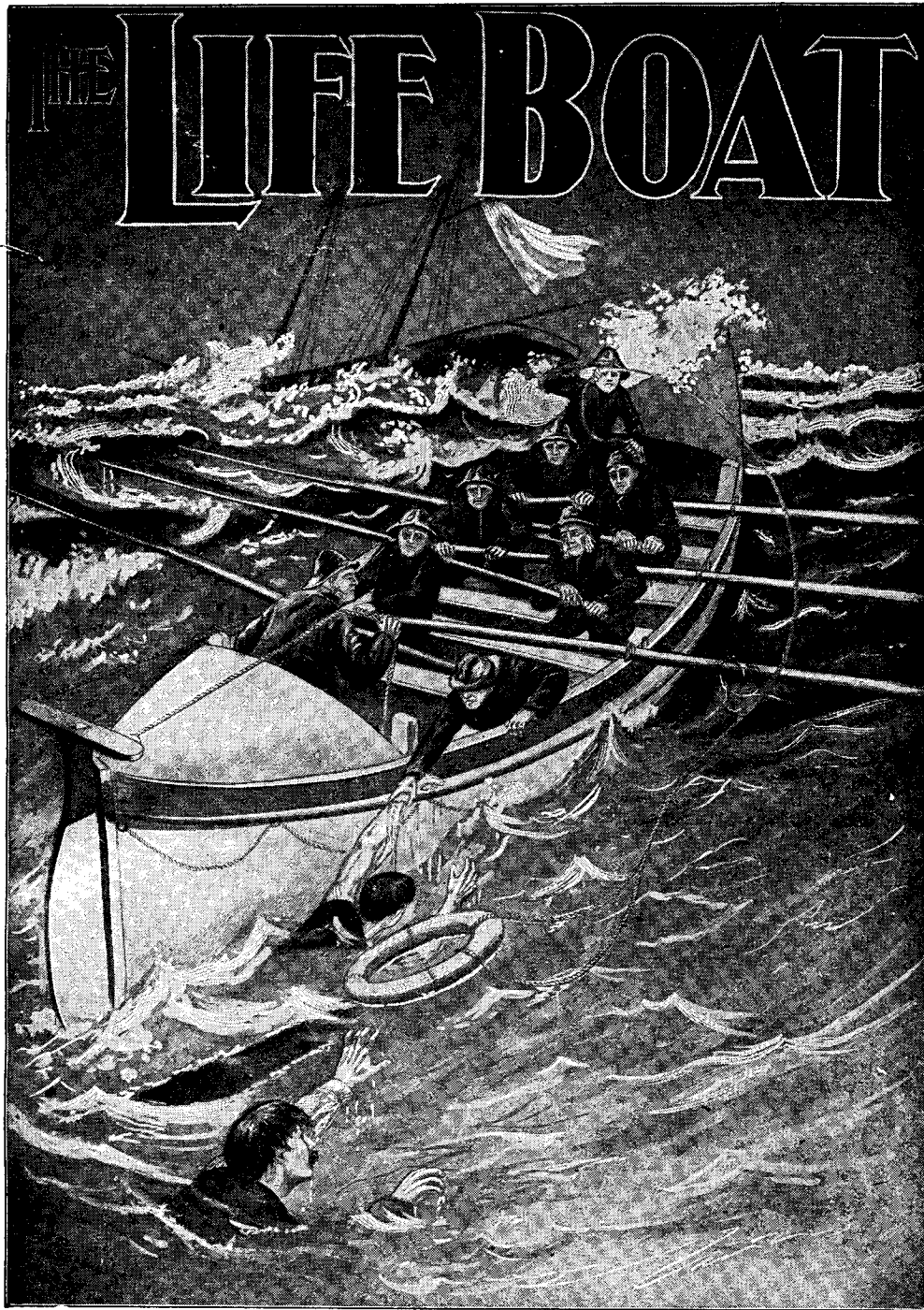


*How Will You Spend The New Year?*

50 Cents a Year

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Volume Eleven  
Number One

Windsor, Ill.

January, 1908

City Headquarters: 471 State Street, Chicago

*"Man Overboard"—E. S. Ufford*

## Ten Years Old

With this issue The Life Boat begins its eleventh volume. It would be difficult to find a more remarkable illustration of how God can take a feeble and almost insignificant effort and make it a mighty blessing in His hand.

Ten years ago Dr. Sadler, at that time almost a mere boy, was struggling here in darkest Chicago to win souls to the Master. He saw clearly the need of a special SOUL-WINNING magazine which was not encumbered with a discussion of creeds and with long-winded sermons.

Somehow he did not succeed in finding just what he was looking for, and so he and a few other self-sacrificing workers decided to produce such a paper themselves. To those who had no other interest in the matter except to look on, it seemed a very absurd and foolish undertaking. There was no money available for this purpose; no one connected with the work had a particle of experience in editing a paper. But the Lord in a most remarkable manner sent the necessary money and the first issue was printed, the required five hundred subscriptions to insure admittance at the postoffice were secured, and Mr. Rochambeau, who is still connected with the Chicago Life Boat work, carried the entire issue in a sack on his back to the postoffice.

From the very moment The Life Boat was launched it found its mission. Ere long thousands of copies were issued each month and at one time its circulation reached above 95,000 copies per month; and as high as 145,000 copies of a single issue have been circulated. Enormous quantities have been sent even to the most distant parts of the earth.

This has all been of the Lord's doing, and marvelous in our eyes. The Life Boat has never had a circulation manager or a department of publicity, nor anyone to give any special time and effort to increasing its circulation.

Almost without exception, all who have been connected with it have been loaded down to the very water's edge with other cares, duties and responsibilities. It has been entirely a labor of love on our part, and God in His tender mercy has accepted the offering.

Time and again workers who have felt that the multitudes needed the simple Gospel story and these records of Christian experience, have been moved upon by God to travel in some instances nearly across the continent, disposing of the magazine by the tens of thousands, and defraying their expenses entirely by the commissions from their sales.

Even now orders are constantly coming by mail and telegraph for a hundred or thousand, or larger numbers, from those who are training young men and women for Christian work. They have found that house to house work with The Life Boat is an excellent beginning for a life of service for the Master.

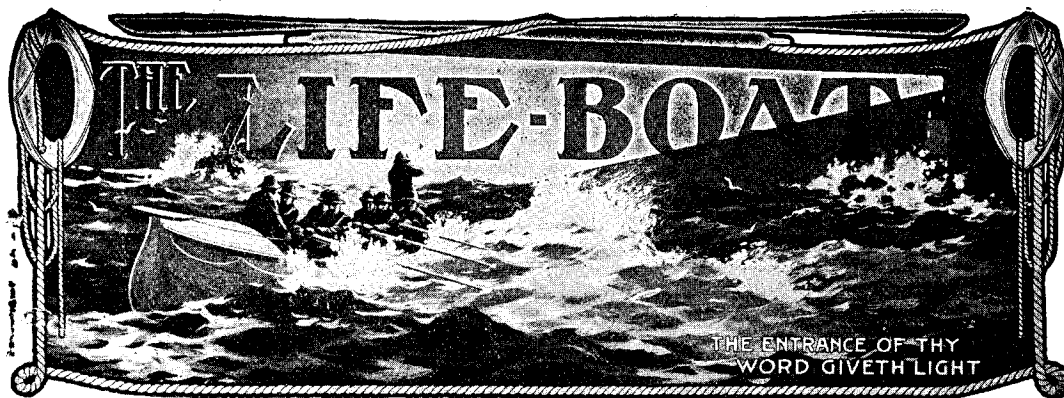
God has brought The Life Boat safely by the many rocks on which it certainly would have been wrecked if it had merely been guided by human wisdom and worldly business sense. Those of us who have been connected with it have recognized again and again His guiding hand in such an UNMISTAKABLE manner that we could only bow our knees and thank God for being our ever-present Helper and Director.

We take this occasion to also thank our many friends in every part of the earth who have aided us by their kind suggestions and helpful, encouraging words.

We recognize that this magazine is raised up for such a time as this, and we want to keep it as TRUE TO ITS MISSION as the needle is to the pole. And in the carrying out of this purpose we will thankfully receive and consider any ideas that may come to any of our friends, far or near.

Instead of publishing an elaborate prospectus for the coming year, we most earnestly crave from EVERY earnest-hearted reader their prayers that The Life Boat may be used in a still more MARKED measure the coming year to win souls for the Master.

David Paulson.



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

*Entered as second-class matter, July 17, 1905, at the Postoffice at Hinsdale, Ill., under Act of Congress of March 3, 1879.*

**Volume XI**

**HINSDALE, ILL. :: JANUARY, 1908**

**Number 1**

**A NEW YEAR'S PRAYER.**

PEARL WAGGONER.

In never-ceasing, steady flight  
The year has rolled away;  
A glad New Year, with pages white,  
Untouched as yet by sorrow's blight,  
We welcome here today.

We know not what of strange or new  
Within it lies concealed;  
But this we know: our Guide is true,  
And in its perils, thick or few,  
Himself will be our Shield.

'Tis well He veileth from our gaze  
The vast, mysterious whole;  
He knows the sight of darksome maze  
And all its thorny, lengthy ways,  
With fear would crush the soul.

O Father, give us strength, we pray,  
For we are helpless, weak;  
Yet not for all the coming way,  
But simply for each opening day,  
Thy grace and help we seek.

We place the future in Thy hand—  
Our lives, our love, our all.  
We know that Thou wilt by us stand  
And that, without Thy wise command,  
There's nothing can befall.

And though the way we cannot tell,  
We fear no coming ill;  
If Thou dost only in us dwell,  
All that which seemeth ill is well,  
To serve Thy perfect will.

So with our hand, O Lord, in Thine,  
This new year we begin;  
Oh, fill us with Thy love divine  
And let Thine image in us shine,  
Some dying soul to win.

More like Thee, Lord, to daily be,  
Our prayers now ascend;  
Oh, draw us ever nearer Thee,  
Until, in bright eternity,  
All earthly years shall end.

**"MAN OVERBOARD!"**

BY REV. E. S. UFFORD.

Author of "Throw Out the Life Line."

I am just back from the morning service at the Trenton (N. J.) State prison. It was a most impressive meeting. The 300 men and some women inmates in the round chapel were not only attentive listeners, but fine singers. The negro portion enriched the waves of melody by their deep voices till the walls rang with the gospel songs.

But as I sat there the words came to me: "And the prisoners heard them." (Acts 16:25.) What prisoners? A quartet of sentenced criminals in their inner cells, who in a few days will be led to the electric chair. This mode is, for the first time in the history of the institution, to be introduced here. And so I thought of how the poor frail man has left his God and his church, and into the depths of dissipation is sinking deeper and deeper. "A man overboard!"

I felt the Holy Spirit help me to speak and sing the gospel this morning to those fettered souls. Once they felt strong and self-confident. They said that they, like Peter, could walk over the billowy waters of sin. They tried it. Alas! they sank in utter weakness. And yet they were physically strong. That was noticeable as I inspected those vigorous types of manhood before me. But they had forgotten the real strength, which is the

moral manhood, and so, weaklings in the right life, they had deceived themselves. They were now prisoners of habit.

But although the breakers were threshing about their souls, I could tell them of Peter.



I could offer them Christ, the Divine life-saver. He would reach down and draw them into the gracious life-boat of safety and peace. And, as is my method, I interjected a song:

This life is like an ocean,  
And to cross it we must try,  
But oft the winds are raging,  
And the waves are dashing high;  
The sky is overcast with clouds,  
The heart is filled with fear,  
And in the darkness of the storm  
We know not where to steer.

CHORUS—  
But the gospel ship is sailing  
To her port beyond the sea,  
O brother, come on board and take  
The blessed voyage with me.

The Pilot is my Saviour,  
And the heavy cross he bore  
That he might land us safely  
On that happy golden shore.

When I got half through the song the voices of my listeners were gently chiming in, until, sweeter and stronger, on the last chorus, the lines rang out in an inspiring manner.

