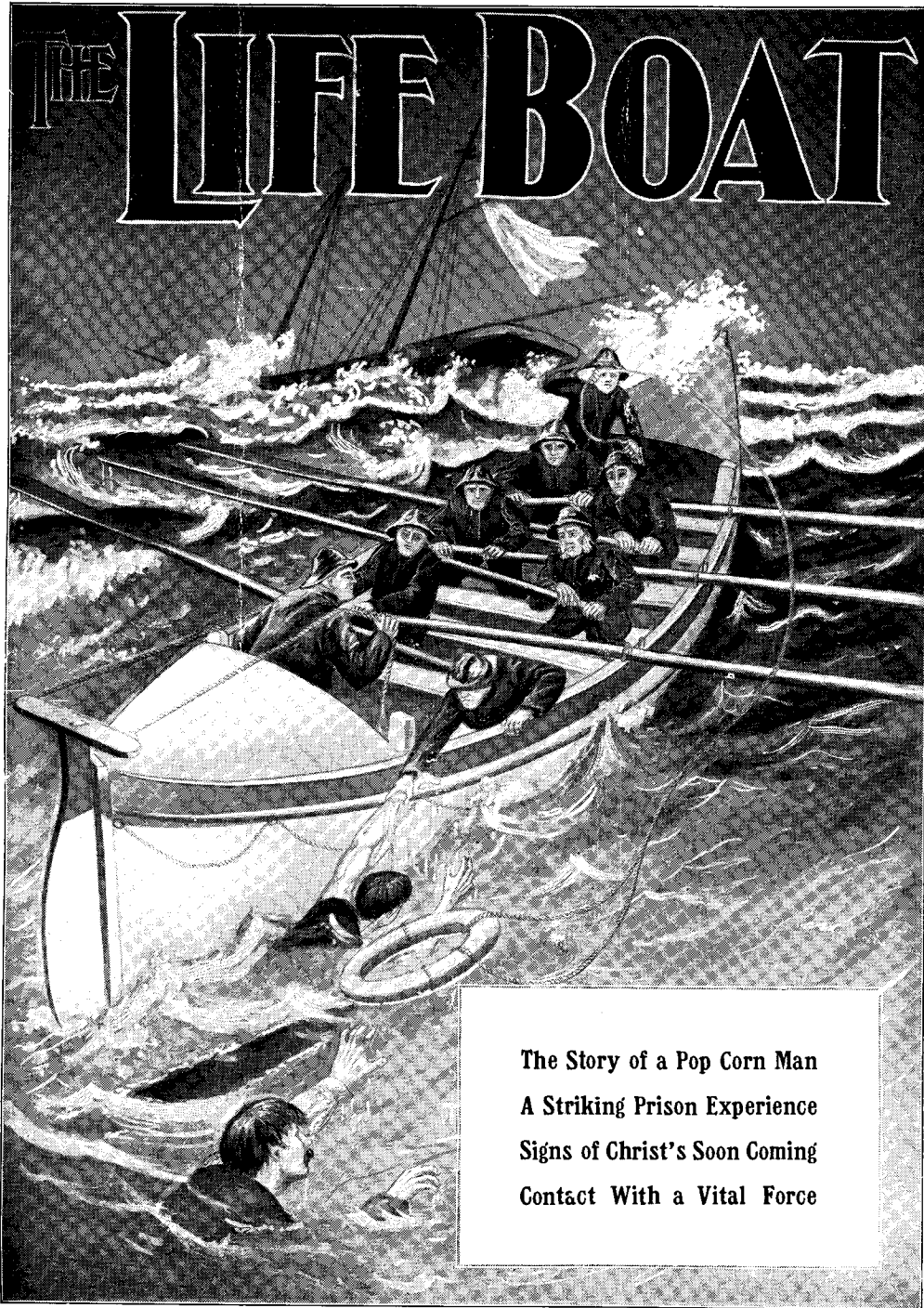


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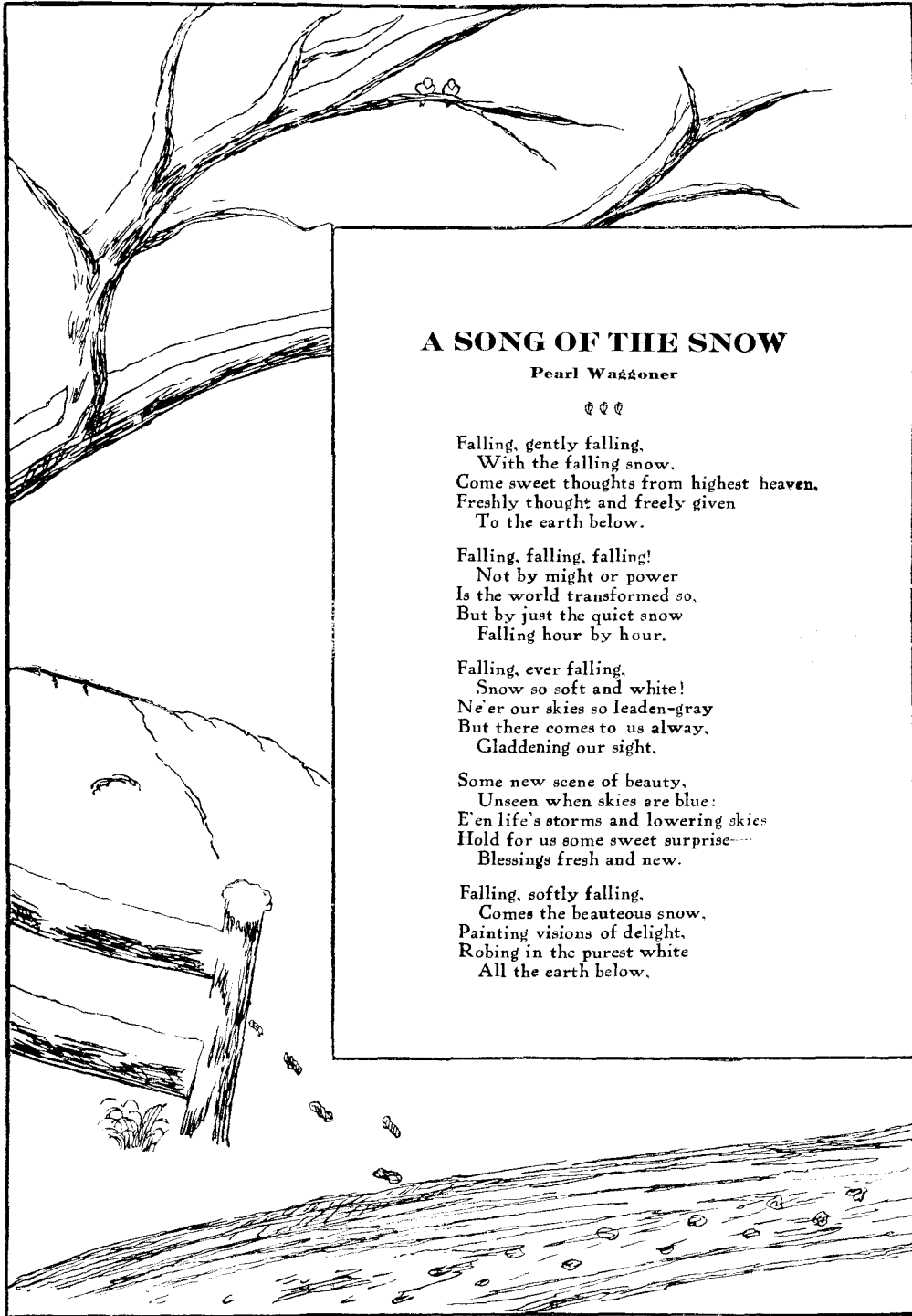
The Story of a Pop Corn Man
A Striking Prison Experience
Signs of Christ's Soon Coming
Contact With a Vital Force

Volume Fourteen
Number Two

Windsale, Ill.

February, 1911

Inside Information About Digestion—By the Editor.



A SONG OF THE SNOW

Pearl Waggoner

☉☉☉

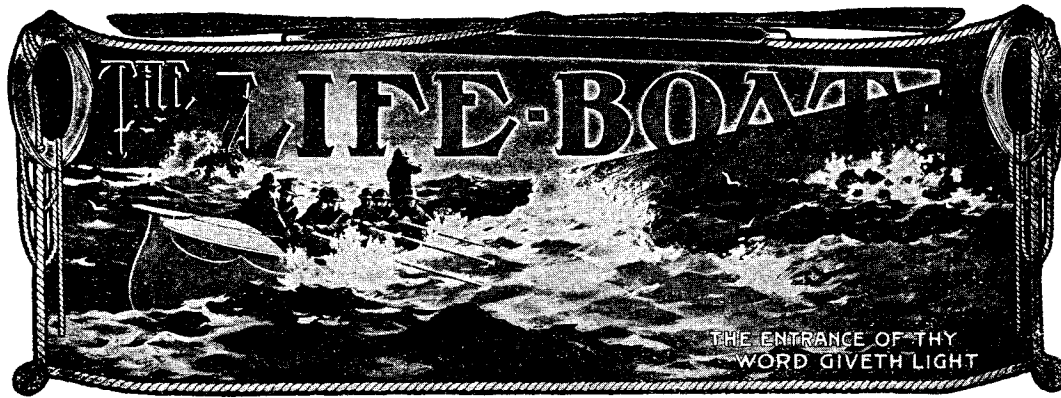
Falling, gently falling,
With the falling snow,
Come sweet thoughts from highest heaven,
Freshly thought and freely given
To the earth below.

Falling, falling, falling!
Not by might or power
Is the world transformed so,
But by just the quiet snow
Falling hour by hour.

Falling, ever falling,
Snow so soft and white!
Né'er our skies so leaden-gray
But there comes to us always,
Gladdening our sight,

Some new scene of beauty,
Unseen when skies are blue:
E'en life's storms and lowering skies
Hold for us some sweet surprise—
Blessings fresh and new.

Falling, softly falling,
Comes the beautiful snow,
Painting visions of delight,
Robing in the purest white
All the earth below.



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

Entered as second-class matter, July 27, 1905, at the Postoffice at Hinsdale, Ill., under Act of Congress of March 3, 1879.

Volume XV

HINSDALE, ILL. :: FEBRUARY, 1911

Number 2

Inside Information About Digestion

David Paulson, M. D.

Nature has been as reluctant to yield up her digestive secrets as the earth has been to yield up her treasures of gold, silver and other precious metals. Who ever heard of gold lying on the surface? The miner has to laboriously dig into the depths of the earth to secure her treasures. In a similar manner the scientist has literally had to wring from the unwilling hand of nature the knowledge we now possess concerning digestion. For until recently the digestive process has been the unsolved puzzle of the ages.

Seventy-five years ago Dr. Beaumont, who was then a young army surgeon stationed up in northern Michigan, was permitted to secure a few of nature's choice secrets on this subject. A French-Canadian was accidentally shot in such a way that the front of his stomach was carried away. He should have died, but he did not, and when the wound healed there was an outside opening left into the stomach.

Dr. Beaumont recognized that he had now the opportunity of the ages to get first-hand information concerning the work of the stomach, and he made most excellent use of this opportunity. He would feed Alexis St. Martin—for this was the young man's name—a meal

of rice and observe how long it required for digestion. Then he noted that fried potatoes required much longer digestion than ordinary mashed or baked potatoes. He observed that condiments irritated the mucous membrane in the stomach.

By and by St. Martin became gloriously drunk and went off on a spree, and Dr. Beaumont had to go into the wilderness and find him and coax him back again. He then observed the terrible effect of alcohol on the human stomach. All his observations were finally published in two volumes, and this was almost the only accurate information that was available for seventy-five years. And then Dr. Pawlow over in St. Petersburg, Russia, by a series of remarkable and original experiments wrung another handful of secrets from the unwilling hand of nature, and so marvelously increased our accurate knowledge on this wonderful subject.

