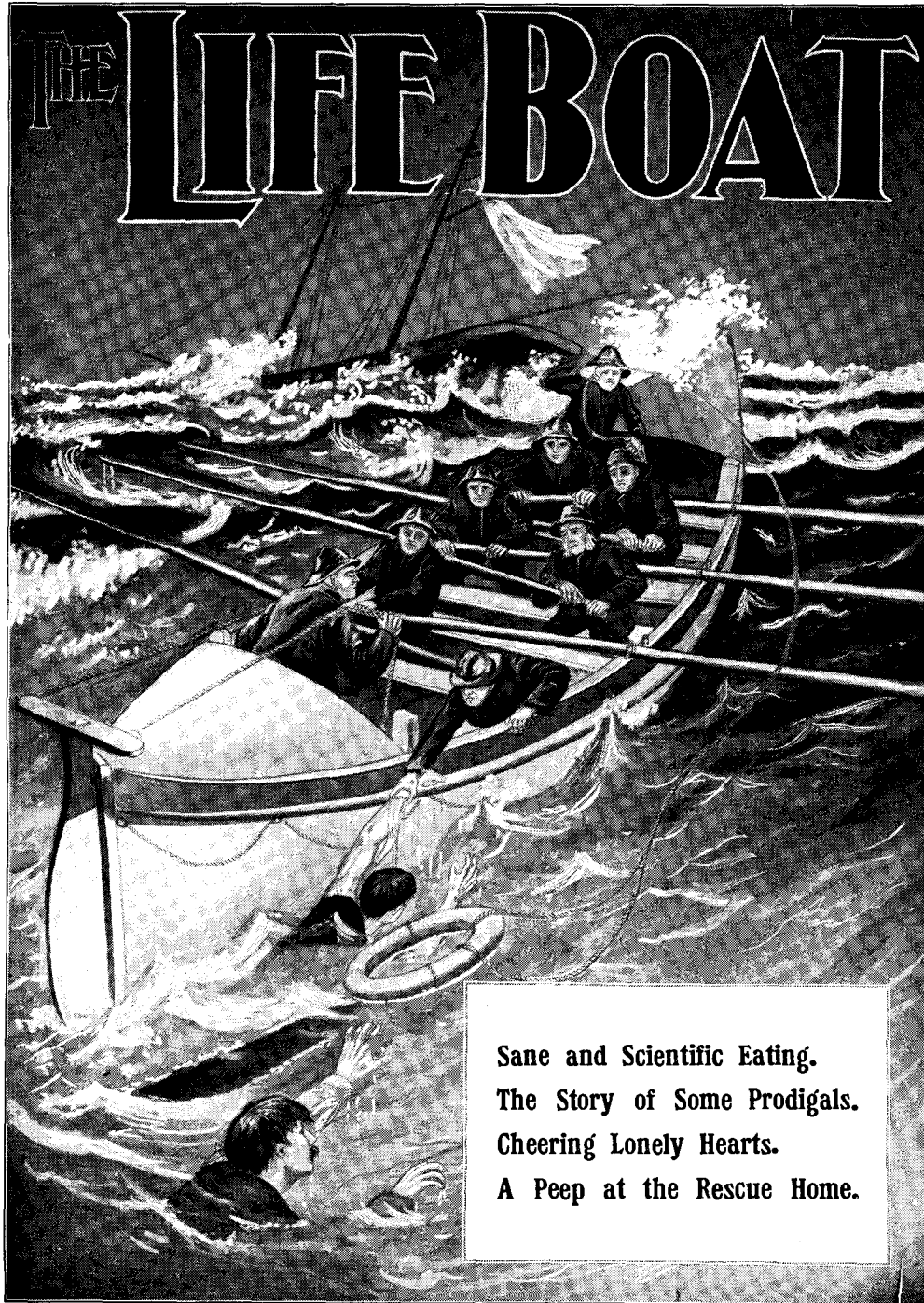


**"The King's Business Required Haste"**

**50 Cents a Year**

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**Five Dollars Will Pay for 150 May Life Boats to Your State Prison**

**Volume Fourteen  
Number Four**

**Windsdale, Ill.**

**April, 1911**

**The Twelfth Annual Special Prisoners' Number Next Month.**

# The Opportunity of a Lifetime

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Will you help us give the gospel to the great army of men in stripes who need it as much as any one and who have more time to think than they ever had before in their lives?

Thousands of men have left prison walls and have become Christians and good citizens. The Lord has used The Life Boat to bring about this change in many of them.

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

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

**Volume XV**

**HINSDALE, ILL. :: APRIL, 1911**

**Number 4**

## **Sane and Scientific Eating**

**David Paulson, M. D.**

THE entire problem of the feeding of the living machine has always been most interesting to me— I might say almost fascinating. And the more study I have given this subject the more I have seen in it.

The human body may properly be called a living machine, for it acts in harmony with mechanical principles. Contrary to our old-fashioned notions, it neither creates energy nor manufactures material at all. It simply uses and transforms what it takes in. Neither does the steam boiler manufacture energy. It only liberates from the coal what the sun stored up in it generations ago. Likewise the human body only sets free the energy that already exists in the food.

### **THE HUMAN FURNACE.**

The food eaten is the fuel for the human boiler. We take the food into the stomach and the draft of air that consumes it is the breath received in through the lungs, which meets the digested fuel in the blood, tissues and muscles and there oxidizes or burns it up, thus developing both heat and energy. For I want to remind you that whether you burn a pound of corn flakes in the stove or fully digest it in your stomach it

will yield up exactly the same amount of heat or energy in either case.

To that extent the human body is an exact machine. But one great point of difference is that the human machine can keep on repairing itself year after year while the automobile must be sent to the repair shop, as some of you have already learned to your sorrow. The principal reason that the human machine ever gets out of repair is because it frequently has such reckless driving. The average mortal tears down his physical machine more rapidly than it has capacity for repairing itself.

### **DIETETIC CLINKERS.**

Every furnace has a suitable provision for the removal of its ashes or waste products, and it is an equally important function of the human machine to eliminate its own wastes. In fact it is nearly as necessary for the human body to rid itself of its wastes as it is for it to be fed.

When waste matters accumulate in the stove we say the ashes smother the fire, or that clinkers are accumulating. In the human body the same thing may spell rheumatism, nervous prostration or Bright's disease. Such diseases generally mean a fail-

ure of the human body to rid itself of its own waste products.

The scientific engineer studies these problems and avoids the coal that has a tendency to form clinkers. But that same engineer perhaps never stops to think how much heat his food will furnish him and whether or not it will fill his system with clinkers. More than likely he is perfectly satisfied if it only will tickle his palate while eating it.

But we are making progress. There is coming to be such a thing as sane and scientific eating, and it is certainly high time, for science has invaded almost every other realm of human activity.

#### HEAT AND ENERGY PRODUCING FUEL.

Starch, sugar and fat are the fuel that is used in the human machine to furnish the heat that the body is giving off all the time as well as the work that it is called upon to perform. Every time I move my arm I expend some energy that was originally stored in the starch, sugar or fat that I ate yesterday or at a more remote date.

The ordinary boiler is constantly deteriorating and rusting out and so must ultimately be taken to the junk heap. But in the human body hand in hand with a similar destructive process there goes an equally constructive work. You who read these words have been almost entirely rebuilt within the last six months, except your bones and your teeth. Every day we take in with our meals a few ounces of

protein, which the body uses as repair material.

Suppose every time the fireman had thrown in nine shovelfuls of coal he had to throw in a shovelful of iron filings to repair the boiler—that would illustrate precisely what we are constantly doing for ourselves. Nine-tenths of our meal consist of starch, sugar and fat, which are burned up in the body to make heat and work. One-tenth of the meal should be protein, or albumen as it was formerly called, which the body uses for repairs.

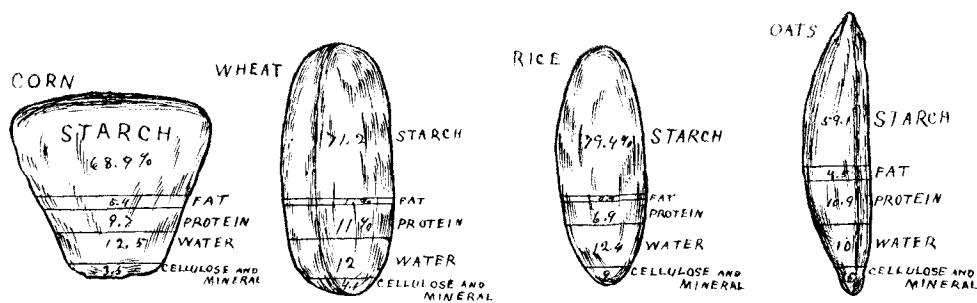
In other words, the human body charges this ten per cent of commission and the payment must be made in protein, but it also resents being tendered a higher rate than this, for then it simply has to work overtime ridding itself of this excess.

Recent scientific investigations are revealing the fact that the majority of our disorders result more or less from eating too much of this repair material. So it becomes a vital question to know approximately what constitutes a balanced bill of fare.

#### THE BACKBONE OF A MEAL.

The various foods made from wheat, corn, oats, rice, etc., form the substantial portion of a well-balanced dietary. They are largely composed of starch. When digested this is changed to sugar. No one needs to worry about the "sugar trust," for each of us has a sugar mill inside of us.

More than one-half of every loaf of bread



Foods made from corn, wheat, rice, oats, etc., form a substantial portion of a well-balanced dietary.

is starch. In addition nature has slipped in to all the cereals about one-tenth of repair material, for ten per cent of every slice of bread is gluten, which is protein, which the body uses to repair its muscles, nerves, blood, and even the most important part of the brain.

But the grain family is deficient in fat. Most people seem to have discovered that instinctively, for they butter the slice of bread. From the standpoint of bodily requirements it makes but little difference whether this fat is in the form of butter or cream or olive oil or any other vegetable fat.

#### FRUITS AND VEGETABLES THE DIETETIC STORE HOUSE FOR MINERAL SALTS.

The cereal family is also short on some kinds of mineral salts, hence the person who desires to have a well-balanced dietary not only adds fat to the dietetic foundation which is made of grains but he also adds some other foods that are rich in mineral salts. These salts are so important for human health that the wheels of life absolutely refuse to go unless they are reasonably supplied with mineral salts. In a way they seem to grease the wheels of life.

