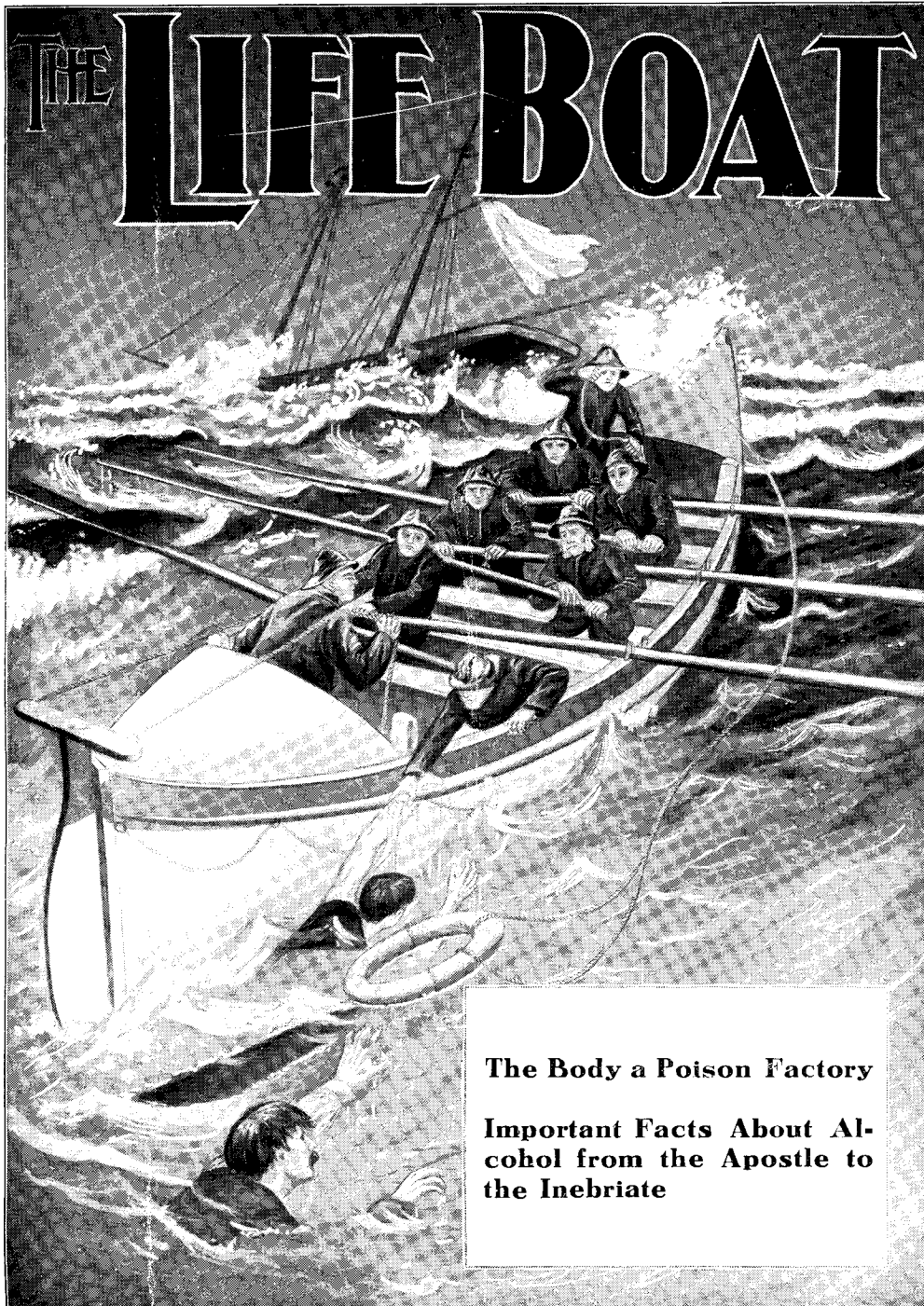


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The Body a Poison Factory

Important Facts About Alcohol from the Apostle to the Inebriate

Volume Fourteen
Number One

Chinsdale, Ill.

January, 1911

A Thrilling Missionary Book for One New Subscription

The Onward March of the New Year

PEARL WAGGONER
Hinsdale, Illinois

Another year! What meaneth it to you?
Another milestone reached, another passed?
A token, merely, time is flying fast?
Another stretch of life to travel o'er?
Another year to fill, like those before?

Or does the New Year mark a stopping place
Convenient for the pilgrim on life's track
To pause and rest an hour while looking back
Upon the way traversed? A place to take
Some deeper breaths, and new resolves to
make?

Is it the New Year—such a thing as this?—
A certain milestone mark which we attain
And which, a twelve-month hence, we reach
again?
Ah, no, not merely so, for if it were,
What hope could cheer the wayworn traveler?

Life's course is not like race course smooth
and plain,
A circle one must follow, round and round,—
But like a mountain steep is: higher ground
Our feet must find, and newer peaks attain,
Else time but wasted were and life in vain.

A New Year! Yes, a different year it is
From any year which e'er has gone before;
The way it leads has ne'er been traveled o'er,
New trials we shall meet, new glories see,
And as we climb, the air will purer be.

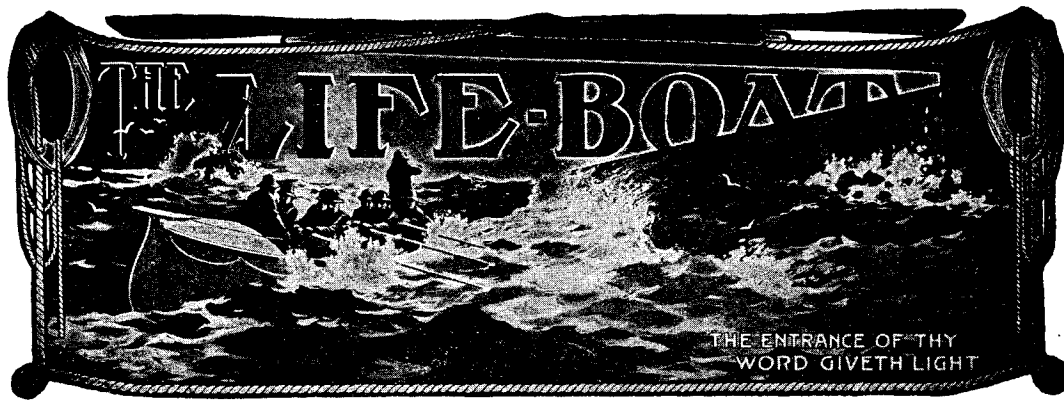
Yet every step, more rugged is the way,
And steeper, narrower still becomes the road;
Henceforth we can not carry all the load
Which when the path was broader we could
take
And with the burden still advancement make.

But much must now forevermore be left:
We can not cling securely to our Guide
While clasping closely other things beside;
And oh, too perilous the way doth grow,
To for a moment, of His hand let go!

Our burden or our Guide! Is it hard to
choose
Between the two? Oh, let us leave behind
The hindering load: each thought, each word
unkind,
All prejudice, suspicion, discontent,
Self-love, self-seeking, and the hours mis-
spent.

All worry let us leave, and all pretence,
The bitterness of grief, the vain regret,
The useless care which never helped us yet;
All little things which tend the soul to blight,—
Let's drop them all, and henceforth travel
light.

And then, from every hindering burden freed,
With faith and courage let us onward press,
With Christ as Guide, our every step He'll
bless
Through all the year,—until the goal is won,
And journeying days forevermore are done.



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

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

Volume XV

HINSDALE, ILL. :: JANUARY, 1911

Number 1

The Body a Poison Factory

David Paulson, M. D.

THE word "autointoxication," of which we hear so much these days, simply means self-poisoning, for the body is really a poison factory. We inhale pure air, but we exhale it again loaded with poison. We drink pure water; when it is eliminated it contains virulent poisons.

When I was a medical student I assisted in a series of experiments on rabbits which I would not now care to repeat; but what I learned I will never forget. A man was suffering with spasms and convulsions. We injected a small quantity of his kidney secretion into a rabbit's vein. In a few moments it had similar convulsions.

We repeated the same experiment with the secretion of a man who was in a profound stupor from serious kidney trouble. In a few moments the rabbit passed into a similar stupor or coma. This suggested that there was a poison in the blood in one case that caused the convulsions, and in the second case that produced the coma, and in both instances the kidneys were endeavoring to subtract this poison from the body so as to save the life.

We then determined by experiment how much secretion was required to kill a rabbit of

a given weight, from a man who was living upon a simple, non-flesh dietary. The same man was then placed upon an ordinary diet including meat, for several days. We then observed that it only required *half* the amount of kidney secretion to kill another rabbit of the same weight. In other words, living on a flesh diet caused more poisons to be absorbed into the blood and consequently to be subtracted from the kidneys; hence a smaller amount would kill a rabbit.

When a man is engaged in hard physical work he can destroy more of these poisons; but if he is a sedentary brain worker his body will naturally produce all the poisons his eliminating organs can attend to, without taking any additional toxins. All about us are business men who have almost outlived their usefulness before they are fifty years old, and the main reason is because they have not learned how to prevent autointoxication.

A LIST OF HOME-MADE DISEASES.

Nervous prostration, neuritis, sciatica, Bright's disease, apoplexy and high-blood pressure, are largely invited by our own habits. The principal reason so many people lie awake

nights suffering from insomnia is because they have a poison circulating in their blood, that irritates their brains; and too often they simply take some powerful sleeping powder, which clubs their brain to sleep in spite of the irritating blood that is circulating through it. What a foolish thing it is for a man to eat fifty cents worth of "wakefulness" at the dinner table and then take ten cents worth of "sleeping powder" before retiring at night. Health and happiness depend upon intelligent harmony with nature's laws, and persevering obedience to them.

On the other hand, many a brain worker feels that his mind is stupid and hence he is tempted to take some stimulant to lash it into activity, when the real reason is that his brain is partly anesthetized by the poisons that are circulating through it. He really needs to "cease to do evil, and learn to do well."

HOW TO LESSEN AUTOINTOXICATION.

Active exercise aids the body most admirably in its efforts to burn up and eliminate waste

of their muscles. No one can expect to have a happy and healthy old age who does not make physical activity some part of his daily program.

THERE IS NO FRESH AIR TRUST.

When the fire burns low in your stove, you open the draft. The human lungs are simply a pair of animated bellows, and fresh air is the draft for the fires which are constantly burning up the wastes and poisons in the human body. The principal reason why the sleep-outs feel better than the sleep-ins is because they are taking in during the night a larger quantity of pure oxygen which helps to burn up a larger quantity of poison in their system.

This is the time of the year when the average bedroom is as stuffy as a cave. Such a bedroom is an urgent invitation for disease to move in, and it generally responds before the winter is over. Put on extra bedding, wrap your head in as if you were going out driving, and breathe God's air at night as pure as He made it, and before spring you will wonder



Physical Exercise Taken While Maintaining a Correct Position Is One of Nature's Procedures to Rid the Body of Poisonous Waste.

matter. The Lord made no mistake when He told Adam to earn his bread by the sweat of his brow. The majority of his descendants today are trying to get through the world without having to sweat, endeavoring to earn their living by exercising their wits instead

how you ever could be content to live on the old plan.

During the winter months many people almost forget to drink water. Such should be reminded that water drinking is simply taking a bath on the inside. It will be entirely pos-



"THE SLEEP-OUTS FEEL BETTER THAN THE SLEEP-INS."

Dr. Ossig, Who Cured Himself of Tuberculosis by Sleeping Out Doors, and the Tent in Which He Lived All Winter.

sible to go to extremes in this respect, yet it is a matter of fact that the average mortal would live much more comfortably if he drank a larger quantity of water.