Pawlow made a series of most unusual experiments upon dogs. It is not more than just to say that the surgical operations, which he performed under chloroform, were done so skillfully that his dogs did not become infected. His dog hospital is in many respects

equal to the best hospitals in Chicago and everything is antiseptically clean. And Pawlow is not only a great surgeon, but a very kind man.

He first made an opening into the dogs' stomach in such a way that when it healed it could be observed from that what was going on within the stomach. Following this he made an opening into the dogs' gullet so that when they ate food it was swallowed out at the throat instead of going into the stomach.

FOOD SHOULD BE APPETIZING AS WELL AS GOOD.

When the dogs were fed food that they enjoyed, although it did not enter the stomach at all, yet there was poured out in the stomach a rich gastric juice. But when they ate food that they did not relish there was scarcely any gastric juice secreted. This shows the tremendous importance of taste, of appetite, and of eating food that is appetizing.

When a child, I had to eat almost regularly corn meal mush for breakfast, simply because my parents relished it. I have been in homes where some member of the family was almost compelled to eat food which he disliked, simply because others enjoyed it. But in view of Pawlow's experiments we see the wisdom of the Bible admonition, "Eat ye that which is good." It is true that children sometimes have to be *educated* to relish that which is good for them, and to hate that which is evil, but the fact remains that it is unphysiological to continue to eat week after week and month after month food for which one has absolutely no relish.

ATTRACTIVE FOODS AND TABLE SERVICE.

It was only necessary for Pawlow's dogs to see the food that they enjoyed and then their mouths would not only begin to water, but in a few minutes they would be secreting juice just as if they had actually tasted the food.

This shows the importance of not only having appetizing food, but having it served in a manner that will appeal to the eye. How often it is said, "Well, we are just by ourselves today so it is not necessary to have a clean table cloth or the nice dishes," etc. But when visitors come flowers appear on the table, the linen is spotlessly clean, and the service is the best. I would suggest that if the food can not be served in an attractive manner at all times, then have it for the bene-

fit of your children every day and get along the best you can when visitors come, for they only come occasionally anyway.

One day our tray girl reported to me that a certain patient refused to eat her dinner. I asked to have the tray brought to me and then I found that the cereal coffee had been spilt into the dessert, and the sauce had stained the napkin. I had the tray reset in a dainty manner and when it was returned to the room the lady not only ate her dinner but relished it.

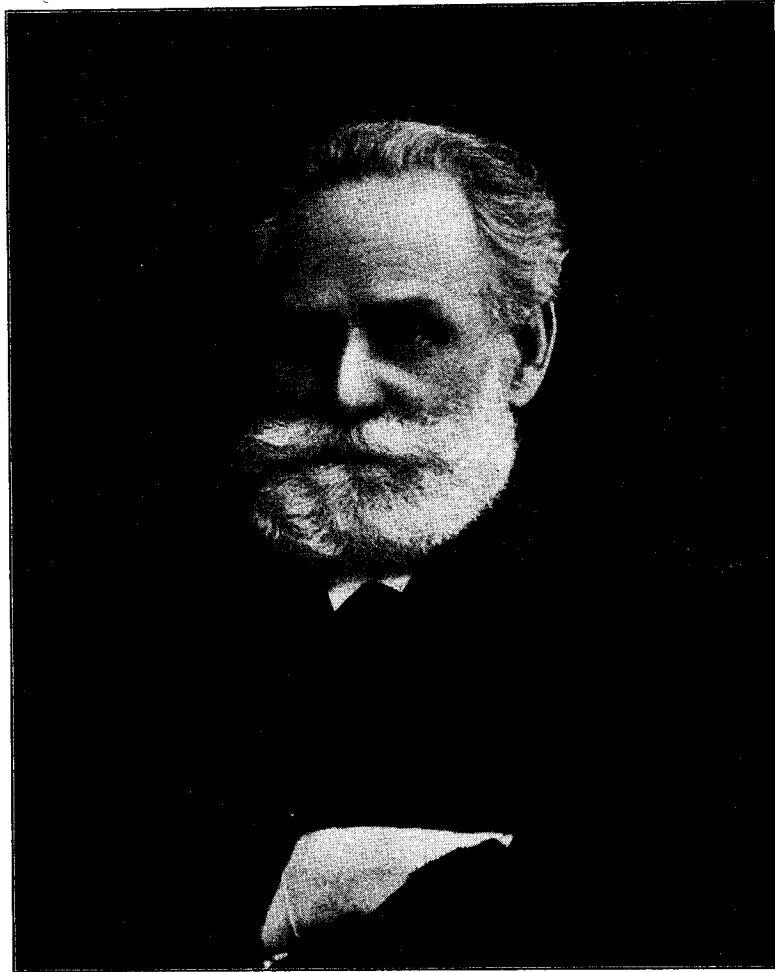
THE INFLUENCE OF THE MIND OVER DIGESTION.

By another experiment Pawlow emphasized the remarkable influence of the mind over the digestive process. One day he put a cat into the dogs' kennel. Then he fed the dog the food which he usually relished; but as there is no love lost between cats and dogs, so as Pawlow fed the animals under these conditions he found that the dog's stomach produced almost no gastric juice, simply because the brute did not like the company he had at mealtime. This may seem only a dog's strange notion, but as a matter of fact our digestion is influenced fully as much by unpleasant company and unpleasant state of mind as is the dog's.

The Bible says that the early disciples ate their food with gladness. It also admonishes us to "rejoice always." If we have not yet attained to that experience let us endeavor at least to be happy at mealtime.

Fletcher has well said, "Do not eat when you are mad, or bad, or sad; only when you are glad." I have taken meals with some people where the mother selected the dinner hour to discipline her children. Mary was assured by her mother that if she grumbled any more about the food she would be slapped in the mouth, and as the other children sympathized with Mary they sat there and ate their food in a wretched state of mind, and the germs in the alimentary canal digested it and made poisons out of part of it to still further distress that child's nervous system.

Some of you can remember that day when a great sorrow swept into your home, and perhaps some one said, "Shall we sit down and eat?" You responded, "Oh, do not mention food to me!" Yet there are plenty of people who are carrying around in their brains the



Professor Pawlow, St. Petersburg, Russia.

ghosts of funerals every day in the week. And then some of these people meet some Christian Scientist who says there is no such thing as mortal mind, there is no such thing as trouble, and by denying a great many things that are real, instead of *conquering* them, which is the gospel plan, these people actually improve in digestion. Perhaps they are assured by friends, "How much better you are looking!" And they respond, "Yes, I began to get better as soon as I took up Christian Science," when they would really have gotten a great deal more of genuine and permanent benefit by accepting Christian sense.

One might get a few drops of pure water by distilling sewerage, but there would be no need of becoming enthusiastic over it as long as there was an opportunity to draw pure water from a near-by mountain stream. And so let us go to the Bible and secure from the Fountainhead the genuine truth which Christ has left to all His disciples.

THE CRIME OF INATTENTION DURING MEALTIME.

Yesterday I took dinner in a Chicago restaurant. By my side was a business man so absorbed in reading the latest market quotations that when he was through eating the only positive evidence he had that he had partaken of a meal was the pay check that the waiter

put beside his plate. This man paid for his meal, but it would have been far better for his health if the table waiter had put the food into his pocket.

Instead of worrying when eating, for fear the food will hurt us, we should get some of the same genuine satisfaction from extracting good taste out of the food we are eating, as a lover of music does from hearing a star musical performance or as an artist does from seeing for the first time some masterpiece in the art gallery.

The gift of taste came from God just as much as sight or hearing, and it is a part of God's plan that we should derive *enjoyment* from the healthy exercise and proper use of each of these special senses. And inasmuch as the gratification of taste has a much more important bearing upon our health and happiness than either of the other special senses, it must be evident that cookery should range *above* the fine arts. It is far more important that your daughter should become a skillful, scientific and hygienic cook than that she should become an expert pianist or famous artist.

The most sensible people are just beginning to appreciate this. Several years ago I went over to give a couple of health talks to a thousand school teachers in the Iowa state normal school, and President Searley said to me, "I have been interested in having you come over here to address these young people as I want them to appreciate that cookery and such practical things are a most important part of higher education."

SIMPLICITY IN VARIETY.

Pawlow made another important discovery. He demonstrated that there was a different kind of gastric juice made for each different kind of food. That explains why so many people can not digest complicated mixtures and extensive variety. It is a mighty argument for simplicity at the mealtime. Many an invalid could make a breakfast of corn flakes and cream who could not digest rich and complicated corn cakes. So a case of hyperacidity can ordinarily digest rice flakes and cream whose stomach would be completely upset by eating some highly flavored rice pudding.

My advice to many who are suffering from indigestion is to limit their food to two or

three things at the most. Eat all you need of these, but do not eat the same thing meal after meal without any variation.

PUTTING MUSTARD PLASTER ON THE INSIDE.

This same great investigator showed us that condiments tended to irritate the lining of the stomach and caused the pouring out of mucus. That gives us a hint of how gastric catarrh is produced. Only recently I observed a man at mealtime eating a piece of beefsteak as big as my hand and on the top of that he spread more mustard than I ever needed to make a mustard plaster to put outside of the stomach. But he put it down in the inside, where he could not take it off when it had raised the blisters. I could not help but think that if some men did not take better care of their business than they do of their health they would soon be bankrupt and in the hands of a receiver.

Some years ago, when giving some health lectures at the Bay View Assembly, I took breakfast with a prominent lecturer. He remarked to me, "Isn't this chautauqua work killing on a man?" He had spread out before him a dietetic lay-out that almost filled his side of the table. The flesh of the scavengers of earth, sea and sky was represented about his plate. There were things that tasted hot when they were really cold and which gave the palate a twist when they went down and of course kept on afterwards twisting the nervous system wherever they had a chance.

I had before me a dish of rice, a couple of shredded wheat biscuits and some cream, some bread and butter, and a dish of prunes. Presently he looked over at me and said, "Doctor, are you sick?" When I answered "No, what makes you think so?" he said, "Well, from the way you are eating." And I promptly answered him, "That is the *reason* I am not sick."

Here was a man who could give a most brilliant lecture. One could scarcely help envying the gift of speech he possessed. But he did not possess half the sense that the ordinary beast of the field instinctively has as to how to care for his own body that the Bible declares should be a temple of God.

In this article I have only endeavored to give a brief glimpse of some of the practical truths that the experiments of this great Rus-

sian investigator have unfolded to us. Some will naturally ask the question, "Do these things apply just as much to human beings as they do to dogs?" To which I will answer that in almost every instance they have already been confirmed on human beings.

It behooves every one of us to constantly endeavor in the fear of God and through the guidance of His Spirit to personally carry out

the scriptural admonition to eat and drink to the glory of God. (1 Cor. 10:31.) Those who have not learned to do this may well question whether they are really doing anything else to the glory of God. There are many who will find when they reach the end of the journey that the religion that does not enter into the practical affairs of life will have been of but little value to them.

A Pop Corn Man Helped by the Life Boat

T. D. Crothers, M. D.

Dean, College Physicians and Surgeons, Boston, Mass.

[We were profoundly impressed with this inspiring message from Dr. Crothers. How little we know the far-reaching consequences of the good we are doing. How it should inspire us to always live our best. Incidentally it also reminds us that the LIFE BOATS that are sent to prisons are not altogether sent in vain. We trust our readers will assist us in reaching the entire prison population of this country in the next prison number.—Ed.]

He was a very, very old man in appearance, and was supported by two crutches. His hat and clothes were sadly worn like himself and before him was a basket of pop corn which he was selling.

