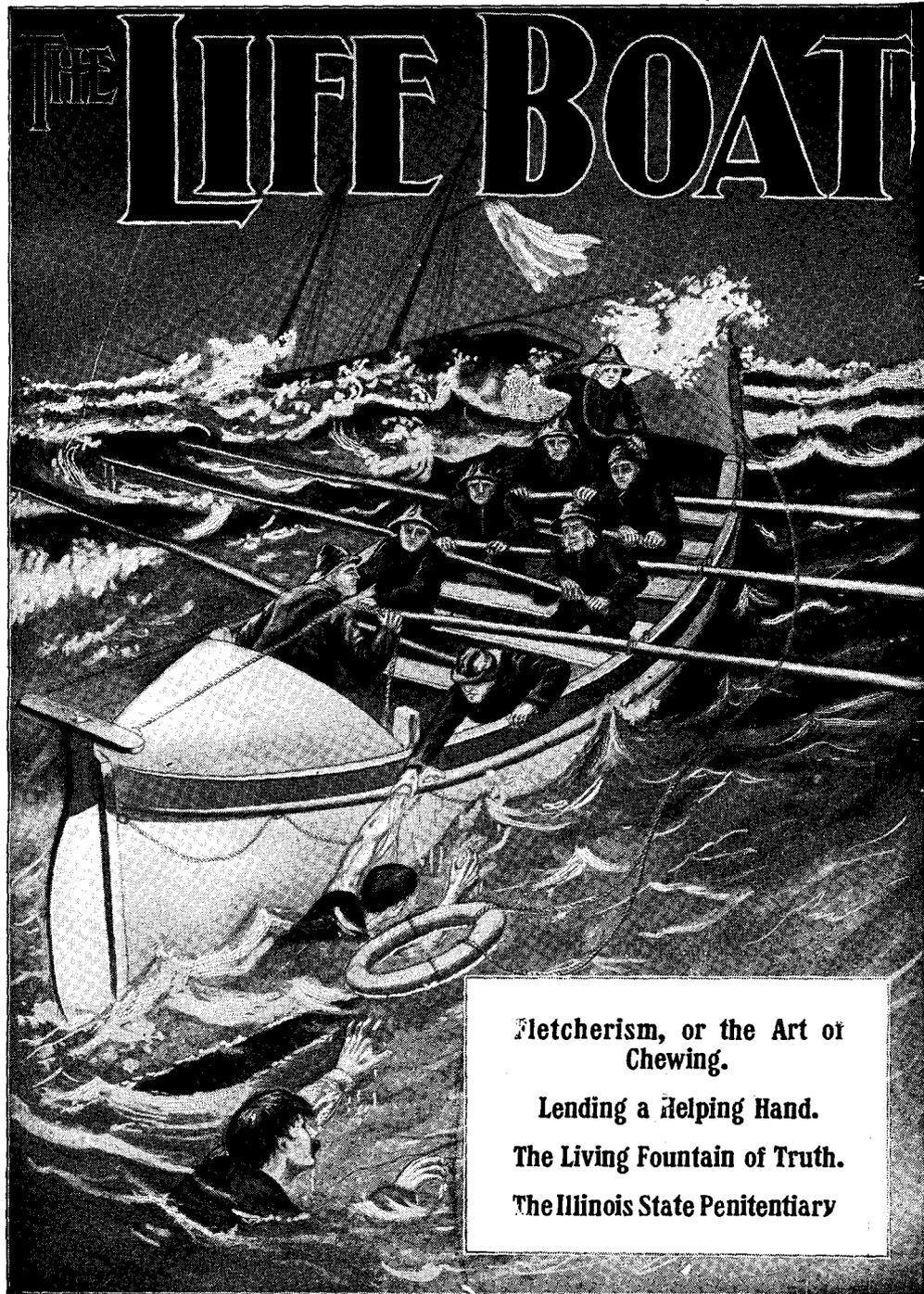


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Volume Fifteen  
Number Three

Chinsdale, Ill.

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Observations in Mexico—By the Editor



## How Do We Know?

PEARL WAGGONER.

How do we know, when winds are chill  
With winter's icy breath,  
When song-birds hush, when brooks are still,  
And trees are marked with death,  
That earth once more will bud and bloom  
And springtime follow winter's gloom?

How do we know that songs again  
Will echo through the land?  
That fields will fill with rip'ning grain,  
When now, on every hand  
They lie all scared and cold and brown,  
Or decked in winter's snowy gown?

Hardly can we our faith explain,  
We simply trust. We *know*  
The barren trees will leaf again  
And flowers will start to grow,  
And in the place of chilling sleet  
The air be filled with fragrance sweet.

How do we know?—We can not tell  
In scientific term,  
Yet has our faith, we know full well,  
Foundation that is firm.  
That Power which never failed earth yet  
The time for spring will not forget.

"How do we know," yet some will say,  
"That God is not a myth?  
How know the world will pass away,  
And all it holds, therewith?"  
And wise they pride themselves to be,  
Believing naught they can not *see*.

Yet do they never have a doubt,  
But with us all, agree  
The snow will pass, and seeds will sprout,—  
Albeit no sign they see.  
Can one who trusts Him for the spring  
Deny God's power for anything?

How do we know that Heaven's glow  
Will follow earth's dark night?  
That flowers which withered long ago  
Once more will bless our sight?  
How know our Lord will come again?  
How know our hope is not in vain?

How do we know the voices dear—  
Now silent for so long—  
Once more will fall upon the ear  
In new and sweeter song?—  
Who brings the violet from the snow  
Has power to bring *them* back. I know.

How may we know what seems so drear,  
So hurtful, to our eyes,  
Will work for good, e'en now and here?—  
Faith pierces its disguise.  
And naught our faith can overthrow:  
'Tis built on God, and Him we know.

How do we know?—Ah, God has *said*,  
And on His Word we rest,  
And trust Him till the days ahead  
Shall make all manifest.  
As long as seasons come and go  
God's Word stands fast,—this, we may know.



# THE LIFE BOAT

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Number 3

## Fletcherism, or the Art of Chewing

David Paulson, M. D.

THERE are but few men from whose names have been coined an absolutely new word, and who have also lived to see it gain universal currency. But Horace Fletcher not only has done this, but what is vastly more important, has been, although perhaps largely unconsciously to himself, an instrument in the hand of Providence to call to the attention of the entire civilized world the wonderful possibilities locked up in such a simple thing as thorough mastication.

A mother who has a daughter in some rescue home and a boy in the reform school may undoubtedly as a result of her sad experience, efficiently teach other mothers perfectly sound principles on the bringing up of children; but it is human nature for the average woman to prefer to listen to one who can back up her instruction with satisfactory results in her *own* family.

Likewise the general public give much more readily a hearing ear to the health reform instructor who can back up his theories by definite results in his own experience.

In this respect, Mr. Fletcher has been unusually fortunate. When past forty years of age, as a result of dietetic indiscretions and a most strenuous business life which had made him immensely wealthy, he found himself suffering with serious chronic diseases from which none of the eminent phy-

sicians whom he consulted could offer him any relief.

### The Origin of Fletcherism.

It was in his desperation that he hit onto the idea of thorough mastication. Ere long he had lost his surplus weight; he became unconsciously more *discriminating* in his eating and he soon observed most gratifying improvement in his physical condition. He soon began to develop that astonishing power of *endurance* which has since made him famous the world over.

Mr. Fletcher himself attributes all these surprising results to physiological mastication and the various dietetic reforms which naturally follow, such as diminishing the daily ration, cutting down the protein or beefsteak portion of the meal, simplifying the variety, etc.

### What Is Fletcherism?

Years ago, before Fletcher had performed those marvelous feats of strength and endurance in the world's greatest laboratories, I had the privilege with a company of other physicians, of taking dinner with him. I was favorably impressed with his ideas, but not especially convicted concerning their vital importance.

One day after his name had become almost a household word, he sent for me to come to the Auditorium hotel in Chicago to see him, and for nearly two hours he enthusiastically expounded this great, yet

simple truth to me. Then I became both *convinced* and *convicted* that this man had actually stumbled onto a great health-promoting principle.

Fletcherism in a nutshell is, first and foremost, to TASTE THE FOOD, *all* the food eaten. That means to chew it enough so that the taste buds on the tongue come in contact with the smallest particles of each mouthful of food, instead of the ordinary method to just chew enough so that swallowing can be done with safety. This only permits the food to be satisfactorily tasted on the *outside*, and only in spots on the inside, and nature often gets even by compelling the hasty eater to continue tasting his insufficiently masticated food for hours afterward with occasional heart burnings and some heartaches thrown in for good measure.

Another principle of Fletcherism is that just as the normal stomach empties itself as rapidly as its work is done, so the food will leave the mouth just as soon as it has been masticated enough, and it should not be voluntarily passed on to the throat any sooner. So all one needs to learn who wishes to become an expert Fletcherite, is to chew every mouthful of food, not ten or thirty-two times, but until the mouth is empty.

To the uninitiated, that may seem like an absurd suggestion, while as a matter of fact, the one who tries it will speedily discover that some foods will leave the mouth on their own accord after only a few bites, while other foods will require more time.

Fletcher has shown that just as the digestion time of each food varies, so each one has also its own absolute number of chews which it requires before it leaves the mouth. It is not supposed or advised that any one, and certainly not an invalid, should pay any attention to this latter feature at all. The only thing to do is to endeavor as thoroughly as possible to *taste* the food while chewing it, in much the same manner that we allow the eyes to feast on a beautiful landscape or enjoy the fragrance of a beautiful rose or appreciate the sweet music of a delightful song. And why not? Did not the Creator give us the sense of

taste for our enjoyment just as much as our other senses?

Because all around are slaves of sin who have debased all their senses and who are abusing them instead of using them, is that any reason why God's children should not gratefully enjoy the good things their Father has so freely put at their disposal?

To the Christian, every meal should be a joyous feast unto the Lord. The grateful spirit expressed in the thanks said at the beginning of the meal should be cherished during the entire repast and we should so intelligently co-operate with the Creator in our manner of eating that we can consistently *expect* the very blessing that we asked upon the food. When that is done then the "asking of the blessing" will become a glorious reality instead of a mere form as is too often the case in many homes.

#### Eat Half as Much and Chew Twice as Long.

It is claimed, and extensive experience seems to point to its truthfulness, that with this kind of mastication, the appetite is thoroughly satisfied and the body is better nourished with something like one-half the amount of food ordinarily eaten.

Several years ago, I had under my care, one of the leading business men of Quincy, Ill., who was also owner of a large cattle ranch. I taught him the importance of thorough mastication. Later he told me the following amusing application he had made of Fletcherism. He began feeding his hogs the ground feed *dry* so that they would be compelled to chew it before they could swallow it, instead of mixing it with water thus permitting them to swill it down as formerly. He laughingly told me that Fletcherism had produced more striking results in his hogs than it had in his own case.

I am watching these Mexican truck gardeners preparing the soil. They rake the ground, crushing each lump, and continue the process until the ground is almost as fine as flour—in other words, they *Fletcherize* the soil so that the roots can absorb all the nourishment there is in the earth instead of just a little on the outside of the

lumps as in ordinary farming. And such bumper crops as they do raise!