Vegetables and green garden truck contain only a small amount of starch, about five per cent on an average. More than four-fifths of their bulk are water and cellulose or woody matter. But they are particularly rich in iron, which the body is compelled to have in order to make blood. They are rich in phosphorus, which the body uses to build up the nervous system. They contain lime, which is needed in the bones, and potash salts, which the body uses in making blood and other bodily fluids.

Fruits contain about as much digested starch or sugar as the vegetable contains starch. Outside of potatoes, which contain nearly twenty per cent of starch, one could hardly afford to spend his time eating the ordinary fruits or vegetables merely to get nourishment, for he would have to eat almost a bushel basketful of cabbage salad in order to get nourishment enough for a meal, or almost a small bale of lettuce; and the same may be said of most of the fruits.

There is more water in a pound of strawberries than there is in a pound of milk. But because of the great importance of the mineral salts that nature has stored away in fruits and vegetables they should form part of the daily dietary.

So make the grain or cereal food products the centerpiece in your dietary. Then because they are naturally deficient in fats add cream, dairy butter, olive oil, ripe olives or some of the vegetable oils, to make good this deficiency. As the cereals are also short of some of the necessary mineral salts add fruits and vegetables, not neglecting those which can be eaten raw, such as lettuce, celery, chopped cabbage, etc.

#### MILK AND EGGS.

Milk contains about four per cent protein—the curd, and about four per cent of fat, four or five per cent of sugar and about one per cent of mineral, largely lime; the other eighty-seven per cent is water, and after it has passed through the hands of some milkmen it may even contain more water. When milk is used in moderation one additional protein will only serve to balance up the deficiency of protein in the fruits or vegetables. Fresh cottage cheese is a good form of protein for patients who are suffering from autointoxication, as it does not decompose in the alimentary canal as readily as some other proteins.

Nearly three-fourths of the egg are water. Fifteen per cent of it is protein and ten per cent fat. It is comparatively a high proteid food and, as is well known, decomposes easily. So those who are already suffering from autointoxication should avoid eggs. It is probably well even for persons in health not to eat more than one a day. The yolk contains the largest amount of fat and the least amount of albumen and so is the most wholesome part.

#### A NATURAL MEAT SUBSTITUTE.

Nuts are the most nutritious food that God has made. Every pound of peanuts contains more meat than a pound of beefsteak. They contain one-fourth their weight in protein, which is more than there is in a pound of meat. In addition, peanuts contain nearly half their weight in fat. Wal-

nuts contain sixty-three per cent of fat and sixteen per cent of protein. Pine nuts are very rich in both fat and protein and have the additional advantage that they are easily masticated. They are perhaps the most valuable nuts on the market, although they are as yet comparatively unknown.

From what has already been written it must be plain that there is no great necessity for adding any large quantity of nuts to the ordinary bill of fare. It is well balanced without them.

Those who eat them to excess are likely to fill their system with an excess of building material, just the same as if they were using flesh foods. But nuts have this advantage: they do not contain the ordinary waste products of meat, there is no danger of contracting tapeworm or trichina or tuberculosis from eating them. So if one wants to add beefsteak to an ordinary, well-balanced dietary it would be better to take it in the form of nut products than from animals.

#### SHALL WE LEAVE OUT MEAT BEFORE WE HAVE TO?

He who adds meat liberally to the daily all-round dietary is certain to overtax his eliminating organs in carrying off the resulting waste products. That is why the doctor always says to a patient who is suffering from Bright's disease that he must cut out meat. The same is said to the man who has rheumatism or an attack of fever. I advise the same thing, only I recommend it a few years before the man is likely to have these diseases. If it is a good thing to lock the door after the horse is stolen it is *better* to do it before.

The man who is doing the hardest kind of physical work will not suffer so severely from an excess of protein food. His system is better able to eliminate the excess of waste products. But the sedentary man, he who is earning his bread by the sweat of his brains rather than by the sweat of his brow, will do well to investigate for a reasonable length of time the merits of a low protein dietary. He will soon be rewarded by a clearness of the brain and an increase of physical endurance that will be gratifying to him.

It is a grand thing to eat and drink to

the glory of God, and not to forget the scriptural admonition: "When thou sittest to eat with a ruler, *consider diligently* what is before thee; for thou putttest a knife to thy throat if thou be a man of a craving desire." Prov. 23:1,2, Jewish translation.

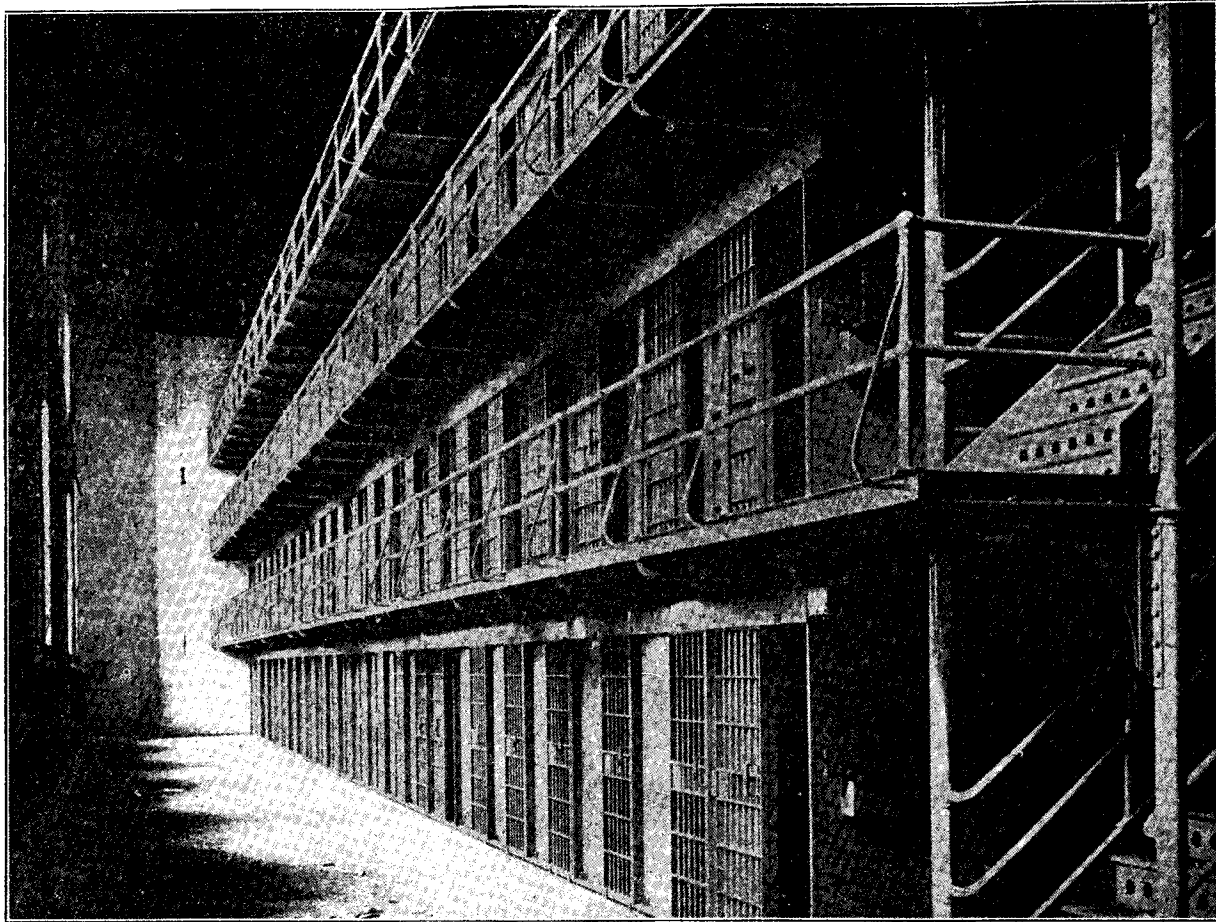
#### DRINK BROKE UP HIS FAMILY.

The following touching letter comes from a prisoner in Texas, who is sentenced to two years in the penitentiary because of a crime he committed while drunk:

"I have a very dear Christian friend of Wells, Texas,—a Dr. Leach,—who sends me the back numbers of THE LIFE BOAT. Having noticed your ad inviting us poor unfortunate prisoners to write you, I felt just like you were the kind I would like to correspond with, as I am sure your letters would help me.

"I am a poor man; have a dear Christian wife and two little babies, who are now at De Leon, Texas. My parents are dead. I was raised an orphan and fell into bad company and the awful habit of drink. When I married I tried to quit and for a while I thought I was safe, but it seems fate was against me for the habit came back on me. I gave up, thought I was lost for ever anyhow. Naturally it got the best of me and while in a crazed and drunken state after being under the influence of it for nearly two months, I committed a crime for which I am now in prison. I study my Bible and read all the Christian literature I can get. I do believe in one keeping the commandments of God, though I have never been a commandment keeper.

"I prayed my first prayer since I've been in jail. They have given me two years in the state penitentiary. I want you all to pray for me and my precious family. I expect to be a man when I do get free again; have begun already to fight the battle of sin. Oh, it is hard in here, but thank God, my precious Saviour stands by my side and fills the cell as well as my heart full of His precious love and light. He gives me wisdom and understanding and a brave and courageous heart. Pray for us. No one on earth would appreciate a good letter like I would."



These bars and bolts shut away from our view many a mother's wayward boy. They have hearts that respond to love and sympathy just as we have. Many a tear that no human eye has witnessed has been dropped on the cold stone floor of these cells. We want to send the May LIFE BOAT with a message of cheer into these very cells. Will you help us do it? Five dollars will pay for one hundred and fifty copies, which will be read by five hundred or more men.

## The Story of Some Prodigals

Rev. Capt. Kingsbury

Santa Ana, Cal.

THE story of the prodigal son as given in Luke 15 is not only the Master's story but it is a *master* story, the most beautiful word picture ever drawn.

Permit me to say that I have met a goodly number of just such unfortunate prodigals as are mentioned in this chapter.

HERE IS ONE I'LL CALL PRODIGAL NO. 1.

A young fellow, good looking, bright and capable; he might have made a place for himself. One night in a service I had been talking about the prodigal of Luke 15. Just there I met this modern prodigal. Some things said that night stirred his soul. One of the things that moved his very nature was the thought of a good mother left alone in the old home away back yonder. He had forsaken her and had taken his journey into a "far country."