It was a crowded corner near a railway depot and many persons passing by, noting his bright eye and cheerful, happy look, stopped and bought of his stores. There was something about his face which attracted attention. It was so wrinkled and old, and yet there was a freshness and contentment about it that was very noticeable.

His voice, although broken, was cheery, and his use of words was exact and different from those about him. Rude hackmen kept up a kind of a bantering conversation, calling him Grandpa. His replies were kindly. I heard him say, "It is very easy to slide down hill, but you must walk if you get up to the top." I said to him, "Why are you here? What has happened to force you to this position?" His eye flashed a moment and then he answered, "I drifted for twenty-five years, going down in the rapids; getting worse and worse. Then I caught sight of THE LIFE BOAT and now I am pulling back. It is a hard struggle; I shall never get where I was before,

but I shall reach the harbor of Heaven where things will all be righted, by and by."

"How did you find THE LIFE BOAT?" I asked. "Well," he said, "Evil habits, wrong doing and reckless living drove me from affluence and friends to the state prison as a defaulter, and there THE LIFE BOAT came to me, and I saw the road that I had missed. Now I am rowing against the current, and, thank God, I am helping others. Some people think I am waiting to die. I am not. I am trying to live and I am trying to help others. I am not a common sailor on a life boat, but I am at the helm and I am helping some one every day."

Here was a nobleman in the disguise of poverty, age and decrepitude, coming out of great tribulation, doing the best work he knew, and living the best life possible. His body was wrecked, but the cheery voice and the bright eye, the calm, contented look, spoke volumes of the soul and the new life of love, duty and trust that was burning brightly.

He was a student of the Bible and his frequent quotations and apt language showed reading and culture far beyond his station. I saw in his pocket a paper. He

said: "Yes, that is THE LIFE BOAT, published in Chicago. It is my guide. It helps me. It helps others and I thank God for it. It shall be with me as long as I am here." I saw him give a copy away and explain some passage to a poor wanderer like himself. It was evidently giving him some new inspirations.

A few months later I stopped at that same corner and looked around for the "pop corn man," but he was gone. A hackman said that they had taken him to the hospital ill with pneumonia, and he believed he had gone under.

Who can say how much better the world is for that pop corn man's life? Although it began in evil, it ended in goodness and triumph. Who can say how much good he did in the circle in which he lived, and who can say how much THE LIFE BOAT was both a symbol and a literal help? The old song of "Throw Out the Life Line" should be followed by sending out THE LIFE BOAT. Send it where it will rescue the poor, sinking wrecks, where they can be pulled in and brought to shore.

I have no doubt that this poor man saw THE LIFE BOAT in prison and felt the inspiration of its messages, and when he came out kept it with him and made it a part of the great guide of his future life.

NOT GOING TO GIVE UP IN DESPAIR.

A prisoner in Auburn, N. Y., writes as follows in a recent letter:

"As I am writing these few lines to you there are only five hours more of the old year left. Seeing the old year out and the new year in is always a solemn time to me; it always makes me think of having to face death and meet my God. When I look back on the past year I can see nothing but failure and mistakes. Oh, the changes that may come to a man in one year! I have made this mistake in life, but I firmly believe God Almighty knows that I am in prison and that it will be the means of bringing me out a better man. I believe God allows these things to happen so that we may be led to think more about God and our sinful ways.

"I am praying to God that He will save me

by His Grace, through the precious blood of Christ, and that my life may be used in His service. I can see that the way of transgressors is hard. I ask for your prayers that I may be led to find that true peace which the world cannot give—the peace of God which passeth all understanding. I feel sure prison life will not be half so sad and dreary if God is with us.

"I have been reading THE LIFE BOAT—the first one I have ever read—and I can tell you it did me a lot of good to read it. It gave me encouragement and fresh hope in life, and I am not going to give up in despair. I was reading in regard to Edison's wireless telegraphy. It has been a great help to me when I say my prayers to think of the wireless telegraph and that my prayer can go up to God just the same, in a way that I can not understand.

"I do hope and trust that I shall be able to get THE LIFE BOAT as long as I am in prison. I feel it will be a great help and comfort to me. I have a long time in prison yet; my sentence is no less than two years and no more than four from last September. To me it is a sad and dreary outlook to be in prison the last of the old year and all the coming year. But it gives me great help and comfort to feel and know that there are good men and women going about who think about us who are in prison and are ready to help us in any way they can. I feel thankful to God for it."

WANTS TO LEAD A BETTER LIFE.

(From the Illinois State Reformatory.)

"I was told to write to you, so I did. I am a boy who has not had much in life, and I hear that you are a good Christian man and that is why I write to you. I don't know much about Christianity, but from what little I have learned since I have been here I think I would like to lead a better life and be a Christian. And if I can get you to help me I shall live it if possible. All I ask of you is to do what you can for me and I will prove a good and faithful man. I hope you will answer my letter and let me know if you can help me or not. I would like to see you and have a talk with you."

A Striking Prison Experience.

Harry Orchard,

State Prison, Boise, Idaho.

[Several years ago the country was startled by the news that Governor Steunenberg of Idaho had been blown to pieces by a bomb so placed that it would go off as he passed through his garden gate. Soon after this Harry Orchard was arrested on suspicion and later he not only confessed himself to be the author of this crime but of more than half a dozen other crimes. After one of the most sensational trials ever held in this country Orchard was finally given a life sentence in the state prison.

The change that came over this hardened criminal as a result of his conversion was such that even the most skeptical were forced to admit that something had happened to him. We have carried on correspondence with him from the first and several times invited him to write something concerning his unusual conversion. He has finally consented, and we are sure our readers will be interested in the following. What a warning it is to all of us to beware of the least departure from the right way.—Ed.]

My mind wanders back to my old home and surroundings at this time of the year. As I look over my past wicked life, and think to what it has led me, and the sorrow and suffering I have caused to others, it makes me feel very sad, but for myself I count it as nothing, because it has been the means of leading me to my dear and loving Saviour.

I will be here five years the eighteenth of next month, and now as I think of the awful condition that my mind was in when I came here it makes me shudder with fear, and I think, what if God had cut me down in that awful rebellion against Him, then where would I have been tonight? I have no words to express the love and adoration I feel in my heart to Him for all the love, goodness and patience He has had with such an unworthy mortal as I.

As I have told you, I think the first thought I had after I was arrested was to commit suicide and end my miserable existence. I was pretty well satisfied that they could not convict me, but I thought how miserable my life had been after leaving my home and dear wife and little girl. I had not been gone from home two days when I regretted the step I had taken, but the tide had carried me out too far and I did not have the courage to return and acknowledge my wrong and ask forgiveness.

I have not the time or space to go into details more than to say that when I had thrown off all restraint and was away from all Christian influence, my pace was fast and

furious down that broad and open path that leads to destruction.

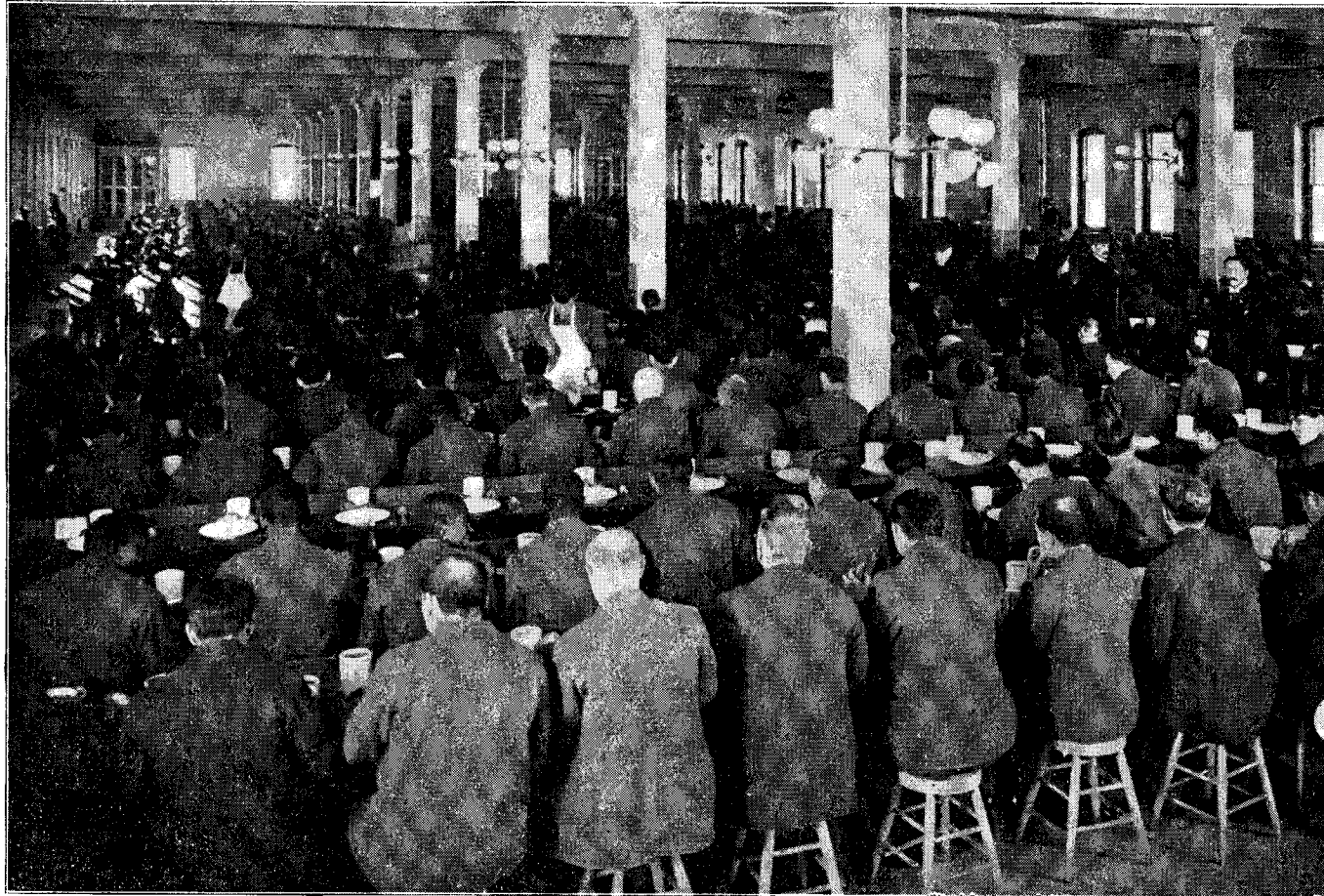
A SMALL BEGINNING BUT A TERRIBLE ENDING.

I well remember the last time that God's holy Spirit spoke to me before this, and as it may be the means of warning someone, I will relate the exact incident. I was making cheese, and my wife's brother came to live with us and learn the trade and remained about two years. We only worked about six months of the year but he lived with us all the time and kept his horses there.

We never had any definite understanding about his wages. I gave him money from time to time as he asked me and did not keep very close account of it. But he got offended over a little matter that I was perfectly innocent of, and left without asking any accounting, and sued me for quite a sum of money.

I refused to pay this and it went into the courts but was not settled when our friends induced us to withdraw it from the courts and leave it to an arbitration committee. So as I said, I had not kept any definite account of the money I had paid him, I fixed up my books to offset his claim and swore before this committee that they were true. They did not decide it immediately and were to call us again.

In the meantime my wife and I went to visit her uncle, who was a minister, and while there I was convicted of my sinful life and turned to God. While I had not offended against the law of the land, yet I had not been perfectly honest in little ways that some call



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TWELVE HUNDRED MEN EATING THEIR DINNER IN THE STATE PRISON AT OSSINING, NEW YORK.

