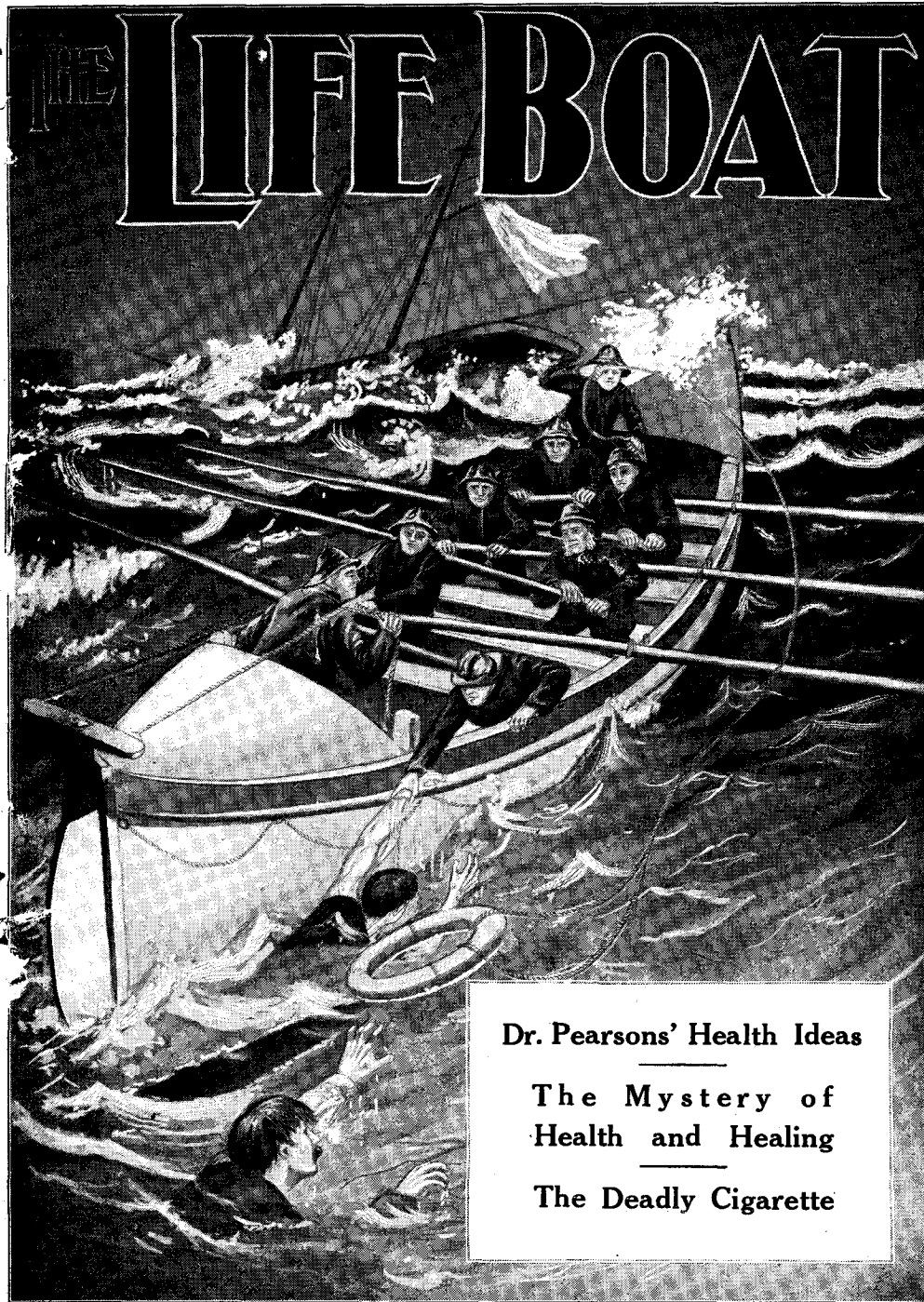


Shall This Be Your Happiest Year?

50 Cents a Year

PUBLISHED MONTHLY

Single Copies, 5 Cents



Dr. Pearsons' Health Ideas

The Mystery of
Health and Healing

The Deadly Cigarette

"Pastor Hsi's Conversion" for Two Subscriptions

Volume Thirteen
Number One

Winsdale, Ill.

January, 1910

The Life Boat for 1910

BY THE help of God The Life Boat will continue to be a mouthpiece for the Good Samaritan work. Before the final make-up of each issue of The Life Boat the editor and his assistant kneel down and most sincerely commit it to the hands of a kind Providence to be used as He may direct. And the letters that constantly come to our table from men behind prison bars, from the downcast and the outcast and even from those trodden under foot by men, from the hovels of the poor as well as from the palaces of the rich, give abundant evidence that God answers these humble prayers.

Dear reader, we have no prospectus to issue for the year 1910, for we do not know God's plans for The Life Boat. We shall only endeavor month by month to lie so low at His feet that we may catch His thought and plan and carry out His program. We can speak from the very sincerity of our hearts that we want Him to continue to be the general Editor. We only desire to be His office assistants.

May we not ask from our large family of readers, united prayers that The Life Boat may during this coming year contain a sweeter and a richer message of God's love to erring men, that many hearts may glow with a joy that cannot be put into words as a result of the reading of its pages?

We would also ask that our readers everywhere redouble their interest and energy to circulate this magazine among their neighbors and friends, that they encourage suitable persons to take up its sale and that they urge others to solicit for subscriptions. All who will do so will share in the reward that comes so abundantly into our life as we endeavor to extend this labor of love in the hearts of humanity.

How You May Use Additional Copies of The Life Boat During the Year 1910

Occasionally mark one or two stirring articles and mail that copy to some friend, just to warm his heart.

Hand a copy once in a while to the newsboy on the corner whom nobody thinks to speak a kind word to. Notice his appreciative smile next time you meet him.

Is there some drunken outcast in your neighborhood? Send him a marked copy of The Life Boat; **at the same time** send a prayer to God for him. You can't tell what may happen to him.

Put a Life Boat in your pocket when you go to prayer meeting and if it seems to fit in read a short experience of what God is doing for others. It may give the meeting a new turn.

Hand a copy to your barber. There are but few Christians who are especially interested in the barber's soul; will you be one of them? He will appreciate it.

Take a copy along when you are traveling; hand it to the stranger with whom you accidentally become acquainted. As a result you may meet him on the other shore.

Pay for having a copy sent to some prisoner who is without a friend on earth and who really needs the Gospel more than he needs freedom.

Persuade some one to sell this magazine in your home town. He will have a splendid experience and the Gospel will be extended.

Invite some of your friends to subscribe for The Life Boat. You will do them the same kind of good as if you persuaded them to attend twelve stirring revival meetings. Why not do this?

The milkman and grocery boy and others who come to your door would be delighted to have a copy of The Life Boat. You must meet them again in Heaven; what have you done for their souls?

Put a copy in the hands of Christian workers, temperance reformers, W. C. T. U. workers; it will help them in their work.

You can do one or more of these things without interfering with your daily program. Make up your mind that during the year 1910 you will do some of them.

We will send you five Life Boats the entire year for only a dollar and a half.



*He was a friend to man and
lived in a house by the
side of the Road - Homer*

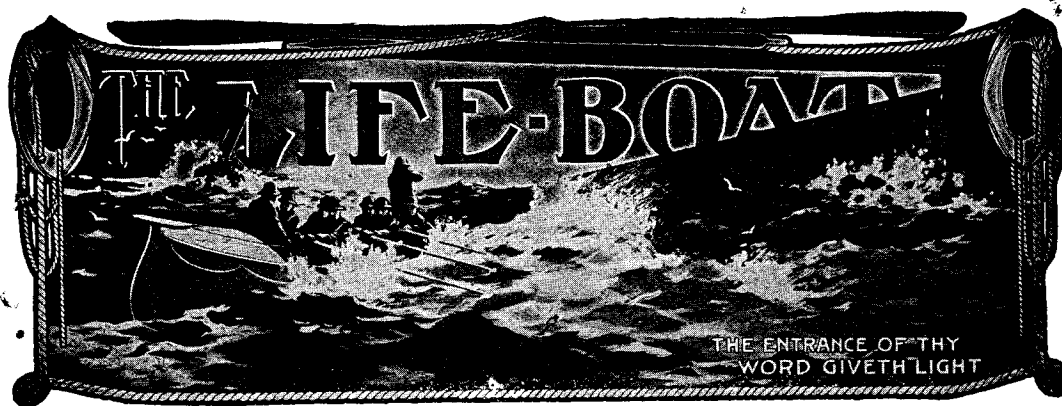
There are hermit souls that live withdrawn
In peace of their self-content;
There are souls, like stars, that dwell apart,
In a fellowless firmament;
There are pioneer souls that blaze their paths
Where highways never ran;
But let me live by the side of the road
And be a friend to man.

Let me live in a house by the side of the road,
Where the race of men go by—
The men who are good and the men who are bad,
As good and as bad as I,
I would not sit in the scorner's seat,
Or hurl the cynic's ban;
Let me live in a house by the side of the road
And be a friend to man.

I see from my house by the side of the road,
By the side of the highway of life,
The men who press with the ardor of hope,
The men who are faint with the strife;
But I turn not away from their smiles nor their tears—
Both parts of an infinite plan;
Let me live in my house by the side of the road
And be a friend to man.