Many of these faces seemed to speak back to me my glance as if to say, "Give me *another* chance, and I will rise. Let me out once more into God's beautiful world, and I will become a new creature. Old things shall pass away, and all things shall become new."

Then a thought came to me, and I asked, "How many of you, my brothers, have read the dear little LIFE BOAT from Chicago?" Then up went the hands of two-thirds of that

company of men, on whose faces shone the light of hope.

And so we can never gauge the blessed results of the LIFE BOAT, as it sails on its way, into the parlor or prison, the reading room, or the pocket of the human derelict. It will lift some here and others there out of the tempest and into its safe cabin.

My listeners seemed encouraged when I drew a picture of the down-let Hand. This I urged ought to cause each man there to use his uplifted hand to grasp that Mighty one of the sympathizing Jesus. Because it is the sympathizing hand. It is also the sure hand, for it has never lost a case. It is again the wounded hand, showing how much Christ was in earnest to save men even up to the last, when he plucked a poor thief from the black waters of despair.

When Lord Tennyson was once walking along a park in London, a poor outcast saw him, and shambling toward the great poet, gazing through bleared eyes upon the wonderful author of verse, exclaimed: "O Mr. Tennyson, if you will grasp my hand in yours I will promise you that I will never drink again." He reached out his gracious hand, the hand that had penned the world's most famous gems, and breathed a blessing upon his fallen brother. And the man departed with a new spirit at work within him. The renowned literary genius said that he had received testimonials of praise from his noble queen, but this expression from a "man overboard" in teeming London was the greatest compliment of his life.

And thus Peter, too, felt the new spirit of his uplifting Christ, for he went forth to uplift others. He, too, became a life saver. With a blending of the divine in his apostolic career, he exhibits the glorious Christ, the source of our power and success.

The bird with a frail broken pinion  
Was I with my burden of woe,  
But Jesus redeemed me from sinning  
To tell of his love as I go.  
I mount up with wings as of eagles,  
His blood has removed every stain,  
As onward and upward to glory  
My soul soars higher again.

For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.—John 3:16.

## THE LIFE BOAT.

### EXPERIENCES IN DISPENSARY WORK.

EVA L. BORDEN,  
888 Thirty-fifth Place, Chicago.

Since the cold weather began we have had a great many calls from children suffering with chapped hands and chapped faces. A little boy came in the other day, his hands all cracked and bleeding, in a very bad condition. The weather was very cold and he had no mittens. His mother sent him over and wanted us to give him some medicine to cure his hands. We gave him a good bar of soap and a pair of mittens, and the youngster's hands got well. His parents considered it a miracle that we cured him so easily.

Another lady brought her four children over, all suffering from colds. She began to tell me their names—Daniel, Matthew—and said, "I have given them all Bible names; this little girl of mine has the nicest one of all: her's is Juliette!"

After they went home another lady came in with whom we had made an appointment to meet the doctor. I asked her if she was ready to see the doctor this morning, and she said, "Yes, I took a bath last week on purpose." It was the only bath she had had this winter. She seemed to be very much pleased with herself to think she had cleaned up.

In the evening a couple of youngsters came in. They said, "Ma is sick and we want five cents' worth of medicine to make her well." We asked them what was the matter with her and they said they did not know, but she sent the nickel over for the medicine. They thought she would be all right by morning.

Shortly after that the doctor was called out to one of the neighbors. He found a baby very sick. Our visiting nurse gave the baby a thorough treatment and the next morning the child was sitting up in bed singing and playing. It seemed very remarkable, because the doctor almost doubted being able to bring the child through at all. But it shows what rational treatment can do even in these poor homes.

Yesterday our visiting nurse discovered a family with eight children, in very destitute circumstances. The father has been out of work for three months and the mother sick in bed. The eldest child is only nine years old. They had scarcely anything to eat in

the house, and very poor clothes. We had some clothing for the children and reported their case to the city, who will help them further.

We find that a great many men are thrown out of employment, and with the cold weather coming on they scarcely know which way to turn to keep their families from suffering from cold and hunger. Many of these men are honest, hard-working people, who can scarcely find anything to do. Of course there are others who are under the influence of the drink habit, and it is harder to work for these; if we give them anything they can possibly turn into money or sell or pawn, it goes into the till of the saloonkeeper on the corner.

Another family on our list is in very destitute circumstances—the father out of work and has been for three months. He has no profession and can do nothing but just odd jobs any time, and he finds about ten men for every piece of work to be done. They have four children. The mother takes in washing, but has had poor health for the last few months and able to do but very little. The oldest child is five years old, the youngest one two weeks. The baby is a very pretty child, but is so covered with dirt most of the time that we cannot distinguish its features. We try to help the mother, but she pawns the clothing we give her and spends the money for drink. The only thing that will help her is to let the Lord come into her heart.

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### IF YOU GO BACK TO FISHING.

H. E. HOYT,  
Hinsdale, Ill.

After Peter had lost sight of his Master he proposed to go fishing. Did it ever occur to you that the disciples might have been doing something much better than fishing at such a time as this? These men had given themselves to do a certain thing and then they gave it up. If you ever do the thing these disciples did you will find that the farm or whatever else you go back to won't seem quite so encouraging as it did when you left it.

But Jesus went with them. Don't forget that even if you do go back, Jesus will *visit you there*.

---

Peter was quick-tempered and did things on impulse. When Jesus asked three times, "Do you love Me?" Peter almost got impatient. Jesus said, "Feed My sheep." That is what He wanted him to do all the time. When the cloudy days came Peter went fishing, went back to his own business. When cloudy days come if we go back to the old job we will not catch many fish.

He told Peter, in the presence of all, what he was to do, so Peter wanted to know about the rest of them, but the Master said: "What is that to thee? Follow thou Me."

There are three lessons emphasized here: First, stick to the definite thing God has called you to do. Next, should we fail and get discouraged and go away, the other lesson is that Jesus is going with us to encourage us to come back, and instructs us, "Feed My lambs, feed My sheep." Third, we are first to look after ourselves as far as work is concerned. Do not get so much interested in what others are going to do, but "you follow Me."

#### THE HOLY LAND TODAY.

A. EDWARD KELSEY.  
Ramallah, Palestine.

[At a recent Sabbath service the Hinsdale Sanitarium family were favored with a most helpful and instructive talk from Mr. Kelsey, the returned missionary from Palestine. After having read this part all will want to read the concluding portion in the next number.—Ed.]

It has been my privilege to go up and down the Holy Land and drink at the same fountains from which Christ drank, and it has been a source of inspiration in my study of the Bible to be in the land in which the Bible was written. While I have gone up and down the holy country I have tried to keep before me the thought, If Jesus Christ should return to the land of Palestine what would be of greatest interest to Him?

I have become confident that Jesus Christ would not take as much interest in the city of Jerusalem or in the various places in the land as He would in the *people* of the land. When He was here on earth He was interested in the downtrodden people who were afflicted with physical diseases and bowed down with the bondage of sin. A great many

Christian people come to Palestine, land at Joppa, see the Dead Sea, visit Bethany, etc., and it seems as though all their interest is in the *places* of the land.

If you talk with them afterwards and ask about the people they will say they are a miserable people, dirty and dishonest, and you have got to watch for them. And if you ask about the children they say they are a lot of dirty brats that will follow you begging. They do not realize the great *need* of the people of that land, and while I could spend all the time we have talking about some of the places in that land, I am going to talk about the people.

In the first place, there are three classes of people there today—the Moslems, the Jews and the Christians. We call the former Arabs. They are the descendants of the many people who have occupied that land. The prevailing language is the Arabic. It is very difficult to acquire. A friend of mine who is an old missionary said when he first went there he was studying hard with a native teacher and asked how long it would take to acquire the language. He said, "If you have special ability in language and work hard you can get a fluent knowledge of Arabic in one hundred and twenty years."

The Moslems are followers of the false prophet Mohammed and are very difficult to reach. Many efforts have been made to reach them, but they are very bigoted and are under the heel of the merciless government; if a Moslem embraces Christianity he must leave the country or his life is in danger. Any Moslem who embraces Christianity will be sent up to the Turkish army, which means practically death.

People at times will ask us when we come back from our work, "How do you get along with the Jews over there?" There are a great many more in this country than in Palestine, and most of the Jews that are there today have returned in the last fifty years. As a rule they congregate in the cities. The Jew does not take to agriculture.

The Jew on the streets in Jerusalem is quite an attractive person. The most of our Jews are Russian and Polish, and on their feast and Sabbath days will dress up in their very best clothes.

In summer on the hottest days they will

dress up in nearly all the colors of the rainbow. I have often thought how Christ looked upon the Pharisees of old who walked through the streets in the pride of their hearts. So I have seen them walk in the street with just as much pride, I suppose, as those of old.

Of course, over in that country they pay no attention to sanitation or anything of that kind. Garbage, etc., is thrown into the street, and sanitation in Jerusalem is something horrible. It is a good suggestion we ought to go about looking up, but when walking in

church on Sunday if you want to and do anything else the rest of the day, and lie and swear and cheat, etc., the rest of the week.

#### OPPRESSIVE TAXATION.

The people are terribly oppressed over there. The heel of the Turkish government is on the heads of the people. They can't possibly get any show to rise in the world, and the oppression is so great that it teaches them to be dishonest and lie to the government and cheat.

Almost everything is taxed. The olive trees, the fig trees, the wheat and barley, and



GIRLS' SCHOOL IN PALESTINE, CONDUCTED BY MR. KELSEY AND HIS ASSOCIATES.

Jerusalem it is a good idea to look down if you want to keep from getting polluted.

Most of the Christians belong to the Greek church. It is the old church which was split off when the church of the east and of the west was divided over the question of the supremacy of the pope. The Greek church has very little vital religion and it is all dead ceremony. They do not seem to realize that Christ rose from the dead. It is the *tomb* of Christ that they seem to think of, and as to the power of Christianity getting any grip on their lives, it has never succeeded in doing it. To be a Christian means to have been baptized when you were a baby and go to

every sheep and cow and goat is taxed. And then they put a very heavy tax on every male. Thousands of Syrians have left the country for this country and every one of them has a tax, for his relatives will be thrown in prison if they do not pay their taxes. Everything is done to increase the revenue of the government.

The people lie about their property, so if a man becomes converted and wants to be a decent man he has pretty hard times. The assessor comes around and asks how many goats there are. He says, "I have seventy-five goats," and the assessor will probably put him down for three hundred goats, for they

have so lied to each other that he considers it necessary to triple the returns the people make, and consequently it is an uphill business for people to be honest over there. But, thank God, the grace of God is able to make people honest and equip a man so he will be able to be unjustly oppressed.

But our experience as a mission has been that as far as winning people to Jesus Christ in that land is concerned, you can do more from the educational standpoint than any other. The medical work breaks down the prejudices of the people and teaches them we are there to help them, but wins very few to the knowledge of Jesus Christ. But, having broken down the prejudices, then, with the the educational work, we can go in and get hold of the children of the land. The most effective work that is done in this world is done for the children.

While we have learned that medical work must go before and break up prejudice, we follow it up with educational work.

*(Concluded next number.)*

#### WORK WORTH DOING.

MRS. IDA BROWN,  
1715 West Sixty-third Street, Chicago.

How near our own doors are opportunities for doing good if we will allow ourselves to see them! We do not have to go to black India or the heathen lands of Africa to do work for the Master.

No matter how deep in sin one has fallen, there is yet a spark that can be rekindled, and nothing has the power like the word of God to touch the tender part of a human heart. It has been my privilege to visit some homes where the simple Bible story of Joseph would bring a light into the children's eyes, and their faces would beam with the knowledge of this beautiful life.

Not long since I accepted an invitation to visit the prison of Joliet and to talk to the children who are being taught in the Settlement House. The Federation Club of Joliet has this work in charge, and it is one of the grandest works in our land.

In my little talk with some of the ladies and mothers, I told them of our Suburban Home for Girls. They all seemed very interested in the work we are doing here in

Chicago along this line. Surely this, too, is the means of saving many souls for the kingdom, and we hope that where there are now five who are interested and contributing to its support there will be twenty-five more.