EATING FOR HEALTH INSTEAD OF DESTRUCTION.

An ordinary meal consists of starch, sugar, fats, and protein, or albumin as it was formerly called. Waste products that result from starch, sugar and fat are simply carbon dioxide gas, which is easily eliminated by the lungs, and water, which the body can readily rid itself of. But the waste product of the protein is urea, uric acid and a number of other products which are eliminated by the kidneys with considerable difficulty and hence are liable to form clinkers in the system, producing nervousness, Bright's disease, rheumatism, sick headaches, high blood pressure, and frequently insanity and similar disorders.

Then why eat protein at all? It is because the human body can not be sustained without it. It is repair material for the muscles, nerves, blood, etc., while the starch, sugar, and fat are burned up in the body to furnish its heat and energy for work.

But it is extremely important that those who are most liable to suffer from auto-intoxication, and especially all those who are doing but little physical work, should not eat more protein than the body requires for repair material. Recent reliable scientific experiments by Prof. Chittendon of Yale and a host of other experimenters, have shown that the average mortal eats two or three times more protein material than the body can satisfactorily use. The rest of it is merely a tremendous tax to the eliminating organs, and that is the main reason why they wear out so prematurely.

All this experimental work has demonstrated that instead of the old

standard that about a quarter of the meal should be protein, *one-tenth* is more nearly the correct figure.

Suppose every time you had thrown nine shovels of coal into your furnace, you would have to throw in a shovel full of iron filings to repair the furnace; that illustrates what we do each day at our tables. Nine-tenths of what we eat is used to warm our bodies and to furnish the energy for the work we do. One-tenth is to build up the muscles, nerves, etc.

In addition to overtaxing the blood with this excess of proteid food there is also a great danger of some of this protein decomposing in the alimentary canal and thus furnishing virulent poisons to intoxicate the system. Suppose you should set a dish of meat and a dish of rice or a dish of fruit in a warm place for a few days. The decaying meat would soon become a deathly poison, while the rice and fruit would simply have soured, which would not be a serious matter in itself.

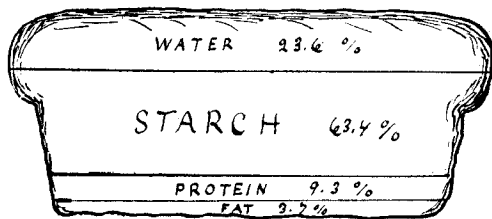
When one eats a large excess of high proteid foods such as the white of egg, flesh

foods, beans, nut products, more than likely some of it will not be digested and absorbed, and hence it will decompose in the colon; and the poisons resulting therefrom will be absorbed into the system, producing stupidity, wakefulness, irritation of the joints, etc. Sooner or later the bowel suffering from the immediate contact with this poison will begin to protect itself by pouring out mucus, producing "intestinal catarrh" and later on perhaps more serious conditions.

WHAT IS A LOW PROTEIN DIETARY?

A foundation preventive for these conditions is the adoption of a low-protein dietary. It is an interesting fact that the whole grain or

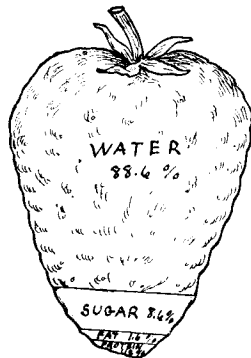
WHITE BREAD



cereal family contains approximately ten per cent of protein, or gluten as we call it, which is about the proportion that the latest scientific work has shown to be the proper proportion for protein.

Fruits contain a small quantity of digested starch and practically no protein at all. Vege-

STRAWBERRY

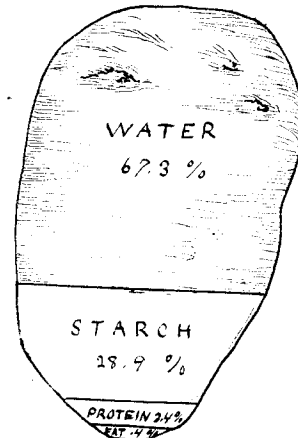


tables contain a moderate quantity of starch and again practically no protein. If one were to live on vegetables and fruits alone, the

body would not be receiving a sufficient amount of protein.

On the other hand, peas, beans and lentils contain one-fourth of their weight in protein. An exclusive use of these would be a high protein diet. Fresh cottage cheese, or Dutch

BAKED POTATO



cheese, as some call it, is again an exclusive proteid food, but much more wholesome and much less likely to decompose in the alimentary canal than flesh foods. Nuts again contain about a quarter of their weight of protein, so they are also a high proteid food. Meat is exclusively protein.

A WELL-BALANCED MEAL.

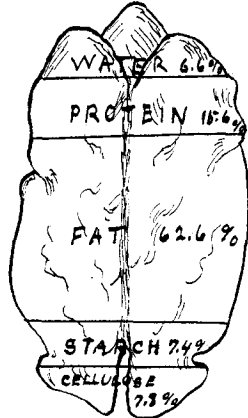
To have a properly balanced meal it is only necessary to remember that the portion of a meal which comes from grains is already in right proportion; that a large quantity of fruits or vegetables can safely be balanced up with a moderate use of the higher protein foods; that the free use of flesh foods added to the ordinary dietary is certain to be a program which will spell trouble sooner or later for the one who continues to partake of it year after year. It is a great gift to learn how to eat for strength and not for drunkenness (Ecc. 10:17), to leave out foods that serve to injure the body, and yet to prepare the wholesome foods in such an appetizing and dainty manner that they properly appeal to the taste.

There are many who are eating and drinking damnation to themselves who should be

learning how to eat and drink to the glory of God (1 Cor. 10:31) so that the physical powers can be more successfully used in the Master's service. Many who are suffering under great despondency and discouragement, which they attribute to their spiritual condi-

jealousies and fault-finding and complainings then you are destroying the very thing you profess to be doing.

WALNUT



tion, are really suffering from self-poisoning. They are looking out through a brain that is tainted with toxins.

THE IMPORTANCE OF DOING TEAM WORK.

ELDER WM. COVERT,
324 Dearborn street, Chicago.

I have been thinking about the opportunity we all have here for doing good, and whether we are all faithful to the trust that is committed to us or not. I know there are responsibilities resting upon every one of us that we can not throw off lightly, and as long as we are connected with this work we should have it on our minds continually. We can never succeed in anything without giving a great deal of thought to that thing.

Working together is the greatest factor of success of anything I can think of. When we can have complete co-operation then we can expect success. To pull together, work together, co-operate, seek the Lord and counsel together, try to understand each other and work so as to be a help to each other—this is what will make a success in the work; but if you get to working at cross purposes and

BIBLE VERSE SOCIETY.

ALICE TEMPLE BENEDICT, GENERAL SECRETARY.
80 Main street, Cochrasset, Mass.

The eighth year of the Bible Verse Society closes with this month and we are glad to report God's continued blessing upon the work. The membership has gradually and constantly increased and many of the first members are as enthusiastic in its interests as at first. There has been a noticeable increase this year in particular, in the number of mission and rescue homes that are using the references. Let us pray that they may be the means of saving and strengthening many.

The past three years have been devoted to pursuing subjects that would tend to lead one from a disinterested condition to the way of life, and this was in turn followed by verses that would help one to be watchful and faithful in this new life.

This year we are to study promises. Those who have clung to a promise when all seemed lost, know that they are of inestimable value. What better can we treasure in our hearts than the promises that will help us to perform our common duties faithfully and courageously—to encourage us to press on, no matter what the cost may be—to comfort us in sorrow—to cheer us amidst perplexities and to give us a bright hope in the future? These are true riches.

The promises have not been classified this year, thinking it might be more helpful for each student to arrange them for themselves. We have been able to use only a few of the many precious promises and we hope all will find time to make a more thorough study of this great subject.

The booklets containing all the references have been printed for 1911 and may be obtained of Miss Lena Hopkins, New Bedford, Mass., Box 641, upon receipt of five cents each. A few sets of "The Christian Workers' Course" still remain, the three booklets, 1908, 1909 and 1910 will be mailed upon receipt of six cents.

We are always glad to hear from all who are interested in promoting Bible reading.

Musings of a Visiting Nurse

Eva L. Borden,

528 33d Place, Chicago

NEW Year's eve and twilight. Night comes early in this great city of the lakes. Smoke and soot mingled with the fast falling snow, giving it a dull, gray tinge. As the young missionary visiting nurse hurried home she wondered whether after all heaven required that she spend her time, talents, and energy for this portion of the underworld which could give so little in return.

It would be so easy to give up the struggle and to drift back to a comfortable home and welcoming friends, where snow is white, the winds pure, and the sunrise and the after-glow are unobstructed by huge piles of brick and stone reared by human hands and known as the dwellings of men.

Kindly shadows softened the outlines of the room; all was quiet save the clang of passing street cars and bustle of the hurrying crowds, rushing homeward. Twilight deepened into night, but the young woman seemed lost to outward impressions.

"Yes," she mused, "tomorrow I will tell the committee that I must leave this work. The close, daily association with poverty, death and sin is too much for frail humanity to endure. Tonight marks the closing of the old year. Tomorrow I will begin to enjoy some of the pleasures of life, which heretofore I have been obliged to lay upon the altar of duty."

Just then loud talking and coarse laughter called her attention to Inglebretzen's saloon, in front of which a couple of men were fighting.

Inglebretzen's was famous for its fiery liquors, also its low dance hall and its music.

Once while passing the place, she heard such wonderful music that it held her almost spell-bound. Only the touch of an artist could coax such marvelous singing tones from the rickety old piano.

But the proprietor blustered up to the musician with an order to "play something lively." His customers preferred ragtime to the productions of the old masters.

She was glad when a few days later she was called to the place to see one of the young women who was very sick. As the madam

expressed it, "Dancing, drink, and the devil has nearly done her up. We must get someone to take her place."

When asked about the musician she said, "Oh, you must mean Craig. Queer fellow. Never mentions his folks. College graduate, but can't keep away from this dope. Doctor says it'll do for him some day—heart's all wrong. He may die any time, so we got another man to take his job. This is his last night here. We can't afford to run the risk of having anything interfere with our business."

Saddened by the surroundings and having done all she could for the suffering girl she came to see, the young woman turned to leave the room, when Craig caught sight of her. Recognizing her uniform he was seized with a sudden impulse and, cutting short the strains of "Waltz Me Around Again, Willie," he broke into the wonderful chords of "Nearer My God, to Thee," singing with a depth of feeling never before felt in that palace of sin—

"Though like a wanderer,
The sun gone down,
Darkness be over me,"—

The crowd who were watching saw him hesitate, turn pale, and fall forward on the keyboard of the piano. He had played his last hymn, and sung his swan-song.

Far away in a quiet little village a gray, weather-beaten old man, and sweet faced woman with silver hair, wait for the letter that will never come, and listen for the good steps which they will never hear.

And in Potter's field the cold winds blow harshly over a new-made grave.

And this was only one item taken from Life's Day-Book. Sitting alone in the darkness, time, place and surroundings were forgotten as the visiting nurse reviewed the events of the last year.

Only that very day had she called on a poor woman whose husband had been drinking intermittently for eighteen years. Yet, because of her loyalty to him, and in the hope of helping him to crush it out of his life, she

kept the matter a secret, shielding him as well as she could.

When he would come home intoxicated she would tell the children, "Papa's sick, and you mustn't do anything to annoy him, for sick people are apt to be cross."