I know there are brook-gladdened meadows ahead
And mountains of wearisome height;
That the road passes on through the long afternoon,
And stretches away to the night;
But still I rejoice when the travelers rejoice,
And weep with the strangers that moan,
Nor live in my house by the side of the road
Like a man who dwells alone.

Let me live in my house by the side of the road,
Where the race of men go by—
They are good, they are bad, they are weak, they are strong,
Wise, foolish—so am I.
Then why should I sit in the scorner's seat
Or hurl the cynic's ban?
Let me live in my house by the side of the road
And be a friend to man.



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

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

Volume XIII

HINSDALE, ILL. :: JANUARY, 1910

Number 1

The Mystery of Health and Healing.

David Paulson, M. D.

THE FIGHT FOR LIFE IN DIPHTHERIA.

IN diphtheria the body has a unique means of defense. In the first place the germs establish their headquarters in the throat. They manufacture a virulent poison. One part of it will kill ten million parts of human being. So nature makes a "patch" or a membrane in the throat to prevent as far as possible the absorption of this poison into the blood, and then to neutralize what already has gotten into the blood the body begins to make an antitoxin. In former days if enough was made the child recovered, if not, the child died.

Von Behring, a great German scientist, found out that the horse does not have diphtheria. The kitten will take diphtheria, the rabbit, the guinea pig, but not the horse. The reason, he discovered, was that the horse always had diphtheria antitoxin on hand in its blood. So he simply inoculated the horse with some diphtheria poison so its blood should become saturated with antitoxin, then drew out some of this blood from the horse's veins, sealed up some of the serum in glass tubes, sent it out to the doctors to inject into the child's veins when it had diphtheria, and in most instances it works like a charm.

The horse's antitoxin helps the patient out when he does not have enough of his own, just as cows' milk helps to nourish the infant when the natural supply is deficient. Of course if the horse should happen to have glanders or some other disease there would be the possibility of inoculating the child also with this.

CAN GOD SEE ONE IN A CROWD?

Because the sun shines on everybody alike, the rain falls on everybody in the community alike, there are many people who cannot believe it is possible for God to answer prayer in their behalf as *individuals*; but when a child gets diphtheria God makes the antitoxin in *the child who has the trouble* and not in all the other children in the neighborhood. In like manner, can not that same God give me an *individual* blessing *when I am in trouble* if I look up and ask Him for it?

Whenever there is inflammation in any part of the body within a very few hours' time we have a marked increase in the number of white blood cells. "The standing army of the interior" is increased during war time with the microbes. When some serious infection has taken place in the body, as in blood poisoning, the majority of the lymph glands which are scattered all over the body

and which can be felt as little kernels up and down the side of the neck, in the groin, etc., become very much enlarged. These lymph glands are really police headquarters or military centers, for it is here most of the white blood cells are made; and when some serious inflammation has taken place they not only enlarge, but work overtime to equip soldiers to fight the battle for life.

In typhoid fever the body has another most interesting way of defending itself. In this disease the typhoid fever germs are scattered all through the blood, and nature makes a sticky substance in the blood called "agglutins," which glues the germs together in clumps or bunches, pretty much as fly paper sticks the flies. Sometimes the doctor is in doubt as to whether a patient has typhoid fever or not, but he can generally satisfy himself on the seventh day, for if he draws out a drop or two of blood from the finger or ear, in typhoid fever he will be almost certain to find this sticky substance in the blood,—or Widal test, which is a sure sign that the body is fighting typhoid fever.

BANDAGING THE APPENDIX WITH THE CORNER OF A LIVE APRON.

Appendicitis has become so common the last few years that it is almost a fashionable disease. The body employs in addition to some of the means already mentioned another most remarkable method of defending the abdomen from infection. Right under the abdominal wall and in front of the intestines hangs down a fatty apron which is only fastened at the top, just as the aprons worn on the outside are. When a patient is suffering from appendicitis this apron or "omentum" as it is called reaches down and folds its corner around the appendix, just as one might wrap a corner of a handkerchief around a sore finger. This localizes the infection and thus prevents its scattering all over the abdominal cavity and setting up peritonitis.

If the patient persists in eating after the pain has begun the omentum is prevented from doing this valuable bit of bandaging or nursing, for when food is passing through the intestines they squirm about, tumble first this way and that way, and thereby the appendix is constantly being jerked away from the omentum and its kindly efforts are defeated.

That is why Dr. Ochsner, the great surgeon in Chicago who has probably operated on appendicitis more frequently than any other man in the city, advises that as soon as a pain is felt down on the right side of the abdomen to *quit eating* at once not only solid foods but gruels and fruits and fruit juices,—everything but water, which does not cause peristaltic action.

When this advice is strictly carried out, in a few hours' time the small intestines empty themselves of their food material, the appendix is allowed to remain quiet to be nursed by the omentum. For the same reason food is withheld laxatives should not be given. When this plan is pursued almost every case will recover, and if it is thought best the operation can be performed between the attacks.

ARE YOU ASSISTING OR HINDERING THIS STRUGGLE?

We have now given a little bird's-eye view of the various ways in which the body defends itself against disease. The particular question now is how may we strengthen and build up these bodily defenses, and on the other hand how may they be so crippled as to make it an easy matter for the disease germs to overcome us?

One of the most important means of assisting the body is by abundance of pure air. The last few years we have found out that if tubercular patients are moved outdoors and have a chance to breathe abundance of fresh air, about three-fourths of them make satisfactory recoveries.

Of course the same blood that can heal a diseased lung will just as readily heal a dyspeptic stomach and wrecked nervous system. How often we see a baby when it is taken outdoors wrapped up like a mummy and when it is indoors it hardly ever gets a breath of life-giving air.

Is it any wonder that two of every five babies die before they are a year old? And yet the mothers think when they die it is a mysterious dispensation of providence, forgetting that the Lord is not doing in the year of our Lord 1910 what Herod did two thousand years ago. Unquestionably God frequently works good out of the death of these children but it is not His will they should die.

SOMETHING BETTER THAN A SLEIGH RIDE EVERY NIGHT.

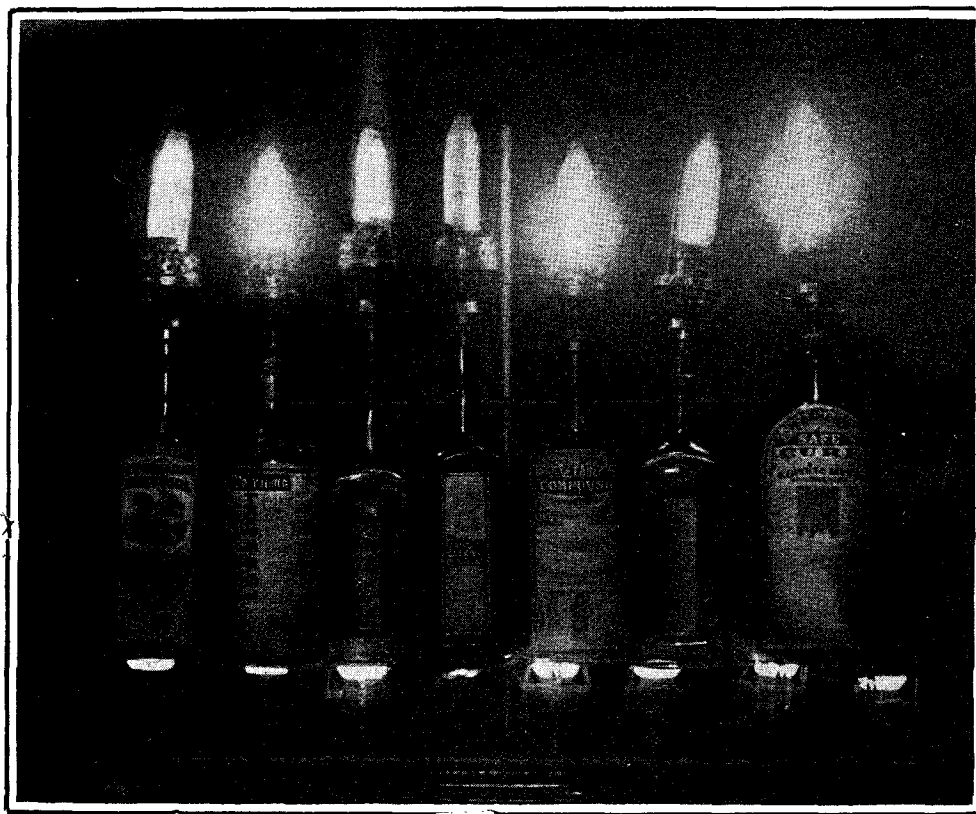
It is not necessary for us to move out of doors but we should move more of outdoors indoors. Even at this time of the year the air in the bedroom should be as pure as it is outdoors. Personally I sleep in an outdoor bedroom every night. When it is cold weather I wrap up my head just the same as if I were going driving, and when I wake up in the morning I do not feel as if I had been reciting mental arithmetic all night long, but instead feel rested and invigorated. Bedroom climate is responsible for tens of thousands of deaths.

A PROPER SUPPLY OF FUEL.

