

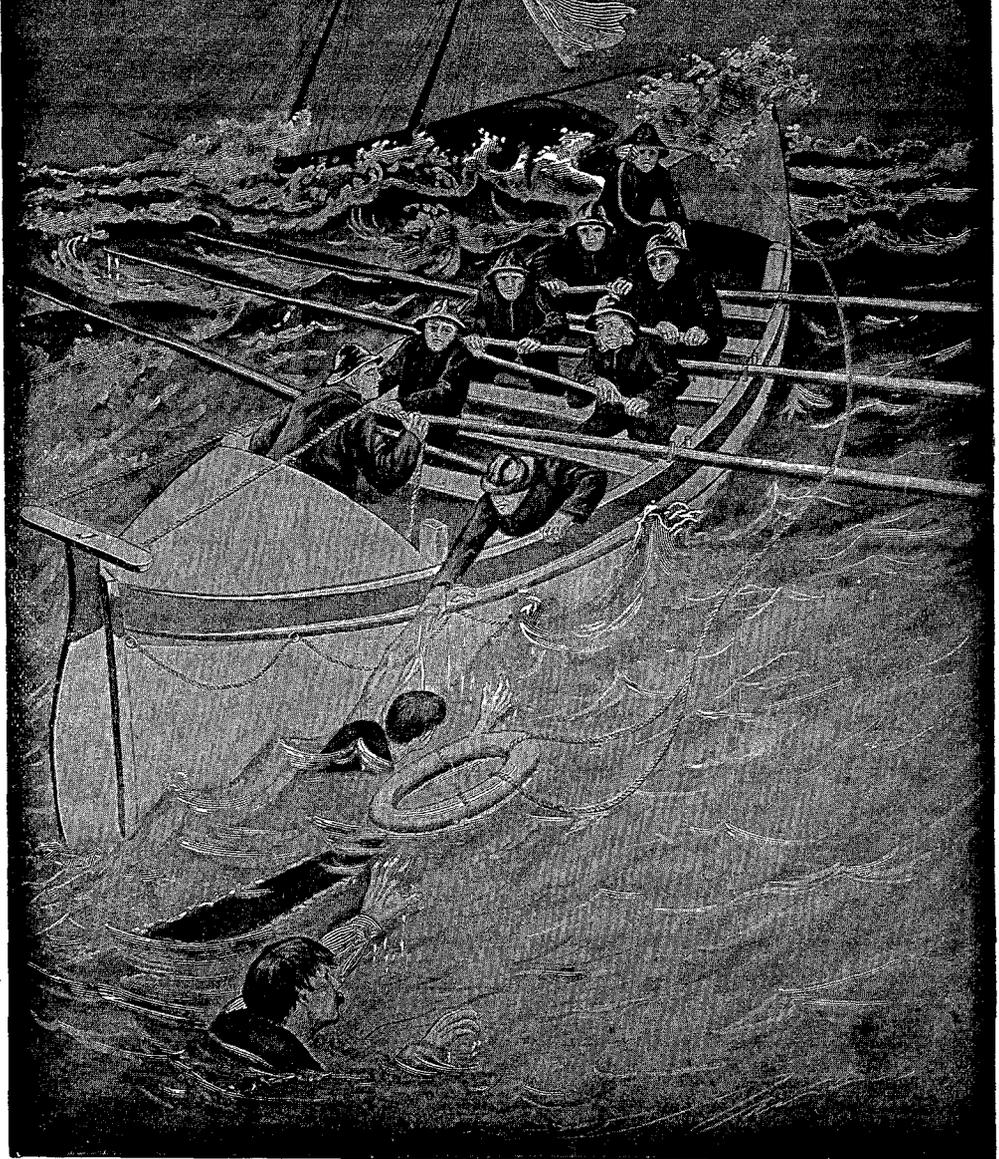
Mid-Summer Health Number.

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THE LIFE BOAT



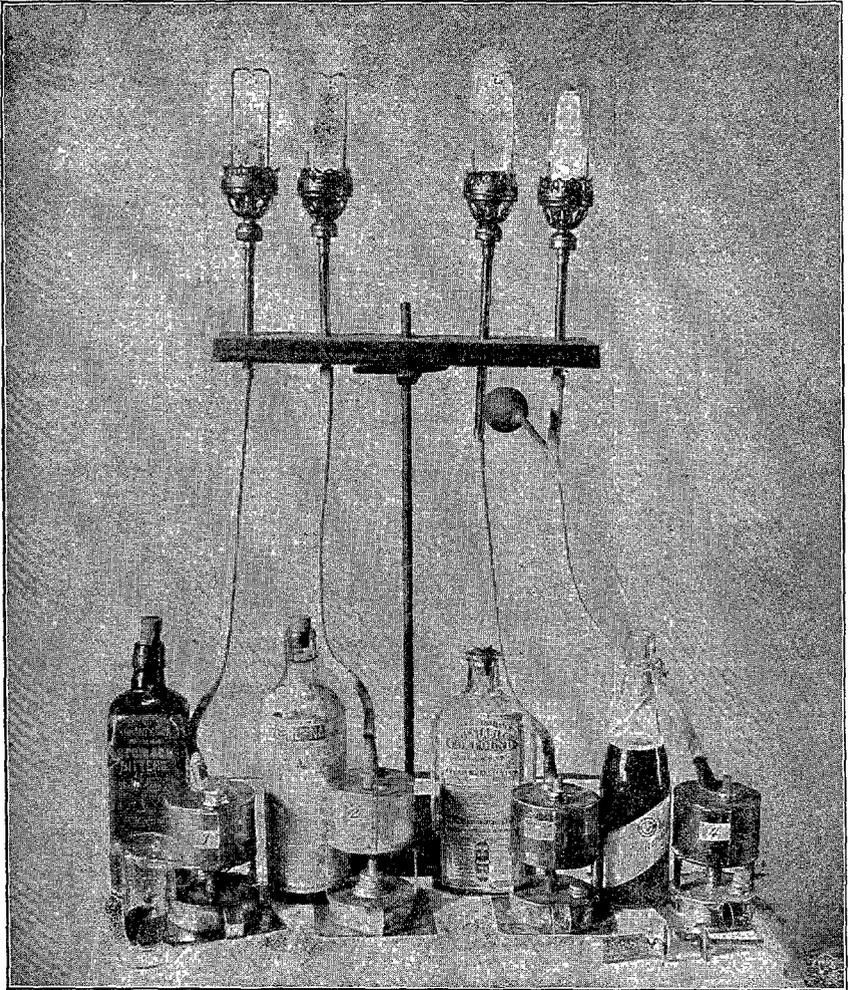
Volume Eight.
Number Eight.

Windsor, Ill.

August, 1905.

City Headquarters: 472 State Street, Chicago.

Serve God Physically As Well As Spiritually.



Burning Patent Medicines and Beer

Our photograph of the burning of some of the most widely advertised patent medicines in the April LIFE BOAT attracted such widespread attention and brought us so many appreciative letters from leading workers and editors of prominent magazines that we have had another photograph taken which brings out more distinctly the burning of the liquor in the gas mantels than was done in the former photograph.

In can number 1 was placed an ounce of Hostetter's Stomach Bitters; in number 2 an ounce of Peruna; in number 3 an ounce of Lydia Pinkham's Vegetable Compound, in number 4 an ounce of beer. Each was then heated and the liquor distilled off and passed up through the tubes to the gas mantels at the top where it was lit, and it burned brightly enough to light up very satisfactorily a dark room. As can be seen in the cut, the beer did not burn as brightly as the others and did not burn as long as the patent medicines.

We recently performed this experiment to the cadets at the Military School at Culver, Ind., with the lights turned down and the large hall was satisfactorily lighted for some time by the burning of what we distilled off from an ounce of Peruna.



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

Applied for Entry at the Post Office at Hinsdale, Ill., as second-class matter.

Volume VIII

HINSDALE, ILL. :: AUGUST, 1905

Number 8

MY BIBLE.

PEARL WAGGONER.

Oh, Book of books! I love it,
I prize it more and more;
It seems, each time I read it,
More precious than before.
When troubled, I consult it—
When weary, to it turn,
And find therein the comfort
For which my spirits yearn.

I love each gracious promise,
I love to claim them mine,
And gather from its pages
New power and strength divine.
More welcome than a letter
From friend in far-off land,
I take it as a message
From One close, close at hand;

From One who knows and loves me,
Who understands my need,
Who satisfies my longing,
And gives me joy indeed;
Yea, joy which makes e'en sorrow
More blessed and more sweet
Than world's best joys without Him,
With gayety complete.

Its words, in all their fullness,
Are to my way a light:
They guide me in the daytime,
Are with me in the night;
And oh! without its pages,
Where could I find the power
To keep me from temptation,
Or fill the lonely hour?

Where else for peace unchanging
And gladness could I go?
A hope it puts before me,
A comfort here below;
And soon the precious Saviour
It taught me here to love,
I'll see, and know, and worship
For evermore above.

HEALTH SPARKS.

There are three thousand epileptics in Wisconsin.

The health should be as sacredly guarded as the character.

You can not have a full stomach and a full brain at the same time.

In Stettin, Germany, 473 out of every thousand children born die during the first year.

We are the people whom the Lord has blessed only to the extent that we are blessing others.

According to the *London Express*, there are five hundred people who go insane every week in England.

Robert Hunter, in his new book, "Poverty," estimates that there are one-fourth of a million people constantly sick in New York City.

During the past year 25,262,901 bushels of grain and 5,198,513 gallons of molasses were used in the manufacture of liquor in this country.

If the air in your bed room is as pure as it is outdoors, when you awake your head will not feel as if you had recited mental arithmetic all night.

It is estimated that the people of this country pay \$150,000,000 a year to doctors, and in addition \$80,000,000 for patent medicines.

Dr. George A. B. Hayes, of the State Hospital for the Insane, says that in Louisiana insanity is increasing five times faster than the population.

The craving of the drug fiend for his favorite poison is so great that he often does not hesitate to steal anything in sight in order to secure it.

As there are only a few simple principles involved in the salvation from all sin, so there are only a few great curative principles in the restoration of disease.

If you should meet the Lord with a pipe or a cigar or a chew in your mouth, wouldn't you feel like taking it out and putting it behind you, or throwing it away?

For the last ten years one out of every ten men who applied for military service in Great Britain has been rejected because he was below the standard physically.

It is estimated that there are fifty thousand new cases of syphilis in New York City annually, and that there are two million who have this disease in this country to-day.

The victims of intemperance, vice and drug habits must be taught that what prayer is to the soul, short, brisk, cold treatments which produce a good, wholesome reaction, are to the body.

Ivan C. Michels says seventy grains of opium for every man, woman and child is consumed in the United States annually, while China uses but twenty-seven grains for each inhabitant.

Dr. V. H. Podstata, superintendent of Dunning Insane Asylum, says that one person in every hundred and fifty in Chicago is insane and one in every five are predisposed to insanity.

Some mothers shut the sunlight out of their houses to save the color in their carpets, and the color leaves the children's cheeks, and then they use iron preparations with the hope of restoring the color.

So many people are begging the Lord to give them more power, but while there are so many wheels in their lives that are out of place, if the Lord should turn on more power there would be a great smash-up.

A little four-year-old child in Pittsburg tried to make its doll swallow one of her mother's pills, and as it seemed reluctant she swallowed it herself, to show the doll that it did not taste bad. The result was that she died in a few hours.

There are four billion pills made in Detroit annually, which equals a little more than half the national output. The annual consumption averages forty pills for every person in the United States, and the business is increasing one-fifth each year.

According to the Government statistics, recently issued, there were consumed in the United States last year 1,658,609,958 gallons of spirits, wines and malt liquors, or a little over twenty and one-fourth gallons for every man, woman and child in the land.

In the United States thirty-five per cent of the children born never reach the age of five years, while in Japan, where the children are out of doors most of the time, the death rate is much less than other countries; in fact, it is usually no greater than with older people.

In the last bulletin of the Chicago Health Department, Dr. Reynolds, commissioner of health, summing up the result of the department for ten years, calling attention to some of the ordinary infectious diseases which have decreased, says that the death rate of pneumonia has increased seventeen and one-half per cent, while the death rate from heart diseases showed an increase of twenty-seven and seven-tenths per cent, and while Bright's disease shows a still greater increase, seventy-three and two-tenths per cent.

THE STORY OF THE FLORENCE CRITTENTON MISSIONS.

W. S. SADLER.

Evangelist Charles N. Crittenton was reared on his father's farm in New York State, and, as a youth, trained in habits of industry and thrift, little dreaming that in his middle age he would be a millionaire of New York City, living in a mansion on Fifth avenue, and that God would call him from all this to a life of service for humanity.

It was at about the age of twenty that Mr. Crittenton came to New York, and, begin-



Evangelist Crittenton.

ning as an errand man for an undertaker and occupying various positions, he found the unoccupied field of a city drummer for druggists' supplies, and as the result of his first year's work earned \$863. It was about this time that he married, and by the fifth year his income had reached \$20,000, and so the business grew into the great wholesale drug business on Fulton street.