This poor woman's great fear was that her children might follow in their father's footsteps. The older ones were growing to an age where they began to think and act for themselves. And among all her friends and acquaintances the mother could not name one in whom she could confide or counsel with in regard to matters of the soul.

But when the baby became sick and this Christian nurse became a daily visitor, what a difference it made in that poor home.

Many times did the mother and the nurse bring the individual members of the family before the Throne of Grace. Why, if life held no greater opportunity than this, it would be well worth while for her to share the heavy burden with this mother of children.

She must see the thing through, and half aloud she exclaimed, "God helping me I will do all one woman can do to keep poor, tired discouraged souls from throwing themselves away as did poor Craig."

The words of a half-forgotten hymn flashed through her mind, and reverently kneeling she repeated them as a prayer:

"Thou knowest all things,
My heart Thou canst read,
Master, Thou knowest
I love Thee indeed.
Ask what Thou wilt,
My devotion to test,
I will surrender
My dearest and best."

In the darkness and silence of that little room a battle had been fought and won.

Through the cold winter air the chimes of a distant cathedral rang out the hour of midnight, announcing to the world the birth of a New Year.

FORGOTTEN BY ALL BUT GOD AND MOTHER.

[From a Life-Term Prisoner in Leavenworth, Kan.]

"I am writing to tell you how well pleased I am with the Bible you sent me. I prize it more than all of my possessions. I love THE LIFE BOAT also. I thank you for the grace and peace that came to me through the little LIFE BOAT. I am a life prisoner and have

been here so long I am almost forgotten by all but God and dear old Mother.

"God is ever willing to own us no matter how far we may wander. When I asked God to forgive me He did not turn me away. O no, He gave me grace and peace and today I praise Him for a full and free salvation. Some one may ask if a man can be happy and pass away the weary hours in his cell. Oh, it is simple enough; give God your heart, confess your sins and He will do the rest. Then you can pass away the time praising God and reading His blessed Word. How I love to read the Bible now! But in past years I would not look at any, much less read it. It is wonderful how the love of God can change a man; even all his thoughts are changed, when he has been converted.

"We have prayer meeting every Sunday morning. The attendance is few in number, but God is with us and does not withhold His blessings because we are few in number. We also have a Bible class of about one hundred, but all attend chapel service. You see we have three services on Sunday morning and have a glorious soul-feeding, I call it. I can not find a better name for it.

"There is no use for a man to give up because misfortune has overtaken him and the service of the devil has got him in prison, for there is something good in store for every one if he will only ask for it in the right way and in good faith; he will certainly be rewarded in due time.

"I would be only too glad to speak a word of encouragement to any one who is broken-hearted and discouraged over his downfall. God uses many ways to make a man think of his soul salvation. I firmly believe that this prison was used in order to bring me almost to despair, that I might think I was lost for all time to come. Then I did not see but one course to take. I was 'a goner' then. I called on God to save my soul. If one is a Christian and shows in his daily life that he is, it does not only make him happy,—those that are over him will have more confidence in him and will allow him more privileges. I have found it so during my experience as a Christian. God help us all to be faithful and true and ever ready to lend a helping hand to those that are in need."

Important Facts About Alcohol from the Apostle to the Inebriate*

T. D. Crothers, M. D.

Hartford, Conn.

MANY years ago I was assistant physician in a hospital and I supposed my life's work was firmly laid out. One day an editor asked me to go to Almira, N. Y., and report a physiological conference.

On the train coming back one of the delegates became seriously ill. I did what I could for him and he asked me to accompany him to a hotel in Albany. I did so and much against my wishes I remained with him all night. I overslept in the morning and missed my train. So I was left there with nothing to do for twenty-four hours. A gentleman whom I knew drove up and said to me, "What are you going to do?" I said, "Nothing." He said, "You get into the carriage and ride up with me. We are having a convention up at the institution for the inebriates."

I went up to that big institution on the hill and saw there one hundred and twenty-five drunkards, and looking over these patients my life's work was entirely changed.

In three months from that time I connected with that institution as assistant physician. When I left there I went to Hartford, Conn., and opened a similar institution, where I have been ever since.

My whole life has been spent with people who are sick from drugs and alcohol.

During the forty-five years which I have given to this work some facts have been developed. The theory that the man who drinks on the street is necessarily a criminal and is vicious and needs restraint, has died out to some extent. We now regard him as a sick man, made sick by alcohol.

The old theory so confidently asserted in many sections, and believed to be beyond question, that alcohol in small doses was a tonic giving the body additional strength and vigor, has no support in modern research; but, on the contrary, its so-called good effects are found

to be due to its narcotic action and sleep-producing properties.

Thus, for example, a man, temperate and well, is carefully measured from day to day to determine the capacity of his senses—sight, hearing, taste, smell, and touch; also his muscular power, fatigue sense, rapidity of thought, memory and capacity of endurance. When these capacities are determined from an average of many days' examinations a basis of comparison is formed. Then the man is given a half ounce of spirits. One hour after, he is measured for the purpose of determining what effect, if any, the spirits have had on these various functions. It is found that they are all depressed and lowered, the senses are diminished in acuteness and capacity, and this can be stated in figures.

A man who could determine letters forty feet away, after taking alcohol could not see the sentence until it was moved five feet nearer. So a man who could hear a watch tick a certain distance away, after taking alcohol had to have the watch brought several feet nearer. A man who could take a few grains of salt in water, after the use of alcohol had to put in double the amount before he could taste it.

The muscular output is lowered by so many pounds, and the fatigue point is increased, showing diminished capacity for exertion and endurance. The brain has lost its quickness and moves more slowly. The power of comparing one thing with another is diminished, and the percentage of mistakes in memory tests have increased to nearly double, and so on with every function of the body.

These facts are all strikingly confirmed in intoxicated persons, but it is new to most persons that a *small* dose of spirits has precisely the *same* effect, only differing in *degree* and unobservable.

The conclusion is that alcohol is *not* a tonic, does not give new power and strength, is not a stimulant rousing up latent energies and

*Abstract of lecture given at the Hinsdale Sanitarium, Dec. 5, 1910.

enabling one to do greater work; but that its effects are the same in all instances and under all conditions; namely, depressing and sleep-producing.

Now there is another curious fact, shown by the influence of alcohol on cell growth. Take two plants of equal size and in the same soil. In one use pure water of uniform temperature; to the other add to the water one drop of alcohol to 100 of water. Keep this up continuously for a short time, and the difference in growth is very manifest. Increase the amount of alcohol and the plant becomes stunted and dwarfed. A still greater increase and all growth is stopped.

You can make the experiment yourself and see how thoroughly it breaks down the plant, how it diminishes activity. There are thousands of men doing active work today who are drinking men, but some day they will die suddenly of pneumonia or apoplexy. In the city of Syracuse, N. Y., eighty per cent of the men in active life drink. I attended the funeral of a good man, the head of a large factory. He died of pneumonia at forty-five. The minister said that it was God's mysterious providence that had carried away our brother. I *knew* what was the matter with that man. He drank wine every night. He told me he was obliged to drink some to keep up. I said, "You will live to regret it." He said, "You are a crank. Men have drunk before you and will after you."

You can almost surely find some cause back of such a sudden collapse in the prime of life. Spirit taking is a tremendous one. Overeating and especially of flesh foods is another. Men have to take alcohol to keep down the poisons from overeating.

It is better to get people to living right and save them from taking these harmful things. If we could train up men and women to know what terrible things these drugs are most of them would leave them alone.

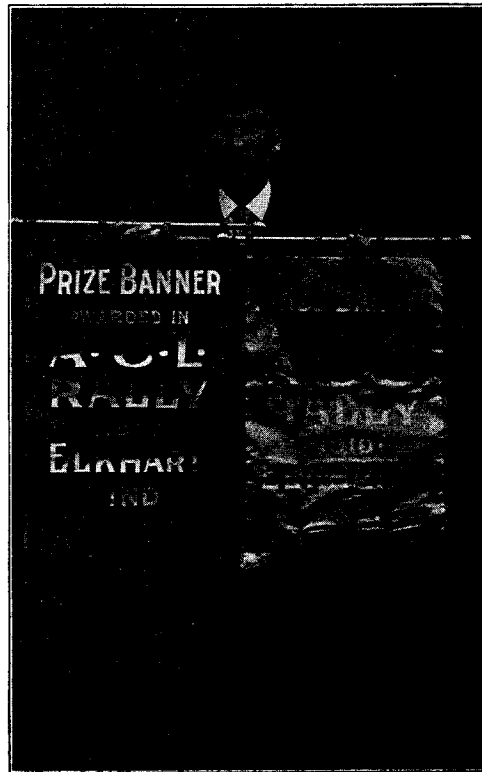
Nothing gives me greater pleasure than to see this magnificent institution here. Every one of you ought to become teachers of this high life, taking care of yourselves. There is nothing more important. The man or woman who neglects to take care of himself is going to ruin right off. We ought to give the body the highest possible training.

SCHOOL CHILDREN ORGANIZING AGAINST THE CIGARETTE.

JAMES J. JEFFREYS.

Elkhart, Ind.

In one month we have enrolled five hundred and seventy-five members in the Anti-Cigarette League. I began the work by giving stereopticon lectures in the public schools, and speaking in the Sunday schools. I have a set of stereopticon slides showing the effect of tobacco on the brain, nerves, heart, lungs, and



Mr. Jeffreys and His A. C. L. Banners.

kidneys. Then I give the superintendent of schools a supply of leaflets to send to each school, have the children carefully read them and then write essays on the harm of using cigarettes or tobacco.

In Toledo, Ohio, where I spent six months working along this line, more than seven thousand essays were written by the children in the fifth and eighth grades inclusive. I used

the following literature: "Tobacco at Yale and Amherst," "The Rights of Those Who Dislike Tobacco," "The Tobacco Habit and Its Effect Upon Schoolwork," "Tobacco and the Naval Academy," "What I have Seen of Cigarettes," by Judge Ben Lindsey. This last one is especially good for any one who wishes to give a short reading on cigarettes.

These leaflets are published by the W. C. T. U., and may be obtained from Miss Ruby I. Gilbert, 131-137 Wabash avenue, Chicago, Ill. I also used "Some Effects of Tobacco Using," "Pointed Facts About Tobacco," "A Chat With My Tobacco-Using Brother," "Tobacco Using," "The Tobacco Habit," "Temperance Torchlights," and temperance number of *Youth's Instructor*.

Every minister, doctor, member of the W. C. T. U., in fact all reform workers, should have a copy of "Temperance Torchlights." The above literature is published and sold by the Review and Herald Publishing Association, Takoma Park, D. C., or South Bend, Ind. I also use A. C. L. leaflets and songs published by the Anti-Cigarette League, 184 La Salle street, 1119 Woman's Temple, Chicago. Membership cards and buttons can also be obtained there. Any one interested in carrying on an effective campaign will do well to write to A. C. L. headquarters at this address.

