

Where Will You Spend Eternity?

Volume Thirteen Humber Two

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# Make Out a Prayer List



AKE a list on a card of the most important things that you want to make a special matter of prayer during the year 1910. Are there some for whom you have been specially concerned that they should be led to Put that on your prayer list, and keep your eyes open for an opportunity to answer your own prayer. Is there some project that you want to see accomplished? Put it on your prayer list. From time to time other things will come to you that you especially need to seek God for. Add them to this prayer list.

You will soon have quite a list, but you will neither weary the Lord nor overtax His capacity to answer by continually pressing them to the throne of grace. As your prayers are answered check them off the prayer list and replace them by others.

Add to every one of your prayers, "Nevertheless not my will but Thine be done.'

If you are asking for something that is not wise for you to receive, God will in His own time and way reveal that to you so that you will not need to continue to ask in vain. Do not despair because your prayers are not immediately answered. In some instances it takes a long time for God to make the one who prays fit to receive the answer.

Mr. Müller, the man whose prayers were so marvelously heard in behalf of the orphans of England, prayed three times a day for several years before the object of his prayer was granted him, but he did not cease praying. "Men ought always to pray, and not to faint." Luke 18:1.

All who have accomplished mighty things for God have been **mighty in prayer.** Who will adopt this suggestion of making a prayer list and be faithful in following it up? Those who do will have some things to thank the Lord for at the end of the year 1910.

There are many people who make a memorandum of the various things they want to get from the store, who have never thought of making a list of the various things they want to get from heaven, and so they ask for little and consequently receive little. God says, "Put me in remembrance" (Isa. 43:26), so do not hesitate to make a prayer list that will constantly remind you of the things you want to present before God day by day.



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# The Christian Conservation of Health

### David Paulson, M. D.

O NE cannot pick up a daily paper without being impressed with the fact that the political pot is seething and boiling to its very depths over the conservation of the nation's natural resources. President Hill of the Great Northern is calling the attention of the farmers to the fact that with proper management they could raise nearly twice as much wheat on the same ground. Pinchot, late chief forester, has aroused the nation to some sort of a realizing sense of the reckless waste of our

timber supply. Prof. Irving Fisher of Yale has awakened the nation as never before on the conservation of the nation's health. I am interested in what might be called the Christian conservation of health, of the Christian worker having his share of health, strength and life.

The Bible admonishes us to "gather up the fragments that nothing be lost." That includes health just as much as money or anything else. It is God's wish *above all things* that we may prosper and *be in health* even as our souls prosper. 3 John 2. With that divine wish before us let us take a bird's-eye view of the actual situation.

#### A SAD AND STARTLING PICTURE.

It is estimated that there are constantly

three million people sick in the United States. That averages thirteen days for every man, woman and child in the land. Stop and think what that means, especially when it is remembered that someone else must take care of them, to say nothing of all the additional anxiety and heartache.

There were a million and a half people who died last year in the United States. Some will say, "What of it? We all must die." Yes, that is true, but *one-third* of all these deaths were children *under fifteen years*. Think what that means: One-third of all the funerals were of those who had not yet earned enough to even pay for their own funeral expenses. Fond parents had dreamed dreams of a glorious future for these children when they would be the support and stay of their declining years, only to have this vision wrecked by having them carried off to the graveyard.

This is a still more startling fact: Onefifth of all the funerals that took place in the United States last year were of children under one year. Tuberculosis was responsible for one-third of all those who died between fifteen and thirty-five, the most productive years of men's life; and one disease, pneumonia, was responsible for one-tenth of all who died at all ages.

#### ONE-HALF OF ALL SICKNESS PREVENTABLE.

Is all this sickness, sorrow and premature death inevitable? Must it be? Has God so ordained it? We now know that at least one-half of all this is entirely preventable, and in this respect the children of this world seem to be wiser than the children of light. Luke 16:8.

The life insurance presidents have discovered that their policy holders could just as well be kept alive fifteen years longer by putting in practice the simplest health principles, and they have already organized a great health campaign to instruct those who are carrying life insurance how to preserve their health. It does not yet appear that the great religious bodies have taken the matter of keeping their Christian workers alive as seriously as the life insurance presidents have. And my purpose in writing this article is to contribute my mite to help to arouse an interest in the christian conservation of health.

Someone has called attention to the fact that it takes a doctor four years to learn how to set a broken bone, while it will only take a minute to kick the banana peeling off the sidewalk, that caused the broken bone. PREVEN-TION is the master word in this great question, and that, expressed in another way, spells obedience to nature's Jaws. One is not crowned with health unless he strive *laxefully*.

The third rail of the electric car system is dangerous. It is so heavily charged with electricity that if one steps upon it it means almost certain death. Along these lines the railroad company put up at regular intervals the sign, "Do not step on the third rail." All along the Christian's path nature is hanging out the same sign with reference to the violation of physical law, "Do not step on the third rail."

#### THE STRENUOUS LIFE.

But some will say, "In these days we are living a strenuous life; it is bound to break down the health." Not necessarily. The lightning express is just as safe as the freight train, only the engineer must observe the rules of the road and watch the signals more closely than the engineer of the slow-moving freight. Dr. Luther Gulick has well said: "The faster and more intense the life the more exact must be the observance of its rules. The conclusion of it all is, play as hard as you like but *play by the rules*. Violate the rules and you will be out of the running and put off the track by the Great Umpire. Go to an expert to learn the rules and then play by them."

No saner words were ever written on this \* subject and the Christian worker should take them to heart.

#### WHAT MUST WE DO TO BE SAVED?

There are many who appreciate the importance of doing more than they are doing, but they do not know how. They do not want to spend all their time puttering over their health. It is not a reasonable thing for a Christian worker who has a mission in the world to spend all of his time oiling his physical machine. On the other hand, no sensible man who owns a bicycle or an automobile will neglect to take time enough to oil it.

It is my purpose to point out as plainly, simply and concisely as possible some of the things that are necessary for the individual to do to keep human machines in the best working order.

First and foremost one must appreciate the greatness of small things. You remember old General Naaman, who had a serious skin disease. He came down to the prophet Elisha to be cured of it. The prophet had charge of a training school for Christian workers. In those days they called them "schools of the prophets," but they were only what every Christian school ought to be today. He sent his assistant out to General Naaman with a prescription to go and take a course of baths over in the river Jordan. Naaman was up in the air, so to speak, in a moment. The treatment was too simple; he could have done. that at home-and all that kind of talk. You can read the whole interesting account in 2 King 5.

By the way, although General Naaman has been dead more than thirty centuries, some of his tribe are not dead by any manner of means. I keep meeting some of them in my office; they can't believe they can get any good out of doing such simple things. They want to take a trip to Europe, they want to swallow some mysteriously named medicine, when often the most important thing they need is a change of climate *inside*, which of course means eating different foods and changing their program in other directions.

#### THE BREATH OF LIFE.

The Lord breathed into Adam's nostrils the breath of life. That life cannot be maintained - in any one of us unless we keep right on breathing pure, life-giving air instead of the poison-laden air of the average bedroom, workshop and even ordinary living rooms. It is gradually being demonstrated that in the breathing of pure fresh air one stores up vitality, that life becomes more vivid and real, and it has recently been shown by a worker in the Boston Institute of Technicology that a few minutes of rapid, deep breathing is a stimulus to the mind which leaves no after results, that it is possible to postpone for a long time mental fatigue if one breathes rapidly and deeply a couple of minutes every half hour. This same investigator has shown that it is possible to increase physical endurance thirty per cent by the same means.

That is not all. Deep breathing sweeps the germs out of the corners of the lungs, helps to empty the abdomen of its stagnating blood and gives one's vitality an uplift generally. It is just as simple a matter as it was for Naaman to go over and take those baths in the river Jordan, and because so many people are like Naaman they simply will not do it. They prefer to go and buy some tonic in a bottle, which will leave bad after effects, when they might as well have put that money in the

contribution box and received the stimulant in nature's own way.

#### THE WORK CURE.

The majority of Christian workers are so busy that they do not have time to study their Bibles nor have sweet communion with God through prayer, but most of them are busy with their brain and nervous system rather than their muscles. As you are sitting reading this article two-thirds of all the blood in your body is in your brain, lungs, liver, stomach and other internal organs. If you now get up and take a brisk walk for a quarter of a mile or more, swinging your arms freely, with chest erect, two-thirds of all the blood in your body will then be out in your muscles. That is why the sedentary man is so much more likely to suffer with congestion of the brain, liver or stomach than the active physical worker.

A physician in Massachusetts is making great success in treating nervous patients by simply setting them at work. He has a workshop where the nervous patients are working out their physical salvation, weaving, doing woodwork, making baskets, producing pottery work, etc., earning their health by the sweat of their brow just as the Lord arranged for Adam to do in the first place.

Do not forget to walk on tiptoe while you are dressing in the morning and undressing at night. It will do you a great deal of good. Off and on during the day do some work that reaches the big muscles of the body. That is what counts, and you will be much blessed by so doing.

In the next article we will continue this study on the Christian conservation of health.

Don't throw away your ticket when you get in the tunnel, for it's as good there as it is out in the sunshine.



Soul-Winning Miniature Post Cards like the above are furnished at forty cents a hundred by Ed. H. Packard, Home Herald Bldg., Chicago.

# A Glimpse Into Sad Lives

# Mrs. Hannah Swanson, Matron, Life Boat Rescue Home

#### HINSDALE, ILL.

[The hearts of fathers and mothers will be more profoundly impressed with these lines from the pen of Mrs. Swanson than with anything else they will read in this LIFE BOAT. We trust that some will feel it a privilege to assist in a work that is bearing such abundant fruit.—Ed.]