In the evening many children congregated in the large double parlors, and we had such a fine opportunity to present the "coming plague"—the cigarette. When they heard the terrible results of cigarette smoking many resolved then and there never to use it in any form. We are in hopes before the year closes to bring our pledge signers to the number of two thousand instead of one thousand.

Will every mother and sister arouse to the terrible fact that our boys are being entrapped in a more powerful and deadly vice than the smallpox? Who will help us to save our boys from this terrible plague, the cigarette?

Did you ever see a Bible in which all the words spoken by Christ in the New Testament were printed in red, and the prophecies concerning Christ in the Old Testament also printed in red? Well, there is such a Bible printed, and it contains in addition a concordance and helps. It is beautifully bound in French Morocco, with round corners, red-under-gold edges and extra grained lining. This beautiful Bible is offered for only TEN NEW SUBSCRIPTIONS or renewals for The Life Boat. Tell your friends that The Life Boat is not merely made up of articles from other papers, but it is filled from cover to cover with original matter that will not only interest them but will bless their souls while reading it.

#### ARE YOU BEING SAVED FROM SMALL SINS?

H. E. HOYT.

When persons who have not been Christians are converted from very wicked ways they first want to get rid of their larger sins, then by and by smaller things that their attention was not called to at first. Finally they reach the point where they want to become holy as God is holy.

As you develop in the Christian life you will not think it such a wonderful thing to be saved from murder, stealing or some great



thing. But when God's spirit comes in you will want to get rid of everything, clear everything up.

A certain man was rescued from drunkenness and wretchedness, then lived for a number of years a sober life. One day in an unguarded moment he went back and drank; then he was sorry for it. But after all was it worse for a man to do that than for some of us to be sour and envious and cross, etc.? Is it not as bad for us to yield to these small things as it is for this man to drop clear back into sin when he has been raised from that very thing? As you get rid of some of the big things that have held you down, seek for that holiness He can give and without which no man can see God.

#### DAYLIGHT IN NEW YORK CITY'S DARKEST SPOTS.

MRS. BELLE KERSHAW,

846 East 156th St., New York City.

[The readers of this magazine will be glad to again hear from Mrs. Kershaw and to know that after an illness of several weeks she has resumed her work for the unfortunate ones confined in the Tombs prison and Blackwell's Island penitentiary. We are glad that the Lord has raised her up to continue this important work which has been so wonderfully blessed of God. We quote the following from her letter.—Ed.]

I have just returned from Blackwell's Island penitentiary. While there I had a very good visit with a man I had met in the Tombs nearly a year ago. He told Mrs. Calvert, my associate in this work, how badly he was feeling the day I came to his cell and that ever since that time his life has been different. He was not a thief, but a refined, educated man, reared in a home surrounded with wealth and indulgence. He had one sin which put him behind the iron bars, but this experience has made a man out of him. I hope it will be the means of saving his soul. All I did for him was to point out the right way and tell him of the love of Jesus. I visited his mother in another city.

Last week when I went to the Tombs I was surprised at the welcome the officials gave me. Dr. Wade, one of the chaplains, was especially pleased to see me back again. In the Tombs I meet men of learning, men who are able to grasp the truth as I give it to them; and they are glad to listen. Just

now there are some of the ablest men in New York behind the bars, bankers, etc., so I feel to keep on with my work as I am given strength. The boys have never failed each month to write me. I have not been able to answer any of them, but I am going to soon.

I am praying that the dear Lord will send me some one to help. May the dear Lord continue to bless the work; I am of good courage.

#### LIVING UNDER A SHADOW DAILY.

The following lines come from the Indiana State prison:

"I wish to thank you all for the kindness shown me, also for your magazine. I may be able to take it for a year when I leave here, but if I never see it any more I shall never forget it nor the good I have received through it. My lesson has been a hard one, but I have learned it at last. Although I seem to be living under a shadow each day I try to live as near God as I can. I am doing all I can to become a child of God.

#### FORSAKEN BY PARENTS AND FRIENDS.

The following comes from a prison in Michigan City, Ind.:

"I was glad to hear from you and to know that when a poor inmate writes to you you will answer him. You are the only one that writes to me. I have parents and friends on the outside, but they don't write to me, and that is why I take the pleasure to answer your kind and welcome letter that I received in June.

"I am trying to trust in the Lord. I pray every day that He will keep me until I get out of here again. I want to get a place to work at some Christian place, so I can learn to trust the Lord more than I do now. If you know of anybody that would give me a job when I get out I would like for you to let me know and I will write to them if I can.

"I am glad you put my name on the list for this magazine, so I can get it every month. I like to read it very much and I will send it to others and let them read it and send it on to somebody else.

"Well, dear friend, you spoke of the Bible. I would be very glad to get one, and I will try and pay for it when I get out."

## A GREAT WALK AND A FAMOUS WALKER.

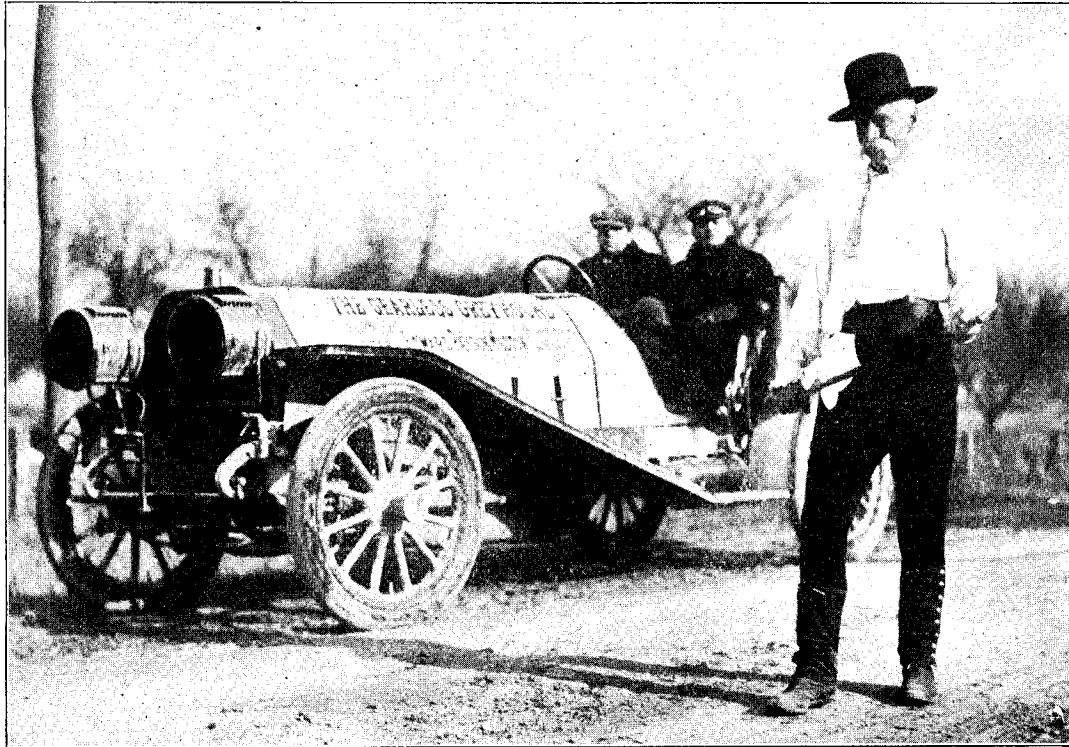
DAVID PAULSON, M. D.

Mr. Weston in his seventieth year has just finished a walk which is perhaps without a parallel for a man of his age: 1,230 miles, walking from Portland, Maine, to Chicago, in about twenty-five days.

The interest that the public took in his effort was shown by the fact that the crowd

him personally in Chicago. Although he had walked nearly a hundred and seventy-five miles the two previous days and had walked nearly the entire previous night, he showed no noticeable signs of fatigue, and was in good spirits, walking off with an elastic step that made those who accompanied him step lively.

Did the Lord especially endow this man by birth with unusual endurance or has he sown



MR. WESTON ON HIS FAMOUS TRIP. *Photo by Manhattan Motor Car Co.*

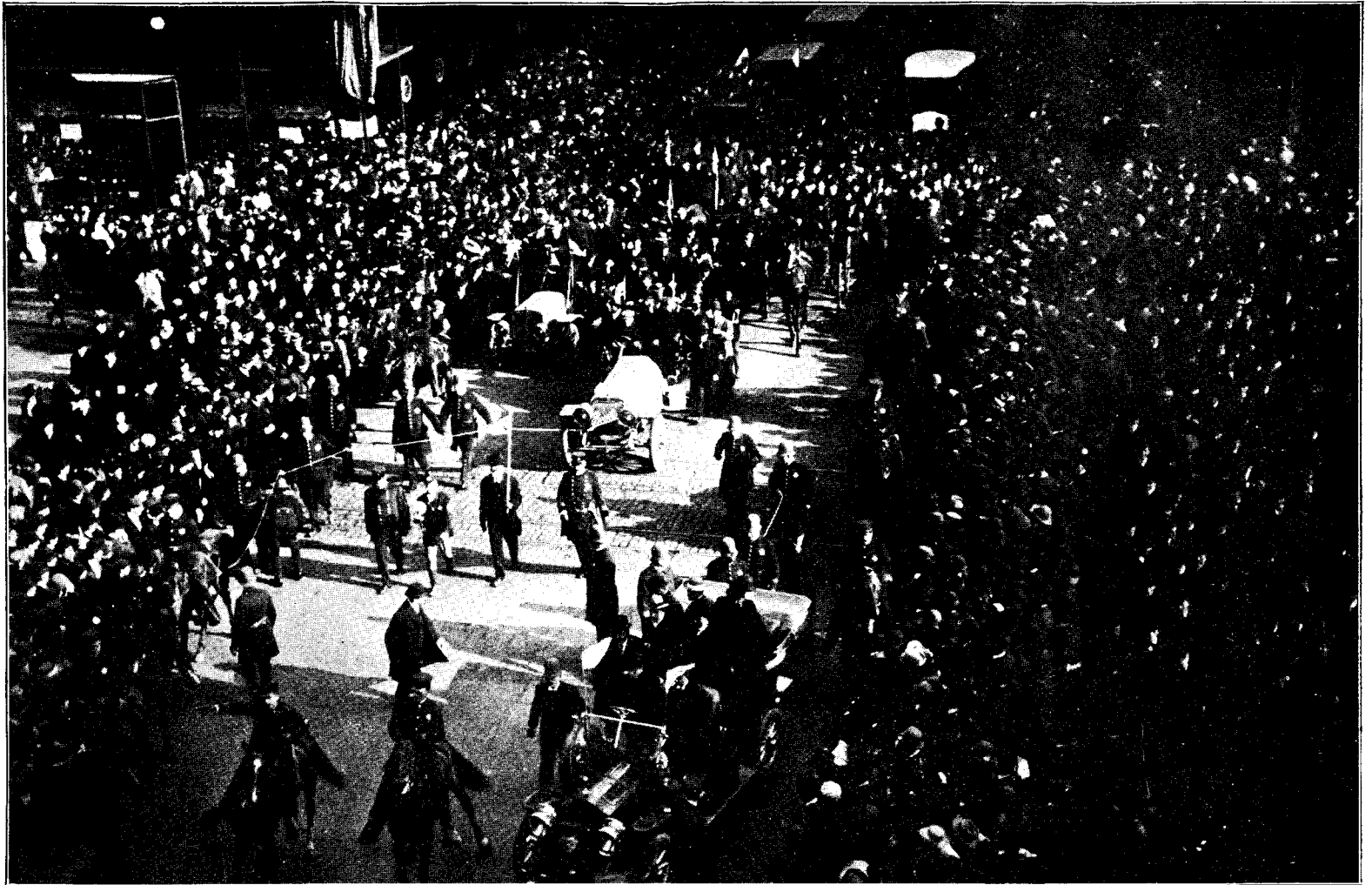
that greeted Mr. Weston when he arrived in Chicago exceeded that which welcomed either Dewey or President Roosevelt.