What led this millionaire druggist to become the champion of the outcast and fallen? The answer to that question embraces a sad experience, yet one which many a parent has passed through, some having been made better by it, as was this father, while others have uttered bitter words against the Providence that permitted them to be robbed of their loved and little ones.

While Mr. Crittenton is recognized as the founder of the Florence Crittenton Missions throughout the world, in reality little Florence was the founder, for it was the passing of this little one from earth's activity that so influenced a busy father as to lead him to think of a world to come and of a duty to souls in the world now present.

Little Florence died at the age of four years, four months and four days, and left a heart-broken father to mourn the loss of an only child, and for more than six months to murmur at the permission of Providence. And then, as he thought how the child could not come back to him, he thought if he but prepared himself to enter the other world he might go to his child. And it was at such a time as this that he went into the upper rooms of his mansion, and, alone with God and by the simple petition, "Jesus, help me," through the blinding tears the eye of faith caught a glimpse of a loving Saviour taking him by the hand and saying, "This is the way; walk ye in it." Then followed the sweet calm of Christian assurance that comes after the stilling of the tempest of sin by the almighty power of the Master and Saviour.

Would to God that all parents, and others, too, who are in trouble or bereaved or afflicted could thus use their affliction as a motive for soul-winning efforts, and their sorrows as stepping-stones to greater activity for God and humanity!

But perhaps the most critical period in the converted father's early Christian life came when he was asked to lead a meeting. He was tempted to decline, but did not; and that was the first step in the making of the great evangelist. Then a missionary asked him to go into the slums to work, and, having had grace to say "Yes" when asked to lead the meeting, the foundation for the habit of obedience to the call of duty was formed, and to this next call he likewise said "Yes."

Here the rich merchant began to learn "how the other half lives." His heart was touched, his soul was convicted, as in a miserable dive he heard the missionary sing "There Is a Fountain Filled with Blood," and then pour out his soul in prayer for those about him who sat in the darkness of death. And after the missionary's prayer the merchant was asked to tell these habitués of sin what God had done for him. And thus we

see how the first real personal effort to save the lost happened in the life of what has since proved to be the great evangelist; and the lesson to every Christian is, "Despise not the day of small things." Say "Yes" to every call of the Spirit; be true to even the smallest trust that is divine.

breadth of the land, whose doors are ever open to the heart-sick and weary child of sin, who may there enter and find Christian mothers in Israel who know how to point lost souls to the Lamb of God and lead thirsty ones beside living waters.

The first girl saved in connection with the



Seen at the "Mother Mission," New York.

So it was the demise of little Florence that God used to convert her father and indirectly led to the opening of the Florence Crittenton Mission, now at 21-23 Bleecker street, New York, and known as the "mother mission," from which have sprung more than a score of others scattered throughout the length and

mother mission, when first opened, was Nellie Conroy, whose voice has been heard by thousands in New York and elsewhere and who certainly was one of the most remarkable of the modern miracles of the grace of God in this generation. In her testimony Nellie would often say:

"Glory be to His name! It was no common blood that washed Nellie Conroy from her sins; no common blood that took from her that insatiable appetite for drink; no common blood that took away cursing and swearing, and then used my lips and tongue, which has been touched by the blood, to pray and sing; but it was the blood of the Lord Jesus Christ, which was shed upon Calvary for men and women, and which 'cleanseth from all sin.' Oh, won't there be wondering in heaven in the last great day when the name of Nellie Conroy is called and she is there to respond and say, 'Here am I,' and 'Unto Him that loved us and washed us from our sins in His own blood, and hath made us kings and priests unto God and His father, to Him be glory and dominion for ever and ever. Amen.'"

The last two months of her life were spent in St. Luke's Hospital, where she died the victorious death of a Christian warrior, with strong faith and living assurance that she should see both her blessed Redeemer and the little Florence who, after all, was the human influence that had led to the establishment of the agency which Providence had used to call her "out of darkness into His marvelous light."

The experience of Nellie Conroy, together with scores of others, many of them right in connection with the Life Boat Rescue Service of Chicago, serves to answer the oft-asked question, "Can fallen women and girls really be saved? Do they really stand?"

(Next month further particulars of the growth and development of the Florence Crittenton Missions will be given.)

WORSE THAN THE IROQUOIS DISASTER.

Dr. Webster, president Illinois State Board of Health, says: "Consumption causes one death every hour of every day of the year in Illinois. It causes as many deaths each year in the State as were lost of Illinois soldiers each year of the civil war. It causes almost as many deaths each year in Illinois as did the Iroquois theater fire. There are more deaths from tuberculosis in the State each year than from typhoid fever, smallpox, scarlet fever, diphtheria and erysipelas combined."

A STARTLING REPORT.

DAVID PAULSON, M. D.

The thirty-third annual report of the House of Correction of the city of Chicago contains some information that should make every thoughtful citizen do some serious reflecting. The year before last there were placed in this institution 309 "dope fiends," or victims of various drug habits, while last year the number was more than trebled, reaching 970. We quote the following telling words from this report:

"As a rule we are taking too many drugs in the form of tonics, sedatives, headache powders, cold cures and patent 'good-for-what-ails-you cures.' Most persons one meets have a favorite tonic or drug. Is the American of the future to be a drug-nurtured, 'dope-fed' being? Has the boasted 'hustling Yankee,' in the mad pace of money making, drained the reservoirs of nature's energies, to find himself standing nerve-wrecked and helpless on the brink of that life of despair and insanity—the life of a 'dope fiend'? Statistics stand as cold and silent witnesses to at least the possibility of such a condition in a few generations if something is not done to check the abusive use of drugs.

"During the year we received 907 cases that were addicted to the use of drugs, from the man who could not sleep without his powder to the 'fiend' that was using 100 grains of morphine a day, more than enough to kill fifty men. Chicago alone is accursed with thousands of 'dope fiends'—poor, miserable wretches, whose lives are but despairing struggles for the poison that lulls them to the false rest and solace of insanity. In hundreds of homes, homes of the so-called better classes, the recruiting of victims of the drug curse goes steadily on, and the much advertised 'painkiller' and the extravagantly testimonialized patent medicine, all reeking with morphine, opium, cocaine and narcotics, is slowly but surely sowing the seeds, the harvest of which can be but the living death of the world-despised and God-forsaken 'dope fiend.'

"The officials of public institutions, the judges on the bench, the police department, the press and the medical fraternity of Chicago (and Chicago is no worse or better than any other great American city) realize that the

use of false stimulants, 'spurs to a tired horse,' among the more educated classes is increasing at an alarming rate. . . .

"It is in lifting its hydra-head in the very citadel of our social life—the home—that this monster the 'drug habit,' has struck terror to those who realize the awfulness of its hissing. Overwork is the excuse. Patent medicines or the ignorant use of remedies and an unconquerable desire thereby implanted for something stronger is the medium, and drugs and the opium pipe the result. . . . The fate of thousands is annually sealed with the second bottle of some 'catarrh cure' or much-vaunted tonic."

Don't take a medicine because some person or advertisement tells you it is "good for what ails you." If you are sick enough to use drugs, you are sick enough to consult a physician. Stop burning the candle at both ends; get eight hours' sleep, take deep breaths and outdoor exercise daily. Keep your bowels open, drink two-quarts of water a day, sleep in a well ventilated room, leave your business cares and troubles for business hours, get closer to nature and the simple life, and you will not need false alcoholic stimulants and drugs.

Mr. Bodemann, treasurer of the Illinois State Board of Pharmacy, testified before a grand jury that in his opinion many wrecks on the railroads could be traced to the use of cocaine by the employees of the companies. He said: "Railroad men are not allowed to drink; they fear to break this rule for the odor of liquor would soon lead to detection, so in seeking a substitute many of them have become cocaine fiends. The stuff is easily carried concealed in the pocket and can not be detected until the user has been a long time addicted to it."

Dr. O. T. Osborne, of Yale University, in an address before the American Medical Association tells of a certain magnetic healer who agreed to heal, by absent treatment, those who answered his circular for five dollars a case. In a short time he was taking in two thousand five hundred dollars a day.

Another magnetic healing concern that pretends to cure by absent treatment, was keeping eighty typewriters busy, and was supposed to have twenty-five thousand patients on his correspondence list.

Is it not strange that there are so many people who will pin their faith in the puny power of man even at a distance, and yet how few there are who have any real substantial faith in an all-powerful God who is *always* near by?

HEADACHE POWDERS AND HEART FAILURE.

In 1902 there were 5,461 sudden deaths from heart disease in New York City. The editor of the *Journal of the American Medical Association*, in commenting upon this, ascribes the majority of these deaths to the alarming increase and indiscriminate use of headache powders. It is now known that the majority of these contain acetanilid. "It is well known that acetanilid is a distinctly depressant drug for the heart." He further says: "Many women, and even men, think nothing of stepping into a drug store and asking for something for the headache. The headache powders that are dispensed to them so freely always contain acetanilid, and great harm is being done in this way."

With fathers and sons going to the saloon for liquor and mothers and daughters going to the drug store for it in the form of patent medicines, what chance is there for the coming generation of boys and girls to be born without broken-down, nervous systems and a hereditary disposition to drink?

Dr. G. D. Moore, in his report of the Bridewell prison several years ago, speaking of the drug habit, says that the patent medicine manufacturer who is putting powerful drugs into his compounds and the drug dealer are largely responsible for it. Many first acquire the habit through the use of catarrhal remedies made up principally of cocaine.

The *New York Tribune* says: "The liquor traffic . . . costs more every year than our whole civil service, our army, navy and Congress, including the river and harbor and pension bills, all we pay for local government, all national, State and county debts, and all the schools in the country. In fact, this country pays more for liquor than for every function for every kind of government."

"THE BEAUTIFUL SUNLIGHT."

To us the most interesting sight in Europe was the Finsen Light Institute in Copenhagen. There poor sufferers from different parts of the earth were being cured of that horrible disease of the skin known as Lupus. Every patient before beginning the course of treatment had a photograph taken showing the disease in all its hideousness, and when the cure was completed a second photograph was taken. These two were put on opposite pages in a photograph album kept at the Light

light; the birds chirp, and we ourselves get a feeling of well-being and of fullness of life. One might say all the exciter of life is in the sun; it excites activity and provokes movement."

He also made baths by enclosing a small area within a wall and had the patients walk about in this courtyard with their bodies exposed to the sunshine. Since then the Finsen apparatus for curing terrible skin disorders has been extensively adopted in various parts of the world, and outdoor gymnasiums with



Healing with Electric Arc Light.

Institute for the benefit of visitors, and were certainly most convincing evidence of the marvelous healing possibilities of concentrated light.

Light consists of three kinds of rays—light, heat and chemical rays. It is the latter that cause the sunburn of the skin, destroy disease germs, and effect most of the marvelous changes in nature.

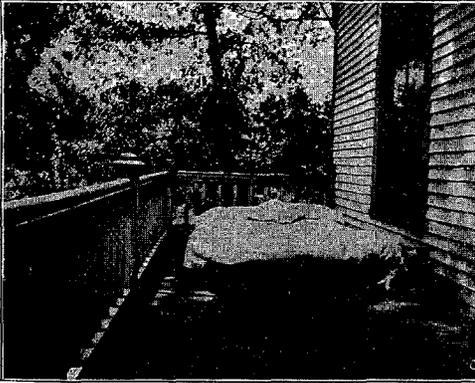
Years ago Finsen recognized that it was these rays that especially excited the nervous system and so influenced the bodily functions. He said: "If the sky has been overcast for a part of the day and the sun suddenly comes out, it is as if nature had been brought to life. The insects fly and hum gaily; the reptiles bask in the bright sun-

sun baths have been built where the patient can have his whole body exposed to the sunshine. The results are sometimes almost astonishing.

In order to prevent severe sunburn care has to be taken at first to remain exposed to the direct sunlight for only a few minutes, but as the skin becomes more accustomed to it the sun bath may be taken for hours with the greatest benefit to the health.

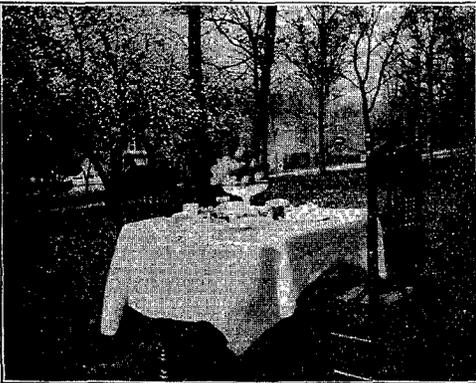
The assistant superintendent of one of our largest insane asylums told us several years ago that when they moved their melancholic or depressed patients from the poorly lighted rooms on the north side of the hospital to the well lighted rooms on the south side the general improvement in their mental condition was very noticeable.