#### Mastication and Appendicitis.

Because of the increasing tendency to an indoor and sedentary life with a corresponding departure from the dietetic simplicity of our forefathers, appendicitis is becoming alarmingly common.

Sir Frederick Treves, one of England's foremost surgeons and physician to the late King Edward, writing on this subject, says: "After a general medical practice of forty years, I now give it as my opinion that appendicitis is simply one result of excess in eating, coupled with imperfect mastication. To avoid this disease and various others is better than to have them and then resort to drugs and later to the knife."

#### No Time to Fletcherize.

Those who have no time for family prayers, who can not afford to render back to God His own in tithes and offerings will naturally maintain that they have no time to Fletcherize. To such I would say first of all, you will probably have plenty of time for months of unnecessary illness and abundant time to die long before your Creator intended you should. But just as the honest tithing payer soon discovers that somehow the remaining nine-tenths actually go farther than the whole did before, so he who conscientiously adopts this chewing reform will speedily discover to his own satisfaction, that he really requires but little more time to eat and receives twice the former satisfaction and benefit from it.

Eating and drinking to the glory of God not only means selecting wholesome food, but it also means wholesome eating.

The following epigrams on health culled from a Kansas health almanac by the *Chicago Tribune* are worth repeating here:

\* \* \*

"Avoid patent medicines as you would a pestilence."

\* \* \*

"An open window is better than an open grave."

\* \* \*

"Warm rooms have killed more people than ever froze to death."

"A stiff drink makes the stomach warm, but the skin cold." \* \* \*

"A dirty well is more dangerous than a dirty kitchen." \* \* \*

"Flies in the kitchen may be almost as dangerous as rough on rats in the pantry."

#### WOULD LIKE A CORRESPONDENT

(From an inmate of the Illinois Reformatory.)

"I haven't received a letter of any kind since last Christmas and would be very happy to have some one to correspond with. To spend five years in a dreary prison without friendly lines from any one from the outside is quite disheartening. Such is my lot. I entered this institution on November 30, 1906, and since then have had no one to send me a word of cheer or advice.

"When I was only three years old my mother, my only friend on earth, died. Since then I have been forsaken, disheartened and in exile. I expect to stay here two years yet, so if you, kind reader, wish to send me a letter or postal, just send it. It will cheer and comfort me and I am sure your kindness will always be appreciated.

#### ALWAYS A GREAT DEMAND FOR THEM.

The following letter from the chaplain of the Colorado state penitentiary was written to a young woman who a year ago subscribed for THE LIFE BOAT for one year to this institution. Are there not others who would like to have a part in making some prisoners happy by furnishing them THE LIFE BOAT magazine to read? A special prisoners' number will be issued in May and sent to all the leading prisons in this country. If you desire to help in this effort send your offering to THE LIFE BOAT, Hinsdale, Ill.

"Your letter concerning THE LIFE BOAT subscriptions just received. In reply will say that there is no periodical or magazine that we receive that is more appreciated than THE LIFE BOAT by our men. There is always a great demand for them and we pass them from one to another so that as many as possible can enjoy them. We thank you most heartily for your valued subscription and can assure you that your 'money is not thrown away' in this regard."

## A Monument of Saving Grace

William F. Ellis,

New Haven, Conn.

I WAS born of poor parents forty-six years ago. My father was a sea-faring man. My mother died when I was quite a youngster. After her death my father went off and left me in the care of an aged great-aunt. I was sent to the public school and there got the little education I received. I heard nothing more from my father.

When nine or ten years of age, I started out to sell papers and black shoes to keep the home together. I came in contact with boys who were wild and I grew up to be a very bad young man. I remember well how we would often chip in and get a can of beer together. I had very little education and because of that I have been handicapped all my life. I was so bad in school that I was chased out, but because I was working to keep our home together they let me come to school in the afternoon. My dear old aunt kept me from going to the reform school, yet I was only a bare-footed boy when I was first arrested for burglary. When my aunt died, I had to shift for myself.

Things began to go wrong. I drifted into the hotel business and could hold up my end with any of them at tending bar or waiting table. I carried the keys and we used to sell whisky in a teacup and many, many a drink I would take myself. In that way I acquired the habit for whisky.

About that time I learned that the man whom my father worked for had died and left some property for my father. I traced the thing up and it came about that I was sole heir to this property. I sold my right to it then and there for thirty-six hundred dollars. When I got that big pile of money I thought I should never be poor. I did not want a job now, I had too much money, but my little pile began to go down. I was making a fool of myself. I had to be carried home night after night to my room as drunk as a fool, only to wake up the next morning and go after more drink. As my

pile was going down I began to look around for a place to invest. I found a place that I could have for six hundred dollars. I enlarged it and began the saloon business. I wanted to be a good fellow, but could not seem to make it work. I began to get careless at my business. I got so I could not go to bed without a bottle and I could not stay in bed without a bottle. I kept that up until my mind was entirely blank. I tried to brace up and be a man, but I could not.

One night I said to myself, "That saloon is going to be the death of you. Whisky will kill you yet." Then the thought entered my mind to get out of this business and go to another town where my relatives were. I immediately went to the saloon, drank all I wanted to drink, put a box of cigars under my arm and a bottle of whisky in my pocket, locked the door from the outside, threw the keys over the transom and left the town. I did not know a thing until I woke up in the station at Baltimore. I was drunk all the way.

I said to myself, "Here I am, now I am going to brace up and be a man." The first thing I did was to get a "bracer." I thought I would look up my relatives, but for several days I was too drunk. Finally I wrote them a letter, then I had to go and see them. They told me if I was going to stay in that town I would have to be a man. But I got more drink and lost my friends. My relatives gave me a ticket and some money to go back to New Haven. I went to New York and hit the Bowery where all poor fellows who are down and out land, and where misery finds company. I went to work and was successful for a time, but soon got down again. For three years it went on that way and I was an outcast. I would work for a couple of hours, take my money and get more booze, and so I went night after night, day after day, living the life of a dog. When I tried

to get away from whisky I would get into the alcoholic ward at Bellevue. I was sick of that kind of life. More than half of my life was spent in dissipation.

When I went to Bellevue the last time, I thought I was going to die. I saw men tied down all around me in the horrors of drink, trying to break the straps around them, their eyes shooting out of their sockets. Then I would hear a rubber-tired wagon back up to the door and some poor fellow taken out. I thought that would be the end of me.

But finally God spoke to me and directed me to the old Water Street Mission. The night before I did not think I would live until morning, but something seemed to say, "Go to the Water Street Mission." I do not know how I ever got there. It was about three o'clock in the afternoon. I was all in—completely ragged, a poor, unfortunate, drunken outcast, no good to myself or any one else. My nerve was gone. I looked myself over and prayed that God would just take me off the earth. That night hymns were sung, the Bible was read, testimonies were given. All this did not seem to appeal to me in my condition, but a man came to me and spoke kind words, the first kind words I had heard in a long time. He said, "My dear fellow, Jesus loves you. Won't you give Him a chance? You have tried everything else, won't you let God for Jesus Christ's sake help you?" I just broke down. I said, "I have tried everything else, perhaps God will help me." And I knelt down in a humble way and called on Him to have mercy. I went out with a different determination in my life than I had ever had before. I said, "If I die in the gutter, sink or swim, I am done with that cursed whisky. No matter what comes up I am going to live for God."

Every one of the old gang that I met said, "Come have a drink, Bill." I told them I was not drinking, that I had given my heart to God and could not afford to drink any more whisky. I gained the victory by openly declaring myself to be on God's side. I was not asked again to have a drink. I began to pray as I never had prayed before. Soon I began to gain the respect of

the people around me. I worked as janitor at the mission. God blessed me and I was the means of helping many a poor fellow to reach Christ. I kept in constant touch with Christian people since I began the new life.

Men, if you want something that will satisfy the soul and body, take Jesus Christ.

---

#### WISHES TO HELP OTHERS.

The following is from an inmate of the Michigan State Reformatory. We trust that the writer may enjoy the fullness of God's blessing as a reward for his earnest efforts to help others:

"I wish to place another order for LIFE BOATS. The others had a great effect among the Christian Endeavor members here. Please send thirty copies of the November number and the balance of the money enclosed you can make good use of in helping some poor lost soul.

"My heart was so light each night last month after I got my task done to think that what money I earned by working overtime, though not much, might be of some help to some one in far worse condition than I am. I am getting along fine because the Master is ever near me here. I try to keep my mind on good thoughts always from the time I awake until I sleep.

"As each day passes I realize more and more the help I receive from above, and it is getting to be more sweet and blessed daily. I earnestly pray that the good work in your hands may be recognized and appreciated by all who are benefited by it, and that each one of you will receive your just reward.

"As I read about your workers going from house to house my heart goes out to them. It is my desire to do that same loving work the rest of my days. I do not worry about getting out of here; instead, I hope I will be ready to go when the time comes, because if God is for us it matters little what man may do unto us. I am happy, with no cares on my mind, but prayers in abundance. May the good Lord bless you people."

## Observations in Mexico

David Paulson, M. D.

I HAVE recently visited several of the most important centers in Mexico, among them Guanajuato, which is one of the most picturesque cities in the world. Its fifty thousand inhabitants live in a deep mountain gully on whose steep sides the houses are perched like bird cages hung on a wall, the roof of one house being on a level with the first floor of the one immediately above.

In this vicinity are located some of the richest silver mines in the world. One of them during the past three centuries has yielded nearly one billion dollars Mexican money. The old methods of extracting the mineral was so expensive that it did not pay to work over any but the richest ore. Hence the dumps from these mines contain millions of silver that is now being suc-

cessfully extracted by the newer and much less expensive methods. One of the largest stamp mills and reduction works in the Republic has been engaged for several years in working over one of these dumps which has lain there for several generations.

Seeing this impressed me with a great spiritual lesson: that in the heart of our large cities, and in almost every community, there are those who have not responded to the ordinary evangelistic efforts; but the wide-awake, spiritually-minded medical evangelist will find in working in these moral dumps, precious jewels that will shine in the Master's kingdom.