Proper diet is another necessary item to maintain the body's fighting equipment, and not only proper diet but proper quantity. I was

in a family once where the mother said to her boy after he had already eaten more than he needed, "Johnny, you must eat that," referring to something left over. He said he could not eat any more. She said, "Johnny, you must eat that or it will have to be thrown in the garbage can." So Johnny had impressed upon him that his stomach and the garbage can were about on the same shelf, that it did not make much difference where the left-overs were dumped. That lesson will not be lost on Johnny's mind as he grows up.

We only have about four square inches of taste surface. In order to tickle this area thousands of people are sacrificing health, happiness and even life itself. Years ago I heard someone say that one could not live on hog and hominy and think angels' thoughts. The nearer one can come to living upon the simple



Some Bottles of Patent Medicine, Including Peruna, from Which Enough Alcohol Is Being Distilled to Burn Brightly in the Mantles Above.

products of the soil, eaten in proper quantity at regular intervals and in moderate variety, the better his health is likely to be.

THE DEVIL'S STAR GAME.

The stimulant delusion is the devil's star game to bombard the body's fortifications against disease. Last year we used twenty-three gallons of liquor for every man, woman and child in the land. As I did not use any the man who drank his own share and mine too used forty-six gallons, which is enough to fill an ordinary bath tub. Is it any wonder that insanity is increasing three times faster than the population, that Bright's disease and heart failure are so alarmingly on the increase?

Unfortunately many of the patent medicines that are used contain large quantities of liquor. Nearly one-fifth of Peruna is straight alcohol. So that while our men are getting their alcohol from the saloon many of our women are getting theirs from the drug store.

Then there is the cigarette evil, which is threatening to demoralize the race unless its ravages are checked. Mention should also be made of the habit-enslaving drugs, as morphine and cocaine. It has been estimated that there are more than a million of these drug slaves in this country, and their number is constantly increasing.

HOW THE "BLUES" PUT THE BRAKES ON THE WHEELS OF LIFE.

In conclusion we wish to call attention to the influence that the mind has on the bodily forces. It is a well known fact that more people catch cold at funerals than do at weddings. This is because funerals are generally depressing while weddings are ordinarily invigorating to the mind.

It is a well known fact that soldiers are much more likely to catch disease when they are retreating in despair from battle than when they are marching triumphantly into the conflict. Thousands of people are going about their work every day with the ghosts of funerals in their brain.

Professor Cannon, in experimenting with the X-ray on cats, found out that both stomach and intestinal movements were practically inhibited when the cat was in a bad state of mind. But when the cat was petted so that he

began to purr then the stomach resumed its activity.

Pawlow, the great Russian investigator, found out that when he threw a cat into the dogs' kennel the dogs did not pour out gastric juice to digest their food. They evidently did not like their company at mealtime.

I have been in some homes where the meal hour was selected to discipline the children. Mary was told if she did so and so again she would be slapped in the mouth, etc. In consequence there was a bad spirit generated and the children were unable to properly digest their meals.

GENUINE CHRISTIANITY AN ANTIDOTE FOR THE BLUES.

God intends us to rejoice always, but if we have not yet attained grace enough for that we should endeavor at least, like the early disciples, to eat our bread with gladness. God evidently made this machine to be happy, and when sin and misery came into the world then He also came to say to us, "Come unto Me, all ye that labor and are heavy laden, and I will give you rest."

Down here in this world while our feet may be in the clay it is God's purpose that our heads should be above the fog. We ought to breathe in a good many breaths of heaven *every day* during our earthly pilgrimage. We should aim to make our home a small edition of heaven on earth so that if a worldly minded stranger should happen to stay with us over night he could decide whether he would like to go to heaven or not.

Christianity is to help us to accomplish precisely this, and then "our health will spring forth speedily." This body is to be cared for as a temple in which His Spirit dwells. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" 1 Cor. 6: 19.

WANTED.

A young lady stenographer. Must be competent to do general office work and assist in small sanitarium store. For further information address LIFE BOAT, Hinsdale, Ill.

MY NEW YEAR AIM.

PEARL WAGGONER.

Not yet attained! But still my feet are pressing
Toward those heights which lie outstretched before;
That which the past has held of heavenly blessing
Will not suffice; I hunger still for more.
And now as dawns for me one more new year,
So grant, O Lord, 'twill bring me yet more near.

More near to Thee! Yea, Lord, and ever nearer,
Forgetting all the things now left behind:
My aim is higher ground, with vision clearer,
To see Thee close, though steep the path may wind.
Forgive, O Lord, the blindness of the past;
Be still my Guide, I pray, and hold me fast!

"One thing I do!" My time cannot be squandered
In grieving o'er mistakes of years now gone;
Though in side paths my feet have oftentimes wan-
dered,

Yet reach I forward still,—Lord, help me on!
And grant this year, in mercy given me,
May lead to untrod heights, close, close to Thee.

**WHY THE MISSION WAS NOT
BROKEN UP.**

E. F. COLLIER.

I remember a mission experience. Hank Wiswell was one of the worst characters in the neighborhood, a big strapping fellow. He declared he was going down to break up the mission. He said he was going on a certain night and would break up the meeting. Everybody expected him. There was a young man going to talk that night for the first time. Just as he was about to speak the door opened with a bang and Hank Wiswell came in. He walked down the aisle and sat on the front seat and stared up insolently into the young man's face. Everybody was expecting something to happen. The young man began to talk of Christ and his love for sinners and Hank Wiswell sat there and looked at the speaker and never winked an eye, and soon his head began to droop lower and lower. When that meeting closed he got up and walked down to the door and never said a word to anyone.

Some of the good brothers came up to the young man and said, "Why did you not preach hell fire to that man while you had him there?" The young man said, "I simply did the best I could to preach the love of God, for it is the love of God that bringeth men to repentance."

Hank Wiswell was not found for three or four days. Nobody knew where he was. It seemed that the earth had swallowed him up.

A few evenings afterwards the door to his old home swung open. The wife and children knew what generally happened when he came

home and the children ran and hid under their mother's skirts. He looked at his wife, then at the house, so bare and desolate, and then at the poor mother, weary with the long struggle of life. A gentleness came into his heart and he said, "Lass, your husband has come home," then he looked at those babies and said, "Children, your father has come home." Then he said, "Let us pray."

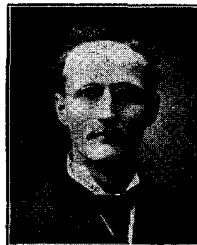
What did that man know about prayer? Who would he pray to? They fell on their knees and he wondered what to pray. He thought of his first baby prayers at mother's knee and then he said,

"Blessed Jesus, meek and mild,
Look on me, a little child,
Pity my simplicity,
Suffer me to come to Thee."

That young man that night had taught Hank Wiswell the love of the great Father above. I am sure if we could know more of the Father's love we would turn to God.

**WONDERFUL EXPERIENCES IN
SOUL WINNING.**

E. B. VAN LORN.

Supt. Life Boat Mission,
471 State Street, Chicago.

There is not a night but we see evidences of God's Spirit working in the hearts of men. To-night there were only two workers,—one at the door and one at the organ,—and when the song service was over the doorkeeper went to the platform to give the message and the organist went to the door to meet the men as they came and went.

As one of the men was going out, he asked me if I would not pray for him in secret. I said I would but would rather pray for him right there. I finally persuaded him to kneel there and ask God to forgive him his sin. He had known the power of God and in an unguarded moment had fallen, and since then his life had been like the troubled sea when it cannot rest. Its waters cast up mire and dirt. "There is no peace, saith my God, to the wicked." Isa. 57: 20, 21.

After prayer I asked him if he could believe

that his sins were forgiven and he said he could; and instead of going out he stayed for the meeting. When a man is willing, how soon God can change his plans and purposes and give him new ideals!

Another young man came in during Bible class and created quite a disturbance. We reasoned with him as best we could but he finally went out and met a policeman and evidently said something the officer did not like, for he took him off to the station. This young man had said a few minutes before that religion was a farce and a humbug. We tried to do him good and he rejected it and went out on his own way, the way that seemeth right but the end whereof is death.

The devil seems quite successful in making his subjects believe his way is best, and many there be that go therein only to find at the end that which biteth like a serpent and stingeth like an adder. Then there are the pangs of remorse and the cry, "If I had only done differently!"

Here is a song, the words of which were written by a man serving a life sentence:

SOWING THE TARES.
 "Sowing the tares when it might have been wheat,
 Sowing of malice, spite and deceit,
 We might have sown roses amid life's sad cares
 While we were so cruelly sowing the tares.
 "Sowing the tares, under cover of night,
 Which might have been wheat all golden and bright.
 O heart, turn to God with repentance and prayer,
 And plead for forgiveness for sowing the tares."

The other evening in our mission meeting a man of about thirty-five years, well educated, stood up and said that for fifteen years he had been under the influence of strong drink, that he was drunk when he came to the mission. He heard what God had done for others and then he tried it himself and God had delivered him from the appetite the first time in all these years. He asked us to pray for him that the way would open for him to get honest employment, stating that all these years he had not made an honest dollar and now he had given his heart to God he wanted to earn his living.

The next night we found this note in the mail: "I have found work. Praise God! I begin tonight. It keeps me away from the meetings but I am sure it is an answer to prayer and I want you all to pray for me that I may be able to stand. I hope to see you soon." Thus God is still helping those who come unto Him, and we praise Him for it.