If you will arrange some plan to have the sunshine bathe your entire body for a little time each sunshiny day you will soon find that it has helped you more than all the patent medicines you ever took. Do not neglect this simply because it will cost you nothing.



A Summer Bedroom.

On pleasant summer nights move your bed out on the veranda and put some screens around it, and it will astonish you how much more good you will get out of a night's sleep.



Nature's Dining Room.

The *Chicago Tribune* says that it is held by leading physicians and others that the use of cocaine is now the greatest vice under which Chicago is now struggling. It says that the traffic in cocaine has become so great in certain portions of the city that it is the main business of some of the drug stores. The wholesale cocaine bills for one of the Halsted street druggists was five hundred dollars last month.

TRIALS AND TRIUMPHS OF THE ANTI-CIGARETTE CRUSADE.

LUCY PAGE GASTON.

Founder Chicago Anti-Cigarette League.
Vice-President National League.

When the time comes to write the history of the anti-cigarette movement there will not be lacking matter of most tragic interest. A business built up and fostered by men of tremendous wealth which has for its end and aim the wreck and ruination of immature children and weak and unwary youth, is unparalleled in history. The Tobacco Trust to-day is the most cruel and heartless of all the trusts, and by the manufacture of countless millions of cigarettes and the materials for their easy rolling the manufacturers are veritably draining the life blood of the nation into their own pockets.

Were it not for the vested interests at stake and the power of money in controlling legislation, this abomination of abominations would have been smitten to the death years ago, so general has been the denunciation of this new menace to American independence. No attempted legislation ever arouses such general interest or meets with more hearty approval than that aimed at the cigarette evil. This is evidenced by the flood of petitions which pours in upon any legislature when an effort is made to secure an expression of the sentiment of the people.

The sentiment, however strong, must be crystallized to be effective, and the Anti-Cigarette League through many difficulties and discouragements has been steadily at work since 1897, when it was organized in Chicago for a work of agitation and organization. The National Anti-Cigarette League is leading the forces as best it can and invites all friends of humanity to join its ranks and help push its well tried plans in every community. The late legislative victories absolutely prohibiting the cigarette in Indiana, Wisconsin and Nebraska, which command world-wide attention, show the fast growing sentiment which even the ill-gotten gold of the tobacco trust is unable to keep in check.

The law and the Gospel always should go hand in hand. Righteous laws are needed to prevent the evil minded and avaricious from preying upon the young and the weak of all ages. But the earnest and loving per-

suation of clean-minded, right-thinking people is needed to help rescue those already caught in the snare, and to save the young from the perilous temptation of the cigarette or tobacco in any form. No Gospel is more needed than this. The eternal salvation of many a boy depends upon his being saved from cigarette smoking, "the doorstep to other and more alluring forms of sin." Well may every church definitely enter upon this sorely needed effort. The enthusiasm of the boys themselves is a gratifying feature of the work which should not be overlooked. Provision is also made by the league to enlist the girls, whose influence counts for much, as well as adults for whom the regular application blanks for membership have been prepared. Upon receipt of 10 cents sample cards and a Liberty Bell button will be mailed from National Headquarters, 1119 Woman's Temple, Chicago.

The trials of the Anti-Cigarette Crusade are not yet over. Good fighting is ahead, but recruits are gathering from near and from far, and ultimate triumph of the right will be ours, and America must lead the world in singing the song of victory over the grave of at least one great national evil.

PREVENTING FUNERALS.

Although you can not raise the dead, it is entirely possible for you to keep some one from going to the graveyard, insane asylum or hospital who is now on either one of those roads. You may speak helpful words of advice, which, when carried out, will cause the glow of health and beauty to come back into cheeks that now seem marked for the tomb and that means wiping away human tears and subduing pain and anguish. It is an easy matter to save human lives if we only become intensely in earnest about it.

Several years ago, while speaking at a large summer assembly, suddenly the entire audience arose and rushed out without waiting for us to even finish a sentence. A short distance away a tent was on fire and there was a child sleeping in it. Two men rushed through the fire and saved that child's life. You say they only expressed an instinct that we all possess, but suppose that child had spent three months dying with tuberculosis, typhoid fever, or suffering agonizing pain, few would have concerned themselves about it. Is it not a more terrible thing to

spend three months dying with some horrible disease than to be burned to death in a few minutes? Why should we not be as much interested in saving people who take a little longer time to die than those who die instantly?

STARTING RIGHT.

In sending in some new subscriptions, Mrs. Birdie Bohna, Wheatville, Cal., writes:

"The remaining 30 cents represent my little boy's pennies; he is four years old, and



is a great lover of THE LIFE BOAT and its work, and wishes these pennies to help the poor little babies in the Rescue Home. When a new paper comes, he carries it around for days, and at times carries it to bed with him. I find him asleep with it held tightly in his dimpled hands. He is always interested in the poor children, and never tires of hearing about them, also the prisoners. He is a strict vegetarian, never having tasted meat, and if a prize were offered for the most healthy baby I'm sure he would win it.

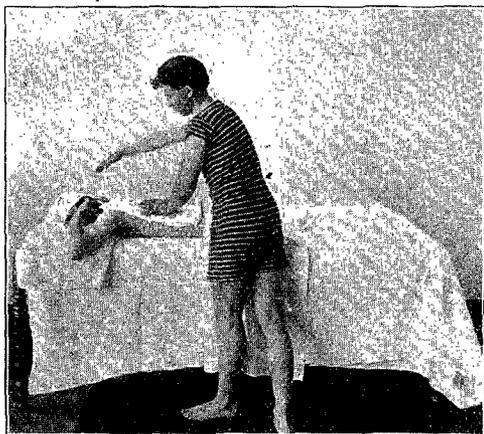
"He has never been sick but three times in his life. He never eats between meals. We have tried to teach him that Jesus is his authority for everything."

THE HEALING POWERS OF COMMON WATER.

J. H. KELLOGG, M. D.
Supt. Battle Creek Sanitarium.

Water heals by co-operating with the natural forces of the body, aiding those physiologic processes by means of which the body sustains itself in health, and resists the encroachments of disease.

The simplicity of this curative agent, and its cheapness, are chiefly responsible for its neglect. We prize most those things which cost most, irrespective of their intrinsic value. A man will exchange a fortune for a painted landscape, when he can see a finer one any day by looking out of his sitting-room window.



A Cold Towel Rub.

When the Austrian peasant boy, Priessnitz, first began the use of water in his mountain village a century ago, the neighbors believed the wonderful cures were wrought by certain charms or incantations by which he was supposed to communicate to the water its healing power.

When one is weary and exhausted on a hot summer day, instinct leads him to seek recuperation and refreshment by bathing the face with cold water. When one is drowsy or dull, he applies to his face the same cooling bath, and in both cases finds himself aroused, awakened, his wits enlivened, his mental faculties quickened. The pale, weary face looks fresh and alert; the dull, sunken eye beams with intelligence, the depressed mein has disappeared. This is certainly a magical change, yet it is so common that the reader, we dare

say, has never thought to inquire the reason for so wonderful a transformation.

When applied to the face, cold water stirs up the flagging energies of the brain. Applied over the heart, that organ is made to beat with greater steadiness and vigor. A dash of cold water upon the chest produces a deep, quick gasp and a succession of deep, full inspirations, through stimulation of the breathing organs. So, likewise, a cold compress or douche over the liver causes increased liver activity; over the stomach, cold causes increased production of pepsin and acid, or gastric juice; over the bowels it stimulates intestinal activity; over the loins or the sternum, it increases the action of the kidneys. Thus every organ in the interior of the body may be aroused to increased activity by the simple application of cold upon the skin overlying the organ. But it is necessary that the application should be brief, three or four seconds to as many minutes.

Here is a plain and simple fact, of immense importance in dealing with diseased conditions—that by short, cold applications to the skin we may increase at will the activity of any sluggish part or any part whose function we wish to increase as a means of aiding the body in its battle against the causes of the disease.

A cold bag over the stomach for half an hour just before meal time is a wonderful appetite awakener, equaled only by the general cold bath and the "brow sweat," which is Nature's exaction as the price of a normal desire for food.

Heat, on the other hand, is Nature's great remedy for internal pain. Pain in the pelvis is almost always relieved by a very hot foot or leg bath, which relieves the congestion by diverting the blood into the legs, and thus relieving the congested condition which was responsible for the pain.

Lieut. Harding, of the Des Plaines Street Police Station, Chicago, said concerning the cocaine evil in one of the Chicago dailies: "Hardly a day passes but what cocaine fiends are found downstairs in the cells. I could send my men out now and have four hundred in before night. The habit has almost doubled among boys the last year, girls use it, also; in cheap lodging houses cocaine fiends can be found in almost every room."

A SOLEMN OBJECT LESSON.

LUTHER WARREN.

I have seen so much of the sin and sorrow of our great cities that I am almost sick. My heart trembles as I see a world, so filled with sin and God listening and hearing it all. Yet some of God's children are turning back into the wilderness. When the Jordan parts and God's people go over, it will overflow its banks and there will be no more crossing again. It is time we found out whether we are *ready* to pass over. The minds of the people of the world are in expectation, looking for *something*, they do not know what. Do you know what is coming? The time has come when all that needs to be done for us must be done and done quickly.

The story of Lot has impressed me of late. I am afraid somebody is going to have Lot's experience. Let us consider it for a moment. He left Abraham for greater worldly opportunities, yet for a time he had a blessed experience, but his wife was inclined to be worldly. We are instructed to remember Lot's wife.

Mr. and Mrs. Lot had been in Sodom, where they were looked up to as leaders in society. They were wealthy, educated, and cultured. They did not have to work. They had plenty to eat, and nothing to do but to have a round of amusements and society doings of all sorts. Lot's family took part in these things.

Their boys married worldly girls and their girls married worldly young men. Things were going on smoothly until one day two wayfaring men came into that city and camped. Camping by the side of the street in that city was just as dangerous for them as it would be in the city of Chicago, and no more so. But Lot, being a man of God, had a duty to perform for those men and invited them to his home, and he urged them when they would not come. He saved his own life in trying to save them from trouble, but he might almost as well have stayed there, although he got out of the city alive; his wife and sons were left behind and his two girls might better have been left, for they became mothers of two of the most wicked nations in this world. The Lord said to Lot, "Get thee out of this city, for the curse of it has come up before God and He is going

to destroy this city." Lot says, "When shall we get out?" The answer was, "To-night." Lot's wife said, "Must we get out to-night and leave this beautiful home?" Lot knew the word of God and said, "Wife, pick up what you can carry and come." He went to his son and told him that they would have to get right out of the city, as God was going to destroy it. I hear the son's wife saying, "The old man has gone crazy!" and I hear the son saying, "Father, you had better go back home and you will be all right in the morning." He goes to a daughter's, saying, "Get right up; God is going to destroy Sodom."

Oh, it was a pitiful night! I can see him going back home to tell mother that he could not get them started, and now the angel takes hold of them and pulls them out. That mother and father and two children were leaving all that was dear to them, and they were told that they should not look back on their way to the mountain. As they go alone I notice Lot misses his wife. She looked back, but he does not dare to turn around. He says, "Girls, where is mother? Wife! Wife!" But no answer. On they went toward the mountain.

Some of you mothers are in the same trouble. Where are your boys and girls that are growing up into the world and getting a society and worldly mold? They love the world's pleasures and the world's ambitions. They love to dress like the world and get good homes like the world—and they will perish like the world. Don't forget Lot's wife.

That is the dark side, that is the sad side. I should not mention it, only in order to save some from it. God grant that some fathers and mothers may get their property transferred to that home, and God grant that some young men and women may make a success that will last through eternity!

Now, turning to the other side, some of you have already settled it, and I hope others will settle it as you read this that you are going into the land of promise with the Captain of the Lord's host. The time has come for it. We want to know that every step of the way we are following the advice and instruction of the great Leader Himself, Captain of the Lord's host.

You know the great trouble with Israel after they left Egypt was because of the mixed multitude that went along. Let us hope that the mixed multitude that is going along now may become converted. There are too many rebels, and some of them are keeping their flags floating in the face of others. God wants you every day of your lives to go over the last page and examine every letter and every word; be sure that it is corrected, like the proofreaders do. If your book is handed in with one mistake in it uncorrected and unforgiven at the judgment, you go out forever.

GOSPEL CLEANLINESS.

E. B. VAN DORN.

"And I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thess. 5:23.

Paul here clearly teaches that the care of the body is as essential as that of the soul. While the care of the body alone will not assure you eternal life, it does testify to that work of grace that has been wrought by God's Spirit in the inner life.

The man that professes to be a Christian and still uses tobacco or anything that defiles, benumbs, or irritates the living organism, thereby mars the beautiful living instrument, and it is less capable of responding to the delicate manifestations of God's Spirit, and if persistently indulged in will work eternal ruin of body and soul.

But the one whose heart responds to the correction of the Spirit and forsakes those things that are as weights, will not only have the theory of the Christ life but his personal life will be an exponent of the clean heart. The wicked places that once knew him shall know him no more; habits of filthiness will be exchanged for cleanliness. He will forsake the evil and cleave to that which is good.