The May number of *THE LIFE BOAT* will be our Twelfth Annual Special Prisoners' Number. Five dollars will furnish a copy of *THE LIFE BOAT* to a hundred and fifty of these men. Will you risk that much in a home missionary field that has been terribly neglected? D. L. Moody said shortly before his death that he had discovered that the prisons of America were the most fruitful missionary field in existence. These men have time to read, they have time to think, they have time to pray. There are thousands of men outside of prison who are going straight to destruction who do not take time to do either. The Lord has to permit some men to get in prison in order to save their souls. Will you co-operate with us in this special effort?

business transactions; still the only thing that I felt required restitution was to openly acknowledge that I had sworn falsely as to this account with my brother-in-law. This I firmly resolved to do, and went home with that purpose in my heart.

I went before this committee and started to do this, but the devil got the best of me and I only told part of the truth, or perhaps none of the real truth, for I said that I was not sure that the whole account was right, when as a matter of fact, I knew it was not right. I acknowledged enough so that they did not believe any of it and decided partly against me. In other words, they allowed part of the claim and made me pay costs.

THOSE FEW HAPPY DAYS.

Now I just want to speak of the few happy days that intervened between the time I had given my heart to God and the time I failed to pay my vow. They were the happiest days of all my life, for I was in earnest, and fully intended to do just as I had promised God I would do. But I did not keep my promise and God's holy Spirit departed from me, not to return for many years, until I had been brought very low.

My dear and loving wife, whose love had remained the same notwithstanding all the misery, sorrow and shame and disgrace that I have brought upon her, has often spoken of those few happy days, and what a happy life we might have had if I had remained true to God, and how useful I might have been to lead others into His blessed Kingdom.

The first thought that came to my mind after I was arrested was, would God forgive my awful sins, or had His holy Spirit departed from me forever? I thought of this experience that I have just related, and as quick as a flash the answer came, 'I will forgive your sins if you will acknowledge and make an open confession.' I fully believed this, yet I thought that such a thing was impossible, and I read and studied the dear little Bible that you sent me,—the first one that I had read to any extent to understand it.

I was trying to climb up some other way, and I was desperately in earnest, and had to decide then and there whether I would go down further into the depths of sin and live on in the same old path. I remained in this

condition for several days, but thanks can not express my feelings of love and gratitude to a merciful and loving God, for He led me to the blessed Saviour.

LOST MY BATTLE BUT GAINED A VICTORY.

Some may say that I lost my battle, but I know that I won the Pearl of great price, and gained the victory. I decided then and there that there should be no halfway business about making a full and free confession of my awful life, so that the dear Lord would not depart from me again, for I felt then and still do that it was my last chance. You can not know what it was to make that awful confession in a public court and sit there for eight long days and have that awful life drawn out piece by piece and held up in picture, as only those trained lawyers could do.

Now, you may think by this letter that I am a perfect man, but I am not, and am not half as good as I want to be, but I do so thank the dear Lord for the desire that He gives me to live nearer to Him. My earnest prayer is that He will still be merciful and patient with me and give me strength and determination to so fully surrender my all to the dear Lord and Saviour that His holy Spirit may empty me of all self so that I may be a willing instrument in His hands and He can use me to the honor and glory of His blessed, holy name, and that I may be fitted and prepared to fill up the gap as He opens the way for me to show to the world His wonderful and almighty power to save and lift up the vilest of the vile. I know that the critical eye of the world is upon me, and even many professed Christians scoff at the conversion of such a moral leper as Harry Orchard.

Now I have got to a point where I care very little what men say about me, but the one chief thing I do care for is what God sees and thinks of me. One of the boys said to me today as I was talking to him about the things of God and all He had done for me, and was trying to point him to the Lamb of God, 'Are you perfectly happy?' I said, 'Do I look or act unhappy?' 'No,' he said. I do not mean that I am glad and perfectly contented in the penitentiary, but my first and foremost thought is to learn and do the will of God, and I know His holy Spirit will pray through me and lead and guide me in the pathway that God would

have me follow. I care not where that path leads me here upon this earth, for I know that it will lead me to God, therefore, I am contented and happy and go about my work here with a cheerful and light heart. Many times as some of my companions speak or talk to me I hardly understand what they are saying,—I am lost in thought thinking of the mysteries of God. I have been accused here of losing my memory, but I know that I am not,—the channels of my thoughts have only been changed from the visible things to the unseen.

I would like to say something along the lines of prison reform, for I know that you are interested in this. My heart goes out to the man that is down and out, and I think that all steps that lead to prison reform are good, but the all-sufficient remedy is found in the blood of Jesus Christ. If men will only surrender all to Jesus and fully trust Him for all things and live up to the law that He has given, they need have no fear of the temporal law. There are a few here that are honestly striving to be Christians, and some others that are looking for the loaves and fishes.

Now I am truly and honestly glad for the past five years that I have spent here,—glad because I know that it has been the means of leading me closer to God. You will ask why I could not have kept close to Him under dif-

ferent conditions,—well, I don't believe that men seek the Lord so earnestly when there is no real earthly sorrow or affliction; or when all earthly things are running along smoothly and seemingly in our favor, but when the hand of affliction is laid upon a true child of God, then he turns to God for comfort with all his heart, and I know that no man or woman ever sought that fountain of love and grace and was turned away empty. If we did not receive the blessing it was because we did not comply with the conditions. I have proved this and I know that it is true, and I want to say in closing that God is love and in Him there is peace, joy, comfort and hope.

I thank the dear Lord for the earnest prayers of His dear ones in my behalf, and I still ask your prayers that I may grow stronger and stronger in faith and be humbly bowed at the foot of the Cross, that cruel cross that He bore for me. I want to feel that it was all my sin, as though there were no others' sins that caused Him to die on the Cross. I want to ever look to that great fountain of grace for strength to stand firm upon the Rock, so that I may not be carried away with whatever temptation may await me in this wicked world, so when He returns in the clouds of heaven I will be one of the one hundred and forty-four thousand to be caught up with Him to be forever with Him.

WOULD RATHER HAVE IT THAN HIS FOOD.

(From a prisoner in Waupun, Wis.)

"While reading THE LIFE BOAT I noticed your advertisement of the book entitled 'Pastor Hsi's Conversion,' and I am therefore inclosing fifty cents for same. I must say that I am greatly interested in THE LIFE BOAT. I have received it for several months now and would be lost without it, as it has been a blessing to my soul.

"I can not praise the magazine enough for all the blessings that I have found within its covers. Often when I have been reading it it has seemed as if a friend were talking to me, and, indeed, I regard it as such, for if it were not for THE LIFE BOAT and Mr. Anderson's letters I would have very little to keep me encouraged. For outside of this kind friend I have none that I can truly call friend

in this country. But, thanks be to God, I have that one great and true Friend that sticketh closer than a brother; and although behind the prison walls, yet I am enjoying that sweet peace that passeth all understanding, which the world can not give, neither can it take away.

"Do you know, I would rather go without my supper any time than THE LIFE BOAT. I don't know that I ever saw it before I came here. The first one was the prisoners' number, and it made me long for the next one. That is one little book that as long as God gives me the means to get it with I will never be without.

"God bless you and your work. May it be the means of bringing many to the Saviour of the world. Pray for me that I may fight the fight and finish the course and at last claim the crown that is laid up for me in heaven."

A Most Unique Gospel Effort in Chicago

Caroline Louise Clough.

Chicago maintains dozens of gospel missions and hundreds of churches, yet perhaps the most unique gospel effort is a service at the central police station, which has had considerable public comment of late.

This work was started some thirteen years ago by Mrs. Dr. Sadler, who visited the station annex and helped girls whom she found there. I remember that while on a visit to Chicago at that time I became interested in one of these girls and took her with me back to Michigan where I kept her in my own home for some months.

From that day to this not a Sunday morning has been missed by our workers at the Harrison street police station. Different workers have come and gone, but the seed has been sown, and who can tell the full results?

During the last seven years about 1,456 half-hour services have been held in the different departments of the station, 23,208 inmates have been dealt with and of that number 19,754 have raised their hands for prayer.

CHRISTMAS DAY AT THE POLICE STATION.

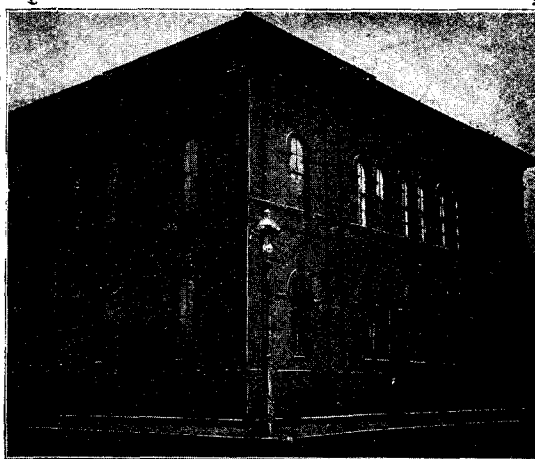
Christmas came on Sunday this winter, so we had our Christmas service in the Harrison street police station. We prepared a little gift we thought was very appropriate to give each of the prisoners—the gospel of John wrapped in tissue paper with a card on the outside saying, "Merry Christmas from THE LIFE BOAT." As we handed it out we asked the prisoners if they would read it, and nearly all promised they would. A number of the texts were underscored.

Some seventy or seventy-five inmates were there that Sunday morning, but before the legal Christmas holiday was over there were four hundred held in those dreary basement cells. We had a very interesting service. It is a most touching sight as one stands at the end of the corridor and asks for a show of hands of those who want to be prayed for and those who are anxious for something better in their lives, to see the hands stretched out through the bars all the way down the line.

When you think of the condition of these

people—and I do not think all of them are altogether to blame for the condition they are in, but it is in many cases due to their surroundings in life which has led them downward, to see those hands reaching out reminds me of the cry of the under world for something better. And we who have something better, is it not our privilege to give it to them?

We hold four services each Sunday morning—one in the women's corridor, one in the criminals', one in the drunkards' and one in



Harrison Street Police Station.

the annex, where the young girls are. Here we found ten young women. Some of the young ladies who were with us sang that song, "Memories of Mother," and I saw the tears coming in the girls' eyes. They thought of mother, and how possibly they had mistreated mother—the cross word they said to mother, and the act they did that should not have been done and that was left unforgiven, unrepented of.

It is only the little things, you know, that lead to greater sins; and as these girls thought of all these things while our sisters sang, the tears came to their eyes and soon they began sobbing out loud. We had to quiet them before we could have prayer. But every hand



The Uplifted Hand.

went up and some said, "Oh, do pray for me!" Others said, "Oh Lord, help me!" Their hearts were convicted. I saw the matron sitting there wiping her eyes. I can not describe the picture of that service to you; it was very touching. We all felt God was very, very near.

To see ten young women, who had no doubt resisted all entreaties of mother and friends, and, in spite of the broken hearts left behind, had plunged headlong into sin, kneeling there in the police station annex on Christmas morning, weeping and praying their way back to Calvary, was a sight that made angels weep for joy. They gladly received the little token we gave and I am sure it will do some good.

STANDING UP FOR JESUS.

Last Sunday morning about eight young women were locked up in the annex. We had a testimony meeting in which our workers present testified to the power of God to save and keep. Then we asked for those to raise their hands who felt they needed a deeper experience in the things of God and would like to have us pray for them. Every hand went up promptly.

Knowing that it would strengthen these girls in their good desires I asked if there was any one who was willing to stand up for Jesus. I told them what it meant to stand up for Jesus not only there before the other girls but in their after life, and that the more they did stand boldly and squarely for Jesus the more strength they would have to do so. There was some earnest, serious thinking and soon one young woman boldly stood up for her Saviour, then another, and another until all but one had taken a stand; that one was a foreigner and could not understand the trend

of the conversation. Each face showed an earnest, determined purpose through the tears that flowed freely.