About two weeks ago, a young fellow came along, very scantily dressed, in fact all he had on were shoes, overalls, shirt and cap. He became converted. We helped him for two or three days, then we missed him for several days. Last Friday night he came in all dressed up and told us God had given him a good job and from his salary he had been able to purchase some good clothes. Thus it goes every day. To those who seek first the kingdom of God and His righteousness all these things shall be added.

When a man accepts Christ with all his heart he is sure to get returns. Noah put all he had into the ark and thus saved himself and his house, but he only brought out of the ark what he put in. The world put nothing in and they lost even that which they had.

May the experiences of these men reach someone who is discouraged and prompt such an one to look to Jesus and live, for "Him that cometh to Me I will in no wise cast out."

A PATHETIC LETTER FROM A LIFE-TERM PRISONER.

The following letter was written by an inmate of the Kentucky State penitentiary who is serving a life sentence:

"I just received a copy of THE LIFE BOAT a few days ago and I read every line in it before I passed it on to another prisoner. I am always glad to get THE LIFE BOAT for it seems to cheer me up when I am feeling so bad and dull. I have been reading it for nearly three years. I have been in prison now for more than five years and am serving a life sentence.

"At times I think it is a very hard thing for a man to live a Christian life in prison,

The Life Boat Mission is located at 471 State street, one-half block south of Polk street. Open every night of the year. When in Chicago you are earnestly invited to spend an evening at the mission.

but it is my heart's desire to live a true Christian life. I have given myself to Jesus and I believe that He will save me for He has said in His Holy Word, "Him that cometh to Me I will in no wise cast out." I love to read the Bible and the New Testament for in them I find many blessed promises.

"It may be that I will have to spend all of my days in prison, but, thank God, I am saved from a life of sin through the blood of Christ our Lord.

"I received a letter from my wife stating that her house had burned down. This leaves her in an awfully hard place and cold weather coming on, and she has three children to support. If any reader of THE LIFE BOAT will lend a helping hand to my wife and suffering children I will pray for them with an earnest heart and I am sure that God will reward them for any gift that they may send to a poor lone woman with three suffering children.

"I am not asking the good Christian people to send me any money. I am only asking help for my wife and children in time of need. I will very kindly thank any one for any amount that they send to my family. They can send it direct to Rev. Joseph Severance, Chaplain of the Kentucky State Penitentiary,

Frankfort, Ky., and he will send all that he receives direct to my wife. My heart goes out to my children. I wish I could help them out of this hard place."

The man who is not thankful for everything is not truly thankful for anything.

It is better to ask the Lord to direct our paths than to ask Him to correct our mistakes.

In every dark night of discouragement remember that the morning cometh as well as the night.

Moses knew not that his face shone. As God comes more and more into the soul we shall be less and less conscious of our shining.

One cannot expect to shine very long in this world. In a few decades the gray hairs come and wrinkles form in the face, but "he that winneth souls shall shine forever and ever."

Dr. D. K. Pearsons' Health Ideas.

[Every well-read American knows something about Dr. D. K. Pearsons, the man who has given his millions so freely to more than forty different colleges. He is hale and hearty with evidently as clear-cut a brain as that of any young business man, although he is nearly ninety years old. For the benefit of our many readers we asked him to give a synopsis of some of his personal health ideas and health habits.—Ed.]

I THINK it is one of the worst things in the world for country boys to crowd into the large cities as they are now doing.

When I was a boy I worked on the farm until I was eighteen years of age. This not only gave me a physical foundation but a good start in life. Even to this day I can go out and cut wood and do almost any kind of physical work.

When I received my education I had to board myself, and I lived on potatoes and corn bread, cooking my own meals.

The majority of my friends are killing them-

selves by their dietetic habits. Many of them have already dug their graves with their teeth. They persist in doing it and nobody can stop them. But I have determined not to do so.

I have always tried to be careful in regard to what I eat. I have never eaten very much sweets, and very little meat. I used to take tea and coffee but I do not now. I found that tea kept me wide awake at night so I gave it up on that account.

I have regular hours for eating and for sleeping. I have always aimed to have my breakfast and dinner as regular as clock work. I refuse all invitations to go out to dinners and to tea with anybody for if I did I would be sure to eat something or drink something that would keep me awake.

I get plenty of sleep. I go to bed at seven

at night and get up at seven in the morning.

Regarding exercise, I walk a great deal and use a pair of dumb bells every day in my room.

I lived in Chicago for thirty years right among the theaters, but I never went to one of them but once in my life. When my wife died three years ago we had lived together for fifty-nine years, and I made it a practice to spend my evenings at home.

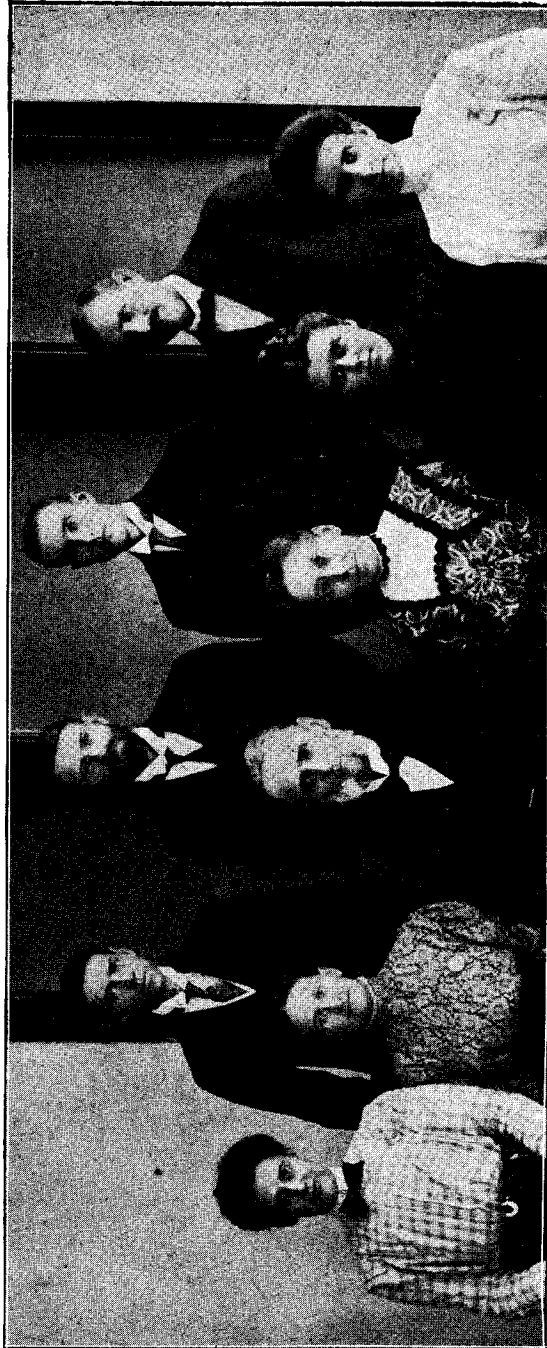
I never spent any time reading novels and do not want to have anything to do with them, and I may say the same for saloons and fast company.

I will be 90 years old next April. I weigh 154 pounds and am perfectly well, with the exception of a slight attack of sciatica which was brought on by the only sickness I ever had in my life, and that was while I was in California last year. Some of my friends got up parties and late suppers for me, and I yielded to their invitation to attend and otherwise acted as if I was 40 years old instead of nearly 90. But I learned my lesson, for I paid dearly for my indiscretion.

There are no saints without service.

Don't wait for opportunity to knock. Have the door open.

Light is never lacking where the mind's windows are open.



Dr. D. K. Pearsons is well known for his enormous gifts to struggling colleges, and Lucy Page Gaston is known everywhere as the unrelenting foe of the cigarette curse. Both are now guests at the Hinsdale Sanitarium, where the above group picture was taken.
H. E. Hoyt, Business Manager; Dr. David Paulson, Editor *The Life Boat*; A. V. Oliver, Head Gentleman Nurse; N. W. Paulson, Steward.
Mrs. C. L. Clough; Rose Andre; Marjory; Dr. D. K. Pearsons; Lucy Page Gaston; Dr. Mary Paulson; Lillian Santee, Head Nurse.

The Deadly Cigarette

Lucy Page Gaston, Supt. Anti-Cigarette League
CHICAGO, ILL.

[A few evenings ago a union meeting was held in the Hinsdale Presbyterian church in the interest of the anti-cigarette cause. Among the different speakers was Lucy Page Gaston who is at present a patient at the Hinsdale Sanitarium. She is just recovering from a very serious illness and this is the first public address that she has given for several months. The following are a few of her stirring remarks on that occasion.—Ed.]

I THINK the Lord is well pleased with such a meeting as this tonight. I often wonder why the churches are not more keen in taking up some of these practical questions that interest old and young, and really do more to correct these evils that are rampant today.

Once I was in the parlor of a leading Methodist pastor in Chicago, Rev. McIntyre, and he said, "Miss Gaston, I hate to see you wearing yourself out as you are, giving your very life for this cause. It is really a hopeless undertaking that you are engaged in."

He was a man who did not use tobacco himself, but he said, "This nation is destined to be a Spain, and the pity of it is there is nothing can be done about it. The tobacco habit has gotten such a hold upon the people that it is going to be resistless. Not only men and boys but women and girls are going to be increasingly users of tobacco, and especially of the cigarette." He saw then what we are seeing today.