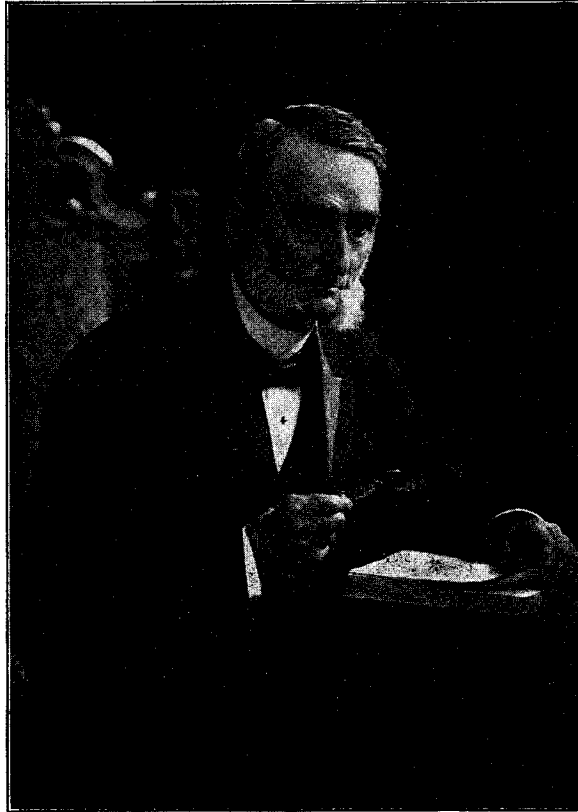
DR. PEARSONS OUR GUEST AGAIN.

Dr. D. K. Pearsons, the millionaire philanthropist who was a guest at the Hinsdale sanitarium last winter, has again returned to spend the winter at the sanitarium.

After using from five to seven million dollars of his vast wealth to build up forty-seven struggling colleges in the last twenty years, he has discovered that it is more blessed to give than to receive. He says, "The money that

I have paid to these colleges has brought me a wealth of happiness. I am a richer man for what I have given away. When I die I shall not be rich in money, but rich in the joy of doing good."

A more remarkable man at the age of ninety would be hard to find; a form as erect as an arrow, the snap of youth in his eye, a brain so keen and bright that any young man at twenty would be proud to possess. Throughout his entire lifetime he has adhered to the laws of health, doing those things that would promote long life.



Dr. D. K. Pearsons.

The following, which Dr. Pearsons wrote when sending fifty thousand dollars to Montpelier Seminary, Vermont, shows the spirit with which he has given his money:

FIFTY THOUSAND DOLLARS FAREWELL!

"Fifty thousand dollars, farewell! You have been in my keeping for many years, and you have been a faithful servant. Your earnings

have helped to educate many young men and women who have helped make the world better. You came to me from the grand old white pine forests of Michigan, and now you are going into the hands of other stewards in the state of Vermont.

Now, fifty thousand dollars, farewell! Go into the keeping of younger men, and God's blessing go with you! Do your duty and give the poor boys and girls of Vermont a fair chance."

The following quotation from a recent letter written by J. Henry Harms, president of Newberry College, South Carolina, pictures to some extent the good that Dr. Pearsons' money has accomplished:

"In the first place this offer of Dr. Pearsons to give us \$25,000 if we would raise \$50,000 was a compliment to the college. It was an endorsement that the people needed. It renewed their faith in the institution. They argued that if a wise judicious giver like Dr. Pearsons gave his money to their college, then their college must be more worth while than even they imagined. It charmed the people. They *had* pride in their institution. But it was the oratorical sort of pride that says nice things on holidays and commencement. Dr. Pearsons' offer put their pride to work. That is one of the best things he has done for us. He made the college bigger in the estimation of its friends.

"In the next place Dr. Pearsons' gift stirred the people up to give. We were weak financially. It looked impossible for such a handful of poor Lutherans to raise the sum of fifty thousand dollars. But Dr. Pearsons' had flung a challenge at them. In a few months after the offer was made the campaign wound up with all the conditions met. It was an epoch-maker in our history. Hundreds of people gave the college money who never gave money to it before. After fifty years the college was born again. And I think the story of the man behind the gift helped as much as anything. The story of Dr. Pearsons' life stirred the people everywhere. The spectacle of a man deliberately setting himself to give away a fortune simply captured the imaginations of our warm-hearted southern people. It stirred their deepest benevolent emotions. They caught his secret, the secret

he received from the Man who gave Himself and said, 'It is more blessed to give than to receive.'

"Our particular business in the south is to help the poor boy get an education. There are hundreds of young men in our cotton mill villages who need help and need it badly. We want to help these farmers' sons and factory boys. To get these boys into a Christian college is the biggest moral and social problem in our state. And that was what we were after when Dr. Pearsons' offer came.

"Dr. Pearsons has been our partner in the manufacture of intelligent Christian manhood,—the greatest business in the world."

A SCHOOL BOY'S IDEA OF CIGARETTES.

RALPH BOWEN,
Elkhart, Ind.

Three boys were once found smoking cigarettes. When asked their reasons for smoking, one said he smoked to cure a headache, the second said to cure a toothache, and the third to cure his corns, but neither of these were very logical.

A man once said to his son, "Shun the cigarette for it makes your breath smell like a glue factory, and you get to looking like a cigar store dummy."

It is said that the users of tobacco are like wormy apples,—they drop before their time. There was once a man who was a good bicycle rider, who in fact could not be beaten on a short distance. One day there was a race of one hundred miles; this man lasted well for about ten miles but was compelled to drop out at the end of that time. Why? Because he was a tobacco user.

The cigarette kills more quickly than any other form of tobacco. There are five of the most deadly poisons known found in the cigarette; they are acrolin, prussic acid, pyradine basis, carbon oxide and nicotin.

An experiment was once tried on a cat. About the amount of tobacco used to make a cigarette was allowed to soak in some water for a while, then some of the water was injected under a cat's skin. The cat died a few minutes afterward with convulsions.

The Hinsdale Rescue Home

Mrs. Hannah L. Swanson

THE family here in the home have been very busy the past week. Each girl cleans her own room, then they all join and clean the general rooms. They are getting things ready for Christmas. The future looks bright.

After the holidays, workers in the home expect to start some very helpful studies, such as hygiene, simple treatments, domestic science, etc. I met one of the young ladies the other day who has been in the house. She was taking care of a sick baby. It was surprising to me the knowledge she had attained while there. The mother of the sick baby seemed to have so much confidence in her—it was quite gratifying to me.

You will perhaps wonder how I can be both in Chicago and Hinsdale at once. I spend part of the time in the city and part at Hinsdale.

The noise of the saw and hammer is being heard finishing off the fourth floor and it is about half completed. Dr. Paulson let the contract, believing that the Lord would move on the people to send the money to finish it, and I think he will not be disappointed.

We need a drier to dry our clothes in. We do not need a large one. I do not know how much it will cost, but expect to find out before my next letter and will tell you. We used to dry our clothes on the fourth floor, but now we can not do that so must make some other arrangement. We have plenty of heat that we can turn on from our boiler.

Now if any one has a burden to help with this, say it is for the drier, and I will apply it toward that. In winter there are days when it is impossible to hang clothes out, as you all know. We hope to be able to meet all our expenses this month and pay most of our debts.

I received a letter the other day; the writer is a friend of the girl she writes about. I believe I will let you read part of it, as I believe it will be helpful and interesting:



“There is a dear girl who is in trouble because of betrayal, and I come to you to ask if you are in a position to help her; also I wish to know the conditions of entrance into your home. I know something of your work and believe you will readily help this girl of whom I speak. She is a fine, pleasant-natured girl. It seems a catastrophe that such a girl should be in circumstances to ask for shelter with you, for she has all her life lived an exemplary Christian life and been a model

to others as to quietness and refined nature.

“The sin that has brought her to ask for your shelter is one which her whole nature always has and yet revolts against. I do not know the circumstances fully, for I felt it too painful for her to repeat unless necessary. However she will if necessary make a clear statement to those who are in authority to receive it. Oh, it seems terrible to see such a useful girl fall under such a blight. She is a very fine housekeeper, has a practical experience in nursing children in some of the best of our homes; is a splendid dressmaker and generally useful because she has good sense and splendid executive ability.

“May I hear from you soon? God bless you in your good work for His fallen ones.”

We expect this young woman to come to our home in a few days. I received a letter from her saying when she would come, saying she did not want to be a burden as she has had always been a lifter. Young girls are falling every day into this awful trap. What can be done?

Since I started to write this a man called up wanting to know if there was a young

girl in our home about seventeen years old, saying she disappeared from his home last Thursday. They had heard nothing from her since. It seems they knew nothing about her condition before she left, but in some way have found it out since. He gave me his phone number, saying, "If you find her, tell her to come home. Oh, we want her! I know she left because she was afraid."

God help us to do our best, is my prayer.

A BLESSING THROUGH SACRIFICE.

DR. DAVID PAULSON.

The work in our rescue home has developed so rapidly, so many unfortunate girls are knocking on its doors for help, that it became necessary to finish off the fourth floor of the home to accommodate all who come. This we decided to do and asked our many friends to help us make it possible. The prompt response has been very gratifying indeed and help has come from not only those who are able to give but also from the poor and aged. The Lord's blessing is attending the effort. Some of these letters which we reproduce here have touched our heart.

Sick and lame yet helping others.

"Enclosed find two dollars for the rescue home fund. Am not financially able to do much. When I tell you there is not a room in my house but leaks every storm, and that I am past sixty-one years, sick and lame most of the time, you will agree with me I need all of my small income myself."

A personal sacrifice.

"Your communication of a few days ago has been duly received and read with interest. I am glad your work is progressing and only long for the day when the homes you are building and operating will no longer be needed.

"I wish to make a contribution of two dollars, which is the best I can do at present. It really represents a little personal sacrifice, but I do not see where a little money could do more good."

Too old to work.

"You will find enclosed in this one dollar which you can use for what you think best.

We would be glad if we could do more but as things stand it seems this is all we can do at present, as we have no fruit to fall back on. We have no fruit at all; all we have to depend on is a few chickens and one cow, and we are getting old, can't work much. But we thank the Lord for what He gives us."

Sacrificed a wrap.

"Enclosed find an order for five dollars. It is an offering by sacrifice. I was going to get me a wrap but last night when I read your letter I changed my mind. I have not one cent income, am living on a little nest egg. This morning I told a neighbor who has a good income about your need and she told me of a dream she had had two nights in succession of a poor helpless baby that was given to her. I should call that a 'still small voice.' May the Lord bless you."

A good samaritan sends a little mite.

"I see that some time has elapsed since the date of your letters, but I have had my hands full caring for an elderly couple who are cripples, and getting scarcely anything for my labor. But I am glad to send you a little mite and wish it a hundred times more than it is, hoping it will be possible to donate more after a while. I read Sister Swanson's letter with interest and wish I could supply you with your every need. The Lord is able to do it. I will try to get others to aid you in your work as soon as I have an opportunity. Enclosed find one dollar bill which I hope will reach you safely."

Lost everything by fire.

"We are more than sorry we are not able to help you with a lot of money, but I will try and send you a little (60 cents). It is all I have and my husband has not been away to work long enough to draw any money yet and he has to pay board the first thing, so it does not count up very fast. We have had quite a lot of expenses this summer on account of losing most everything we had last fall by fire; so he has some bills that have to be paid. But we feel for you all there and will help you all that is in our power. Mrs. Swanson's letter will touch the heart of any one I think."

Past four score years but can not do without **THE LIFE BOAT.**

"Your good letters received with a request for help to be applied on the unfinished building. Will send five dollars to be used for that purpose, or in any part of the work that you might choose. Will also send fifty cents as subscription for **THE LIFE BOAT.** We have taken that paper many years in the past but have been without it for some time now. We have sent many yearly subscriptions to our friends. We have made up our minds to do without it no longer, but to have its monthly visits as long as we stay here, which will not be very long.

"We are aged people. My husband is eighty-three and a cripple physically, but his mental faculties are not impaired. I am eighty-eight and begin to feel the infirmities of age.

"I hope and pray that you will be successful in your efforts and that branch of the message prosper still until it becomes a great mountain and is doing its good work throughout the whole earth. You are engaged in a glorious enterprise, sanctioned by the Word of God. He that converts a sinner from the error of his ways saves a soul from death. Human effort alone can not stay the overwhelming flood of corruption that is overspreading the world today; but Christian men and women, with earnest work and divine power can snatch many individuals as brands from the burning fire and make them know that there is a better life for them to live in this world and eternal life in the world to come. I close with thanks for the good letters."