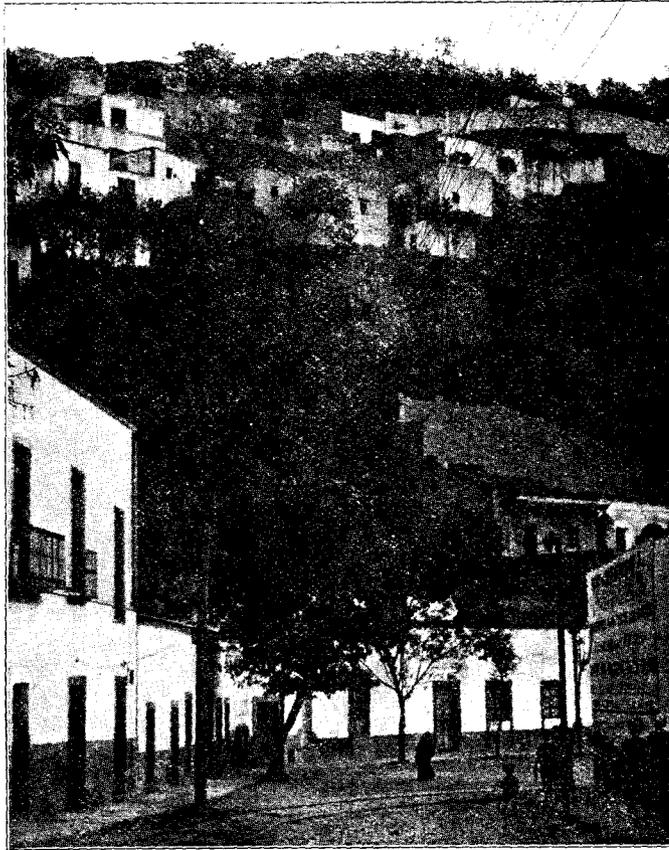
It is a sad commentary on the ecclesiastical system which has had full sway over the minds of this people for generations that there is only one small book store in



A CONGREGATION OF RURAL MEXICANS GATHERED TO HEAR AN AMERICAN MISSIONARY. A SMALL PART OF THE CRUDE MOUNTAIN CHURCH CAN BE SEEN IN THE REAR.

this large city, and that has only been opened recently. The pleasure-seeking mania is, however, ministered to in the million-dollar theater, one of the most elaborate structures that I have ever seen.

I observed a group of prisoners sweeping the streets with little whisk brooms which compelled them to stoop entirely over in order to reach down to the ground. I inquired why they were not furnished with ordinary brooms and was told that these small whisk brooms only cost two cents apiece, while an ordinary broom which would have enabled them to work in an upright position cost six or eight cents each. That represents an altogether too common mental attitude with but little regard for the human comfort and well-being of those who can not protect themselves.



A STREET SCENE IN GUANAJUATO SHOWING THE HOUSES ABOVE LIKE BIRD CAGES HUNG ON A WALL.

#### Temporary Graves in a Permanent Graveyard.

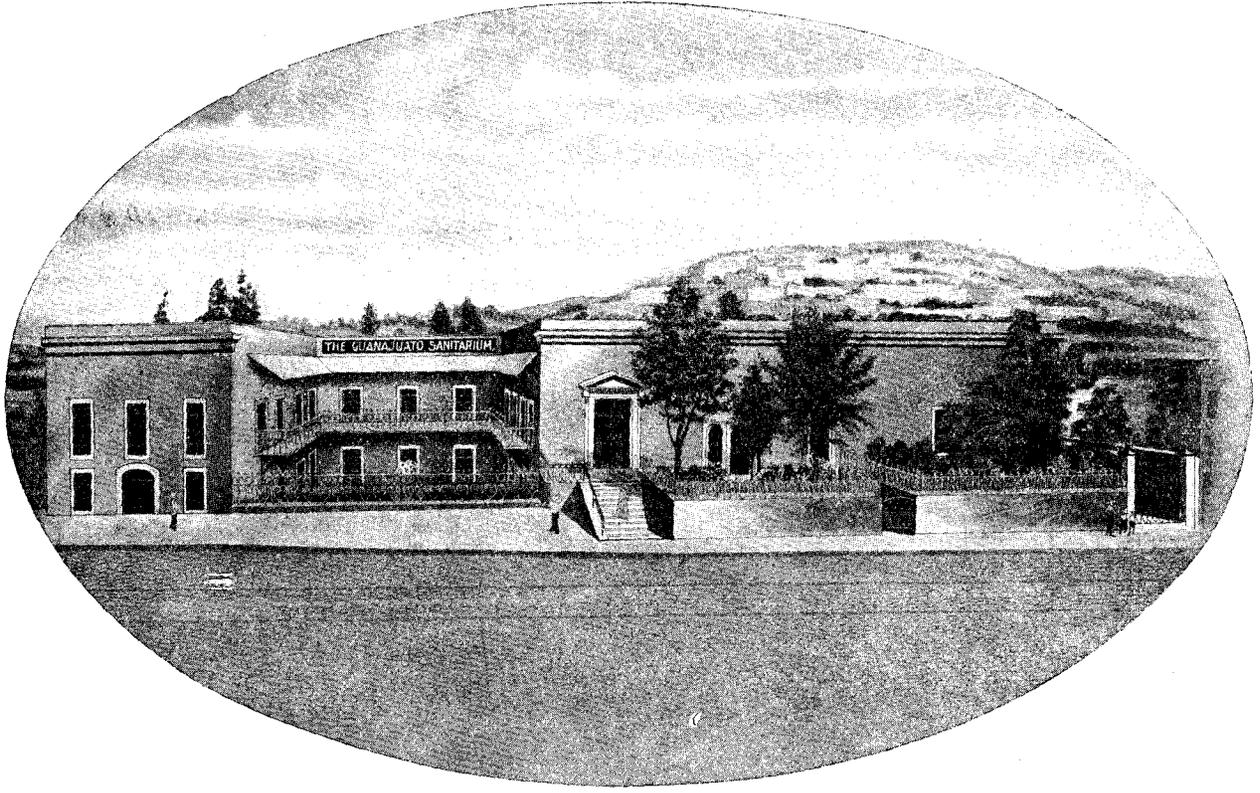
The graveyard is located on one of the highest peaks overlooking the entire city. Originally a part of it was nothing but the bare rock, so the necessary earth had to be carried up on the backs of burros. As it is only about an acre in size and the death rate, partly due to the polluted water supply, is unusually high, in two years' time every available portion is filled with graves, and then they begin over again. So when a fresh grave is dug one meets the unpleasant sight of seeing human bones thrown up.

Those who can afford it can have their coffin slipped into openings and sealed up in the great cement walls which enclose the

graveyard. For a certain price they can remain there permanently, but the ordinary price only permits them to remain five years, when the seal is broken and the coffin removed to make room for a new one. The bones are placed in a vast bone pile. In a certain number of cases the bodies mummify and then they are placed in standing rows along the walls of a great underground vault. Being a physician, I visited this place, but it would certainly not be of any interest to the average traveler.

#### When Human Lives Were Cheap.

It was not sight-seeing that led me to Guanajuato, but to visit my personal friend, Dr. Levi B. Salmans, the pioneer medical missionary in Mexico. Nearly thirty years ago his soul was fired with a missionary



FRONT VIEW OF DR. SALMANS' GOOD SAMARITAN HOSPITAL.



FIVE DOCTORS AND TWELVE NURSES IN THE GOOD SAMARITAN SANATORIUM SHOWING DR. SALMANS IN CENTER OF FRONT ROW.

zeal that led him to old Mexico to heal the sick and to preach the gospel. His first work was in a town that was so absolutely under the control of lawless elements that every Saturday night and Sunday half a dozen or more murders were committed, and the bodies would be laid on the sidewalk in front of the court house on Monday morning, just where Dr. Salmans' young wife had to pass by on her way to the main market. She knew full well that unless God especially interposed it was only a question of time before her husband would be laid as a corpse on the same sidewalk.

A little later he decided to move to Guanajuato. As it was a mining town, it naturally contained the usual quota of tough characters, and in addition its people were fanatically opposed to Protestant missionaries. Dr. Salmans soon began to build up a successful medical practice. During his spare time he distributed gospel literature in the homes of the people. One day while engaged in this work, four heavily armed, drunken ruffians waylaid him and his companion. One of them grasped Dr. Salmans by the throat with one hand and held aloft a stone in the other, ready to crush it into his head. The doctor and his friend prayed and then tactfully began to reason with the men, who finally let them depart in peace.

#### **The Triumph of Medical Evangelistic Work.**

About a month later, Dr. Salmans was riding by the same road when a woman in great distress met him, beseeching him to see her sister who was dying. The patient proved to be the wife of one of these outlaws. Dr. Salmans' surgical skill saved her life and won stalwart friends for him and his work.

Dr. Salmans' medical work grew rapidly. He so fervently presented the gospel of salvation for the soul while he ministered to the physical needs, that he soon had a goodly number of sound conversions. He did not however, content himself with merely doing personal work for his patients, but with fasting and prayer he also publicly proclaimed the gospel, and he soon was preaching to the largest Protestant

congregation in the Republic of Mexico.

The growth and development of Dr. Salmans' work is a splendid illustration of what God is willing to do anywhere and at any time for any earnest, energetic, capable soul-winning medical missionary. The doctor has, during these years, built a large, modern, and well-equipped missionary sanitarium and through his influence, there has been built on the same ground, a splendid missionary school for girls and another one for boys. He has either earned or raised by his own personal efforts, nearly two hundred and fifty thousand dollars for these various enterprises.

#### **Training for Service.**

Dr. Salmans early grasped the important idea that the surest and best way to multiply his own missionary efforts was to spend the necessary time and efforts to train promising men and women to assist him in his work. The accompanying cut shows Dr. Salmans surrounded by his former medical staff and group of nurses. Workers that have received more or less training in this institution are today doing efficient service in different parts of the earth.

Dr. Salmans has had the same sorrow that all of us have met who have engaged in similar efforts, of seeing some whom he hoped would become useful missionaries, instead using their training for personal gain. But we must always take courage from the fact that even the Master Himself trained Judas, who became a selfish crook.

#### **Ears Stuffed with Cotton.**

As a result of this extensive medical missionary work an influence for good has gone out all over this large city. There is perhaps less prejudice in Guanajuato against missionary work than in any other city in the Republic. Almost every one speaks in terms of high respect of Dr. Salmans and his work. While it is literally true that some of the patients who come to the sanitarium or who flock to his dispensary come with their ears filled with cotton so they shall not be able to hear the gospel that they know Dr. Salmans always mingles with his medical treatment, yet they can

not successfully vaccinate themselves against the Christian spirit of the institution and the kind treatment which they receive, and even some of these have given themselves to Christ.

As a result of this work, thirteen hundred have been converted and joined the church, many of whom are now earnest soul winners.

The part of two days that I spent with

Dr. Salmans was a real inspiration to me. It was an encouraging illustration of what God is willing to do for a Christian medical man who is determined that the devil shall not deprive him of the blessings that come from combining the evangelistic efforts with his professional work. I went away more resolved than ever that by God's help my life in the future should more represent this larger mission for humanity.

## The Living Fountain of Truth\*

George B. Starr,

Melrose, Mass.

CHRIST has said, "I am the way, the truth, and the life." John 14:6. We will make no mistake if we imitate Christ very closely. We are safe in imitating man only as he imitates Christ.

The thought that truth originates with us always leads to vanity of mind. (Eph. 4:17-21.) If we trace it back to Christ it takes the vanity out of us. All truth finds its center in Christ, its origin.

The disciples had strict orders to tarry at Jerusalem until they were endued with power from on high. "If I go away," Christ said, "I will send you another Comforter." The Holy Spirit alone can take the things of Christ and reveal them to us so we will be able to present them as they are in Jesus. Do the workers today regard the Holy Spirit as essential to the success of their work?

When we preach a sermon about love or faith or courage, that sermon should be seen every day right in our lives, and it will be seen if the Holy Spirit makes it effective in our lives. "It is the work of the Holy Spirit to take the truth and carry it past the mind, past the judgment, down into the heart and lodge it in the heart and make it effective in the life." Then it is easy to preach the truth as it is in Jesus because we live it all the time.