There that night this young man confessed that he ran away from his mother and that for six long years that mother had had no idea of the whereabouts of her boy—she a lone widow, and he her all. My, how I talked to that boy! He was all broken up and penitent. I prayed for him. Not many days afterwards that boy purchased a ticket for the old home town more than a thousand miles away. After receiving his ticket he turned around, and seeing me, rushed to my side and told me

he was to take the train that would be along in a few minutes, for the old home and mother. The sunlight of a great joy settled over his face as he told me his purpose, and as I looked on the boy and listened I do not mind telling you that there was very great gladness in my own soul.

PRODIGAL NO. 2.

During a service in another state my subject was based on the words, "Wasted his substance with riotous living." I made use of the stereopticon. One of the pictures thrown on the canvas was a representation of the prodigal amid the citizen's swine. At the close of that service a well dressed, fine appearing man lingered, and approaching me, evidently very much moved, he said something like this: "Well, sir, that poor fellow among the swine there is a pretty good picture of my own condition."

Then he unbosomed himself and told

me he was about thirty-eight years of age, had a wife and children, but was not living right. His parents had taught him that to be moral was enough. He was not what his neighbors and associates would call a bad man, but rather a good fellow. But his eyes had been opened and he had "come to himself." He was ready to cry, "I have sinned." In bitterness of soul he said, "I



Mr. Kingsbury in the orange grove.



am sick of sin, tired of living in the devil's territory." He wanted right there to have the Father's forgiveness, and he got it.

And so this man of affairs saw his condition before God, his need of the Father's forgiveness, and with the sincerity and the humility of a little child said, "I have sinned. Make me as one of thy hired servants." The Father saw him, "and fell on his neck, and kissed him." What a gracious reception! Oh, that every wanderer in the "far country" would return right quick. Not one, not one would fail to receive forgiveness, blessing, love and salvation.

#### A MOTHER'S PRODIGAL.

This time it is just a girl prodigal, and this girl prodigal did just about the same as the boy prodigal did: got tired of home, thought it would be fine to get out and away, to see the world, to get into a bigger circle of friends, and all that. So away she went. She stopped not to think of the awful danger out there in the big world, of the snares and pit-falls.

She had been safeguarded by mother, protected by mother's love and care, yet she stopped not to think how she would miss all that. She is going to take her chances and away she goes. Along the pathway she trod were laughter, gaiety, music and dancing and riotous living, and there was wasting of substance.

The wasting involved the loss of rosy cheeks, the sweet fragrance of the old home life, the gems of truthfulness and purity, the loss of virtue and gentle graces that were hers when she was mother's girl. She had exchanged the old chums for new ones and the new ones were wasting their substance as she was wasting hers.

Men with whom she associated down there in the "far country" were not gentlemen. They had sold out to the devil, they had joined a citizen of the far country and were feeding his swine. And this poor prodigal girl had become an associate of men and women who were serving sin and

lust. What if the dear old mother back there—heart-broken, sick and worried, knew the real truth? What if she could see the real picture as it is presented down in the "far country?" God spare the tender mother heart.

One night I preached a sermon on "I will arise and go to my father," and the mother's prodigal girl heard it. The next morning she attended the morning service, and after the audience had gone she came to me. She was just a broken-hearted girl, with a blasted life, a ruined name; all that belonged to fair young womanhood lay in ruins, buried under the awful shadow of sin. The girl as she came to my side with tears in her eyes, and her voice trembling, was a pitiable object to behold.

"Why, I am just like that prodigal! I left my mother, forsook my home, and I am so far, far away. I've sinned and am tired, tired of it all. Can God forgive my sin, so great?"

Ah, yes, a thousand times yes! "Though your sins be as scarlet, they shall be as white as snow." Wouldn't she like to be whiter than snow? She can, and it won't cost a penny; just to repent, just to forsake her sins, just to face homeward. Ah, yes, to face homeward! Will this broken-hearted prodigal do that? She will do anything if only the sins can be washed away.

Let me show you another panel in the picture. There sits a young woman, fair and beautiful, noble, graceful, gentle of spirit; as you come to know her you will recognize in her the graces of the Spirit. Yes, the fruits of the Spirit are there. Readers, you know the rest. Dare you who have never had an experience like this one whisper aught against her? Heaven forbid! Better go and entreat the great Forgiver to give you a vision of that "far country," of the multitudes of the lost there, the wandering prodigals, then seek for grace and strength to rescue some mother's prodigal girl, some father's prodigal boy.



## Ministering to the Destitute, the Downhearted and Forsaken

Mrs. Louise Peterson

[It would bring a glow into the heart of any of our readers to accompany Mrs. Peterson in her errands of mercy to the sick and suffering and downcast in the heart of darkest Chicago. There ought to be noble, substantial, consecrated young women dedicating their lives for just such ministry in each of our large cities.--Ed.]

Mrs. Swanson and I were out calling one day on a dear little woman whom Miss Borden had been visiting. She was so glad to see us and said that it always brought a ray of sunshine to her home, and that day, especially, she felt the Lord had blessed her in our coming.

She said her husband was getting favorable to religion and that he was willing to meet Christian people. Her girls are growing in a spiritual way and all of them are interested in the Bible truths for this time. We had prayer with her and she urged us to come again.

She said, "You don't know what a bless-

ing you people are to me." She said her husband could tell when he came home that our visiting nurse had been there because his wife was much happier and brighter than usual.

She said that when our nurse first began to call on her, when she got through giving her a treatment she would leave a text of scripture to commit to memory that week. Through that little habit she got interested in the truth of God's Word.

One little woman we visit frequently whose husband is in Texas suffering with tuberculosis. The other day I took her some things and I said as I went in: "I



Some children of the slums whom Mrs. Peterson found a few years ago living in filth and sin. The whole family are now living in the country.

suppose you think I am a fraud as I have not been here in so long a time." Her reply was, "You people with the love of Christ in your faces are not frauds. Any one can tell it. Come in." Some one had sent me two dollars for this woman, which I gave her.

That same day I called on a little Italian woman who had two children and was out of work. She had to leave the children with neighbors while she went out to hunt work. We brought her clothing for her children and she thanked us for it.

#### A "BRIGHT THOUGHT."

There is another family with twelve children where we have been visiting and treating a sick child. The child is much better now, but the mother is sick. She stepped on a nail and nearly had blood poison. The father is also sick with kidney trouble, so they are all out of work. The oldest son is trying to find work and he is having a hard time of it.

They asked us to tell them when they could expect us again, because, they said, it was a "bright thought" to look forward to our coming. They said, "Can't you tell us the day you are coming so we can be looking forward to it?" We left literature with them, which we always try to do as it speaks to them after we are gone.

#### THE WEALTHY HELPING THE POOR.

A well-to-do woman whom I have been treating is interested in one of my poor families. She has sent butter, eggs, and other things, so, with what little work the poor woman can do by sitting up with a sick woman, her needs are supplied. She seems bright and happy. Each day when we leave she says, "Don't let it be too long until you come back."

A dollar donation was sent in to be used as we thought best, so I used ten cents for carfare for a boy to go and find work, fifty cents to fill a prescription for a sick baby, and twenty-five cents for medicine for a woman with a sore foot. Then I used fifteen cents for dressing for a little child's head who had a running sore.

I called on a poor little woman who has a baby five months old and whose husband

has been out of work ever since the baby was born. She was destitute of clothing and was so thankful for the clothes I brought her. She said, "Anything will do, anything will do." She promised to pay me for what I had spent to buy medicine for her child.

#### MADE HER WANT TO LIVE BETTER.

One cold morning I was called to see a poor German woman who was sick in bed. The house was dirty and upset and there was no fire nor any wood in the room to make a fire with. She was afraid she had pneumonia. I went down in the dark basement and got some wood, built a fire, cleaned up the house, and gave the patient a treatment and something hot to drink. When I left her, she said, "The Lord bless you for coming here and doing this for me. It is so kind of you. You surely are good." She said my coming made her feel like she wanted to live better. She said her husband was away all day and she lay there at the mercy of her neighbors.

#### "ARISE AND EAT."

PEARL WAGGONER.

"Arise and eat: the journey is too great."  
So spake the angel to the seer of old  
Discouraged, fainting, lying by the way,  
Perplexed and crushed 'neath burdens manifold.

A man oft used of God, but wearied now,—  
So weary that he wished that he were dead.  
He yet, obedient to the angel's word,  
Arose and tasted of the heavenly bread.

Again the voice said "Eat;" again he ate,  
And in the power therefrom derived he rose:  
With strength renewed his journey he pursued.  
Nor longer feared the onslaught of his foes.

No less the journey is, for us today,  
Than was the one the prophet took of old:  
Can *we*, un nourished, keep upon the way,  
Or, more than he, be vigilant and bold?

Except as we of living waters drink,  
Except as we of heaven's bread partake,  
Will not we too beneath life's burdens sink?  
Or can we e'er expect the goal to make?

Our "daily bread" we take, for well we know  
Without it we would weaken, yea, would die;  
And should be then expect our *souls* to grow,  
Without some daily portion from on high?

The journey far too great is,—rise and eat!  
In food divine you'll gain the needed strength;  
'Twill cheer the heart, make light the weary feet,  
And serve as guide till home is reached at length.

The secret of right living is right living in secret.

## Cheering Lonely Hearts

Mrs. Hannah Swanson

A YOUNG woman who has been in our home for some time suggested that we should have this motto hanging in our front hall: "When I was weary ye took me in and comforted me."

The past week two women from distant states came to us asking for a place to stay until they could find work. They both had spent all their money for transportation and had arrived in this cold, wicked city penniless. One had a friend living near us, but she had been there three times and did not find her friend at home. She came to our place and stayed all night. We found work for her the next day.

The other day I called up over the phone a young woman who came to us a few months ago in an intoxicated condition. I wanted to know how she was getting along. I wish I could tell you just the words she said. She seemed so grateful; said she had given up drinking; said she was trusting in God and that she would never forget what she saw and heard in the home.

I met a woman a few weeks ago who said she was very unhappy but could not pray. A few evenings ago she attended one of our meetings. The next morning I received a card from her saying she had been on her knees praying for me and the work and that Christ might be in her home, and she concluded by saying, "Oh, I am so much happier!"

Some time ago I met a man in the Harrison police station. He seemed very much impressed with the services. I have since met his wife, who is a sweet, refined little woman. He is still in jail. I received a very interesting letter from him the other day, part of which is as follows:

"Dear friend: I wish to thank you for your very kind remembrance of me today with your note duly received. I should have been very pleased indeed to have seen you and shall appreciate a call whenever convenient. Allow me to thank you also for your kindness to Mrs. ——— and myself. You have been a source of very great encouragement to both of us and God

only can repay you in full. You have been of inestimable comfort to Mrs. ——— especially, and I feel sincerely grateful to you for it.