A<sup>S</sup> I was looking over the history of each girl who has gone out from the Home the past year I thought perhaps this would interest the readers of THE LIFE BOAT. Space will not permit

to write of more than just a few of the most interesting cases.

First I will nention a young girl who has been with us for some time who was deceived under promise of marriage. From the very first she decided she



could not give her baby away. Her father felt very bitter toward her and sent her word she could never enter his home again. But just the other day he came to see her and invited her to go home; it was the first time they had met in two years. Since coming to us she has been baptized and I believe will be an influence for good in the home she left under such sad circumstances.

The saddest case was a little school girl only thirteen and a half years old, who was about to become a mother. She was a simple child in the ways of the world. Her mother wrote me that if I only knew the particulars I would consider her almost blameless.

One young girl came to us from a distant State. She was raised by an older sister, having lost both her parents when she was a mere child. When this sister learned of her condition she turned her out of her home and made her promise she would tell no one her true name. She said no one would ever know how she felt as she told her sister goodbye.

She had a picture of The Life Boat Home and babies which some one had given her. That was all she knew about us. She made up her mind to come here first and if we did not want her she would go back to Chicago and lose her identity in the great whirlpool of humanity. She said as she passed through the city that she was tempted to stop over, but something kept saying, "Go on to Hinsdale." She has since been converted and baptized and is now happily married to a good Christian man.

We also have a little white slave victim. After escaping from the den of vice where she was detained she went to one of our doctors, who sent her to us. She was almost prostrated on learning her condition. When she first came to us she could speak but a few words in the English language; now we understand her quite well.

The next is a school girl of sixteen who left home and all that was dear. You will find in last month's LIFE BOAT a very interesting letter written by her mother, which is more explicit than anything I can write. The girl is now in a good Christian home where she can care for her little one herself.

Some time ago a very interesting little girl came to us from a young woman's boarding school. Her great sorrow weighed so heavily upon her she was in tears most of the time, until she learned that all things work together for good to them that love God. She promised she would let God work some good out\_ of her experience. She has since married the young man in the case and seems a thoroughly consecrated young woman.

A very cultured girl who came to us from a western State has been with us for some time. She was brought by her family physician who explained to us that he had not examined her as she seemed like his own daughter. Her family are moving to another State in order to help this girl live down this great sorrow that has come into her life.



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FORTY BABY PICTURES, ALL OF WHOM HAVE BEEN BORN IN THE RESCUE HOME THE LAST FEW YEARS.

We recently received a letter from a bright young woman offering to solicit for the Rescue Home on a moderate commission basis. We wrote her that we had no solicitors for any line of our work. It is entirely a work of faith. We pray to God and he moves on the heart of some one to do something. The same God who has taken care of us so wonderfully in the past we are going to trust in the future.

I must tell you a little incident in this case; it may help some other girl in like circumstances. She wrote me that her family knew nothing of her condition but she must leave; she could not tell her father, as he would never forgive her. I wrote her unless she told her family she would have to come here under false pretenses, and that she could not get the blessing out of the experience that she might otherwise. She showed my letter to her doctor, who broke the news to her father, with the results above stated.

A sad-faced little girl who was with us several months has had a bitter experience. She loved a young man who had been coming to her home for two and one-half years. She became engaged to him, the day was set for the marriage, but something happened—the saddest thing that can come into any young girl's life—to think she has been betrayed by the man she loves, and he a married man. Put yourself in her place if you can for a moment. Is it any wonder that her face wears a sad look?

Just a few weeks ago a scared, sad-looking girl came into the office. I asked her a few questions, and if she had written us about coming. She said, "No, this is all I have," and she showed me a LIFE BOAT containing my picture. She said, "I have come to you." Just then someone called me away and when I returned she was crying like her heart would break. I asked her what was the trouble. She said: "Aren't you going to take me? Must I go away?" I made her feel at home at once by assuring her that she could be one of my girls.

I might tell you of a great many more but space will not permit. We have twentytwo in the family now and eleven babies, and it takes money to keep the Home open. I asked the Lord last week to send us girls who could pay something, and I would work for and care for them, or to send us money and I would care for girls who could not pay—just whatever way was best. Pray for us that we may be faithful and that many more wayward girls who are downhearted, discouraged and hopeless may be led to this Home, where they can receive not only human love and sympathy, but can also experience the blessed forgiveness of Jesus Christ.

#### A NEWLY DISCOVERED PLAGUE-PELLAGRA.\*

#### O. M. HAYWARD, M. D., Chattanooga, Tenn.

Pellagra is not a disease alone of the South, there are institutions here in this State that confess that they have had cases of this disease for years and failed to recognize it. In Europe, especially in Italy, pellagra has been one of the most common scourges for years.

It is stated that this disease is caused by eating corn. There may be some relation between eating corn and pellagra, but I have lived for some time among a people whose principal diet is corn and I know those people have never seen a case of pellagra. In the South the corn is ripened on the stalk in the field before it is harvested and it is not put up until it is dry enough to grind. No doubt there is a great deal of sickness caused by an improper method of harvesting the corn, but if there is any pellagra in the South from the use of corn, it is from the corn raised in Illinois. Corn is eaten by the people freely as their main article of diet, and it does not cause pellagra.

The characteristics of the disease point clearly to an infection of some cause. That is not to say it is a contagious disease, and that one is in danger in getting in contact with it. Christian workers are afraid to go South to labor for fear they might get in contact with this disease, but there is no more danger of taking pellagra in the South than of taking typhoid fever in the North. It is not communicated by mere contact but by living with the person who has it.

Now as to symptoms: The skin symptoms are the most pronounced and the first recognized. The skin becomes parched and brown like in sunburn and this burned area becomes cracked. This condition occurs on both hands alike, usually on the backs of the hands. Another location is the back of the neck, where patches will appear on either side. In a person who goes bare-footed the disease appears on both feet alike.

The disease develops very slowly, sometimes disappcaring for a while altogether. Later

<sup>\*</sup>Talk given at the Christian Workers' Convention, IIinsdale, Ill.

on irritation exists in the mouth and all through the alimentary canal. The mouth becomes very red, the lips a deep red hue, the mouth gets sore and the patient is unable to swallow food. Nervous symptoms begin with a feeling of listlessness and work becomes irksome, mental faculties become more clouded until finally the patient is insane.

There is no special treatment that can cure this discase other than some simple measures to build up bodily resistance, such as tonic treatments, outdoor life, cold baths, etc.

As we see the plagues developing in the land we ought to be more diligent than ever in building up our bodies in a perfect state of health. In that lies our only safety. We cannot provide for ourselves seclusion enough to keep out all the diseases that we meet with but we can build a foundation of health so that we can stand free from disease in the presence of disease. I think we can easily keep ourselves immune to this particular scourge which is attracting so much attention in our land today.

#### THOUGHTS SUGGESTED AT THE HARRISON STREET POLICE STATION.

#### KATHERINE GEROW.

We thank God for the privilege of visiting the Harrison street police station. We count it a privilege because it has brought us in touch with needy lives, because we could tell them of a Saviour who is able to guard them

from stumbling. We meet those who almost seem to have been tempted above that they were able to bear and did not know or had forgotten that there was a way of escape. They have walked in the ways of sin and did not realize the strength of the fetters that bound them until the iron bars were between them and their liberty.

Girls are in those cells, girls who came to the city not knowing its temptations, and who, as they became acquainted, walked in the ways of their companions, which ways were evil. Last night a fair young girl was carried in drunk. God pity those who tempted her! May she be brought to realize her peril and what it is to take Jesus as her Saviour. She is only one in thousands who are in this awful danger. As we sing and tell the gospel message, hearts are often touched. Some have lived so long in sin and have found the world so cold that it seems hard to reach them; but with hearts that ache for them we point them to Jesus whose blood can wash them clean. Is it enough to tell this message? Shall we not rather live it and tell it? The Master's "Inasmuch as ye did it not to one of the least of these, ye did it not to Me," is just as true today as it was when He spoke it. You who read these words may not see the inside of a police station, but you may by your loving interest in some girl you know save her from a life that will be her ruin.

There are mothers' hearts aching all over the land today because a daughter has gone to the city and has not been heard from. She might have been saved from her downward course if the friends she had made in the great city had been loving and true, if Christian homes had been open to her where she had felt there was a welcome for her. But the dance hall, the saloon and the brothel had thrown open their doors and she had entered in. Shall we blame her? Too often she did not know the danger before her, too often she was homeless and friendless and grew desperate.

What will you do to help the girls who need you? Begin with your own daughter and teach her as only a mother can, a hatred of sin and a love of purity. You will not have to go far to find some other girl who needs a true friend. Care for her as you would want some mother to care for your own girl if she was away from home. Let us do our part to keep our sisters from the paths of sin.

Pray for the work at the Harrison Street Station. Pray definitely for the workers who go there that God may give them the message that hearts need. Pray for the girls that they may not be indifferent but with new hope, courage and faith in the keeping power of Jesus Christ they may go out into the world living witnesses of the power of Jesus Christ to cleanse and keep.

There are no saints without service.

Nothing feels the lack of exercise quicker than piety.

## Deep Sea Fishing or Personal Service for Souls

### Rev. Capt. N. Kingsbury

#### SANTA ANA, CAL.

[When we read this article we were deeply impressed with the importance of obeying the good thought that comes to us. Have not many of us smothered just such good suggestions and hence lost some wonderful opportunities?—Ed.]