These things are wonderfully sweet, they

are not only good doctrine for us, but it makes it so real to have the truth as a living power in the life all the time and then flowing out in an easy natural way as it did with Christ. Men are not able to carry the truth past the conscience back into the heart. It is "not by might, nor by power, but by My Spirit," saith the Lord, that that is accomplished.

If we daily live by the Word of God we shall be able to live a real life. (Matt. 4:4.) A life that is lived separate from the Word of God is not a real life, it is deficient.

In the sixth chapter of John, verse 28, we have a question asking the Saviour how to be saved. "What shall we do, that we might work the works of God?" Do you know, the human family always ask that question that way. Before they are converted they always want to know what they shall *do*. They want to do something. You know that all false systems of religions teach people what to *do* to be saved. How did Christ answer this question? "This is the work of God, that ye *believe* on Him whom He hath sent." John 6:29.

I want to ask you if it would be possible for unconverted men to do anything else than that? What could they do to work the works of God? What is the condition of the person that is a sinner? "Dead in trespasses and sin." What do dead people need? Life, the first thing. "I am

\*Abstract of talk given at the Hinsdale Holiday Convention, December 27, 1911.

come that they might have life, and that they might have it more abundantly."

"What must I *do* to be saved?" "What shall we *do* that we might work the works of God?" Both questions were answered about the same way: "Believe on the Lord Jesus Christ, and thou shalt be saved." Acts 16:23-31.

Would you advise a man to believe on the Lord Jesus Christ before he does anything else? Wouldn't you advise him to repent first, to confess his sins first?

Mr. Moody said: "Put nothing between the sinner and Christ. No man can repent until he comes to Christ." The first thing then for us to do is to tell men everywhere to *believe* in the Lord Jesus Christ in order to be saved.

#### A Wonderfully Big Word.

That word "saved" is a wonderfully big word. That is about all we want, isn't it? Do you want anything more than to be saved? That means more than the forgiveness of past sins. It means the deliverance from present bondage to sin. It means eternal deliverance from sin. It is a great word.

But I have had people say to me, "Yes, but suppose I have believed; what shall I do?" Then keep right on believing. That is all I know to do. I want to be delivered not only from my past sins, but from my inherited weaknesses that have been burdening me all my life. The victory we are to gain is the victory He gained for us right here. We conquered the day He conquered, and when we claim it, the victory is ours.

#### The Religion With a Promise for Today.

The only religion in this wide world that can keep its promise today is the religion of Jesus Christ. All other religions make promises for the future, but God says, "*Today* if ye will hear His voice." The reason God can say "today" is because Christ gained the victory for us; He was tempted in all points like you and I.

#### A Personal Experience of Victory.

Some years ago I was once asked to speak at a camp meeting. I was unprepared, and said I could not do it. I could not persuade them to change. Then I went

to the woods without my breakfast and told the Lord my condition. I said:

"You know I am not ready to preach. Lord, is this thing always to conquer me?"

And it just came like a voice to me:

"No, I have prayed for you."

I said, "Lord, you will have to make that very plain; I know you have prayed for Peter."

And then it came: "He ever liveth to, make intercession."

It seemed overwhelming to me that Jesus Christ had taken my name on His lips and asked the Father to deliver George Starr. I was asked if I believed it and I said:

"Yes, Lord, I believe it."

"Have you any faith My prayers will be answered?"

And I said, "Yes, I have."

"I have conquered for you on this point; take My victory for it is yours."

I was on my feet in a moment, praising God for deliverance. I know there is victory for every soul that is in bondage on any point, and you can have it now if you will take the victory that Christ gained for you on that point.

"Is there a faith anywhere that is worth anything that does not reach Jesus Christ? Every single truth in this Book has its center in Christ. "In the volume of the Book it is written of Me," Christ says. Heb. 10:7.

To get hold of these principles in their simplicity is to unlock every door to us. I see a poor heathen struggling who does not know what to do. What shall I do to him? Why, there is only one name given under heaven whereby we must be saved. I can tell him to believe on the Lord Jesus Christ.

But you say, What about the commandments of God? What did Christ say about it? If you study Christ's teachings and His word you will do what He did. "I have kept My Father's commandments," He said.

#### The Only Source for Rest.

"Come unto Me, all ye that labor and are heavy laden, and I will give you rest." Matt. 11:28. I think that statement of Christ is the greatest proof of His divinity

that has ever been written; worth all the volumes written on the divinity of Christ. I would like to ask you if any one except the Son of God would ever give such an invitation as that? Why, it seems to me if just a few of the heavy laden should start for me I would want to run, wouldn't you? But He says to all the heavy laden, Come on with your burdens, and I will give you rest. Does He deceive people? No. Oh. I think that is a wonderful text. I stand before it in awe and wonder. No one but the Son of God could ever have spoken those words.

The only way Christ could give men and women rest was to take away their sins and give them righteousness, because there is no rest, said God, to the wicked. There is no such thing as rest in wickedness; you know it by experience. Jesus Christ is the only person that can give rest, because He is the only One that can give righteousness.

#### A MESSAGE OF HOPE TO PRISONERS.

[The following encouraging and inspiring letter is from a man who is himself a prisoner in the Indiana Reformatory and has experienced the things whereof he speaks. There is many an honest-hearted man behind the bars who needs only to have some human hand make the connecting link between him and his God. Who will help us make this connection by placing in their hands a copy of the Special Prisoners' Life Boat in May?]

I want to tell you about the Friend of whom Scripture speaks as "a friend that sticketh closer than a brother." Ever since I came into personal contact with His friendship I have always been glad to hear some testimony of how He has helped others, and, therefore, I believe there are those who will be glad, and perhaps benefited, by what I am going to say.

If there is one class of men that more than any other is in need of a true, loyal, and unselfish friend, it is that class of men who have been shut away behind prison bars, from all the joys that freedom entails.

Well, I can recommend such a Friend to you. With all my heart and soul do I recommend to you the very best Friend that you can possibly have, the One who is altogether lovable—Jesus Christ, the sinner's friend, your friend and mine.

Friends, I know whereof I speak. I have

tested His friendship in every conceivable way and I have ever found Him true. For over twenty-five years I fought against the best Friend man ever had. In all that time I completely ignored all inclinations of my better self. I persisted in doing that which I knew to be wrong. When I came here three years ago I had no intention of changing my past life. But changed I am, so transformed that even I hardly know myself as I was but two short years ago. Oh, the marvelous and wondrous love of Jesus Christ, who persisted in loving such as me! I can not understand it, but I know it is true. His love conquered me.

Dear comrades, believe me, Jesus loves men like you and like me, because He simply can not help it. He loves us, not because of what we are, but because of what He is. He loved you and me throughout all of our past lives. There was never a moment in our sinful careers that He did not love us, that He was not ready to help us and save us.

There are those who say there is nothing in religion. I too once said so, but know now that it is solely because of religion that I am a better man today than I ever was before. It has helped me and I know that religion can and will help you if you will only give Jesus a chance. "Let Jesus come into your heart." I am not going to tell you that it is an easy thing to live a Christian life in prison, because I know that it is not. Many a taunt and sneer are directed against the man who tries to live a Christian life in prison. But what of that? Surely to take an occasional sneer or taunt is the least we can do for Him who gave His all for us on the Cross of Calvary.

You, my fellow prisoner who are discouraged, despondent and destitute of any hope for a brighter future, take the advice of one who wishes you well—accept the friendship of Jesus. Do not put it off until some other time. Do it NOW. Believe me, you will never regret it. I have staked my all on the promises of Jesus. My future is in His hands. I know that victory is mine, for with Him at my side I can not lose out.

If this should be read by some who are doing their third, fourth or fifth term in prison, men who have repeatedly made heroic

efforts to walk the straight and narrow path, only to meet with failure again and again, I want to say to them, you have tried in your own strength and failed, now try leaning on the strong arm of Jesus. If you do, you are doing your last term behind bars.

No matter how black with sin your past may be, Jesus is ready to forgive and forget. The bigger sinner a man is the more Jesus

loves him. It is impossible for a man to sink so low as to be outside of the pale of the love of Jesus.

May God bless you one and all. I earnestly hope that every one who reads these lines will, if he has not yet done so, accept, and profit by, the friendship of Him whose mission it is to seek and to save whosoever will. Dear friend, will you?

## A Visit to the Illinois State Penitentiary

Caroline Louise Clough

**F**OURTEEN hundred men, a whole community in itself! Here are bankers, lawyers, doctors, preachers, thieves, robbers, murderers and outlaws whom a common sorrow has brought together. Robbed of their liberty, of the loving associations of home life and the companionship of friends, what do they have here?

I was pleased to find Rev. Villars, who two years ago took the chaplaincy of the Illinois State Penitentiary, a very large-hearted, whole-souled, Christian man whose experience of forty years in the gospel ministry has won for him the place of father in the hearts and lives of these wayward boys. Many a life's tragedy has been rehearsed to this kindly man, many a broken heart has sobbed out its regrets and the Balm of Gilead has been applied.

Through the kindness of Chaplain Villars we received every attention possible on our recent visit to this institution, accompanied by Dr. Ora Barber, Mrs. H. L. Swanson, Mrs. Belle Kershaw, Mrs. D. K. Abrams and Mrs. Campbell.

### A Life-Term Man.

Dinner was served to us in the officers' dining room, then we were privileged to interview one of the one hundred and seventy men who are serving life sentences. This one has already spent thirty years in this prison and has the honor of being the oldest resident.

Usher Foster kindly called this man in from his work to meet us. A tall, heavy-set, well-built man greeted us and gave us a cordial handshake when told that we were

from the LIFE BOAT headquarters. He wore the regulation gray trousers and vest with a blue jean jacket. The old characteristic prison stripes have been abolished in this prison with one or two exceptions—those who have violated the parole law or in some other way have misused their privileges.

Mr. ——— said he had been acquainted with THE LIFE BOAT for years and that it had been an inspiration to him, and he also said that the other boys always asked for it.

When asked if he was a Christian, he replied,

"Yes, I was converted nine years ago, and by God's help have lived a clean, straight life ever since."

He had found out that a man could really live a square and honest life even while in prison. On this point he said:

"Whenever I have done anything wrong I have always said, 'Yes sir, I did it,' and the officers have usually replied, 'All right, that will do.' I did not try to lie out of it or cover it up and they respected me for it."

### Made the Best of It.

This man has made a much better use of his opportunities in prison than many others who have had their liberty. He said:

"I did not know my a-b-c's when I came into this prison, but I determined to learn and it was not long before I could write a letter to my sister. She could not believe that I had written it and had to come and visit me to find out.

"I made up my mind that I would be an electrical engineer and so began studying for it. I was given a little piece of work to do for which I received fifty cents a week. It is not much, but if it is saved it counts up. In five years I had eighty-five dollars. This I spent for books on engineering, electricity and the like, which I mastered, and now I am studying algebra and geometry. For a number of years I have worked as engineer."