Sometimes we think there are hardly any results from our work, but Mrs. Swanson has been able to follow up some of the cases and today she has a young woman in a hospital very sick with typhoid fever who has, she believes, thoroughly consecrated her life to God.

This week she called on the wife of a man who was arrested and found her prostrated with grief and not knowing what to do. They knelt in prayer together and light broke in to her discouraged soul.

I came across this text, which has been a very great help to me: "Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savor of his knowledge by us in every place. For we are unto God a sweet savor of Christ, in them that are saved, and in them that perish." 2 Cor. 2:14, 15.

No matter what the results are in the lives of the men and women there, our own lives are a sweet odor in the eyes of God. It is very encouraging to me—we only meet these people once and do not know—but to God our work goes up as a sweet savor; and I think to some of them it is a savor of life unto life.

A Special Offer: A Book Given Free

We have decided to renew the special offer of a copy of the thrilling missionary book, "A Retrospect," by Dr. Taylor, founder of the China Inland Mission, with one subscription to *The Life Boat*, at fifty cents.

Hundreds of people have taken advantage of this offer. One subscriber writes the following after receiving the book: "I have just received the book, 'A Retrospect.' It is all right. Many thanks. It is all that has been said of it."

Persuade some one to subscribe at once and get this interesting book free. Address

Dr. David Paulson

Hinsdale

Illinois

Some Interesting Chicago Experiences

Mrs. H. L. Swanson

528 Thirty-third Place, Chicago

In the past month we have been able to snatch a few brands from the burning and also to find positions for quite a few women. One woman and little daughter, whose husband deserted her, was with us until other arrangements could be made for her. Another woman came to us one night and said she had work for the next day but no money and no place to sleep that night. We gave her a good warm room and she went to work the next morning. Another, through poverty, was about to enter a house of ill-fame. She was one of the garment strikers and did not know what else to do. Work was found for her and thus she was saved from a life worse than death.

I met a man in the police station about two weeks ago who told me about a young girl who was sick in a rooming house, and he wanted me to call on her. Accompanied by another worker, I went to see what could be done for her. We found her in a very wretched condition. It was a cold, stormy day and we thought best not to bring her to our place until the next day, but did what we could to make her comfortable. On going back the next day we found her much worse and decided at once to take her to a hospital. We called a hack and took her to the hospital.

There we were told that they would not take her unless I would have her put in the typhoid ward. I knew I would not want my own sister placed in the typhoid ward unless she had typhoid fever, so I decided to take her to our own home. I called a doctor and he said he was afraid she had typhoid fever. At the end of three days we were positive about it, so took her to a nearby hospital, where she is being well cared for. We see her or hear from her every day and she is getting on as well as can be expected. Best of all I believe the girl has given her heart to the Lord. The other day she told me she knew Jesus was her friend and she was

so sorry she had not taken Him as her friend long ago. She said that since being sick she had prayed a great deal.

As soon as she is able to leave the hospital we expect to bring her to the Life Boat Home and care for her until she is able to work, or send her to her relatives who live in the East.

A young girl has been with us several days the past month. She came from a distant city and found herself in Chicago without money or friends. Through a friend of ours we got her a position.

The other day a woman for whom we have done a great deal called me up and told me that she was on the "broad way," that she had been drinking for two weeks. I tell you, it made me feel sad.

We hope to be able to do more this year than we did last year, God helping us. We needed some money very much the other day and we prayed about it. Miss Jeffers said: "We need just one hundred dollars," and the next day Dr. Paulson brought us in a check for one hundred dollars that a lady down in the southern part of the state had sent him for the work. We felt that it was an answer to our prayer. Our expenses will be quite high during the winter owing to our coal bills, but we know God has promised to supply all our needs (Phil. 4:19). I call that the promisory note of the Bible. Notice, it does not say, all we *want*, but all we *need*.

A number of the students in our missionary class here have territory assigned to them where they can visit the homes of the people and find the sick and needy ones spiritually as well as physically. Help us with your means and prayers.

Public evangelistic services and health lectures are conducted two evenings a week, on Sundays and Wednesdays, at seven-thirty o'clock at The Life Boat Home, 528 Thirty-third Place, Chicago, by Evangelist M. H. Serns and Dr. David Paulson. The public is cordially invited to attend.

Contact With a Vital Force*

A. G. Daniells
Takoma Park, D. C.

"Lord, teach us to pray."

This request was made by the disciples to the Master. They did not merely ask to be taught *how* to pray, but they asked the Master to teach them *to pray*. They wanted to be taught the value of prayer, the blessing of prayer. They had seen Him spend whole nights in earnest, prevailing prayer. They realized that there was something mighty in prayer. I suppose those disciples were busy people like we are. I presume they felt the weariness of labor, the pressure, as we feel it, and found themselves neglecting prayer continually as we find ourselves neglecting it, and so they experienced the same defeat as we experience, the same loss. And they came to the place where they felt they could not go on any longer that way, and they cried out: "Lord, teach us to pray."

There is no new way now for triumph; it is the same old way—prayer and communion with God. It is prayer that puts the human heart into touch with the Almighty.

IS YOUR TROLLEY CONNECTED WITH THE WIRE?

The trolley car stands on the track. It is made for a purpose. It must serve that purpose in order to be worth the making, but there must be a connection with that vital force overhead before it can move. There must be something to make the connection.

Friends, we are just like that car. As the car can not serve the purpose of its maker except by a connection with that vital force in the wire above, no more can we serve the purpose of our Maker except by communion with Him. How can that be done? By prayer. It sends vital force and power down from Him to human beings.

AN ALL NIGHT'S STRUGGLE.

We have an example left us of personal victory through prayer. Jacob was a sup-

planter. His name indicates his character—one who gets the best end of the bargain in a deal, one who is long-headed. That was Jacob, and you see how he got on with his brother. He stole his father's blessing from his brother Esau by killing a goat and putting the skins on his hands and neck so his father would think he was Esau, because Esau was a hairy man. He went in to his blind father to get Esau's blessing, but his father said: "This is a strange thing. The voice is that of Jacob. Come up and let me feel of your hands. It is Esau all right." And so he got the blessing. But Jacob had to suffer for that sin many years.

The poor boy was driven from home and never saw the face of his mother again. He went down and lived with Laban, his mother's uncle, and had his wages changed ten times. He was cheated out of marrying his best girl, the daughter of Laban, and had to serve fourteen years to get her. His uncle cursed him, and yet Jacob came out ahead every time—he knew how to do it.

That was a trait in Jacob's character that he ought to have overcome long before. It was not right, and he could not go to heaven with that fault. This went on all those years he was down there with his uncle, and finally, after his mother's death, he decided to return to the old home.

Esau still had that revenge in his heart, and when he heard that Jacob was coming he took a band of 400 men and started to meet his brother. "He will never see his father's face, never see his home, never live to enjoy the fruits of his stolen blessing," said Esau.

Word came to Jacob that Esau was coming. That was the real crisis in his life. His own life was at stake, his whole family in peril. First of all, when Jacob heard that Esau was coming he tried to meet the situation as best he could by diplomacy.

He picked out the best of his cattle and sheep and put them right in front of every-

*Talk given at the Missionary Rally held in Hinsdale, Dec. 27-31, 1910.

thing, and he told his men that when Esau came up and asked what it was they should tell him it was a blessing from Jacob to his lord, Esau, and thus help to meet the situation by softening Esau's heart.

Jacob then put the rest of his cattle next, and then the part of his family that he thought the least of, and those he loved the most at the very last of his caravan. But after doing all this his soul was not at ease. Somehow he felt that all his family would be slaughtered and that he would be cut down. So when the night came on and darkness hovered over the earth he went back by a little brook that he had passed over, and fell on his knees and looked up to God and asked Him for deliverance.

While he was there praying before God this is what it says: "And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And he said, Let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me. And he said unto him, What is thy name? And he said, Jacob."

Jacob, the supplanter! What a train of thoughts and circumstances must have arisen then! The angel wanted to bring up that feature of his character, and Jacob owned up that he was a supplanter. Then the angel said: "Thy name shall be called no more Jacob, but Israel; for as a prince hast thou power with God and with men, and hast prevailed." Gen. 32.

That was the grandest hour of Jacob's life, the triumphant hour in all his career. There, that night in prayer, Jacob got a *personal* blessing that he had needed all his life, and that he might have secured long before if he had done exactly like he did that night—had gone alone with God and *prevailed* with Him in prayer. So when the angel said, "Let me go, you have struggled and begged all night long and here comes the daylight, I must be gone," then Jacob threw his arms around him all the closer and said: "I will not let thee go except thou bless me." There was expressed a deep yearning of the soul for victory, and the angel stopped right there; that was the end of the struggle; it was all over.

Let us follow the story: When Esau came

up the result was just what we might expect. When he saw Jacob, his wives, his children, and his flocks, his heart was made tender. He advanced to him and put his arm around his neck and wept. They clasped hands as brothers and a feud of twenty years' standing was swept away in a minute's time. God gave him victory and triumph there by that brook in that critical moment of his life. How did Jacob get that blessing? He got it through interceding with God.

This simple story has been of inestimable blessing to me. During the years I have been carrying on gospel work I have come in more than one crisis and have laid hold upon this experience and have believed that the God who gave this victory there could give it to man today. It has never failed once. That shows what an individual can do through prayer. Jacob might have gotten straight long before and thus kept his life from the wrongs that went into it during those twenty years. He might have had it before he stole that blessing from his brother.

Young men and young women, you can have that victory over prayer before you make crooked paths for your feet. You do not have to wait twenty years until you get a record up there in the books of heaven that you do not like. Why not get the victory now that will save you from that record and that will lead you to make another record—one that you will be glad to meet?

Now, I bring to you this very practical lesson today with the hope that it will appeal to you and that you will turn aside as the disciples did and look up into the face of God and say: "Lord, teach me to pray."

A GREAT MAN WHO PRAYED.

DR. DAVID PAULSON.

February 12 is Abraham Lincoln's birthday, so it is not amiss to stop a moment and try to discover what was the real secret of that man's greatness. For as the years roll by other great men begin to look smaller to us, but Lincoln, on the contrary, looks larger and larger.

Richard Watson Gilder, the late editor of the *Century Magazine*, shortly before his death



taking definite action in accordance with his interpretation of divine indications. The belief in God was to him a challenge to singleness of purpose. To the All Pure he lifted clean hands and a pure heart."

When the ordinary man reaches his wits end he simply feels that he can go no farther. But the man like Lincoln, who has learned to commune with God, finds from time to time that divine wisdom is spliced on to his human wisdom, and the result is surprising.

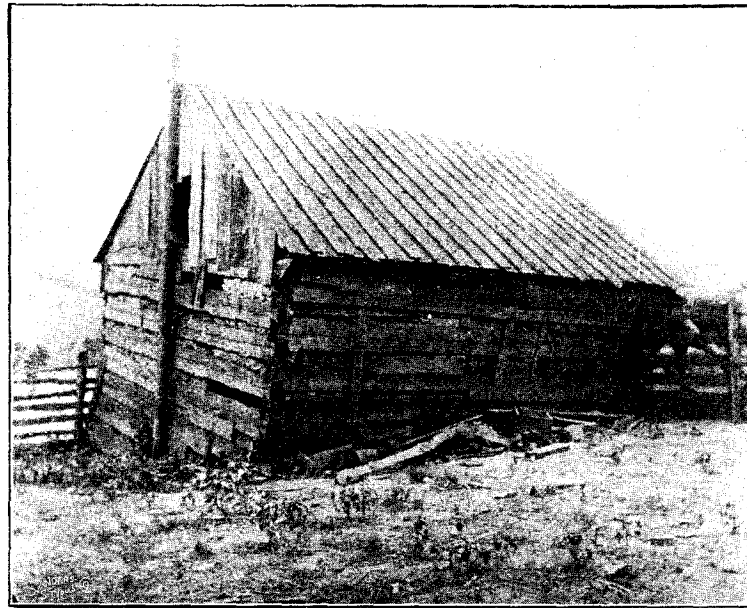
Some of Lincoln's associates, when they took their positions in his cabinet, had no great confidence in his judgment. But from time to time, as they saw Lincoln's wisdom rise so high above their own wits, they were compelled to respect the great man's wisdom that so far overshadowed theirs. May each one of us learn to avail ourselves of that same source of wisdom.