I remember rising and raising my hand to high heaven and I said, "This nation shall not be a Spain, and this little Anti-Cigarette League which seems such a small insignificant thing to you I believe is destined with the help of God to save the nation." When God virtually brought me back from the very borders of the grave during the last few weeks I have had the consciousness that He was calling me to greater service than He has ever allowed me to have before, and my heart has burned within me tonight as I have listened to the earnest words that have been spoken.

I believe there are many good men who are not helping us much by their example who will see a great light one of these days. But as I

said to one of your citizens over the phone, I do not feel that my mission in life is to reform mankind. Here and there a man sees the light and drops the habit for the sake of the boys, though he does not feel it hurts him personally. My call is to save the boys, and I have seen in public school after public school not only the use of the cigarette but tobacco in every form eliminated by such talks as you are hearing here tonight—talks which appeal to the manliness and good sense and patriotism of young Americans.

It is an appalling thing that a habit like this should be allowed to spread as the cigarette habit is spreading today. It is like the measles. One boy seems to catch it from another. Many here would probable question a statement that has been made to me by one who ought to know who said that ninety per cent of the boys of the high school of Hinsdale are tampering with cigarettes. I am glad the president of the school board is here tonight, and that the superintendent of schools in your city is so clear cut in his convictions and is so willing to speak the whole truth.

I can't say all that is in my heart tonight, but, friends, the cigarette is only the beginning, the door step to vice. In it is the seed of the drink habit, of impurity, of the most horrible practices that are prevalent today, and when you see the innocent looking cigarette in the hand of a boy I want you to think to what it may lead.

I heard a speaker once say that boys are like grasshoppers—they often jump without knowing where they are going to land. You know a grasshopper will jump anywhere, not knowing where it is going to land, and when a boy begins smoking cigarettes he does not know where he is going to land—in an asylum, in a penitentiary, or an untimely grave.

I visited a cigarette factory in New York and stood by machines that turned out three hundred cigarettes in a minute, and as I heard that click, click, click, click, click, it seemed to me it was drip, drip, drip, drip—the life blood of the nation. I was in one factory

that turns out six million cigarettes a day. You have no idea of the tremendous growth of this thing and how it is sweeping this land.

John D. Rockefeller gave a million dollars to do something about the hookworm but I feel that the cigarette is a hookworm hooking our boys away from the Sunday-school and all that is good as nothing else is doing. It is

THE HARRISON STREET POLICE STATION.

CAROLINE LOUISE CLOUGH.

Nearly all the regular readers of this magazine are somewhat acquainted with the Gospel work carried on in the Harrison street police station in Chicago. This trap is placed by the law in the very center of



If Parents Permit Their Boys to Smoke Cigarettes It Will Take More than a Whip Later On to Keep Them from Tapping the Barrel.

time to arouse ourselves and do what ought to be done.

If you really care about this thing and if you want to help in a practical way, won't you do something financially? Some of you know that the burden of this thing is largely upon me as the superintendent, and my illness has somewhat handicapped us, and we have bills now payable. . . . If you can give twenty-five dollars give twenty-five. If you can give fifty give fifty. Give what you can. Some of the most blessed money that has come into the Anti-Cigarette League has come from boys giving their allowance money or money they have earned.

the hot bed of iniquity, and a stream of evil-doers is continually being poured into its iron jaws.

Only a small per cent of the chief offenders of law and order are caught in this trap. The majority are wandering at large polluting society. Be that as it may, sometimes it so transpires that the one who is caught is more fortunate than the one who is not, because he is brought face to face with the living gospel of salvation through Jesus Christ.

Many a time have I heard prisoners say that they were glad they had been taken to the Harrison street police station so they

could meet the Christian workers who come there every Sunday morning, as through them they became acquainted with God.

The Life Boat Association has maintained these Sunday morning services for something like a dozen years. A host of faithful workers have toiled and sacrificed to help the poor unfortunates behind the bars who are now holding up the cross of Christ in distant heathen lands.

Some who worked untiringly for the reclamation of the lost in those darkened corridors have now gone to their rest, while others have come in and taken their places, and so the work has gone on. The cross of Christ has been held up all these years, not only in word and song but in faithful, untiring ministry.

For the past year Mr. McBride, Mrs. Swanson and the writer have constituted the working force with Mr. and Mrs. Abrams, Miss Crichton and others assisting from time to time as they could.

Our heart goes out in pity as we meet there from week to week the young who have been pushed out into the world and have gone down through evil associations; others have deliberately chosen the highway of sin, but we find that never, in their minds, included a stay in the Harrison street police station. Then we find there the wrecks of once beautiful lives all marred and ruined by sin.

Some are there whose reason has left them, others are suffering the tortures of the drug fiend, others under the influence of strong drink are abusive and obscene, but there is not one who is not made in the image of God and whom God cannot save. They are our brothers and sisters and they need a loving hand reached out to them.

Last Sunday I met a young woman who said she had lived an upright life until six months ago when she left her mother and her home to go out where she could have a good time, as she thought. Poor child! Only six months of selfish gratification and she was landed behind the bars! Her grief-stricken mother came after her and she went home a sad, penitent, but wiser girl. She promised me as I left her that she would start life all over new and henceforth live for Christ.

It is just such little experiences that make the work at the Harrison street police station the most blessed of all the duties that come to us throughout the week; and to the readers I would say, if you want a real, live, Christian experience seek out those nearest you who are the most in need of help and God will bless your efforts, whether it be in song, preaching the Word or in some little humble ministry in His name.

"The heart that's truly blest
Is never all its own;
No ray of glory lights the breast,
That lives for self alone."

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The chaplain of the Colorado State Penitentiary, after receiving a package of LIFE BOATS for distribution, writes concerning them:

"I thank you most sincerely for your liberal valued periodicals. They are greatly enjoyed by our men and I am satisfied are doing a great deal of good. Frequent inquiries are made, 'When is THE LIFE BOAT coming?' The eagerness with which the copies are read and passed from one to another should be a source of comfort to you to know that your labor and benevolence is not in vain."

A MIDNIGHT PRAYER MEETING ON WHEELS.

E. B. VAN DORN.

A young man who works for the railroad company told of his experience in a wreck of his train, how they left the terminal station at 11:40 fearing nothing and expecting to reach their destination. All seemed to be going fine when there was a crash and nine coaches and the engine landed in the ditch. Many were seriously injured and some escaped without a scratch, but amid it all he was ready for he was right with God. A few moments previous some had been drinking and smoking and swearing, but when in danger they fell on their knees and began to pray; but he was full of the peace of God and could minister to the needs of the injured.

How much better it is to live as if this were

our last day than to live in sin and be taken unawares.

At twelve o'clock every night he gets his train crew together and has prayer and nearly every one who is placed to work with him sooner or later becomes a Christian. He keeps a supply of Testaments and tracts with him all the time to give to those he meets, then he makes a memorandum of what he has done and when he prays in secret these are presented to God in prayer; and it is wonderful what God has done for them.

May you who read this go to work today with those you meet and tell them of the great work God has done for them and of the great work he has for them, and what He has in store for them. "Go ye also into the vineyard, and whatsoever is right I will give you."

TO ANY GIRL IN TROUBLE.

DR. MARY W. PAULSON.

How many young women there are who make a mistake and then give up all, thinking that their opportunity in life is gone and there is no one to help. To such we would say there is hope and there are loving hearts waiting to help and encourage you. We have been able through the Life Boat Rescue Home to help hundreds of girls at a time when friends and relatives and sometimes their own mothers have turned their backs on them. God loves you and Christ died for you and we want to help you. I shall be glad to correspond with any girl who is looking for a true Christian friend. Address the writer, Hinsdale, Ill.

FROM A HEART-BROKEN MOTHER.

Recently a sorrowing mother came from a distant state to visit her seventeen-year-old daughter and her tiny babe which was born in the Rescue Home. Conditions were such in her own home that she could not consider taking her daughter back with her, so we found a home for her in another State. In writing to a friend of this great sorrow that has come into her life the mother says the following:

"The task of leaving my child weighs on my heart as nothing else could. She needs me so, and her little babe would be so dear if only I might risk all, but I feel God is call-

ing me to yield up another of my life's dearest treasures for a time and I pray Him to keep the mercies and blessings of this year, which to me has been a terrible one, ever before me to brighten my pathway while my sunbeam shines for others perchance.