I have been told that all prisoners are thoroughly bad, that the time and money spent in bringing them the Gospel is wasted, but as long as I know there are such men and women in prison who are ambitious, self-respecting, keen and capable, who have in a moment of great temptation committed some crime which deprived them of their liberty, so long I am going to do what I can to bring them the gospel of

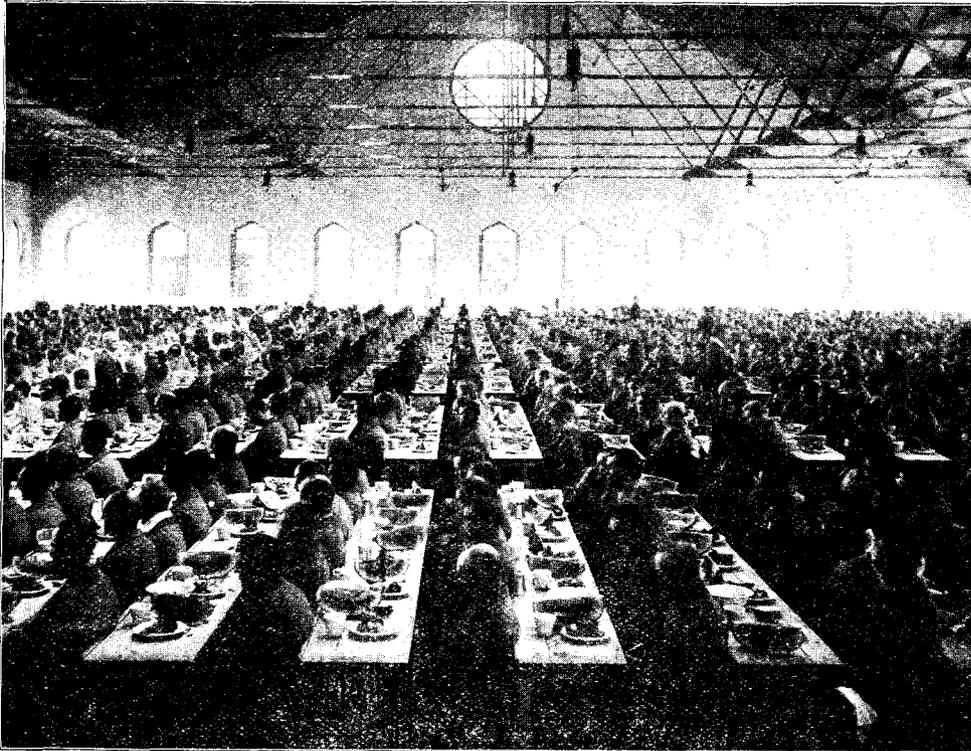
Jesus Christ and the blessed news of forgiveness of sins.

It is true that there are mental and moral degenerates in prison; so there are in society everywhere, yet we do not cease our efforts to save the masses simply because of those who from a human standpoint can not be regenerated.

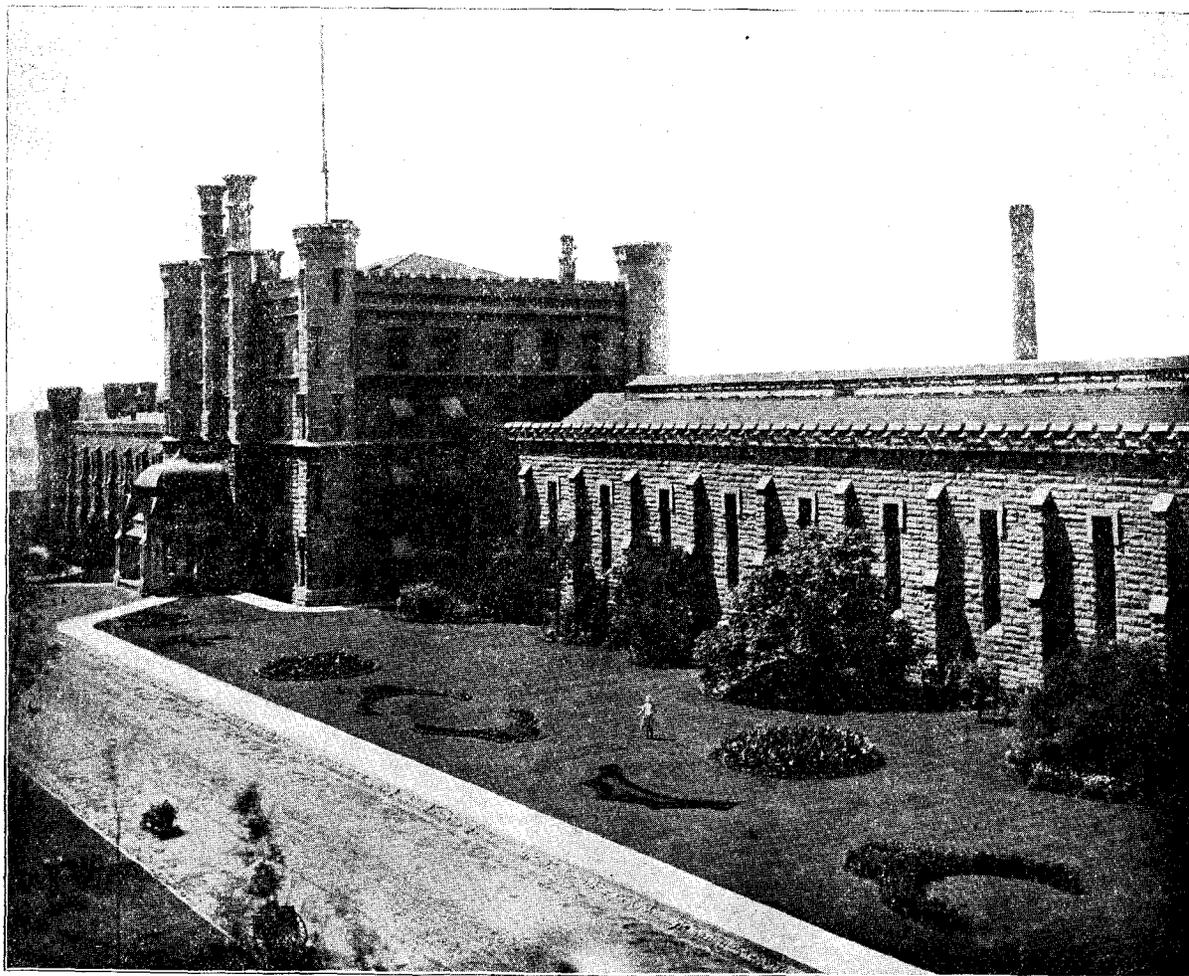
**"My Patch of Odd Grass."**

After being conducted through the entire institution, the cell rooms, work shops, hospital, dining room, library, etc., the chaplain told us of his work as a spiritual father in this most interesting mission field. He likened the men to a patch of odd grass which he had growing near his own home where no two blades of grass could be found that were alike. He said:

"You can not work for these men in a bunch; you must deal with them as with hand-picked fruit. I have seen some genuine works of divine grace wrought here and



THE DINING ROOM WHERE SOME FOURTEEN HUNDRED MEN GET THEIR MEALS EACH DAY.



THE ILLINOIS STATE PENITENTIARY.

Will you not help us send *THE LIFE BOAT* to the men behind these stone walls next May?

many and many a time I could wash the slide of my desk with the tears of the broken-hearted men who have wept over it.

"If it had been in any other place we could have had an old-fashioned revival last Sunday morning. In our morning service the Spirit of God was present to convict and convert and you could see men all over the house crying like babies."

When asked about the Christian character of the prisoner whom we had just interviewed, he replied:

Yes, he is a genuinely Christian man. He lives a straight-forward life above criticism, and is always seen on the front seat at church."

#### Can Not Spell Obedience.

On the morning of our visit, thirteen men had come in. These the chaplain must see and impress upon them—some of them possibly for the first time in their lives—the importance of *obedience* and the justice of the prison rules and regulations.

Many a man goes to prison simply because he can not spell that one word "*obedience*," and his indulgent parents never taught him.

One man sixty-five years of age was brought into the prison because he had never had his will broken. He was the most dangerous man in the prison and slew his cell mate. The state of Illinois was compelled to do for that man at his advanced age what his mother had failed to do when he was a child.

I am reminded of the text: "Withhold not correction from the child: for if thou beatest him with a rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell." Prov. 23:13, 14.

The prisoners have ample time for study and reflection between the hours of five and nine every evening. The extensive library of some 23,500 volumes is an endless source of diversion, and the night school conducted by the chaplain four months in the year, is for the benefit of the ignorant and illiterate classes. The teachers are gathered from the ranks of the convicts.

When we look into the life history of many of these men it is not surprising that they are where they are. An inmate of the

Indiana state penitentiary recently wrote the following to Dr. Paulson:

"In the January LIFE BOAT, page eleven, you tell of your childhood and family worship—how different from mine! *My parents never taught me anything about God.* The first time I ever heard about God was on my first Sunday in the Plainfield reformatory, and for several Sundays afterwards the services were Greek to me."

This is not an isolated case, but rather is the experience of hundreds right here in this enlightened land. Do we as Christians, not owe them a duty?

For this reason we shall issue in May our Thirteenth Annual Special Prisoners' number of THE LIFE BOAT, and send it free to the entire prison population of this country. Will you not help to pay for some of these to your own state penitentiary? Five dollars pays for 140 copies.

#### ALLOWED TO DO AS HE PLEASED.

The following is from an inmate of the South Carolina state prison, written to a LIFE BOAT worker, and is another illustration of the truth of that inspired proverb which says: "The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame." Prov. 29:15.

"I received your good letter, the very interesting papers and that little book that you sent to me and I can not explain to you how glad I was to get them. I would not lay down the little LIFE BOAT for any other paper that I have ever read.

"The Lord is very good to me. He has spared my life for some purpose, I know not what. I can not thank you enough for what you have done for me.

"I am glad to know that I have got somebody that will encourage me and try to help me to live for the Lord. I read those verses that you told me to read and I find them helpful. I have been a sinner all my life and I need the prayers of God's people.

"I did not know what it was to have some one take an interest in me. I always did as I pleased when young and consequently did not attend either church or school. I see my faults now, but it is too late. I hope and pray that the Lord will bless you and that you will live a long life in the Christian work."

## The New Mind in the Old Body

William S. Sadler, M. D.

THE great battle of life consists in an incessant struggle between mind and matter. "For the flesh lusteth against the Spirit and the Spirit against the flesh; and these are contrary the one to the other; so that ye can not do the things that ye would." Gal. 5:17.

The Apostle Paul was the great philosopher of the Christian religion. His portrayals of the warfare between the carnal and spiritual natures—between mind and body—are vivid and classic. Paul recognized that while religion was able to change the mind, it did not necessarily change the body; and so he wrote: "I keep under my body, and bring it into subjection; lest that by any means, when I have preached to others, I myself should be a castaway." 1 Cor. 9:27. Paul certainly recognized the great truth of Christian psychology—that while we may secure a new mind, we are in no wise delivered from the old body.

The spiritual nature expresses itself in the choice of mind, whereas the carnal nature manifests itself through the desires and passions of the flesh. The regeneration of the mind is entirely possible. Spiritually, a man can be "born again," start out afresh with new and heaven-born desires, and this wonderful process can be wrought in an instant—in a moment of time, by the simple choosing of the "mind of Christ," in the place of the mind of self—by the simple surrender of the human will to the divine will.