There's something wrong with your faith if a need does not prompt a deed.

wrote a delightful book entitled "Lincoln, the Leader." In this he calls attention to the most important feature in Lincoln's leadership—"his belief in and conscious communion with an Almighty, mysterious and beneficent Power," whom Lincoln was convinced concerned itself not less with human affairs than with the march of seasons, and with the sweep of constellations. God was to him an ever present and ever ruling influence.

Mr. Gilder says that Lincoln "sought with passionate eagerness to read the decrees of Providence in the unfoldings of events, sometimes

You can not save the ship by throwing the compass overboard.



The old log house still standing near Petersburg, Ill., now used as a pig pen, in which Lincoln lived when he kept store at Old Salem.

The Magazine Work in the Evangelization of Chicago

Luella Rasmusson,
3722 Irving Park Blvd., Chicago.

[Hundreds of others should be engaged in placing THE LIFE BOAT in the hands of those who need the gospel. Let those who are handling the magazine and those who are contemplating taking up this work read carefully the following from a successful worker, which was read at our Holiday Rally, December 28, 1910.—Ed.]

The work of evangelizing this great city through the printed page or magazine is a very important one and in order to bring great results and a harvest of souls into the kingdom there are some very important factors necessary to do this work successfully.

One is thorough consecration. Again we must have complete dependence upon the power of God to help do the work, asking Him to open the hearts of the people that they may be willing to buy the magazine, and create an interest to study the deep truths found in God's holy Word.

Never think of starting out without first kneeling in prayer, asking God to guide as to where to go and to keep from all harm and danger, and to give words to speak that will draw the hearts of the people to Christ.

Often I have found souls who were actually hungering for the truth, but who simply did not know the way, and all they needed was to be guided aright. I shall merely state one of the many experiences of God's guiding hand.

One night while in New York, as I started out in my work I asked the Lord, as I had always done before, to lead me to the place where I could do the most good. I had no idea as to where to work that night, it seemed to me as though my mind were a blank. So while I was walking towards the subway I stopped at the street corner, not knowing which way to turn, when, just like a flash, as though some one spoke to me, I heard the words, "Go to that large concert hall on Fifty-ninth street." I was surprised that I should

go to that particular place as I had tried several times before to go in and canvass the people, but was always prevented. I boarded a car in the subway and went at once.

I had fifty magazines with me and I sold every one in that place in less than an hour and could have sold more if I had had them with me. I was permitted to go even on the balconies, and the ushers said to me, "Go everywhere because there is no one here to stop you tonight." I was never allowed to do any work there again. So I knew the Lord guided me there that night for He knew the situation and that this was the opportune time to work in that particular place. No doubt there were souls there at that time who were hungering and looking for truth.

It is well to read all the articles carefully so as to better acquaint one's self with the contents of the magazine, and attract the attention of the people to those articles which you think will be the most interesting to them. When presenting the magazine to a person, hold the paper in such a manner that they will be willing to take it into their hands to look it over. You are almost sure then of making a sale, as they do not like to hand it back to you. When you have made the sale endeavor to have them promise to read the magazine carefully, and impress upon them the importance of its contents. This will give them a greater interest in it.

In regard to the office buildings: you can almost always get a permit from the superintendent of the building to canvass it one time at least. I have tried this with excellent success, and have had some wonderful experiences. Have sold as many as ninety-eight magazines in one building and still had not finished it, but completed the work the following day.

If we were to go to every house, store, restaurant, office building and hotel lobby

with the message through the printed page at least once, it seems to me we could warn this great city in a very short time of the great calamities that are coming upon it and its inhabitants.

One evening about two months ago I came to a large gathering on a street corner where lectures were being held by atheists. There stood a man on a chair holding a book in his hand, announcing to the people who were passing by that "This book contains one hundred and forty-four contradictions of the Bible and is selling for twenty-five cents."

It made me sad indeed to hear this poor misguided, deluded being tell such untruths concerning God's holy Word. So I tried to canvass the people who were listening and I said to one man whom I asked to buy a magazine, "It is not the truth that the Bible contradicts itself, I have not found it so, and a God who is perfect could not err nor could He write an imperfect book." Then two ladies who belonged to this same organization overheard me and denounced God and the Bible and spoke against the rich, etc. I quoted one verse after another to them and told them of the second coming of Christ, and all the people crowded around to hear these truths, and this man got down from the stand and broke through the crowd and asked me if I would not please go away and let him hold his meeting. To my surprise I saw that the people had deserted him and he stood there alone.

I was completely unconscious of the situation and thought I was only talking to three or four people. I felt the Spirit of the Lord very near and the Lord gave me words to speak. The people said, "Do not go away. We want to hear what you have to say, you have just as much right here as he has." So I told them to study their Bibles for in it they would find the way to eternal life.

Let us therefore put on the whole armour of God and help finish the work which the Lord has given each one of us to do, so that we may hasten the time when we shall see our Saviour come in the clouds

with power and great glory. And may we all be among that blessed throng to whom the "Well done, good and faithful servant," is said, bringing our sheaves with us to the eternal home.

WE WANT MORE AGENTS.

The Lord is raising up workers to handle THE LIFE BOAT in all parts of the land and they are sending in large orders. Everywhere the people are becoming interested in giving the gospel to our large cities. THE LIFE BOAT is the special organ and exponent of this movement and has been all of these years. Now is the time for new agents to take hold of this publication and give it a still wider circulation.

A MESSAGE FROM THE HINSDALE RESCUE HOME.

MRS. H. L. SWANSON.

We want to thank the friends of the home for remembering us in so substantial a way in our last appeal for money to finish the fourth floor. We received more than we dared think or hope for. We not only received enough to pay for the finishing of the fourth floor, but enough to pay our plumbing bill and some other bills that we owed, so we start the new year out of debt. The thing we are most in need of now is a drier for the laundry. This will cost at least seventy-five dollars. As we wash nearly every day you can see how necessary a thing of that kind would be in bad weather. We hope to be able to have that installed as soon as possible. In your reply just mention that your donation is for a drier and it will go toward paying for that.

A number of the girls who have been with us for some time left before Christmas. A few have left since then, some going to their homes, others to places found for them. All of them are keeping their own babies. Some of the babies have been sick with colds, but none seriously.

We want to so live that others may know that we have been with Jesus and learned of Him. Nearly all the girls have taken a stand, some in the deeper truths of the Bible. I hope to meet a great number of my girls in the earth made new. I want a greater longing for souls. I know "there are human faults

in the holiest saint, there is black in the bluest sky," but God looks at the motive, the desire, and He has promised to give us the desire of our heart if we obey Him.



her hand to see her go across the room and hand it to one of the visitors. What a beautiful spirit! We trust she may always be

as thoughtful of others and as unselfish as she was that night.

I heard of another little girl not more than one year older than Helen who had a Christmas tree in her own home. She had parents to care for her and everything that love could bring, but when the presents were taken off of that tree she wanted every one for herself and even cried

because she could not get it. What an example the poor little deserted baby has set for us all!

To see the whole family of girls with their babies gather in a circle in the large parlor after the exercises, eating pop-corn, oranges and candy, and the little ones wheeling their new carts over the floor in perfect delight was worth everything. They are truly some of God's own children, and it is a blessing to give them pleasure.

Nearly every girl comes to this home with hopes blasted, sometimes even deserted by friends and relatives, and all looking dark ahead. Yet the greatest and most lasting pleasure which we can bring to these girls is Jesus Christ and through Him forgiveness of sins. As I remember, every young woman who enjoyed Christmas at the home that night had already been converted and found that greater joy in Christ Jesus.

CHRISTMAS RESCUE HOME.

CAROLINE LOUISE CLOUGH.

Though the generosity of the patients at the Hinsdals Sanitarium the rescue home family had a Christmas tree this year. Every member of the family, from the dear old lady who makes her home in the institution down to the youngest and newest baby only a few days old, received a gift of some kind from that tree. The girl who cares for the nursery was given a pair of warm felt slippers to wear at night when caring for the babies, another received a head scarf—just what she was wanting. And so little inexpensive gifts were distributed according to each one's need.

A pleasing program was rendered, consisting of piano solos by Miss Carleton, an address by Dr. Paulson, recitations by Miss Davis and Mr. Sampson and several songs by the Misses Welch of Chicago. Then the tree was stripped of its sparkling treasures. As each package was taken off by Dr. Paulson and the name called either Mrs. Swanson or Miss Borden handed it to the right person.

Little two-year-old Helen, the baby who was deserted by its mother, was simply enraptured with the dazzling tree—the first one in her short life—and to see her gleaming eyes was worth all the time and trouble that had been given. And little Carl's sharp eyes spied the bags of pop-corn and candy that hung hidden under the branches. When the gifts were handed out Helen came up near with her little hand held upward for a gift for herself, as we supposed; but what was our surprise when her name was called and a little box was placed in



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. Do not give up in despair, we can help you. Write to Dr. Mary W. Paulson, Hinsdale, Ill.

Signs of Christ's Soon Coming

M. H. Serns,

528 Thirty-third Place, Chicago.

Eighteen hundred and seventy years ago the disciples came to the Saviour and asked Him three questions. The first, "When shall these things be?" (referring to the destruction of Jerusalem,) the second, "What shall be the sign of Thy coming?" third, "And of the end of the world?"

In our last article we studied about the Saviour's personal, visible return. This one will be concerning the signs of His coming. Do you think the Saviour failed to answer their questions? No, I do not. He immediately warned them against deceptions, and then said: "Immediately after the tribulation of those days shall the sun be darkened, and the moon shall not give her light, and the stars shall fall from heaven, and the powers of the heavens shall be shaken; and then shall appear the sign of the Son of Man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of Man coming in the clouds of heaven with power and great glory." Matt. 24:29, 30. In this reply the Saviour not only named the signs but located them in the world's history.

THE TRIBULATION.

In Matt. 24:15 we are admonished to read and study the book of Daniel. In verses 21 and 22 we have a period of tribulation mentioned; unless it was shortened there would be no flesh saved. This period is also found in Dan. 7:25; Rev. 12:6, 14, which is denominated by a "time and times and the dividing of time"—three and one-half prophetic years, or 1,260 year-days. This period began as soon as the three Arian powers were overthrown, to wit, the Heruli, Vandals and the Ostrogoths, the last of which was uprooted in 538 A. D. Add to this 1,260, which will carry us down to 1798 A. D. This date is marked, in the captivity of the spiritual head of the Roman empire, by the French general, Berthier.

The tribulation of "those days" was shortened by the reformation, so that in 1776 the

last edict was made granting religious toleration to the subjects of Austria. (See White's History, p. 458.)

DARKENING OF THE SUN AND MOON.

Our text reads: "Immediately after the tribulation of those days shall the sun be darkened, and the moon shall not give her light." To prove the fulfillment of this we will turn to history. In Webster's Unabridged Dictionary, edition of 1885, article "Dark Day," is the following to this point: "The Dark Day, May 19, 1780, so called on account of a remarkable darkness on that day extending all over New England. In some places persons could not see to read common print in the open air for several hours together. Birds sang their evening song, disappeared and became silent; cattle sought the barnyard; fowls went to roost, and candles were lighted in the houses. The obscuration began about ten o'clock in the morning and continued till the middle of the next night, but with differences of degree and duration in different places. For several days previously the wind had been variable, but chiefly from the southwest and the northeast. *The true cause of this remarkable phenomenon is not known.*"

Herschel, the astronomer, says: "The Dark Day in Northern America was one of those wonderful phenomena of nature which will always be read of with interest, *but which philosophy is at a loss to explain.*" (Great Events, p. 40.)

