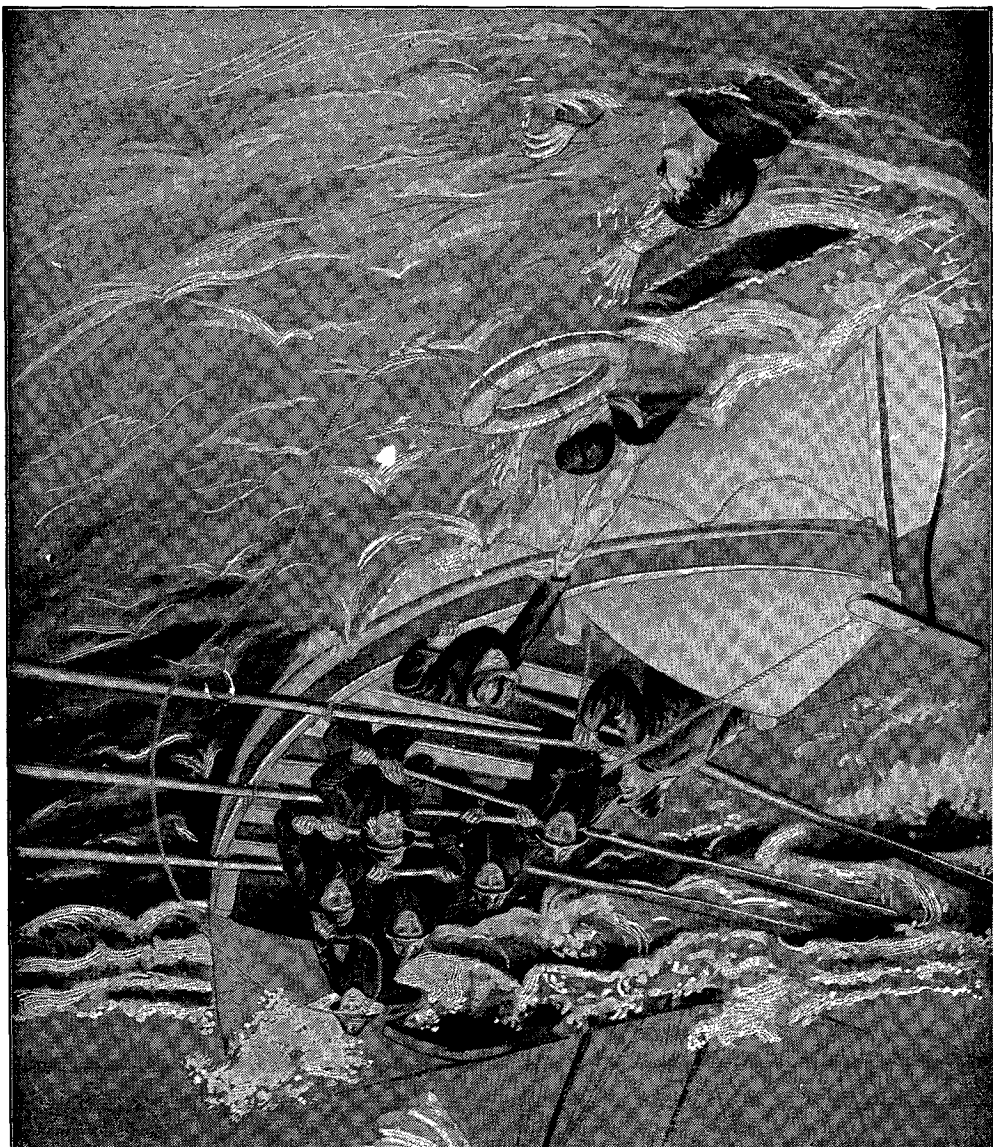
The Discharged Prisoner—Maude Ballington Booth

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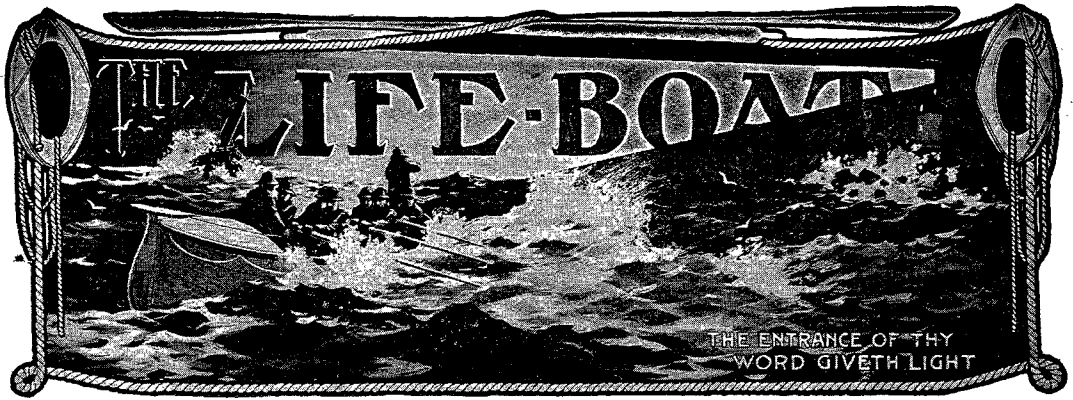
LIFE BOAT

Are You a Soul-Winner?

50 Cents a Year PUBLISHED MONTHLY Single Copies, 5 Cents



A TOUCH OF NATURE.



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

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Volume X

HINSDALE, ILL. :: OCTOBER 1907

Number 10

"LET YOUR ANSWER BE, NO."

WRITTEN BY A PRISONER.

Jackson, Mich.

Let your answer be No, when you're tempted to drink;
Pause for a moment, my good friend, and think—
Think of the wrecks upon life's ocean tossed,
For answering Yes, without counting the cost.
Think of proud forms forever laid low—
When tempted to drink, let your answer be No.

Let your answer be No, when you're tempted to drink;
Pause for a moment, my good friend, and think—
Think of the mother who bore you in pain,
Think of the tears that fall like the rain,
Think of the home might be shadowed with woe—
When tempted to drink, let your answer be No.

Let your answer be No, when you're tempted to drink;
Pause for a moment, my good friend, and think—
Think of the demon that lurks in the bowl,
Driving to ruin both body and soul;
Think of all this as on life's journey you go—
When tempted to drink, let your answer be No.

THE DISCHARGED PRISONER.*

MAUD BALLINGTON BOOTH.

When I talk to prisoners I generally have the wardens and chaplains behind me and a great audience of boys before me. Tonight I find myself looking down on a great audience of those who usually are behind me. I come to you as a representative of the boys. I would speak to you the thoughts that they have over and over again spoken and written

*Report of talk given at the National Prison Convention, held in Chicago Sept 14-19, 1907.

to me. I would take you through this broad country of ours where these *same* men are today in happy homes living up to the principles they imbibed in prison.

I have listened to papers read; I have heard schemes for the future; have heard of what our prisons should be; have heard of many things that are exceedingly interesting and encouraging, but there is one word that I would like to speak, and that is, that it is not through the theologies, it is not through the writers, it is not through the one who takes the educational side of the question that the changes for the better are coming, but through the heart.

For twelve years I have been traveling from prison to prison from New York to California; I have watched the devoted, earnest efforts of our prison men and I want to congratulate them for what they have accomplished. I feel proud that I can stand with them and in a little measure help them. I wish you every success.

HOPE FOR THE HOPELESS.

The discharged prisoner tomorrow is the man today within the walls. If we are to look forward to *practical* results in the amelioration of the condition of the man who goes out into the world, it must *begin* within the walls. You *can not* have a butterfly if you crush the chrysalis. If we are to enjoy the butterflies we must have a care for the

little creatures that are hid away in the chrysalis. If that is true in nature it is more true of the man in a prison cell.

The man who goes down to prison has ambitions of a low order, his mental and moral growth is stunted. Must it be said over the doors of our prisons that, "Those who enter

side, but those of us who are in touch with the man during the time he is in prison, are in a position where I am glad to say we exchange the pessimistic for the optimistic and looking out into the future we can say there is hope for all if they will arise and work out their salvation.



MAUD BALLINGTON BOOTH.

here leave hope behind?" No. Cut off from the temptations to drink, etc., these men come into a new attitude. It can be a time of preparation for the future, so that when they go out with wings for the future they may forget all that they left behind them.

Those of us who are closely in touch with the man, not in the courts, not on the out-

A large percentage of men within the walls of the prisons do genuinely reform. Many come to me and say, "I thank God for a term in prison." It is for us to work with patient efforts to transform the man who comes in without self-control or power to resist evil, into a man, trained and inspired to go out into the world to *do* things.

HOW THE PUBLIC MISUNDERSTAND.

The world says there is no good in the ex-convict, but it is up to us that it shall not be said so in the future. We must go out and change that sentiment in the world today. The trouble is the prisoner has been misunderstood, wrong suspicions have been aroused. People have not studied this subject.

Those who only read the newspapers have tarred all of our prison population with the same brush, but the world needs today a clear understanding of its duty. It needs to see how the errors of the past have driven men down and out, into misery and into crime. I believe the Christian reformers will rise up and say they shall have a chance, and these things are going to bring fresh hope and courage to the prisoner.

PROGRESS IN PRISON REFORM.

I have talked with men in the Sing Sing prison, men who have been there twenty years and more, and as I talked with them they have told me of how different things are today than they used to be. I can see many changes, changes that have cleared the atmosphere and brought stars out in the darkest night. There was a time when the prisoner suffered the most abject humiliation, but today the idea is not to humiliate, but to bring an influence upon the prisoner.

One step in this direction is the school system behind its walls. I hope the time will come when every illiterate prisoner will be taught in the prison school. In my close contact with prisoners I have learned this fact. The man who goes into prison and can not read is left to sit in his cell and think; what he is going to think about? If you want to cast the evil thoughts out, what are you going to leave there? You must put in something better. When that man comes out into the world, how much better developed mentally is he to face the world and make the most of it? As I have traveled from prison to prison and corresponded with prisoners I have seen their wonderful interest in study. It is a delight for me to read their letters.

I remember one man who used to write to me who always signed his name differently. They write with that pathetic joy of a little child. They say, "Little Mother, can you see the progress I am making?" It is unnecessary for me to speak of the improvement they are making.

THE TRUE FOUNDATION FOR REFORM.

There is one thing from which we must never get away and that is religion—that beneath it all and underneath it all we must lean upon the strong arm of God. We can not bind the heart that is broken! we can not soften the heart that is hard and stony, but *there is a power that can do it.*

What I have seen in my prison experience convinces me that this work rests upon the shoulders, not of the one who comes in from the outside, but upon the shoulders of the prison wardens and the prison doctors and chaplains. All must work together helping and inspiring the prisoner. I can not begin to tell you how glad I am for my little share in this work. It has been a joy to me to work with you. I have more interest than ever, not alone for the boys I love, but I want to belong to you, to help you. Here are my hands and heart. I want to make this a success. Oh, I am so glad I am an American woman—I have the right to live and breathe! I thank God for the chance and the opportunity of this great work.

THE POWER OF CONFIDENCE.

There has been much said in the private chaplains' meetings concerning the trusting of those who go out into the world untried. It has been my experience that the greatest power we can wield in regard to these untried men is to put confidence in them. It is a wonderful revelation when someone trusts them. They have told me something of their experience.

I remember one man some years ago who went to prison. He was shut up in a cage and was exhibited to newcomers as a wild, dangerous person. The warden said to him, "I am not going to keep you here any longer, I am going to trust you." There has never been one act in the life of that man that caused the warden to regret it. I believe there is not one here who, in dealing with these men, find that in putting them on their honor they can not be trusted.

I have been asked, "Don't you get deceived?" I would answer, "I would rather be deceived having done my best for a man than lose his respect by holding back my confidence from him." Why, there are people outside just as unworthy of my confidence. I have been

bitterly disappointed and shocked in the lives of others. Who are we, to look into our brothers' or sisters' hearts and judge whether there be a desire to do right or otherwise? Yet many times someone says, "That man can not be trusted"; but I have given him the benefit of the doubt. I do not want his blood upon my skirts.

Of course there is wisdom in keeping one's eyes open. We do not want to get into the predicament that Phillip Brooks once did. He was a man who had a heart as large as his body. If any one needed help, if any one needed a word of cheer, they always found it in him.