Forty years ago the world rose up and did him honor when as a young man of thirty he accomplished this unusual feat. Now, at a time when every hair in his head is gray, he repeated this walk in twenty-four hours less time.

I went out to meet Mr. Weston as he approached Chicago, so as to have an opportunity to observe him for myself. I afterwards met

for it as you and I may sow for something we have not today? I learned that as a boy he was unusually frail, and at birth was very much under-sized. Early in life he became interested in systematic exercise as a means of developing his strength and endurance.

During the past forty years Mr. Weston has walked seventy thousand miles, or what would amount to practically three times around the earth. Among his many walking feats was one in the early 70's of 500 miles in five days and twenty-three hours. At another time



A PHOTO OF CROWD AS MR. WESTON WAS CROSSING STATE STREET, CHICAGO. *Courtesy of Manhattan Motor Car Co.*

he walked for the English Temperance Society fifty miles each day for one hundred days, making a distance in all of 5,000 miles, and gave a lecture on temperance each evening. Mr. Weston keeps himself in constant training, walking from ten to twenty miles six days every week.

We quote from an article he wrote for the *Chicago Examiner*.

"Every American should walk at least twenty miles a day. If he will then be temperate in his habits and has not inherited disease he will be a strong, vigorous, healthy man at three score and ten. Walking is the greatest health producer in the world. There is absolutely nothing can compare with it.

"I have told persons they should walk twenty miles a day. They exclaim in astonishment: 'I can't walk that distance; it tires me to walk three, and when I walk five I am almost dead.' Certainly it is tiresome to walk three miles, and it is more tiresome to walk five.

"Every morning when I started out on this long walk I knew I would be tired before I had gone three miles, but that is the limit. After you have walked three or five miles you become fresher with every step. You recover your second wind. Thereafter you can walk indefinitely.

"I am always nearer exhaustion when I finish my third mile than when I finish my second. So don't give up when you begin to get tired. Attempt to interest yourself in the sights that please your eyes and you will discover you can overcome that 'tired feeling.'

"There is one thing I should advise, however, and that is never to walk slowly. Man's natural gait is four miles an hour, and woman's natural gait is from two and three-quarters to three miles an hour. A man should always walk at least four miles an hour. If he can increase this he will discover that he can walk with greater ease. The business man should learn to walk great distances; he will find it gives him a bigger vision and a far greater control of his temper, as well as add to his physical health."

Weston on his trip ate sparingly. On his walks he only ate milk, coffee and egg nogs. At the hotels he confined himself to practically a little soup, rice, eggs, and some buck-wheat cakes. The only physical trouble he encountered on this famous trip was in Ohio, where he ate some clam chowder. He dragged himself along in a wretched condition, covering only twenty-three miles during the day and was then compelled to go to bed for more than a day. If it had not been for this he would have shortened his record at least twenty-four hours. Eating stuff that God never

intended to be eaten has been a handicap to many other men.

## A RED LETTER DAY.

(Concluded.)

REV. N. KINGSBURY,  
Granite, Okla.

My next visit brought me face to face with some very sad conditions. Here was a home in which lived two women of ill repute. The sins of these women had separated them from the society of decent people who shunned them and like the priest and Levite "passed by on the other side."

As I came to this home it was not hard or difficult to settle the question, "What would Jesus do?" He it was who "came not to call the righteous, but sinners to repentance." He it was who "came to seek and save that which was lost." Certainly, as a servant of the meek and lowly Jesus, it was not my duty simply, but my privilege to seek and help any lost soul to find Jesus, the great healer.

Knocking at the door of this house I was met by one of the women and invited to come in. Entering the house at the bidding of this poor, tearful unfortunate, I at once saw the cause of her tears. Lying upon a bed in the corner of the room was the body of a child, four or five years of age, who had just died.

When I told those poor women who I was, they wept as though their hearts would break. Ah, there beside the body of that little child, what thing could be more appropriate than that I show them their sin and bring to them a realization of their guilt in God's sight, and then point them to the "Lamb of God, which taketh away the sin of the world!"

What a scene followed as down upon their knees these two women went in penitence and tears! And the very same Jesus who said to the woman who was a sinner, "They faith hath saved thee, go in peace," seemed very near and just as ready to forgive the awful sin of these, who were sinners, and who seemed so deeply penitent now. Ah, the women who are sinners, how they need Jesus! and how will they ever know Jesus except that you and I go to them and minister to them in Jesus' name, just as Jesus would do?

How often it is true that the people of God have less charity for, less sympathy with, and less interest in such as these than they would

have for a bird with a "broken pinion," or a dog with a crippled, wounded foot! That is not like Jesus.

Do you know that no neighbor cared for, or tried to help those two poor women in their sorrow! True, they had sinned, and grievously too. The dead child was an illegitimate one and marks of the mother's sin were upon him, but God took him away ere the poor, unfortunate one could realize the cold, heartless attitude of a world all too ready to condemn.

Bless you, brother, sister, who needs help, sympathy, loving ministry quite so much as the man down in the ditch or the woman who is a sinner? Multitudes of such are going to their doom with reckless steps and aching hearts because *nobody cares*.

O child of God, son, daughter of the King, who make you better than these? Who redeemed you by His blood? Who in the great gathering day as you stand before Him will say, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me?" Can you look Him in the face and answer for failure here?

Drink in this truth as never before: "Wherefore He is able also to save them to the uttermost that come unto God by Him," then in loving sympathy help the woman who is a sinner to know Jesus, whom to know aright is life eternal.

#### JUST A BIT OF CORNMEAL.

Now let us go to the next home—a little windowless log cabin, chimney like the building, built of small logs plastered with clay, with fireplace on the outside at one end. The chimney had fallen so that nothing but the fireplace remained. As I approached the door and knocked no response came to my summons. Turning to leave I saw a little distance away an old, white-haired woman almost totally blind, hobbling along with crutch and cane and in her old apron a load of stocks.

I ran out and met this person, helped her to her log cabin, entered, was seated upon an old broken chair and on telling her who I was I listened to such words as these; "Well, Mr. Preacher, I am just a poor, lone woman, I live alone, and," pointing toward a corner where stood a tin pail that would hold a gallon. "sometimes I have a little sup of meal in my bucket there and sometimes I've no meal and

get very hungry, but I've my blessed Jesus with me all the time and I am as happy as the day is long. I am sixty-six years old and have neither kith nor kin in the wide world as I know of, but my Jesus has gone to prepare a home for His own and by and by He will call me to be with Him." Well, that is about as near as one gets to a heaven on earth.

Thirty minutes I spent in the home of that old, white-haired woman with her little bit of cornmeal, her tiny fire in the chimneyless fireplace, her blind eyes, her crippled limbs, and in the face of all else, her strong, pure, victorious faith in God. She did not shine very bright here in this world, but Oh, how brightly she will shine in the kingdom of her blessed Jesus! "Of such is the kingdom of heaven."

Before leaving the home of this old saint it was my privilege to read from the Book many of the "exceeding great and precious promises" God hath given to His own. Then that season of prayer! Then as I came away that holy benediction that fell from those old lips! Jesus and a bit of cornmeal; Jesus at a lone fireside; Jesus and sightless eyes; Jesus and crippled limbs; Jesus and "no kith nor kin" is better than all the wealth of this world and no Jesus.

#### HEALTH LOST—CHRIST FOUND.

Next I came to a home in which I found a young wife and several children. This was a godless home. Now after years of robust health the head of the household had been laid on a bed of sickness. So here I found the "lost sheep." As the man told me of his great trial in sickness, of his impatience to again mingle with men, I could find without trouble words in the Book that just suited this man and his loved ones.

The man came to realize that he was a sinner, and there was nothing to do now but point out God's own remedy for sin. Ah, what an adequate, sovereign remedy it is too: no case too hard, no sin too deep, no soul so lost, but that the remedy can reach the seat of the disease if only the sinner will receive it in God's appointed way.

If I remember correctly what proved the golden chord that bound a soul to God, to heaven and glory, was this: "This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sin-

ners; of whom I am chief." Yes, that is the word to save sinners. The sick man with his heavy burden of sin grasped at this as a drowning man would grasp at a rope, and with it the Holy Spirit drew him into the kingdom.

What a miserable man was this man when I entered his home, what a happy man he became when he received Jesus! The man thought himself the "chief of sinners," and that there was no hope for him. "Lost, lost!" That is the way he put it. Jesus put it this way: "The Son of man is come to seek and to save that which was lost." Ah, glorious truth, how it shines and glows and gleams on the pathway of every sinner! "God so loved," yes, yes, that is it. God would love men unto Himself—love men into the kingdom.

Brother, sister, do you wonder I call this day of which I have written a "Red Letter Day?" How many "Red Letter Days" we might all have if we would become fishers of men, winners of souls! We may, with the Holy Spirit to go forward and prepare the way, with a willing heart and a prayerful spirit; then with the Word in hand we may go forth in Jesus' name and God will most surely give us a "Red Letter Day." Then by and by in the day of all days what a glory that will be when we see standing before the great white throne amid the great multitude who have washed their robes and made them white in the blood of the Lamb those whom back here in the earth we were instrumental in leading to the "Lamb of God, which taketh away the sin of the world."

The opportunity for "Red Letter Days" will soon be over. What are you doing, my brother, my sister, for souls, for Jesus? Remember any day in which a soul is won to Jesus may well be called such a day.

#### A THANKSGIVING FEAST.

MBS. N. H. RICHMOND,  
32 Thirty-third Place, Chicago.

It was my privilege to be at the Life Boat Mission Thanksgiving evening, and it was one of the best feasts I ever attended; it was a feast of hearing men and women testify to the power of God that had come into their lives and transformed them. What a transformation it was!

There were some who had known the Lord

for one year, others two years, some ten and some twelve years, yet all had the full assurance that they knew what the power of God is to transform them from drunkards to sober men and make them new creatures in Christ Jesus our Lord, whom we are looking for to come soon and destroy sin and sinners.

There were witnesses to the power of God to take from them the appetite for strong drink. They had been transformed by the renewing of their mind and had proved what is that good and acceptable and perfect will of God toward all who will come unto Him and be saved. (Rom. 12:2.)

He says, "Look unto me, and be ye saved, all the ends of the earth." I am sure that there was joy among the angels as witness after witness was given to the saving power of God. "Ye shall receive power, after the Holy Ghost is come upon you, and ye shall be witnesses unto me." (Acts 1:8.) The face of each one shone with the Holy Spirit as they witnessed for Jesus.

I hope all who read this will remember the Life Boat Mission. It has no endowment and it is a struggle every month to keep the place open, but the Lord finds a way, and there is a chance for all to do something by contributing their mites, thereby helping to save some mother's boy or girl from eternal death.

There were true witnesses to the power of the Holy Ghost that night. Such witnesses are scarce these days, but the last message is, "Go out into the highways and hedges, and compel them to come in, that My house may be filled." And again, "The publicans and the harlots go into the kingdom of God before you."

May all who are Christians stop and think, does this mean me? God help each one to take the searchlight of God's Word and go into the innermost recesses of their hearts and see if each is doing all he can to save souls. If not, why not?

#### AN APPRECIATIVE LETTER FROM A FORMER WORKER.

ALICE M. BURGHART.  
St. Paul, Minn.

[About four years ago Miss Burghart was a student in the Chicago Medical Missionary Training School. At that time she felt impressed to accompany another worker on a gospel trip to California, defraying their ex-

penses entirely from the sale of THE LIFE BOAT. They stopped at all the prominent stations. They were remarkably successful in disposing of over twenty thousand copies of this paper, and doing personal soul-winning work for a very large number of people. Miss Burghart is now engaged in Bible work in St. Paul and recently wrote us a personal letter recalling some of her varied experiences while in Chicago, from which we are permitted to abstract the following.—Ed.]

Those were days of ups and downs when about twenty raw recruits from Minnesota and other States were gathered in that old building trying to learn the first rudiments in the art of nursing.