"You were the means of putting me into the straight and narrow path from which I had wandered long ago, and by God's help I shall stay there for my soul's sake and to render my dear wife and parents the happier. Mrs. ——— is bearing up bravely and intends to stick to her erring husband even if she loses all her friends. This is her exact statement, and I assure you, Mrs. Swanson, that very thing gives me more happiness and peace of heart than anything else. May the Lord bless her."

I want to hear those words from my Saviour's lips: "I was in prison, and ye came unto me." Do not forget us. Our needs are many; we have not received enough yet to pay for the drier out in Hinsdale. Hope you will bear this in mind.

### THE LORD'S WORK PLEASANT.

MRS. M. E. MOTZ.

Lately, while canvassing a town north of my home I found one dear sister who was so glad to get THE LIFE BOAT and other good reading. Many are studying the Bible for themselves and are taking a "Thus saith the Lord," which is the only way. Individually we stand or fall before God. Our minister may select the right path for us—which is Christ, the Way, the Truth, the Life—yet as we each take physical food for the outer man, so we must select for ourselves and use spiritual food individually for the inner man. In other words, we must eat for ourselves.

I wish for a renewal of physical and spiritual strength in the Lord, so that I may help give the last message to a dying world. I meet many who remember me and are glad my health is so good. I tell them the Lord's work is pleasant and He renews my strength in Him. Eating and drinking to His honor and glory as well as working for eternity—each and both have their reward.

## Relieving the Sick in Heathen India

M. Belle Shryock

Lucknow, India

[Years ago Miss Shryock was one of our pupils. She heard the call of the heathen, and no one can read this article from her pen without appreciating what an unlimited field she has in which to bestow her gift of loving ministry.—Ed.]

Our "Zenana Shifa Kana," or dispensary for women was opened in Najibabad March 14, 1910. The first day we had three patients and these were Christian women from the Methodist mission. The heathen women were afraid of us as we were the only white people in the station. Some of them would come to the door, peep in, and then run away.

The second day one heathen woman ventured in. This with the three Christian women made four patients for that day. The third day several heathen women came, but when we came toward them with a steaming hot fomentation cloth they held up their hands in horror and ran away.

This same day a woman came with her hand badly swollen. We succeeded in get-

ting her to put her hand in hot water but she had no sooner done so than she became frightened and ran out of the dispensary.

Another woman brought her baby suffering from a hard cold on the lungs. It was crying hard when she brought it in but after fomenting it it became easy and fell asleep. The poor woman was frightened and said, "Oh, you have killed my baby." She was very soon relieved of this fear, however, as the baby gave a sharp cry when the cold water was applied.

Such experiences only lasted a few days, however. The people soon learned that we had come to help them and they began to have confidence in our hot cloths. One woman who had suffered for years with



Miss Shryock and some of her patients. These women are the poorest of the poor and belong to the lowest class in India.

rheumatism said to a new patient, "These hot cloths take out all your pains and aches." Another one remarked that when she had fomentations she felt like her life was coming back again.

Thus the work went on until the second month when instead of having from five to ten a day we were having from fifty to sixty patients. At the end of seven months we had treated 5,929 cases.



Miss Shryock and her two native helpers. These young women are thoroughly consecrated to their work and are proving to be competent nurses.

These women that come to the dispensary are very poor and of the lowest class. The high caste women are in strict *purda* and we have to go to their homes to treat them.

The people are always very grateful for what is done for them and often fall at your feet to worship you. Our work has just begun but in a short time we hope to see souls accepting the message as the result of the medical work in this heathen country.

## GIRL LIFE IN INDIA.

MISS KATHERINE GEROW.

[Miss Katherine Gerow, who has spent seven years as a missionary nurse in India, is now studying medicine and expects to return to her field of labor after her graduation. She related the following experience to the rescue home family.—Ed.]

I do not think one can appreciate all the blessings of living in America until he has lived in a land where the people do not know the Lord Jesus. Two years before I went to India I began to get interested in the salvation of the people there.

The majority of women in India can neither read, write nor sew. They can cook food but can do nothing else. The girls who come into our mission schools know a vastly different life. Most of them are from Christian homes where the parents did not have the opportunities that the children have now.

There are two hundred girls in our mission station who are securing a high school education. They are just as beautiful girls as you can find anywhere and yet they come from the lower classes in India.

In our boarding schools there the girls' daily studies are much the same as in any other school, with the exception of Bible studies at the early morning hour. I often envied them because I did not have that privilege when I went to school.

While in the schools the girls do their own cooking and take care of the school room. The older girls make their own garments and those for the smaller girls in the schools. Some of these girls are active in church work, teaching the young people's class and going out into the homes of the people and teaching them about the Lord Jesus. So you see the life of a girl in the mission boarding school is so different from their heathen neighbors. If I had seen no other results from my work in India than the change that has come into the lives of these girls I would feel more than repaid for having gone there.

I want to tell you about a child I knew. She was just four years old when I first knew of her. Like all girl babies in India she was not wanted when she was born, so she was put in a clay pot and they were

burying her by the roadside when a man came along and asked what they were doing. They were afraid and ran away and left the child. This man took the baby to a house and left it there promising to bring money for its support. He did not return just at the time when he was expected so the woman sold her to the dancing girls. She could not be sold into a worse life. Our mission people heard about it and got the baby away and brought it up in the mission home. She is now one of the brightest girls I know. She can speak not only her own language but also the English language. She is a born teacher.

Ordinarily the people of India do not seem to see the beauties of nature, but this child was passionately fond of nature. She seemed to be afraid of the name of God but she tried to overcome it. One day I was talking to her about the things God made and I said, "God made trees and mothers," and the child looked up into my face and said, "Did he really make mothers?" The missionaries were the only mothers she knew about, but she loved them and from that time she was never afraid of God. She died when only seven years old.

Another girl who came to us was a bazaar girl. She had no friends, nobody cared whether she lived or died. We took her in. She proved to be a bright little child and gave her heart to God and became one of His dear children.

Still another girl had heard the missionaries and believed what they said was true. When the time came for her marriage she absolutely refused to be married to the man her parents had chosen for her, so they put off the wedding. After a time they said they were going to another village to visit and took her along and there they forced her to be married. But the first opportunity she had she came to the missionaries and is now a happy girl again.

I could go on and tell you so many more just such experiences but I want to tell you, when you count your blessings, to be sure to count among them as one of the greatest of blessings that you were born in a land where you can live for the Lord Jesus.

## FOUND JOY AMIDST DISCONTENT AND WOE.

(From a Prisoner in Auburn, N. Y.)

"I received your February LIFE BOAT and also the medical book, and thank you for the same. THE LIFE BOAT, after I get through tasting the good things in it, goes the rounds among the men here. I am glad to say there are several I loan it to who await its coming and their turn to read it, with eager expectancy.

"It is safe to say that there must be something in that little magazine that attracts and in time holds the intense interest of the reader. So it was with me and so have I noticed it was with others I loan it to. The message it brings, and the many truths revealed therein as to God's love and the way of redemption, mean something to these men.

"Of course I know it means something vital to all men, but all men do not always appreciate what is good for them. But there always comes a reawakening, and I need not tell you that this place, and other walled-off places like it, are the very places where a man has an opportunity to cast up accounts and to realize the vivid contrast between his present condition in life and what might have been had he lived the good life of a Christian. And then, there is nothing more saddening than to reflect on what might have been. And when a man is sad at heart, then is the time he is more in mood for the message that heals the lacerations of a sinful heart. So it was with me, and so I think it is with my fellow outcasts who show such a desire to read your wonderful little journal—a veritable journal of joy, I might term it, for it has brought me joy in the midst of discontent and woe.

"As a messenger of good tidings I must needs class THE LIFE BOAT as the best, beside the Bible. So fear not but what the seeds carried in THE LIFE BOAT fall in good ground here. I can never cease to feel grateful that I've had access to it. I read the Word continually, and continually does it help and strengthen me."

## A Peep at the Rescue Home

Eva L. Borden

[The last few months Mrs. Swanson's time has been almost fully occupied in helping to develop the work in Chicago. During this time Miss Borden has faithfully filled her place in the rescue home at Hinsdale. The large institution is almost full from top to bottom. The fourth floor has been finished off and just as we go to press is being furnished. Many of the girls who are in the home are very pathetic cases, absolutely penniless. We have no endowment. It does not seem to have occurred to any one to have remembered us in their will. We are dependent from week to week on what God moves upon the hearts of kind friends to donate, in answer to our earnest prayers.—Ed.]

Our children are enjoying this beautiful weather very much. Every day they go with their nurse for a good walk about the premises, the little, wee ones in their buggy, and the older ones on their strong little feet. At dinner time they come back with

This past month has been, as usual, a busy one. Several of our girls have left the home and gone out to face the world with their infants in their arms. Believe me, it takes courage to do a thing like that, —courage and determination. A girl who



A wide awake smiling youngster.

rosy cheeks and such tremendous appetites that we wonder where they put all their food.

We are compelled to note the sharp contrast between our babies and those housed up in the smoky, dirty city. Perhaps after all we do not half appreciate all our blessings, for it is so easy to see our many pressing needs.



Another one who is just a little sleepy.

stands by and supports her child, deserted by the father, deserves a helping hand and the respect of all Christian people. Instead of shunning her let us follow the example of the One who said, "Go, and sin no more."

Several new girls have come to us re-



cently, for while our family is always large there always seems room for one more.

Our expenses are of course heavy, but our faith is strong, for we believe that all our needs will be supplied. It might be well to mention that while we do not seriously need clothing for adults, infants' wear and clean, worn-out sheets and pillow slips, for tear-up purposes, would be very acceptable. We are still hoping for the drier for our clothes, but are lacking quite a little of having enough money to pay for it.

We believe that a brighter and better day is coming for all our dear girls who are trying so hard to be overcomers.

#### HOW YOU MAY HELP THE LIFE BOAT RESCUE HOME.

This home for unfortunate girls has been founded and paid for through the generosity of interested friends. It has no endowment, no regular income except through voluntary contributions.

You can help this worthy enterprise by sending a donation, whether large or small; by sending a certain amount, say one dollar, each month; by remembering it in your will.