But it is not so with the body, with its hereditary taints, its passions, and its perverted appetites and craving desires. These attributes of the flesh stubbornly and constantly dispute the rule and reign of the higher powers of the mind. The spiritual nature is, as it were, engaged in combat with a vicious animal that ever seeks to encompass its overthrow and effect its destruction. The body must be subdued—tamed; it must be constantly watched; the flesh can not be trusted; the soul must be safeguarded against the waywardness of

the body, as expressed by Paul: "Put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof." Rom. 13:14.

But can we do nothing for the body, to make easier this contest with the world, the flesh, and the devil? Yes, much can be done to disarm the flesh. While the body does not experience conversion in the same manner as does the spiritual nature, it may be slowly improved by proper attention to habits of diet, exercise, etc., and in this way the internal warfare between the spirit and the flesh may be greatly lessened.

The *new mind* is compelled to take up its residence in the *old body*. It is only reasonable that we should do everything possible to render the old body a fit habitation for the new mind. We are certainly under obligation to clean up the old fleshly house, to put into it only those food materials which are clean and pure and capable of improving the bodily structure by replacing broken-down material with superior matter. Likewise, the habits of eating and drinking should be carefully studied to see that no deteriorating substance is taken into the body which will irritate the nerves, poison the brain, weaken the resistance, and thus make the flesh a prey to the thousand and one agencies of destruction which abound on every side.

In a few words, it is our Christian duty to keep the body in a sound and healthy condition, to keep it unirritated; to eschew those things which fire the animal nature and strengthen vicious tendencies; and which, thereby, weaken the power of mind over matter, and in the end bring their victims into hopeless subjection and slavery to the carnal vices and whims of the flesh. Concerning this the apostle writes: "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price; therefore glorify God in your body, and in your

spirit, which are God's." "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Cor. 6:19, 20; 10:13.

#### The Gospel of Reckoning.

According to Paul's teaching, the fundamental law of the Christian life is based on *reckoning*. The apostle teaches that by divine grace the believer in Christ actually becomes just what he (the believer) by faith reckons himself to be. Christianity enjoins that one must *think* life before attaining the spiritual resurrection. Paul said: "Likewise, reckon ye also yourselves to be dead indeed unto sin, but alive unto God, through Jesus Christ our Lord." Rom. 6:11.

Concerning his own struggle in the contest between mind and matter—spirit and body—and the final victorious outcome, Paul wrote: "I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man; but I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin. There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the spirit." Rom. 7:21—8:1.

It will not always appear to Christian believers that the body of sin is dead, but it is their privilege, by faith, to *reckon* that they are dead, indeed, unto sin. And standing upon this platform of faith, it is the Christian's privilege to experience Romans 6, verses 12-14: "Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin; but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. For sin shall not have dominion over you."

But what shall we do with the flesh after we recognize it is dead unto sin? The an-

swer is: "Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry." Col. 3:5. How shall we mortify the flesh? By simply reckoning it to be dead, and then leaving it alone. Mortification is a process of nature which spontaneously takes place when things die. Don't seek to embalm, to excuse, to embellish, to compromise, with the deeds of the flesh.

That this victory of the spirit over the flesh is entirely dependent upon a spiritual change and attitude is shown by Eph. 4:22-24, which says: "That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; and be renewed in the spirit of your mind; and that ye put on the new man, which after God is created in righteousness and true holiness."

#### Physical Righteousness an Aid to Spiritual Living.

Obedience to the laws of health is an effectual means of disarming the flesh—as it were, of removing the weights tied about the sinking soul—which will enable the mind to survive and the spirit to rule. While it is true that we can not eat and drink ourselves into the kingdom of God, it is equally true that *many* are eating and drinking themselves out of both the kingdom of heaven and the kingdom of health.

Every act of obedience to the laws of life, every effort "to cleanse ourselves from all filthiness of the flesh and spirit" (2 Cor. 7:1), are powerful helps to the mind in its battle to control matter. They are direct aids to the spirit in its struggle to master the body. Likewise, every transgression of physical law which results in weakening, irritating, and sickening the body, serves as an additional weight about the neck of the soul to hold it down in its efforts to rise above the polluted waters of the physical and material realm.

#### AGENTS WANTED.

We would be glad to correspond with anyone who would like to take up the sale of THE LIFE BOAT. Why not plan for a missionary campaign?

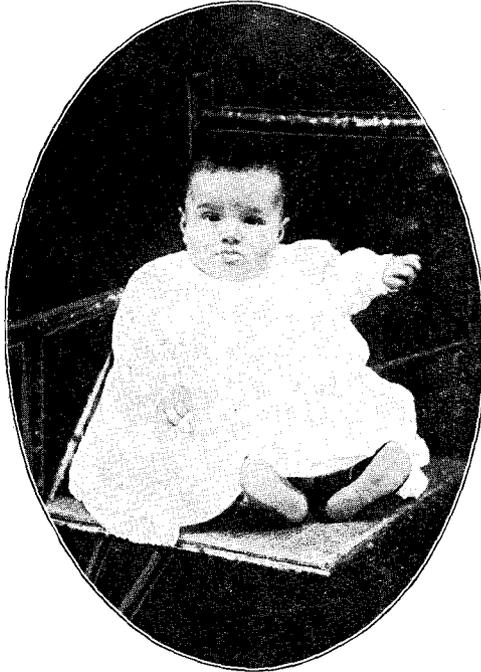
## An Expression of Appreciation

Elsie D. Whisler

Life Boat Rescue Home, Hinsdale, Ill.

I AM sure the following words by one of the girls who has spent two months in the home, will be of more interest to THE LIFE BOAT readers than anything I might say in regard to the work there:

"The influence of this Christian Life Boat Rescue Home has been a great benefit to



ONE OF THE SWEET LITTLE TREASURES WHO GOT HIS START IN THE HOME.

me in the short time I have been here. God's people here and the prayer meetings and Bible studies which I have attended, also the morning and evening religious service we hold here in the home, have shown me the wickedness and unrighteousness of the path I followed, more so than the teachings of the church which I attended and of which I have been a member for the past thirteen years. Last year I drifted away from it and into sin, which has brought me to grief.

"Then a LIFE BOAT magazine was given

to me in which I found the invitation to accept the care and protection of this rescue home. God in His wisdom knows best what to do with us, and now that I have had this experience I realize that God has brought me here through His love, and I intend to accept Him and live to serve Him and join His band of workers.

"My earnest prayer is that He will open the way for His children who have gone astray, to come to the shelter of this Christian home, and that they may find peace and joy in His love. All of us girls appreciate the great and good opportunity we have to come to this home and live down the past. Our hearts are opened in prayer as we fully repent and ask God's forgiveness. We all need the prayers of His people."

As this girl has just said, they do truly need the prayers of God's people. We can do much for them simply by remembering them in this way.

In closing I will quote a few words from a letter from one girl who has gone away but looks back upon the home as a "quiet resting place." She writes: "I love the home. It was a blessed refuge to me at one time. When I think of this I feel that I would like to spend my life in that work."

We trust our friends will remember us not only with their prayers, but also with their means, as we have to care for many girls who have no means. The twins are growing rapidly.

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### TO GIRLS IN TROUBLE.

Many a young woman has learned of THE LIFE BOAT Rescue Home just in time to save her from either committing suicide or throwing her life away in sin. If some such girl should chance to read these lines my message to you is, do not give up. You can live down the past. If you are in need of a Christian friend write to me. Address, Mrs. C. L. Clough, Hinsdale, Ill.

## Lending a Helping Hand

Mrs. Hannah L. Swanson

Matron, Life Boat Home, 528 E. 33rd Place, Chicago.

THE Lord is blessing us here in the home. Our family is not as large as it was last month, but we still have quite a number. A few days ago a woman came to the city from a northern state to try to find her husband who had deserted her. Having no friends or money, she was sent to us. She brought her little dog with her, and when some one asked if she would sell it she said no, she could not part with it as that was all she had. If she can not locate her husband she will go back to her friends in her home state.

I received a letter the other day and thought as I read it, if we had more such men there would be less broken hearts and sad lives. I will give it to you as it may inspire some one else to do the same:

"While looking over some magazines in my office today, I ran across a copy of a paper called THE LIFE BOAT, which I remembered buying of a lady who called at my office a few months ago. I noticed a number of interesting articles, among them your accounts of services at the police stations, and of your efforts to help unfortunate girls. I was very much touched by the accounts of conditions which you describe, and it occurred to me that I might perhaps be of a little assistance in helping some friendless unfortunate person to get on their feet again.

"If you know of some unfortunate, stranded or homeless girl it matters not who she may be, as long as she will appreciate kindness and help, or should you run across one in sore need of a helping hand at any near future time, advise me or have her come to my office."

We have been visiting an Italian woman whom we found in the Harrison street police station. She was taken very sick and some of our students from the class have been giving her treatment. She is also interested in studying the Bible with an Italian minister whom I asked to visit her.

I also received another letter from a prisoner in the southern Illinois penitentiary which made me quite happy. Here are some of the things he said:

"The past only brings heartaches to me of misspent years, sorrow and remorse, of wasted opportunities, and part of my best years behind prison bars. But I am going to bury the past and look forward to the future to the dawning of a new day when I may walk forth a new man, to the day when the debt will be paid that the law may be satisfied, and to the day when I can walk forth in the straight and narrow path with Christ Jesus as my helper and strength to lead and keep me in the path that leads to everlasting life."

I have been corresponding with this young man for some time and this is the first time he has ever seemed to feel the need of a Saviour. I am so glad for this.

I visited the Joliet penitentiary a short time ago. How my heart went out to God to comfort the prisoner! And He will comfort the one who trusts in Him. As we listened to the chaplain tell how interested the boys were in things religious, I could but thank God for His Holy Spirit who can be in all places at all times.

In Isa. 49:16 the Lord says: "Behold, I have graven thee upon the palms of My hands; thy walls are continually before Me."

I am so glad to know that verse is in the Bible. Now, my dear reader, that means you if you are living behind a wall of sin, and don't you think it can mean the lonely prisoner behind the walls of iron and stone?

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"Don't give up hoping when the ship goes down,  
 Grab a spar or something—just refuse to drown,  
 Don't think you are dying just because you're hit,—  
 Smile in face of danger and hang to your grit."

### "JUST THE THING FOR ME."

MILDRED HELZER,

528 E. Thirty-third Place, Chicago.

Miss Helzer is a student in the Chicago medical missionary training school for city workers and is earning her way by the sale of magazines. She told the following at a recent young people's meeting at the Hinsdale sanitarium.—Ed.

I am so glad for the opportunity of attending this class. The first I heard of it was up in St. Paul, a year ago, and it seemed to me that was the thing for me to take up, because I could learn how to enter homes with the periodicals and then give them Jesus. And if I could not interest them in that way I could use the medical training I am receiving here. I can say I rejoice in the work.