REMEMBER THE RESCUE HOME IN YOUR WILL.

The rescue home has no regular income excepting the mere pittance of a few dollars a week that some of the girls are able to pay. It is absolutely dependent upon voluntary contributions. At present there is no one in the home who is drawing a cent salary. It is a labor of love.

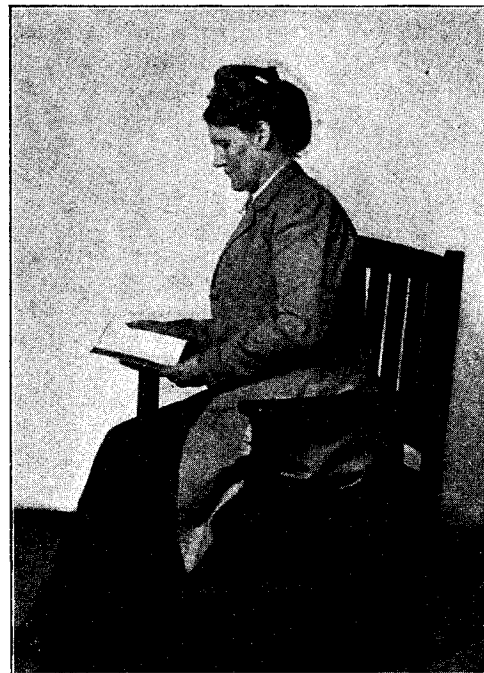
When you make your will or make an addition to your present one, will you not remember in a substantial manner this

Home? It is regularly incorporated as a charitable institution under the Illinois statutes. Its legal name is the "Life Boat Rescue Home."

A THANKFUL THANKSGIVING.

IDA BROWN,
6534 Normal avenue, Chicago.

We sent out the word to eighteen orphans inviting them to come to our house for Thanksgiving dinner. Among them was a blind young man and another one with his



Mrs. Brown.

collar bone broken, which disabled him from working; another was a little deaf boy who "never ate a real Thanksgiving dinner before." Several families had sent to me to get clothing; also food for their dinner, so I sent a letter to the Normal School and in response several bright, smiling-faced boys came with baskets of canned goods and fruits, jelly, etc., for these sick and needy families.

If you are among those who feel disheartened and think yours is the hardest lot just "do something for somebody today." Your

own discouragement will vanish in trying to comfort and cheer some one less fortunate than yourself.

My heart aches for the shut-in mothers and poor little children in this rich, wicked city. Oh, the good we all could do by just "helping somebody today."

"Look all around you,
Find some in need;
Tho' it be little,—a neighborly deed—
Help somebody today.

"Many are waiting a kind, loving word;
Thou hast a message,
Oh let it be heard,—
Help somebody today.

"Many have burdens
Too heavy to bear,
Grief is a portion of some, everywhere;
Help somebody today.

"Some are discouraged
And weary in heart,
Some one the journey to Heaven should
start;—
Help somebody today."

"Do not keep the alabaster boxes of your love and tenderness sealed up *until* your friends are dead. Fill their lives with sweetness. Speak approving, cheerful words while their ears can *hear* them and while their hearts can be *thrilled* and made happier by them. The kind things you mean to say when they are gone, say them now before they go. The flowers you mean to send for their coffins, send them now to brighten and sweeten their homes before they leave them.

"If my friends have alabaster boxes laid away, full of fragrant perfumes of sympathy and affection which they intend to break over my dead body, I would rather they would bring them to me in my weary and troubled hours and open them that I may be refreshed and cheered by them while I need them. I would rather have a plain coffin without a flower, a funeral without eulogy than a life without the sweetness of love and sympathy. Post-mortem kindness does not cheer the troubled spirit. Flowers on the coffin cast no fragrance backward."

THE GOSPEL MADE HIM THANKFUL.

[From an Inmate of the Indiana State Prison.]

"I take THE LIFE BOAT and think it is the best little book that I have. I read it through two or three times then I pass it to another

prisoner. They are after me for one every few days. I am trusting and praying that God will touch some of the hearts of those that read the little book.

"This is Thanksgiving day, my first real thankful day in all my life. The first thing when I got up this morning God told me to read the fifty-first Psalm, so I did, and then I went on my knees and God blessed me. I thank God for sparing me so long. I shall be a better man in the next year. I read my Bible every day and pray to my God and thank Him for saving me.

"I have from two to fourteen years here but if it is God's will for me to get out any sooner I can; His will be done. I pray for you every day that God will help you in the work of saving some poor soul. If God spares me to come out of here all right I mean by His help to do what I can in helping others.

"Just yesterday men came to me and wanted to know if I had any more LIFE BOATS. I told them I did not. I am very sorry that I did not have any. I think it has done good amongst them, and I pray to God it will lead them to the One who died for them. I like your writing in THE LIFE BOAT so much.

"I belong to the Bible class here; we had a good time last Sunday. The lesson was on thanksgiving. Thank God for the past blessings. Some fifty spoke. We had a good meeting. I hope it has done some good and that many will be saved."

HYDROTHERAPY IN A PRISON CELL.

(From an Inmate in the Wisconsin State Prison.)

"I have been here quite a while and still have a year to do, but I do not feel very good in one of my knees. I have the rheumatism in my left knee.

"A few weeks ago I saw in THE LIFE BOAT how to use hot water and heating compresses for pain, so I tried them and found them a great relief. I use the compress every night.

"As I am acting as one of the barbers here, I can get a pail of water at any time, hot or cold. I have not much faith in the medicine bottle."

RELIEF FROM TROUBLE.

MRS. A. C. GAYLORD,
Hinsdale, Ill.

"When He giveth quietness, who then can make trouble?" Job 34: 29.

This beautiful little gem from the treasure-house of God's Word brings a message of peace and comfort to the weary soul who is struggling under heavy burdens, grieved and worried by the cares of life. It breathes a spirit of restfulness and trust. It calls for surrender.

"In returning and rest shall ye be saved; in quietness and in confidence shall be your strength." Isa. 30: 15.

"The wicked are like the troubled sea, when it can not rest, whose waters cast up mire and dirt." Isa. 57: 20.

But "when He giveth quietness, who then can make trouble?"

"If God be for us, who (or what) can be against us?" Rom. 8: 31.

Most of our real troubles in life come from within; and let us remember that it is the water *inside* the ship that sinks it. That on the outside buoys it up and carries it along. So the troubles from without, for which we are not responsible, will never sink our little craft. And since our Saviour is able and ready and anxious to bring inward peace, rest and quietness, we need never carry a worried, troubled heart.

Just as He spoke peace to the stormy Galilee, so that same word can speak peace to the storm-tossed soul, and who then can make trouble?

Then commit your way to Him and pray this little prayer:

"That which I see not teach Thou me; if I have done iniquity, I will do no more." Job 34: 32.

**EDUCATING THE MOUNTAIN
WHITES IN THE
SOUTHLAND.**

E. A. SUTHERLAND, MADISON, TENN.

(On a recent visit to the sanitarium, Prof. E. A. Sutherland, principal of the Nashville Agricultural and Normal Institute, told the family of workers something of how the educational work was progressing among the mountain whites of the south. We cull the following from his talk.—Ed.)

We are getting along very well down in

Tennessee. We feel like Caleb and Joshua who said the walls were high but they were well able to take the land. In one of the schools which we have started up in the mountains, eight people have been brought to Christ.

A good many people want to see the fruit right off before they do much missionary work, but I have found out that if we are going to have a good crop of corn, we must tear up the ground, work it all up fine, then plant the little kernel of corn and then let it grow. It takes time, but the crop is sure to come. Already we have one hundred and fifty teachers who have gone out and established schools in the mountain districts.

I visited Cuba this last winter. We now have four schools established there and are educating the natives and giving them the gospel. They are having success. Our teachers went down there with no one to look after them, no salary promised, and now they have four good schools. The people there have practically no privileges for education, but now there is a desire for it, especially for the practical kind. Our teachers are making their own way, and they are succeeding. They are now establishing a training school for teachers. We have a Spanish teacher connected with it, and we can send teachers down there who can learn the language and receive a special training in one year for their work.

To the young people here who are training, I would say, we must remember that the vital question for us is not what we are getting day by day, but "What kind of a character am I forming day by day? Will that character help me to stand up alone in the face of temptation?" That is the question we want to think about. It is not a question of what you are in a material way, but whether you will be able to stand for the right no matter what comes.

Every normal person is born with a message for humanity, with a great sacred obligation to give his best to the world. Your talent was not given you merely to provide bread and butter and luxuries for yourself and family, but to make the world a little better place to live in, to pay your debt to humanity, to make the largest possible man or woman of yourself.—*Orison Swett Marden.*

Doings at the Chicago Life Boat Home

Mrs. Hannah L. Swanson

ANOTHER month has rolled by, and I am wondering can it be said of me, "She hath done what she could"? In a work of this kind it is very necessary that we keep very near the Throne. We need wisdom from on high to deal with the different individuals that come to us. I want to believe every one to be what he represents himself to be, until proved otherwise. From a human standpoint some cases look discouraging, but we are told to sow the seed beside all waters, and I do not know of a single case that has come to us that we have not been able to do something for, either physically or spiritually.

A young girl left us some time ago. At the time, we felt somewhat discouraged as we could not see that we have been enabled to help her in the least. Several weeks later I met her on the street. She showed me her shoes and said, "See, I have taken part of the high heels off!" She also told me she did not fix her hair as she used to. I said in my heart, Thank God for that. This is as it should be. If we let our light shine, it is bound to *dispel* the darkness unless they have entirely sold themselves to Satan.

On the second of this month a woman left her home in the southland to meet her daughter here in Chicago. In some way the daughter failed to meet her. She did not have her daughter's address; supposing that she would surely meet her, she did not bring it. A friend of ours found her and sent her to us. She wrote her relatives for the address, her son came, and then she and her daughter were brought together.

A mother with her three-year-old boy stayed with us until she got a position. About two weeks ago Brother McBride called me up saying he was very much interested in a couple whose home had burned down. He said he would keep the man at his home if we could keep the woman. Their children are at the juvenile home. He has found a position for the man. We intend to give them clothes and hope soon to see the family reunited.

We have very interesting meetings here three times a week. Eternity alone will reveal the result of these meetings. A gentleman who has been attending told me he had just begun to serve God. He said he used to go to church and sing, but as far as he was concerned he might just as well have sung "Yankee Doodle." But now all is changed. He is a professional man, and I think will be used of God in some branch of the work.

Now you who are called to other fields and can not be here, you can help us by sending of your means; and you who can not send pray that God might impress others to help us financially.

I want ten dollars to pay for table linen. Who will send me this amount, or part of it? If I receive more than I need I will apply it on the coal bill.

We will be glad to have any of our friends call on us who are passing through the city. We want to thank the friends for responding so bountifully to the call for clothing. The past month our family has averaged eighteen; it costs something to feed us.

A PLEASANT OCCASION.

NELLIE JEFFERS,
528 Thirty-third place, Chicago.

The first day of December was quite an important day in the Chicago LIFE BOAT Home. Besides celebrating the birthday of our matron, Mrs. Swanson, we also had a wedding. It was one of Mrs. Swanson's girls who had been an inmate of the Hinsdale Home and who has been with us for some time helping in various ways, either in the home or taking care of some cases who have called to us for help outside of the home.