He was walking down the street one day and in passing saw a poor little barefooted street urchin reaching up for a bell, but not able to reach it. In a moment the man sprang up and rang the bell for him. The little fellow then said, "That's right; now run like sin—that is what I was going to do." We do not want to have to run, but we do want to give our love for every poor, weak prisoner.

(Be sure to secure a copy of the November number so as to read the conclusion of this interesting and helpful talk.)

(To be continued.)

LITTLE TALKS ON VITAL TOPICS: PRAYER.

PROF. J. A. L. DERBY,
Hinsdale, Ill.

"What is the Almighty, that we should serve Him? and what profit should we have, if we pray unto Him?" Job 21:15.

Job says it is the *wicked* man that asks this last question. It seems *never* to trouble a good man. The reason is, the latter has had *experiences* which have proved to him over and over that there *is* profit in prayer. Only the man of no experience with God asks the question.

And yet does it not seem that the answers to prayer are seemingly so few that they appear to come by chance rather than to be due to prayers offered? Doubtless. But is there no reason? Is prayer no more than a haphazard work like prospecting for gold, which a man may strike but usually does not? Has God so arranged the celestial telephone that the wire will be most of the time out of order? In short, is prayer governed by chance, or is it governed by law?

If we apply heat to coal we know it will burn. If we touch a match to coal gas the latter will explode. If we boil water we *know* it will evaporate. Science is but the discovery and classification of the laws that control things. If a sinsick soul longs to find and know God, is it possible he has no positive assurance that his prayer reaches the throne? Has Divine help no controlling principle? Is the greatest problem that man ever faces, the problem of eternal life, solved only by caprice?

Now the fact is, there is more *truly* a science of prayer than there is of chemistry. Its laws are plain and explicit, and its results *certain*.

Are you a sinner seeking to find God? Here is the law, and it never fails: "Ye shall seek me, and find me, when ye shall search for me with *all* your heart." Jer. 29:13. God will see to His part of it if you see to yours. Yours is to look to it that your purpose is not divided, that you are not trying to persuade yourself that you are honestly seeking God when you are not. Be sure your *whole* heart is in the quest and your prayer is answered.

Then while you stick to that, do the next thing. And what is that? Nothing less than this, that you may have *whatsoever* you ask. That certainly requires a science. But the conditions are just as plain, simple and definite. There are five of them, as pointed out long since by Frances Havergal. Here they are; note them well, be sure you grasp their meaning, then decide whether you are willing to subscribe to the terms. If you are not, do not complain that it is profitless to call upon God:

1. "If ye abide in Me, and My words abide in you, ye shall ask *what ye will*, and it shall be done unto you." John 15:7. There are in this rule but two words having more than one syllable. Surely it was meant to be understood.

2. "*Whatsoever* ye shall ask *in My name*, that will I do." John 14:13. Does this mean that we are merely to tack on to the end of our prayers the formula, "In Jesus' name?" Am I likely to be able to obtain anything in the name of the United States from any gov-

ernment or corporation unless I truly *represent* this country?

3. "And *all things*, whatsoever ye shall ask in prayer, believing, ye shall receive." Matt. 21:22. Believing! That is faith. But what is faith? Is it settling your mind on something you want and persistently affirming you will have it? That is only presumption.

4. "If we ask anything *according to His will*, He heareth us." 1 John 5:14. We can know if it is according to His will, if it is in accordance with His word. And though the word of God to you is something larger than the printed page of the Bible, yet the Bible contains all the principles by which to judge what that word is.

5. "And whatsoever we ask, we receive of Him, because we keep His commandments, and do those things that are pleasing in His sight." 1 John 3:22.

Now read the ten commandments, Exodus 20, and the 13th chapter of 1 Corinthians.

This is true Christian Science, but not of Mrs. Eddy's kind. We shall talk more about the conditions of successful prayer in future issues of THE LIFE BOAT, but do not wait till next month to try to understand and use them. It will pay us to *master* this science.

PLEADS FOR HIS WIFE AND CHILDREN.

The following lines are taken from a letter written by a prisoner in Frankfort, Ky.:

"I am serving a life sentence in the Kentucky State Prison. I have been away from wife and children over three years. I received a letter from my wife in which she said she was having a hard time, working to support herself and her three children. If any reader of THE LIFE BOAT will lend a helping hand to a poor, lone woman and three little children, who are in need of a husband's and father's help to support them, I think that God will surely bless them and I will pray for them. If any wish to help this poor woman and children or send anything they can send it to Mrs. L. L. Weaver, 541 Linden avenue, Alliance, Ohio. She will send it to wife and children, as she has their address.

"Ever since last Thanksgiving, when I gave my heart to Christ, I have felt like a new man. I know that there has been a great change in my life since I have been in prison.

I can now look back over my past life and see my mistakes.

"My dear mother died when I was a small child and my father married again and cast me out into the world. I had an awfully hard time, going from place to place. I fully believe that God has forgiven me of my past life that I have lived. My dear wife wrote me a letter the other day saying that she, too, had put all her trust in God for help. I have learned to write a little since I have been in prison and that is a great help to me."

MODERN MIRACLES.

E. B. VAN DORN,

Supt. Life Boat Mission.

[As thousands shall read this stirring account of live soul-winning experiences, perhaps some one will feel a call from God to come and assist Mr. Van Dorn in this glorious work, sharing both its blessings and trials.—ED.]

There are many varied experiences in mission work and one finds it hard to put on paper things as they really happen. But I want to tell you if I can some incidents, as I recall them to mind, of the last two or three days. On Saturday night I opened the doors about 6 o'clock. It was not long before the men began to gather in, and by 7:15 there was a good company ready for the Bible study; much interest was shown in a careful study of Matthew 24.

By eight o'clock it was apparent that there would be a good audience. Some fifteen or twenty minutes were spent in singing some of the good songs, as "What a Friend We Have in Jesus," "Jesus, Lover of My Soul," "Yield Not to Temptation," and "Throw Out the Life-Line."

The speaker spoke very earnestly from Isa. 1:3: "The ox knoweth his owner, and the ass his master's crib; but Israel doth not know, my people doth not consider." This was suggested from seeing a man trying to get his horse to take a cigar in his mouth, but he would not. As the man put his arm over the horse's neck and with the other tried to put the cigar in his mouth the horse would jerk away and turn his head as far away as possible. Then I said, that man is virtually saying, "I haven't horse sense."

But the other side is where the man sees his lost condition, and when he comes to the Lord

He will abundantly pardon. "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." Isa. 1:18.

Then there was an interesting testimony meeting. The first to speak was a young lady who had been so discouraged it seemed impossible to help her. But the day before, she made up her mind to serve the Lord; she had made a complete surrender and the peace of God was in her heart. Only the day before, she said, "I might as well commit suicide and get out of my misery." But now she was so happy, the sunshine of God's presence seemed to fill her heart, and it was beaming in her soul.

The second testimony was from a man who was converted nearly five years ago. He had been with me most of the summer, when he secured a position as engineer in Iowa. He had been out there over a month and could not stay any longer; he was so bad and wicked that the police had ordered him to say inside a certain district while in the city. Well, four years of freedom from the curse of his life has won for him the favor and friendship of all who know him. He wept tears of joy as he told us how the Lord had worked for him in his old age, for he is nearly seventy-four years old. He has gone back to his position in Iowa, but will be here again on New Year's eve, the Lord willing.

The third to speak was an elderly lady who said she had come from Nebraska to try to find her boy, who left home when only sixteen years old. She had seen him but once since. He was a drunkard, but she loved him and longed to see him, and God loved him and all of us more than we could love one another.

She hardly was through speaking when a young man of less than twenty summers rose and told us that he had left home and a good, kind father and mother and several brothers and sisters, when he was sixteen years old. While in college he formed the association of young men who played the games and the races, drank and smoked, was expelled from school, would not go home, and finally committed a crime.

He was caught and sent to prison for one to twenty years, was liberated after one year, but failed to do right and had to leave that part of the country. He came here and was trying to do right, and asked us to pray for him. For

three years his mother has not heard from him, but he promised to write her as soon as the first pay day came.

There were six others who came to the Lord that night and sought salvation. It was a time of rejoicing. The next night eleven men sought the Lord for pardon, and power to live a new life. Truly the Lord is good and not willing that any should perish, but that all should come to repentance.

What I have stated here is but as a drop in a bucket compared to the experiences we are having all along the way.

On my last trip to the police station there were sixty-five inmates and fifty-seven requests for prayer. So the story of God's love has won its way into the hearts of the lost ones and showed them a way of escape. Truly the harvest is great and the laborers are few. The night cometh on when no man may work. Will you who chance to read this put your hand to the Gospel plow and help to show others the way to Him who taketh away the sin of the world?

At the present writing we have no organist or janitor, or means to pay either one. We would be glad to correspond with some lady who understands music so she could play and sing; would prefer one who understands also shorthand and typewriting; she could do enough work to make her way.

Some four or five months ago the juvenile court gave us a little girl seven years old to care for till the mother should change her ways and prove by her life she was going to do differently. But she rejected the instruction of the court, and this will in all probability lose them. Who will give her a good home?

One day a German girl came with her newborn baby and asked me to find a home for him. Two days later another girl came and wanted a good home for her baby; she was in again today. Something must be done to help these dear girls in their time of need.

• Our suburban home is full, and others are waiting for a vacancy. Nearly all of these have given their hearts to the Lord. Who will open their hearts and homes to the poor that are cast out, or help us to do more than we are able at present?

If you have faith you will see something glorious in every face,

THE USE AND ABUSE OF HEALTH.*

MRS. DAVID PAULSON, M. D.

How important it is that we have strength and physical vigor to accomplish that which we ought to accomplish. We are here to help



others in this world. We are not here, dear friends, simply to live for ourselves. We have something else to live for than simply our own interests and our own good. I am glad that we are each our brother's keeper and our sister's keeper, and that

we are to live for the benefit of those around us and to be able to help someone else who has not had the same advantages and the same privileges that you and I have had.

Now possibly some of you will say, "I don't have to bother about those things that concern my health. I already have good health; my cheeks are rosy, and I feel all right, and so I don't need to bother myself about those things." I am sorry to say, however, that since I have been a physician I have come in contact with a large number of young people who never enjoy good health. I find that there are very few who really have the best of health. So many of them are nervous and suffer from headaches and other disturbances. They feel as if there were some heavy weight upon their heads just pressing them down.

I received a letter the other day from a young woman who wanted to know what I could do for her. She said, "I feel so worn-out and depressed and discouraged and life has become a burden to me. I actually feel like taking my own life and ending the whole thing." It is something terrible to feel like that; yet there are many young people who feel just that very way.

Now I believe it is our privilege to rise above all this. Of course, we can't do it all at once. The ladder of health has to be

climbed round by round. And we must do it with patience and with perseverance and with a will and a determination to accomplish something.

Possibly it would not be out of the way to give a little personal experience. When I was a little child I often heard my father and mother say, "There is no use to give that girl an education. We will simply try to make life just as comfortable as possible for her. She is sick all the time,—headaches, back-aches, fainting spells, and all those kind of things."

However, I read all I could obtain on the science of health, and when I was seventeen years old I had learned something about how to take care of the body. I had learned something about proper clothing. I also acquired some knowledge concerning the use of hy-driatic measures and other natural remedies, and I proceeded to put them in practice. Very rarely do I have a headache now, and when I do I usually know exactly what caused it. I know that I have transgressed some of nature's laws.

I have worked sixteen to eighteen hours out of the twenty-four for years. My duties as a physician have kept me very busy. I often come home in the evening to get a couple of hours sleep, and then have to get up and go out to see a patient, come back again and get two or three hours more sleep, and so on, and with all that I have the best of health. I attribute it all, dear friends, to the fact that I learned something about the principles which govern our lives, the laws which govern our bodies.

Every one of us has a stomach, and there is no such wonderful piece of machinery made on the face of the earth. You no doubt think that the cash register is a wonderful machine, and of course it is, and you know how necessary it is that it be made just right and that it must be kept in perfect order. If some little part of the cash register is made wrong and gets out of order the whole machine gets out of order.

So it is with this most wonderful machine of ours; if one little part gets out of order the entire body becomes deranged,—and the whole body is affected by it. If the eyes are on a strain all the time, that means that the person will soon suffer with headaches. As a result, some people with but slight eye diffi-

*An address to the lady employes of the National Cash Register Company of Dayton, Ohio, stenographically reported.

culties are kept in a very serious nervous condition.