Thus we see a striking fulfillment of these signs recorded in history.

We now turn to the next—the falling stars.

"Immediately after the tribulation of those days shall the sun be darkened, and the moon shall not give her light, and *the stars shall fall from heaven.*" If this last sign has been fulfilled, then we are living between it and the Saviour's appearing. It means that the sinner has nearly run his course, that time is almost finished. Let us turn again to history and read.

The celebrated astronomer and meteorologist, Prof. Olmsted of Yale College, says: "Those who were so fortunate as to witness the exhibition of shooting stars on the morning of November 13, 1833, probably saw the greatest display of celestial fireworks that has ever been seen since the creation of the world, or at least within the annals covered by the pages of history . . . In nearly all places the meteors began to attract notice by their unusual frequency as early as eleven o'clock, and increased in numbers and splendor until about four o'clock, from which time they gradually declined, but were visible until lost in the light of day. The meteors did not fly at random over all parts of the sky, but appeared to emanate from a point in the constellation Leo, near a star called Gamma Leonis, in the bend of the sickle . . . (Rev. 6:13).

"The extent of the shower of 1833 was such as to cover no inconsiderable part of the earth's surface, from the middle of the Atlantic on the east to the Pacific on the west; and from the northern coast of South America to the undefined regions among the British possessions on the north, the exhibition was visible, and everywhere presented nearly the same appearance. This is no longer to be regarded as a terrestrial, but a celestial phenomenon; and the shooting stars are now to be no more viewed as casual productions of the upper regions of the atmosphere, but as *visitants from other worlds*, or from planetary voids."

Thus we must admit that we are living in the closing days of earth's history. The Saviour continues speaking of His coming, "Now learn a parable of the fig tree; when his branch is yet tender, and putteth forth leaves, ye know that summer is nigh; so likewise ye, when ye shall see all these things, know that it is near, even at the doors." Matt.

24:32, 33. In Luke 21:28 we read: "And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh."

If the signs that the Saviour gave to His disciples eighteen hundred years ago, have come true, what can we expect but the fulfillment of the last one, the shaking of the powers of the heavens, and the personal appearing of Christ? Now, dear reader, these are undeniable facts, and facts being stubborn things to handle, we must necessarily bend to them. That means, hear and obey. But the Saviour has a little more for us: "Verily I say unto you, this generation shall not pass till all these things be fulfilled. Heaven and earth shall pass away, but my words shall not pass away." Matt. 24:34, 35.

What generation? Evidently that one which recognized those fulfilled signs as signs of His second coming. Between the years 1833 and 1844 these signs of His soon coming were proclaimed all over.

This means that that generation is still alive, and according to Christ's word will not pass away till He shall appear to redeem them. It means that there are people living today who will live to see their blessed Redeemer come in the clouds of heaven with power and great glory. Some are preparing to meet Him; they are waiting for Him; they are telling others of His soon appearing. Are you among this class? Are you watching these signs as the Saviour commanded us? Or are you in that class designated as the evil servant who said in his heart: "My Lord delayeth His coming."

Oh, accept this good news of His soon coming with a cheerful heart, and tell others of it. "He that hath an ear to hear, let him hear."

DO YOU WANT A TRAINING FOR CITY MEDICAL MISSIONARY WORK?

We wish to announce to all who have a burning desire in their hearts to undertake practical city missionary work that our second six months' course will begin April first. In this the students are taught the most important essentials of bed-side nursing, the simple treatment of simple disorders, physiology, hygiene, etc., and are also given live, practical instruction in Bible truths for this time.

The object is to fit workers to go out as practical soul winners and at the same time be prepared to co-operate with physicians in rendering practical service in the homes of the sick poor who can not afford to employ the regular trained nurse. This is an unusual opportunity. Write at once for further information.

Address either Dr. David Paulson, Hinsdale, Ill., or Elder M. H. Serns, 528 Thirty-third Place, Chicago.

THE CHICAGO SIX MONTHS' MISSIONARY SCHOOL.

The first class in the short-course medical missionary training school conducted at the Life Boat Home, 528 Thirty-third place, Chicago, will complete its work the first of April and a new class will begin at that time.

The interest and enthusiasm in the work have kept up. Nearly every one who joined is going through. The students have now learned to give the necessary treatments for common disorders, how to conduct themselves as domestic nurses in the sickroom, they have secured a good working knowledge of the human body and how to care for it, and have also become sufficiently familiar with God's Word to instruct others in its truths. Under the direction of Dr. Haskell every member of the class has had opportunity to help at the bedside of some poor mother during her confinement.

The city has been divided into districts, each student given a certain territory, and with magazines and other literature, also announcements of the evening services, they are visiting every family in their district, hunting out the poor, the sick and the needy ones and looking after their needs.

Twice a month a report is given of the work that has been done. During February and March the class will study diseases and how to treat them, dietetics, the value of foods, dishes for the sick, how to care for a person in an accident, bandaging wounds, obstetrics, etc.

This work is made extremely practical and is intended to fit the student to be an all-round practical missionary nurse to the poor of our large cities who can not afford to pay the price of a graduate nurse in case of sickness.

Already earnest, consecrated young people are applying for admission to the new class which will begin April first. A young man and his wife in Iowa have decided to close out their business and come to Chicago to take this course and give their lives to helping humanity. Others will be similarly impressed.

Board and room can be secured in the institution for three to four dollars a week. The average students will be able to be practically

self-supporting while taking the course.

Address the editor of THE LIFE BOAT, Hinsdale, Ill., or M. H. Serus, 528 Thirty-third place, Chicago.

APPRECIATES CHICAGO TRAINING COURSE.

CAROLYN TRUMMER.

[Miss Trummer, who will finish the six months' course in practical city missionary work the first of April, came to Chicago from Wisconsin. Almost every week since she came has been packed full of useful service combined with earnest spiritual work. Are there not other young women who should be applying immediately for a similar opportunity in the class that begins April first?—Ed.]

I really feel that this is a work that I would not give up for anything. I want to go right on through it and do the best I can so I can be of help to people. I have already had many chances to help people and they have appreciated the work. Among them I have found interested ones, and I can help them to see the Bible truths.

I have taken the territory on Halsted street as my assignment, so I can get among the poor people and help them. I am sure that if any young women have thought of taking up this special six months' missionary training they should take it, by all means, and they will not be sorry. It is really worth while. Time is so short that we need a quick preparation in order to finish the work.

A PRACTICAL WORK.

MRS. D. K. ABRAMS.

Ever since I was converted I have been led by the Spirit of the Lord to go to my old home town to tell the story of Jesus and His love and interest the people in the work the Lord has called me to do. I have gone once or twice a year and have sold THE LIFE BOAT, *Life and Health* and *Signs of the Times* while there, and God has blessed me. The people all seem interested and willing to help what they can in the work. It has cheered and encouraged me to go forward and work as never before.

One year ago Sister Richmond and I went to my old home and while there we

were asked to give a talk telling something of the work we were doing. We had a meeting on Sunday afternoon at our church. The house was almost full. The people were interested and gladly helped us what they could.

As a result of that meeting one of my friends offered us the use of their opera house free if we would come again. We thanked God for this opening, for we knew it was the Lord, and we also felt thankful for these dear friends the Lord had raised up for us. We promised that as soon as the Lord opened the way we would come back. So, November 20 we had an entertainment at their opera house for the bene-

soul may have been led to inquire: "What must I do to be saved?"

Dear reader, don't you want to help us every month with your means to educate some mother's girl and give her an all-round training that will fit her for a life of usefulness in this world and in the life to come? We take these girls from five to fourteen years of age, clothe, feed them and send them to church school, give them music lessons, instrumental and vocal; physical culture, domestic science, and, with the help of God, we hope to prevent these girls from ever wanting to take a step that will lead downward. An ounce of prevention is worth a good many pounds of cure, and I



The Family of Girls at the Practical Training School.

fit of our Practical Training School for Girls.

Our girls sang and recited; the Christian minister led in prayer and the Progressive Dunkard minister closed in a word of prayer and also assisted us in helping to raise money. May God bless them. The people were interested and gave us liberally of their means.

Sister Richmond gave a talk from the 58th chapter of Isaiah and then told how we started our work. Then the Lord gave me the privilege of telling them why I was in this preventive work and some of my experiences that the Lord has given me in this work.

We hope and pray as a result of that entertainment that we may have inspired some soul to go to work for Jesus and that some

know from a personal experience that if there was more preventive work done there would not need to be so much rescue work to do.

May God help us to get the girls before they get started on the downward road that leads to destruction. There is many a young girl today who is longing to make something of herself and who is without home and mother and friends, thrown out on her own resources to battle with the world, who is ignorant of Satan's devices and is innocent and pure now, but, oh, what will become of her if she is left to drift here and there?

We could have hundreds of girls if we had house room and means, for we have turned away many. Our prayer is that God will raise up somebody who has means to

come up to the help of the Lord and give of their means to carry forward this work. Our work is a work of faith. We work and we watch and we pray and God supplies our needs according to His riches in glory by Jesus Christ.

Time is short. Soon Jesus will come and the work will be finished. Will we have done our part? Will there be any stars in our crowns? We can have them if we will for there is a crown of righteousness laid up for each one of us. Let us strive to wear it.

EFFECT OF TOBACCO ON GROWING BOYS.

RUTH COLLETT,

Toledo, Ohio (Franklin School, Fifth Grade).

Tobacco contains a strong poison called nicotin. This poison checks the growth of the boy in both body and mind. It weakens his nerves and spoils the taste for good wholesome food.

Tobacco is harmful to the body at any age, but it is much worse for growing boys. Many times they are harmed for life by using it, for the habits that are formed in boyhood often last all through life; and when a boy starts bad habits it many times leads him to be a wicked man. Almost the worst habit a boy can form is the tobacco habit. He can never keep up with his classes at school and fails every year and gets farther behind in his school work. Then he does not like to come to school any more. In our physiology lessons at school we learn that the worst form of tobacco is the cigarette, for this is made from the dirtiest kind of tobacco and the paper is poisonous and harmful.

Not many business men will hire boys to work for them who use tobacco. It makes them too stupid and lazy and they are afraid the boys can not be trusted, for many times they will lie and steal in order to get it. The boys who use tobacco are not much good for any baseball club or football club. The tobacco makes their hearts beat too fast and they become short of breath too soon. It is also a very expensive habit, and the boys who do not use it can save more money and spend it for better things than tobacco and pipes. They do not learn until

it is too late that tobacco does them so much harm.

WANTS TO MAKE A BRIGHT FUTURE.

(From a prisoner, Pontiac, Ill.)

"I am writing to you today because I think I owe you a letter, for I have read many of your pieces in THE LIFE BOAT, and they have helped to make my life better. When we get such reading as THE LIFE BOAT it tends to make us better men.

"There is no use my giving you a sketch of my life, because what I have been in the past is nothing now, and I know that you, like the Master, only care for the future. I can say by the grace of God I will make a bright future.

"During my stay here I have learned the printer's trade, and I can now go out into the world and make my own living.

"The reason I am writing to you is because I am lonely. I do not receive any mail, and I thought by writing to you you could send me a letter that would cheer me up and make life look a little brighter.

"I expect to be recommended in January, so you see I shall soon have my freedom. That is what God intended for every man, but we all have sinned and come short of the glory of God. I will close, hoping to hear from you soon."

WANTS TO BE A CHRISTIAN.

(From the Indiana State Prison.)