Most of the arrangements had been made three weeks before so our workers had ample time to prepare for the occasion. A long table was set in the dining room and the twenty-five guests and inmates present were seated to a bountiful spread just after the

THE LIFE BOAT.

marriage ceremony was performed, at twelve-thirty. The feast was provided for by the bride, and the willing hands of our workers prepared and served it.

It was a joyful occasion to all present and all wished many happy returns of the day for Mrs. Swanson, and a long and happy life for the two who had just started life's journey together. We hope that they may ever walk in the fear of the Lord, striving to do His will at all times, trusting Him fully for help and strength. We also pray that Mrs. Swan-

son may have many more years to serve the Master and work for Him in the future.

The wedding dinner reminded us of the feast we all hope to partake of in the earth made new, at which our Saviour will serve, where all will be rejoicing—no more sorrow. We want that not only those who were present at our dinner may be there, but that all those who read *THE LIFE BOAT*, together with many, many others, may be there to answer to the roll call and to partake of the fruit of the tree of life.

The Second Personal Coming of Christ

M. H. Serns,

528 Thirty-Third Place, Chicago

LET not your heart be troubled: ye believe in God, believe also in Me. In My Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will *come again*, and receive you unto Myself; that where I am, there ye may be also." John 14:1-3.

The Christian's hope and joy lies in the fact that he believes in the second coming of Christ. If it were not for the hope of eternal life that he finds in Jesus, he would not be His follower. But having received joy and peace of heart and mind in *believing* His Word, he looks for new heavens and a new earth. This is to be his home through the endless ages of eternity. In the new home there will be no trials, no sickness, no death nor sin, but all will be at rest. All will then be in harmony with the government of God.

We have on record an incident that occurred at the ascension of Christ. While Jesus with outstretched hands was blessing the disciples, and "while they beheld, He was taken up; and a cloud received Him out of their sight. And while they looked steadfastly toward heaven as He went up, behold, two men stood by them in white apparel; which also said, Ye men of Galilee, why stand ye gazing up into heaven? This same Jesus, which is taken up from you into heaven, shall so come in *like manner* as ye have seen Him go into heaven." Acts 1:9-11.

In the former scripture we have the words, He will come again. The angels in this incident give us the testimony, "This same Jesus . . . shall so come in like manner as ye have seen Him go into heaven."

The third scripture I will give you speaks of this coming as His *second* coming: "Christ was once offered to bear the sins of many; and unto them that look for Him shall He appear the *second* time without sin unto salvation." Heb. 9:28.

A PERSONAL RETURN.

In these three texts we find it definitely stated that Jesus will come again and receive His own unto Himself. You will find also in these texts that He is not coming in the person of another, nor is His coming at the death of each individual, or at the time of conversion. But it is the coming in which the same Jesus who trod the path from the manger to Calvary, who laid His hand on the sick and restored them to health, gave sight to the blind and speech to the dumb, whose ear was ever open to hear the cry of the distressed, whose lips were ever ready to respond in words of compassion and mercy to the weary,—I say it is this same Jesus who is coming to receive His saints.

The Saviour will come in His own glory and in the glory of His Father and of the holy angels. All the hosts of heaven will attend Him at this time (Luke 9:26). We also

read in connection with this event: "Behold, He cometh with clouds; and every eye shall see Him, and they also which pierced Him; and all kindreds of the earth shall wail because of Him." Rev. 1:7.

SOME WILL EXPECT HIM.

We find according to scripture that when His coming is near there will be a people preparing to meet Him. We read in Heb. 9:28, "Unto them that look for Him shall He appear." And in 2 Tim. 4:8 we find that the crown of life will be given to those who love His appearing. We hear this people saying, "Lo, this is our God; we have waited for Him, and He will save us: . . . we will be glad and rejoice in His salvation." Isa. 25:8, 9.

But I hear some say, "We do not know the day and hour of His coming, therefore we do not know whether or not He is near." In answer to this question let us turn to 1 Thess. 4:16, and on into the fifth chapter:

"For the Lord Himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God; and the dead in Christ shall rise first; then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air; and so shall we ever be with the Lord. Wherefore comfort one another with these words. But of the times and the seasons, brethren, ye have no need that I write unto you. For yourselves know perfectly that the day of the Lord so cometh as a thief in the night."

I ask the question, To whom does He come as a thief in the night? Let the text answer:

"For when they shall say, peace and safety; then sudden destruction cometh upon them, as travail upon a woman with child; and they shall not escape. But ye, brethren, are not in darkness, that that day should overtake you as a thief."

We see from the above that He does not come to the brethren as a thief, but to those

that cry peace and safety, and to those who sleep and are drunken in the night.

We have two distinct classes represented in these verses: the children of darkness and children of light. Now, dear reader, to which of these classes do you belong? To those who cry peace and safety and are drunken in the night, or to those who are watching and ready to meet Him? Remember Jesus said, "Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame." Rev. 16:15.

According to the scripture, when Jesus comes there will be a people who are waiting and ready to meet Him. Will you be of that company?

A SHORT COURSE FOR CITY MEDICAL MISSIONARIES.

CAROLINE LOUISE CLOUGH,

Hinsdale, Ill.

Thinking THE LIFE BOAT readers will be glad to learn something of the progress of the self-supporting six months' school for city medical missionaries at 528 Thirty-third place, Chicago, we will say that some nineteen students have enrolled since the school was opened October 1st. Short courses are conducted in treatments for the sick, general nursing, the foundation principles of anatomy, physiology and hygiene, the treatment of general disorders, dietetics and the value of foods, and the treatment of wounds and injuries.

Parallel with this work special Bible studies are given each day in which the students re-

HOW TO OBTAIN A REMARKABLE BOOK ABSOLUTELY FREE.

If you will send us fifty cents to extend your present subscription, or ask one of your friends to subscribe, we will send you postpaid one of the most remarkable missionary books ever written: "A Retrospect," by J. Hudson Taylor, the great leader in the China Inland Mission movement. This contains the most thrilling accounts of answers to prayer and experiences leading up to the founding of the China Inland Mission.

We have already sent out nearly three thousand of these books, and this is the kind of letters we are receiving from those who have read it:

"I just received your book 'A Retrospect,' and am commencing to read it and, dear brother, I am so well pleased with it that I could not wait any longer to thank you for it very much. It is a grand thought that such a faith will do so much good. My best wishes to you and every one. Yours with thankful gratitude."

It is just the book to put in the hands of those whose faith is beginning to falter, or who are beginning to backslide or neglect prayer, or who are losing their interest in spiritual things.

Now while your attention is called to it send fifty cents to extend your own subscription or to send it to one of your friends, and we will mail you the book. DO IT NOW.

ceive a definite training in soul-winning work.

The students are expected to support themselves by selling our various magazines. In this way many opportunities are found to drop seeds of truth in needy hearts. One young woman while selling papers found a place to stay and care for an elderly lady who was sick. She was given three hours off every day to attend the classes and sell magazines. In this home she has not only had opportunity to teach health principles, but also to present some Bible truths to that family.

Two sisters who are taking the course have been selling one thousand magazines a month. One student goes out three days a week selling papers. She averages sixty copies a week and has many experiences in talking with the people.

Another student has been the means of bringing a poor sick woman into the truth. She is ready for baptism, but is physically unable to receive it. Her husband has also become interested and is praying for light.

One student has nine different families that she is visiting, some of whom are searching for truth. One lady said she wished she had known this truth twenty years ago. One woman who had become absorbed in worldly pleasure confessed the whole thing and is now studying her Bible earnestly for light.

Another student is caring for a young infidel who has been given up to die. He has become interested in the Bible through her reading to him the experiences of Hezekiah and Naaman. He is improving under the treatment. Another family has had a great deal of sickness. The woman was thoroughly discouraged, but after a few visits she is of good courage and is getting well.

This school affords a splendid opportunity for thoroughly consecrated young women to receive a practical training in city missionary work. The field is unlimited. We need one hundred trained, consecrated workers in Chicago alone. Jesus is soon coming. The masses must be warned of the coming crisis. The time is short and we must join hands and enter the cities with a definite warning message like Jonah of old.

April first, another class will start in this six-months' city medical missionary school. Any one desiring information concerning this

work may receive same by corresponding either with Dr. David Paulson, Hinsdale, Ill., or Eld. M. H. Serns, 528 Thirty-third Place, Chicago.

LETTING LIGHT INTO DARK PLACES.

(From an Inmate of the New York State Penitentiary.)

"Your encouraging letter received and your well wishes afford me the sincerest pleasure. I can not thank you enough for the interest you take in sending me your messages of good cheer and helpful advice. *THE LIFE BOAT* still sails on, bringing light into the dark places here, and it gratifies me greatly to be the humble agent in introducing the 'cup of salvation' to my fellow-plodders of the prison path. Though some manifest merely curiosity in the reading of your magazine, yet I am glad to say that, to my knowledge, there are those who read with reason, and for these there will soon come a spiritual awakening, I am certain.

"I must not forget to mention I am in receipt of the *Review and Herald* you kindly sent. Though I have not as yet finished the reading of this paper, I have found out from what I have read that there are many thousands residing upon this globe of gloom who are 'up against it' far worse than I am. This misery-loves-company sort of a feeling may be somewhat selfish, but it is also beneficial.

"When a fellow lands in the dump of despair, and gets the idea that he has a monopoly on all the trials and troubles of the world—a sort of a corner in misery, as it were, why it tends to inflate his pessimistic ego, and to give him the idea that the torments of Job were but as a pin-prick compared to *his* sufferings. Hence, to learn of the conditions in heathen lands, gives one the proper perspective in which to view one's wealth of woe. And it gives one a glorious pleasure to read of the accomplishments of these pioneers of Christianity in foreign lands.

"I am now reading the New Testament, which marks an epoch in my course of reading through the Bible. The Sermon on the Mount in Matthew was inspiring to me. There was so much of it I could apply to my own case, as if Christ was speaking directly and personally to me.

"Yes, you have started me in a new life,

and every day I find newer joys and blessings in living it. I confess that at times the road is a bit rough, and the going hard, and I ask for your prayers that I may always be enabled to keep my footing."

HELP ME TO FIND THE ROAD.

(From an Inmate of the Illinois Reformatory.)

"Not long ago I was handed a copy of THE LIFE BOAT; I read it through, then again read it—more thoroughly. Those articles written by the reformed criminals seemed incredible. But 'God moves in a mysterious way, His wonders to perform.' I have been a very bad boy in the last six years; I have done things I would be ashamed to tell. God has converted those hard criminals; I know He will have mercy on me, a beginner. I have a mother and two sisters. They have been very good to me.

"I have come to the conclusion that it is time for me to start and make something of myself. I trust I may never again cause my mother pain. It is true that I have sinned, but I confess my sins and put myself at the mercy of the people.

"It is good of you, dear friends, to take so much interest in us lost ones. When I first came to this place I was very mean and atrocious to extremes. But something within said, 'You are killing your mother; turn around and seek the narrow path.' I do not say that I have been converted; I want to live a better life. Perhaps you will help me not only spiritually, but otherwise. Financially, I am well fixed. I wish you would write to me and send me some word of comfort; and tell me that the people of Illinois are willing to have faith in and trust me again.

"Your LIFE BOAT is very helpful. It has caused me to stop and think; I shall read it at every opportunity. Please help me to find the road."

DOING GOOD WHILE IN PRISON.

The following letter is from a prisoner in the South Dakota penitentiary who has paid for fifty copies of this magazine a month for one year to distribute to his fellow prisoners. He writes:

"I sent you a letter several days ago for thirty LIFE BOATS to be sent to this institu-

tion. The men are asking me for them. This publication of yours has done much for me and not only for myself but it has been the means of encouraging many a man behind the bars.