In the same way, a disordered stomach can make for us a world of trouble. The American people have become a race of dyspeptics. We put into our stomach anything that tastes good. We do not stop to think whether it is going to use up nerve energy and wear us out, or whether it will make good blood and muscle. If it only tastes good we eat it, and as a result we are a race of dyspeptics and suffer from nervous troubles, insomnia, and nerve exhaustion.

How many people you meet are actually breaking down with nervous prostration. They have used up their reserve nerve forces in the body and then they go bankrupt physically. I tell you, friends, if we are constantly drawing upon our nerve energy and make no special effort to build up nerve energy we are certain to reap trouble sooner or later. It may be when we are eighteen, or twenty, or twenty-five, or thirty, or perchance it may not be until we are forty, but it is bound to tell on us sooner or later.

I have seen many young people in this very condition. A young lady who came to us a short time ago was so disturbed mentally that we had to have two or three nurses to keep her in bed. She had paid no attention to her diet, and had been losing sleep. She had been constantly using up her nervous system until she had completely lost control over herself.

We went to work and treated this girl upon rational principles. We gave her the proper diet and saw that she received the proper amount of sleep. We also gave her massage treatment. We put her into the charge of pleasant nurses to cheer her up, and within a few weeks' time that girl was out and well. This only shows what the healing forces in the body will do when they have a chance.

If you will use an abundance of this pure, cold water which you have here, if you will take only a cool sponge bath every morning and then dry yourselves briskly, you will soon feel like new women. Don't take doses of some spring tonic which some people will recommend you to use to restore nerve energy. They won't do you any good. They will tear down your nervous system more than they will build it up. Try cold baths every morning

and they will make you feel fine and will also aid in digesting your food.

Some people treat their stomachs as if they were garbage barrels. I have heard some mothers say to their children, "Eat this and eat that; we don't want to waste it;" and so finally the child begins to think that the stomach is on the same level as the garbage barrel. You know what becomes of the things in a garbage barrel. They sour and ferment and form gases, and this same thing often goes on in the stomach. I have often washed out some persons' stomachs and found contents that resembled that garbage barrel.

We must take care of our stomachs. Don't throw everything together and then wash it all down at once. Be careful of what you eat. A little nice bread toasted slightly, and grains, make an excellent combination; but fruits and fudge and desserts and pie and milk and cream and sugar and spices, and all those things, and pickles, will soon ruin your health.

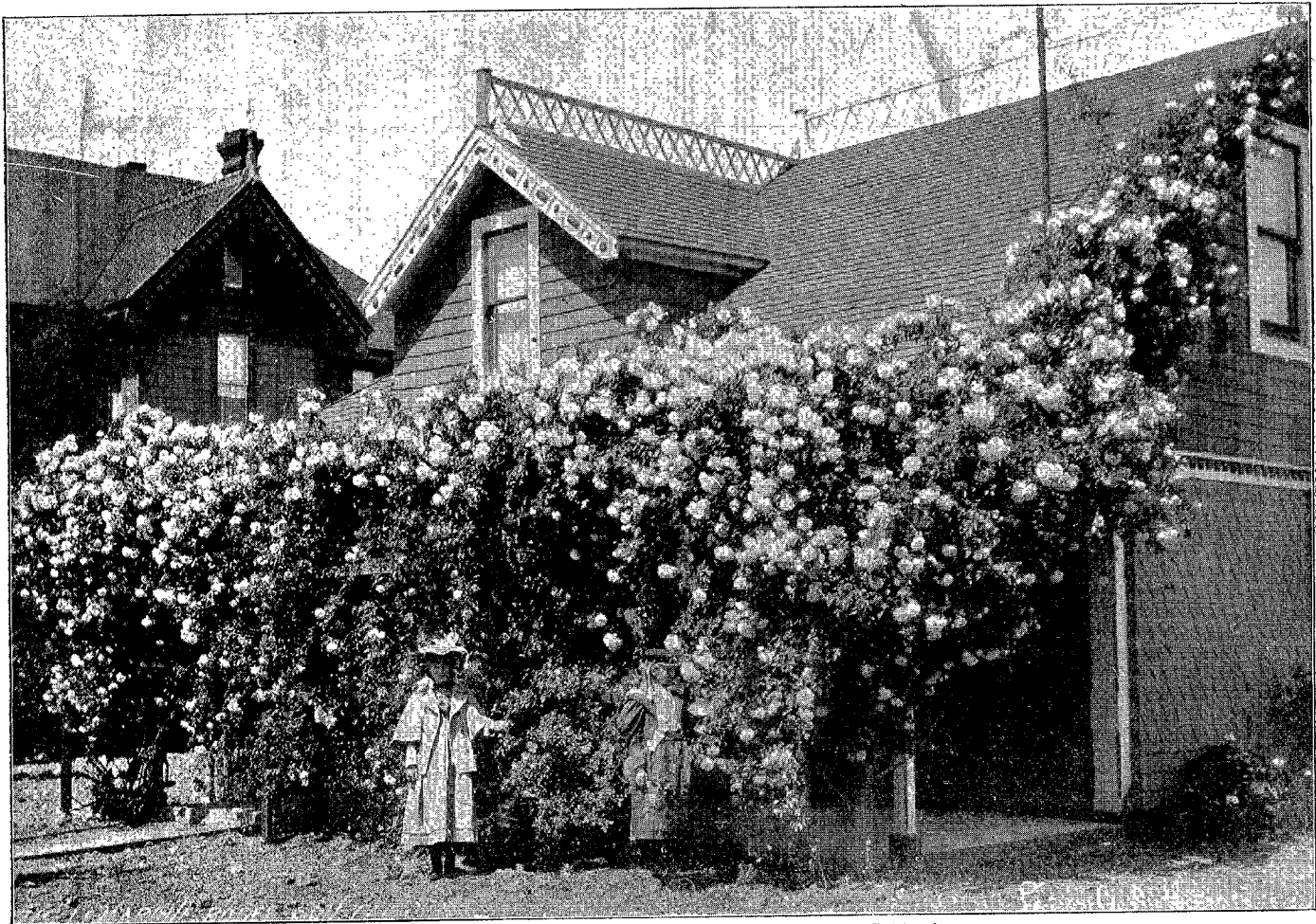
I want to tell you that you don't realize what a good friend you have in that stomach of yours. You find it out when it is too late. Many die every year because of that struggle that is going on down in their stomachs. We take good care of our horses. We take good care of our machines. But I am afraid that we don't take such good care of this wonderful body of ours as we do some of the other things.

We all want to appear well. But I want to tell you, friends, that if you desire a good complexion and always wish to look young and fresh, the best way to do is to put good fuel inside the body; build up your health.

I trust that every one of you will become so thoroughly interested in this subject of health that you will take every bit of knowledge that you can get hold of.

There are so many people who are troubled with their nervous system, and I would like to give you some idea of what to do in such cases. What are you going to do when you can't sleep at night? There are so many people who can't sleep. I find them everywhere, and it is a terrible thing, for during sleep our red blood cells are manufactured. During sleep this body of ours is built up. People who do not sleep soon become anemic.

I want to tell you one simple and extremely helpful method of bringing on sleep, and that



Health, Like the Roses, Can Be Wonderfully Developed by Proper Cultivation.

is what we call a neutral bath. It is something which everyone can do in their own home. Take a tub and fill it full of water about the temperature of the skin. Heat the water to about 96 degrees. Get everything ready so that you can get into bed as soon as you take the bath. Be perfectly quiet and free while you are taking this neutral bath, and stay in for twenty minutes or half an hour. The bath will get a little warmer all the time because you are constantly heating the water with the warmth of your own body.

I have known patients to stay in a whole hour, but often twenty minutes will bring on the tendency to sleep. Then get out of the tub at once and go to bed without rubbing the body very much,—just enough to dry the body. And then get right into bed and don't permit anyone to come in and tell you about something that has happened during the day.

Go to bed at once after taking this bath and keep quiet, and you will find that in the majority of cases you can sleep like a baby after such a treatment.

I have in mind a young lady who came to us from Washington. She was only fifteen years of age, but she could not sleep. We gave her just this simple treatment each night. Of course, we put her upon a proper diet and gave her proper treatment during the day, and in less than two weeks' time she was able to sleep a natural sleep.

If you do not have a bath tub you can take a piece of flannel cloth and wet it in hot water and wring it out and lay it on the spine and cover it with a dry cloth, leaving it on for a few moments. Then take it off and wring one out of cold water and put that on the spine. Then put on another hot cloth, then a cold one, and so on until the desired effect is produced.

Often times when people have been thinking hard during the day they have a great rush of blood to the head. The best thing for that is to put a cold cloth on the back of the neck and a cold cloth on the forehead and head and then go to bed immediately with a hot bag to the feet.

I want to tell you, friends, this is a good deal better than swallowing bottles of medicine. I am not anxious to help out these patent medicine people. I know that many of their stimulants contain brandy and whisky, and many of those medicines contain mor-

phine and opium, and I do not like to patronize those people.

These patent medicines are constantly using up the nerve energy of our body. They may make us feel good for a while, but it is always at the expense of some part of the body. There is no use of our giving our money to these people when there are so many easier and simpler ways of getting our health.

THE BLESSING OF PEACE MAKING.

MRS. D. K. ABRAMS.

[A number of years ago when Mrs. Abrams was a worldly minded woman having absolutely no desire for the better things of life, she was accompanying her husband one evening to the theater. As they went by our little mission they heard singing. She felt impelled to go in in spite of her husband's objections.

When a call came for those to go forward who wished to give their hearts to God, she went forward. God wonderfully saved her and has since even more wonderfully used her to lead others to Christ. Dear reader, God is anxious to just as wonderfully use you. Will you let Him? Ed.]

Many are the blessed experiences the Lord gives me in my home. He sends to me those who are broken-hearted, discouraged, and those whom the world has turned down. Jesus says: "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." Matt. 25:40. What a privilege it is to work for Jesus! There is so much happiness in doing for others.

Just recently a pale-faced, sweet-looking woman came to my home, crying as though her heart would break. She told me the sad story of her life, how for two years she had struggled to keep soul and body together. Her husband was a drunkard and a gambler and she did not have enough to eat at times. She had made up her mind to leave him as she just could not stand it any longer.

I said to her, "Have you prayed for him and with him? You know he needs the power of God in his life to make and keep him right. We cannot be good of ourselves." She said, "No, I have not prayed with him because I became discouraged." I said to her, "Let us have a word of prayer and ask God to help us, for I know He is a present help in every time of need." When we arose from prayer, she said, "Will you not go back with me to my home? I have forgotten some things."

I said, "Yes, if I can do any good." I went, praying all the way that God would use me to reconcile that man to his wife, and that there might be peace in their home. They were both young and I thought, oh, what a power they would be in the hands of God to save others.

We went to her flat and there the husband met us at the door. The look the man gave us was enough for me. I said, "I am just a friend," and said his wife had forgotten her key and pocketbook. We both went in and there was the janitor of the building talking to her husband. I said to them, "I am interested in all of you and I have come here to

Jesus has. Don't leave me. With the help of God I will lead a better life." I said, "Of course she will; 'blessed are the merciful: for they shall obtain mercy!'" She went over to him and put her arms around him and said, "Yes, I forgive you." It was a touching sight. She had her trunk brought back from the station. God heard and answered prayer. I have since visited them and had prayer with them. They are happy and trusting in Jesus.

Then the janitor said, "I have got hold of something tonight I never heard before. I believe the Lord sent you here." He prayed, "God be merciful to me, a sinner, and save me." I would like to get a Bible worker to go into that home and bring the light of truth to them.

It has been the desire of my heart to correspond with my unfortunate brothers and sisters in prison cells and God has given me my desire. Now I am getting letters from all over the country. Some of these men and women have found Jesus and they are trusting Him, are reading their Bibles and praying. Others are inquiring what they must do to be saved. I am so glad for the privilege of pointing them to the Lamb of God who taketh away the sins of the world.

May God bless my brothers and sisters who are in prison and help them to look to Jesus, the friend of sinners. There is no case too hopeless for God.

THE SORROW OF ONE MISTAKE.