For those who desire to remember this institution in their wills we give herewith a proper legal form for a bequest:

"I hereby give, devise and bequeath unto the Life Boat Rescue Home, a corporation organized and existing under the State of Illinois, the sum of .....dollars to be paid out of real or personal estate owned by me at my decease, this money to be used for the maintenance of the institution known as the Life Boat Rescue Home for Girls, located near Hinsdale, Ill., and which is under the supervision of the aforesaid corporation."

#### A CHILDREN'S HOME SEWING SOCIETY.

MRS. HANNAH SWANSON.

Some time ago I received a letter from a lady in Wisconsin, an extract of which I give herewith:

"Dear Friend: Here in Heller live little boys and girls breathing good fresh air that God gives to us all, and those children have tried to do something for your home in the big city of Chicago. THE LIFE BOAT

which I take makes many a visit and that dear book has found its way into the homes of these dear children.

"Last fall we started a children's home sewing society with twenty-two members. We meet twice a month. At each meeting we bring two cents. We wanted to do something to get our boys and girls interested in helpful work to keep them together and to help others that are less fortunate than they. This is the first time that such work was ever taken up here.

"I must say the dear Lord has blessed us all so wonderfully. The children, also older ones, come with great joy. We open with song and prayer, then we have the roll call. Oh, it is grand to work for Jesus. We did not know just how to begin at first. We now have two small crazy-quilts for those dear children that are entrusted to you; two white ones also, from the sewing club; and one pink one, and a larger one were donated to us to be sent to you. God bless those dear mothers. They are all willing to help.

"Some ladies sent me some clothing. One little girl wanted to give something so she brought a spool of thread. We had the smaller ones color pictures; we had to give them something to do as there are nine who are not able to sew.

"I promised the children I would write you a long letter. I told them that perhaps there would be a letter in THE LIFE BOAT telling of the Heller girls and boys sending you a box, so the children are looking forward to seeing it.

"Mrs. Ella Krahn,

"Heller, Wis."

Now I want to thank Mrs. Krahn and the dear children for the box of nice useful things we received a few days ago. I would like to mention each article separately but space will not permit. I want to thank the dear mothers for the nice warm quilt sent to me. I use it on my own bed and I certainly appreciate it. I hope this letter may interest others to help us here in Chicago where there are so many poor little boys and girls, and if we never meet on this earth may we meet in the earth made new.

### THAT DEADLY ENEMY TO MANKIND.

CAROLINE LOUISE CLOUGH.

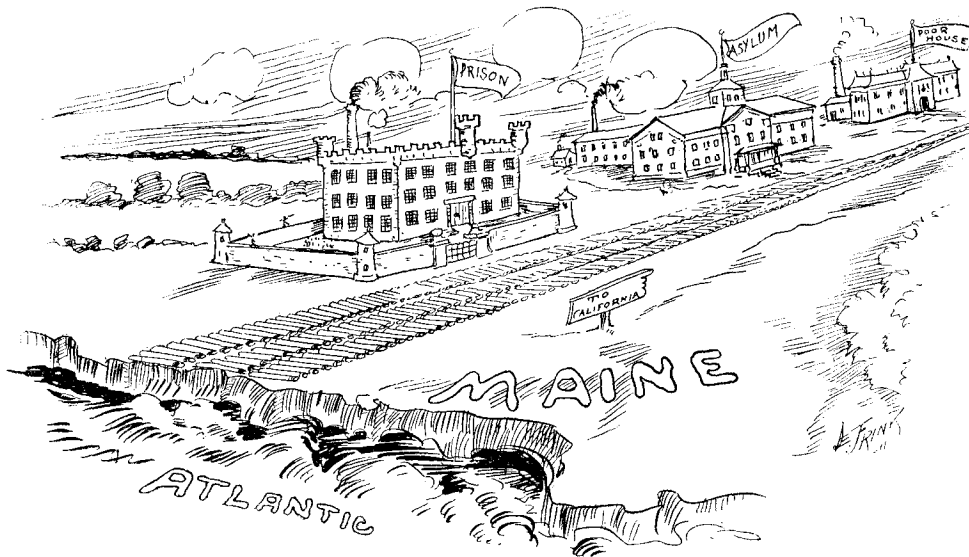
As long as the cigarette continues to strike down our boys and youths, so long the cigarette question will not down. Public-spirited, thinking men and women in our land are not going to sit still and see this monster evil sap the life blood of our youths and not raise a voice against it.

The fact that there were nearly eight billion cigarettes manufactured in this country last year and possibly billions more rolled

commerce? No, never. Luther Burbank says that "no boy living would commence the use of cigarettes if he knew what a useless, soulless, worthless thing they would make of him."

This cigarette road leads to wrecked manhood, the reformatory, the insane asylum, just as surely as spring follows winter. Chief Justice Brewer says that "no cigarette victim can climb to the top of the ladder."

The superintendent of the Illinois State Reformatory says that in that institution there were 278 boys averaging from twelve to fifteen years of age and 256 of them were



The cigarettes produced in this country last year if laid end to end and side by side would pave a road about twenty-five feet wide from Maine to California. Any young man who ventures to travel this road is in danger of ending his career in one or more of the institutions found along the way.

The above drawing was made especially for the LIFE BOAT by Dwight E. Frink, Bloomington, Ill.

by the smokers themselves, is startling in the extreme.

The 7,874,300,329 cigarettes manufactured in the United States last year, according to the Internal Revenue Report, June 1910, would pave a road twenty-five feet wide from Maine to California.

On this road a large percentage of the boys and young men of our land are traveling. Where are they going? A few years hence will they be prepared to care for the interests of our nation, look after our government, our educational institutions, our

cigarette smokers. Ninety-eight per cent of the inmates of our reform schools have been victims of the cigarette.

Orison Swett Marden, editor of *Success*, says: "A study of the subject of cigarette smoking convinces me that it has a fatal effect on one's success in life. When indulged in to excess, it destroys the ability to concentrate the mind, it drains off the physical energy, and saps vitality and force. It blunts the sensibilities and deadens the thinking faculties. It kills ambition. It is fatal to all normal functions. In fact, the

that is fighting to free the slaves of the moral depravity which follows the cigarette habit is appalling."

Hon. Judge Ben Lindsey of Denver says on this subject: "I have been in the Juvenile Court nearly ten years, and in that time have had to deal with thousands and thousands of boys who have disgraced themselves and their parents, and I do not know of any one habit that is more responsible for the troubles of these boys than the vile cigarette habit. Persisted in, it dulls and deadens all the finer moral sentiments; it makes a physical and moral wreck of any boy."

The cigarette fiend must reap his own harvest, and he will be astonished when he beholds the crop ready for harvesting. God's Word says that "his own iniquities shall take the wicked himself, and he shall be holden with the cords of his sins." Prov. 5:22.

To the cigarette smoker I would say, if you do not want to be bound with the cords of your sins cut loose from the cigarette and be free.

#### THE WAR AGAINST CIGARETTES.

JAMES J. JEFFREYS.  
Field Secretary, Anti-Cigarette League.

In 1910 I spoke in 130 churches, to more than 15,000 school children, besides speaking at Y. M. C. A. and W. C. T. U. meetings. I have had hundreds join the Anti-Cigarette League, taking the following pledge, if an adult:

"I promise active co-operation in the work of the League against the greatest foe of the American boy."

If a girl: "I pledge myself to exert my influence in every way possible against the use of cigarettes."

If a boy: "I pledge myself upon my honor not to smoke cigarettes or use tobacco in any form."

I ask the girls to refuse to go with cigarette users, and many girls and women are joining the League. I have secured 294 members in the sixteen days of 1911. Each member gets a membership card to keep and a beautiful three-colored button. The life membership fee is ten cents, but many say they can not afford to join. Listen: I used

tobacco between the ages of eleven and twenty-three. It cost me over \$500 for tobacco. Very few people are so hard up they can not afford ten cents for candy or ice cream, and they certainly can afford the small membership fee. The oldest member I have enrolled is a man sixty-seven years old; the youngest member, a little girl three



Mr. Jeffreys.

and one-half years old. You say, Why get the children to join when so young? Dear reader, last year a lady told me her married daughter was smoking cigarettes and teaching her little three-year-old boy to smoke them. That is just one of the many pitiful cases of which we hear.

Do you love children? Do you care for the welfare of the nations? If so, join the army

tobacco habit. Membership cards, buttons and literature can be had by writing to the Anti-Cigarette League, 184 La Salle street, Chicago.

I have been giving stereopticon lectures, using slides which show the effects of tobacco on the body. While in Chicago I arranged to furnish a printed lecture to go with a set of fifty slides. Any one wishing to buy or rent a set of slides that will cause cigarette smokers to quit smoking and those who have never used them to shun the cigarette as they would a rattlesnake or dose of poison will do well to write Geo. W. Bond & Co., 95 Dearborn street, Chicago.

Thousands of lives are being ruined by the use of the filthy weed. They are sinking all around us. Oh, dear reader, will you not help save the boy? I praise God for saving me, a tobacco-using railroad man. I ask an interest in the prayers of God's people that I may have strength and courage to bring many out of darkness into light by the help of God. Let us each work and pray.

#### AN ANSWER TO PRAYER.

MRS. D. K. ABRAMS.

For some time I have been in poor health and thought I would have to give up the work because of it, but I knew God had promised to give me health and I just looked to Him. I sought the Lord earnestly as I lay on my bed, for healing power. A voice said to me, "Arise, take up thy bed and walk," and I did arise, weeping for joy and praising God for hearing and answering prayer. Since I heard that voice speak to me I do not have any more sick spells but feel well and work hard. My heart is full of praise to God for giving me health and strength to labor for Him for the salvation of the lambs of the flock.

I am so glad that I know God for myself and that He still lives and reigns and that He is the same yesterday, today and forever; that as our faith so will it be unto us, and that we can hear that still, small voice saying, "This is the way, walk ye in it." May God help us to walk in the way of the Lord.

#### WISHED HE HAD FOUND CHRIST EARLIER IN LIFE.

From an inmate of the penitentiary at Rawlins, Wyoming:

"I am still pressing onward to Christ our Saviour and intend to follow Him until death. The only thing I regret is that I did not find Him earlier in life. That little book *THE LIFE BOAT* is the most interesting little paper I ever read. It has turned my heart from this world of care to Christ, our Lord. I ask an interest in your prayers that I may hold out to the end."