"Today I can say that THE LIFE BOAT has helped me to look on the bright side of life. In fact, I forget my troubles as soon as the magazine comes. I will always ask the sinner as well as the Christian to subscribe for the most wonderful book of its kind in the world—THE LIFE BOAT.

"The article about Tom Mackey in the prisoners' number, where that bowl of soup saved his soul, is enough to make the most hardened criminal turn to God.

"These are the verses that I keep before me daily: "Matt. 5:11, 12 and also 2 Tim. 3:12. The old year is very near gone, the new one will soon be here, but may THE LIFE BOAT ever live for it brings comfort and glad tidings to the men of many sorrows."

After receiving the LIFE BOATS this prisoner wrote the following:

"I started to write to another party today but remembering your request in your recent letter I am writing to you instead. I was very glad to receive the fifty October LIFE BOATS. Many thanks. Before I give them out I mark three or four of the best articles with a red pencil so they will be read. I know I will read an article quicker if it is marked.

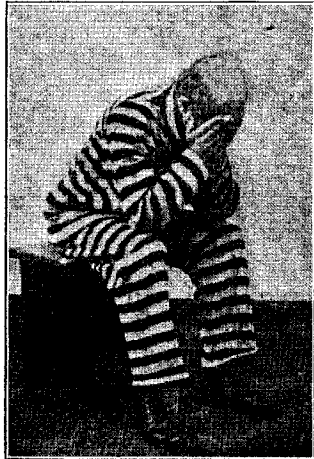
"There is no chaplain in this prison. There is a different minister comes up every Sunday. Your magazine is so helpful to hundreds, yes, thousands of prisoners in the United States alone. I would rather sell THE LIFE BOAT and D. L. Moody's books and make just barely a living and have a few dollars left over each month than be in the saloon or tobacco business and make a fortune and live in a mansion.

"I enjoyed your article in the December LIFE BOAT on 'Personal responsibility regarding health.' I eat in my cell and feel much better in masticating my food thoroughly."

One of our agents writes:

"LIFE BOATS at hand,— the best book that was ever published, and does the most good for fallen humanity."

How Much Are You Interested in the Man Behind the Bars?



The letters from prisoners in this number of *The Life Boat* are a few of the many that have been received by the editor or some of his associates during the last few weeks. It is impossible to read these letters taken at random without any special effort at selection, and not become convinced that there is a terribly needy mission field inside of prison walls that the Christian people of America have scarcely come in touch with.

Only recently a man completed a twenty-year sentence in Joliet prison for stealing a twenty-five-cent mouth organ. In an adjoining state a man served several years in state prison for carrying

off a watermelon when he was drunk, and the man who sold him liquor was licensed by the state to sell it. When sober he was an honest and hardworking carpenter. Such cases are by no means isolated ones. The worst rogues are not in prison at all; they are outside endeavoring to buy up our legislatures, bribing juries and aldermen, etc.

There are plenty of desperate criminals in prison, but even the most hardened men have a right to have the gospel. It is not enough for us to say they have had a chance. We have had a chance. We were brought up in Christian homes. We have the memory of a father's and mother's prayers, embraces, love and entreaties. Many of these most hardened men never had either. They were cast out into the world and the devil's church seemed to have a more wide open door for them than any other church, and they drifted down just as easily as water runs down the hill.

We shall issue another special prisoners' number of *The Life Boat* in May. We shall endeavor, as far as the money that comes in will permit, to send it to the entire prison population of this country. How much will you invest in this enterprise? The generosity of our friends has made this thing possible for the last twelve years. Will you help make it possible again this year?

HAD NO ONE TO TELL HIM OF HIS WRONG DOINGS.

(From an Inmate of the Illinois Reformatory.)

"I would be glad if my dear mother was living again,—some one I could go to. I am going to lead a good life hereafter. I had no one to tell me of my wrong doings. It seemed as though they wanted me to lead a wrong life.

"The wrong things get no one anywhere. I found that out by personal experience. What I have gone through I will never go through again. I have found a friend; One who will help me in this battle of life. I hope God will help us all to do better in this world. I know that I want treasures laid up in heaven. I am trying to help others who have fallen the same as I have."

SAVED FROM BEING SWEEPED UNDER.

The following encouraging letter comes from a prisoner in Trenton, New Jersey, who has been saved from infidelity through the influence of THE LIFE BOAT.

"Before the old year of 1910 dies out I want you to know that it has been the most blessed year of my life. Despite the bars and bolts of my prison-house I am enjoying a glorious freedom and am now able to sing and praise God even as did Paul and Silas in their imprisonment.

"At the beginning of this year my faith was very small. The awful sins of doubt and infidelity kept me in an agonizing state of mind. I realized my terrible position, and longed to be free from the bondage of unbelief. Then came THE LIFE BOAT, picturing such stories of reclamation as I could scarcely credit, though I knew them to be true. But, oh, I am so glad I can say that all the doubts and despondencies that had me in possession when I began to write to you have all given way, and now I know what is meant by 'the joy of Thy salvation.'

"Truly THE LIFE BOAT has been to me just what its name indicates. A little longer and I surely would have been swept under. My faith was weak and faltering; but small as it was it enabled me to lay hold of that seamless robe wherein is healing divine. I am

fully trusting in the Lord who careth for the ravens, knowing that if I only do my part He will never leave nor forsake me.

"THE LIFE BOAT was the human agency used by God to bring me to the feet of Jesus, the Great Physician. All my hitherto unconquerable appetites and passions have all been subdued under His loving ministrations, and I have perfect peace within.

"I thank you so much for the encouragement you gave me. The little Bible you sent me has become my daily companion. In it I find daily Bread—Bread of life for my soul. I am not much of a Bible student as yet, but I am studying it 'line upon line and precept upon precept.' Please pray for me that I may make progress and receive understanding from on high.

"The tract you sent me, with its awful warning, was most helpful to me. Its message burned into my very soul, and made an indelible impression upon me.

"What folly for transgressors to still pursue that way which is so hard, and which ultimately ends in death,—death to the soul!

"This will probably be the last time I shall write to you until April, when I shall be able to send THE LIFE BOAT a few subscriptions.

"I pray God to pour down blessings on THE LIFE BOAT and all connected with it, and that the year of 1911 may be a year of happiness to all."

THE LIFE BOAT IN THE ILLINOIS STATE REFORMATORY.

"The boys in this Institution prize THE LIFE BOAT very highly. One of them spoke at our Y. M. C. A. meeting last Sunday and told of the good work that THE LIFE BOAT was doing and told the men they could not spend their money to a better advantage than by subscribing to THE LIFE BOAT.

"THE LIFE BOAT is a welcome visitor in our home and I wish to express my thanks for the much good I receive through its pages. I try not to let a single copy go to waste, but pass them on to others who I think may take interest in reading them. May God continue to bless THE LIFE BOAT, its contributors as well as its readers."



Editorial Department

Conducted by Dr. David Paulson



A HAPPY NEW YEAR.

Some one has said that happiness is a by-product from service. The world seeks happiness but are missing it because it does not come by seeking. It is the result of making others happy. "With what measure ye mete, it shall be measured to you again." Matt. 7:2.

The amount of happiness that will come to us during 1911 will just about be measured by the amount of happiness we make possible for others.

"If ye know these things, *happy* are ye if ye do them."

PERSONALLY ACQUAINTED.

How few people we really become personally acquainted with. Most folks we only know in an off-hand way, or perhaps merely because we have heard about them or read about them.

How many professing Christians there are who only know the Lord in this sense. They have heard somebody preach about the Lord, or they have read something about Him. But there is a more satisfactory way, and that is to acquaint ourselves with Him and be at peace, and thereby good shall come to us (Job 22:21).

Before Job went through some of his trying experiences he only knew God from what he had heard of him, just as so many people know Roosevelt, from what they have read about him. But Job lived long enough to get *personally* acquainted with God, and then he could say, "I *had* heard of Thee by the hearing of the ear; but *now* mine eye seeth Thee." Job 42:5, R. V.

We *visit* with a neighbor, but we open up our hearts to a friend. When we come on such friendly terms with God then "thou shalt *unbosom* thyself unto Him, and He will hearken unto thee." Job 22:27, Spurrell. And the most delightful thing about it all is that God really appreciates our love, for the scripture declares: "Because he (man) lov-

ingly cleaveth unto Me (God); therefore will I deliver him." Ps. 91:14, Spurrell.

How a letter from a dear friend warms our hearts! When we become acquainted with this "Friend that sticketh *closer* than a brother" (Prov. 18:24) then as we read the Bible, as a personal letter to us, He will draw near to us and our hearts will burn within us (Luke 24:32); and while we muse over these charming words there will be a fire burning within us which will destroy sin (Ps. 39:3).

And when the fever of unrest, perplexity and unsatisfied desires is racking our very being, that gentle hand will touch our hand and the fever of restlessness will leave us and we will be able to calmly rise and minister to others (Matt. 8:15).

We shall not come to have a great opinion of ourselves but we shall constantly have a better opinion of our Friend; for we shall appreciate that we have this treasure in earthen vessels, that the excellency of the power that will come into our lives originates with God, not with us (1 Cor. 4:7).

A NEW TRACT FOR GENERAL DISTRIBUTION.

After reading the article, "The Healing of the Sick," in the October LIFE BOAT, Mr. Leaton Irwin, president of the Irwin Paper Company, Quincy, Ill., wrote us:

"Dear Dr. Paulson: Mrs. Irwin and I have decided that your article on healing, in the October LIFE BOAT is the best you have ever written, and in my humble judgment it should be put in pamphlet form."

We accepted the suggestion and have issued it as a sixteen-page tract, containing six full page illustrations. We will send fifty for twenty-five cents, or twenty for ten cents.

A well-known lady in Massachusetts, after receiving one, wrote as follows:

"I thank you for a copy of the tract, 'Healing of the Sick,' and enclose twenty-five cents

for more of them to distribute. They are much needed among my friends and acquaintances who think if they have any sick headaches or biliousness or rheumatism, it is of no use to do anything, for they have 'inherited it from father or mother, so they came naturally by it.' They think if they take for first course in the morning oat meal well covered with sugar and cream, that they are models of the age. So I have a big job on my hands and this tract will help, as do also 'Health Notes' in LIFE BOAT. How many people I hear say, 'Oh, what I eat never hurts me!' And yet it is evident that this is where the trouble lies."

A HOLIDAY RALLY AT HINSDALE.

The Hinsdale workers decided that instead of partaking of the prevailing holiday hilarity they would turn their minds to earnestly seeking God for wisdom, and counseling together how to make progress in the work which God had committed to their hands. The following program was arranged, and a full report of this interesting gathering will appear in the February LIFE BOAT.

OPENING MEETING.

Tuesday evening, December 27.

Object and purpose of this gathering.—Dr. David Paulson.

Bible study.—Prof. E. A. Sutherland, Madison, Tenn.

Wednesday, 7 to 7:30 a. m.

Bible study and devotional service.

Wednesday, 2:30 p. m.

City missionary session to be held at the LIFE BOAT Home, 528 Thirty-third place, Chicago.

Introductory remarks by Elder M. H. Serns.

Early day ideals in Chicago work.—Dr. W. S. Sadler.

Discussion led by E. B. Van Dorn.

Present day ideals.—Dr. David Paulson.

Discussion led by J. W. Cummings.

A brief course of training for house to house workers.—Elder M. H. Serns.

Discussion led by Elder E. F. Collier.

The magazine work in the evangelization of Chicago.—Miss Luella Rasmusson.