Some were getting an experience in the bathroom, some in the surgical ward (well do I remember the long nights spent in those two ward rooms) with patients in all stages of convalescence. Others were drilling in the kitchen; others were strengthening their muscles in the pan and kettle scraping department; some were doing bedside nursing; some were learning the art of catering; then there was the dispensary work, the Life Boat rest experiences, visiting, nursing, etc., etc. I really believe that among all our places of training in the United States no other offered so great a variety of experiences.

As I think them all over I hardly know in which place in the work there I obtained my best experiences. I would not want to part with any of the knowledge or training received in any department I was in. But that which has been most helpful to me since leaving there was my experience in selling the LIFE BOAT, and the things I learned while in the rescue work with Miss Emmel.

I don't believe that you realize how much good my experiences in selling the LIFE BOAT have been to me. This work taught me how to meet and address people; how to be at ease among strangers; how to travel about, how to read human nature better. Why, doctor, I see now that it was even the means of helping me to be a better nurse than I would otherwise have been.

About the last word you said to me before we started for California was, "Well, Miss Burghart, you will get a good experience on this trip, but you will be a couple of years older." It proved true, for I really believe that in more ways than one I was ten years older

when I came back; but I never have wished that I did otherwise than go.

For a year and a half now I have been in the Bible work here in St. Paul, and so many times have I been thankful for the experiences I had while in Chicago and on that trip. I love this work and am patiently studying and learning the science of winning souls for Christ.



Photo of Miss Burghart and Miss Smith as They Started Out on Their Trip to the Pacific Coast.

The longer I am in it the broader and deeper and more beautiful it grows. What wisdom and tact and alertness and science it takes to know what to do in each individual case!

It is somewhat like the work of a physician—each has to be studied by itself and a little different treatment and dose administered in every case. Only our heavenly Father and His Word and Spirit can make our feeble efforts successful. Just as in treating physical derangements the doctor may prescribe and treat, but God alone gives the sick the healing power within, so He in this work is the great Physician for the sin-sick soul.

## The Printed Gospel Behind Prison Bars

Several months ago we received a letter from one of those who were interested in the spiritual welfare of the prisoners in Joliet, expressing a desire to have the 548 members of the Prison League supplied with a copy of THE LIFE BOAT each month. With some donations that were already on hand we were able to send them thirteen copies, and we called attention to this appeal in the September LIFE BOAT. Shortly after this our hearts were made glad to receive the following letter from a Kansas business man:

"I herewith send you draft on bank of Topeka in payment of 548 yearly subscriptions of THE LIFE BOAT for members of the Joliet Prison League. I believe this will be a blessing to these unfortunate fellows. I have to make some sacrifice to do this, but I feel it is for the best."

### FROM THE DONOR.

We wrote to the Kansas business man whom God led to make this generous donation of LIFE BOATS for the Joliet prison, asking him to tell us how he came to be interested in this missionary effort, and we received the following reply:

"I remember seeing an advertisement in some paper, I cannot now remember which one, while sitting in Centropolis Hotel, Kansas City, Mo., and I immediately went to a writing desk and wrote to THE LIFE BOAT for a sample copy to be sent to my home in Meade, Kansas. When I went home two or three weeks later I saw the paper and in the evening I read it, and the next day sent you my subscription. I have read all of them, or very nearly all of them. I wish to assure you that you are doing the *grandest* and *noblest* work for fallen humanity, in the publication of this paper, that can be done.

"Later I read the appeal of Mr. F. C. Hayward for the subscriptions for the Volunteer League, which certainly touched my heart. I asked God's guidance in the matter and He plainly showed me the way. I am not a rich man—am only in moderate circumstances—but I expect to help God's cause as long as He permits me to live and I have any means."

Dear reader, it is entirely possible that this gentleman might have succeeded in smothering the impression God made on his heart so

he finally would have decided not to have done this generous thing at all, and thus would have missed this great opportunity to do good, for which the Lord will certainly reward him.

Perhaps as you have read this magazine the Lord has been speaking something to your soul. How many papers will you subscribe for at prison club rates for your own State prison? It needs them just as much as the Joliet prison, and the chaplain will be just as grateful as the chaplain of the Illinois State prison. Read how the Lord is using this magazine in prisons in other parts of the world.

### FROM THE CHAPLAIN.

The extent to which these papers are appreciated the following letter will show, from the chaplain of the Illinois State penitentiary:

"Dear Dr. Paulson:

"I am greatly pleased with the donation of 548 copies (annual subscriptions) of THE LIFE BOAT. The story of salvation for sinners, which your paper tells so faithfully and well, is good for people in trouble. At our Prison League meeting held November 3 a hearty vote of thanks was passed for you and for Mr. Geo. B. Cones of Meade, Kans., for your joint gift.

"You probably know that, since the new prison labor law became effective, our men have no opportunities to earn money, and most of them are dependent on their friends for papers and magazines.

"Few prisoners bring money with them to prison. Of course our men have the use of a fine library, but this does not lessen their eagerness for the papers. They will surely help the men to follow their Prison League motto, 'Look up and Hope.'

"Yours faithfully,

"ALBERT J. STEELMAN."

### WORDS OF THANKS.

One of the prisoners in Joliet, Ill., who profited by the donation of LIFE BOATS to that penitentiary, writes:

"The good news received this morning at the League meeting of the donation of five hundred and forty LIFE BOATS, was received with joy written on every face, and a vote of thanks by the showing of hands was unanimous. God bless the donor or donors."





Chaplain of Illinois State Penitentiary.

## GOSPEL PRISON WORK IN HONOLULU.

The Young People's Society in the sanitarium at St. Helena, Cal., subscribed for twenty-two copies of *THE LIFE BOAT*, to be sent to the penitentiary in Honolulu. These have already been forwarded, and we have the following letter from Mr. Williams, who will distribute them:

"We are very glad indeed to get these papers, and know the prisoners will be exceedingly glad to see their old friend again. [Many copies of this magazine have been supplied to this prison in former years.—Ed.] I spoke to some of them last Sabbath about it and they were very much pleased to learn we were to bring them some more *LIFE BOATS*.

"We have had some precious experiences here with the prisoners. One who was once behind the prison bars is now a most faithful member of the church. Others have started out to earn an honest living and seem to be succeeding very well.

"Hoping the Lord may bless you much and that many may be saved through the influence of *THE LIFE BOAT*, I am

"Yours in the Master's work,

"C. D. M. WILLIAMS,

"767 Kinau St., Honolulu, H. T."

## FROM DISTANT NEW ZEALAND.

The following interesting correspondence has just been received from Mrs. Hosking in far-away New Zealand. She writes:

"It was with feelings of great joy that I received the enclosed letter from the Chaplain of our Auckland jail. For some little time past I have been sending ten or twelve copies of *THE LIFE BOAT* to the Chaplain to distribute among the inmates. They were few, but the Chaplain wrote me that he would make them go as far as he could.

"These *LIFE BOATS* may be few, like the five loaves and two small fishes, and we may be inclined to say, like Andrew of old, 'What are they among so many?' But we remember also how the Master gives the increase.

"The copies that I do not send to the jail my little girl lends amongst our neighbors on her way to school."

AN APPRECIATIVE LETTER FROM A  
NEW ZEALAND PRISON  
CHAPLAIN.

"It is a great pleasure to have a letter from you and to answer your inquiry. There is no paper given to the men in the Auckland jail that they appreciate so much as *THE LIFE BOAT*. They often ask me for a copy, and at my request pass it on to other men. I give the women two copies and sometimes send one or two copies to the prison camps. Although the number is not large for two hundred and fifty prisoners, yet they reach a good many by being read and then handed on. I hope you will be able to continue sending them. Such a paper must do good, although one may not be able to see direct results. 'Cast thy bread upon the waters: for thou shalt find it after many days.'

"In my own name and that of the men we try to help I wish to thank you."

## AN APPRECIATIVE LETTER.

Dr. Paulson:—

My soul was blessed and my heart rejoiced when I read your letter telling me of the generous subscription of that gentleman from Kansas, and I pray that God will abundantly bless him, as the gift will be the means of great blessing unto many others for whom Christ lay down His life.

May the gift of Mr. Cones serve as an example for others to follow, and my earnest desire and prayer is that this act of his may inspire someone in every State in the Union to do likewise, in order that each one of our unfortunate brothers may have the helpful and comforting messages that *THE LIFE BOAT* brings each month.

This gift of Mr. Cones has been just what I have often prayed for, and you may imagine the joy I felt in the reading of your letter, and how my faith in God was increased when I again realized a gracious and direct answer to prayer. The Lord hath done great things for us, whereof we are glad.

This makes five hundred and sixty-one copies all told that will come to the Joliet Prison League in response to that simple appeal coupled with your editorial; and may the blessed Holy Spirit lead others to subscribe, in order that every prison may be benefited likewise.

I wish in this connection to say that I regard *THE LIFE BOAT* the best paper published to meet the needs of the prisoner's heart and spiritual welfare, being the most practical in its design to help, in its vital messages, and helpful in all its departments.

If only people could realize what joy a good helpful paper or magazine will bring to a prisoner's heart, what blessing to his soul, it would be deemed a great privilege to contribute to such a worthy object. I know a certain specific case where a man received a religious paper which contained the very message God used as the means of his giving his heart to the Saviour.

Not only that, which is of greatest importance to everyone, but this man I have in mind was enabled by the grace of God to quote that same message to one who was entirely without hope or friends, and he, too, took fresh courage and looked up to God

in hope and trust,—simply because of the simple Gospel message a man passed on to the man at his elbow. Isn't that the way our Saviour intends for His witness to do—pass the message on to the man *next* to us?

How can prisoners encourage one another in the lonely hours spent in their narrow cells unless they are furnished the means? What better means can be used than we are already furnishing, namely, *THE LIFE BOAT*, with its vital, helpful and practical message of salvation to lost men, hope for the disheartened, and inspiration to the Christian in every station of life?

I am sure the giver will realize the full import of those words, "It is more blessed to give than to receive." I wish you could be present when our chaplain announces this gift to the men next Sunday. I wish you the best of success in all your affairs and pray that God may bless you richly in all things.

F. C. HAYWARD,

Joliet, Ill.

## FROM A LIFE TERM PRISONER.

State Penitentiary, Frankfort, Ky.

Dear *LIFE BOAT*: I have just been reading your little magazine and think it is one of the best little books I ever read. I want to tell you of the good that this magazine has done me. I was once a drunkard and a gambler, but today I am a true Christian, striving with all my soul and with all my heart to follow the straight path that leads from death to life.

In searching the Scriptures I find recorded in Eze. 18:21: "But if the wicked will turn from all his sins which he hath committed, and keep all my statutes, and do that which is lawful and right, he shall surely live; he shall not die." So this is one grand promise to groaning creation if they will accept it.

I am a life-term prisoner. I have been in prison six years and I do not know when I shall get out, but I have hope and faith. I have a wife and six little children, but I can truly say I am thankful I came to prison, for if it had not been for this imprisonment I might have been in a drunkard's grave to-

night and my life ended as a convict. Thanks be to God for the promise that all things work together for good to them that love the Lord. I see how mercifully and how patiently the Lord has dealt with me all my sinful life. If I ever get out of prison I intend to follow the footsteps of my Lord and Saviour Jesus Christ.

We have a good chaplain here, who is more interested in the salvation of our souls than we are ourselves. I want to ask your prayers for me, for I do believe in prayer.

#### A PRISON CHRISTMAS.

BY A PRISONER, NO. 8064.  
Jackson, Mich.

The present year is nearly gone, and Christmas draw-  
eth near,  
Another year of time is done—a year of little cheer.

The wheel of time is turning round; each time counts  
for a day,  
And we who are in bondage bound are working with  
no pay.

Yes, Christmas time, so full of joys for those without  
the walls,  
Is rather blank here for our boys, because no Santa  
calls.

We miss the cheerful sights of yore, we have no  
Christmas tree,  
The children play around no more, nor fill the room  
with glee.

And when we think of those at home we love so well  
and miss  
We wonder will a letter come, with greetings and a  
kiss.