#### LONGING FOR AN OLD-TIME FRIEND.

"It is so long since I have heard anything from you I am homesick to see a *LIFE BOAT*. I have been trying to send for it a long time. As long as I live I never will forget your *LIFE BOAT* nor you people. I wish I lived near you, I am all alone most of the time. Please find enclosed one dollar for *THE LIFE BOAT* one year; keep the rest for a little gift. I am so anxious to see the paper. I wish I had a lot of money to send to you people."

#### IT WON MY CONFIDENCE.

(From a prisoner in Philadelphia, Pa.)

"I am not in the habit of letter writing: if I had been I should long before this time have expressed gratefulness of heart for the kindness which you are doing and showing towards the prisoner. Left as I have been to fall away and to bring shame upon myself your extended hand of kindness in giving us the privilege to write to you, and the words of encouragement in *THE LIFE BOAT*, have won my confidence. I am unable with my pen to describe, or by tongue to express, the gratitude of my heart to you for your kindness and attention towards us prisoners.

"Christ came not to call the righteous but the sinners to repentance, and now, dear friend, that is what your *LIFE BOAT* is doing. It won my confidence to read the statement of other prisoners from different prisons and I am going out of this prison to lead an honest life and fight to conquer the world."

## Life or Death—Which?

M. H. Serns

528 Thirty-third Place, Chicago.

**I**N THE creation of man, God planted love in his heart, and by placing him in the garden of Eden, where all was so beautiful, how could he but return that love to his Maker? This principle of reciprocal love is seen in the family. Why does the child love its parents? Is it not because they *first* loved it? Yes, they daily bestow love upon the child and soon it in turn has learned to "love back." Thus in the Garden of Eden the holy pair communed with Him "in whom are hid all the treasures of wisdom and knowledge." Reader, would you not like to *begin* a life which will bring the peace of Heaven to your soul and prepare you for such a home in the future as described above?

### A BLIGHTED LIFE.

As soon as sin entered, man did not continue to seek communion with his God, but sought to hide from His presence. In his sinful state he could not enjoy life. So he attempted to hide and clothe himself with fig leaf garments, but this was of no avail. It was impossible for him to escape from the pit of sin into which he had fallen. He could not purify his heart, no matter what efforts were put forth. "Who can bring a clean thing out of an unclean? Not one." "Can the Ethiopian change his skin, or the leopard his spots? Then may we also do good, that are accustomed to do evil." Job 14:4; Jer. 13:23; Read also Isa. 1:5,6,16-20.

### A NEW HOPE.

Education, culture, refinement, correctness of behavior, all have their place, but they can not change the heart. Jesus said: "Except a man be born again, he *can not* see the kingdom of God." John 3:3. This birth means a change of heart, the bringing in of new desires, new impulses, which spring into action as soon as the birth takes place. That which comes from above is not carnal, but spiritual, for to be born from above is a birth into the king-

dom of God. This new birth is the *only* remedy for the "blighted life."

"A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. And I will put My spirit within you, and *cause you* to walk in My statutes, and ye shall keep My judgments and do them." Eze. 36:26, 27.

All the combined powers of earth can not change the heart; for He says, "Not by might, nor by power, but by My spirit" is the change wrought. The Holy Spirit first convicts the sinner of the error of his way. He then touches and tenders the heart by setting before him the Father's great love. He gives him repentance, and then the sinner confesses with a godly sorrow his sins to the Father.

Our loving Father is quick to see the repentent sinner, and "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." John 1:9. Notice that the "if" is on man's side; God's promise is definite, for "He is faithful and just." Now will you be as faithful with Him as He is with you? The power of choice is left with you, will you exercise your will in His favor?

### OBJECTIONS ANSWERED.

I hear some say, "I would if I could." "You know that I want to." "I know that I ought to, but how can I, situated as I am?" I have partially answered these questions in the above paragraph. Now I will take it up from another viewpoint.

By objecting as you have in the above, you have acknowledged that there is a God, and that He has called you, and that it is your duty to obey. This being true, do you mean to say, He asked too soon, or asked too much of you? Will you also admit that your Creator and sustainer has asked an impossibility of you? To admit

this places you above God and makes null and void your above acknowledgments. Now I am positive that any just man will not take such a position.

My brother, sister, is it not pride or selfishness that causes you to cling to this life? He has given you sufficient evidence upon which to base your faith, it is yours to exercise. Take Him at His word. Now remember that every sin must be confessed, not one can be left unconfessed. "He that covereth his sins shall not prosper; but whoso confesseth and forsaketh them shall have mercy." Prov. 28:13.

I am going to relate a story to illustrate the results of clinging to one known sin. In the early pioneer days of northern Illinois a traveler on horseback was crossing the prairies. Suddenly just before him a large eagle lifted itself up on wing, soaring higher and higher till it appeared as though only a little bird, then it was seen to circle quietly downward till within a few feet, when it dropped as though dead. The traveler, curious to know the cause, rode to the spot and found that the eagle had tried to soar away with a deadly reptile, which had eaten out its heart. The eagle thought it was perfectly safe with its prey. But no, it was of the deadly kind.

So it is with us, if we attempt to cling to some known sin that one sin will eat away at our vitals till we are slain by the sin. Think of it! Just one known sin persistently cherished will eventually neutralize all the powers of the gospel. My brother, sister, it means that we must come to the place where we had rather die than commit a known sin. Have you come to such a position as this? Or have you tampered with sin so long that it does not appear heinous in your eyes? If so you are on dangerous ground and just where Satan wants you; just where the eagle was when in mid air, before he was compelled to drop to his death. You are being put to sleep, and before you can disentangle yourself from the sin that does so easily beset, you are slain by its deadly poison.

COME, SINNER.

The Lord says, "Ye shall seek Me and find Me, when ye shall search for Me with

all your heart." Jer. 29:13. Here is a promise of help, providing we do our part. "Come unto Me, all ye that labor and are heavy laden, and I will give you rest, take My yoke upon you, and learn of Me; for I am meek and lowly in heart; and ye shall find rest unto your souls." Matt. 11:28,29.

This is positive on God's side, now you be as positive and earnest on your side, and say, "I am willing to do all things through Christ who strengtheneth me." For it is God which worketh in you both to will and to do of His good pleasure." Phil. 2:13. "And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever." "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk, and not faint." Isa. 32:17; 40:31.

"I have set before you LIFE and DEATH —WHICH will you choose?"

#### READ THE BIBLE THROUGH THREE TIMES IN SIX MONTHS.

(From a Prisoner in Illinois Reformatory.)

"The study of scripture is not hard for me if I only concentrate my mind on it. When I say that I have been studying the Bible for only six months and during that time have read it through twice or nearly three times (for I am on the book of Acts for the third time) you will know that I have spent most of my time perusing the pages of God's Word. I have also learned many verses and many of the parables in the life of Jesus and several of the apostles."

#### MADE HIM THINK OF HIS DEAR OLD MOTHER.

(From the Southern Illinois Penitentiary.)

"I received your letter, also the Life Boats and other papers which you have sent to me. I read them through twice and then passed them on to my friends. They also were glad to get them. I love to read THE LIFE BOAT for I get much good out of it. I thank you very much for your kindness, which I will not forget. After my release from prison here I shall subscribe

for THE LIFE BOAT at once and take it right along.

"As I read in it a few days ago I noticed an article where it said, 'The man behind the bars is somebody's boy.' Oh, how that made me think for a time, not only of my own dear old mother but also of other mothers who have some boy within the prison walls. I have no doubt but what many men and boys have dear old mothers out in the wide world somewhere who know nothing of the whereabouts of their loved ones, whether they are dead or alive. I advise any young man or young woman to listen to their mother and take her advice and they will never go wrong. If I had done that I wouldn't be where I am now.

"I'm still living up to my daily duty of reading the scripture. May God be with you in your work from day to day is my wish."

#### "THE FIRST BOOK THAT I LEARNED TO READ."

(From a Prisoner in Jefferson City, Mo.)

"I am only eighteen years of age and I never had the opportunity that most boys of my age have had. I was sent to prison at seventeen. When I came here I could neither read nor write, but since I have been here I have tried very hard to better myself both morally and mentally, and THE LIFE BOAT was the first book that I learned to read.

"I was never a very bad boy at heart; I happened to get with the wrong company. If I had had a friend in the world I would never have been sent to prison; but I thank God that it is no worse. It has been a good lesson to me and I have learned it and learned it well, and I know with a little help I can go out in the world and make a useful and better man out of myself.

"I am crippled and friendless and have no place to go when I leave here. My crippled foot will not allow me to do much heavy work for a while. I will be discharged from here on the eighth day of this coming June. If any of THE LIFE BOAT readers have any work I can do, and are willing to give me a chance, I would be glad to

hear from them or any one who would be good enough to write to me.

"If I am not asking too much I would like to have THE LIFE BOAT regularly, as I like to read it and I know it has helped me."

#### A LUCKY FIND.

CLARENCE E. MOON,

916 Laguna Street, San Francisco, Cal.

Almost the last talk that our blessed Lord gave to His disciples contains these four words, "I was in prison, and ye came unto Me." How deep and full of meaning were those words, and what a blessing to His followers to know that they are really ministering to their blessed Lord in the person of poor unfortunate men and women behind prison bars.

During the last year we have had some interesting experiences in our work at the county jail. Our chapel services there were pretty well attended and the boys seemed glad to have us come. We found men there from most every walk of life, their faces telling a variety of experiences and a different history. Beside the usual crowd of "floaters" and "flopers," there were the faces of young men who were new on the road, and some bore the marks of refinement and culture.

One can not stand before these men long without a deep conviction that he must have hold of divine power, and must be there for no other purpose than to dispense the living bread of life.

These men are schooled in the ways of crime and are deep students of human nature, but if they see that we have really found the Pearl of great price they will give strict attention. We have seen the Lord work marvelously for these poor afflicted men. There was a young man with the morphin habit who testified to the power of God to break this evil habit after we had prayed with him. Another poor fellow who said that booze had taken his friends, business and all that he had, made the step and God worked for him in a special manner. After one fall he has finally gotten upon his feet to stay and is engaged in his own business in Sacramento.

I believe that God gives men all that they

put into religion and a hundred-fold more. The man who found the Pearl of great price went and sold all that he had in order to buy that piece of ground—from a natural standpoint a very foolish investment, but he knew that it was a wise one. So may we know, too, if we have really found the Christ as Nathaniel had when he found his brother and persuaded him to accept Christ.