NOT long ago in a city of fifty thousand people, while tarrying there temporarily, one certain afternoon while I was alone writing an impression came to me to step over to the railway station not far away. I followed the impression and reaching the building passed around to the inside instead of entering at the front door. As I came near the entrance this query presented itself, "What are you here for anyway? You are not going anywhere. You have no ticket to buy. You have no friend to meet."

As I approached the door of the station a man of sixty or so sitting on a seat noticed the little "Win One" badge that I have worn for more than ten years, and addressed me, "How do you do, brother?" I said, "Good afternoon, sir," and passed into the building. There I came face to face with a noblelooking soldier boy clad in a brand new uniform of the United States Army. Immediately it came to me, "This is the man you are to see. Here is your work." So I extended my hand, addressed the soldier and introduced myself.

Then in came the man who had spoken to me as I entered the door. He was a pretty bad specimen—eyes bleared and bloodshot, face bloated, nose red and honey-combed, clothing dirty and hands unclean, whisky on his breath. He laid trembling hands on my arm and as great drops of sweat rolled off his face he said:

"I would like to have the price of a drink, sir."

I said, "No, sir, not from me. I never treated a man to a drink of liquor in my life—never drank a glass in my life and cannot begin now."

"But, sir, I am suffering for a drink, man, and must have it!"

I said, "Never from me, sir. I cannot do

a thing like that. I'll tell you what I can do. I can go across the street and get you a cup of coffee and a good lunch and bring it over to you if you think that will help you any."

"I suppose that will be better than nothing," said the poor fellow. So I went out and secured the coffee and a plateful of substantial food, and returned and gave it to the man. While he took of these I sat down beside him and talked salvation and liberty from bondage to drink and sin through Jesus Christ.

Evidently a deep impression was made on this man's mind and heart. This man was on a journey. He showed me his railroad ticket, and after he had finished his lunch he went away. I have his name on my prayer list and my faith says that the words and little ministry of that day will by the aid of the blessed Holy Spirit get the victory in due season.

This man gone I turned my attention to the soldier boy—went and seated myself beside him. He told me he was being transferred, showed me his transfer papers. He was going to join a troop of Uncle Sam's army boys some distance away. As I looked upon his neat uniform I wondered if he knew of the uniform of the King of kings, and if he was enlisted in the army of King Jesus. It was natural to speak to him of this, and as I found him an attentive listener we were soon deep in conversation concerning his relations to our great and glorious Saviour and Commander, His call for recruits, and all that.

Presently a train pulled into the station and our soldier boy said, "That is my train," but before we parted he had signed a Confession Card, such as appeared in my article in the November LIFE BOAT. He gave me his hand in a hearty, honest promise to be true and loyal to Jesus Christ.

I said, "I will write you in a week or ten days," and he promised a prompt response. I saw my friend board his train and away he sped. True to my promise I wrote him and received an immediate reply. It will be interesting to quote some sentences from his letter:

"The test came on board my train. I found on entering the car that several men were on the way to the same camp to which I was being transferred. They all had whisky and invited and urged me to drink with them. Thank God, grace was given me to say no, and to enable me to stand firm.



tev. Kingsbury.

"On reaching the camp and joining my troop my fellow soldiers urged me to drink with them, but so far I have been

able to withstand all temptations. Every day I go into the woods near the camp and there with Bible and prayer hold fellowship with the Lord Jesus. I am working with some of the men, trying to help them to the Saviour. I gladly sign the Win One Covenant Card you enclosed in your letter and by the grace of God I will keep it to the dot."

Just the other day I received another letter from the dear soldier boy. His troop has been transferred from the Park to near San Francisco and not many weeks hence will set sail for the Philippine Islands. He wrote me of things happening in the city, mostly churchwise, and of personal experience, Christian Endcavor Societies, Young People's Societies, etc., which called upon him for talks on the Christian life, service, and the like.

I believe that God is using and will use this dear young man in a signal manner. Loyalty to Jesus will mean loyalty to his fellow soldiers, to all men, to duty all along the line. It will mean the highest type of loyalty to the flag—it will mean rapid promotion in the service of his country and it will mean souls won for Jesus. It will mean promotion by and by to the ranks of the army of the redeemed on high.

How glad I am that God has such a representative in that troop of cavalry in Uncle Sam's service! How glad I am that grace and courage were given to me, a weak and timid soldier of the cross, to talk with these men in the railway station that day.

Reader, pray for the soldier boy—one of the King's own, pray that God may use him in winning his whole troop to Jesus. When one Christian—no matter how humble he or she may be—wins a soul to Christ, what a tremendous, what an unending, ceaseless influence for good is set in motion! How it will help to gild the temple on high with eternal glory!

Note: A word to prisoners: A good many prisoners have written me in the past two or three years. I am glad. I count it one of my chief joys to be able to write to such men. Any poor discouraged fellow may write me freely. I will answer every time. Address as above.



#### A DECISIVE MOMENT IN A TAL-ENTED LIFE.

E. B. VAN DORN,

Supt. Life Boat Mission, 471 State Street, Chicago.

Sometimes I love to recall the past and think over some of the precious souls the Lord has



given us in this work. Just now I am thinking of a young man from the far-away northwest—tall, manly, and with a good physique. His education and home training had been good. He was a nominal church member, but not a Christiau worker. He was a splen-

did artist and his room was decorated with his productions.

Finally he came to Chicago to improve his talents. One evening he went out for a walk and the devil put it in his heart to go down State street to see the sights in the slums. When he was going by the Life Boat Mission, however, God impressed him there with some things going on inside that fascinated the young man. He stepped in. It seemed different to him from anything he had ever met before. It was the simple story of the cross, the *living* testimonies of its power in the lives of men and women. It thrilled his very soul and he hungered for it.

But to accept it would mean to *change* his whole life plans. There was a warfare that went on in his life for some time, but one night he came in and told us that he had had the victory and that he had given up all for Jesus.

A short time after this he returned to the west, not with his old ideals but as a worker for Christ. I quote from the last letter which he wrote me:

"When I left home to come to Chicago, as people would call it I was well equipped spiritually. In a certain sense 1 loved Jesus, but I loved the world much more. Evil temptations I avoided more out of self-respect than for love of God's commandments. Whatever church work I took part in it was merely in a half-hearted way. Satan kept saying to me I was better than the average Christian and advised me to be content with myself, while before God I was perhaps worse than no Christian at all. I was simply a slave to earthly things—some of them not so wrong in themselves, but I loved them more than God.

"In the mission that night I was in spiritual agony. I know that my hope in rising higher lay in doing that which was the hardest thing to do-giving up everything for Jesus' sake. When you asked those who wished to be prayed for to raise their hands Satan swept into my heart and reasoned thus: 'You raise your hand with those drunkards and vagabonds? Be classed with them? Never, you are too good for that. Don't raise your hand.' But Christ won, and when you asked us to go forward and kneel in prayer He gave me strength to do it. I cannot praise God enough, for that was the greatest hour of my life; it was glorious."

"He that winneth souls is wise." Prov. 11:30.

#### THE "PARTING OF THE WAYS" HOME.

Rollo H. McBride, who was converted in THE LIFE BOAT Mission six years ago this month, and who has assisted in the gospel work at the Harrison street police station and conducted a work for the boys in the John Worthy Reform School, has recently been invited to take the management of a work for homeless men under the auspices of the Chicago Evangelical Alliance, called the "Parting of the Ways" Home. This Home is for penniless men and discharged prison-

The Life Boat Mission is located at 471 State street, one-half block south of Polk street. Open every night of the year. When in Chicago you are earnestly invited to spend an evening at the mission. ers. It furnishes temporary shelter and respectable positions and throws a home influence about these men, seeking to inspire them with hope and courage.

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Mr. McBride has recently sent us a report of the work accomplished in this Home during the month of December showing that fiftygix men were taken from the Bridewell

Prison, 342 meals were supplied, 135 beds,
 Porty-one positions secured, seven men were
 We to help themselves and six expressed a
 Secure to reunite with their respective churches.
 This is indeed a much-needed work and we trust that God will bless the effort to the reclamation of many a prodigal.

#### A WONDERFUL DELIVERANCE.

#### G. E. JUDD,

#### Los Angeles, Cal.

When I came to this place four years ago, sin had wrecked my home and death had claimed my sweet little child of three, and my heart was filled with malice, envy, jealousy and cruel hatred toward those who had been instrumental in leading my wife astray. Only those who have passed through similar experiences can appreciate the weight of sorrow and misery I endured.

I had once known the joy of salvation but had so backslidden that I was without God and without hope in the world. While in this condition the text came to me: "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9.

Finally I said, "Lord, if you will forgive, I will confess." Then I went to my room

and began to write letters to those whom I had injured, and as I began confessing my faults my sinfulness was magnified so that what I had supposed were little mole-hills of fault became real mountains; but I made a clean sweep and promised to make restitution. Then I asked God to forgive and before I had mailed half of those letters all the jealousy and hatred had vanished like the dew before the rising sun and in its place was a calm. sweet peace and a love for those I had the most reason to hate.

After this experience I had double reason for

knowing positively that my sins were forgiven and my name was written in the Book of Life—first, after I had confessed my sins God, who cannot lie, had promised to faithfully forgive and also to cleanse from all unrighteousness. So I knew it because He had said it and also by the love He had shed in my heart.

When I earnestly cried unto God for deliverance "He inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, set my feet upon a rock, and established my goings. And He hath put a new song in my mouth, even praise unto our God." Underneath are still the everlasting arms.

A beautiful pocket Bible is a grand thing. You can get some truth from God's word in the spare moments you otherwise would waste. Ask five of your friends to subscribe for "The Life Boat," and receive a moroccobound pocket Bible as a premium.