During nine years of Gospel service I have never found a person who persisted in the use of any stimulant or narcotic who ever maintained a *permanent* Christian experience. "He that covereth his sins shall not prosper; but whose confesseth and forsaketh them shall have mercy." Prov. 28:13. The laws of God have to do with the care and preservation of body as well as the welfare of the

soul, and the neglect is sin, and the wages of sin is death.

Dear friend, I plead that you not only shall seek God for a clean heart and a right spirit, but that you present your body "a living sacrifice, holy, acceptable unto God, which is your reasonable service." Rom. 12:1. Perhaps your body is diseased and marred by the results of a sinful life; if so, come to Jesus, as the lepers did whom he cleansed; then you may say with David, "He hath put a new song in my mouth, even praise unto our God." Ps. 40:3.

TYNG MISSION.

NELLIE LOCKWOOD.

Here in the heart of Chicago we have a Mission that for more than twenty-five years has been a blessing to the people who have been gathered within its doors. The neighborhood is constantly changing, sometimes one nationality predominating and sometimes another, but many of those who first attended the services still live near.

At first only Gospel services were held, then a reading circle was formed, and men, women and children came in to listen as Mr. Martin, the superintendent, read stories to them. From this a great work has grown. We now have gymnasium classes for young women, little girls, boys and men; dressmaking, millinery and cooking classes; a kindergarten every morning; a sewing school once a week, which is attended by nearly forty girls; a mothers' meeting every Wednesday afternoon, that proves to be a great blessing to many of the tired mothers of the neighborhood. And on Sunday it is only necessary to open the doors to have 200 little children in our Sunday school.

One can not be acquainted for twenty-five years with poor people without having many calls for aid. Every mail brings many pathetic letters, besides the calls that come to the Mission. Could you see the homes from which the children and young people come—how narrow their quarters! how bare of comforts! how crowded!—your hearts would at once be touched.

We will be glad to write to anyone who is in deep trouble.



This group of young ladies have been coming regularly to Tyng Mission since they were mere children. Their clean wholesome faces show what can be accomplished by well directed mission effort in the very heart of Chicago.

Present Truths for the Present Time.

By W. S. SADLER.

THE FOUR GREAT BEASTS.

(Daniel's Vision.)

1. In the first year of Belshazzar, king of Babylon, Daniel the prophet in a vision saw four great beasts arise out of the waters of the storm-swept sea.

In the first year of Belshazzar king of Babylon, Daniel had a dream and visions of his head upon his bed: then he wrote the dream, and told the sum of the matters. Daniel spake and said, I saw in my vision at night, and, behold, the four winds of the heaven strove upon the great sea. And four great beasts came up from the sea, diverse one from another.—Dan. 7:1-8.

2. Concerning the interpretation of Daniel's vision, the following points will be recalled from a former lesson:

a. *The sea represents peoples, nations.*

And he saith unto me, The waters which thou sawest, where the whore sitteth, are peoples, and multitudes, and nations and tongues.—Rev. 17:15.

b. *The stormy wind symbolizes military strife.*

Thus sayeth the Lord of hosts, Behold, evil shall go forth from nation to nation, and a great whirlwind shall be raised up from the coasts of the earth.—Jer. 25:32.

c. *The beast symbolizes a kingdom.*

These great beasts, which are four, are four kings, which shall rise out of the earth.—Dan. 7:17.

d. *A horn represents a particular power, king or ruler.*

And the ten horns out of this kingdom are ten kings that shall arise: and another shall arise after them; and he shall be diverse from the first, and he shall subdue three kings.

3. The first beast the prophet saw was a two-winged lion, representative of the first kingdom on earth, Babylon (represented by the golden head of Nebuchadnezzar's image, Dan. 2:37, 38).

The first was like a lion, and had eagle's wings: I beheld till the wings thereof were plucked, and it was lifted up from the earth, and made stand upon the feet as a man, and a man's heart was given to it.—Dan. 7:4.

As noted in a former lesson, the kingdom of Babylon became established in B.C. 612, by the revolt of Nabo-polassar, and it fell during the reign of Belshazzar in B.C. 538. It rose to the acme of its glory in a few short years, and the rapidity of its rise, as well of its decline, is symbolized by the wings attached to the lion, as its national strength was represented by a lion, the king of beasts.

4. The second beast was a bear, and represented the second kingdom or Medo-Persia. (The silver breast and arms of the great image. Dan. 5:30, 31.)

And behold, another beast, a second, like to a bear, and it raised up itself on one side, and it had three ribs in the mouth of it between the teeth of it: and they said thus unto it, Arise, devour much flesh.—Dan. 7:5.

The coming up of the bear on one side first, undoubtedly represents the ascendancy of the Median side of the dual empire. In the early days of its national history, Darius the Median was the military leader most influential in the overthrow of Babylon.

The three ribs in the mouth of the bear have been thought by various students of prophecy to denote the three provinces especially oppressed by the Medo-Persian rule, viz., Babylon, Lydia, Egypt.

5. The third beast was a four-headed leopard having four wings and representing the third kingdom, Greece. (Symbolized by the thighs of brass of the image. Dan. 2:39.)

After this I beheld, and lo another, like a leopard, which had upon the back of it four wings of a fowl; the beast had also four heads; and dominion was given to it.—Dan. 7:6.

If the two wings on the Babylonian lion denoted rapidity of conquest and shortness of national life, the four wings of this Grecian leopard would seem to indicate that the career of Greece would be still more short and rapid, and this every student of history knows is exactly what it was, being practically limited to the short career of that remarkable military genius Alexander the Great.

The four heads of the leopard no doubt stand for the division of Alexander's empire into four parts a short time after his death. This division into four parts is further indicated in a subsequent prophecy in the book of Daniel, under the symbol of the "rough goat," where it definitely stated that following the death of the first great leader, of Greece, the nation should be quartered.

The ram which thou sawest having two horns are the kings of Media and Persia. And the rough goat is the king of Grecia; and the great horn that is between his eyes is the first king. Now that being broken, whereas four stood up for it, four kingdoms shall stand up out of the nation, but not in his power.—Dan. 8:20-22.

Greece overthrew Medo-Persia in B.C. 331, and shortly following Alexander's death, his kingdom was divided into four parts, and placed under the rulership of his four great generals, as follows:

Northern part, Lysimachus.
Southern part, Ptolemy.
Eastern part, Seleucus.
Western part, Cassander.

6. The fourth beast of Daniel's vision was a ten-horned "dreadful and terrible" monster, symbolizing the fourth kingdom on earth, Rome, also represented by the legs of iron of Nebuchadnezzar's image (Dan. 2:40).

After this I saw in the night visions, and beheld a fourth beast, dreadful and terrible, and strong exceedingly; and it had great iron teeth; it devoured and brake in pieces, and stamped the residue with the feet of it: and it was diverse from all the beasts that were before it; and it had ten horns. * * * Thus he said, The fourth beast shall be the fourth kingdom upon earth, which shall be diverse from all kingdoms, and shall devour the whole earth, and shall tread it down, and break it in pieces.—Dan. 7:7, 28.

Rome became a world-power in B.C. 168.

7. The ten horns of this fourth beast represent the ten kingdoms of divided Rome (the same as the ten toes of the great image. Dan. 2:41-43.)

And the ten horns out of this kingdom are ten kings that shall arise; and another shall rise after them; and he shall be diverse from the first, and he shall subdue three kings.—Dan. 7:24.

The Roman empire was torn to pieces by barbarian invasion between the years A.D. 351 and 489, being swept off the stage of action, and the following ten kingdoms came to occupy its place and position in the world:

1. Alemanni.
2. Franks.
3. Burgundians.
4. Suevi.
5. Vandals.

6. Visigoths.
7. Angles and Saxons.
8. Ostrogoths.
9. Lombards.
10. Heruli.

8. Daniel next saw a new and remarkable "little horn" come up among the ten horns, destroying three of its fellows.

I considered the horns, and, behold, there came up among them another little horn, before whom there were three of the first horns plucked up by the roots; and, behold, in this horn were eyes like the eyes of a man, and a mouth speaking great things.—Dan. 7:8.

This little horn represents the remarkable and unique religio-political power that arose in the early centuries of the Christian Era, and swept out of existence the Arian powers which opposed its development, and which consisted of the following three horns or powers:

1. Heruli.
2. Vandals.
3. Ostrogoths.

9. This "little horn" is further identified by the following characteristics:

a. *It speaks great words against the Most High.*

And he shall speak great words against the Most High, and shall wear out the saints of the Most High.—Dan. 7:25.

(See also Dan. 7:11; 2 Thess. 2:3, 4.)

b. *It persecutes the saints until near the time of the last-day judgment.*

See Dan. 7:19-22.

c. *It would think to change God's laws and times.*

And think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time.—Dan. 7:25.

(See also Ezek. 22:24-26.)

[Next month the exposition of Daniel's vision will be continued, and will embrace the consideration of that remarkable prophetic period of 1,260 days, as well as the termination of earth kingdoms.]

Thomas Bone, St. Catherine's, Ont., is making use of THE LIFE BOAT in his work. In sending in an order he writes: "I am happy to say that I have resumed my labors among the sailor boys passing through our Willwuth Canal. So now I shall have the opportunity of using some of THE LIFE BOATS."

A NEW TRAINING SCHOOL FOR MISSIONARY NURSES.

H. W. R.

The 5th of July was celebrated as the beginning of the Nurses' Training School which has been organized in connection with the Hinsdale Sanitarium. A class of about a dozen young people formed the nucleus of what will doubtless in time become a large and flourishing school.

Dr. Paulson said in part: "I do not think I speak unadvisedly when I predict that this day will prove to have been the most important in results of any in the history of this institution. It is a great help to be able to recognize the possibilities that are wrapped up in small things. In this occasion lies an acorn which will by and by become a mighty oak.

"Part of the commission given by Christ to the seventy disciples when He sent them out was, 'Heal the sick that are therein and say unto them, The kingdom of God is come nigh unto you' (Luke 10:9), and as we carry on this training school we shall not merely train men and women to be good nurses, but shall endeavor to fit them to be able to carry out this gospel commission.

"All who enter upon this training must count the cost. They must be willing to take risks, and to endure privations if need be. If soldiers are willing to risk the chances of being fatally wounded or killed outright on the battle field, so the nurse must be willing to take chances in the noble work of restoring others back to health. They should be so self-sacrificing that they will cheerfully lay down their own lives if need be to save the lives of others.

"The Bible says, 'Endure hardness, as good soldiers of Jesus Christ.' 2 Tim. 2:3. That may often be your lot who are in this first training school class. The path of duty is oftentimes a thorny one. Frequently it may seem stern and foreboding, but with the spirit of true and unswerving consecration, that which seems but a rugged and painful road, a bitter cross, will assume a violet hue and will be truly sweet to us. Having heard the call of duty, take up your cross cheerfully and never seek to lay it down.

"As missionary nurses you must be reformers and seek to change the habits of those

whom you are brought in contact with. You can not expect to lift any one higher than you are yourselves. You can not impart truths to others that you are not carrying out in your own lives."

Miss Lucy Page Gaston, founder of the Chicago Anti-Cigarette League, being present, was invited to speak, and from her remarks we cull the following:

"The thing that has impressed me the most is that here the great things are *first*. As I mingle with the multitudes it seems to me that few people are grasping the real meaning of life. They are putting what is trivial into prominence; the great majority have lost the art of arranging the affairs of life in their proper proportion.

"I am more gratified than I can express to observe the beautiful simplicity yet elegance of this Sanitarium. I see wonderful possibilities in this place. I see in my mind's eye that the afflicted, the heart-sick as well as the body-sick, will seek this place as a retreat from the cares and troubles of life. There will be rest for both soul and body. I feel that this is indeed a memorable occasion.

"Let me say to you who are in this first class of this Sanitarium Training School that it seems to me it is not the great ability that the Lord can use, but it is the humble instrument that is willing to be used. When I was raised up by the Lord a number of years ago to do a special work I pledged my life to Him. I told Him I had no plans of my own, and that I wanted to do nothing except as He might lead me. He has led me into some hard places sometimes, but He has given me strength and has guided me, and so to-night I feel that He is very good and that Christ is all in all."

Miss Pearl Waggoner then read the following poem, which she had composed for the occasion:

By cots of sickness, beds of pain,
Where fever lays some loved one low,
Where suffering racks a human frame,
Behold the Great Physician go.

Behold Him, by the silent tomb,
Speak life, where bitter tears did fall;
Behold them bring to Him their sick,
And how in love He heals them all.

And now behold a band of twelve
Which by His side He gathers there;

He gives to them His power to heal,
He teaches them with tender care.

Lo, two by two they now go forth;
They heal the sick, they raise the dead,
They preach the Gospel to the poor,
And break to all the Living Bread.