The following letter was written to Mrs. Abrams by a prisoner in the Illinois State Penitentiary:

"I hope and pray you will permit me to call you a friend of mine. I have read in THE LIFE BOAT about your being a friend to other unfortunate people like myself. I did not really believe anybody cared for an unfortunate fellow after he had been down here,

"I am to be paroled next month, but I may have to wait two months before I get out as I have nobody to sign my parole. My folks are all living in Chicago, but they have all turned against me for being in here. So I would like to ask you if you will be my friend when I am released. I want to lead a good, honest and upright life when I get out again,



MRS. ABRAMS.

make peace and to tell you about Jesus and His love."

As I talked to them the Spirit of God touched hearts and they were all weeping. When I asked them if they did not want to give their hearts to God, "Yes" was the answer and we all knelt and lifted our voices to God in prayer. It was a touching scene.

After prayer the husband, reaching out his hand to his wife said, "Will you forgive me?"

and I would like to have you give me advice. I don't want to go back to my old companions again. I am no hardened criminal, but my downfall was caused through drink. I got drunk one afternoon and got to fighting with some men in the saloon. I was convicted and sent down here from one to ten years.

"I need a good and true friend to help me along on the narrow path. I lost the friendship of my dear parents through my downfall. I hope you will do all you can for me, and the good Lord will bless you. I am a young, healthy and strong man twenty-five years old; am a teamster by trade and have been a watchman and a piano-mover.

NOTED MEN WHO ARE EXPONENTS OF THE SIMPLE LIFE.

The Bible admonishes us to "eat for strength and not for drunkenness"; that unquestionably means vastly different eating than is ordinarily practiced. It is certain that thousands of people are constantly eating and drinking physical damnation to themselves; on the other hand it is encouraging to note the large number of men and women who are getting their heads above the fog and are beginning to see the relation that bad eating has to ill health.

ROOSEVELT'S DAILY MENU.

Solomon admonishes us, "When thou sittest to eat with a ruler, consider diligently what is before thee." Prov. 23:1. Incidentally that is a good suggestion to carry out when we are eating at the tables of even ordinary people. However, one would not go far astray in copying the dietetic example of the nation's chief executive.

Mr. Roosevelt's mental and physical abilities are well known, but it is not so well known that his bill of fare is much simpler than the one served in the home of the ordinary American family. His breakfasts consist of boiled eggs, rolls and coffee; his noon-day lunch of bread and milk, and then late in the day a simple dinner consisting of two or three courses.

PLAIN LIVING AND HIGH THINKING.

Rev. Newell Dwight Hillis, of Brooklyn, who now is pastor of what was formerly Henry Ward Beecher's church, writes:

"As to health and mental fertility, every

scholar and distinguished author knows that if he wants to do really great work he must confine himself to wheaten bread, a glass of milk and simple food.

"When the poor boy is making his fortune he does not realize that his strength, his energy and his happiness are largely due to his plain living. Grown rich he eats eight or ten courses, with two or three kinds of wine. That is, he eats the courses for a short time—then the courses carry him into the graveyard.

"The achievements of Wordsworth, the old German Emperor, of Leo XIII, and of Gladstone and Tennyson, are the achievements of extreme abstinence in old age. A little fruit, a little cereal and wheaten bread, a glass of milk—these are within the reach of all, even the poorest laborer; anything more is at the peril of the eater.

"The express companies mark certain packages, 'At the owner's risk.' In life's feast nature stamps the last eight courses of the rich man's dinner with these words, 'At the owner's risk. All responsibility disclaimed.'

"The people in this country who are disturbed by the price of meat and the relations of the stock yards had better read the story of Belshazzar's feast and ponder the fact that Alexander died of red meat and apoplexy.

"Not many can be rich. All can be happy. The food of simplicity, the raiment that is quiet, can be enjoyed by all."

THE NEW COOKERY AND CIVILIZED EATING.

Charles M. Sheldon, the author of the well-known book, "In His Steps," writes:

"The ordinary bill of fare in a hotel is a monstrosity. It is, however, no less so in nearly every farm house. I recall with a feeling of shame the immense amount of work it put upon my mother and sisters, the bill of fare we men demanded on our farm for breakfast. We thought we must have, and we did have, beefsteak and potatoes, eggs, hot biscuits, coffee, griddle cakes, molasses, apple sauce and very often some kind of pie. Dinner was, in the language of the card table, several better than this, and supper was a resounding echo of breakfast. We had meat three times a day, and thought we could not live without it. It is a marvel to me now that we have any of us lived so long with it.

"It would not concern me in the least, indeed, if all flesh of beasts and birds should

perish off the face of the earth, except cows and hens. Milk and eggs are a part of the daily fare, also potatoes, beans, peas, all green and succulent herbs, radishes, lettuce, beets, corn, celery and onions. The vegetarian (i. e., the one whose definition of the word is the same as mine) also adds to his bill of fare two other worlds of supply, namely, fruits and nuts.

"All fruits so far as I have tried them, are healthful, especially apples and oranges. The most ideal way of getting fruits upon the vegetarian's table is for him to go out into his garden and pick them off the trees or vines. When that cannot be done, one must fall back on or into the cold storage plant. But judicious marketing can be resorted to at different seasons of the year with success.

"Nuts are not understood by one person in a thousand. They (that is, the nuts) contain vast nutriment packed away in a little compass. The idea of putting nuts and raisins in the 'dessert' on the hotel bill of fare is to make the vegetarian smile. Nuts should be eaten as a part of the main bill of fare, not the finishing touch. There is great nourishment in peanuts, walnuts, pecans, butternuts, almonds and Brazil nuts. They are distinct in flavor and in properties, and eaten with liberal sprinkling of salt are harmless to the most delicate digestion.

"Not only do civilized people eat too much but they spend twice the time necessary in getting food ready to eat. I do not see why my wife should be expected to spend more than half her life time planning meals and getting them on the table, or why another woman called the 'help' should spend three-fourths of her time in washing a multitude of dirty dishes and putting them back on the table to be dirtied again.

"The vegetable habit simplifies life. It helps us to do other things besides get our meals. Ten minutes is time enough to get breakfast. Then we have leisure to eat slowly the little we have. The general American plan is to spend half an hour getting twice as much food on the table as the family needs and then omit family prayers and hurry through the breakfast in fifteen minutes."

COOKERY VERSUS THE CATECHISM.

Prof. Wiley, chief of the American Bureau of Chemistry, says: "More people in Amer-

ica have their health permanently injured through bad cooking than through eating adulterated food. American women pass years trying to play the piano, for which they have little or no talent, and they neglect cooking, believing it beneath their dignity. As a matter of fact, cooking is a great art.

"In France I have not yet found a dyspeptic, and the bread is so good that I could almost live on it, with the addition only of good, pure butter, which the French make. Owing to their excellent cooking and general sanitary conditions, which I find better than in America, people of France are very healthy.

"I don't wish to be irreverent, but I hold that good cooking is of vital importance to every nation, and that in bringing up children the study of cookery should precede the study of the catechism, for, when children are well fed, they may appreciate the catechism better.

"While it may never become a presidential issue or a plank in a party platform, the next movement in America, I believe, will be toward improvement in American cooking."

SPENDING MONEY FOR THAT WHICH IS NOT BREAD.

The Lord Mayor of London recently invited to the mansion a company of leading physicians and some of the most fashionable people to study the advisability of recommending a simple diet for both rich and poor. The fact was brought out that of the millions who were on the verge of starvation many are so because they do not make the best use of their resources. Dr. Sir James Crichton-Brown said it was necessary to educate the poor to desire cheaper foods and teach them to serve it daintily. Feeding, he said, was better than education.

VOICE FROM ACROSS THE SEA.

In Scandinavia Dr. Hindehede has recently published a book dealing with diet reform, and already his followers are said to be numbered by the tens of thousands. He has come to the conclusion that the simplest food is at the same time the cheapest. He is thoroughly converted to the value of a low proteid dietary. He teaches that the most healthful food is bread, butter, potatoes, fruit, various kinds of cereals and vegetables, and cheese. He

teaches that under no circumstances should meat, alcohol, coffee or tea or other poisons be used. It is reported that his system is being tried in the army.

He maintains that a new food doctrine should be taught in the schools as it is a pitiable thing to have to learn how to live when one is too old to enjoy life.

"CHEST UP!"

Someone has said: "Raise your spirits by lifting your chest." It is certain that the person who walks about with flat chest, relaxed abdominal muscles, breathing only superficially, will suffer with morbid depression to a degree never experienced by the one who carries his chest up and who draws in his abdominal muscles and who habitually

"EAT YE THAT WHICH IS GOOD."*

DAVID PAULSON, M. D.

The same God who created beautiful things to gratify the eye, who has made music to be pleasant to the ear, has also created the sense of taste. It is a part of His plan that we should eat that which is good. (Isa. 55:2.) In fact, digestion is arranged in such a way that there is little or no gastric juice produced when we eat things that do not taste good to us.

There are some who are only satisfied when their eyes are feasting on the low, mean and vile things; there are still others who are only happy when they are hearing indecent songs, so there are some who by wrong heredity and training have developed a taste that is only satisfied when they are eating those things that will ruin the body. Such persons need



Correct Position.

Incorrect Position.

practices deep breathing, which serves to massage effectually the liver, stomach, kidneys, and other internal organs.

Those who are in the habit of doping themselves with patent medicines to help their blood will do well to remember that the lungs are the only guaranteed blood purifiers that there are, but in order to get the best results deep breathing should be practiced a number of times a day.

When God raises us up that fact does not make us strong enough to go on without Him.

to have their tastes converted just as much as their sight and hearing, and learn to love that which is good and hate that which is evil.

It is a difficult matter for a person who has a wretched digestion to have an ideal Christian experience. It is rare to find the peace that passeth all understanding in the head while at the same time there is a war that is beyond all description down in the stomach.

In the last few years a flood of light has been shed on the mysteries of digestion, from

* (Talk given Aug. 12, 1907, at the camp meeting held at Hastings, Neb.)

which we can learn many practical things. The leading one of these investigators is Pawlow in Russia. He experimented on dogs. He has a special hospital all fitted up for this work in which he has those very wonderful surgical operations under such careful precautions that there was not even pus infection.

He made an opening into the dog's stomach from the outside so that it was possible to find out what was going on there. He made another opening into the gullet in the neck so that when the dogs ate food it was swallowed out through this opening in the neck instead of passing into the stomach.

It was found that five minutes after the dogs began to eat food which they liked, although it was swallowed out through this opening, a rich gastric juice began to be poured out into the stomach; but when they ate foods they did not like there was little or no gastric juice poured out. This emphasized the importance of having a good appetite and also of eating appetizing foods.

It has been found that it takes *all* the taste that is in the food to make gastric juice *enough* to digest it; so those who swallow their food hurriedly, masticating it imperfectly, and tasting only the outside of it, only secure gastric juice enough to digest the outside of it, thus encouraging abnormal fermentations.

From a health standpoint it is far more important to cultivate a good appetite than to cultivate a taste for painting or music.

Pawlow also discovered that there was a different kind of gastric juice made for each different kind of food. That is not so surprising, as it was already known that the tears of joy and the tears of grief were somewhat different.

This explains why when one eats a large variety at a single meal indigestion is often produced. Many persons who can not eat cake can eat separately all the articles that make cake, as sugar, eggs, butter, cream, and the flour if it is made into bread.

In a Thanksgiving dinner furnished in the Waldorf-Astoria hotel, New York City, there were one hundred and ninety-two different foods. Think for a moment what a proposition the stomachs of those guests had to undertake!

Pawlow found that when his dogs were teased or annoyed there was no gastric juice

poured out even when they ate food which they ordinarily enjoyed. This shows us the importance of being in a good state of mind during meal hour. In the new Testament we are told that the early disciples ate their bread in gladness; it is a pity that there are not more of the latter-day disciples who practice the same habit.

God intended His children to be happy, and digestion is planned on that basis, but if you have not Christianity enough to rejoice *always* do rejoice at meal time if you desire a good digestion.

In some families where I have been it has been the practice to discipline some child during the meal hour so that all the children might have the benefit of the wholesome (?) instruction thus imparted. On account of the bad state of mind that this provoked in the children digestion was not properly performed, fermentation was set up and poisons that were absorbed led the children to act as though they were almost possessed by the evil one; and the mother could not understand after she had endeavored to bring her children up in the nurture and admonition of the Lord why they should behave thus. Yet she herself was really to a large extent to blame.