There comes to my mind an illustration of this principle in a story of real life which was told us the other day by a very prominent man of this city. A certain miner was hired for a few dollars per day to work for a mining company in shoveling along the drift of the mine. He had spent most of his life without very much financial success, when one day he was digging along and suddenly uncovered a rich vein of ore, which he saw at once was a bonanza and a fortune for some one.

This poor fellow had saved up very little money, but he remembered his three friends in San Francisco, so he concluded to go at once and tell them about it. The four men began at once to buy up the stock of this mine which was selling at about ten cents per share. So they bought up all the shares that were upon the market and then this man went back there and opened up this rich vein. The result was that the stock went up by leaps and bounds until they sold for two thousand dollars per share and these four men became four of the wealthy men of the state.

I was thinking over this story the other day and I thought if Christians would only show by their actions that they had indeed found the Pearl of great price their influence would carry more weight; for we have this principle in our Guide Book: "But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully." 2 Cor. 9:6.

#### FINDS IT A HARD FIGHT.

(From the Illinois State Reformatory.)

"I wish to thank you for THE LIFE BOAT and other literature you sent me. I am trying hard to lead a better life, and each day brings me nearer to my goal. I find it a hard fight but I am glad to say that little by little I am succeeding. I am still a

member of our Y. M. C. A. and always hope to be. I am also going to school and will graduate in June and will probably receive my freedom in the same month. I am in the band here and have made up my mind to join a religious sect and play for them when I get out."

#### A PAYING INVESTMENT.

The next number of THE LIFE BOAT will be the twelfth annual special prisoners' number. We want to send enough copies of this number to every prison in this country so that each prisoner will have opportunity to read it. Five dollars will pay for one hundred and fifty copies. If you can not send five dollars, send less.

Here is a letter just received from one who is interested in the prisoners. Can you not do as she has done?

"After reading THE LIFE BOAT I mail it to some one else, hoping and knowing it will do some good. By this means I know of one person converted. And many others I have heard of; it is for me to do my part, the Lord never forgets to do His.

"Please find check for five dollars for one hundred and fifty Life Boats for May. Please send them to ———, at the Sioux Falls Penitentiary.

"Let those who have but little money and therefore want to get the most good for the least money, put that money into Life Boats. The Word will not return unto you void."

#### WISCONSIN PRISON PROVIDED FOR.

Just as we go to press we received the following letter from Mrs. Van Houten, Stevens Point, Wis.:

"With this I am enclosing ten dollars for putting three hundred Life Boats in the Waupun State Prison."

Will you help to furnish your state prison with the May Special Prisoners' number of The Life Boat? Five dollars will send 150 copies.

The poorest man in this world is the one who owns nothing but riches.



### WHO WOULD LIKE TO DO LIKE-WISE?

"It will soon be time for your May LIFE BOAT. Knowing that this number goes to those behind prison bars, I am sending you the enclosed (two dollars) to help increase the number. You know I have always been interested in your work, and wish whenever possible to show my interest in a practical way. May each number sent out during May find its way to some one looking for light and courage."

### ARE YOU A QUITTER?

CAROLINE LOUISE CLOUGH.

"And Jesus said unto him, No man having put his hand to the plough, and looking back, is fit for the kingdom of God." Luke 9:62.

Very few young people appreciate how serious it is to start a thing and not finish it. The one who does so is not only unfitting himself for the kingdom of God hereafter, but is also putting himself out of the kingdom of service here.

A young woman called on me the other day and said she was unhappy, discouraged and wanted help. I knew that she had just "quit school" and I had intended to see her about it. She had started out to build a foundation for a career of usefulness but had been unconsciously dropping a brick here and there, leaving a weak place in the structure, until finally she discovered that the structure was not worth the building. I persuaded her to go back and gather up the lost bricks as far as possible and *finish* her building. On her knees before God she promised Him that with His help she would go through what she had started, and she left with a new ambition in her soul.

If every young man and young woman could realize the awful blot they are placing upon their characters by quitting anything that they have undertaken they would carry it through to a successful completion even though it took their very life blood to do it.

Many suffer from real or imaginary physical troubles which undoubtedly originate

in mental depression following a case of "quitting" or come as the legitimate result of acquiring the habit of quitting.

An habitual quitter is always enthusiastic over a new proposition, but when the obstacles begin to obstruct his progress he is just as enthusiastic to quit.

God's sweetest opportunities are usually covered with a bitter rind, as it were, and only those who determinedly go through the bitter experiences can taste the sweet satisfaction of having successfully completed a task. On the other hand, there are those who are constantly changing from one task to another simply because they are not willing to plow beneath the bitter, and so their whole lives are embittered, they are unhappy, they hate themselves and they think every one is working against them. They are habitual quitters. Beware of the habitual quitter.

I once knew a young woman who had a habit of saying as she quit one task after another, "Well, that is not in my line. I was never cut out for that work." And so she let the opportunities pass until one day she began to wonder if there was anything left that she really could do. Then she made the discovery that *perseverance* was the quality that she lacked. "He that shall *endure* unto the end, the same shall be saved." Mark 13:13.

Let us all follow the example of Paul the apostle, who said: "*This one thing I do*, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." Phil. 3:13, 14.

### TO THE SHUT-INS FROM A SHUT-IN.

F. B. UNDERHILL.  
Montrose, Pa.

Dear brothers and sisters in affliction: I thought I would call on you again through THE LIFE BOAT and have a little talk with you. I am happy and hope you are. Oh, you have so much temptation and trials to meet, you say, that you can hardly be happy. That is just why you should be happy and rejoice and be glad, for it is a blessing to us to endure trials and gain the victory, as we can gain the victory through Christ.

"Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him." James 1:12. So temptation is really a blessing and our reward is the crown of life. We must expect trials on all sides. We can not be free from trials any more than Christ was, for He says: "Remember the word that I said unto you, The servant is not greater than his lord. If they have persecuted Me they will also persecute you; if they have kept My saying they will keep yours also." John 15:20.

Christ met with all manner of trials and persecutions and even death on the cross; all for our sakes, and He gained the victory over all and without sin, and so can we through Christ. He is ready and willing to help us every day to gain the victory over sin and Satan if we will trust and obey Him. He is a friend in every time of need. He is a better friend than a brother. Christ has endured all for our sakes and can we not with His help endure a little for His sake? He has endured all the trials that any of us have to meet. Paul was a Christian and he endured persecution for Christ's sake.

I will now speak of a little of what Paul endured, and he did not give up. It was written for our learning and an example for us: "Of the Jews five times received I forty stripes save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep. In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness." 2 Cor. 11:24-27. "And he said unto me, My grace is sufficient for thee; for My strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for

Christ's sake; for when I am weak, then am I strong." 2 Cor. 12:9, 10.

So of a truth let us glory and take pleasure in our trials and afflictions, which are but for a moment, and then we will come out in the end as Paul. He says, "I have fought a good fight, I have finished my course, I have kept the faith; henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day; and not to me only, but unto all them also that love His appearing." 2 Tim. 4:7, 8. Rejoice and be glad in thinking we are counted worthy to suffer for Christ's sake, for "we are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed." 2 Cor. 4:8, 9.

Christ loved and did good unto those that persecuted Him, and if we follow Him we will do good unto our enemies and return good for evil. If we take in good part all that is done unto us Christ will reward us for it, and will take it as done unto Him. See Prov. 25:21, 22 and Rom. 12:19, 20. Rejoice and be glad, then, brethren, unto the coming of the Lord, which is near at hand. Then we will receive our reward. "Behold, I come quickly: hold that fast which thou hast, that no man take thy crown." Rev. 3:11.

#### THE CHICAGO TRAINING SCHOOL FOR BIBLE-WORKING NURSES.

DAVID PAULSON, M. D.

The closing exercises for the first class in this six-months' school will be held April 1, at the South Side church on Forty-sixth street, near Michigan Boulevard, Chicago.

We publish herewith the program, giving our readers an idea of the nature of the exercises, which will be reported more fully in a future number of THE LIFE BOAT.

##### PROGRAM.

Song—"I'll Go Where You Want Me to Go."  
Invocation.  
Song—"Onward Christian Soldiers."  
Address—The City Problem..... Pastor Wm. Covert.  
Address—The City Soul-Winner's Equipment, Pastor M. H. Serns  
Song—"Not a Wasted Moment."  
Address—House to House Visitation..... Pastor E. F. Collier  
Address—A Response to An Urgent Need. Dr. David Paulson  
Song—"The Call for Reapers."

Nine substantial, consecrated women will graduate in this class, all of whom expect to give their time largely to the work for which they have received their training.

Another class will be organized immediately. It has already been satisfactorily demonstrated that it is actually possible in six-months' time to equip substantial and consecrated women so they can go into the homes of the people and render valuable service in the way of simple treatments and wholesome hygienic advice and at the same time step right into the spiritual opportunities that such service develops and teach the Bible truths in an effective manner.

Students while in training are encouraged to handle the ten-cent magazines in their spare time. In this way they succeed in easily making their work self-supporting.

One practical Bible lesson is given every day by Brother Serns, covering the most important truths concerning the signs of the times, the law of God, the nature of man, soul-winning and personal work. Students are assisted in conducting Bible classes and holding cottage meetings.

The course in anatomy, physiology and hygiene has given a real substantial glimpse of the important fundamental truths in these subjects.

Students are taken down into the bath-room and taught by actual demonstration the most important water cure treatments. In practical nursing they are taught all the most essential principles of nursing.

They are given a brief, concise course covering the causes, symptoms and treatment of gastro-intestinal disorders, auto-intoxication, rheumatism, respiratory, circulatory, febrile and nervous disorders, skin and contagious diseases, insanity and drug habits. Lessons are also given in what to do for accidents and most important methods of bandaging and surgical nursing.

Live, interesting lessons are given on the preparation of food for the sick. These women have not only been given lessons on obstetrics, but arrangements have been made so they have been able to obtain practical experience under competent physicians in one or more cases among the poor in the city of Chicago.

There are many who will never believe

that it is possible to accomplish in six months' time what has already been actually done for this class of students in Chicago.

The tuition is free, board (two meals a day) in the institution, two dollars a week; rooms one dollar a week for each student when the room is shared with another one.

Special arrangements have been made to accept married couples who possess a genuine missionary experience. Our larger cities are soon to be visited with the besom of destruction. What we do for them must be done speedily.

There is still time for those who desire to enter the next course, beginning April 1st. Address at once either Pastor M. H. Serns, 528 Thirty-third Place, Chicago, Ill., or Dr. David Paulson, Hinsdale, Ill., for further information.