Years pass; they now are marking here
Another mile-stone in their flight;
Another band, like that of old,
Is gathered in this room tonight.

The self-same Teacher, too, is here,
Unchanging in His love and power;
He's here to bless us and to lead
In this our class's opening hour.

O, Master, give us tender hearts,
Hearts kind—alive to human woe,
Through which, to the desponding sick,
Thy healing sympathy may flow.

Give us, we pray Thee, gentle hands,
Which soothe, like Thine, with every touch,
Yet faithful hands we'd have them be,
And true, in little or in much.

Lord, give us each a ready ear
Thy whispered dictates to receive—
What act to do, what word to speak,
For bodies sick, or hearts that grieve.

And give us, Master, willing feet,
To swiftly go to Thy command;
To go where duty points the way,
Or at Thy side to constant stand.

Oh, let us all, this evening hour,
Our lives anew now consecrate,
To work with God, to do His will,
And on His word alone to wait.

And may this class, through all life's day,
Toil faithfully till set of sun,
That each one then may hear Him say
The graduating words: "Well done."

BURDEN BEARERS.

Almost every morning poor women who live in Chicago tenement districts may be seen gathering fuel down by the river or from the railroad tracks or in the vicinity of some wrecked building. Often this has to be carried several miles. If it is boards and other timber a rope or strap is put about a quantity which would seem nearly a sufficient load for a horse, and then it is carried on the top of the head or upon the back as is shown in the accompanying cut, made from a snapshot taken by one of the conductors of the Burlington Suburban Railroad.

Some who read these lines, although surrounded with comparative prosperity and many of the comforts of life, are dissatisfied perhaps. Think for a moment. Would you like to change places with these poor women who are *your* sisters, although they are al-

most ground to the earth by the iron heel of poverty?

Others who read this are carrying upon their souls burdens of sin, perplexity, or unrest which are crushing them spiritually; let any such remember Christ's words: "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matt. 11:28-30.



Going Home with their Load.

The London *Express*, August 1, 1903, says: "If London's weekly increase of 500 insane patients is to be lowered, Londoners must lead saner and healthier lives. There is too much worry in the city, too much unnatural excitement, too much overcrowding, too much smoking, eating and drinking. Londoners must unscrew the high pitch of their lives, seek the country more and more, taking more and more exercise where the sun's rays will have proper play, or London will become a city of the mad."

HOW TO DO PRISON AND HOSPITAL WORK.

MRS. C. WILLEFORD,
Atlanta, Ga.

[Mrs. Willeford has been a welcome visitor to many Southern prisons and hospitals, and as a result many a poor storm-tossed wanderer has had a new song put into his mouth.—Ed.]

I would say a few words to those who are interested in the jail and hospital work. For a number of years I have worked in both of these lines and many times have been asked how to do it, and have received letters from quite a number of the different States and some from across the ocean in regard to how to work and how we get into these places.

To begin with, have a burden for the work. Study your Bible, your books and papers. Seek the Lord; ask Him how to do this work and to say what will comfort and help some poor souls who think there is no salvation for them—that they are too vile, sinful and wicked to be saved.

Give them reading matter and tell them about Dick Lane or some other sinner who was as low as they themselves, and how they were saved; that God's power is able to save us, too, if we will let Him, but He can not save unless we are willing. Tell them how Christ died to save sinners, and that we are all sinners and come short of the glory of God; that if we confess our sins to God He says He will forgive our sins and cleanse us from all unrighteousness; and if we will confess our sins and turn away from them He will put them behind His back, He will cast them into the depths of the sea and will put them as far from us as the east is from the west. Ask them to take Him at His word and believe what He tells us and be saved.

When you give a talk like this to prisoners it is like pouring water on withered plants. How it cheers a drooping soul! If convenient, take in addition a few flowers; tell them about the different shades and colors and different odors, and how God painted them for our enjoyment. See how it touches hearts, how it causes tears to course down their cheeks. If you can, sing some appropriate song in a low, soft tone; and when the

way leads, read some Scripture texts and pray with them.

Of course, you can not follow set rules, and you can not always carry out all these plans. The officials will generally let you in when they find you respect their rules and take no liberties without permission.

Your way might not be my way of working, yet it might be equally good or perhaps better than my way. The Lord has different ways of reaching sinners; He does His work through different persons and we are not to pattern after one another, but go to work and get the experience, and the dear Lord will be our Teacher. Let us be *ourselves*, do as the Lord leads us, and we shall not go very far wrong.

In the hospitals I have had many rich experiences taking THE LIFE BOAT, *Signs*, tracts and flowers. There, too, we must respect those at the head, and pretty soon the nurses will tell you of some one specially they want you to call upon. The doctor at the hospital told me one day, "Come again; I am always glad to have you come; you do our patients so much good; it cheers them up."

In giving the patients flowers, speak of their beauty and brightness, how they look as if they were happy and smiling and trying to make us forget our suffering by being bright and cheerful. And tell them of the earth made new, where the flowers never fade nor wither, and how God wants us to be happy like the flowers, bearing our suffering with patience. You can give a talk like this in a quiet, cheerful tone, that will be refreshing and appreciated by many a poor sick one who is away from home and friends. Ask the head nurse if she has any patients who are too sick for you to speak to or to give papers to; she is always kind and will take the papers to give to them when they are better.

If there are any who read this who are wondering what to do, and think they would like to work for the prisoners or the hospitals, I would advise such to take this paper and go out and sell it. Then take some copies and visit some prison. Read and study the twenty-fifth chapter of Matthew, then do what you can. It may be some one will say that it is no use to go to these prisoners. Let us pay no attention to such discouragement, but go

to work and do what we can, letting God lead the way. If we never see the fruit of our labors we should not be discouraged. Sow the seed and leave the result with the Lord; He will take care of the work done.

Order a regular number of Life Boats each month to sell to your neighbors.

HOSPITAL NOTES.

MRS. HELEN W. ODELL.

In conversation with one in charge of a department in one of the large hospitals, he said: "We have missed you. We know you visit so many in the city that you can not reach all of us every month, but we do look for you and THE LIFE BOAT, so come just as often as you can." And one of the nurses told how she enjoyed reading it very much, and the patients did the same, that they often spoke of it and looked for its coming.

The sister who went with me in my rounds that day sang with her guitar accompaniment. Everyone able to leave their beds and their rooms crowded into the corridor to hear her.

Imagine my pleasure and surprise to see one whom I had visited frequently on a bed where he had lain for twenty-seven months, come wheeling down the corridor to meet me. That was a joyous hand clasp and a fervent "Praise the Lord for His wonderful works to the children of men" greeting. He had been rapidly and seemingly permanently improving. He said: "I have been thinking a great deal about you *lately*." When asked: "Why lately particularly?" he replied, "Oh, I have missed you and THE LIFE BOAT." He introduced me to a Christian worker, one whom I had seen at the noon meetings in Willard Hall. We had a talk about things concerning the kingdom of Christ, and he gave me an invitation to visit him at headquarters.

We little realize as we go about our daily round of privileges (I am learning not to call them *duties*, as of yore), the power of influence and how the least little act is noticed and makes either a favorable or unfavorable impression upon others. I had rather dreaded to meet the new superintendent of one of the hospitals visited recently. Our relations with

the former management were very pleasant, but I did not know how a change might affect the work. He was out, so I gained permission to distribute the papers from the head nurse, who knew of the work.

Before leaving the building, however, I had the pleasure of meeting this superintendent. He did not need to wait for an introduction or an explanation of the work bringing me there for he had, he said, been watching it for about two years as an interne in another of the city hospitals. He spoke only words of commendation about it, and hoped my visits to that hospital would continue as he considered THE LIFE BOAT the best paper published for hospital distribution.

The wisdom, because of the existing need, of providing a place where homeless discharged patients may continue to recover, is evidenced by the fact that such gladly avail themselves of its shelter just as fast as rooms can be fitted up to receive them. Three different hospitals have sent inmates. The management of others have expressed appreciation of the plan. Like everything else, it has been a struggle for life, but the very hindrances and difficulties have proved it to be of the Lord's planting, or Satan would not strive so hard to uproot it. Six dear souls are accommodated in it at this writing; three have been able to return to their homes or employment, one of these since the last of February, and she is growing stronger every day both physically and spiritually. We have a Bible study every morning; services are being arranged for twice a week; and health talks, lectures on different topics of benefit to those present, music, etc., will be a means of entertainment and profit. No longer must I say "No" to the pleadings of those asking for a place to go to when they must leave the hospital before they are well enough to return to work.

The flowers in our home are cared for entirely by one who is now walking for the first time in eight years. Don't you think she is daily blessing the Lord for all His benefits? Just call to see us and hear what she says about Him.

Write us an account of your interesting experiences.

SOUL WINNERS' BIBLE STUDY

WHAT MUST I DO TO GROW IN GRACE?

W. S. SADLER.

Grow in grace, and in the knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever. Amen.—2 Pet. 3:18.

1. As the things of nature effect their natural growth by obedience and submission to the laws of the Creator, so the soul is to grow in grace by submission and obedience to moral truth and spiritual law.

Which of you with taking thought can add to his stature one cubit? If ye then be not able to do that thing which is least, why take ye thought for the rest? Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these.—Luke 12:25-27.

(See also Hosea 14:4-6.

2. As the body must breathe in order to live, so must the soul. Prayer is the breathing of the soul.

Pray without ceasing.—1 Thess. 5:17.

And he spake a parable unto them to this end, that men ought always to pray and not to faint.—Luke 18:1.

(As breathing rids the body of its poisons and brings to it life-giving oxygen, so prayer is the means by which we get rid of the poisons of self, the will of the flesh, and get in its place the life-saving Spirit, the will of God. See Rom. 12:2.)

3. Spiritual Eating. Like the body, the strength of the soul is dependent upon wise and regular feeding.

And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But He answered and said, It is written, man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.—Matt. 4:3, 4.

Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings, as newborn babes, desire the sincere milk of the Word, that ye may grow thereby.—1 Pet. 2:1, 2.

4. Spiritual Drinking. Like the body, the soul must be watered, lest it faint.

In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me and drink. He that believeth on me, as the Scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.)—John 7:37-39.

See, also Eph. 5:18-20; Ps. 118:13.)

5. Spiritual Exercise. As the body weakens without work, so the soul that is self-centered and neglects the work for others, is destined to grow cold and indifferent.

Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure.—Phil. 2:12, 13. (See 1 Thess. 1:3.)

6. Spiritual Sight.

I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.—Rev. 3:18.

7. Spiritual Hearing.

(See also 2 Cor. 2:11; 1 Cor. 2:14.)
Incline your ear and come unto me; hear, and your soul shall live; and I will make an everlasting covenant with you, even the sure mercies of David.—Isa. 55:3.

(See also Isa. 59:12; 1 Saml. 3:10.)

8. Spiritual Associates.

Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you.—2 Cor. 6:17.

(See also Haggai 2:11-18.)

DOPED INTO DRUNKENNESS.

We quote the following from an editorial in the May, 1904, *Ladies' Home Journal*:

"A mother who would hold up her hands in holy horror at the thought of her child drinking a glass of beer, which contains from 2 to 5 per cent of alcohol, gives to that child with her own hands a patent medicine that contains from 17 to 44 per cent of alcohol—to say nothing of opium and cocaine. . . .

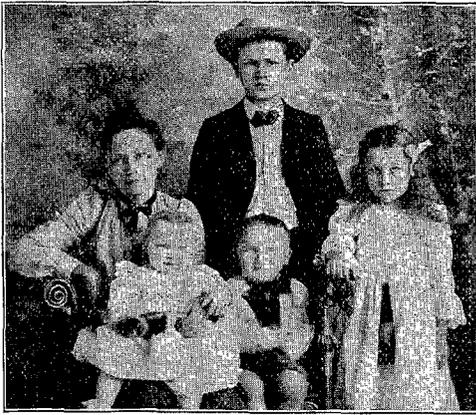
"Mothers, too, bowed down with grief in the later years of their lives, when their sons become drunkards, wonder where their sons could have acquired the taste for alcohol when no one in their families ever showed such tendencies before. Hard as it may sound, the fact remains that thousands of drunkards are being created by the first love for alcohol being roused into being through the use of patent medicines literally filled with alcohol. . . .

"There is nothing so dangerous as drugs used without intelligence or taken without advice. . . . The fact that these patent medicines will sometimes give a supposed sense of relief or tone up the sluggish system makes them all the more dangerous."

"WHAT IS HOME WITHOUT A FATHER?"

The heart of every Christian should be touched in sympathy for the prisoner's poor wife and helpless children. There are many such in this country. As you are brought in contact with such, do what you can to help them spiritually, financially and socially to bear up under their discouraging circumstances. We quote the following extracts from a letter received from a prisoner in the North Carolina State Prison:

"About sixteen months ago I found a LIFE BOAT in the library of the State Prison Hospital, and I have ever since been a worker in getting my people and friends to read them: Through the mercy of God, He has helped me, for my little seven-year-old girl has sold a great many in our little town. I am still in prison, but I do not fail to pray and serve the Lord. Dear readers and friends, please pray for me and family, and help us.