Discussion led by Mrs. N. H. Richmond.

Personal work for the unsaved in our cities.—Mrs. D. K. Abrams, of the Practical Training School for Girls.

Country outlet for city work.—Prof. E. A. Sutherland.

Wednesday, 7:15 p. m.

Self-supporting missionary educational work in the south land.—E. A. Sutherland.

Thursday, 7 to 7:30 a. m.

Devotional services.

Thursday, 2:30 p. m.

Session on self-supporting field work.

Introductory remarks.—Dr. David Paulson.

Tilling the soil for health institutions.—Mrs. Elnora Satterlee, Supt. of nurses, Hinsdale Sanitarium.

Discussion led by Dr. Mary Paulson.

How two nurses established a self-supporting medical missionary center in Champaign, Ill.—Miss Anna Balding; Miss Inez Howell.

Establishing self-supporting treatment rooms.—R. B. Craig, Decatur, Ill.

Combining self-supporting ministerial and medical mission work.—Paul Sampson, Kansas City, Mo.

Discussion led by Omar Grantham.

The reflex influence of field work on our institutions.—Dr. F. A. Loope, Med. Supt., Wabash Sanitarium.

Thursday, 7:15 p. m.

Sermon.—Elder William Covert, Pres. North Illinois Conference.

Friday, 7 to 7:30 a. m.

Devotional service.

Friday, 2:30 p. m.

Session on promotion of health principles.

Introductory remarks.—Elder William Covert.

Teaching physiological methods to the medical profession and health principles in chautauqua assemblies.—Dr. W. S. Sadler.

Discussion led by Dr. David Paulson.

The importance of health principles to the missionary in the foreign field.—Mrs. A. Ruoff, former missionary to India.

Discussion led by Prof. C. T. Everson, former missionary to Rome, Italy.

Importance of health principles to the home missionary.—Mrs. Hannah Swanson, Matron LIFE BOAT Rescue Home.

Indications of revival in health reform and in the use of divinely appointed remedial agents.—Dr. David Paulson.

Discussion led by Prof. E. A. Sutherland.

SOLD ONE HUNDRED IN SEVEN HOURS.

"I am very much interested in the LIFE BOAT work and what good I can do in this world for others. I find lots of good people in the world when I am out on my trips with the dear little LIFE BOAT. Sometimes I give the papers away where I find people who have not the dimes to spare. The Lord has greatly blessed me in selling it. I have sold as high as one hundred in seven hours. But I am not complaining when I don't do that well.

"I am doing a little missionary work just now which seems to be very important. But I am in hopes before the month is entirely gone that I will be able to be out in some little corner working in His vineyard. I would like to sell at least five hundred before Christmas. I can sell that many in one week."

"Enclosed find money order for fifty cents for my subscription for one year, which please begin with October issue as I would like to obtain the past two months' issue. Also please inform me if you have agents; if so please state terms, as I believe I can obtain many subscribers for THE LIFE BOAT in my evangelistic work. I pray God's blessings on you and your work."

LIFE BOAT WORKERS TO START A MISSION.

MR. AND MRS. R. MARTIN,
Springfield, Mo.

The Lord has moved upon the conference committee that met here in Springfield yesterday to accept a proposition regarding a mission. They have agreed to pay the rent and we hope to meet other expenses in various ways as the Lord impresses. Sister Clark and I have worked up quite an interest in magazine work and will continue handling THE LIFE BOAT as well as other of our magazines. Brother and Sister Morlan of Iowa will join us in the work.

There are no missions here of any note. The little talks we have had with the merchants are encouraging. We want to continue feeling we are still members of the LIFE BOAT family in Hinsdale, and I hope by God's help to continue to profit by the many helpful suggestions in THE LIFE BOAT. In view of the fact that we have adopted a strictly cash basis and hope to enlist self-supporting workers as far as possible, we feel that what you may be led to advise us regarding your experience would be very timely and gladly received.

The Life Boat

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

THE LIFE BOAT is published at Hinsdale, Ill., by the Workingmen's Home and Life Boat Mission, incorporated. The Chicago headquarters is 528 Thirty-third place.

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

Single copies, 10 cents.

Yearly subscriptions, 50 cents.

Special discounts when a number are sent to one address.

Ten cents additional to Canada and foreign countries.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

UNPARALLELED OPPORTUNITIES FOR ADVERTISING.

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

THE FOUNTAIN PEN FOR 1911



Three new subscriptions for the The Life Boat at 50c each brings you one of these guaranteed first-class fountain pens. Every pen is 14k solid gold.

"I use it all the time, am lost without it."

"The fountain pen we received for three new subscriptions for The Life Boat is a GEM."

WANTED.

To borrow several thousand dollars in sums of \$200 and upwards. Real estate security. Will pay six per cent interest. Address Dr. David Paulson, Hinsdale, Ill.

"Your little book THE LIFE BOAT is always an inspiration to me. I read it and pass it on to my friends and they seem to receive help and encouragement from it. May God bless you in your good work is my prayer."

"Have had this messenger of love and good cheer come each month for the last six years and it grows more interesting from year to year."

We have an extra supply of December LIFE BOATS on hand which we will furnish at discount as long as they last.

NO MORE CLOTHING

Enough clothing has been sent in to the Chicago Life Boat Home to supply the demand this winter, so we kindly ask our friends not to send any more just now.

The *Signs of the Times* is a wide-awake monthly journal devoted to the discussion of current events as compared to the prophecies of the Bible. Should be read by every Bible student. Ten cents a copy. Address, The Signs of the Times, Mountain View, California, for sample copy.

TO GIRLS IN TROUBLE

We will be glad to correspond with any girl who is in need of a Christian friend. We have seen many a broken-hearted young woman get a new start in life and many a life saved. Write to Dr. Mary W. Paulson, Hinsdale, Ill.

Elegant, Lithographed Floral Bible Mottoes

[12x16], prepaid, sample 6c; one dozen 65c;
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Our object in our business is to get means to advance the gospel to all the world. We contribute the net proceeds from the sale of these mottoes to the \$300,000 fund for three months. Address the

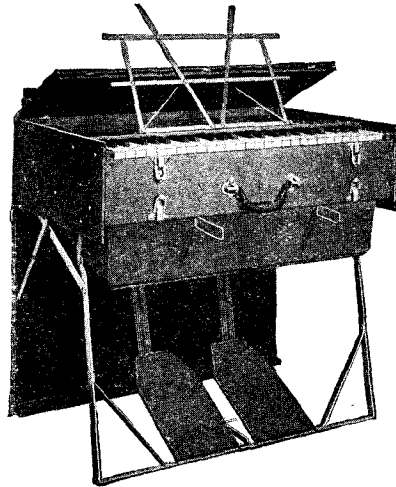
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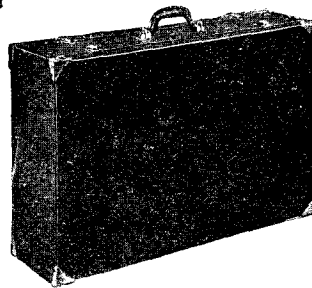
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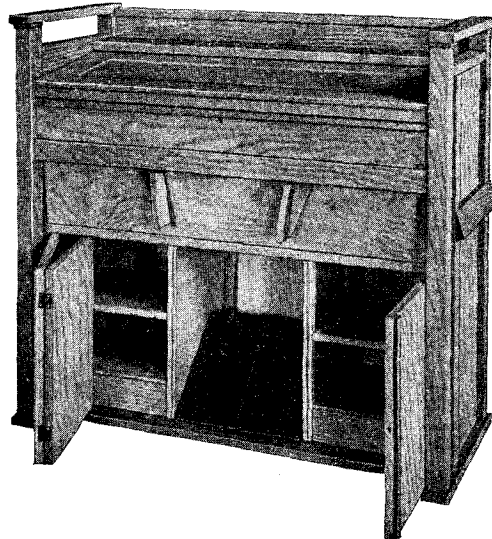


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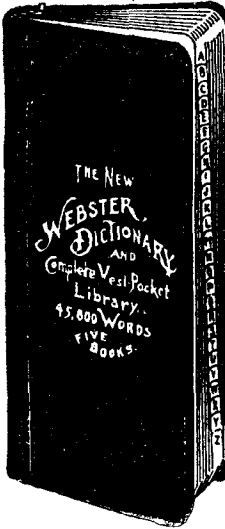
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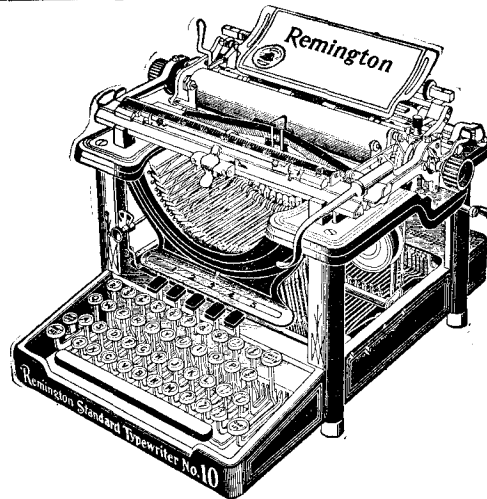
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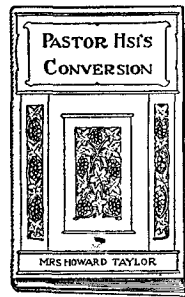
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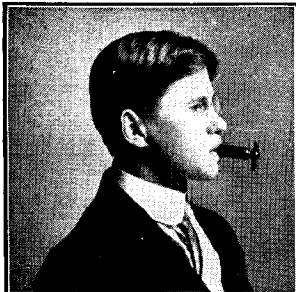
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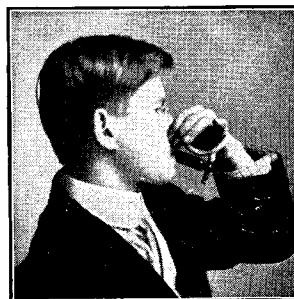
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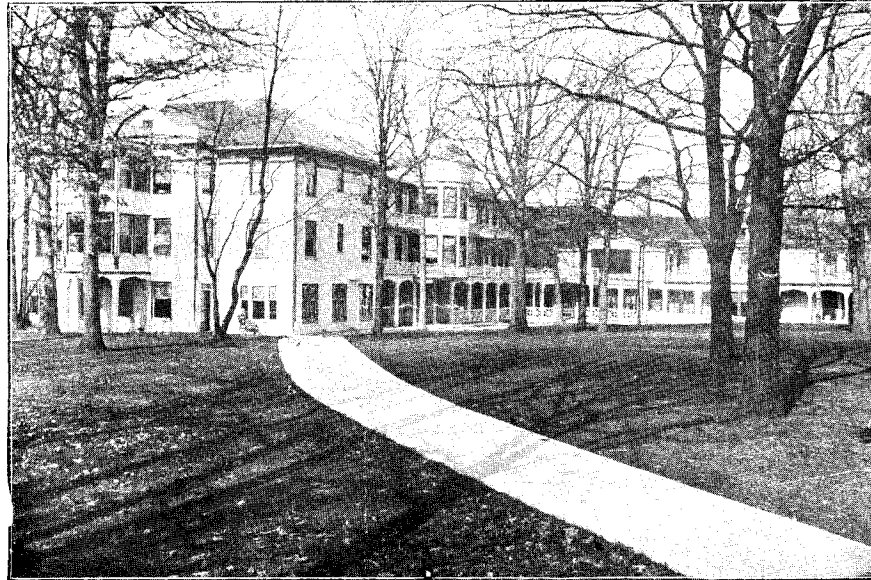
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