I met a poor woman the other day to whom I sold a magazine through the door. She said she did not care for it but we got to talking along religious lines. Finally she told me her little girl was sick, and when I told her of some simple treatments she might give to the little one that just seemed to win her heart. I had an opportunity to speak to her of Jesus, and she invited me to come back again and tell her some more. I thought, what a great opportunity we have in taking this class work.

I had opportunity to speak of our class to a business man down town and showed him the magazine with a picture of the class in.

He said, "It is splendid, I never heard of it before; it is a fine thing."

He said, "You are out here selling papers to work your way through the school?"

I said, "Yes, and not only that, but I want you to have the magazine."

"Does it tell about Jesus?"

"Yes, that is just what it does."

He said, "I believe you are in earnest," and he bought the magazine.

I am glad I am getting this training so I can be more of a worker for Jesus. Pray for me that I may be faithful. I have difficulty in getting into some places, but the Scripture tells us to be wise as serpents and harmless as doves; this I try to do. Many times I am told that I can't sell any more,

but when I tell the guards what we are doing, they say, "Well, go right ahead." I am never out longer than about two hours a day; I worked four days last week and have made \$8.44 selling THE LIFE BOAT and *Signs of the Times*.

### ENJOYING RICH EXPERIENCES.

HATTIE ACKERMAN,

528 E. Thirty-third Place, Chicago.

[The following is the testimony from another member of the Chicago city workers' school, as told in the Hinsdale sanitarium young people's meeting recently.—Ed.]

My heart is in this work and I am very glad the Lord has given me an opportunity to take up this training in Chicago. I know we are benefited by it. It is a great help to us.

I have had some experiences while visiting the sick. One whom I have been to see today is in very poor circumstances. The lady has been sick for some months. It is just heartrending to see what they have to put up with and the difficulties they have to meet with. The lady is getting along nicely. Miss Helzer and I were there today, and got their dinner ready for them, and they seemed so pleased with what was done. The doctor was there yesterday and said that she had received such good treatment he thought she would not have to undergo a surgical operation for some time. She seemed so pleased over this; you could see the smiles all over her face.

Also a couple of weeks ago I was at a place and gave a treatment to a young lady there. Afterward I learned she was serving the Lord, and she wanted me to pray for her and also for her mother and sister.

I feel truly thankful I can have a part in this work. Although I have just a small part in it, yet I am thankful the Lord has called me, poor and weak though I am, to have a small part in it.

I receive blessings going out with our magazines; I do enjoy it more and more. I find it is bringing the truth of God before the people. We do not see results now, but we know when the work is finished here the Lord is going to see that these souls that we have labored for who are honest in

heart, will be saved. I do want to be faithful and give my life and service over into the Master's hands. Pray for me.

### MANY SAD EXPERIENCES.

MRS. BELLE KERSHAW.

Student in the Medical Missionary Training School,  
528 East Thirty-third Place, Chicago.

I can truly say this past six months has been one of the brightest spots in my life. When I entered this Life Boat Home training school many said, "Oh, you won't stay there." How little they realized what this home really is: an open door for the down and out girl, regardless of creed or circumstances. Our matron, Mrs. Swanson, is never too tired to listen and extend the home comforts to them until they are able to help themselves. Surely she fulfills Heb. 13:2.

If mothers could see how quickly these girls make Mrs. Swanson their confidant they would realize their girls' downfall lay at their own home. Mothers nowadays have too much on their hands to listen and enter into their daughters' confidence. Mothers, what will you have for an answer when it is asked of you, "Where is the flock that was given thee?"

My own soul has been lifted up by my association with this home. There is perfect love and harmony among all. Our class to my regret will soon close. What it has been to me eternity alone can tell—I can not. If the young people could only realize what they are missing when they let this opportunity go by surely they would embrace it. My work outside has kept me away a great deal but God has wonderfully helped me; to Him be all the glory.

On Thursday, Feb. 8, I visited the Joliet penitentiary. We were there met by the chaplain, who extended to us every courtesy, and through his kindness we were served with a dinner. After this we were shown through the penitentiary, which was very interesting, though sad.

#### Fallen in the Street.

A few evenings ago while on my way to the car after finishing my work, I noticed some young men and boys crowding around something. At my request they stepped

aside and let me through. What a pitiful sight! There lay some mother's daughter, perfectly helpless and from all appearance lifeless. As soon as I could I lifted her head from the cold stone walk and then asked the men standing by to assist in getting her inside. This they kindly did, and laid her in the lobby of a hotel.

I thought she had a fit or something, but oh, I soon learned it was only another poor, foolish, misled girl whom her friends had forsaken after she had become helpless. As I looked upon this beautiful woman lying there in all her finery I could not help but think there was not much in fine clothes after all. (1 Pet. 3:3-4.)

From my experience in this work I knew this girl was just starting out in sin, and oh, I did plead with the officer, who was very kind, to let me care for her until she became conscious enough to tell her address. Of course the officer could not grant me this so she was taken to the Harrison street station. I never left her when they put her in the patrol; I went too and held her in my arms until we arrived at the station, and remained with her until the cell door was closed between us. As I went out I thought, oh, what a cruel monster the devil is.

Last Saturday night in my work I met another wayward girl with several men with her. Putting my arm around her I begged her to go home. "Oh," she said, "I am only having a little pleasure with my friends." On leaving I turned to these young men and said, "Gentlemen, be to this girl as you would want some one to be to your sister, had you one."

### "A CUP OF COLD WATER."

LULU HAYGOOD,

528 East Thirty-third Place.

[The following experience was told at the Hinsdale young people's missionary meeting recently. Miss Haygood completed the six-months' course for city workers last fall and is now assisting Mrs. Swanson in caring for the sick and unfortunate who are brought to their door.—Ed.]

I must say first of all my work in Chicago has made a different woman of me. Before I went there I did not care whether

I did anything for the Lord or not, but I thank the Lord He has put it in my heart to work for Him. Dr. Paulson helped me very much to see things in a different way than I had been used to seeing them. I thought all there was of life was to have a good time, but I feel thankful He has seen fit to use a poor vessel like me in His service, and I find out when I do my part the Lord is only too willing to do His.

I have had many good experiences in the Home. We meet all classes of people there—the well-to-do as well as the poor, especially those who drink. I feel so sorry for them. They come, and of course they are not responsible when in that condition for what they do, and they are about as low as can be. But I generally give them either a good hot bath or put them in an electric-light cabinet until they become sober, then we put them in a room and have them rest a while.

One lady said, "Oh, won't you take care of me? You are so kind." Of course I did not want her to tell me I was kind, because I knew myself so well and I had so many faults. But as far as I know she has not been drinking since.

Another woman was brought to us in an automobile. She had been picked up on the street. A number of years ago when the Life Boat Home was a sanitarium she knew of it and so she asked the chauffeur to drive her to our home. I was the only one at home and of course it fell on me to care for her. She had on a nightgown and her coat over it, and certainly was dirty. She had not been on the street long when she was picked up.

Her husband had been drinking, and she told me after she became sober that she only drank once every three years, but promised she would not drink any more. Of course they all feel sorry after they have been drinking.

She did not want to go home to her husband because he would be drinking and she was afraid she might drink some more, so we took her to a friend's for a time. She had quite a little money with her which I kept for her until she became sober. She was then glad I had saved it. The young

man who brought her to our Home charged her six dollars for bringing her the six blocks. That goes to show how selfish some people of the world are; they do not think of the poor or of doing the right, but how they can get a few dollars.

I have had lots of experiences, but those two have impressed me, and I pray for them that they may always remain sober and learn of Jesus, and that I may be faithful so that when He comes I may meet Him there. Pray for me.

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#### LOOK AT THIS SPECIAL OFFER!

By special arrangement we are able to furnish absolutely free as a premium subscription to *The Life Boat*, at fifty cents, a new cook book of eighty-two pages by H. S. Anderson, entitled "Food and Cookery; Their Relation to Health," containing valuable instruction on foods and their uses in the body, also many choice recipes and several full-page charts on food values. An excellent guide to healthful cookery. Brief and to the point. Just the thing to have in the home kitchen.

If you have never subscribed before, do so now, and we will send you absolutely free this valuable premium cook book. Take advantage of this offer NOW.

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#### "THE LIFE OF D. K. PEARSONS."

Dr. D. K. Pearsons, who is now making his home at the Hinsdale Sanitarium, has given away no less than six million dollars to small, struggling colleges in this country. The life story of how this man, now ninety-two years of age, worked his way up in the world and has seen hundreds of other young men succeed by his help, is ably told in a new and interesting book just from the press written by E. F. Williams, a life-long friend. Price, \$1.25. The Pilgrim Press, 120 South Wabash avenue, Chicago.

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**"THIS IS A LAW, that thought without subsequent action is useless. SO DO THE THING. It is better to be partly right in practice than perfectly right in theory. Better, Action that is sixty per cent Right than inaction that is one hundred per cent perfect. Don't think too long without acting. DO IT."**



## Editorial Department

Conducted by Dr. David Paulson



### A NEW DISCOVERY ABOUT PRISONERS.

The world is discovering a class of prisoners they never knew before. They always knew one class—the professional thief, the highwayman, the degenerate outlaw, etc., and the public have assumed that the prisons were filled with these.

But there is also another class of men in prison. You remember when under some terrible provocation you lost your self-control and spoke unkindly or even worse. Another man who only had half as much self-control was tempted and provoked ten times more fiercely, and he was so far swept off his feet that he not only broke God's law *as you did* but also man's law. You were genuinely sorry outside of prison; he is just as sorry *inside*.

It is no special credit to you and me that we had kind and firm parents who taught us self-control. Neither is he to blame because he had a kind but also indulgent mother who permitted him to have his own way when a child. We are today reaping the blessing from having sensible mothers that we did not select. He is reaping the curse from his kind of a mother that he did not choose. *Do we owe that man anything?*

It is *this* class of prisoners that the public are discovering and beginning to take a real interest in.

Recently one of the southern prisons was burned. The prisoners instead of trying to escape worked like heroes to put out the fire.

The new warden of the Colorado state prison has discovered this same class of prisoners and instead of cooping them up behind iron bars—men just like you and me, except for once when they lost their self-control—this warden sends them up into the mountains, living in tents, with practically no supervision. Here they build roads and do other useful work for the state and as far as I know not one of them has violated or

attempted to violate the confidence that the warden has reposed in them.

More than sixteen years ago the late Mr. Moody helped us to discover this class of prisoners. For years now we have issued each spring a special prisoners' number of THE LIFE BOAT and have tried by the help of God and our kind readers to send enough to each chaplain so that he could not only distribute them to this one-half that I have been introducing to you, but enough so he could also furnish the *other half*. And why not? Some of them for the first time have time to *think*. Did not Christ die for them as well as for the thief on the cross? And, thanks be unto God, some of even this class have been wonderfully saved by reading THE LIFE BOAT.

Next May we shall again issue another such LIFE BOAT. How much will you invest in this unique labor of love? Will you interest your children? Let them know the *only* reason some of these men are in prison is because they did not have good parents. Teach your children to show *their* appreciation to God for the parents He gave them by denying themselves some little luxuries or even necessities that they may send a cheering gospel message to these broken-hearted men and boys who are in prison.