### GET ACQUAINTED WITH GOD.\*

F. M. WILCOX,

Takoma Park, Washington, D. C.

When a child I used to walk upstairs in the dark, and the fact mother was downstairs and knew how I felt brought comfort to my heart. And I think in the trials that come to us in after years, if we know God, that He loves us and sympathizes with us, it is the great joy of a Christian experience.

We may come to know God with a more perfect knowledge than we know our earthly friends. I may know my triends today, but they are not the same tomorrow; circumstances change, their feelings change; but if I get to know God today in all the beauty of His character I will know him tomorrow. He will never change His attitude toward me. I will always find Him a constant and true friend. If there is any relationship we need to enter into it is in getting to know God know Him as a *Friend*, as a *Brother*. "And this is life eternal, that they might know thee the only true God." John 17:3.

<sup>\*</sup>Talk given at morning worship in the Hinsdale Sanitarium parlor recently.



#### ANOTHER SPECIAL PRISONERS' NUMBER IN MAY.

For more than ten years we have issued each spring a special prisoners' number of THE LIFE BOAT, and as far as possible have sent it to the entire population of our state prisons rather, our readers have done it, for it is they who have donated the money to make it possible.

Prison chaplains all over the land write us of the spiritual uplift these LIFE BOATS have been to the prisoners. Men have been converted who are making good today outside of prison.

FIVE DOLLARS WILL SEND 250 LIFE BOATS TO YOUR STATE PRISON; TWO DOLLARS WILL SEND ONE HUNDRED. Will you invest that much in a class of men who have time to think and who are not receiving any too much gospel consideration?

If God's voice speaks to your heart respond to it now. Read abstracts of letters that we have received from prison officials and from prisoners. Suggest to your children to deny themselves some luxury for this work. "I was in prison and ye came unto Me."

#### FROM THE PRISONERS.

"I have been reading THE LIFE BOAT for some time and it is a welcome guest at my cell. It has done lots of good here—it makes our lives better by its advice. My cell-mate also has found the Saviour."

#### \* \* \*

"I thank you so much for THE LIFE BOAT. It touched a tender spot in my heart. I have tasted the bitter fruit of wrong-doing and paid very dearly for it and now I thank God for this free salvation which can be had without price."

\* \* \*

"Your magazine comes to me regularly and I thank you from the bottom of my heart for it. I always pass the little book around to the boys. The story of Dick Lane was very fine. It gives the fellows a new hope. It will be the making of me and many others over again into new men."

#### \* \* \*

"Were it in my power, THE LIFE BOAT would go to every inmate incarcerated throughout the country, as words cannot express how that little book can talk to us fellows. It has not only helped me greatly, but also the other boys to whom it is passed."

#### FROM PRISON OFFICIALS.

"I appreciate your kindness in remembering us with copies of THE LIFE BOAT, and I am sure the good work you are doing will bring in many glorious returns. You have my hearty sympathy in the good work you are carrying on.

#### E. P. WENTWORTH,

### "Superintendent State School for Boys."

#### \* \* \*

The chaplain of the reformatory at Anamosa, Iowa, writes that the LIFE BOATS are always welcome visitors to the inmates, and that the kindness of the friends who send them is very much appreciated.

#### ች ተ ተ

"I received the one hundred LIFE BOATS and stamped on them, 'Read and Pass On,' and distributed fifty in each cell house. Will always do all the good I can with THE LIFE BOATS you send me. I am sure the prisoners are grateful for them and that they will do much good. "W. N. RUTLEDGE, "Chaplain Southern Illinois Penitentiary."

#### \* \*

"THE LIFE BOAT is full of good reading and well calculated to lead the convicts to think of and consider their spiritual and eternal welfare; and under its blessings I fully believe some are led to accept Christ as their Saviour and will go out better men, prepared to live good and useful lives. "GEO. C. MADDOCK,

"Chaplain New Jersey State Penitentiary."

### SENDING LIFE BOATS TO PRISON BRINGS RESULTS.

• The following is taken from a letter to one of THE LIFE BOAT workers, written by an exprisoner in an eastern State:

"There was a time when all before me was a solid mass of gloom and bitterness, which, as it seemed, I could not penetrate no matter how hard I tried to do so. I knew that happiness and all which constitutes hap-

"It was the contents of your friendly letters which woke me up and showed me that I was not alone in this bitter struggle of life, that others had a share in it and through patience and long-suffering had gained the goal behind which lay the coveted prize of life. Thus I made one strenuous effort to reach that prize, and at this writing I can see clear and am contented by knowing that where there's a will there's a way, though the way may be hard.

"I ask you to remind all those who had a hand in sending a number of THE LIFE BOAT to the Huntingdon Reformatory some three or four years ago, where I first came into contact with it, that their efforts were of some avail; one man at least came into touch with one person who through a few kindly letters has cleared a dark cloud from before his path of life and has saved him from 'throwing up the sponge' when he is but in the prime of life and years. It is the time when he can more readily acquire the spirit of brotherhood, to extend the helping hand to a fellow

- comrade and point out the simple but seemingly inevitable path in which to travel, and that great and good—aye, glorious—life of everlasting glory which is to come.
- "Though failure has often beset me and even
  though I fail in some of my attempts under the new light, I can easily regain my feet and pursue my course because of the help of an almighty power to guide me.

"I was not an inveterate drunkard, gambler, blasphemer, idolator or even thief, but it was all because of the loss of dear ones and because of my whole relation—being proud and self-centered, always looking out for self first and leaving the devil to the rest.

"Well, he got me and tied me hard and tight. But with extreme effort and above all the magic guidance of a great and all-loving God I was enabled to break loose and run. Even though I am not yet strong enough to keep up the pace I am set at, I can do it by the aid of your prayers and those of your fellow workers and myself. So please to remember that you have been partly the instigator of a change in me and you must continue to help by your prayers, to keep me not only under the new light but to draw me nearer and thence to have me help reflect that same light far and wide."

#### AFTER LONG DAYS OF BITTER AGONY.

A prisoner in Ossining, N. Y., writes:

"I felt greatly touched in reading a letter in the July LIFE BOAT from an inmate of the Ohio penitentiary. It is only such who know what it means to be behind the bars and receive a few lines of cheer, hope and encouragement after long, dreary days of bitter agony, suffering, remorse for the evil which comes so often so cruelly and unexpectedly into men's lives.

"Only those can understand who have been through it themselves, but for an outsider it is an impossibility to even imagine its dreadful horror, agony and almost despair. Blessed and happy is that man who in his grief finds that great Friend and Comforter, Jesus Christ, our Saviour and Redeemer, who never leaves or forsakes, to whom we can go in our distress and who listens gladly and gives all we ask in our need.

"May this brother be sincere in his heart and try to find Him, and I know what now looks like misery, darkness and despair will be peace, joy and happiness. It is of course a great blessing to have some one who leads us to Him; but it is impossible for anyone to touch the heart as our dear Jesus touches it.

"Many ask how to find Him, how to know they are His. Dear brother, dear sister, nobody can give you this great gift of all gifts; no, you cannot even buy it with silver or gold. The only way to get it is by faith and prayer. He will surely answer. From generation to generation He has spoken to the heart of man and He will do the same today. He has said, 'I will not leave you comfortless.' Thank God to know that this earthly suffering lasts not forever. Although time in prison seems so much longer, still it passes on, and this we know, that every day we are one day nearer to our eternal rest."

#### ARE YOU LOOKING FOR A PARDON?

A prisoner in Sioux Falls, S. D., writes us the following letter and poem:

"If I was not in prison today I believe that I would still be in sin. I thank God for putting me behind these bars because I have found Jesus Christ. I don't believe there is a man in the world any happier than I am today. So many men are looking for a pardon. Here is a pardon from God: 'Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon.' Isa. 55:7.

"Please remember me in your daily prayers that I may hold out to the end. I have had men refuse tracts, but THE LIFE BOAT is always welcome, and I will have it as long as I have the subscription price. Please publish the following if you have the space in THE LIFE BOAT:

#### WORTH WHILE.

- "Just give a smile—it's worth your while— To chase the gloom away, And never wait until too late This gracious debt to pay. You're here today, but soon away, So do the best you can, And give a smile—it's worth your while— To cheer your fellow man.

"Just do your best and then the rest Must follow right along. So never say it doesn't pay To sing the world a song. A hand to raise, a word to praise, Are things that you can give. They're very small, but after all They help a man to live.

- "The world is slow the good to know But quick enough to blame; So never frown on him who's down; It is the coward's game. Don't sit and wait and say it's fate, Your troubles to uncarth, But push along with mirth and song And smile for all you're worth.

"You help the most at duty's post,

"You help the most at duty's post, Though fate may seem unkind; Your thread may break, but in its wake Success you're sure to find. It's not the man who boasts he can That always wins the race; It's just the will to climb the hill That gives each life a place."

#### SAVED FROM TOBACCO IN PRISON.

We are in receipt of the following lines from an inmate of the Wisconsin state prison:

"I want to tell you what God has done for me. Ever since I was ten years old I smoked tobacco and now I am twenty-five years old. But thank God. He has taken the desire out of my heart. It was a hard fight but God and I won out. Now, hasn't God done something wonderful for me? Why shouldn't I trust Him?

"We are exhorted in the Word of God to be thankful. There are so many things for which we should be thankful. To think God has chosen us out of this sinful world! I can look out over this sin-cursed world and behold the vanity, the pride, fashion, gayety, frivolty and its many enticing pleasures, and while thus facing the same can with the poet say from the heart, 'I see this world with all its sinful follies conquered at my feet.' It has no charms for me. I am crucified to the world and the world is crucified to me. I have found something better, purer, nobler, thank God; isn't it good?