Pawlow also found that his dogs began to secrete gastric juice when they had a chance to see food which they liked. The same is undoubtedly true in the human being.

I have often noted that if a tray is brought to a patient with the coffee spilt over into the dessert, the napkin wet, and stain on the dishes, more than likely as soon as the patient looks at it she will say, "No, I have no appetite. You may take the tray away." But after that tray has been properly reset, and perhaps garnished with a sprig of parsley or some other dainty decoration, and brought back to the sick-bed, all at once the patient discovers she has an appetite.

The importance of all this is not fully appreciated. In many homes special pains are not taken to have the table attractive unless visitors are expected. And so children miss this valuable stimulant for digestion. Perhaps later on the parents spend good money buying patent medicine dope in a vain effort to whip up digestion.

(In the next number some more of these wonderful truths that have recently been discovered in regard to digestion will be considered.)

WHAT MAY FOLLOW TEMPTATIONS.

H. E. HOYT,
Hinsdale, Ill.

"Then the devil leaveth Him, and, behold, angels came and ministered unto Him." Matt. 4:11.

When we have finally gotten the victory over temptation then the angels of God come and minister unto us. That can be our experience as well as Jesus'. And it was after Jesus had passed through the most trying temptation of His life that He had secured such an experience that He gave the most wonderful sermon of His life (the sermon on the mount). That really contained the best things He ever said, and it came right on top of that temptation.

How do we know but that following some hard experience or passing through special temptation, may be the gateway to some great opportunity God has in store for us?

JUST AN OLD SOLDIER.

REV. N. KINGSBURY,
Granite, Okla.

[Our readers have from time to time read accounts of interesting experiences from the pen of Mr. Kingsbury. He has faithfully labored in many portions of the South to hold up the Gospel. We trust there will be many who, by reading this article, will be inspired to also win souls to Christ.—Ed.]

That is what he had been, a soldier. He fought gallantly in the civil war. He was still a soldier, an old one—a soldier in sin, in the service of Satan; for more than seventy years he had served his leader well.

I found him one day sitting on the curbstone of a street in an Indiana town. I had never met him before. There he sat, grizzled and gray, rough, gruff and uncouth. He could curse and swear with his lips, could drink the fiery liquor if he wanted to; he was a "Freeman," a son of the Goddess of Liberty, "an American citizen," and he was a stickler for "personal rights." And so I found him. I introduced myself as the preacher evangelist.

Well, he had little use for preachers. However, I sat down beside him, took a personal interest in him, listened to his talk, his war stories, his witticisms, his uncouth language. He had been a brave soldier, had fought in thirty-four civil war battles, had been wounded

more than once, had shed red blood for his country's flag.

Well, by listening and commending and sympathizing and hand-shaking I got a grip on my man and then asked if I might call and see him and talk with him in his home that afternoon. Yes, I might do that. So when the appointed time came I sought out the home of the old soldier. I found his wife and granddaughter present, making a family of three persons.

The granddaughter, a bright young girl of sixteen, had been converted four days before in one of our meetings. She was happy in Jesus, though she got no sympathy from her grandfather, for he did not believe in such things.

Presently the old soldier came in and sat down. After asking some questions about his home and home life I then said: "Well, my brother, you have seen a good deal of life, been through many hard campaigns, fought in thirty-four battles, bear the scars of several wounds, and yet you still live. Don't you think God has been wonderfully good to you?"

"Oh, well," he said, "I am seventy-nine years old and I've spent all my life in sin, and it is no use to talk religion to me; it is too late for that; I am lost."

I replied: "But I don't want to talk religion. I want to talk of Jesus and what He has done and can do for sinners. He said that the Son of Man came to seek and save that which was lost. (Luke 19:10). That fits your case, doesn't it—suits your need exactly? 'Wherefore He is able also to save them to the uttermost that come unto God by Him.' Heb. 7:25. See, that is what you want—to be saved, not to save yourself, you *can't* do that. *Believe* on the Lord Jesus Christ, and thou shalt be saved, Acts 16:31. You can believe. Ah, what a remedy for sin here in Isaiah 1:18: '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.'"

The old soldier's eyes opened wide, tears came upon the bronzed cheeks, and he said with a tremulous voice, "I am too great a sinner to be saved." "No, no, not too great a sinner for such a God as ours to save." "But I've sinned all my life—seventy-nine years

of sin." I said, "Get down on your knees and pray." "I can't pray." "Tell God what you have told me and ask Him to forgive your sin; pray the publican's prayer, 'God be merciful to me, a sinner.'"

This old soldier of the brave heart and unconquered will, this man who had never capitulated before, went down on his knees, and in tears in that broken prayer surrendered to Jesus Christ. The devil's cannon and musketry roared and rattled, the smoke of the devil's powder filled the air, but the old soldier got his eyes fixed on Jesus and then got victory. Seventy-nine years of sin under the blood, now the man is born again.

He has become a new creature in Christ Jesus. Ah, what a victory! What joy, what peace belonged to that man of battles in that supreme hour! The old wife wept tears of joy. The granddaughter sang, "I Am So Glad That Jesus Loves Me," and sang it like a bird. It was like a taste of heaven's glory to be there.

That was Friday at 5 p. m. Sabbath morning the old soldier was in the house of God for the first time in thirty years. On his countenance was a light such as is not seen on land or sea save in the face of a new-born soul. As nearly as I can remember such is one of the many experiences that have come into my life as a soul-winner. With what unspeakable joy one recalls these things! Better be a humble soul-winner than a king on the throne.

Say, Brother, Sister, you men, women, who are seeking to win your fellows to Jesus, remember that no one is too old to be saved, no case is too hard for Jesus. The great Advocate never lost a case that was truly committed to His hands.

Sinner, are you like the old soldier, old in sin? Does the weight of years of sin rest upon your poor soul? Then if you will do as our friend did there is mercy for *you*, forgiveness for *your* sin, cleansing for *your* soul. Oh, what a wonderful Saviour is Jesus! Go to Him just as you are. Cast your burden of doubt and sin and unbelief down at His feet, and O joy, joy, the work is done!

Grief may be joy misunderstood.

Living for self alone is a way to soul suicide.

A UNIQUE ENTERPRISE.

CAROLINE LOUISE CLOUGH.

Monday evening, September 2, marked the opening of a new department in the Hinsdale Sanitarium work. For some time the management have felt the need of more educational work in connection with the institution. How to start a school in a young sanitarium with no endowment, no Pearsons, no Carnegie, and no Rockefeller to support it, has been a problem hard to solve.

It has required much prayer and careful thought, but as Jacob A. Riis once said, whenever the Lord impresses man to do a certain work in the earth He also has the time and the material ready for that work; so when the time came to start a Hinsdale Sanitarium school the Lord impressed a man of large experience in educational work to take charge of the same. I refer to Prof. J. A. L. Derby of the Washington, D. C., Foreign Mission Seminary.

The opening exercises for this school were held in the sanitarium gymnasium, which had been beautifully decorated with white bunting interspersed with branches and flowers from the woods. In the midst of it all hung the motto: "Mental, moral and physical education for service," which very briefly stated the principle upon which this school is founded.

Dr. Paulson gave a résumé of the establishment of the Hinsdale Sanitarium three years ago. He told of how Mr. C. B. Kimbell purchased the grounds and deeded them over to the Sanitarium, giving twenty years to pay for the same in annual instalments without interest. He also told of how he and Mrs. Paulson moved out from Chicago without a cent of capital to start the work and how through a direct answer to prayer money had come in as it was needed until a fully equipped sanitarium was dedicated to the cause of suffering humanity. A missionary nurses' training school was started.

The primary object of establishing this school is to provide an opportunity for the boys and girls, young men and young women employed in the institution, to obtain an all-round education while working.

The school work is already well under way with a membership of about twenty-five students. One important feature is the Bible

course. The first year's work comprises Bible history, giving the student a clear, connected understanding of the history of God's people from creation to Christ. The second year the Bible is studied by topics, and the prophetic books of Daniel and Revelation are studied most carefully.

Without a doubt, God has led out in the establishment of this school and we have every reason to believe it will prosper.

A HEART TO HEART TALK.

BY A LIFE TERM PRISONER.

Perhaps some reader of *THE LIFE BOAT* may possibly take some interest in reading a few thoughts as they present themselves to a reformed criminal, one who has been numbered with the transgressors, classed and branded as one of Kentucky's notorious outlaws. While I do not by any means pretend to deny the sad truth of being just about as bad as I have been accused, with truthful conscientiousness I can and do assert the fact that the blood of the Son of God has released my captive soul, which was so completely encircled with the chains of the devil.

But ah, dear reader, no one realizes with a clearer knowledge than I that I am looked upon by certain people as a degenerate; but the omnipotent and omnipresent God, whose infinite wisdom weighs the heart of man, fully understands that I have emerged from the awful state of degeneracy to which I had fallen, and He also knows that I am no more the same man that I was in former days.

If Christ sets us free we are free indeed. Now, dear reader, even while I am confined in a felon's cell, behind these great looming gray walls, I have the same blessed Jesus to comfort my heart and bring to me peaceful, happy thoughts and hours that the man in the palace has to comfort him. But notwithstanding this blessed truth I will that you remember the fact that I am still mortal and very weak.

So then if these massive walls were overlaid with pure gold, studded with rubies and diamonds, and every inch of the inclosure were covered with Brussels carpet, and the tables were spread with all the delicacies that the human mind can conceive of, it would still be a prison. Dear reader, I have fully veri-

fied this fact, so I know whereof I speak. The state of my confinement here completely cuts me off from the sweet associations of wife, babes, mother, brothers and sisters, and this last mentioned love and human sympathy is sufficient to complete prison life if there were no other horror connected with it.

But oh, dear reader, just imagine if you can, how horrifying it is to be shut up in a place of confinement with a sure knowledge that the sun's rays of liberty are cut off from a man, just as the case is with me today, separated from wife and mother whose soft and gentle hands used to soothe my fevered brow when it throbbed with pain, and whose love smiles and tender words comforted my heart and cheered me even when the darkest hours of my life and apparent disaster would present themselves to me. Then, dear reader, you will no doubt not wonder it is a prison.

I would also have you remember that it is equally as sad and lamentable a thing to miss the smiles of those bright-eyed babes whom we dearly love, and to miss the prattle of such sweet little angelic tongues, which brings so much comfort and immeasurable pleasure to a man whose intellect is sufficient to justify him in being a father.

But hark, dear reader, with all these thoughts in my mind, I assure you that I cannot fight back the thought that the way of the transgressor is hard. So then I am forced by a cleansed conscience and a contrite spirit to say, as Abraham of old said, "Shall not the Judge of all the earth do right?" (Gen. 18:25.)

So, dear reader, methinks that if every soul is not in the place God wants them, why then their place is vacant, or in other words, it is being occupied by someone else, and we may rest assured that the time is not far distant till the place will be properly filled.

I have learned since I am a servant of my Father, that He does business promptly and on the square, leaving nothing undone that should be done. So then I will say in part, as did Joshua, that as for me, I will serve the Lord. Now as to a comment upon myself, I am in every sense of the word undeserving. I class myself only as an ordinarily intelligent man, one who has drained the cup of bitterness to its bottommost dregs, and I need no more evidence than my own miserable, wretched, sinful life to establish the fact that the



Some Members of the Prison Christian Endeavor Society, Kentucky State Prison.

wages of sin is death. Nor do I need any further evidence to convince me of the wonderful truth that the gift of God is eternal life through Jesus Christ our Lord, than that His precious blood has made me whole.

Now pardon me for reminding you of the sad truth that we poor downcast, almost deserted, unfortunate convicts, realize the fact that we are looked upon by some people as being degenerates. But I most emphatically deny such a charge for at least a great number of the prisoners here. Any such conception is wrong, it makes no difference by whom it is conceded.

I base my denial upon the ground that I meet just as clean, upright men in this prison as I ever met with out in the world. But of course they are not all clean men here, nor are they all clean men who are out in the world.