A dollar will send twenty-five. Five dollars will send one hundred and forty copies to your own state prison. Take hold and help us.

### HAS YOUR BUSINESS A FLAVOR?

The great problem is how to carry on our business methods so that they will consciously or unconsciously lead others heavenward. Just to the extent that we succeed in doing this shall we hear the "Well done" said to us when we reach the end of the journey. Just to the extent that we fail—not of course as judged by others or even ourselves, but by God—our life work has spelled failure.

Much work today represents able presentation of business principles *minus* any spiritual

message. The dealings of the average business man being almost exclusively with those who are conspicuously irreligious, he has of course a greater excuse for ignoring this spiritual message than has the regular Christian worker.

Many Christian business men find it very difficult to make *any point* of contact with the things that pertain to the higher life. But if you have dedicated your life to the master how can you devote yourself and your energies *exclusively* to that which smells only of money and money changers?

You remember Saul went out to hunt his lost mules. The prophet showed him how to find them, but he also showed him a kingdom. The worldly minded people who deal with us are looking only for mules, so to speak, and it is not wrong for us to help find them, but what a fatal mistake if it is not also a *definite* part of our program to help the hungry ones among them to find the eternal kingdom!

The Bible bids you and me to let our light *so* shine that while men are seeing our good works that shall not be the end of it: they will be *led* to glorify God. (Matt. 5: 16.)

You may ask how you in your special line can do business with worldly men and at the same time put in the gospel. I can't tell you, but if I believed God had farmed your job out to me I should *certainly* want to find out, for I should know I would lose my soul if I did not.

You may say it is impossible. Hezekiah evidently thought the same when his royal visitors from Babylon came and he delivered to them the worldly goods in fine shape but minus the heavenly. But Daniel, under vastly more discouraging circumstances, delivered *both* and he did not lose his position either nor even the respect of worldly men. He was as thoroughgoing a statesman as we will ever need to be business men. When he was prime minister no one questioned the fact that he had a genuine Christian experience. Every one was constantly reminded of that fact as they came in contact with him.

If we have the ambition to launch out where we come in contact with the world as he did we must learn something of the *secret* of his experience or we had better throw

some of these worldly opportunities overboard for they will be a millstone about our necks by and by.

Let us come to the conclusion that we must spend enough time on the mount alone with God every day so that whatever we undertake—whether it be a lecture on the public platform, or an article for some paper, or a talk to our patrons, or in any share of our daily life—that we shall not make the same mistake that Cain made: that is, to bring a *Christless* offering to the altar. What will it profit us in the last analysis, if we have shown thousands how to be successful in business and have not shown them how to be better people?

In conclusion let me say to the business man who reads this: If you are not on the right track you had better throw your present program overboard just as the sailors did Jonah. The Master has need of you; and if the Master has his free hand with you He will not take you away from men any more than He took Daniel, but *He will make you* a power for good among men.

#### HAVE YOU CONSIDERED THE LORD'S TENTH?

(For many years Mr. Kane, a Chicago Christian business man, has been issuing a charming set of tracts on the subject of "The Lord's Tenth." We quote the following from his pen and would earnestly urge upon all our readers to send fifteen cents to "Layman," 143 N. Wabash avenue, Chicago, and you will receive eight or ten delightful tracts on this subject.—Ed.)

"Was not tithe paying a Mosaic and Jewish ritual law only, and hence abolished by Christ?"

No; no more than the law of the Sabbath. Abraham paid tithes hundreds of years before Moses was born. So did Jacob. So, it is fair to suppose, did all the patriarchs. So did the Phenecians, the Egyptians, the Chaldeans, and, in fact, all the nations and tribes of antiquity to their gods thousands of years before the Jews had an existence. No fact in ancient history is better established than this. In giving the law to Moses the first mention of the tithe is the simple statement, "The tithe is the Lord's." Lev. 27: 30. Not shall be, but *is*, as it always had been, and it was at least twenty years after this before God directed that the Levites, His ministers, should be supported from it. It was still longer

before the tithes mentioned in Deut. 14: 22-29, were instituted. These were clearly national and ritual, and expired with the Jewish economy, but the law of the "Tithe Teru-moth," God's tithe, did not expire and never will.

"Did Christ commend the law of tithing?"

Emphatically, yes. He said to the Pharisees, who were scrupulously careful to tithe everything, "These ought ye to have done." Can you find in His teachings any stronger language than this regarding the observance of the law of the Sabbath? Can you find any so strong?

"Do you mean to say that I should expect greater temporal prosperity if I scrupulously devote one-tenth of my income to the up-building and spread of Christ's Kingdom in the earth and that the remaining nine-tenths will go farther in the support of those dependent on me than if I should try to keep all for my own use?"

Yes. That is a plain question in plain English, and I mean just that.

"Can you explain the reason?"

No; or at least not fully, and there are many more of God's laws which no man can explain. Gravitation, for instance, or how vegetation grows, or how flowers are colored, or, to come nearer to the subject, I can not explain why men and animals can do more and better work in one or five years working six days in the week and resting, doing nothing so far as work is concerned, every seventh day.

"Do not we and they need the rest?"

Certainly, but just now we are dealing with facts, not theories and reasons, and the facts are that it pays in temporal prosperity to observe the law of tithes, just as it does to observe the law of the Sabbath. Can you explain why we need the seventh of time for rest? Why not the tenth or the sixth?

The seventh of time and the tenth of income, or "increase" as the Bible has it, belong to God in a special sense, and while we can work seven days in the week and keep it up for years, and we can keep ten-tenths of all we make, we are poorer for it morally, physically and financially, all the same.

"Am I to infer that I may hope and expect to get rich if I practice this system?"

Emphatically, no. All that is claimed is that

you will be more prosperous in your temporal affairs than if you do not. Pay the tenth precisely for the same reason that you observe the Sabbath, i. e., because it is God's law. You do not keep the Sabbath to get rich or to make money, neither should you pay the tenth for that purpose; yet you know you are better off in your temporal affairs for keeping the Sabbath, and nearly all who have ever tried it are uniform in their testimony that paying the tithe brings God's blessings upon their temporal affairs; in short, they have found by experience that He keeps His promises.

The tithe, the first tenth, is the Lord's without regard to our notions of what ought to be done with it. It is His and we have no claim on it whatsoever.

The whole tithe is to be brought into the storehouse which God says is "Mine house." There is no more call to fail to bring the tithe into the house of the Lord because of the incompetency of some of its officials, than there is to refuse to pay one's taxes because government officials are sometimes corrupt. The remedy is the same in both cases, namely, remove the officials and insist upon the right discharge of public duty, that one may pay tribute to whom it is due, whether it be to God or to men. There is as much reason in the proposition that one determine where his taxes should go as there is to claim that he should decide where the tithe should go. It is not his tithe and he has no right on earth above others of his fellow members of the church to say where it shall go.

#### WHY NOT BE YOUR OWN EXECUTOR?

Have you some means to be used in the Master's work after you are dead and gone? Have you observed how frequently relatives or unscrupulous lawyers have succeeded in absolutely defeating the will and intentions of the donor?

There is a better way. Give your property while you are alive, to the work that you desire and receive a fixed income or annuity on the same each year as long as you live. In this way you know that your property will not be frittered away from you so that you will have no support in your old age, and this annuity contract be-

comes *immediately* effective at your death. No one can change it in any manner.

If you are interested in this matter write us and we will give you further suggestions and information regarding this annuity plan that so many sensible people are adopting.

#### NEWS HERE AND THERE.

Just as we are going to press news has come that Dr. David Paulson will arrive in Hinsdale in a few days. The Life Boat family will be glad to know that the doctor is returning very much improved physically by his three months' absence and will take hold of the work in Hinsdale with added strength and vigor.

A company of the Life Boat jail workers visited the Illinois State Penitentiary this month and were cordially received by the chaplain and others.

Miss Louise Dean is nurse at the rescue home this month. The family consists of eight girls and ten babies. The twins born last month are doing nicely and will soon be old enough to appear in public.

The Hinsdale Sanitarium has enjoyed a good patronage during the past month. Mr. Leaton Irwin of Quincy, Ill., an old-time friend of the institution, and also of the LIFE BOAT magazine, visited it recently.

W. C. Alden, a former nurse in the sanitarium, visited Hinsdale recently with his brother.

We are made sad to record here the death of Mrs. W. T. Hibben on Jan. 30 of erysipelas. Mr. and Mrs. Hibben connected with the Hinsdale Sanitarium about one year ago.

#### HELPED TO LIVE A BETTER LIFE.

An inmate of the Canon City, Colo., penitentiary writes:

"I am so glad I have the privilege of reading THE LIFE BOAT once more. I have had the opportunity to read several good books that have been put in our library. I am interested in prophecy and these books have been a great help to me in the study of it. God is blessing me here and I want you to know that there is one man here that THE LIFE BOAT has helped to live a better life."

## The Life Boat

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

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

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

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The institution has no endowment and beyond the mere pittance that some of the girls are able to pay, it is entirely dependent upon the generosity of those who become interested in its work.

Address for further information

**DR. DAVID PAULSON, Pres. Life Boat Rescue Home**  
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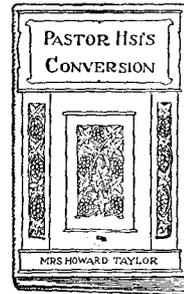
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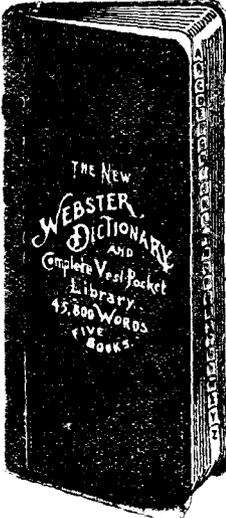
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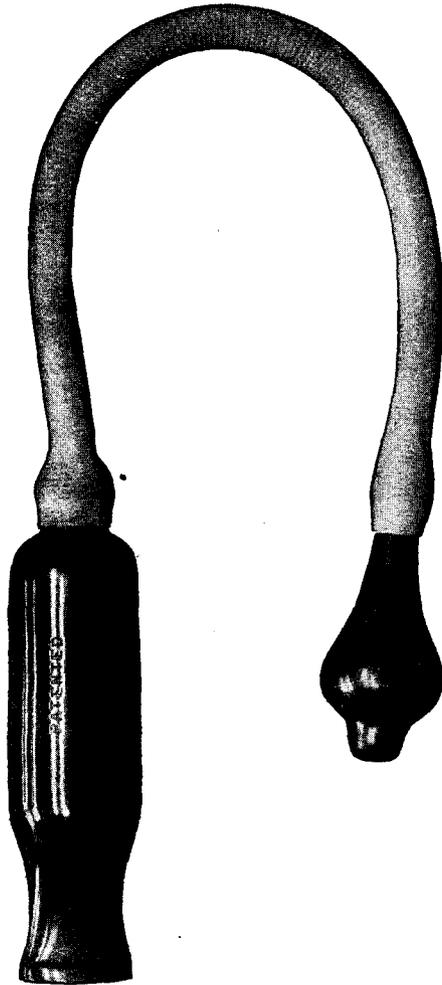
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