"I only ask for the time to come when these doors will open for me to go out a free mannot only a free man from this place, but free from sin. When I feel down-hearted sometimes I open one of your letters and read it, and it cheers me up. That little verse you sent me in your last letter was certainly good. Now as I close I ask you to remember me in prayer that I may always be true to God. May God bless you in your good work in Hinsdale and other places."

#### A CHANGED LIFE.

The following encouraging letter is from a woman who had lived a life of sin and misery until Jesus found her about two years ago and lifted her up and made her a blessing to others. What God has done for her He can do for any woman who is down and out. No case is hopeless in His sight.

"I was a poor miserable drunkard until God took me in and I want to do all in my power for Him. I have a poor old mother to take care of whom we cannot leave alone five minntes, so I wanted to do something here at

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home for my Master. I prayed God to open up some way and I saw something from a prisoner in THE LIFE BOAT about a year ago

- saying she had no one to write to her, so I thought God had surely opened up the way for me. I am now corresponding with twentyone prisoners, and will write to any others that I can get the addresses of.
- "There is a young woman in Joliet who goes out in about three weeks. She wrote me that she was going out with something she did not have when she went in—that was the love of Jesus in her heart. I am so thankful that I am able to send them some words of cheer and comfort. I pity them and will be by the grace of God a friend to them. It is only by the grace of God that I have been kept from doing things that would have sent me to prison while I was drinking.

"The majority of those I write to have been led by drink to do the crimes they are serving their time for now. So my heart goes out in pity more to a poor, weak drunkard than to auyone else and I know that there is nothing that will save from the curse of drink but the love of God.

"There is a young woman in Joliet who has twenty-five years to serve. Drink and bad company caused her to be where she is, and shall I who have almost been led to do the same things not try to send some kind word to her? She says in a letter of last week she would rather be there behind

prison bars with the love of God in her heart than to be out in the world serving the devil.

"When I was out in the world drinking, without power to stop, I often thought if

➤ I were behind prison bars it would be far better for me. I trust that God has taken it all away from me now, and I know He is able and willing to keep me if I trust Him. I have to watch and pray often and keep working for Him for God does not want a lazy person. We must be workers for Him even if we can only do the little things. We can always find plenty to do if we look around us. Pray that I may make the world a little better by my having lived in it."

### DID NOT KNOW IT WAS SO SWEET AND GOOD.

The following letter was written to the woman just mentioned in the previous article, who after her conversion has led this prisoner to Christ through correspondence. This young woman is confined in the Illinois State Penitentiary. She writes:

"I have only six more weeks to stay here and I will be a free woman once more. Thank God I will go out not only free but with a Christian heart, and thanks to you for it was by your writing to me I found Jesus. So I am going out with something I did not come in with, and I am going to live a good true Christian woman the rest of my days.

"I am so thankful I can say I have found the Saviour and I have Him for a Friend. I did not know it was so sweet and good to trust Him or I would have trusted Him long ago. I never was so happy until I found Jesus and I want to go out and tell other poor souls that do not know Him what they are missing. Why, I am just beginning to live since I found Him. Now pray for me that I may be kept faithful."

# GIRLS, ARE YOU IN NEED OF A FRIEND?

We extend a helping hand to any girl who is in trouble, discouraged, or who has lost hope. If you feel the need of a friend in whom you can confide we shall be glad to hear from you and help you if possible. If you have made a mistake do not give up and throw your life away. Take courage. God will help you and we will help you. Address Dr. Mary W. Paulson, Hinsdale, Ill.

#### WHY NOT DO LIKEWISE?

An old veteran in God's cause, Eld. J. N. Loughborough, writes:

"I enclose a postoffice order for one dollar and a half for three copies of THE LIFE BOAT to be sent to me for one year. I wish to circulate them for the good they will accomplish. Wishing you much of the blessing of the Lord in the work, I remain yours in the blessed hope."

## Into Rankest Slavery and the Way Out\* David Paulson, M. D.

YEARS ago a medical friend and I talked at an anti-eigarette mass meeting at Moline, III. We had an instrument that measured the rapidity of the transmission of nerve impulses, or what amounted to practically the same thing, how fast one can think. We tested four or five bright boys and then a young fellow who had smoked fifteen eigarettes that day. His rate was much slower than that of the other boys.

That is why the cigarette smoker is being east out of business houses. That is why he does not make good at school. It seems as though no one wants the cigarette smoker in this world, and I fear unless he reforms there will be no place for him in the next.

I am often asked the question, "Why is it cigarette smoking is so disastrous to children?" The first and foremost reason is that the child's nervous system is particularly susceptible to narcotic drugs. That is why every doctor has to be so careful in administering opium to a child.

Second, the eigarette smoker gets more nicotin from smoking a cigarette than a pipe or a cigar. In a pipe or cigar some of the nicotin has time to condense before it reaches the smoker, just as if you sucked the live steam from a tea kettle through a cold glass tube, some of it would condense into water before you had a chance to inhale it. The tobacco is packed so loosely in the cigarette that the smoker gets almost the full benefit of the nicotin. For these and other reasons the child who learns to smoke cigarettes is frightfully handicapped in the battle of life, just as one learning to swim would be if he had half a dozen bricks tied around his neck.

#### WHAT WOKE ME UP.

It may interest you how I came to be stirred up on this question. As a physician I was aware of the evils of cigarette smoking, but these facts somehow had not gripped my heart and soul until about a dozen years ago a poor woman, bent over with age with a red shawl thrown over her shoulders, came into my office with her seventeen-year old boy, who was a raving lunatic and required two strong men to control him. She wanted my opinion as to whether he could be cured or not. I was compelled to tell her that his brain was absolutely ~ ruined, and advised sending him to the insane asylum. I asked her what he had been doing. "Oh," she said, "it is cigarettes; he began to smoke them and the habit grew on him until he smoked fifty a day, and then his mind gave way."

That day I imagine I felt a good deal like Lincoln did when he first saw the slaves sold from the auction block, and like him I resolved that whenever I had a chance to hit this thing I would *hit it hard*.

A few years passed by and then I met Miss Gaston, a frail looking woman who seemed to be fighting this great battle almost singlehanded and alone, and I resolved to assist her in this struggle as I had opportunity.

You all read about those two hundred men and boys who stood on the river front in Chicago and saw a woman drop off the curbing into the water. Instead of helping her out they stood there and speculated how soon she would come up again. Her purse was left on the curbing. One of them ran up and snatched that away; he was interested in her case to that extent. By and by she went down for the last time and was drowned.

When I read this I was ashamed that I belonged to the same race as those men and boys. But stop and think; here is this great evil abroad in the land. Of the eleven hundred boys down in the reform school it is estimated that cigarettes have had something to do with sending nearly a thousand of them there. It is sending boys to untimely graves. Just to the extent I am conversant with this and other evils and permit them to go on and do absolutely nothing, why don't I really belong to the same crowd as those men and boys, and why should not a just God say to me in the day of judgment, "Paulson, line up with those two hundred"? I might plead that I did not like the looks of them and I did not really feel I belonged to that gang, but that

<sup>\*</sup>Talk given at anti-cigarctte mass meeting in the Presbyterian church at Hinsdale.

is certainly where a just God would classify me.

#### HOW YOU MAY ENLIST.

I want to emphasize the importance of personal work in fighting this evil. The best thing in the world is to lay your hand on a boy's shoulder when he first begins to smoke, and say to him, "Five years from now you will be hunting for a doctor to cure you of this habit, and you will have a hard time to find anyone who can do it."

The average boy is not a fool, he simply does not know. When you are trying to do a



genuinely good thing the power of God is right by your side to drive it home.

- I want to give a suggestion or two in reference to breaking off the cigarette habit. Last year I had a young fellow with me who was smoking seventy-five cigarettes a day, and he had no difficulty in stopping right off. My
- aim is to get the nicotin out of the system as quickly as possible. I encourage these folks for a few days to live almost exclusively on fruit. I let them eat all they like of it, four times a day. There is something about the acid of the fruit that almost seems to neutralize the nicotin in the system. At any rate it works like a charm.

When the opportunity affords I also advise a daily sweat bath for a few days. I am simple enough to believe that when a man is genuinely trying to cast off the devil's yoke there is a good God who stands by his side to help him to do it. I have seen too many evidences of it to ever disbelieve it.

I am glad to stand up here with these good men who have talked before me and join hands with them in this fight. We shall never get through with it while the devil is alive, so it will be a constant fight.

I was once a farmer boy and I remember all summer long the price we had to pay for having good crops was everlastingly to pull weeds and pick bugs. I have come to regard the cigarette evil in much the same way. If we want to save boys and girls—and when I say girls I speak advisedly—we must eternally and everlastingly keep pulling up this accursed weed. The sentiment that is crystalizing here tonight is a splendid thing. Let the good work go on.

#### SELF-SUPPORTING GOSPEL TRAV-ELING.

#### MRS. MARGARET KEDLER,

We are glad to print this article from Mrs. Kedler. She has sold tens of thousands of LIFE BOATS in different parts of this country. The Lord has wonderfully gone out before her as she has endeavored to sow the gospel seed in the highways and hedges.—Ed.]

I sell about fifty LIFE BOATS a day on the average and when I am traveling I sell from seventy-five to a hundred a day. I have been selling THE LIFE BOAT now for five years. On our first trip with THE LIFE BOAT we went down through Illinois to Tennessee and back through Ohio to Michigan, stopping at the large cities on the way.