"Having no one with whom I can correspond regularly and wishing for a helpful letter once in a while, I take the liberty of writing to you. I feel that you will give me advice in a way that will help me on to a better life, as you and the mission have helped other men in my condition. I have read several of THE LIFE BOATS and think it a grand little book.

"I am not and never have been a Christian; was not raised in a Christian family. But I want to be one. Will you help me by showing me how a man at the worst stage can become one? I will not say much till I hear from you. I will close, wishing you and your fellow workers continuous success and hoping to hear from you soon."



Editorial Department

Conducted by Dr. David Paulson



THE SECOND ANNUAL HOLIDAY RALLY AT HINSDALE.

The second annual convention during the holiday week, which held one of its sessions in the Chicago Life Boat Home in Chicago and the others at the Hinsdale sanitarium, was an occasion of great blessing and spiritual uplift to all who had the privilege of coming in touch with it. It seemed appropriate, at the very time of the year when the minds of so large a proportion of the people are turning toward amusement and diversion, that those who have felt a call of God in their hearts to follow their Master should set aside a few days during the holiday season and earnestly seek for an inspiration from on high.

Prof. E. A. Sutherland of Madison, Tenn., came with an inspiring message in reference to self-supporting missionary work, and aroused in the minds of all of us a sense of the importance of endeavoring to turn the minds of the masses of the people away from our large cities out to country places where the environments are more favorable for spiritual development, and where the children are least likely to be caught in the snares of the devil.

A. G. Daniells among other things gave us a most helpful study on the subject of prayer, an abstract of which is presented in this number.

Dr. Wm. S. Sadler helped us all to live over again, so to speak, the pioneer days in this Chicago city missionary work, in his study on "Early Day Ideals."

Lack of space forbids calling attention to many valuable features. Abstracts from some of these lessons will appear from time to time in THE LIFE BOAT. Suffice to say that this gathering was another important landmark in our experience, and as time passes on and we rapidly approach the great crisis of all things we have every reason to believe that the next holiday gathering will be of still greater importance to this work.

A DANGEROUS CLOUD ON THE HORIZON.

We read a good deal these days about a senator who apparently bought up half a legislature, but then members of a legislature are generally trained politicians whose consciences have long ago been seared with a hot iron. But when one finds nearly half of the voters in a rural county in Ohio selling their votes to the highest bidder, then it is time for us to open our eyes and ask, "What does it all mean?"

We have heard much about the dangers to our republican form of government by foreigners swarming into the land and participating in our elections. But on the entire list of over seven thousand voters in Adams County, Ohio, all but one hundred and thirty-seven are native Americans. And of the several thousand people who had sold their votes there was not a foreigner among them.

Judge Blair, who has been chiefly instrumental in having these men indicted, fined and disfranchised, is quoted as saying, "I myself have seen men stand on the auction block. I saw a farmer worth forty thousand dollars stand on a soap box in front of the court house in West Union and auction off his vote. The mayor, the prosecuting attorney, and the town marshal watched the auction and did nothing. It got so that men openly boasted they would not vote unless they were paid."

The question naturally arises, if this condition of affairs was carried on so openly, why did not the ministers of the gospel preach righteousness in such ringing tones from the pulpits that some of these men should have been brought to their senses? But on the contrary, the newspapers state that two ministers admitted to the jury they had each received five dollars for their votes, and their excuse for not preaching against the evil was, "It was the usual thing."

It is entirely possible to have a terrible epidemic of smallpox that is limited to one

county, but those who are in a position to know assert that this state of affairs is not peculiar to Adams County, Ohio, but that it can be duplicated to a greater or less degree all over the nation. Is it not a striking fulfillment of the words of Isaiah, prophesying of conditions just prior to the second coming of Christ? "Judgment is turned away backward, and justice standeth afar off: for truth is fallen in the street, and equity can not enter. Yea, truth faileth; and he that departeth from evil maketh himself a prey." Isa. 59: 14, 15.

THE ONLY GENUINE REMEDY.

The following extracts are from a letter recently received from a young man:

"You can give your readers large doses of Socialism, carefully, without using the word, and in such a way that they will take the remedy without knowing it until they are cured. I believe you are doing this. If not, why not? . . . Oh, that the dear LIFE BOAT would lend its influence in a hidden manner to this great humanitarianism and economic movement, and in this additional way continue to be one of the most important magazines on earth."

Among other things we wrote him as follows:

"The best way to improve this old world is to get men's hearts transformed by Jesus Christ. If that is the object of Socialism, then why not keep right on calling it Christianity, as it has been called for two thousand years?"

"I am constantly meeting men who are a great deal more enthusiastic about reforming the world than they are to be reformed *themselves*. But before they can institute any reform that is to be of permanent value it must begin with their own hearts, and that is the true Christian's program. If that is also the Socialist's way, then Christianity and Socialism are the *same* things, but if they are the same then why not call it Christianity? If Socialism is something *more* than this what improvement is it over Christianity?"

"We are living in a time when all sorts of panaceas are being offered to cure this old world, but in my judgment there is still but

one cure, and that is persuading men to accept Jesus Christ into their hearts.

"I am asking these questions sincerely, for I have spent no more time studying Socialism than I have Christian Science. I know what is really good in Christian Science is *already* in Christianity, and hence I do not need to distil it from the Christian Science swamp. Every day that I live I am endeavoring to get a clearer and a more burning message from my Bible, but all I succeed in extracting is simply the gospel of Jesus Christ, and I see no use putting a new tag on it.

"At the same time, if there are people who know of no better way of helping the world than picking away at the leaves I would rather see them do that than do nothing. With God's help I want Him to keep me busy laying the ax at the *root* of the tree, and that is never anything more than the plain old-fashioned gospel of Jesus Christ.

"With the universal reign of sin and unrighteousness I do not blame men for trying to apply every sort of makeshift for a remedy, but I do not want you to forget that when Christ came to this world there was a striking resemblance between the governmental régime which was then prevailing and that which we have today.

"Only recently William Davis, professor of ancient history in the University of Minnesota, has written a most remarkable book entitled, 'The Influence of Wealth in Imperial Rome.' A careful reading of this wonderful book will reveal that almost every wrong that is abroad in the world today existed then in a conspicuous manner. Christ came to this earth right in the midst of it all, but instead of organizing a propaganda against all these things he said, 'Render to Cæsar the things that are Cæsar's, and to God the things that are God's.' Mark. 12:17. And when one of the company about Him said, 'Master, speak to my brother that he divide the inheritance with me,' He said, 'Man, who made me a judge or a divider over you?' And then He went on and drew a lesson from this circumstance that it is well for you and me to take to heart: 'Take heed, and beware of covetousness; for a man's life consisteth

not in the abundance of the things which he possesseth.' Luke 12: 13-15.

"In the copy of the paper which you sent me the principle is enunciated plainly that Socialism is banded together to destroy every form of monarchical government. I want you to remember that it was a monarchical government that Paul was living under when he wrote to the very church that was living in the capital of that monarchy: 'Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God . . . For rulers are not a terror to good works, but to evil.' Rom. 13: 1, 3.

"My brother, the Christian Socialism that is enunciated in the paper you sent to me is certainly not the program that Christ promulgated and lived under. It is not the program that Paul carried out. You may feel that Christian Socialism has gone both Paul and Christ one better, but I want to assure you that what this old world is now perishing for is not a change in government; it is not a division of the spoils; it has to be born again, and when a man is born again he has only one thing to expect in this world and that is persecution and trouble, and when he passes through it he is to rejoice and be exceeding glad (Matt. 5:12).

"This is not written for an argument, for no human soul is saved by argumentation. But I wish you would take your Bible and most prayerfully find out its teaching. The men who are born again will treat each other right, but they can not make other people treat them right until they also receive a new birth, and that is never accomplished by merely promulgating a theory."

GO FORWARD.

When the children of Israel had the Red Sea in front of them and mountains on each side and behind them the mob of hungry creditors who wanted to get back their gold, when they cried unto the Lord the divine word was: "Speak to the children of Israel that they go forward." That is the only way out of our difficulties when we are similarly situated.

Too many think the foundations of religion were made to sit on instead of to build on.

WHO WILL FOLLOW THESE EXAMPLES?

We recently received the following from a LIFE BOAT reader in a distant state. Perhaps someone else may feel impressed to do likewise.

"My LIFE BOAT came and I found it so good that I want others to share in the good things it teaches. So yesterday I went out and secured five subscriptions and this morning I took another order. Enclosed find remittance for the same."

Here is another suggestion from the other side of our continent:

"Your magazine of May 1910 has fallen into my hands and I am so much interested in it I wish to subscribe for it. Please send me a late copy. I would like to act as agent, for I am real anxious to help circulate it. I think it is the grandest paper I have ever read."

WE GIVE THIS BOOK AWAY.

Every day people from all over the land are taking advantage of our great offer to furnish a copy of the thrilling missionary book, "A Retrospect," by Dr. J. Hudson Taylor, late of the China Inland Mission, with one new subscription to THE LIFE BOAT at fifty cents. If you have not yet secured this book ask one of your friends to subscribe, and receive this inspiring book.

We have an extra supply of back numbers of THE LIFE BOAT on hand which we will furnish at discount as long as they last.

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Some people spend so much energy in trying to be good before others that they cannot do good unto others.

The Life Boat

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

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

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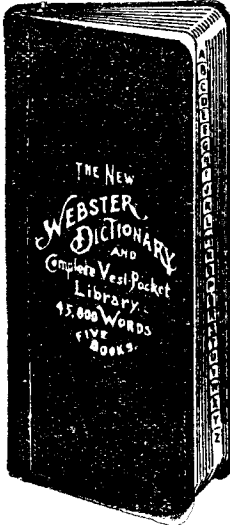
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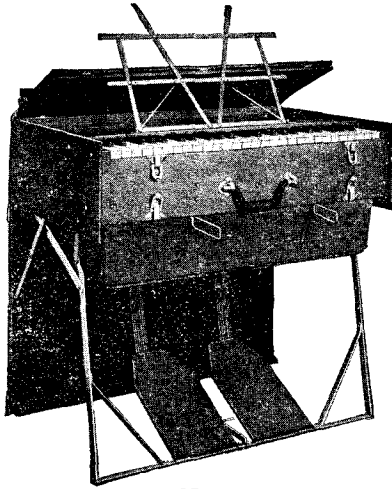
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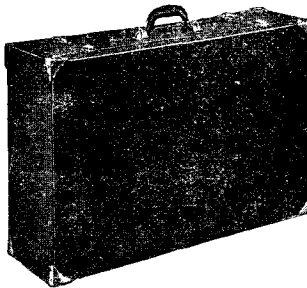
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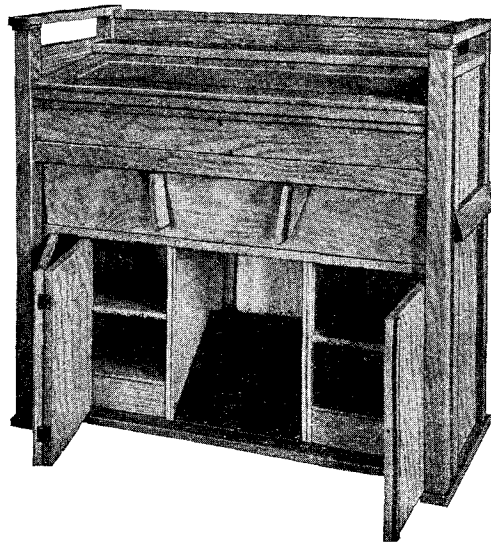


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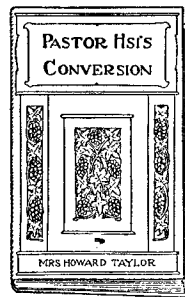
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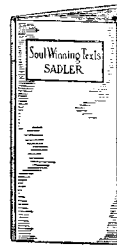
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