THE PRISONER'S FAMILY.

Later the daughter wrote:

"Please find inclosed forty cents in stamps to pay for LIFE BOATS. I will do my very best to sell them. I am seven years old. I go to school every day. I like to sell LIFE BOATS."

FRESH AIR.

FANNIE E. BOLTON.

There is a gift we need to prize,
It's good, sweet, pure, fresh air;
It fills the world from God's clear skies—
This good, sweet, pure, fresh air.
It waits outside each stuffy room,
It waits to rout out germ and gloom,
It waits to bring us health and bloom,
This good, sweet, pure, fresh air.

WINE AND STRONG DRINK OF THE BIBLE.

REV. JOHN PYPER,
Belfast, Ireland.

The true definition of "wine," according to Scripture usage, is the fruit of the grape in any state, solid or liquid, *unfermented* or *fermented*, pure or mixed, wholesome or poisonous. The English word *wine*, therefore, is a *generic* term, equally applicable to the juice of the grape in a good state or a bad state, an unintoxicating state or an intoxicating state, just as there are good and bad kinds of spirit, angel, man, woman, husband, wife, parent, child, son, daughter, brother, sister, king, prince, judge, principality, power, peace, temptation, house, herb, food, bread, milk, oil, water, and scores of other Scripture words.

It is, therefore, always from the *context*, and never from the word itself, that the character of the wine alluded to in any particular text can be determined. If the context shows the wine mentioned to be God-given or used with Divine approval, then we are sure it is unintoxicating (non-poisonous) and good; but if the context condemns or warns against the wine referred to, either by command, declaration, interrogation or narration of evil resulting from its use, then we know it is intoxicating (poisonous) and bad. The good kind is represented as a gift of Providence, as nutritious food and drink, or as the fit symbol of the love and mercy of God in Christ, but never as an intoxicating drink; while the bad kind is represented as the cause of drunkenness and other evils, as a pernicious "mockery," a hurtful "defrauder," a cunning "deceiver," which, though alluring and pleasant to the eye and palate at first, "at last it biteth like a serpent and stingeth like an adder," and as the fitting symbol of the righteous judgments of God in the necessary punishment of rebellious, impenitent sinners.

Similar evil has arisen from misunderstanding the phrase, "strong drink." We ask special attention to the fact that "strong drink" in the Bible can not denote distilled liquors, such as whiskey, brandy, rum and gin. These fiery drinks were unknown in ancient times, distillation being comparatively a modern invention. It is of incalculable importance to note

this fact, because these are the liquors commonly designated "strong drink" in modern usage, and, therefore, the false and pernicious notion prevails that Bible sanction of the use of "strong drink" is divine warrant for the imbibing of ardent spirits.

What, then, is the "strong drink" plainly sanctioned by the Word of God, in Deut. 14: 26 at least? The Hebrew noun *shechar*, without any adjective whatever, is the single word translated "strong drink." *Shechar* was a name for the fruit of the palm and other trees of the orchard in either the solid or the liquid state.

It is also the generic Hebrew name for the expressed juice of dates and other sugary fruits, except grapes, in any state, whether fermented and intoxicating or unfermented and unintoxicating; and, as we have just seen, it is sometimes applied to the solid fruit of the orchard in general, particularly to dates, figs and apples.

Beyond all question the divinely sanctioned *shechar* was different in character from the *shechar* divinely condemned in Prov. 20:1, Isa. 5:11-14, Isa. 28:7, 8, and in several other passages. As we know the latter was in the fermented, intoxicating, state, and therefore condemned for most obvious reasons, we also know that the former was either in the natural, wholesome state of solid, God-given fruit or of unintoxicating drink, syrup or jelly (date honey) prepared therefrom.

The general mistranslation of *shechar* by the phrase "strong drink" is a dreadful error, whose general tendency is to lead the readers and expounders of our English Bible downward, circle by circle, into the fearful vortex of fiendish delusion, that the Divine Word sanctions the use not only of fermented wine, but also of the more poisonous and destructive drinks so freely used in modern times under the appellation of "strong drink."

HOW TO FIGHT CONSUMPTION.

At present consumption is the cause of about one-seventh of all deaths and of one-third of those of the adult population. For this reason too much can not be said on the prevention of this disease. We quote the following extracts from the Illinois State Board of Health circular on "The Cause and Pre-

vention of Consumption." A copy of this valuable bulletin may be had free by addressing the Secretary of the State Board of Health, Springfield, Ill.

The important points in the prevention of consumption are: pure air, sanitary surroundings, an abundance of light and fresh air and cleanliness in the dwelling, office and workshop, proper clothing, good food properly cooked, moderate rest and recreation, avoidance of all excesses; in other words, moderate living. The excessive use of alcoholic liquors lowers vitality, favors infection and hastens a fatal termination.

Everyone should be prepared to battle with consumption. The disease spares no class of people. It spreads its terrors in the huts of the poor and the dwellings of the rich. Weakly persons, particularly those who have been exposed to the disease, or those descended from consumptive parents, should constantly be on their guard against this disease. These persons should seek out-door occupations.

Join in the anti-spit crusade. Favor the enactment and enforcement of laws prohibiting spitting on sidewalks, on floors, in street cars or other conveyances.

If you are a woman, do not wear skirts which sweep the sidewalk of the spit of the consumptives and other filth and thus carry disease into the house.

Don't put in your mouth money or articles which have been promiscuously handled by others.

Keep the body clean. Bathe frequently.

Exercise daily in the open air in cold weather or warm. Walking, rowing, swimming, cycling, golfing, horse-back riding or other exercises causing deep breathing are all of advantage if practiced in moderation. Walk erect. Breathe through your nostrils always.

Don't sleep, if it can be avoided, in a room with a consumptive.

Don't kiss or unnecessarily shake hands with a consumptive.

Do not dread coming near a consumptive. Do not regard this disease as contagious like smallpox, diphtheria or scarlet fever. Much harm has been done through a totally unwarranted fear of the consumptive, which has caused him to be avoided as a leper. Consumptives are only a source of danger through discharges from disease tissues—chiefly the sputum—and if these are destroyed contact with consumptive patients is free from danger.

It has been conclusively demonstrated that there is no infection in the breath of a consumptive.

Don't drink out of any glass, cup or vessel which has been used by another, unless it has been carefully washed. Let this apply to all drinking and eating utensils. Don't wear clothing which has been used by another unless properly disinfected. Avoid "rummage sales."

Have plenty of fresh air in your sleeping and living rooms in both summer and winter. Fresh air helps to kill the germ of consumption. Endeavor to breath an abundance of fresh air day and night.

If your clothing or shoes become wet make a change as soon as possible.

Don't neglect a cold or cough. Countless graves are filled with those who have done so. Colds reduce the vital forces of the body and make it easy for the germ of consumption to get a foot hold in the lungs. The history of a large percentage of consumption cases is the history of neglected colds. Watch your general health. Avoid patent medicines or "cure alls" fitted for each and every person.

Children should be instructed to carefully wash before using all whistles or other instruments or toys purchased in shops or of hawkers on the streets, which may have been put in the mouths of would-be purchasers or of vendors displaying their wares.

God gives man an abundance of fresh air and sunlight for his daily use. Man, with the perversity

which characterizes the human race, immures himself behind wooden or stone walls, and excludes or grudgingly admits even that air and light which is necessary for his well-being. The sickness or death resulting from this violation of the laws of nature is invariably attributed to "the will of God."

PRISON EXPERIENCES.

MRS. D. K. ABRAMS.

For years the Lord has given me the blessed privilege of working with Him for the salvation of souls, for those behind prison bars at the Harrison Street Station, and oh, how I thank Him for the privilege!

The Lord has given me many a precious experience, and I thank Him for it, and I want to pass it on to others that they may be encouraged to take up this work, for I know it is the work of the Lord. When I was in prison no one came to me and told me if I would give my heart to Jesus He would take away my sins and save me from them and give me power to keep me; if they had I know my life would have been different. Oh, if they only had shown me a way out of it, how thankful I would have been! But instead of showing me a way out of the life of sin they only caused me to go deeper by casting up to me the things I had done and saying, "You ought to be ashamed of yourself," which I was, God knows.

Friends, it is your business and my business to show these people a way out of their sins. Since I have found Jesus and accepted Him as my Savior He is very precious to me, and He has put it into my heart and mind to send THE LIFE BOAT to the prison where I was once a prisoner, and be a witness for Jesus. I long to go into the cell where I used to look out through the iron bars crying as though my heart would break and longing to see the day when I could live a better life. I want to get down on my knees in that place and thank God for saving me and keeping me by His mighty power.

This morning at the jail, while holding services, I noticed a woman behind the bars who was weeping bitterly, and the Lord gave me the privilege of telling of His love and His goodness and His power to save and to keep, and when I asked how many would like to be remembered in the closing prayer this dear soul for whom Christ died raised her hand for prayer. Then later on I learned that she

had been married and had a son; but whiskey and cards had separated her from her husband, who made life so unpleasant for her, and she, discouraged and broken-hearted, came to this wicked city to see a brother who was living here.

She finally went to work as a domestic, got into bad company and was influenced to lead a life of sin, which she said she was sorry for. She said, "I believe it is all for the best that I am here," and added, "I have been praying all night." When I asked her what I could do to help her she said, "Pray for me." She knelt down and prayed and I prayed, and I believe God heard and answered those prayers, for she seemed honest and sincere. She told me that she realized it was her own sins that had gotten her in trouble and that from that time on she was determined to live a Christian life and was willing to stay locked up another night if Sister Swanson and myself would only come to her trial and plead for her, as she was not guilty of the charge against her, which was larceny. She wanted us to take her to our Home until we could find her a good place to work. This woman is a nice, refined, accomplished and educated woman. Pray that she may prove faithful and be a worker for God and humanity; I believe she will.

This is only one of the many blessed experiences we have. Twenty hands were raised for prayers, thank God. We also talk with mothers' boys and girls who have seen the light of this precious truth and have accepted it. We find they, too, need a helping hand.

Praise the Lord for the privilege He gives us of sowing precious seed, by the wayside. God will water it. We will work till Jesus comes, and then we shall be gathered home.

HAND THEM TO OTHERS.

"Your copies of LIFE BOAT duly received. I am very much delighted with the little magazine and the blessed work in which you are engaged. After carefully reading it I will place it in the hands of others and try to get them to subscribe for it. I believe with all my heart that this line of work you are engaged in is doing much good in the cause of our Lord and Saviour Jesus Christ."

WAYSIDE MINISTRIES.

DAVID PAULSON, M. D.

Recently W. S. Sadler and myself were traveling by railroad. After a time we had a little Bible study together. Presently a business man who was walking down the aisle, seeing us studying our Bibles, lingered near in an inquiring sort of way. I handed him a LIFE BOAT, which opened the way for him to speak to us. He at once said: "I am in great trouble. Last Sunday I bid my wife good-bye, and she waved at me so sweetly from the doorstep as I departed. Today I received a telegram that she had had a stroke of apoplexy, and I am speeding to my home where perhaps I shall find her dead," and then this broad-shouldered, rugged-looking man of commerce broke down and wept like a child. His strong frame was convulsed by a tempest of grief.

How tame and unsatisfactory mere human sympathy and consolation is at such a moment! So we pointed him to the Friend that "sticketh closer than a brother" (Prov. 18:24) and showed him that there was no experience comes into our lives but is the best thing that could happen to us at that particular moment. Take an indolent ulcer as an illustration. It refuses to heal, but by burning off its edges, which is a painful process, healing is often started, and in a few weeks' time the ulcer is cured. So the Lord sometimes has to allow some painful experience to come into our lives for a similar reason.

I told him of a child whose legs were so crooked that it could not possibly walk, and how a surgeon broke both those legs. It was of course very painful, and to one who did not understand its significance it seemed a cruel thing to do, but in a few weeks that same child was walking about cheerfully as the result. Good had come out of its painful experience—its legs had now been straightened for all time.

We told him that if the Lord allows us to bump up against a stone wall it is simply because there is a precipice just beyond it which we would tumble over but for that stone wall. "All things work together for good" (Rom. 8:28), and David said it was good for him that he was afflicted (Ps. 119:71).

We told him that when persons take that view of it they can rejoice even in tribulation, but there are others who try to smother great grief by drink, and so learn no lesson from it and have to endure even more trouble. This life is only the vestibule or entry way to the great life beyond, and the Lord gives us here just the right kind of treatment to fit and prepare us for the greater and grander life hereafter.

This man said he had been a very wicked man, although he and his wife prayed every night. A new light came into his eye, and as we reached the station where he was to learn the worst he took our hands in a firm grasp and shook them heartily as we told him we would pray for him, and he expressed great joy at meeting us.

Perhaps he was the only man in that car who had an aching and broken heart and longed for something he did not have. Like the withered plant that longs for the refreshing dews, so his soul longed for the simple gospel of a Father's care, but he knew not whither to turn for it.