With an implicit belief, I say upon the authority of God's holy law, that one man is just as bad as another so long as he fails to keep the commandments of God, or in other words, refuses to be heartily sorry for any and all transgressions of the holy law of God. See Matt. 5:19; Deut. 27:26; Gal. 3:10. We believe that God wrote the sacred ten commandments on which hang all the law and the prophets; yes, we believe the fingers of God wrote them on an enduring substance, stone, and that God Himself handed them down to Moses from Sinai. Dear reader, this wonderful truth we do know, that these commandments have lived for hundreds, yea, for thousands of years, and the longer they live the brighter they grow. Their magnificence and splendor are shining, even in the most heathen corners of this planet. Why then should we not try to fully observe them? Can anyone give a reasonable excuse for a non-observance of them? I say no.

Now, dear reader, in conclusion permit me to beg of you to invoke God's blessings upon unworthy me, in order that He may so endow me with His Holy Spirit that I may become worthy and fully instrumental in His hands in persuading many of my fallen brothers, my fellow men, to forsake a downward march to sure ruin, and that I may be spiritually strong enough to point out the way of salvation to them in full. May God bless you and me.

DARK DAYS.

PAULINE HANSON,
4738 Calumet Avenue, Chicago.

Are you one of those individuals to whom on dark days all things are dark? Do things seem to go wrong more especially on these days than on any other, and is the usual duty more irksome? Is everything gloomy, depressing and dull.

Are there not rose-colored glasses sufficient to go around? Yes, assuredly, every one may be supplied, if they will. Why envy him who has them? The poet has said that "some days must be dark and dreary." Perhaps it has been a hot summer day and the atmosphere has been exceedingly sultry. Mother Earth wants to give vent to the oppressiveness, and is relieving her suffering ones by this dark, though more refreshing, day.

If the day be dark, why not make your own immediate surroundings bright? Certain gems show their richest lustre on dark days. It is not at all impossible for us to put forth the effort to be our best on the dark days. The people possessed of the rose-colored glasses are those to whom dark days seem to be an actual pleasure. The rain and the dark day, which have taken away the crisp dryness of earth, causing it to become moist and soft, seem also to have enbued these rose-colored-glass people with an unusual alacrity. How briskly they move about their duties; how cheerful they are; what a pleasure it is to hear the sweet answer wafted back to the fretful question, as a cooling balm on the troubled atmosphere; how bright is their presence. The dark day is not reflected in their visage; in fact, is not their presence akin to the very sunshine itself?

What a contrast is their vision of the dark day from that of others. How busy they are. They brighten every sphere in which they move, and leave behind them a trail of light as they flit from place to place. Those who are sufficiently susceptible catch the spirit ere they depart and resume their duties with an air indicating that they did not know how light they really were. And there are these people, though they are so rare that perhaps you have not met them; if not, they will be more apt to come to your notice on the dark days, for a ray of sunshine ushers their coming.

WAS ONCE A CHRISTIAN.

The following letter is from an inmate of the Calhoun County (Mich.,) jail:

"We are all pleased to see Mr. Lewis C. Leake of Battle Creek and the rest of the workers every Sabbath. It takes our troubles off of the minds of some of us, and others it gives a chance to think of their sins. I for one, as a backslider, have thought of my sins very seriously. I was once a Christian and now it is very hard for me to keep from crying out to God, but my heart is in the right path and when I do walk out of this prison a free man I will also be a Christian.

"I think the talks here are doing a whole lot of good, and I hope and pray that their good work will be continued in this jail as well as on the outside. I ask you to pray for me and the rest of the boys locked up in this jail."

FROM RAILROADING TO SOUL WINNING.

L. C. LEAKE.

About fifteen years ago I came to the Lord. I had put in, altogether, about twenty-three years of railroading for one company in New York, and I was getting pretty good "pie" out of it, yet I felt inclined to go out and teach the people the Word of God. There was nothing by way of remuneration held out for me, but I went out by faith and I never have suffered for food and raiment since.

I secured a large tent and put it up near Saratoga, where the Lord helped me to preach His Word to the people.

The next summer I took my tent to Lake George, where, not being satisfied with the number of people I was able to reach, I began holding out-door Bible readings. The proprietor of the hotel and saloon gave me the privilege of using his lawn in front of the hotel for this purpose. The Gospel was preached here every day throughout the season, and the proprietor of that saloon never failed to attend. The kind and courteous attention I received from this man of the world who was engaged in the devil's business was certainly an inspiration to me.

Last spring I came here to Battle Creek to engage in the Lord's work, and I was invited to take hold of the prison work at the Mar-

shall jail. My experience has been very precious in aiding in the work there. I find the men are interested in the Word of the Lord, and I am giving it to them from the Bible. I leave it with them to accept it and to depend entirely upon the Word of God. I have invited them to accept the Gospel and give their hearts to God. I have several times found men who have been interested in the Word and who have gone from that jail into the world with a further knowledge of the Word. I have interested myself in the temporal welfare of the families of these men and have supplied them with the necessaries of life, with food, clothing, etc.

Several men have said that they believed their stay in prison had caused them to stop and give their hearts to God. I trust that God may use their prison experience to bring them to Christ.

The sheriffs have treated me very nicely since I have been conducting these meetings and have offered to assist me in many ways.

NO ONE TO CARE FOR MOTHER.

An inmate of the Southern Illinois Penitentiary writes:

"Last night as I was looking over a copy of your magazine I thought I would write you, as I see you are ready to help a man in trouble. This is the first time I was ever in trouble, and God knows it will be the last if I should get out of this.

"But I have been here over six years under a life sentence. There are three brothers here on the same charge; just think of it!—no one to take care of my poor mother in her old days. She works at anything she can get to do. Father died since I came here.

"I have worked hard ever since I was ten years old, and got no schooling. I only had one bad habit and that was drinking. I am in the need of a friend who will help me, as days are very dark and gloomy. But I am living in hope of brighter days, and trust everything works for the best in the future.

"I believe that I have made a mistake in life, but do not believe it was altogether my fault, as I never had any chance in my young days to make anything out of myself. My parents were poor and we boys had to work

in place of having the privilege of going to school as other children did. That is partly the cause of my downfall.

"But I still have faith in God for all things to work together for the best, and trust that I can have the pleasure of retrieving the one sad mistake I have made in my past life. I will appreciate anything you may do for me."

A MESSAGE FROM SPOKANE, WASH, IN MEMORIAM.

MRS. W. C. GUNN.

Seven years ago on the twenty-first of this month one of the best and truest friends of the men detained within the prisons of Iowa was called to his rest.

Many who are inside and many who have gone out will remember Chaplain Gunn and his untiring devotion to the men whose spiritual welfare was under his charge, whether in the Sabbath services, the night school or the hospital.

His memory is unchanged to-day in hundreds of hearts all over this broad land wherever those whom he has helped and cheered and lifted Christward have gone. Those he helped place in honorable positions have shown their sincerity by reformed lives and are doing their part nobly in the work of life. Truly he was the prisoner's friend.

Exposure to blizzard one evening when returning from his night school in the prison at Fort Madison cost him his life in the brief illness that resulted, and thus a truly noble man passed away, one of those rare, unselfish natures whose loss makes earth the poorer.

His last morning chapel service was a most memorable occasion. The subject of his sermon was, "Power for Service," through the help of the Holy Spirit, and was intended for the Christian men in the audience. The presence of the Spirit was so manifest that a deep solemnity prevailed, and was spoken of by a number present. What wonder, when he preached almost on the threshold of the grave!

The following Sabbath he told the writer he intended to preach on the cleansing blood of Christ to the impotent ones among his hearers, but this was not to be, for

"One evening, when sank the golden sun
Beneath the rosy-tinted West,
His blessed Lord did say, 'Well done,'
And bade him enter into rest."

Surely no record is more noble, no life more akin to the Master's, than one spent like his, for nearly twenty-two years in the betterment of humanity and striving to help spiritually the hundreds who came under his influence. Though dead he yet speaketh, and how bright the rewards! For they that turn many to righteousness shall shine as the stars forever and ever. (Dan. 12:3.)

FRIENDS LEAVE WHEN MONEY IS GONE.

From a prisoner in Michigan City, Ind.:

"I take this opportunity of replying to your ever welcome letters, which I was glad to receive, also the current number of your magazine. It was read with interest by me and passed along for other men to read and to gladden some other weary soul on the journey of life.

"In my life what I wish for most is real, sympathizing friendship—not the rich man's friendship or the friendship for the money they can get out of me. If I have money I am a "good fellow" with lots of friends; when my money is gone and I get in trouble my friends leave me and in place of trying to help me out and to get up they pull me down. They push you further, then kick you because you try to get up, and they wish to keep you down."

FINDS IT HARD TO GIVE UP.

An inmate of the Indiana State Prison writes in part:

"I was glad to hear from you, also glad to receive the good advice in your letter. You say it is dangerous to wait, and I agree with you, and there is not a day goes by that I do not pray to God for the pardon of my sins, although I have not been converted yet. Yet I believe God is with me and is guiding me to a better life. I know that He is teaching me every day and I believe He will in His own time forgive me of my sins. When I read the 27th Psalm I find courage and my failing strength is renewed.

"I never thought of God before I began reading THE LIFE BOAT, then it was a long time before I gave religion serious thought. The first time I ever saw one I laughed at some of the letters in it; now I have reason to get

down on my knees and thank God that such letters are printed.

"I hope that you will pray for me that my efforts in seeking Christ may be rewarded. The only thing which seems hard to me is to give up. When I get down on my knees to pray something seems to try to pull me up. I don't know what it is that is holding me back, but that it is a power stronger than I there is no doubt. But I will win in spite of all if God is with me, which I believe He is. When I go into anything I go in to win. I have started in to be a Christian and I must be one. I can't turn back now. Do pray for me. It may be that the combined prayers of yourself and other friends will do good, and I shall not forget to pray for myself."

FULLY SURRENDERED.

The following are abstracts of letters written to Mrs. Kershaw by a prisoner in Bismarck, N. D.:

"I received THE LIFE BOAT this morning and liked it very much. I have read it through once and shall read it again for it has done me a wonderful lot of good. While I was reading I had to cry, to think of my wrongdoings of the past.

"But I am glad to say that I have anchored my soul in the haven of rest. I shall do what the Lord wants me to do, say what He wants me to say, go where He wants me to go, and be what He wants me to be. The Lord has helped me wonderfully these past two weeks, and I know He has heard and answered my prayers and that He is with me.

"I thank you for the papers you sent me. I will read them through and hope and trust to God that they will do my soul good. I feel that I am saved and washed in Jesus' precious blood, and I go on my way rejoicing. I have signed a pledge of the Leagues of Christian Endeavor. Our motto is, 'Upward with Christ.' I am studying the Bible with all of my heart. I don't care for any other reading but God's precious Book and other reading about Christ, my Saviour. I feel that Jesus is at my side, guiding me all the day long."

An inmate of the Sing Sing prison, New York, writes as follows to Mrs. Kershaw:

"When I first came to prison I was a reckless man and a non-believer in Christianity. But by the grace of God I was brought to

the foot of the cross. I can assure you I am a different man, and by the help and strength of God I will always be a Christian, clinging to the cross with an abiding faith in our Lord and Master, so that when He calls me I will be ready to obey the summons.

"With my present surroundings it is at times hard to obey God's commands, but my daily morning and evening prayers to Him give me strength and will to resist the wiles of Satan. I try to do all the good I can in my humble way, and feel that God will reward me in so doing. Although I may never leave this prison, still I have faith in my Master and know and feel that He doeth all things for the best.

"The papers and books you have sent me have been a great help and comfort to me as well as to others, and it is partly through them that I was led to the Cross. I pass them around and feel that they will do a great deal of good."

"DOES IT PAY?"

The following letter, also received by Mrs. Kershaw, came from a prisoner in Bismarck, N. D.:

"I received your kind and welcome letter today and was very glad to hear from you. I know from the way you write me that you want me to be a good Christian. I have surely repented of my black and miserable past. I am earnestly sorry that I ever wronged anyone. Oh, if I only could go to them and ask them to forgive me for my wrong I would feel better.

"I can see clearly now what I have missed by not serving God in the past. I will serve God from now on till He calls me home to that beautiful city on high where I shall see the prints of the nails in my dear Saviour's hands. I have simply thrown my life away for the things that do not satisfy. I know there is only one life worth the living and that is the life of a God-fearing man. I believe that an honorable, God-fearing, Christ-loving life is the only one possible for a man who seeks true happiness.

"I have begun in the faith of a living God of whom my mother taught me and whose readings I had almost forgotten and had cast aside. When I first came here I was deep in sin, although but twenty-one years of age.