This Xmas-tide is sad, indeed, but when it comes next  
year  
We hope to fill a seat at home, with friends and chil-  
dren near.

Then Santa Claus will have a job, an Xmas tree to  
bring,  
And all will join in thanks to God, our Liberator,  
King.

#### A NOBLE SPIRIT UNDER TRYING CIRCUMSTANCES.

The following letter was received from a prisoner in the Vermont State prison:

"I enclose, as I have been doing every year, eight dollars which I would like to have used as follows: Three dollars for the Rescue Work, three dollars for the Life Boat Mission, and two dollars for four subscriptions which I enclose.

"I wish I could contribute ten times as much, but cannot. I long to be with you in the work you are doing for suffering humanity, and have had hopes that sometime

it might be, but as the years go by and I get older (I am nearing fifty-four), and my health fails, as it has recently, I begin to think that perhaps I shall never live to see the fulfillment of my hopes and prayers. I have seven years still remaining of my time to serve. May the Lord bless and prosper you all in your work for the suffering and the unfortunate."

Will not our readers remember this man in their prayers and let his example lead them to greater generosity?

#### OVERLOOKED OPPORTUNITY.

The following letter is from a prisoner in Michigan City, Ind.:

"I was glad to hear from you and will take this opportunity of thanking you for sending me the dear LIFE BOAT. I am sure I would feel very bad if I could not get a copy of it every month. It has been such a good friend to me. It found me in sin and sorrow and woke me up to the knowledge that I had a Saviour, and it is always a cheerful friend. I can never forget that message of peace and good will it first brought to me. It is surely well named, for as it goes sailing over this boundless sea of sin many a poor sinner whose hope was lost has seized its side and been lifted to a seat of safety.

"I do feel impressed to try and do some work with it on my release, and I feel sure that the Lord will guide me in the right direction. Pray for me that I may never fall from this Rock on which my feet have been so firmly planted. Oh, when I look back and see so many opportunities that I have let go by I could weep tears of sorrow; but by God's grace I shall follow where He leads after this, without fear, trusting all in Him.

"I am still proving true to all my better thoughts, and I ask an interest in all your prayers that I may ever be true and faithful to Him who is my all. My whole life hereafter shall be devoted to His work, and I am happy in the thought that my talents can be useful to His cause. I will be a true servant of my Master. I shall close for this time, hoping to hear from you soon, as your letters always give me strength."

## WHAT TO DO WITH THE GROWING CHILD.

MRS. DAVID PAULSON, M. D.,  
Hinsdale, Ill.

The mother of Samuel asked, "What shall we do with the child?" and before his birth she purposed in her heart that he should be given to God.



Just as we need today a few Samuels, so we need mothers of Samuels, who will *purpose* in their heart to dedicate the child to God, mentally, morally, and physically. The parent is made the steward of the child for a time and it is his

or her duty to give this child as strong a physical development as is possible. This should be planned for at a very early period just as much as the education is planned for.

One of the most frequent ways in which a child's health is undermined is through indigestion. Stomach trouble is not ordinarily inherited, but acquired. Stop the eating between meals, the bolting down of food, using candies to excess, using rich pastries, pickles, tea, coffee, and fried foods. Give the child simple foods, good nourishing bread, butter, milk, vegetables, eggs occasionally, toast, raisins, figs, fruit, etc.

Next see that the child has plenty of sleep—eight to ten hours at night, according to age. How often, especially in the large cities, children are seen on the streets as late as ten or eleven at night. No wonder their nervous system shows signs of breaking long before they have attained their growth!

Do not continually dote the child for this and that symptom. Study your own child's physical condition and learn how to care for him. Usually a dose of castor oil, light diet for a day, such as fruit or rice, and a good warm bath will relieve the symptoms.

Outdoor life is important for the growing child, also frequent bathing. A cool sponge bath in the morning in a warm room, daily, will prevent catching of colds.

If your child is sickly, begin at once this régime just outlined. I have now in mind a child whom I know with almost a certainty would have been in her grave today, who up to the age of seven was allowed to eat anything and everything, particularly sweets and pickles, etc. She was pale and sickly all the time, and caught every disease that came along. She was put on this régime and in two years became strong and robust and is now the very picture of health.

What was done for this girl can be done for the majority of sickly children provided a strong, determined hand manages the program and follows out a definite course. If a child were given better health he or she would have better morals, greater mental force, and we would have a far better type of humanity in the world today. Is it not worth the while?

## TWO THOUSAND BOOKS.

We have sent out to our readers, **ABSOLUTELY FREE**, two thousand copies of Dr. Hudson Taylor's book telling the thrilling experience connected with the opening of the China Inland Mission. It is a most inspiring book. No one can read it without having his soul put on fire and his faith strengthened in prayer. Look for "A Retrospect" in our premium offers for 1908.

## A WORD OF WARNING.

E. B. VAN DORN,

Superintendent The Life Boat Mission.

There is not a day comes to us but what brings with it interesting experiences, and we often wish the readers of this magazine could know them as we do. We often wonder how long the fearful conditions of the city will last.

Last evening at the Life Boat Mission we had a good meeting. There were three men and one woman who stood up and asked for the prayers of God's people. On our way to the car after the meeting our hearts were chilled and were nearly breaking as we passed one of the gilded palaces where the intoxicating cup has been the downfall of many of earth's fair sons and daughters. A carriage was standing in front of this haunt. There were some young men and young girls, appar-

ently from fourteen to sixteen years of age, and there seemed to be quite a party gathered to greet them. The wine that was red and moved itself aright was being sipped by these beautiful girls.

The faces of those young men haunt me still. I can see the dark, deceitful expression on their faces as they watched the unsuspecting victims walking into the snare laid for their feet. We were powerless to save them. "There is a way that seemeth right unto a man, but the end thereof are the ways of death."

Parents, warn your boys and girls to touch not, to handle not that cup which inflames the passions and ruins the souls and bodies of men for this world and the next. Be sure your Book of Life is kept clean. This only may be done by following the Good Shepherd. "He maketh me to lie down in green pastures: He leadeth me beside the still waters." "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."

Young man or young woman, or whoever may chance to read this little incident, I entreat you to despise not the counsel and advice of your father and mother. Confide your little secrets to them. They are your friends. Their experience in years in advance of yours is worthy your consideration and will save you many blots on the fair page of the Book of Life.

A young lady was keeping the records of a firm. The book thus far was free from blots and mistakes, but one morning some one struck her elbow in passing, jarring the pen in her hand and causing a drop of ink to fall on the hitherto unspotted page. The manager spoke sharply of the incident. She said she would remedy the matter with an erasure and knife. She was permitted to try her skill, and when completed it was presented to the man. The work was neatly done, but on holding it up to the light there was revealed the failure she had made.

Keep your life's page clean by the help of Him who said, "I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee." When once defaced it will *always* reveal the scar. God can forgive the sin and change the heart. He does do it,

and we are glad for it, but how much better to be kept from being burned.

### MODERN MIRACLES.

NELLIE JEFFERS.  
Hinsdale, Ill.

"Come unto Me, all ye that labor and are heavy laden, and I will give you rest." The above was one of the many scripture texts given at the beginning of a recent meeting held at the Life Boat Mission. A number of other texts were quoted by those present which seemed to have been of great help to them in the beginning of their Christian life.

Brother Van Dorn then gave a very interesting talk on bringing ourselves unreservedly to Christ. We should come to Him, not once a week but *every* day and give ourselves to Him for His service. While going about our work we should continually ask His guidance and care, for, even though we have been in the depths of sin, if we give ourselves to Him and put our trust in Him He will never leave us nor forsake us. He will help us through all our trials and temptations if we will only ask Him.

Mr. Mitchell then told how he had lived a life of sin and drunkenness for over forty years, serving the devil all that time with all his strength and power; but when he heard the simple story of Jesus a change was wrought in his heart and from that time on he had strived to live a Christian life. He told of how many times he had been tempted and had almost fallen but by telling it all to Jesus and asking His care and guidance he had been saved through it all. He is now an earnest worker in the Master's vineyard, ever ready to tell other wandering souls of the power of Jesus to save.

Another convert told how he had lead a drunkard's life for many years, but had been won into the fold through the story of Jesus and His love for sinners such as he. He said that if he was intoxicated that night it was with the love of Jesus which had filled his heart.

Other men told how they had been saved from lives of sin and shame through the story of the love that Christ had for all who would come to Him and cast their burdens at His feet. Some of them were there with their

wives who related how they had lived before their husbands were converted and how their homes and home life had been completely changed. One man said that before his conversion he had lived in the poorest part of the city, but afterward when he had given himself to his Master he was able to live on the boulevard. Christ is ever ready to help us not only spiritually but physically, as He sees we need, if we only come to Him.

How can we get rest more easily from sin than to come to Jesus and claim the promise given above? He is ever ready to call us His children and will provide for all our needs while we tarry here if we will serve Him and trust Him for all. Like the good shepherd, Jesus is hunting for lost ones, and He says Himself that He came to seek and save that which was lost. He is hunting for us even though we ourselves do not know that we are lost. Wherever we are, He is with us and ready to save us if we will only open our hearts to Him.

As we walked home our hearts were made sad with the thought that there were so many who had not found this rest and peace and who were still in the depths of sin. The Mission door has been a door of hope and peace to many a poor wanderer; but there are thousands more who have not found their way there. The harvest indeed is great, but the laborers are few.

A helping hand should be held out to the outcast of earth to lift them up and give them courage and trust in the Master for help rather than trying to drown their trouble in drink. In Romans 15 Paul says, "We that are strong ought to bear the infirmities of the weak, and not to please ourselves." There are many ways in which we can do this; helping a man to bear his troubles by pointing him to Jesus, our refuge in time of trouble, is one way in which we can carry out this instruction. Jesus is always ready to listen to our prayers no matter how far away we are from Him, for He says, "I will never leave thee, nor forsake thee." This is a promise that everyone can claim; so let us one and all take hold of Him in all our troubles and temptations and He will carry us through.

## IS IT POSSIBLE TO GAIN STRENGTH AFTER FIFTY YEARS OF AGE?

DAVID PAULSON, M. D.

Four years ago Horace Fletcher, the apostle of the chewing reform, astonished the world by his remarkable feats of endurance that he exhibited when tested by various noted investigators. A few years before that his health had been completely wrecked. After failing to receive help from physicians he hit on the idea of curing himself by most careful mastication of his food. His taste soon began to reject his former allowance of flesh foods and other hurtful articles of diet. His physical ills disappeared and it was then that he submitted to the various tests of endurance which demonstrated so clearly the value of his theories and practices.

Now again, after four years, he has recently submitted to another set of tests under the supervision of Professor Chittenden of Yale. Among other feats he lifted three hundred pounds three hundred and fifty times in succession. Following him eighteen Yale students, most of whom were trained athletes or gymnasts, attempted the same thing. It was found that the best man among them could only do it half as many times.

After this experiment Mr. Fletcher was able to hold a glass brimful of water in either hand without spilling any. Remember this was in a man now nearly sixty years old, and remember further that less than ten years ago he was in such a wretched physical condition that he could not get life insurance. The important thing is that at his age a man can show progressive improvement in his muscular strength.

In a recent editorial in the *Journal of the American Medical Association*, commenting upon this remarkable showing, the editor states:

"That a man by careful attention to his diet can gain in endurance and general efficiency after fifty without systematic training is well worth knowing."

He then adds this wholesome advice:

"Physicians should impress on the public and on the individual the important fact that too much food, especially too much meat, is eaten by a considerable portion of the popu-

lation. The belief that there is something especially strengthening and nutritious in meat is not well founded. The function of a perfect food is much more nearly fulfilled by bread with its natural complement of butter."

When such sensible advice as this appears in the editorial columns of our greatest medical journal which is read by over fifty thousand physicians, we may certainly hope to see the question of dietetic reform coming rapidly to the front just as temperance reform is today sweeping over the land.