Suppose we had been playing cards, or amusing ourselves by studying comic pictures. We probably would have lost an opportunity to pour a little healing balm into a crushed spirit. "Oh, the good we all may do, while the days are going by."

HEALTH REFORM IN PRISON.

From a prisoner in Indiana State Prison:

"I want to say the reading of THE LIFE BOAT has done me more good, both spiritually and physically than anything else I have read.

"The health hints are worth ever so much to me, and I am trying to put them into practice as much as possible, and especially in regard to thorough mastication of food. Having read in the December number of THE LIFE BOAT about Mr. Fletcher's experience, I began to practice it, and want to say that I have received great benefit from it and aim to keep it up. For I am convinced that we eat too much and do not live as near the laws of health as we should. I wish to thank you for sending me THE LIFE BOAT, for it does me much good, and when I am released from this place I want to work for it."

LIGHTS AND SHADOWS IN PRISON
WORK.

ROLLO H. MCBRIDE.

We are often asked the question, "Can you see any results from your Harrison police than one occasion have we had the pleasure and the great blessing while at the Mission to have someone stand up and testify that they found this blessed Jesus while behind the bars, and then, pointing out this or that worker, say that it was through their efforts at the jail service that they were really and truly converted; how they had been to the old home and how happy they had made them by coming to them as Christians, or how they had been reunited with wife and children, all through our police station work.

At every service about three-fourths of those behind the bars raise their hands asking for our prayers and the prayers of Christian people, and let me ask that all Christians remember these unfortunates and pray for them without ceasing. (1 Thess. 5:17.)



Not such a long time ago our city papers came out with a front page picture of a seventeen-year-old girl, the daughter of a minister, who had run away from home, come to this city, and started upon a life of sin. Not long after, the loving mother followed and commenced a search for the wayward girl. It was not long before one night the officers arrested her in a West Madison street resort living a most reckless life. Our workers had several opportunities of working with her, and while the father and mother were more than willing to forgive and take her to their Western home this beautiful girl absolutely refused, and the last Sunday before she was sent to Geneva, the State Reformatory for girls, she was one of thirteen young women in the Harrison street police station annex, and as the Gospel was told to them and testimonies of our workers were given many and many of these young people broke down and cried like little children, but it did not effect in the least this girl, although she said that she believed in God and loved her father and mother, but if she was let out of prison that moment that she would return to a wicked life; and it was on this account that her mother with a tender,

loving heart allowed her only child to be sent to the Geneva home until she was twenty-one years old.

Near her sat a little girl dressed in black, and as we spoke to her her heart burst forth afresh and with tears she told her life's story. Her father and mother were both sinful people who kept a saloon. She had *never* been to church or Sunday school, did not know anything about Jesus and the better life, but she was anxious to learn.

What a beautiful picture it would have been for mothers to have seen this girl upon her knees asking God to forgive her sins, to help her to live a better life, that she believed in our Saviour, and come what would from this time she would live the better life. Notice the contrast between this poor child and the other one who had had such good opportunities.

One of the most interesting sights a Christian would or could wish to see, occurred at the Harrison street police station the other Sunday. As our workers gathered in what we call the first corridor or where we hold our first service (this is known as the woman's corridor), in one cell were two young girls, and one could tell they had been brought up much different than their other cellmates. When the invitation was given for them to raise their hands for prayer they were the first to raise their hands, and when we asked them to kneel with us they did so. We asked that as we prayed they too should in prayer ask God to forgive them their sins and to help them out of their troubles.

We were much impressed with their sincerity as they knelt side by side asking God to help them out of their present trouble. As we arose some of the workers remained behind to talk to the different ones; others went to the next corridor to hold the second service, and before this service was one-half over what was our surprise, upon looking behind us, as we saw those two sisters smiling as they were being delivered from behind those very prison bars. Oh, if our older Christians could only have some of the faith these poor weak people have in our Jesus how much better everyone whom they come in contact with would be including themselves.

"Try it."

JAIL AND RESCUE WORK.

FANNIE EMMEL.

The jail work has been increasing in interest right along. The past month there has been more real work done and success attained than I have known for some time. I have had letters from some of the girls who were converted in the Annex. One girl who was sent to Geneva wrote us a very nice letter.

The interest in the services has been very good. We have had many requests for prayer, and several conversions.

One day when I was in court for one of our girls an officer came to me and said, "I want you to interest yourself in a girl I arrested in Custom House place. She came to the city for work and a young man got hold of her and took her down to Custom House place."

She told me the same story. She said she met this young man and he persuaded her to go down to Custom House place to get some refreshments, and while they were there the officer came along and took her. She was in the same cell with the girl I was looking for. I interested myself in her case and the next morning I appeared in court for both the girls. I told the judge that since she came to the city to get work and had no friends and relatives, and none to assist her, I would consider it my privilege to befriend her.

The judge was very glad to help her out. He said that if she would go with me and get a position he was only too willing to let her go and have a chance to do something, and I never left the girl until I saw that she had a good place with some kind people who wanted help. The lady took her in and very kindly said she would do all she could for her, and gave her some work to do. But when I went back next morning to take her some clothes the girl had left.

I felt justified in interesting myself in her case because the officer had brought her into the station in the hope of helping her and keeping her out of Custom House place, and as he requested me to take an interest in her I was only too glad to do so.

We rarely report our discouraging cases for fear they might dishearten others. I only mention this one to show how utterly impossible it is for us to decide in our human wisdom which are favorable and which

are unfavorable cases. The only thing for a soul-winner to do is to sow beside all waters, not knowing which shall prosper, this or that. (Eccl. 11:6.)

WHILE ASLEEP IN A PRISON CELL.

A few nights ago at the Mission a young man who had spent eighteen months in the Kansas State Reformatory rose and said:

I came into this Life Boat Mission this afternoon. I came a long way to visit this hall. I have made a failure of my life, but to-night I am a free man. A few years ago I was placed behind the cold prison bars for a crime I had committed. Reading THE LIFE BOAT brought me to feel and realize my serious condition. It helped me to see my mistakes, and it is through it that I am now a Christian, and I am not ashamed to own my Lord.

My dear friends, we are traveling somewhere in this highway of life and at the end of our journey we want to reach a safe place. A few years ago I was in a sinful condition. One day while I was asleep in my cell a lady came to the prison and pushed a LIFE BOAT in between the bars of my cell. When I woke up I began reading it, and my eyes fell on the verse, "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him might not perish, but have everlasting life." John 3:16. I stopped at that verse and thought about it, and then I turned over several pages and read about a boy in the Illinois Reformatory who had found Christ, and I said, "I am just at the state where I must believe in something, and I believe God can pardon my sins." I knelt in my cell in prayer and the Lord heard my prayer. I believed in His words.

In a short time death took my mother away. I was released from prison and I have come here to tell you what THE LIFE BOAT has done for me. I am going to be a worker to carry out into the world this message that came to me in prison. Now I hope and trust, friends, that you will pray for me that I may be a light for God in the world.

A lady writes: "Please send me one of your little LIFE BOATS. Through reading it my brother in prison was saved and born again."

NEW YORK HOSPITAL WORK.

MRS. BELLE KERSHAW.

When I first came here things came into my life that seemed to push me right into the work for others, and I saw plainly if I did not do something I could not bear up long. I was asked to give Bible readings. I said anything that the Lord wanted me to do I was willing to do. So I was given some instructions, and I called on a lady and had a short talk with her which she seemed to enjoy, and insisted I should call again. As a result of the second call she was present at church the following Sabbath with her little girls. Oh, how I did praise God!

As she had been a patient at one of the large hospitals, she asked me if I would not go over with her; she felt I could do so much good there; and surely that was just where the Lord was leading me to when I first started to call on her, but I did not know it then. And He has blessed the effort I made to do His will. On my last visit to the hospital I had quite a talk with the superintendent and he encouraged me to keep up my visiting them with my religious light.

Since then I have been asked to give a talk there in the chapel. I tried to avoid it by saying I would bring someone. He said, "No, I want you." I said, "The Lord willing, I will be here, and if He gives me anything to say I will say it." God has led me into this city to work for Him and I know He will not fail me. While passing through Ward 9 I came to a bed where one lay, and as I took her hand she said, "Won't you read some to me from your Bible?"

RAILWAY MEN.

Railway employes have to possess the highest grade of intelligence in order to do their work successfully. But they are largely deprived of the sustaining influences of religious, social and family privileges, so it is not surprising that many of them are openly irreligious, and not a few become addicted to drink and lose one position of responsibility after another until finally they reach the bottom of the ladder. Occasionally the real reason for some frightful accident was that the railway employe's brain was so dazed by liquor that

he was unable to discern the signal or intelligently transmit his orders.

Kraepelin demonstrated by experiments that one ounce of alcohol reduces the ability to discern signals at a distance of nearly one-half. Some leading railroad companies have now made it a strict rule to dismiss any employe who is known to drink. Some of them are making liberal investments in railway Y. M. C. A. buildings, finding that it is profitable to throw around their employes moral and uplifting influences.

God's spirit is working mightily on the hearts of many railroad men; some have been converted in the Life Boat Mission during the past year. Our attention has recently been called to the case of one engineer who at times became so intoxicated that he could scarcely climb into his cab, but who has been gloriously saved, and now each time before he pulls out his train gets down on his knees in his engine and asks God to help him to guide his train in safety.

We know of others who pray before they start their trains. Undoubtedly there are hundreds of others whose hearts are just as ready to yield to spiritual influences.

Why not order fifty extra copies of this LIFE BOAT, so as to have a stock on hand, and then whenever you take a trip on the train buy your ticket early enough so that you will have time to step up to the engine and hand the engineer a copy of this LIFE BOAT? We have had frequent opportunities to give talks to railway men and speak from experience when we say that in nine cases out of ten the engineer will carefully preserve the copy you give him and read it with interest, and who knows but that it may help him in some hour of temptation and perhaps direct his feet in the right path, and so you may meet him on the other shore? Do not treat this suggestion as this man did, as reported in a recent issue of the *Ram's Horn*:

A wealthy man in St. Louis was asked to aid in a series of temperance meetings, but he scornfully refused. Being pressed, he said, "Gentlemen, it is not my business."

A few days later his wife and two daughters were coming home on the lightning express. In his carriage, with liveried attendants, he rode to the depot, thinking of his business, and planning for the morrow. Hark! Did someone say "Accident?" There are twenty-five railroads centering in St. Louis. If there had been an accident it was not likely to have occurred on that road. Yet it troubles him. It is his business now. The horses are stopped on the instant, and on inquiry he finds that the acci-

dent has occurred twenty-five miles out on that road. He telegraphs to the superintendent:

"I will give \$500 for an engine."

The answer flashes back, "No."

"I will give you \$1,000 for an engine."

"A train with surgeons and nurses has already gone forward, and we have no other."

With white face and anxious brow the man paced the station to and fro. In a half hour, perhaps, which seemed to him a half century, the train arrived. He hurried toward it, and in the tender found the mangled bodies and lifeless forms of his wife and one of his daughters. In the car following lay the other daughter, with her ribs crushed in, and her precious life oozing slowly away. Whiskey which was drunk fifty miles away by a railroad employe was the cause of the catastrophe. Who dare say of this tremendous question, "It is not my business"?

GOSPEL WORK IN PANAMA.

HENRY W. HEFELE.

Panama.

[As stated in last number, a LIFE BOAT fell into the hands of Mr. Hefele while about his work. As result of reading that one copy he was gloriously converted from a sinful life, and a few weeks later left for the Panama Canal as a self supporting missionary. We quote the following extracts from recent letters.—ED.]

God has been with me wonderfully. I sometimes feel as if I never would get tired writing about Him. I am studying hard at His word, and the more I read the more I want to know. Such good advantages He provides for me would be too numerous to mention; in fact, I am oftentimes granted greater favors than I am worthy of.

Talk about the devil being on a man's trail, he tries every conceivable way to trip me up. And although I sometimes stumble and stub by feet, I immediately go to my Father for more strength, and I get it, sometimes it doesn't come immediately, but by faith I get all that would be good for me.

The field here is certainly a hard one to work in owing mostly to the fact of not being able to converse intelligently with the natives. The other night I made a round of the town, and you would be surprised to see how wicked this small town is. I hope and pray God will keep me, and that I will devote the rest of my life to His cause.

To-day a young fellow told me that he simply longed to read THE LIFE BOAT, and I promised him one every month. This evening I have been out and done a little work for God. I took about thirty LIFE BOATS with me. After giving them out I thought I would retrace my steps and see if any had been

thrown away, and to my delight (the houses being open) I saw them mostly being read. A gentleman stopped me and asked me please to bring another as soon as I get them, which I promised to do.

I am only sorry I am not situated so as I could devote all my time to His cause. But God willing, some day I shall, if I keep ever in touch with Him. I am never going to get out a plan without consulting God, and feel an impression that He wants me to do it.