#### AN APPRECIATIVE LETTER.

"I would like to tell you how much I enjoy reading THE LIFE BOAT and how much it has helped me. I like to get the others interested in reading it, too. I have been trying to do more for God since I know that He has given me all that I have or ever will have.

"I love to read Miss Waggoner's poems, and I thought that letter from Harry Orchard was grand. How good God is to every one, if we could only always trust Him and believe.

"Please find enclosed one dollar for the drier for the rescue home. You never know the good that you all do, but God will reward us all in heaven by and by. May He bless you all."

#### WORTH HAVING BOUND.

"I have just finished reading the December number of THE LIFE BOAT. I have read this magazine each month with care. The articles contained therein are interesting and instructive and would be of great value to each and every one if they would read it and be governed by its teaching. I have kept each number of the year 1910 and want to have them bound in book form."

Henry M. Jordan,  
Nashville, Tenn.



## Editorial Department

Conducted by Dr. David Paulson



### A SPECIAL NUMBER NEXT MONTH.

The next LIFE BOAT will be a special prisoners' number. As far as God puts it in the heart of our friends everywhere to assist us we hope to place it in the hands of practically the entire population of our state prisons.

Five dollars will send one hundred and fifty to your state prison. These will be read by five hundred men. In the day of judgment you may find that this has been an investment worth while. We trust that many will be able to give larger sums. This will be one of the strongest numbers we have ever issued. It will be equally interesting and helpful to the public everywhere. Order additional copies to give away, lend, or to sell to others. By so doing you may win a soul for the kingdom.

### AN ANTITOXIN.

A few days ago a young man fell off a load of hay and by so doing ran a pitchfork clear through his leg. After such an accident there is always a danger of tetanus, or lockjaw, as it is commonly called. As a precautionary measure I injected into his blood a dose of tetanus antitoxin so that he might not have lockjaw.

David said, "Thy word have I hid in mine heart, that I might not sin against thee." Ps. 119:11. We learn from this that God's Word when actually taken into the soul will prevent sin, as the tetanus antitoxin will prevent lockjaw.

But suppose I had only gone into the patient's room and laid the tube of antitoxin serum on the shelf and explained to the boy its great value and how grateful he ought to be that there was such a remedy, but had neglected to inject it into his blood: of what possible value would it have been to him?

Suppose God's Word merely lies upon your shelf, covered with dust: is it enough for you to feel grateful that we are living

in a time when we can have God's Word with us? Will that *prevent* sin? No. David had to hide God's Word in his heart that he might not sin against Him. Dear reader, it is necessary for you to do the same.

### A SPECIAL OFFER RENEWED.

The publishers of the thrilling missionary book by J. H. Taylor, which we have furnished to our subscribers with one subscription, have recently informed us that they have secured a supply of the books and can furnish them to us at the former rate. We want all our readers to have an opportunity to read this inspiring book. Send fifty cents for your subscription and receive the book free.

### A GOOD CUSTOM WHICH NEEDS TO BE REVIVED.

A generation or so ago it was the common custom in Christian homes to have family worship both morning and evening. The effect of this practice on the lives of the young men and women in those homes has been felt the world over in later years. From these very homes came stalwart youths who faced the dangers of pioneering the gospel in foreign lands. Such men as John G. Paton, David Brainerd, Henry Martin, J. Hudson Taylor, Adoniram Judson and other well-known missionary heroes came from homes where the Word of God had a prominent place in the daily program.

The trouble with many Christian homes today is that the Word of God is not given its proper place. The mad rush for gain, the hurly-burly of modern civilization, have crowded out those quiet, soul-inspiring hours when the family as a whole communed with their Maker.

We see the sad results of this neglect all about us. Our young men are seeking

only commercial gain and personal advancement; they find pleasure in the theater, the dance hall, and, sad to say, the saloon, while the advancement of God's cause is allowed to suffer. Our young women love dress and personal adornment far more than the adornment of the soul.

The Word of God has a subduing, ennobling influence, and where it is allowed to get in its work in the hearts and lives of the family group, that home is the nearest spot to heaven in all the earth.

Every Christian home should be a sample of heaven, and if so, God's Word will be the guiding star and the daily companion.

#### A VALUABLE LEAFLET.

We still have on hand a good supply of the leaflet "The Healing of the Sick." It is a sixteen-page tract containing six full-page illustrations. We will send you fifty for twenty-five cents, or twenty for ten cents.

#### HAPPENINGS AT HEADQUARTERS.

W. T. Hibben and family of Sheridan, Ill., have connected with the Hinsdale sanitarium. He is a scientific gardener and will have charge of the landscape gardening.

Mrs. M. Richards from Fayetteville, Ark., has recently established a dressmaking department in the Hinsdale sanitarium.

Dr. D. K. Pearsons, the millionaire philanthropist, has been spending the winter at the Hinsdale sanitarium.

Dr. Sol. C. Dickey and wife of the Winona Lake Assembly are spending a few weeks with us.

N. W. Paulson and wife have just returned from a three-weeks' trip through Mexico, where they visited his brother and family.

Dr. Jean Vernier from the Loma Linda, Cal., sanitarium, called at our headquarters recently.

Dr. W. B. Holden looked in on us the other day while passing through Chicago. He was for a number of years closely connected with the Chicago medical mission

during its early history. He is now located in Portland, Oregon.

Mr. and Mrs. F. F. Johnson, who are both graduate nurses, have recently connected with the Hinsdale sanitarium and are rendering efficient service. Mrs. Johnson, née Edna Langley, was for a time medical matron in the old branch sanitarium in Chicago. She is now filling the position of head nurse at the Hinsdale institution.

Mrs. Alice Hathaway from Minnesota has recently connected with the work at the rescue home in Hinsdale.

The rescue home has now a family of nineteen girls besides workers and the babies, making a large family altogether. The grocery bill and bills for other running expenses are necessarily high. We trust the friends of the home will not forget its needs.

Not enough money has come in yet to purchase a drier for the rescue home laundry. We trust you will remember this needful equipment.

A special conference for church workers was held in the Chicago Life Boat Home last week. Some fifty workers were in attendance during the entire four days of the session. The thought prominent in the studies was the need of being filled with the Holy Spirit in order to be successful soul winners.

April first the closing exercises of the first six-months' class for Bible working nurses will be held and a new class started. There is still opportunity for any one desiring to enter this course to do so. Correspond at once with either Dr. David Paulson, Hinsdale, Ill., or Pastor M. H. Serns, 528 Thirty-third Place, Chicago, Ill.

**The Signs of the Times**, a weekly illustrated publication, filled with the mighty Gospel of Christ, teachings on prophecy, the meaning of the things of to-day, and the building up of the home. Questions pertaining to the Bible answered in each issue. Price \$1.75 a year; \$2.00 with premium book, "Questions and Answers," having over 250 pages and nearly 300 questions answered. Address Mountain View, California.

## The Life Boat

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

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

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

Single copies, 10 cents.

Yearly subscriptions, 50 cents.

Special discounts when a number are sent to one address.

Ten cents additional to Canada and foreign countries.

### EXPIRATIONS.

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

### CHANGE OF ADDRESS.

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

### MISTAKES.

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

### PREMIUMS.

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

### RATES FOR ADVERTISING.

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

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

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

### UNPARALLELED OPPORTUNITIES FOR ADVERTISING.

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

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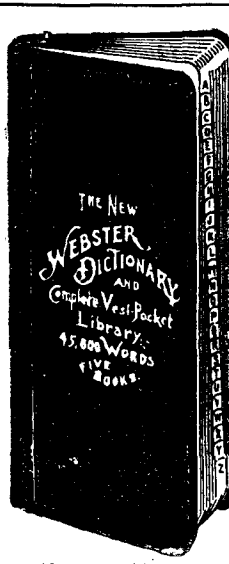
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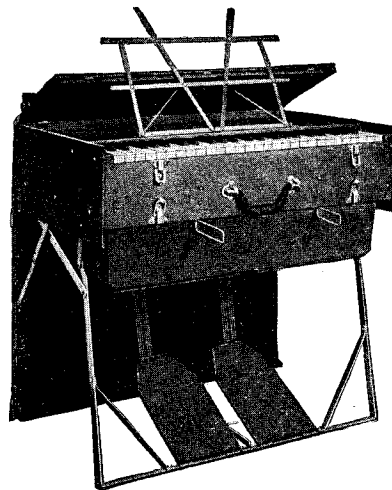
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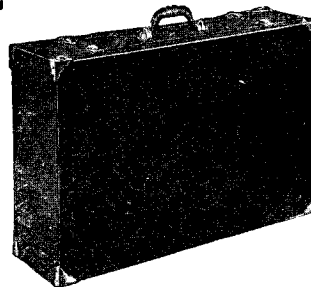
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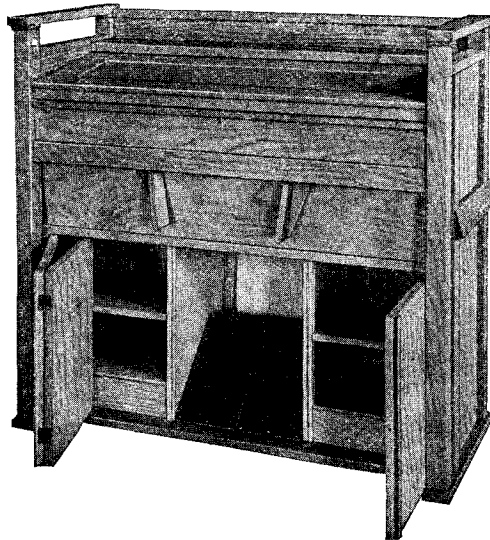
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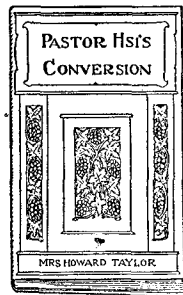
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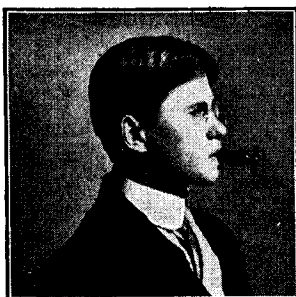
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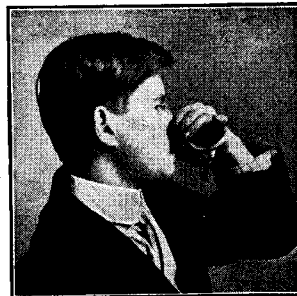
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