I could just read and write and no more. After being here a few weeks and seeing life as it is here I said to myself, 'Does it pay?' And I came to the conclusion that it did not pay. Then I got down on my knees and prayed God for help and strength to lead a better life. I kept right on praying day after day and now after twenty months I hardly know myself, such peace I have in my heart that I never had before.

"I will appreciate your kindness in sending me THE LIFE BOAT and other papers and books. I love to read God's word and I love to learn more about Jesus."

NEEDS FRIENDS.

I want to thank my good Christian friends through your paper for the good they have been to me. I am so human, and need all the friends I can get. Please put my name and address in THE LIFE BOAT so I can get more friends. It is the best little book I ever read in my life and I get it every month and love to read it. I will close with a prayer for you all in your great work in this world to save men and women from sin. Address

JAMES W. CHAFFINS, 237—B—7,
Frankfort, Ky.

HIGHER WAGES WITHOUT HIGHER MORALS.

MRS. MARGARET KEDLER.

[Mrs. Kedler and Miss Sweet during the past year have sold nearly forty thousand copies of this magazine. The Lord will certainly water this abundant seed-sowing. We publish the following abstracts from a personal letter received from Mrs. Kedler, as it contains some food for earnest thought.—Ed.]

I just received a copy of the September issue of this magazine. This number interests me more than any other published previously. The Lord has blessed us in this work, and I hope that this magazine may penetrate into places where no other magazine can enter.

The babies' picture in the July issue pleases everybody. The young men as well as the ladies will look at it, smile, show it to their companions and then carefully fold it and put it in their pockets to read later. The other evening a young man told me he had bought a copy of this magazine in Chicago that morning. I told him I had some back numbers

which were very interesting. He looked at one, cheerfully bought it and gave me three extra pennies.

I am often asked the question, "Why do you not change the *conditions* that make people poor and needy? Why don't you Christian people combine and demand better wages for the working man?" Yet as a rule the very men who speak thus are wasting their money, and often they are so degraded that more money would be a curse to them.

I wish I could convince the men who refuse to assist in good work because we cannot mold the world to suit them, that they are bringing destruction and ruin upon themselves. For instance, I am rooming in a house on a respectable street with people who are considered nice; but of course the lady who has charge cannot always be responsible for the conduct of her roomers. The other evening two young men occupied a room near mine. They came in at three o'clock in the morning after a night of carousing. They stumbled upstairs, were in their room but a few minutes when one of them, who was already very drunk, said he was going out to get some beer.

What good does money do these young men? Is it not a curse to them? Had it not been better for them to have labored enough hours a day until they had become wearied enough to go to bed at night instead of wasting their strength, their manhood, their money, their character in going from one saloon to another?

Some men with families are no better than these boys. Their children inherit diseases from them, are neglected in every way, and then the county hospitals and institutions of charity have to care for them. Yet these very men often refuse to pay a nickel to buy a paper simply because the people who are back of it do not carry out their ideas of reform.

If these men would only make good use of the little that God gives them, I am sure the Lord would multiply it and supply all their needs. The man who hangs over the bar hour after hour and day after day is only harming himself with his money. In my estimation the money John D. Rockefeller has stored away is not doing as much harm as that portion in circulation which is thus used.

HOW A PRISONER DISCONTINUED THE USE OF TOBACCO.

As you read the following letter from an inmate of the Geneva County Jail perhaps you will be anxious to read the tract giving account of Brother Coomb's conversion. We will be pleased to furnish you as many of these twelve-page tracts as you may desire, for a cent a copy.

"I have been a Christian only a short time. To tell you all about myself in a letter is impossible, but I would like to have a talk with you.

"The tract relating to Brother Coombs' conversion was the means of prompting me to

"You know when a man is in jail it is pretty easy to be good. After I was converted I made a few small sacrifices, such as thinking good thoughts and reading helpful literature. After reading this tract I said to myself, 'You have made no sacrifice for God worth speaking of. If you wish God to know you are in earnest tell Him you will never taste tobacco again.' I did so. I cannot tell you what a struggle I have had and am still having. Everyone here uses tobacco and when I see it the desire for it nearly overpowers me. At times I become greatly discouraged. The only encouragement I receive is from God and from what I read."

READ THIS

Order additional copies of this number of *The Life Boat* to use as missionary fuel for those whom you meet. There are many who could be encouraged to take up the regular sale of *The Life Boat*. **LIBERAL DISCOUNTS** are allowed when ordered in quantities.

Some time before this number went to press one young lady ordered sixteen hundred copies.

When you meet people, **HAND THEM A COPY OF THE LIFE BOAT.** It may be the means of saving their souls. It will open up interesting missionary opportunities. Order additional copies at once. **Persuade your children and others to handle them.**

make the greatest sacrifice for Christ that I have made since my conversion. I have only been a Christian about four weeks. After my conversion it did not occur to me that it was necessary for me to quit the use of tobacco. Now, I have both chewed and smoked tobacco for about twenty years. After reading this tract I made up my mind that I could not be a good Christian and use tobacco. Up to this time I had not found it very hard to be a Christian.

TO MY SISTERS IN TROUBLE.

MRS. DAVID PAULSON, M. D.

During the last month one girl in deep trouble came to us from one of the Rocky Mountain States and one from New York State. If you are in deep trouble we will be glad to help you. The workmen are now erecting a splendid three and one-half story building, where we will have better accommodations than ever before. We will be glad for any assistance in this work. Address the writer, Hinsdale, Ill.



Editorial Department



DAVID PAULSON, M. D.
EDITOR

William S. Sadler, M. D.
ASSOCIATE EDITOR

"A FEW THINGS."

We do not have to do a *great* work in the world, but if we ever see the inside of the kingdom of God we will have done a *good* work, however small it may have been. The Master may never say to you, "Well done, good and faithful servant, thou hast done *great* and *wonderful* things in the world." He needs only to say, "Well done, good and faithful servant, thou hast been faithful over a *few* things." So don't worry because you do not have a chance to do great things.

AUTUMN SOUL-WINNING WORK.

In the rural district the busy harvest time is nearly past. The evenings are becoming longer. Will you not determine to undertake some *aggressive* soul-winning work? Seek to come in contact with your neighbors in a social way, praying God every moment that He may open a way for you to drop a word that shall tend to turn the mind toward heavenly things.

Whenever opportunity offers itself hand out copies of this magazine and other soul-winning literature. "He that winneth souls is wise." Prov. 11:30. You may have graduated from the highest schools of the land and others may have complimented you upon your high intellectual attainments; but if you are *not* winning souls to Christ, in God's sight you are *foolish*. It is only those who have the soul-winning instinct in their hearts that will finally go into the kingdom of God.

Is there not in your community some poor widow who is making a desperate struggle to make ends meet? Take half a day off and look after her winter's supply of fuel. Interest others in her necessities. It was Job that caused the widow's heart to sing for joy. (Job 29:13.) If you have never had this experience you have missed a wonderful singing school.

Is there some poverty-stricken individual in your neighborhood who is lying on his deathbed but who cannot afford the ministra-

tions of a trained nurse? Will you sacrifice a little sleep and sit up with the sick one, allowing the tired friends to sleep? Job did that and the blessing of him that was ready to perish came upon him. (Verse 13.) It will also come upon you.

Do not forget, however high an estimate you have set upon your religious attainments, that "pure religion and undefiled before God and the Father is *this*, to visit the fatherless and widows in their affliction, and to keep himself unspotted from the world." Jas. 1:27.

Do not aspire to have all these blessings yourself. Talk this matter up with several of your acquaintances. Meet together to plan and pray and then resolve to act. You will soon have more blessed and wonderful experiences than you could have secured any other way, for it is when you give some of *your* bread to the hungry and when you bring some of the outcast poor to your house, even when it crowds you a good deal, and you help to clothe the naked, that your light breaks forth as the morning. If you have any ill health this may be the way God is going to use to bring about an improvement; for He says, "Thine health shall spring forth *speedily*." (Isa. 58:7, 8.)

Write us an account of your experiences, giving us permission to enclose abstracts of it in letters that we shall write, to encourage others. We will be glad to offer any suggestions that we can to any who may desire to write us, but do not keep putting this off until everything is favorable, for "he that observeth the wind shall not sow; and he that regardeth the clouds shall not reap." Eccl. 11:4.

You had better make a few mistakes trying to *do* something than to make the *greatest* mistake of all, which is to do nothing. Work; for "the night cometh, when no man can work." Opportunities for soul-winning work will probably never be so good again as they are at present.

"Work for the time is short."

THE WHEELCHAIR FUND.

Some months ago there was published in this magazine an appeal from Mrs. Shull, Hardy, Ark., for money to purchase a wheelchair for an invalid boy. Many interested friends responded and the chair was purchased. It brought happiness and joy to the little sufferer until his death. The chair is now being used by other members of the family who are ill.

The following are abstracts from a few of the letters written to Mrs. Shull in response to her appeal:

"As I read in THE LIFE BOAT your account of the unfortunate boy who needs a wheelchair, and as I wish to help toward getting the necessary thirteen dollars, please accept the enclosed two dollars."

"I saw your request for help to get a chair for a little boy, and I want to help a little. Enclosed find twenty-five cents in stamps for the fund. I am a cripple myself and go on crutches, but I am so thankful I can get around some. I hope you may soon get a chair and ease that poor mother a little."

"Enclosed please find \$3.45 towards buying a chair for the cripple boy. The donations were received from the Junior League of the M. E. church."

"Enclosed is a small offering towards the wheelchair for the helpless little boy. If you fail to get the chair the money is for the mother."

"I saw the request, 'Who will help an unfortunate boy?' Please find enclosed fifty cents towards purchasing the wheelchair. It is only a mite but will be that much, and I pray you may speedily receive enough to get the chair. May God richly bless your efforts to aid this afflicted family and in all other missionary work, and may He comfort and strengthen this poor mother."

"I take THE LIFE BOAT and enjoy reading it very much. I read your letter concerning the unfortunate woman who was burned while trying to save her child from burning to death, and your wish to get a wheelchair for the other child. My two little boys were so enthused with the desire to help get the money that they went to work selling papers after school hours and in a short time have earned a dollar, which they send you. Please accept it and also our sympathy for the afflicted ones.

My boys names are Leo and Lowell Cooley."

The mother of the cripple boy writes the following letter of acknowledgment:

"Dear Editor: We wish to extend our heartfelt thanks to you for the space you so kindly gave in your little journal to Mrs. M. M. Shull's letter of request for a fund to purchase a wheelchair for our little afflicted boy, who has now been called away by death. The chair was very nice and comfortable for him and made it much easier to care for him. He had not spoken a word for about six years, but when we would place him in the chair he would smile and seemed to know he was in something more comfortable, but could not tell us. But it gave us pleasure to see him more comfortable.

"We wish to thank the many children and all who gave so liberally of their means to make our dear little boy comfortable."

Dear reader, are you striving to bring hope and cheer to the suffering and unfortunate about you? It only costs a little effort to give a "cup of cold water" in Christ's name and yet what a world of good it accomplishes!

A WONDERFUL WORK AND AN INSPIRING BOOK.

THE LIFE BOAT readers have become abundantly acquainted with the Chicago Boys' Club work through the interesting accounts we have been able to present of it from time to time. Now the story of this work has been ably written up and published in book form under the title, "Waifs of the Slums and Their Way Out."

Introduction by A. C. Dixon, D. D., minister at Moody Church, Chicago.

If you want to know what is being done for the Waifs of the Slums, send at once for a copy of this book.

Bishop Samuel Fallows says of it: "This is a remarkable book, full of power and pathos, worthy of a place beside the best books of its class."

If you want to know that there are Waifs in the Slums and that there is a way out, then send a rush order for a copy of this "Remarkable Book." The book contains 234

pages and is profusely illustrated with scenes taken from slum life. It is printed on good paper by one of the largest publishing houses in the world and is substantially bound. The first edition is fast being exhausted, so if you want a copy you had better order it now. Price, \$1.00.

Write to J. F. Atkinson, 262 State street, Chicago, for a copy of this book.

WORDS OF APPRECIATION.

"Enclosed find check for two subscriptions to the LIFE BOAT. Some one strayed into my husband's office about two years ago with a copy of it and he took it and brought it home to me. I was so delighted with it that I told him I wanted it every month and he has been getting it that way ever since. I have used many things out of it in our ladies' meetings which are held every Wednesday afternoon in a large church in this city." I do not want to be without it."