### A GLEAM OF SUNSHINE.

MYRTLE BROWER,

471 State Street, Chicago.

[Miss Brower felt impressed to leave her home in Benton Harbor, Mich., and come over at her own expense to assist in this Chicago soul-winning work. We trust there are others who will receive a similar call.—Ed.]

A few days ago it was my privilege to go in one of the darkest homes in Chicago, where poverty, filth and rags were a curse to the



Myrtle Brower.

home. It was a sad scene. The father was a drunkard and had left a mother and seven little helpless children, who were crying for bread. There was no fire to warm themselves by and scarcely any clothing on their shivering

bodies. I asked God to guide me and help me to do the best I could to relieve their present needs.

I said to two of the boys, "Come with me," and took them first to a coal office, where I ordered some coal, then we went to the grocery store and got some food. I sent the boys home while I went to see their landlord. They had not been able to pay their rent and the landlord said they should move out on the street at noon that day. I asked the Lord to put it in the heart of the owner of that place to let them stay there a few days longer. My prayer was answered. He was very kind, as I believe he had been all the time, but of course he was anxious to rent

to someone who would be able to pay the rent.

What I did was only a drop in the bucket, it brought only temporary relief, yet it was the *best* I could do. Oh, how it did make my heart rejoice when I came back to tell them what the landlord had said when I saw those little ones with bright faces (the mother had washed them in my absence) all hovering around the stove with little outstretched hands warming themselves and smiling. I took some clothing with me that the women of the neighborhood had given me.

The mother and I knelt down and petitioned God to save and help them. The little ones did not know what to make of this, as Jesus had certainly been a stranger in that home. This is only a glimpse of thousands of homes in these great cities where want, misery and sin reign supreme. How it makes my heart ache and how helpless I am to do what I want to do to relieve these unfortunate ones.

I can say that my experience here in this sin-cursed city has been one attended with many blessings, and surely the Lord has paved the way before me; the angel of God has encamped round about me, for which I am truly grateful to the dear Saviour.

My experience with this magazine also has been a help to me, and I pray that it has been to others. I left a good home to come here and do what I can. I feel that God is certainly blessing me and whether my stay here be long or short I shall never forget some of the rich experiences that have been mine to enjoy.

I have sold THE LIFE BOAT to people of all nationalities, and with each copy a prayer goes forth that it may sink into hearts as a message of love and salvation. My prayer to God is that this work may grow and that He will bless every effort.

Every few days we send out a splendid gold or silver watch to some of our readers. They give the very best of satisfaction. You will be pleased with one of them. Read in our premium offers how you can secure one **ABSOLUTELY FREE.**

## BRANDS PLUCKED FROM THE BURNING.

CAROLINE LOUISE CLOUGH.

The Suburban Home for Girls is filled to overflowing with young women who have been overcome by sin. Society puts a brand on these girls so deep that a lifetime spent in retribution cannot wholly erase it.

All the girls who go out from this Home must do so with this horrible brand stamped deep on their characters. Is it any wonder that so many give up in despair? The world is cruel and heartless; but we who are Christians cannot afford to be so. We must be Christ-like in dealing with erring humanity.



Baby No. 1.

Think of the awful burden these girls who come to this Home must carry as they leave here to go out in the world to make a living for themselves and their infants!

Mrs. Swanson, the matron, considers it a privilege to toil, sometimes twenty-four hours out of the day, to help relieve the burdens of the girls who come to her.

We publish in this connection photographs of three babies who have been blessed with the comforts of the Home. The mother of baby No. 1, a mere child, came more than half way across our continent to bury her sorrow in the protection of the Home. Here she found the great Burden Bearer and from a timid, trembling little creature, with down-cast countenance, she was changed into a happy, hopeful Christian.



Baby No. 2.

The mother of baby No. 2 was at the point of taking her own life when she saw an invitation through THE LIFE BOAT to apply to our Home for help. She came, and accepted Christ while here.



Baby No. 3.

Baby No. 3 has been adopted by Christian people and is doing nicely. Her mother is working and gives evidence of her appreciation of the Home.

Work on the new Rescue home has been postponed until spring. Several hundred dollars will yet be needed to complete this building. The current expenses of the present Home must be met through these long winter months, and the rent must be paid regularly.

## TO ANY GIRL IN TROUBLE.

MRS. DAVID PAULSON, M. D.

Perhaps you do not know what to do next. Your trouble may be so deep that you dare not tell anyone, not even your dearest friend. Do not get disheartened, but remember that God will provide you a friend in your time of need if you will look to Him. He has promised never to leave nor forsake *you*.

If you feel free to write us the Lord may provide in us the friend you need.

Address the writer, Hinsdale, Ill.



## THE NATION'S CURSE.

MRS. MARTIN,  
Barnard, Mo.

[Mr. and Mrs. Martin wrote us asking for literature, pledge cards and information how to organize Anti-Cigarette Leagues among boys. We wish to say to all others who are interested in this good work, if they will send their name and address to Lucy Page Gaston, superintendent of the National Anti-Cigarette League, 1119 Woman's Temple, Chicago, enclosing a few stamps, they will be furnished something to help them begin the work.—Ed.]

My husband and I are much interested in boys. Three weeks ago in my missionary work in Maryville, Mo., selling this magazine, I was made to feel quite grieved at the throng of men who patronize the saloons. They are overcome by the accursed cup. In the afternoon of the same day the corner stone of the Normal school building was laid. Hundreds from the surrounding towns assembled there. I presume many of these young men for the first time entered the saloon. We have never prayed more earnestly for the work than we prayed that morning.

As I stood in the entry of the first saloon a young man stood opposite me, evidently interested in watching me sell the magazine. At last I asked him if he did not have a praying mother. He replied that he had. I told him that the Holy Spirit was working with him. The tears came to his eyes. I thought of all that the speakers of the day had said in praise of Maryville and its bright prospects, and of how these same young men would attend that school and have a voice in its future management.

Later as I was turning the corner by a prominent building I noticed two bright young boys, one of whom was smoking a cigarette. I was constrained to stop and ask him why he smoked cigarettes. I said: "Young man, you appear to be quite frail. The devil is tricking you, he is leading you on to greater sins. Why do you let him play such pranks? It will eventually cost you your life. You are the temple of God and you owe it to yourself and to your Maker to be clean. You need to seek God for wisdom. He has promised that the righteous shall live to old age." I gave him some instruction on health reform and asked him to promise to give up that accursed habit right then. He hesitated a few moments, then threw away his cigarette and said: "By God's help, I will." I believe

the judgment will reveal the fact that some soul was saved as a result of that day's effort. I disposed of seventy LIFE BOATS in two saloons.

## HUNTING THE LOST.

DR. M. GOODISON-LEACH.

"Wouldn't you like to invest that nickel in a LIFE BOAT?" was the question put to a man standing on the edge of the sidewalk balancing a nickel on the end of his finger. It was in the down-town district in great, dirty, wicked Chicago, on Saturday night, when Sister Richmond and I were selling this magazine.

The man smiled and asked, "What is the LIFE BOAT?" As we answered his question and told him of the different lines of work and of the Mission where the Lord is so wonderfully saving men and women from their sins, he said, "I'd give anything in the world if I could get away from the drink habit." It was the old story in four words, good wages, drink, sorrow. We told him of the great Physician who can heal the souls as well as the bodies of men and take away the craving for liquor.

As we talked with him he said, "I don't understand why such women as you are should come down here to one of the worst parts of the city to do this kind of work." We answered, "It is the love of Christ that constraineth us. Because Jesus has saved us we know He can save you and the people in this part of the city that will let Him."

## THE MAGNOLIA BLOSSOM.

PAULINE HANSON.

The magnolia blossom, before it is plucked from the tree in her southern home, is white and beautiful. Lamentable it is that, as the hand touches it, it loses its beauty and turns brown. For that blossom there is no regeneration, and we can but remember its faded beauty.

God's temples are not so; for them there is incorruption and immortality.

Let not your temple become blackly tainted by the touch of sin; but, unlike the magnolia blossom, should your temple unfortunately so become bring it to Him, forsake your sin and let Him make it "whiter than snow," to know corruption no more. How much sweeter it were to have kept the temple unspotted!

	<h2 style="margin: 0;">Editorial Department</h2> <p style="margin: 0;"><b>DAVID PAULSON, M. D.</b> EDITOR</p>	
	<p style="margin: 0;"><b>William S. Sadler, M. D.</b> ASSOCIATE EDITOR</p>	

### ANOTHER PRISONERS' NUMBER OF THE LIFE BOAT.

Next May we shall issue what be believe to be the most important special prisoners' number ever issued. We hope our friends everywhere will bear this in mind. This is entirely a labor of love which we ask everyone to participate in. We shall be glad to hear from those who are specially interested in the matter.

### HOUSE TO HOUSE GOSPEL WORK.

We are sure that all of our readers who read Brother Kingsbury's article in the December number and in this LIFE BOAT, entitled "A Red Letter Day," must be led to say, "What a blessed ministry, what beautiful experiences!" And many will undoubtedly wish that they might have a similar experience.

The Lord may not use you in just such a remarkable manner, but if you will begin to pray for the Lord to give you soul-winning *opportunities* and then if you will keep your eyes open you will be astonished what will come your way the next six months; and many of them will come in such a simple, natural way that you would have entirely overlooked them if the Lord had not showed them to you in answer to your prayers.

"Watch for souls" should be the Christian's motto, and if that is not your motto, why not?

### SHALL THE MEN BEHIND THE BARS HAVE THE PRINTED GOSPEL?

One of the important missions of this magazine is to give the printed Gospel in a simple form to the men behind the bars. Once a year we have issued a special prisoners' number and supplied, with the kind co-operation of prison officials, as nearly as possible the entire prison population of the country, and many have been won to the Master. Many are today leading honest, upright, Christian lives out of prison, who attribute it to the inspiration that came to their souls from

reading this magazine in their cells.

We have felt for years that a good supply of copies of this paper should be sent, not once a year but every month, to the leading prisons of the land. God is beginning to open a way in that direction, as can be seen from reading another page in this number. But we believe God will touch the hearts of many others to do likewise.

How much will you do to supply THE LIFE BOAT each month for a year in your State prison? Write us for club rates for prisoners.

### HAVE YOU MONEY TO BURN?

Suppose I should take a dollar bill out of my pocket, strike a match and burn it before your very eyes, would you not think that there was something the matter with my head? For no sensible man would burn up money!

But suppose *you* buy a dollar's worth of cigars or cigarettes and then smoke them; you have burned up the *dollar* just the same, and in addition the poisons resulting from it have raised your blood pressure, have injured your nerves, have given you an unearned good feeling from which you will afterwards have to have a corresponding abnormal depression.

Tobacco is one of the deadly sins of modern civilization. The fact that nearly everybody is using it does not make it any the less so any more than the fact that many frenzied financiers are stealing makes dishonesty right. Dr. Gould of Philadelphia, formerly president of the American Medical Association, the author of our greatest medical dictionary, and the editor of one of our leading medical magazines, writes in a recent number of the *Medical Standard*:

"All agree that habitual smoking, and especially of cigarettes by boys, is most injurious. If harmful to the young, why not to those who are older? \* \* \* Again, if tobacco is not harmful to men why should women be excluded from the supposed harmlessness and admitted pleasure of smoking?"

## LIGHT AND TRASHY READING.

There is a great flood of light and trashy literature picturing unreal life, exciting the mind, confusing the judgment, and bringing forth an evil harvest from its pernicious educational influences, which is deluging the land. This sort of reading intoxicates the mind and morals just as verily as alcohol intoxicates the brain. It is a form of mental dissipation which paralyzes the noblest aspirations of the soul.

It becomes a bewitching habit which is nearly as difficult to overcome as the cigarette or the morphine habit. More than once we have seen those who really had noble and generous impulses, with a desire to work for the Master, and who recognized the mischievous influence of cheap and trashy reading, who would promise with tears in their eyes to abandon it; yet perhaps the very next night they would sit up until almost daylight reading the latest novel.