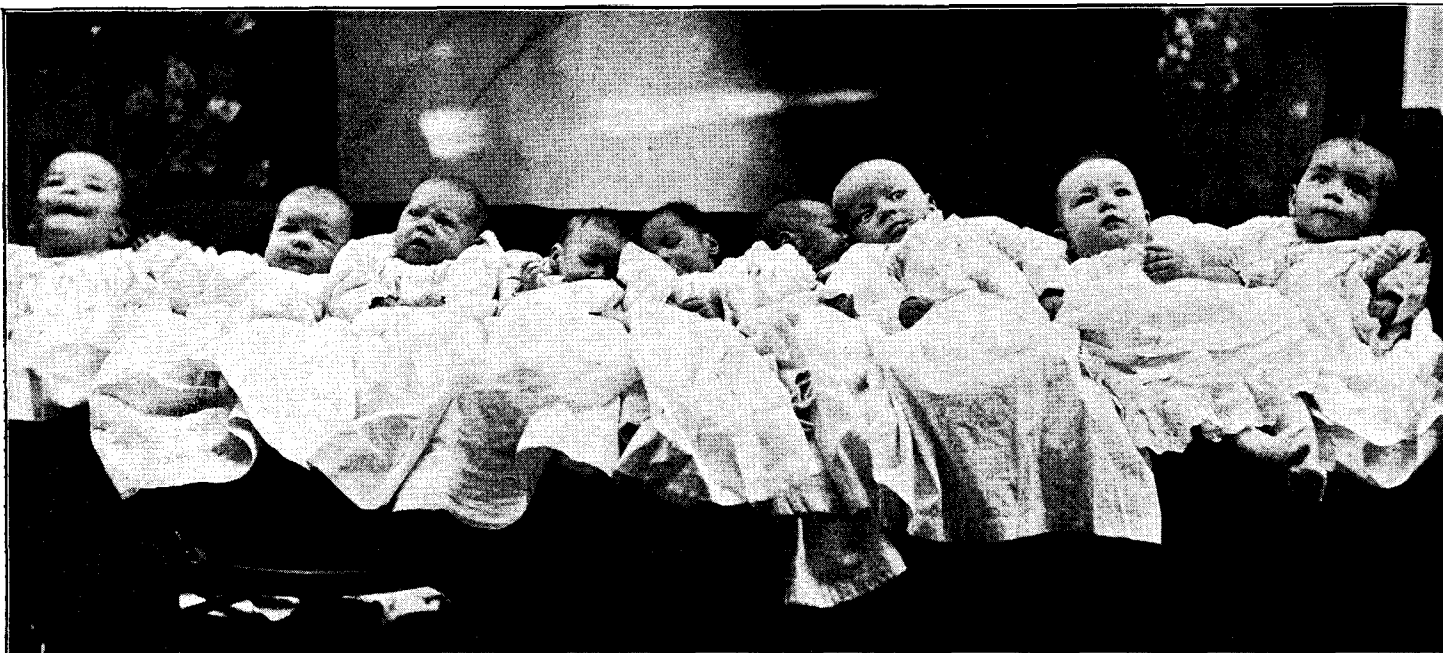
"Back to my home alone I must go with a smiling face. The dear ones there will be looking for it, so the battle must be all fought out and the victory won between here and home. How shall I stand the test? Think you I am strong enough to wear a brave smile to screen a broken heart?

"Mrs. Swanson, the matron, and Mrs. Wade the housekeeper, are toiling early and late to meet the demands of the Home cares and often sitting until the small hours of the night writing letters soliciting aid to meet the expenses, answering letters of inquiry, etc.

"Many come without a cent and with no extra clothing,—only a few pay their own expenses. It must seem a palace to some of them to come to this nice, clean, new Home with its beautifully kept beds, steam heat, gas baths, and toilets, water bottles and treatment when needed, plenty of fresh air and good food, little white cribs beside mamma's white iron ones, blankets and white quilts, the building handsomely furnished throughout with quartered oak and nice rugs on the floors, an organ and piano, handsome glass-front bookcase, rockers and couches. I could not tell all,—nothing extravagant, only neat and plain, but the sweetest thing is the harmony and seeming appreciation of it all by the girls.

"I have named it, 'The Haven of Hope and Peace,' for such it must seem to their crushed and bruised hearts with hope gone and even their own flesh and blood turned against them. Here is at least peace, love, shelter, tender care, and by and by comes hope, for the founders of this institution seem the embodiment of faith, hope and charity.

"To me this seems the greatest of all charitable work and long may it prosper is my earnest prayer. I long to be able to help some other mother's girl, so much has been done for mine. I hope she may some day be an angel of mercy in this same loving work, who knows? In leaving this Home where I have been a guest for a few weeks I feel as though I am leaving the friends of a lifetime."



A GROUP OF GOD'S LITTLE ONES.

THE LIFE BOAT readers cannot help being interested in this group of nine babies from the Rescue Home.

The little one at the left of picture is waiting for a home. The fourth from the left is the baby of a sweet-faced child of seventeen. The two next are too young to care. The mother of the seventh in the row came from a far-away foreign country and was a sad victim of the white slave traffic. She is endeavoring to raise her own child.

The next one is loved by all who see it, and the last in the row has been deserted by its mother, but it has found a good mother in Mrs. Swanson, the Matron of the Home, who says that Helen belongs to her.

Since last month some three hundred dollars' worth of plumbing has been installed in the Rescue Home. This seemed absolutely necessary for the needs of the family. We ask our friends everywhere to assist in meeting the plumbing bills. If everyone helps a little it will not be a great burden on anyone. How much will you invest?

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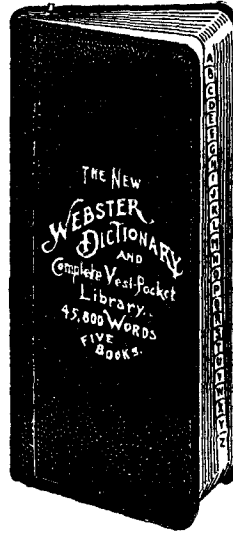
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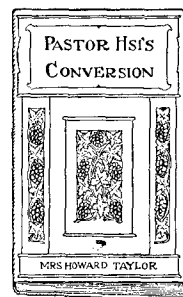
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SOME SIGNS OF THE TIMES.

C. T. EVERSON.

3722 Irving Park Blvd., Chicago.

When I was in London I heard Dr. A. T. Pearson, the editor of the *Missionary Review of the World*, make this statement in a sermon: "Friends, there may be people right in this congregation this morning that will see the coming of Christ in the clouds of heaven."

A few years ago in Rome, Italy, I met a young lady from Boston who was present at a Bible reading I gave on the second coming of Christ and she said that the well known Dr. A. J. Gordon, of Boston, was a great believer in the second coming of Christ. When he died he said, "I hate to die because of one thing,—I had hoped to have lived to see Jesus Christ coming in the clouds of heaven."

A concentration of the war spirit such as we see taking place about us these last days is certainly a fulfillment of prophecy. (Matt. 24:6.) In a horse race they start slowly but as they near the end of the race they gather speed. So it is with this old world, every nation is arming for battle. The money that should be spent for bread is spent to buy steel to shoot their neighbors.

See how earthquakes are increasing in these days. At the time of Christ earthquakes occurred on an average of one in one hundred and twelve years, now the records tell us that there are several thousand in a year. You know an epileptic at first has attacks at long intervals but as the disease advances the attacks become more frequent and then we know that his end is near. It is just so with this world.

I have met men that do not believe the world is ever coming to an end. They believe in evolution and they can cut the Bible up and disbelieve its teachings. One of the great Methodist journals of the East said not long ago that if Bob Ingersol should return to the world he could get an orthodox pulpit without any trouble because the preachers today are preaching more atheism than he did. He preached about the mistakes of Moses, but *they* are preaching about the mistakes of Christ.

Not long ago a man got up in an assembly in Michigan and held up a Bible and said it

was an old book of superstitions, and the preachers present offered not a word of protest.

The very fact that the world is losing its hold on God will seal its doom. We cannot get along without God. It is about time that Jesus Christ came to this earth and cut short sin and iniquity.

A man is blind if he cannot see prophecy fulfilling right before his eyes these days.

WHAT TO DO FOR BROKEN-DOWN NERVES.

DR. MARY W. PAULSON.

In order to relieve a broken-down nervous condition we must first find the cause. What is it that has brought on this condition? Sometimes it is worry, sometimes real trouble, sometimes imaginary trouble, sometimes it is an afflicted stomach or liver. In any case we must find the cause and remove it.

One thing that is par-excellence for a nervous patient is fresh air, and to get away from home. To a neurasthenic there is nothing that looks straight, everything is crooked at home so he must get away from those things that seem to annoy him.

These cases need in addition to all other remedies Christian-therapy. I do not believe there is any power outside of the power of God that can give entire relief to a depressed mind.

When such patients come to me for treatment I try to give them the consolation of Jesus Christ who said, "Come unto Me, all ye that labor and are heavy laden, and I will give you rest." Dear reader, if you do not have rest in your soul remember there is rest today for you and the Lord will give you rest if you ask Him.

I remember a woman who was a bookkeeper, who yielded to the temptation to take some money from the drawer. The thing went on, she kept taking a little money now and then until she could hide it no longer and then she set fire to the building, so as to destroy the books. Nobody could find out what caused that fire. A few years afterward that woman got sick and the doctor could not get her well. When she thought she was going to die she told the doctor that she had set fire to the

building to cover her sin. Then she got down on her knees and confessed her sin and she soon recovered.

There are a lot of people who do not sleep nights because they have something on their minds. Worry and mental strain affect the vital functions of the body. If you have anything on your mind, if you have any sins to confess you had better confess them and get your mind at rest. If it is some physical trouble that is breaking down your nervous system get the doctor to help fix it up. There may be something gnawing away at the nerves, it may be a diseased stomach or a torpid liver, perhaps it is auto-intoxication that we hear a lot about these days.