"Find enclosed fifty cents, for which send us the LIFE BOAT for one year. I appreciate it very much, as I have taken it before and know something of its merits. I do not like to be without it, as I know it is a valuable little paper. I wish you success in the circulation of this journal, which has done so much to cheer the hearts of those who have been saddened, which has put hope in the hearts of those who have been enslaved with sin, and those behind prison bars."

"Sometime ago I received a couple little books called THE LIFE BOAT. At first I thought I would not take time to read them, but somehow the name led me to wonder what they were. I began reading them and neglected my work and read them through and through. It seemed those books were just what I needed and oh, how thankful I was for them. Before I began reading them I was feeling sad and heart-broken, but after I finished I was happy and began thinking what I could do to help those kind and loving people.

"Those two little magazines have done so much good I would like to have a copy each month. I would be pleased to have you write me and tell me more of this great work. I have never heard of this work before and I am interested. I could read day and night and never tire of hearing about it."

The Life Boat

DAVID PAULSON, M. D., Editor.
WILLIAM S. SADLER, M.D., Associate Editor.
N. W. PAULSON, Business Manager.

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EXPIRATIONS.

The date on the wrapper indicates when your subscription expires. We do not continue any names on our list after the expiration of the subscription, so please renew your subscription promptly.

CHANGE OF ADDRESS.

When writing to have the address of THE LIFE BOAT changed, be sure to give the old address as well as the new one.

MISTAKES.

The publishers of THE LIFE BOAT will be pleased to have their attention called to any mistakes that may occur, and will be glad to correct them.

PREMIUMS.

The attention of our readers is invited to our valuable premium offers. We are constantly in receipt of most appreciative letters from those who have taken advantage of these liberal offers.

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UNPARALLELED OPPORTUNITIES FOR ADVERTISING.

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All a woman ever asked for in a health waist was perfect comfort and perfect fit.

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If the waist fails to satisfy you when you get it, send it back and your money will be refunded at once.

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We want you to write to us today for our new Illustrated Catalogue No. 4 which will be sent you free, together with instructions telling you just how you can double your income right at home.

You can represent us without leaving home. You can among your own friends do a good work and make a handsome profit for yourself.

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New helps to the study of the Bible.

Combination concordance.

Four thousand five hundred questions and answers, a valuable aid to all Bible readers.

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This is a great bargain, offered for a short time only.
ORDER TODAY.

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A faithful worker in Oakland desires some fresh, clean copies of the Signs, Watchman, Life and Health, Liberty, Life Boat, etc., to place in several reading racks in the city of Oakland.

Please do not send copies that are too old or soiled. Copies of the Special Symposium Series of the Signs of the Times are especially desired.

Send all periodicals, transportation prepaid, to Mr. James Harvey, 763 Jackson Street, Oakland, Calif.

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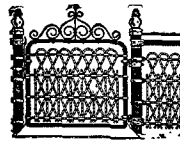
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BEAUTIFUL BIBLE MOTTOES. No home is complete without them. Our mottoes point men, women and children to Christ. We need 1500 agents to represent us in every country. 100 beauties sent express prepaid for \$6. One agent in Kansas expects to sell 10,000 in one year's time. We shipped to three agents 15 000 in three orders. 16 samples by mail on receipt of \$1. Holidays are coming and you can make from \$4 to \$6 a day. A nice prize will be given to the one that sells 5,000 mottoes between now and January 1st, 1908. You can wholesale as well as retail, so secure your territory at once. We have four different languages now in stock. Don't wait to write for samples, but send a good order at once. If you are too poor to send, we will mail you 2 dozen on 30 days' time by a good recommend from the Elder of your church. Address Hampton Art Co., L. B. 257, Hampton, Iowa.

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

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For either new subscriptions or renewals we make the following exceptional offers of premium Bibles. These Bibles are not cheap Bibles, they are from the best series of Bibles manufactured. Carefully examine the list. You are sure to find just what you are looking for.

CLASS A. For Five Yearly Subscriptions at Fifty Cents each.

1. International Red-letter Testament. No. 55

R. L. This is a self-pronouncing red-letter Testament, in which the words of Christ are printed in red. It has a limp leather binding, red under gold edges; round corners, gold lettering on side, silk marker, and has a very soft, pliable binding. It contains a number of beautiful illustrations and colored plates of Bible scenes. Size, $3\frac{7}{8} \times 6$ inches.

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CLASS B. For Eight New Subscriptions or Renewals to THE LIFE BOAT.

1. **Genuine Oxford Teachers' Bible;** printed on good linen paper, contains New Cyclopædic Concordance, with all Helps, Index, Bible Dictionary, Tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles; minion type; size, $7\frac{1}{4} \times 5$ inches; bound in French morocco, divinity circuit, round corners, red under gold edges.

2. No. 7C, International Series Reference Bible. This Bible does not contain Concordance or Helps, but has marginal reference in the middle of the page. It is self-pronouncing; size, $5\frac{1}{8} \times 7\frac{5}{8}$ inches, and contains seventeen maps. Nicely bound in morocco, divinity circuit, round corners, red and gold edges.

3. The International Self-Pronouncing Teachers' Bible, No. A, with new Helps to the Study of the Bible; sixteen full page illustrations and the International Combination Concordance, which includes all the Helps of the Bible and the Concordance under one alphabetical arrangement. Extra quality paper, handsome flexible French morocco binding, divinity circuit, round corners, red under gold edges, leather lined. This is one of the greatest premium bargains ever offered.

CLASS C. For Ten New Subscribers or Renewals.

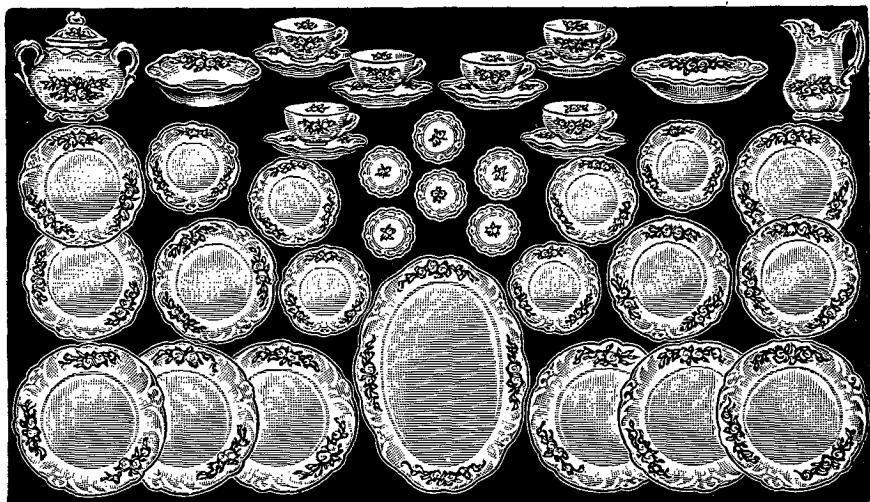
1. The International Red-letter Teachers' Bible. Self-pronouncing; contains the words of Christ in the New Testament printed in red, and the Prophetic Types and Prophecies of the Old Testament, which refer to Christ, also printed in red. It contains the Combination Concordance, in which the Helps are all under one alphabet. This Bible is No. 39670. It is bound in French morocco, has divinity circuit, round corners, red under gold edges an extra grained lining.

2. Our large type Long Primer International Self-pronouncing Teachers' Bible; size, $5\frac{1}{2} \times 8\frac{1}{2}$ inches; contains Combination Concordance and all Teachers' Helps; also 4,500 Questions and Answers on Bible subjects; 17 maps, No. 24D; bound in French seal, divinity circuit, round corners, red under gold edges, leather lined; an elegant book.

CLASS D. For Twenty New Subscribers.

1. Our special Oxford *India Paper* Self-pronouncing Teachers' Bible. The new edition, containing full page plates and the Oxford Cyclopædic Concordance and Teachers' Helps. Entirely new series. Size, $8 \times 5\frac{1}{4}$ inches; only 1 inch thick. One of the thinnest Teachers' Bibles in the world. It is bound in French morocco, divinity circuit, leather lined to edge; round corners, red under gold edges. This is an elegant Bible and a rare premium.

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We have made arrangements so that we now offer this beautiful 42-piece dinner set for only **EIGHTEEN NEW SUBSCRIPTIONS** for *The Life Boat*. These dishes are of the dainty shapes, light in weight, but durable and exceedingly attractive because of the new and beautiful coloring effects, which are gold lined. The decorations and designs are burned on underneath the high glossed finish, which protects and prevents the fading and gold from wearing off. These dishes will with ordinary care last a lifetime. They will be sent to you carefully boxed direct from the factory for only **EIGHTEEN NEW SUBSCRIPTIONS**, freight charges additional when you receive them.

For **FOUR NEW SUBSCRIPTIONS** we will send Dr. J. Hudson Taylor's thrilling missionary book, "*The Retrospect*," describing some of the most interesting incidents and answers to prayer in the founding and development of the China Inland Mission, and also Mrs. Edholm's well known book, "*Traffic in Girls*." Both books for only **FOUR NEW SUBSCRIPTIONS**.

For **THREE NEW SUBSCRIPTIONS** we will send Mrs. S. M. I. Henry's best book, "*Studies in Home and Child Life*." Every parent should read this book.

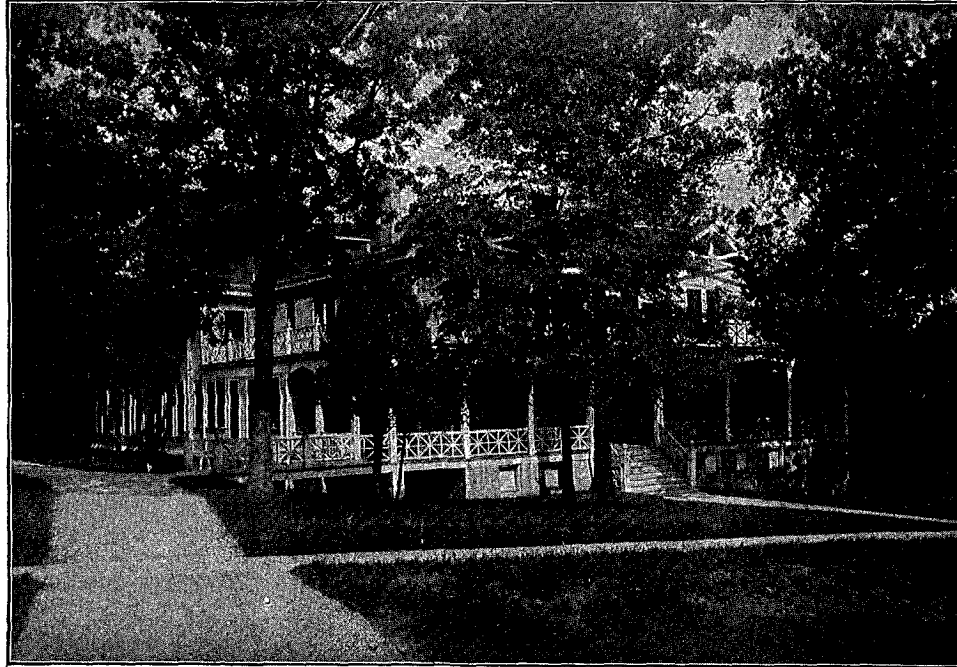
For **SEVEN NEW SUBSCRIPTIONS** we will send fifty photo-colortype stereoscopic views of the most famous sights on earth, with the colors true to nature. We have provided a stereoscope that brings all the details of the pictures out as real as life; with an adjustable slide to accommodate all degrees of sight. We offer both for only **SEVEN NEW SUBSCRIPTIONS**. These photographs include scenes in Russia, Japan, tropical scenery, noted sights in Europe, pictures of national buildings, street scenes in Chicago and New York, western mountain scenery, the Niagara Falls, views of the Holy Land, Mexican scenes, etc.

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Open air treatment, Swedish movements, hydrotherapy, electric light baths and electrical treatments, massage, scientific dietetics, sun baths, and sensible health culture, cure thousands of invalids where ordinary means have failed.

Try what scientific physiological methods can accomplish at the Hinsdale Sanitarium.

THE HINSDALE SANITARIUM, - Hinsdale, Ill.

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