Sometimes some of this reading is excused by saying it contains a good moral, but that is not enough. Does it inspire the reader to moral *activity*? Does it brace his soul to resist temptation? Does it furnish him the groundwork upon which to *build* a character to stand the terrible storms that will yet shake everything that can be shaken? Is it preparing the reader to *win* souls for the Master, and for the association and companionship of heavenly angels?

Ponder these things carefully. It may be that you will actually have to *cultivate* a love for good substantial reading, just as many individuals have to cultivate a taste for good, wholesome food after they have ruined their taste and digestion by an unwholesome and unnatural dietary. But remember the same God who can help a man to give up the tobacco habit, the liquor habit and other vices, can help you to overcome the love for pernicious reading. May God help you to lay hold of that help before it is too late to be freed from this bondage!

## AN ENEMY DESTROYING OUR NAVY.

In his annual report as surgeon-general of the navy, Dr. Rixey recommends that an order be issued by the navy department forbidding the use of cigarettes by all persons in

the navy under twenty-one years of age.

It is stated that in three months the crew of the battleship Missouri (700 men) used 1,200 pounds of smoking tobacco and 37,000 cigarettes; 48,000 cigarettes, 1,000 pounds of navy plug chewing tobacco and 30,000 cigars have been loaded on the battleship as a part of the canteen supply.

Have you not often wished that you had a beautiful pocket Bible so you could snatch a few words from God's Book in a leisure moment? Look over our special 1908 PREMIUM OFFERS and see how you can get one for nothing.

## OTHERS WOULD BE LIKEWISE AWAKENED.

A few days ago we received the following letter from a prisoner in the Joliet prison:

"Being a stranger, I hope you will pardon me for the liberty I have taken in writing to you. The reason is this: Several months ago as I entered my cell one evening I found a copy of your publication on my bed, and having nothing else to read I began immediately to look through it. I became interested at once, and each article so impressed me that I read it over and over again. Now, to tell you the truth, I never professed religion of any kind, nor do I profess any now, for if I did I would consider myself a miserable hypocrite; but I would like to lead a better life when I leave this place, and I feel that THE LIFE BOAT would be a great help to me. I have two more years to serve and having neither friends nor money I would consider it a great favor if you could send me a copy of THE LIFE BOAT once in a while.

"Hoping this will meet with favorable notice, I am Respectfully,

"\_\_\_\_\_."

We quote the following from our reply to him, as his case probably illustrates that of many others:

"It is not a question of *professing* religion; it is a question of discovering the fact that the same God who sends rain and sunshine is the God that is working on every human heart, and it is only a question of whether we will permit Him or not. The human being can *oppose* this work, as thousands are doing,

or we can put ourselves in line with it.

"The man who is not a Christian is like a street car with its trolley off. He may make a good appearance, there may even be much about him that is comfortable to others, but he has but little light and power in the true sense of the word. It is only as you and I give ourselves to God, look to Him, pray to Him and receive his principles that we are getting what is really coming to us in this world."

#### HERE IS SOMETHING UNIQUE.

Did it ever occur to you that you can get the Vest Pocket edition of the Gospel of John, containing valuable helps, a calendar for 1908, map of Palestine in the time of Christ with the places marked on it mentioned in John's Gospel, an outline of the principal subjects of each chapter, with the most important verses about Christ printed in bold type, for only four cents and one cent additional for postage?

Send five cents and we will mail you one of these unique Gospels of John. Give it to one of your children or to a friend; they will enjoy it. Put it in the hands of someone who is just beginning to be interested in spiritual things. The Gospel of John is the best book in the Bible for the beginner. The soul-winner's mind needs to be full of the Gospel of John. Send five cents in stamps or coin. Address THE LIFE BOAT, Hinsdale, Ill.

#### REMEMBER THE RESCUE HOME IN YOUR WILL.

This building will be completed in the spring and early summer, but although we shall introduce various earning industries, it is too much to expect that it shall become entirely self-supporting, as many will come to us needing our help who will not be able to do anything for themselves. Will you not make a bequest for this labor of love in your will?

A suitable legal form of a bequest is the following:

I give and bequeath to the Trustees of the Workingmen's Home and Life Boat Mission the following described property to the Sub-

urban Rescue Home for Girls maintained by this corporation near Hinsdale, Ill.

#### NOT A BAD BOY.

The following extracts are from a letter from a boy in the Pontiac (Ill.) Reformatory:

"Some of your little magazines were passed to the inmates where I am, and I was fortunate to receive one of them. I have read it all through and have never read anything like it; it is something fine, and if all the boys would read it I am sure it would change them quite a lot. About three years ago I was converted and I was doing fine until I got with some fellows who were not doing what they should have done. I am a member of the Young Men's Christian Association down here and am trying to do what is right and live as I should.

"Please answer these few lines and you will be doing me a favor, because no one cares to write to me. May God bless you and keep you. Write to me as often as you can. I am not a bad boy, but I associated with boys that were not very good to associate with. I mean to do what is right and live a good Christian life when I get out again. If you have any good reading matter that you can send me I will be only too glad to get it. I wish you success and prosperity in your good work always."

**We have left over some December LIFE BOATS. These will be disposed of as long as they last at 1¼ cents per copy. Send in your orders immediately.**

Do not forget our special club offer of one dollar for both the "Good Health" magazine and the *Life Boat*. The *Medical Missionary* and *Life Boat* for seventy cents.

Are you anxious to study the more advanced truths in the Bible? If so, send stamp for sample copy of *Signs of the Times*, Mountain View, Calif., and you will get what you are looking for.

One of the interesting magazines that comes to our desk is "*Good Housekeeping*." Among the many helpful articles in the January number is one from Dr. Luther Gulick, physical director of New York schools. Dr. Gulick is always writing something that is good.

## The Life Boat

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

THE LIFE BOAT is published at Hinsdale, Ill., by the Workingmen's Home and Life Boat Mission, incorporated. The Chicago office of the Association is 471 State St.

Checks, drafts and money orders should be made payable to THE LIFE BOAT, Hinsdale, Ill.

Yearly subscriptions, 50 cents.

Special discounts when a number are sent to one address.

Ten cents additional to foreign countries.

### 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.

### RATES FOR ADVERTISING.

Full page, single issue, \$20; three months, \$50.

Half page, \$12; three months, \$30.

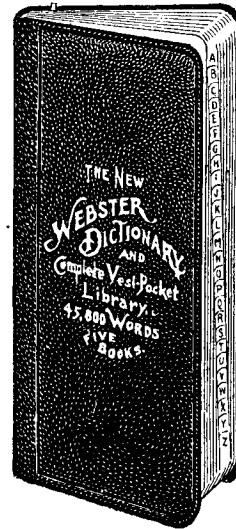
One inch, column width, one insertion, \$1.00.

### UNPARALLELED OPPORTUNITIES FOR ADVERTISING.

We desire advertisements from both large and small dealers of articles that we can recommend to our subscribers. THE LIFE BOAT has an unusually large circulation among the best class of people. Full information concerning circulation, etc., given on application. THE LIFE BOAT, Hinsdale, Ill.

## The Best Yet!

A new Webster's Dictionary and Complete Vest Pocket Library by E. Edgar Miles, for only two new subscriptions. Bound in morocco, gold stamp, gold edges, thumb index. It is really five books in one, distinct and complete.



192 Pages, 5½x2½ inches.  
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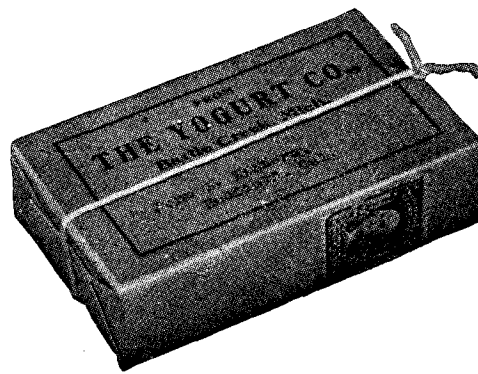
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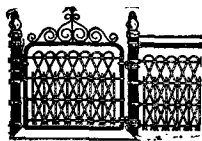
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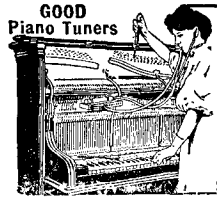
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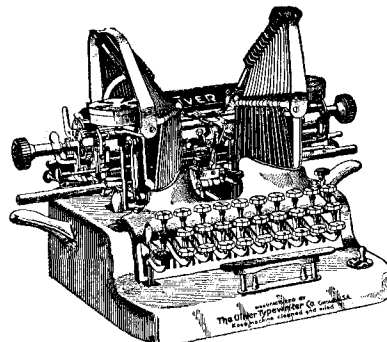
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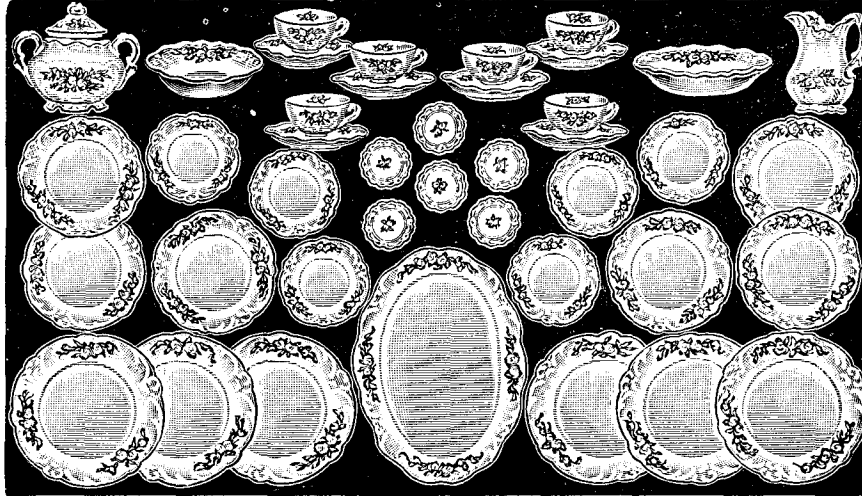
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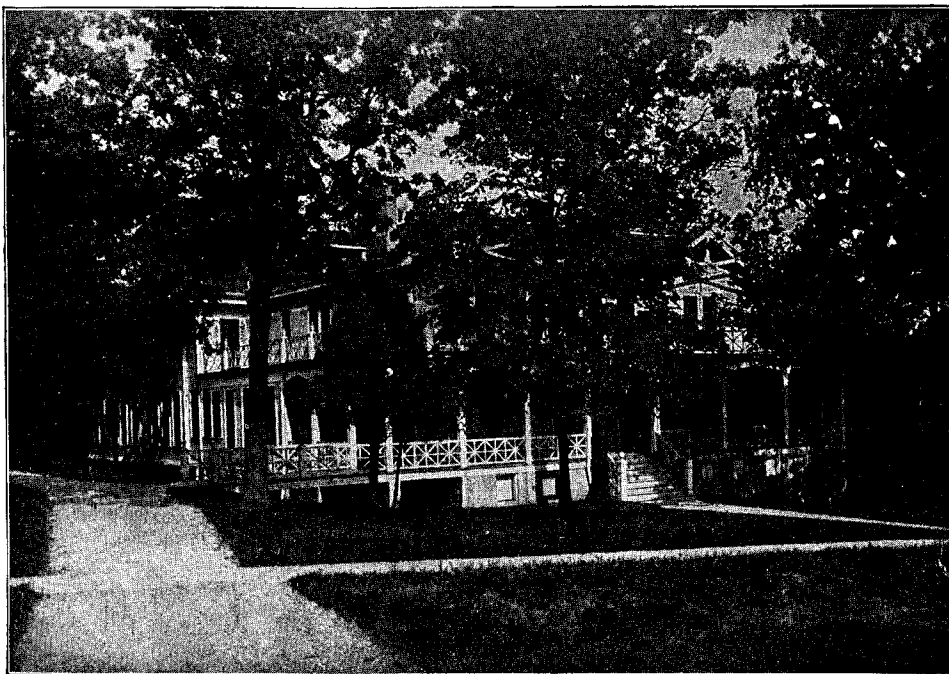
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