Some people have very poor circulation so that when they go to bed at night they have cold feet and too much blood in the head and cannot sleep. Such persons should take a hot foot bath before retiring. The neutral bath is an excellent remedy for sleeplessness. It should be given properly or you will not get good results. The water should be of the temperature of the skin, usually about 96 to 98 degrees. To determine the temperature you should always have a water thermometer, never depend on your hands.

Get into this bath in the evening the last thing before going to bed; in fact after you have kissed your children and said your last word to your husband. Then take your neutral bath, remaining in the water twenty to forty minutes, and get right into bed without saying a word to anybody.

If you have no bath in connection with your bedroom it is very convenient to get a portable bath tub.

In cases of severe burns the patient is put right into a neutral bath and they are soothed at once. Over in Europe where they use this bath a great deal they keep a patient who has burns over a large part of the body for weeks and months at a time in the neutral bath. The reason a person suffers so much from a burn is because the skin is separated from the nerves, so when that part is immersed in water the temperature of the body the pain ceases at once. Many a life has been saved by putting the patient right into a neutral bath and keeping him there.

A THANKSGIVING SERVICE.

PEARL WAGGONER.

To some it may seem inappropriate at this time of the year to be speaking of Thanksgiving; but to one who has learned the true meaning of the word, who carries thanksgiving into every day, it is never out of date.

Any one passing down State street Thanksgiving evening could not but be impressed with the vast number who have apparently totally forgotten the real purpose of this day. On surged the crowds, revealing many unsatisfied, hungry-looking faces, eager to get all that could be gotten out of this holiday, and in this pursuit entering the nickel theaters, exciting and unreal moving picture shows, saloons and the various other questionable places of amusement in which State street abounds.

How different were the faces of those who stood one by one in the Life Boat mission at 471 State street testifying from full hearts to what the Lord had done for them, and stating some of their many reasons for being thankful. One look was sufficient to convince one that they had indeed found the secret of happiness and true thankfulness.

This secret was enlarged upon in a most inspiring talk by Dr. Sadler, who mentioned the toxins made by the body for different diseases and then went on to consider diseases of the soul, holding up Christ as the only remedy for these. Is there a better foundation for true thanksgiving than the possession of such an unfailing remedy—an antitoxin for sorrow, sin and unrest?

Before the meeting closed opportunity was given for those to speak who had tried this remedy. One of the first to respond—a hard-working laboring man—spoke of his greater enjoyment of spiritual food than of even a good square meal after a full forenoon's work. He went on to say:

"I remember the time when I did not have such an experience, but I thank God that many years ago He led me to a higher plane and brought entire satisfaction to my soul. Oh, I am so thankful my sins are all forgiven, that God has given me the power to let sin go and have nothing to do with it—to die unto sin, live unto God. I want you to regard me as a dead man, only living by the power of

God. It is so nice, so sweet, so precious, and it lifts me along over all these trials and all these things that annoy me down here. They do not annoy me enough to take me away from God. Trial and trouble just bring me nearer God and make the sweet sweeter. I thank God for salvation."

The one next on his feet said:

"I never knew anything about toxins, but I knew what it was to be intoxicated. What I am more thankful for tonight than anything else is that I am sober and in my right mind. When the clouds are thickest around I know there is a silver lining on God's side of the cloud. My desire tonight is that I may press on and upward, that I may hear my Master say, 'Well done, good and faithful servant.'"

He then besought other men present to take Christ as he took Him eighteen months ago. At that time he was without hope or friends and had no place to lay his head,—now all his needs were supplied. He spoke of the man who went with Jesus as walking in clover, as having "Johnny-jump-ups in his heart all the time."

In a ringing voice another man gave the following testimony:

"Oh, I do praise my precious Master that He saved a poor sinner like me, and again I praise Jesus that He has been keeping me every day, three hundred and sixty-five days in the year, and giving me victory over the flesh, the devil and the world. I do praise His name for His saving and keeping power, that we can live a victor's life down in this sinful world.

"This has been one of the best days I have spent these last four years. The Lord saved me four years ago from tobacco, drink, and bad company. When I was crooked as a dog's hind leg and nothing else could save me the Lord Jesus Christ did that work in my soul, and every day he has been keeping a camp meeting going on in the soul and we have just a revival going on all the year round.

"I thank God for this salvation that keeps us day by day, and since Jesus has come in to abide it is dead easy to be a Christian. It is like being away on a vacation.

"When I lived in sin I was like the troubled sea that cannot rest. Today I have that peace that passeth all understanding, and I praise

Him for that peace and I am going through with Jesus. Oh, I praise God for this life of victory in Christ Jesus."

Still other testimonies followed, closing with one from a woman who thanked God for the change that had come in her home. From being a miserable, unhappy, drunkard's home it had become a peaceful, happy little home because Jesus now dwelt there supreme. She no longer has to sit nights and look out the window wondering when her husband is coming, for in a meeting similar to this God spoke peace to his soul. He has been serving Him ever since, and now comes home as regularly as clock work.

Since he was unable to be there to speak for himself, she told how previous to this time he had in vain fought the desire for drink. He did not want to drink up all his money, to risk his life in railroad work and then spend every cent of his earnings in the saloon. But sin had such a power over him he could not help himself, and he did not know the antitoxin that would remedy that disease. Her heart was filled with gratitude for the change God has brought about.

As we again went out on the street our hearts were stirred for the pleasure-seeking crowd. Why wear oneself out in a useless search, when happiness is so near at hand, being reached down by God from heaven to all who will simply take it? The trouble is, so many look so low.

Dear reader, are you acquainted with this divine remedy? If not, why not try it? Just taste and see how good the Lord is to all who call upon Him, and have not only one but three hundred and sixty-five thanksgiving days a year.

NOTICE THIS.

Would you like a copy of John's Gospel with the most important passages printed in bold type, with a splendid fourteen-page outline study of the Gospel of John by Wm. Evans, director of Bible Course, Moody Institute, and with a map of Palestine in the time of Christ? Substantially bound in cloth, all **FOR FIVE CENTS** and one cent additional for mailing. Just the thing to have in your vest pocket. Address The Life Boat.

THE HOOK WORM—THE PLAGUE OF THE SOUTH.

DAVID PAULSON, M. D.

John D. Rockefeller has recently given a million dollars to be used in helping the people of the South to free themselves from the hook worm disease. Some of the most striking facts regarding this widespread disease I have abstracted from the October *McClure's*.

The first and strongest impression of the poor whites is their shiftlessness. They could not fix things up, they had barely enough energy to keep soul and body together as it was. Everybody had a "misery." They tried to work but they could not, it was not in them. There are today two million of these poor whites suffering from anemia, and hardly any one of them even suspects he is suffering from an intestinal parasite.

Dr. Stiles, a zoölogist of the marine hospital service, found that hook worms in sheep produced anemia. He became convinced that the poor whites were suffering not from laziness and shiftlessness, but from some disease. Physicians laughed at him. In '96 he was lecturing in Georgetown university and said: "If any of you go South and find a case of anemia which is not clear to you, look for a hook worm like that found in the dogs about Washington." A young man by the name of Ashford who sat in the class entered the army and was ordered to Porto Rico. As he found cases of anemia he found the hook worm. He later discovered that one-third of all the deaths in Porto Rico were due to it. This was one of the most important results of the Spanish-American war.

In December, 1902, at the Pan-American Sanitary Congress Dr. Stiles made his first public announcement of the discovery of the American hook worm. He declared that the poor whites were sick, not lazy, that he had just been out in the field studying the subject and wherever he found laziness and shiftlessness he found the hook worm. The New York papers announced that the germ of laziness had been discovered. Within a week the press of the country had made it the joke of the season, but Dr. Stiles had seen emaciated men trying to wrest a living from half-tilled

fields, and women, to whom rest never came, trying to nurse starving babies from withered breasts; and at last in an address he said: "It is not a thing to laugh at when women and children are *dying*." Those who heard him enrolled themselves for one of the greatest medical crusades of our times.

The hook worm is less than an inch long and looks like a bit of soiled coarse thread. When the hook worm is ready to eat it presses its mouth against the intestine, draws a tiny piece of mucous membrane into its mouth, punctures it with its lancet and fang and sucks the blood. These punctures are repeated many times in the course of a meal.

After the worm has dropped off other germs frequently find lodging in these holes, producing small ulcers. The number of these worms frequently runs to more than a thousand. While the hook worm is feeding it injects a poison which keeps the blood in a fluid state, thus keeping it bleeding for hours after the hook worm has moved on to fresh feeding ground.

Looss, a German investigator, one day by accident spilled a drop of water containing several thousand of the active larva on his hand; within a few minutes nearly all of the larva had disappeared in his skin. Seventy-one days thereafter he was eliminating hook worms from the intestinal tract and suffering from severe debility and anemia.

The one remedy that has stood the test of time is thymol, which stuns the hook worm and compels him to drop his hold. Two hours later a dose of epsom salts is given to clear out the tract. Thymol is, however, soluble in fats and oils, hence if the patient has eaten fats and oils the day before it will dissolve, and if a large dose is given it will kill the patient.

One family positively refused to give up bacon for one day. The poor whites think that if the doctor does not know what they eat it will not hurt them.

There is no doubt that polluted soil is the most important source of infection. Dr. Stiles found that in the infected region sixty-eight per cent of the rural homes are without toilet closets, hence the women and children, who are largely bare-footed, are the worst cases. In one district seventy to eighty per cent of

the school children were infected. Nearly all these schools were without closets.