Then I went south alone through Tennessee, Florida, Alabama and all the southern States selling papers. I came back to Chicago and then went east to Buffalo last winter and came back through Canada. This summer I made Detroit my headquarters and visited all the cities in East Michigan, went from there to Toledo, Adrian, Jackson and down east of Chicago.

Men ask me if I am doing this for the money that is in it. I tell them that I have to work for my living and I prefer to work for the Lord while I am earning my living.

Very often when men see THE LIFE BOAT they recognize it by the cover and they want it right away. In Detroit a man looked at the book and wanted to get it but had no money with him. He asked me to come up to his house for supper and meet his wife. I went to the home and secured his subscription.

There is not a nicer little paper published for the money than THE LIFE BOAT. THE LIFE BOAT has good paper in it. Everything about it is good, the engravings are good. When I meet a man who is a printer he asks me, "How can you make anything selling this



Mrs. Kedler

book for that price?" Any printer knows that THE LIFE BOAT is a fine little book for the money.

If THE LIFE BOAT should have been a tencent paper I should not have sold it. The reason I sell it is because it gives the people so much for their money. I know the Lord has paved the way before me. I could not have gone to places that I did unless God had been by my side.

The people are getting more bold in sin and wickedness. One night I worked until quite late, and I went into a side street. Out of a cheap resort a dozen boys rushed like a pack of wolves. They all rushed around me, coming upon me like a cyclone. I stepped back into the light so they could see my uniform and showed them my papers, and before I knew it they were all buying of me. Then they all went away and left me. That one instance shows how the Lord protects me.

In Toledo I went one Saturday night near the red light district. I soon found that two men were just about to grab me. I got out of their way quickly. My uniform I find gives me protection.

I have never lost any money since I have been working in this work. In handling money and having my pocketbook open in saloons and all these places no one has ever taken my money. No one has ever attempted to hurt me in any way. As soon as I enter any place they stop using coarse language and show me respect and attention.

THE LIFE BOAT holds a place that none of the other magazines do. So many times a man will say to one of his friends when looking at the cover, "This is me down here in the water. Now where are you?"

The little babies' pictures appeal to unconverted men and then I pray in my heart that they may get converted as they read the paper. The people look for the deeds not the words, and in THE LIFE BOAT the people can see the work we are doing and the love of charity behind it.

The people are interested today in charity, not in missionary work. They think of China or India when you speak of missionary work. People often express themselves as wishing to be engaged in a similar work.

I often meet some I can speak a word to about their souls. I also think that THE LIFE BOAT prepares the way for other magazines that have the deeper truths of the Bible in them.

#### THE CHRISTIAN WORKERS' CON-VENTION.

#### CAROLINE LOUISE CLOUGH.

This convention which was held during the holidays at the Hinsdale Sanitarium, proved to be a season of special blessing to those assembled. The attendance was large, many more coming than were expected.

As this gathering represented no organization, no business meetings being held, or committees to take up the time, every hour was spent in studying truth.

Eld. O. A. Olsen, who has spent a lifetime of service for Christ, laboring in this and many foreign countries, was chairman at the convention.

Six sessions were held each day but the early morning devotional services were per-

haps the best of the whole day's program. The high ideals that were placed before us at these meetings were certainly a call for us as Christian workers to fathom and experience the depths of God's love for lost humanity. Lessons were drawn from such noble Bible characters as Moses, who loved his erring people so much that he was willing to lose this chance for a life beyond that they might be saved; Elisha, who was so persistent in seeking the blessing that he followed Elijah to the very last and was rewarded by receiving a double portion of the spirit of Elijah; Joshua, who "wholly followed the Lord"; Daniel, and others. Each morning time was given for testimony service, which was well improved. These services were conducted by Eld. O. A. Olsen.

At the nine o'clock hour each day, Dr. Paulson gave a stirring health lecture covering such subjects as, "The Christian Conservation of Health," "Divinely Appointed Remedial Agents," "The Christian Religion as a Healing Influence," "Feeding the Human Machine," and other timely topics. Deep interest was taken in these studies.

At 10:45 Elder Olsen gave a series of studies and instruction to ministers, church workers, and all Christian workers, covering their relations to each other and to the weaker members in the church. The thought of being *true shepherds* was emphasized. Every Christian has a flock for which he is responsible before God, and He can make us each one true shepherds for Him.

- The noon hour was set aside each day for private devotion and prayer and personal Bible study.
- The afternoon hours were occupied by different speakers. Dr. W. S. Sadler addressed the convention on the "Wide-Spread Temperance Movement." He pictured the great evil of intemperance as a mighty rushing stream across which no dam can be built strong enough to hold back the angry waters. The only way this great stream can be dried up is by going to its source and there cutting off the little streamlets which empty into it, such as an irritating dietary, improper habits of eating and breathing and a host of other unhygienic habits. The cook is constantly making business for the saloon keeper.

Dr. Mary Paulson gave two helpful talks and demonstrations on what to do for common ailments, which were much appreciated.

Prof. P. T. Magan gave some valuable studies on the "Prophecy of the Bible," Wm. Covert and M. C. Kirkendall outlined some ways whereby each church member can actually be an active force for God in his community, emphasizing the importance of complete consecration.

The evening studies by Professor Magan on the present outlook in the far East were of vital importance to all. As he portrayed the condition of affairs among the nations of the Orient, as foretold in prophecy would occur at the time of the end, it was plain to see that the coming of Christ is not far in the future. Are we ready to meet our Lord? That is the question which should concern every soul.

A large company of representative Christian workers were in attendance at this convention and all expressed themselves as having received a great blessing. At the closing meeting opportunity was given for all to speak. One worker said he had gotten more good out of this than from any meeting he had ever attended. Others who had come from distant States expressed their joy at having the privileges of this meeting. It was just a foretaste of what heaven will be when we all shall meet together in unity, bringing our sheaves with us.

We trust that noble aspirations were kindled in many hearts and that a greater and better work will be accomplished for God throughout the year 1910 as a result of this occasion.

#### CONVENTION THOUGHTS.

During the Christian Workers' convention, held recently at Hinsdale, there were brought out many most helpful and inspiring thoughts. We give below a few that we found personally to be very helpful:

Elisha and Joshua *stayed by* until they were blessed.

Moses and Paul were willing to sacrifice even their future life for lost souls.

The Lord called David to be king because He wanted a *shepherd*.

Christ finished the work God gave Him to do.

Paul finished his course.

God wants fishers and hunters for souls. Jer. 16:14-16.

Pray for laborers and then work to answer the prayer.

The spirit of Caleb will surmount difficulties.

It takes wise men to win souls. Prov. 11:30

The reason some parts of the Bible scem better to us than others is because we know them better.

Make new friends in the Bible.

All Scripture is profitable. Get something more out of it than the bones.

Christ says, "Come unto Me all ye that *labor*," not "all ye that loaf."

We must enter heaven here below if we ever enter heaven hereafter.

Daniel purposed in his heart.

#### PRACTICAL TRAINING FOR GIRLS.

MRS. N. H. RICHMOND, 558 Bryant Ave., Chicago.

Within the lights and shadows of a great city every day one witnesses pathetic and heart-rending incidents. As we sit at our tables and eat the bounties God has bestowed



on us, or sit in warm rooms, we read in the daily papers about some girl that has been lost,—some mother's girl. Old or young, it makes no difference which, the heartache is there just the same and the long, sleepless nights are passed in bitter tears that flow from the breaking heart like a river. Some are apt to think, "It will never be one of my children, they have been brought up too well." But, my dear friend, many years of rescue work have taught me that there is a lack in the home training, that false modesty keeps the parents from giving proper advice to their children, and many girls have wept bitter tears because of this lack on their mothers' part to tell them some of the traps and snares Satan has for them.

We find so many young girls from ten to sixteen drifting about with no home at all, or if they have one they are not taught to do any kind of work, not how to sweep a floor right, wash dishes or make beds, to say nothing about cooking or sewing or any kind of work that all women should perfectly understand in order to make good home makers, which all girls expect to be sometime in their lives.

Because of this condition we have established a practical training school for young girls at 558 Bryant avenue, where they will be taught to cook, sew, wash and iron, and everything that goes with good housekeeping and making home happy, for home is the place where the child gets its first training.

The kind of women they make depends more on the home training than all the other training they get the rest of their lives. My heart aches when 1 see so many mothers let their girls do nothing but play when they are small, and they do not know what they miss themselves by not training the little ones to work with them. Children love to help mamma.

Be gentle and patient, kind and loving, but firm, as Jesus is to us, and remember we have to be taught even yet. There is a bond of affection between mother and child when the children are taught in this way and given some responsibility in the home, that nothing else will give, and they will never forget it. They will look back in after life to that home training with joy and pleasure as a bright spot in their lives. Try it, mothers, and see what happiness it will bring to you, what heart joy in after years to hear them say, "I am glad mother was strict with me when I was young."

The purpose of our school is to meet this

need, and we need the co-operation of every honest person in the world who is interested in girls. I hope the readers of this article
will be interested in this work, and that it will be a help to mothers. We must meet our work in the last great day. Often my mind contemplates that scene when fathers, mothers and children will meet and be known as they are known by the judge of all. Nothing can be hidden there.

#### LOVE'S GLASSES.

#### PEARL WAGGONER.

How prone we are to see it,— Our neighbor's fault and sin;
How prone we are to think we know His motives, deep within!
We note his every weakness,
Ilis errors and mistakes;
But when we put love's glasses on What difference it makes!
For now his faults are hidden— We see no more the same,
Or, if we see them, we excuse Where heretofore we'd blame.
The very looks and actions We once would criticize,
No more appear with ill intent When viewed through loving eyes.
The airs which used to vex us, The odd, peculiar ways,
Now seem but human, kindly ones, And waken e'en our praise.
The words we took so hardly Or could not understand,
Take on another meaning quite When through love's glasses scanned.