Later he wrote:

I have received permission from the chief of the medical staff to visit the commission hospitals for the purpose of distributing LIFE BOATS in the wards of the hospitals on the canal zone. I consider this an exceptionally good opportunity, and I can assure you I shall take advantage of it. The tract, "What Makes Drunkards" is especially handy, and I shall place one in each LIFE BOAT.

Although I stumble every day, I still hold on tightly. It is a tug of war between Satan and me. But whenever I get a chance to deal him a death blow with God's word and works, I'll do it. Since leaving Chicago I have read the Bible through from Genesis to Revelation, and now I am beginning to study special subjects:

LIGHT IN A PRISON CELL.

An inmate of the Indiana Reformatory writes:

"I received your letter and was glad to hear from you. The more I read THE LIFE BOAT the more I want to read it. What a wonderful blessing it is to me to read this book! For the last six months I go on my knees and ask the Lord to keep me and guide me that I may grow stronger in the cause of Christ. I can say THE LIFE BOAT has saved me and I feel like a new man. I feel like shouting, 'Hallelujah! Glory be to God for what He is doing for me!'"

"If the wildest prodigal flung away his property as recklessly and as sillily as the ordinary youth throws away his or her health, without attracting any attention whatever, guardians would be appointed at once and strait-jackets would be threatened."—*Saturday Evening Post.*

Editorial Department

DAVID PAULSON, M. D.
EDITOR

W. S. Sadler
ASSOCIATE EDITOR

THE PATENT MEDICINE CURSE.

In *Collier's Weekly* for July 8, 1905, there is a very telling editorial on criminal newspaper alliances with frauds and poisons, in which attention is called to the inconsistency of newspapers and magazines which represent high ideals, carrying in their advertising columns patent medicine advertisements making the most baseless claims and absurd and false statements. We quote the following:

"No man is allowed to practice medicine without a license. If he does he can be arrested. If, however, he puts up a certain amount of wood alcohol and gives it an alluring name, he is allowed by our enlightened Government to prescribe it to people all over the country whom he has never seen. In this enterprise he is assisted by newspapers of every grade.

Several New York newspapers receive more than \$100,000 a year apiece from enabling dangerous quacks to carry on their swindles.

We shall also do what we can to make the public a less easy mark. We have asserted the harmfulness of patent medicines, and readers and venders have asked for proof. They shall have it. A prominent journalist, especially prepared by the nature of his previous successes to undertake this campaign in the most effective fashion, is now working constantly for us. Probably his first topic will be Peruna, that hypocritical cocktail in disguise, so popular with many old ladies who would refuse beer or stout for stimulants, but are fond of that pleasant feeling which they get from their favorite patent taken freely when they are tired."

SUMMER OPPORTUNITIES FOR CHRISTIAN WORK.

During the summer there is usually a relaxation of effort on the part of ministers and Christian workers which would indicate a lack of appreciation of the opportunities presented by the summer season for open-air preaching of the Gospel. The greater part of Christ's work was open-air preaching, and He often refers in a familiar way to the things of nature—"Consider the lilies," etc.

While city street meetings do not possess this important advantage, and while it is almost impossible to get the same audience twice, at the same time very acceptable meetings can

be held in connection with church and mission services, or just preceding them, and then inviting the open-air congregation into the permanent meeting place.

The advantage of the open-air meeting is that you can carry it right to the people. Where in all the wide world could be found a more appropriate place to preach the gospel than out under the open heavens, in the parks, with trees and grass and flowers, and all the works of God before your hearers? Many such occasions might be arranged, to which you could invite your neighbors, and then in the park conduct a Bible reading, or in the grove under the trees hold a short Bible study, and use nature as a means together with the Word of God of introducing your friends to Jehovah.

Many people have more leisure time in the summer to devote to listening to the Gospel than at any other season of the year, and yet it is difficult to get them into close and stuffy rooms or houses of worship to hear the preaching of the Word. This is one great advantage of tent meetings, as tents are not only portable, but afford far more fresh air and are less confining than churches.

Let us remember that the world needs the Gospel just as much in warm weather as in cold. During the summer season our time and means are not required to provide fuel, clothing, etc., for the needy, and our efforts can be directed into other channels of Christian work.

Again, the summer time affords the worker his best opportunity to do house to house visitation. Jesus worked in summer as well as in winter. Let every reader of *THE LIFE BOAT* make the most of this summer in carrying the Gospel to those who sit in darkness.

We may be sure that the adversary of souls takes no vacation in the summer; let us, therefore, with the whole armor girded on, watch for souls as them that must give an account.

Form the habit of persevering prayer for others and the Lord will open the way for you to help him answer your prayer.

THE LIFE BOAT THIS MONTH.

THE LIFE BOAT gives special attention this month to the health question. Some of the causes that are undermining so alarmingly the physical strength of this generation are pointed out. Health, happiness, physical well being, and spirituality are so closely related that THE LIFE BOAT can not be true to its mission unless it endeavors from time to time to call attention to the great truths of physical righteousness.

A NEW FEATURE NEXT MONTH.

We are receiving many questions from readers of THE LIFE BOAT concerning different things that appear in the Bible department of the paper. Many of these questions we answer by private letter, but some it would no doubt be profitable to answer briefly in the columns of THE LIFE BOAT, and so, beginning with next month, the editors will answer questions of general interest on Bible, health, missionary and soul-winning topics, which may be forwarded by those who are sincerely seeking for light and help.

Of all who send us questions, we ask that they enclose a two-cent stamp, as it may be necessary to answer by private letter; and, further, we desire to state that all questions should be accompanied by the full name and address of the sender.

Questions may be directed to THE LIFE BOAT, Hinsdale, Ill., or to either of the editors.

WHO WILL EXTEND A HELPING HAND?

[For a long time we have carried on correspondence with this prisoner in the Indiana State Prison, and later several of our readers have done the same. The Lord seems to have done a great work for his soul. We shall be glad to correspond with someone who feels impressed to extend a helping hand to him. We quote the following extracts from his last letter.—Ed.]

The Bible that I ordered from you has not arrived yet, but when I do get it I will make good use of it. Now don't you think it a little strange? It is the *only book I ever bought*. I never owned a book of any kind. It makes me feel good to think that the first book I ever bought was a Bible, and the money paid out for it was honest money, earned right here in prison.

Now I have some news I am sure you will be glad to hear: The Parole Board granted me a parole yesterday. How thankful I am can not be told by voice or pen. The very thought that they had at last, after six years of confinement, recognized some good in me was more than my tired nerves could stand, and of course I cried; and I am not ashamed I did, either.

I would like to go on a farm, as I spent a good deal of my early life on a farm, and I believe it is the best place for me for the present, at least until I get stronger. I do not want any mistakes made in the selection of a place for me, and that is why I am going to ask your aid to help the officials here in getting me a place. I am interested in small fruit and poultry and would be glad to find a place in a good Christian family in that line.

I am too full of gladness to say much more. Whatever arrangement you make will be appreciated by me and faithfully carried out, with God's help.

PASS IT ON.

An inmate of Indiana State Prison writes: "I am interested in the good work that THE LIFE BOAT is doing in the gospel work. It is a great help to me. When I have read it I think other fellows would like to read it, so I give it to others and there are a dozen besides myself who read it. The only thing wrong with THE LIFE BOAT is that it isn't published weekly. It is the best paper that comes inside these prison walls. For my part, it gives me hope and courage. It makes tears come in my eyes when I read it."

Mr. and Mrs. W. S. Sadler recently visited and carefully studied some of the most important missionary enterprises in Washington, Baltimore, Philadelphia and New York. Instructive descriptions of these begin in this number of THE LIFE BOAT and will continue for several months.

Why not ask your friends and neighbors to subscribe for The Life Boat?

THE PACE THAT KILLS.

The proprietor of one of the largest department stores in Chicago recently committed suicide. One of the Chicago dailies, in commenting editorially upon this fact, says:

"He had been going the pace that kills. His devotion to his business, his absorbing interest in the details, his failure to take the necessary relaxation and recreation, had strained the tension to the breaking point. Nature was taking its revenge for its violated laws. Insomnia, that most insidious enemy of overworked man, had seized him and was gradually breaking him down. The man who can not sleep by night can not long or well work by day, and the sufferings of the victim, physically and mentally, are intense. . . .

"Suicide in this country is on the increase. . . . The increase during the last three years is startlingly significant. It suggests the question whether too many business men are not neglecting all considerations of health and exercise."

ONLY A PART OF A PAPER.

"In some way I got hold of a part of your LIFE BOAT paper, and must say I was much interested in it and wish I could subscribe for it at once, but we are very, very poor, with two little children, and my husband is afflicted with cancer and is not able to do any work, and it takes all we can get to get food and medicine. I wish you would send me a sample copy of this month's paper, and I will try to sell papers for you, as I think they will sell well in this town."

A BABE IN CHRIST.

Albert Dufner, of Boise, Idaho, writes: "I have been reading THE LIFE BOAT for about six months. I am only an infant in the things of God, being born again about eight months ago. I have missed a great deal in life, but I pray God that He will let me live a long life all for Him and for the ones that are lost like I was. I read THE LIFE BOAT from cover to cover and get so interested in it that I mark it all up with a pencil and then I pass it on to others. I know it pays to be a Christian."

The Life Boat

DAVID PAULSON, M. D., Editor.

W. S. SADLER, Associate Editor.

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

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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.

Mistakes.

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

Premiums.

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

Rates for Advertising.

Full page, single issue, \$40; three months, \$100.

Half page, \$25; three months, \$60.

One-inch, column width, one insertion, \$2.50; three months, \$6.

We want someone in each community to canvass for The Life Boat. If you can not do this yourself, send us the name and address of someone whom you think would do it if their attention were called to it.

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The Signs of the Times is a religious weekly, which deals in a masterly way with the live topics which to-day vitally concern the minds of Christian people. Send for a sample copy. Address Pacific Press, Mountain View, Cal.

The July number of the *Medical Missionary* is particularly devoted to the interests of the American Medical Missionary College with the object of making people better acquainted with its character and aims. If you do not receive the *Medical Missionary* regularly, send for this special number. Address the *Medical Missionary*, Battle Creek, Mich.

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INTERESTING ACCOUNTS OF SOUL-WINNING EFFORTS.

The attention of the readers is called to the account of the Florence Crittenton rescue work in this issue of THE LIFE BOAT. In subsequent numbers accounts of other leading mission and rescue efforts will appear.

THE WELSH REVIVAL.

Mr. Stead, editor of the *Review of Reviews*, visited Wales and wrote up his personal observations of the Welsh revival, which has attracted such world-wide attention. We offer this interesting booklet of sixty pages for one new subscriber to THE LIFE BOAT.

WHAT MAKES DRUNKARDS.

This is the latest W. C. T. U. tract; it is the outgrowth of a talk by Dr. David Paulson before the last Cook County W. C. T. U. convention in Willard Hall. In it are pointed out some of the most common and yet generally overlooked causes of drunkenness. It is just the thing to slip into your envelopes when you write to your friends. You can get fifty for fifteen cents. Address THE LIFE BOAT, Hinsdale, Ill.

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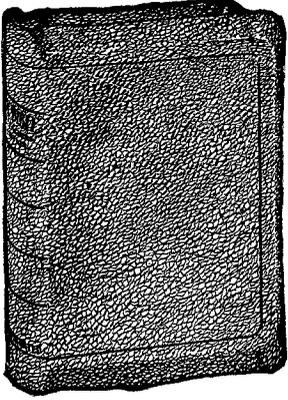
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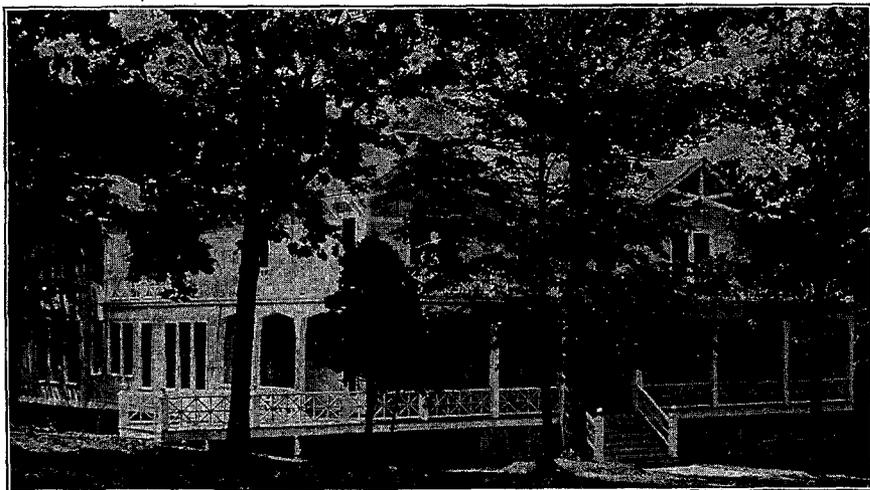
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