7

Oh, they are wrong, most surely, Who tell us love is blind, Else how could we with passing glance So much of goodness find? Our sight forsooth is clearer, Though evil looks more small; But if we fail some fault to see, What matter, after all?

 Oh, life is so much sweeter, The heart is lighter far, When we can thus the good discern And see things as they are! Then why not always wear them,— These glasses framed with love? They make a heaven on earth, and light The way to heaven above.

#### BIBLE VERSE CARDS IN MANY LANGUAGES.

#### T. F. WURTS.

#### Germantown, Pa.

I have been publishing Bible verse eards in many languages and sending them all over the world to missionaries and others for free distribution.

There is opportunity for a big partnership in this work, in the correspondence and general distribution, and many persons would find it not only an agreeable work, but inspiring and helpful in the great work of worldwide missions in preaching the gospel to every creature.

If the readers of this magazine will write to me I can tell them of definite and personal work, without much time or labor spent upon it, and no expense except at their option. For instance, if one person would take a particular language or country, and send a circular of information and a sample card to Christians in that country, whose address could be obtained from various sources, then all who wanted to distribute the verse cards could be supplied from my office.

I can give more definite information to anyone who will write me. These Bible verse cards are Scripture only, printed on colored cardboard, from the size of a small visiting card to the size of a postal card, and larger ones for windows or walls in any public place.

I send them freely to all who ask; money or stamps not required, but acceptable. The missionaries in the field prepared the copy from the printed Bibles, and then a photoplate was made and printed here, so the translation is sure to be correct. Any language can be thus printed from copy sent to me.

I know of no method of Christian work so inexpensive as this; and the result is certain, for the Lord of the harvest has promised that His Word going forth from Him shall not return to Him void. Here is a silent evangelism reaching all lands, while the worker remains at home and need have no thought in the matter except to *pray* unto the Lord of the harvest. Just as the farm-hand sows the seed without care as to its growth, so the Christian laborer may sow the seed which is the Word of God, with no care for its growth or results, only to do His will, leaving the harvest to Him.

#### GOOD WORDS FOR THE LIFE BOAT FROM FOREIGN MISSIONARIES.

This magazine travels to all parts of the globe and it is welcome just as much on the other side as it is in this country. Clubs are ordered for free distribution on board ship and in the hospitals and jails in New Zealand, Australia, South Africa and other distant ports. We quote in this connection abstracts from letters recently received from missionaries.

L. J. Burgess writes from Lucknow, India: "We wish to thank you for remembering us with a copy of THE LIFE BOAT. I was reminded of the experience I once had in Chicago. I am glad to see that you are still holding up the light in that dark and wicked city. You doubtless find as many there in need of help spiritually and physically as we do here in India. Many of the native people here firmly believe that all of the inhabitants of America are Christians, and that it must be a delightful place in which to live. I dare say that a few days in Chicago would somewhat alter their opinion.

"The work here among the Hindustani people is progressing, although not so fast as we would like. We have four native treatment rooms which find all the work they can do. The Lord greatly blesses in this line of work. We are planning to open a school this year among the village boys up in the Himalaya mountains, where there has been an urgent call for some time. This will be a healthful location where workers from home can work the year round without the danger to health that is experienced in the plains. In time we hope also to have some medical work connected with this station. I trust you will bear this new station in mind and pray for its success.

"We receive a number of papers which we pass on to those who read English, and should you send us THE LIFE BOAT we will try to use it to good advantage."

Philip Giddings writes from the West Indies:

"Your letter was received some time ago. We were glad to hear from you and to see the old-time fire still burning hotly for the Master and humanity—though prodigals they be—and who of us have not been in some degree at some time? Our prayer is that God will continue to bless your labors abundantly.

"I noticed a premium in THE LIFE BOAT which I am taking advantage of: For three subscribers you send a fountain pen with gold nib. I therefore send you subscription money for three copies to my address to use and circulate."

S. M. Cobb writes from Cooranbong, N. S. W., Australia:

"I gladly send my subscription to THE LIFE BOAT and shall try and put it to as good use as possible. With best wishes for the work in which you are engaged and hoping that much good will be accomplished by THE LIFE BOAT, I am yours in the Master's service."

F. W. Field, missionary in Tokio, Japan, writes:

"I am truly interested in The LIFE BOAT ~ and should be glad to receive its monthly visits."

Mrs. R. C. Porter writes from Claremont, South Africa:

"A recent copy of THE LIFE BOAT was the first received since we came to Africa and it was as welcome and as much appreciated as some old-time friend. We are more than glad for the good words we hear of the work in Chicago. May the work go on enlarging its field of usefulness until the end. I remain yours for the uplifting of the heathen in Africa."

#### BIBLE VERSE SOCIETY.

ALICE M. TEMPLE, GENERAL SECRETARY, S. Woodstock, Vt.

It gives us much pleasure to know that many of THE LIFE BOAT readers have enjoyed the Bible Verse Society, and again this year we extend a most cordial invitation to all to folow the verses with us. We think that the ones that have been selected for this coming year



Alice M. Temple,

will be especially helpful in our daily life. So many times a verse like one of these seems to give just the inspiration needed. A few of the subjects are: Guidance, Prayer, Praise and Thanksgiving, Heedfulness and Scripture Study. If you wish to join the society, simply send us a line telling us that you are going to try to read the daily selections and we shall be glad to enroll your name.

Booklets containing all the references for the year can be secured of any of the secretaries for five cents a copy. These are a convenient size to keep in the Bible. We should like you all to see them. Miss Lena M. Hopkins, R. F. D. No. 1, Taunton, Mass., will gladly fill all orders.

#### LIST FOR FEBRUARY.

SINS FORGIVEN.

|   |                          | SING FOROIVEN.   |                          |  |
|---|--------------------------|--|--------------------------|--|
| 5 | 2.<br>3.<br>4.           | 1 John 1:9.<br>Prov. 28:13.<br>Mark 11:28.<br>Eze. 18:22.<br>Heb. 10:17. | 7.<br>8.                 | Matt. 6:1.<br>Isa. 1:18.<br>Isa. 44:22.<br>Ps. 103:12.                               |
|   |                          | PRESENT  | ΗE                       | LP.  |
|   | $11. \\ 12.$             | Isa. 41:10.<br>John 6:37.<br>Isa. 45:2.                                  | $\frac{21}{22}$ .        | Matt. 7:12.<br>Isa. 43:5.<br>Deut. 31:6.   |
| ř | 14.<br>15.<br>16.<br>17. | Isa. 43:2.<br>2 Pet. 2:9.<br>Gal. 2:20.                                  | 24.<br>25.<br>26.<br>27. | Ps. 27:13.<br>Deut. 31:8.<br>Josh. 1:5.<br>2 Tim. 1:12.<br>Matt. 7:21.<br>Heb. 13:5. |

19. Ps. 91:11.



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#### AN ENCOURAGING LETTER.

Before the Hinsdale Sanitarium was completed a physician in Holland, Mich., rang up over the long distance relephone imploring us to take into our new institution a very serious case of nervous break-down. The front stairs had not yet been put in when she arrived. She was the very first patient. She remained several months and made a most excellent recovery. A few days ago she wrote the following letter which we publish to encourage those who are sick and suffering in other places that their lives may yet blossom out into future usefulness:

"Someone very kindly sent me a little booklet called 'Health and Happiness at Hinsdalc.' I appreciate their kindness very much, as the book shows how much the Sanitarium has grown during the last few years. It has, I think, almost trebled in size, and together with the new electric elevator and other improvements is certainly a very up-to-date sanitarium. Allow me to congratulate yon upon your splendid success in building up this beautiful health-giving home, for such it was even in its infancy; there was always an atmosphere of kindness and cheer which was distinctly home-like.

> "During the time that I spent at the Sanitarium a foundation of health was laid upon which I am still building. The principles of right living which were inculcated while there are still governing my mode of life. For three years after leaving the Sanitarium I had charge of the girls' physical development department in the Hope College Gymnasium; during that time by example and precept I tried to teach how beautiful life could become if lived according to the laws of nature.

*z.* 7072 "When I left college I took up library work and at present I am assistant librarian in the city library here. I hope to visit the Sanitarium next summer as

hope to visit the Sanitarium next summer, as I would like very much to see all the new improvements."



## Have You Learned This Song?

C. T. Everson,

#### 3722 Irving Park Blvd., CHICAGO

**I** WANT to call your attention to Moses, because if we are saved we will finally sing the song of Moses and the Lamb.

There is a reason why the name of Moses is associated with the greatest name in the universe. We do not read of Jesus Christ and Peter or Paul being associated together in such a way. But we do read of Moses and the Lamb.

It is wonderful that that man Moses is entitled to a place with Jesus Christ over in the eternal world. People sometimes talk about evolution, but look back, and since the time of Moses you cannot find one man that amounted to so much as he, outside of Jesus Christ. Since this man Moses is one of the most wonderful characters in the Bible let us go into his character and see if, after all, he is entitled to that exalted place.

The most important factor in the life of Moses was his mother. They talk about woman's suffrage nowadays, and hatchets, etc I do not know anything about it, but I know that the mother of Moses produced the greatest movement in the world, and she did not do it with a hatchet either.

In the Italian version of the Bible it says that Moses was divinely beautiful. The daughter of Pharoah saw him and brought him into the palace of Pharoah, where there was no God. But his mother said, "There is that boy of mine over in the Egyptian palace. I am going to offer myself as a servant for that boy." And I want to tell you that one woman alone in heathen darkness saved that boy for God.

They taught him all about the transmigration of souls and the glory of their kingdom and all that. But his mother sat beside him and said, "Moses, there is a God in Israel." She taught him the beautiful things about God and heaven. That woman alone in that great palace taught him so well that when he came to years they offered him the throne of Egypt —the ivory, gem-studded throne of Egypt. Did Moses accept it? No. He said, "I would rather suffer affliction with the people of God."

Would our boys and girls do that today?

How are they taught? Sometimes our children when they come to years of accountability and some temptation comes along they accept it and leave everything. But Moses said, "I will leave all the world. I do not ~ want it. I would rather be an outcast with that poor, humble people than have the throne of Egypt."

I suppose if it were some of us we would reason like this, "Now, I will take that throne and after a time I will get into power and I will liberate all of my people." That is the simpler way. But Moses knew that he could not save the people by *handing down* salvation. He knew it was necessary to give up the throne and *come down* to the people. The easy way never is the saving way. It is necessary to go by the way of Calvary to save anyone.

Perhaps you belong to a little bit of a denomination all off by itself and nobody wants to associate with you; and perhaps you are rather ashamed of it. Moses went down one day and found the Egyptians just slashing and cutting his people to pieces. They were his church. They were just a crowd of slaves. And he said, "I am going down to help my people." He was not the meekest man on the earth then. He found an Egyptian fighting with one of them and he pulled out a knife and killed him. Then the Lord led him out in the wilderness, and it took forty years in the wilderness to teach him how not to stab his neighbor.

If was sent out to feed the sheep. The most foolish things on the earth are sheep. He sat down there at the feet of those sheep , and there he learned some lessons that he never learned in Egypt. Sheep always want to go the other way, and there he was—a kind of kid-gloved college graduate. Those sheep tried his patience. One ran off one way, another the other way, and so it went the whole day long. They were a constant worriment to him. The little lambs would run away and he had to carry them back and then the lame ones would stray away.

After he had been forty years in that kind

of life the Bible says he was the meekest man that ever lived. That man had to learn the lesson so thoroughly that he would never solip or fall from that time on. And God wrote down of that man, "The meekest man

that ever lived." I remember Jesus Christ said, "Take my yoke upon you, and learn of Me; for I am *meek* and lowly in heart; and ye shall find *rest* unto your souls." People

in the world say that everything comes to the man who waits, and so they go over and sit down and say, "When the Lord gets good and ready it will be done, and I will just *wait* until it comes." I want to tell you that waiting does not mean sitting down. Moses was not that kind of a man, because when he saw the burning bush he said, "Maybe that is an opening providence of God; I am going right over to see what that is."

Long after that one day the Lord said to Moses, "Just let me wipe these murmuring people off the face of the earth and start all over new with you." (Ex. 32:9, 10.) Did Moses say, "Yes, Lord, that is a pretty good idea?" No. God said, "I will make of thee a great nation." If it were some of us we would say, "Yes, I think that is the thing to do. There's nothing in this crowd; if you just begin with me and start a new nation we will have something that will surprise the world." But Moses said, "Yet now, if Thou wilt forgive their sin—; and if not, *blot me*, I pray Thee, out of Thy book which Thou hast written."

Have you ever learned to love people like that? If you have then you have begun to learn what the Bible calls the song of Moses and the Lamb. I believe if ever we will sing the song of Moses and the Lamb over there we will begin to sing it here.

There came a day when the people said, "Now here is Moses, we do not want him any more." They were going to stone him, but Moses said, "I am going to stay right by them just the same." If you are going to sing that song you must get some of that spirit.

Those people were always making trouble for Moses. They wanted to go back and get some of the Egyptian cooking. They never were really converted. They kept on making trouble for that grand man until one day I think he was overcome just for the moment

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and he made a mistake. He said, "Shall we bring water out of the rock?"

We say, "Well, the Lord could have overlooked that thing after all his trouble." But no, he was a leader, and the Lord said, "You cannot go over," The people had done worse things than Moses and they went over, but that sin was not excused in him because he was the leader, he stood as an example. That thing almost broke his heart. He had been with them and loved them in such a wonderful way that he was willing to give up eternal life to save them.

He began to plead with the Lord to let him go over and see that beautiful land. And God said, "Speak no more to me of this matter." Why, that man could pray with such power that God himself could not withstand him. He had such a power that God's heart would break over it.

God loved that man Moses and when he died on Nebo God said, "I want to see that man Moses." So he went and resurrected him.

You remember when Jesus was on earth and was having a hard time, and things were going wrong, God said to Moses, "Go down and see Jesus and comfort him." Luke 9:30, 31. I suppose Moses told Him of his own experience, how his people then could not be taught and how he finally died of a broken heart.

Is it any wonder that you can see the name of Moses and Jesus Christ associated together? The sea of glass means a place unruffled, no more storm, all the trials of life are over. You will stand there and sing the song of Moses and the Lamb, but you will never sing that song over there unless you learn to sing it here.

Now when you have trouble with your neighbors and trouble with those of like faith and those not of like faith and are tempted sometimes and think, "I am not going to have anything to do with them any more," just remember about the song of Moses and the Lamb,—how he loved those people so dearly that he said, "Lord, take away my name from the book, but save them."

We are going through stormy times. If you do not remember anything else remember that meekness makes a man stay by the people of God and makes a man rise up and be will-

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ing to miss cternal life for a people that want to kill him. When the storms of life are over and all the troubles are at rest, then we shall sing the song of Moses and the Lamb if we are willing to share in the experience of Moses and the Lamb while on this earth.



### THE LIFE BOAT.

# Editorial Department

AVID PAULSON, M. D.

#### CLEARING THE COUNTRY OF SNOW.

2

It has taken thousands and thousands of dollars and hundreds of men and teams working night and day to clear away the last fall of snow from the streets of Chicago. Suppose the nation should have risen up and undertaken to have cleared away the snow from the entire country, the task would have been so stupendous that no one would have seriously considered the matter even for one moment. Yet one of these days God's simple agencies will accomplish the task in a short order and no one will need to have a nervous break-down over the task either.

My friends, you who have been struggling to remove from yourselves a great burden of sin, the task is too much for you. Roll your burden upon the Lord and He will in the simplest manner do for you what all your struggles have not been able to do.

#### A GOSPEL TRIP.

It is a capital idea for some people to make LIFE BOAT trips, paying their expenses from the sales of the magazine. It gives unusual opportunities for Christian work, it is a splendid experience, and God goes before these workers in a wonderful manner. Who wants to launch out and do something decisive just as these people are doing? This letter comes from a distant western State:

"My husband and I are again going to start out with THE LIFE BOAT, monthly Signs and other literature. We are planning to cross the continent from State to State, visiting the largest cities, working our way with the printed page. We will make short stops, sending in our orders ahead so they will be there when we reach the next place for us to go right to work. Enclosed please find postoffice order for six dollars for three hundred LIFE BOATS. We start out with this precious promise in Isa. 41:13, 'For I the Lord, thy God, will hold thy right hand, saying unto thee, fear not, I will help thee.'"

#### IT WOULD ONLY BE A NEIGHBORLY THING TO DO.

Suppose one of your neighbors knew that a bomb had been placed under your house that would be touched off at midnight, and he should not take enough interest in your welfare to inform you about that fact. Would you not feel that he had failed in doing a neighborly kindness to you?

Do you know from the Bible that the end of all things is at hand? That the gospel has nearly been preached unto all the world for a witness and that then the end will come? (Matt. 24:14.) Do you know that the whole world is arming for the battle of Armageddon? Do you know, in other words, that the world is rapidly ripening for its final doom?

Is it not a neighborly thing to pray for an opportunity to mention that fact to some of your neighbors?

#### ONE PRISONER MAKING GOOD.

J. A. Sweney, of New Mexico, writes the following encouraging experience as a result of his work for prisoners. He also sends money for one hundred LIFE BOATS to his local prison. He says:

"I am thankful that I had one prisoner come to see me, with whom I prayed, and led him into the truth. He is now at a sanitarium and will take a course of training as a nurse. He is a bright young man. He says the Lord led him over a rough road but it was all for his good. Rom. 8:28."

#### ORDER ADDITIONAL LIFE BOATS.

People are sending in orders for ten, twenty, twenty-five or fifty LIFE BOATS each month to sell among their neighbors and friends. Send for a similar order at wholesale rates. You will be blessed in disposing of them. Encourage children to take up this work. There are none but will thank you for calling their attention to this magazine.

Sha la

#### NOTICE.

We have just received a consignment of dried fruits from the St. Helena Home Fruit Company. The prices quoted f. o. b. Hinsdale are as follows:

der enclosed to

II. Е. Ноут,

Hinsdale, 111.

#### THE WATCHMAN.

This magazine is all that its name implies. It is devoted to an exposition of the Holy Scriptures with reference to the present times. A study of the Eastern Question begins with the January and February number. Ten cents a copy, one dollar a year. Address, The Watchman, 2123 Twenty-fourth avenue north, Nashville, Tenn.

#### IF YOU ARE INTERESTED WRITE US.

The following request comes to us from a prisoner in Deer Lodge, Mont.:

"My object in writing you is to try to prevail upon you to dispose of some of the numerous articles we make here and are allowed to send out for sale. We make fine horsehair riding bridles of various colors and designs, also some of part leather and part hair; both ladies' and gentlemen's watch chains of hair, and some hand-made shawls of all wool, and well made. If you feel disposed to assist me by disposing of any of the above articles I will be very much obliged to you for the favor."

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DAVID PAULSON, M. D., . . . , Editor N. W. PAULSON, . . . Business Manager

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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.

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

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