Dr. Stiles remarks: "Compulsory education in these schools means compulsory hook worm disease." It has now been learned that nearly all the negroes have the disease, but they are almost immune to the effects of it. The one real hope in curing the white man lies in curing the black man. In the beginning the negroes brought it with them from Africa on the slave ships. It is an imported disease and its import tax has been literally paid in blood, pure Anglo-Saxon blood. The price of slavery has fallen on the white man and his children until it now numbers two million cases in the South. Outside of the negro states it is almost unknown. Negro crimes of violence number dozens, where his sanitary sins number hundreds of thousands. For one crime a mob will gather in an hour to lynch him; he may spread the hook worm from state to state without rebuke.

The majority of both the poor whites and poor negroes are renters. They are too poor to put up a single small building, too ignorant to appreciate the risks they run; they take what the landlord gives and make the best of it. Thus largely through ignorance, neglect and carelessness of the landlord it has come about in five great states that the labor problem is the problem of soil pollution and the hook worm.

REPORTS FROM THE BATTLE FOR HEALTH AND RIGHT LIVING.

CAROLINE LOUISE CLOUGH.

So long as disease exists in the land and thousands and millions of lives are being lost because of ignorance and disregard of the foundation principles of life, just so long sane, sensible people must wage a war on health and happiness-destroying practises.

This war has broken out afresh in the vicinity of the Hinsdale Sanitarium in the form of three-day health institutes conducted by Dr. Paulson and associate workers and held in the various churches. Already such institutes have been held in Streator, Belvidere, Sheridan and in several Chicago churches. Other important points will be visited later. The first session held is devoted to

A HOME SCHOOL OF NURSING, at which discussions and demonstrations are made showing how pain can be relieved without drugs, how to use nature's tonics, how to cure a cold the first day, and care for the injured. These treatments are all simple and easy to understand and when administered properly they will save an endless amount of suffering.

The following evening the gospel for soul and body is presented in an effective manner. At the Sheridan institute, which it was my privilege to attend throughout, Dr. Paulson presented this subject in a manner which gripped the hearts of the people. We quote the following from his remarks:

RELIGION AS LIFE PRESERVER.

"A great many people have their religion along to use as some people do their life preservers, in case they should get shipwrecked. Nearly every person would be glad to go with you and gather some beautiful flowers, but if asked to go to prayer meeting they will find some excuse for staying at home. Job 22:21 says: 'Acquaint now thyself with Him, and be at peace; thereby good shall come unto thee.' God will send the good if we just do the acquainting. Many people are only acquainted with God as they are with Roosevelt—they have read a great many things about him but have never known him *personally*. It is a wonderful thing to take Christ in as your active partner.

"Some eat two or three square meals a day for the body but try to get along with about one and a half a week for their souls. The question before us today is whether we are going to feed our souls enough to keep them hale and hearty. We hear about the starvation cure, but there are some who are trying it on their souls to a finish. We have got to be fed every day from the living word. The manna could not be saved up."

In the Sabbath morning service Dr. Paulson called attention to the wonderful truths which God has placed in the world especially for this time as antitoxins or anti-poisons to the many toxins of sin and disease that are abroad. It is our business to keep these life-saving principles to the front and as we do this they will keep our souls alive.

At three in the afternoon several workers

talked on the possibilities of good Samaritan work, the rescue work, helping the outcast, the down-trodden, and personal experiences in soul winning.

In the next morning session the school of nursing was continued. Light was shed on the treatment of insomnia troubles and simple fevers. A list of appliances was given costing only a few dollars, which should be kept in every home for the treatment of the sick. For the benefit of our readers we will reproduce that list here:

2 fomentation cloths.

A foot bath tub.

A friction mitt.

1 spine bag.

1 combination hot water bag.

1 ice bag.

3 Turkish towels.

1 water thermometer.

1 clinical thermometer.

1 fomentation pail.

In the afternoon several phases of hygienic living were presented in a brief, concise manner. Instruction was given on how to feed the body properly with the several necessary food elements. The questions of fresh air, deep breathing, the sanitary condition of our homes, etc., were brought forcibly to the attention of the people. We cannot talk too much about these things. If more people would make these life-giving principles of right living their subject of conversation instead of gossiping about their neighbors they would find their reward would be greater at the last day.

In the evening the last session of the institute was held. Dr. Paulson told the story of the miracle of health and healing, a report of which appears on another page of this number.

During the institute time was given for visiting every family in the village, selling this magazine and inviting the people to the services. In Sheridan some twenty-two young people volunteered to assist in this work. Each one was given a small part in the work, thereby distributing the blessing.

The young people took a great interest in this and also in the services, filling up the front seats and listening with rapt attention. One young woman came forward at the close of the institute and with tears in her eyes

said that something had been said which changed her whole life. She had gotten a broader glimpse of what Christ was actually doing for her.

FROM A FEW OF THE WORKERS WHO HAVE ASSISTED IN THE INSTITUTES.

I believe God wants us to do this health institute work. My first experience in the institute work was at Streator, Ill. I went there to get a blessing, also to improve every opportunity that came my way. The dear people gave me such a hearty welcome and seemed so eager to learn all they could. As each worker would present a different topic even the children were all attention.

I think God used me to help a lady who regularly attended all the meetings. She was very much concerned about her spiritual condition. I helped her to decide then and there that as for her she would serve the Lord in just the way He would lead. At another institute we held in North Chicago the Spirit of the Lord was manifest. The harvest truly is ripe.

MRS. HANNAH SWANSON.

In this part of our institute work God has certainly blessed us. In the Oak street church in Chicago Dr. Mary Paulson and myself in as simple a way as possible told and also demonstrated the simple treatments which we believe God has instituted for the relief of the sick and suffering. Dr. Paulson gave them a list of different appliances which should find their way in every home in the near future and should be used instead of filling the system with drugs.

Every one present seemed extremely interested and asked questions very freely, until we felt sure all understood just the right way to give the treatments in order to get desired results. Several in the audience assisted in the treatments (for instance, in artificial respiration), in order to be positive they were acquainted with the proper methods.

Although we felt ourselves to be merely humble instruments in God's hands, He blessed us in our work and put words in our mouths just at the proper moment. We believe this is the work for this day and God will bless it.

MYRTLE CAMPBELL.

It is certainly a pleasure for me to have a part in the institute work which Dr. Paulson is now conducting among the different churches of Illinois.

These institutes are of such a nature as to give the people valuable instructions along just the lines they need to know about to enable them to live on a higher plane mentally, morally and physically.

The people all show the deepest interest in the studies given and it gives us renewed courage as we see their enthusiasm. May the Lord ever attend us in this great work!

JOHN WALKER.

TO THE SHUT-INS FROM A SHUT-IN.

F. B. UNDERHILL,
Montrose, Pa.

I will write again as some may think from reading my article in last month's issue that it is hard to be lied about when you are a Christian, and a chronic invalid, but remember, you will be lied about for Satan is your enemy and he is a liar and the father of it. Christ says they will say all manner of evil against you falsely. (Matt. 5:11.) But let us not be offended at anything Satan will bring against us, but rather be glad that we are counted worthy to suffer for Christ's sake. Be happy and cheerful without saying a word back. Christ says, "Rejoice, and be exceedingly glad." (Matt. 5:12.) And we can be glad, too.

Here is what Christ has promised us, "And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together. For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us." Rom. 8:17, 18.

"If we suffer, we shall also reign with Him. If we deny Him, He also will deny us." 2 Tim. 2:12. "Blessed is the man that endureth temptation, for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love Him." James 1:12.

Do you think that Christ has forsaken you when you suffer so much affliction and perhaps pray every day to be delivered of your affliction and can get no relief from suffer-

ing? Do you not think God knows best? Have you learned the lesson that God intended for you to learn in your affliction? God will deliver us in his own good time, which is the right time. "And we know that all things work together for good to them that love God." Rom. 8:28.

Are we willing to wait for God's time to come? We do not always know what is for our best, so we ought to wait and trust in God's knowledge, for here is the promise of God: "But they that *wait* upon the Lord shall *renew* their strength; they shall mount up with wings as eagles; they shall run and not be weary, and they shall walk and not faint." Isa. 40:31. So let us be happy waiting for God's time, which is right at hand—even at the door—right now.

Jesus is soon coming. God is about to work with mighty power in the earth and the sick shall be healed. Why are there so many chronic invalids today of five, fifteen and thirty years' standing, and some even longer? The answer is plain. Why were there so many invalids of from five to forty years' standing in the days of Christ? You say that was so Christ could show His power that the world might believe He was the Son of God. True, Christ started the church with power. The world is just as wicked today and needs just as much power to end the message with as it took to begin it. We are right in the ending of the message. Our Lord's coming is right upon us. Who knows but what ten thousand invalids will be healed to go forth and give the message! The longer we are invalids the more the world will know that God healed us. So let us pray for God's Spirit to be poured out in the earth, for the time to come that God will finish the work. "For He will finish the work, and cut it short in righteousness; because a short work will the Lord make upon the earth." Rom. 9:28.

So do not look for the world to speak the truth, but always believe every word that God says, for you can find comfort in God and His Word for all trouble. May God bless you all.

"The clouds hang heavy around my way,
I cannot see;
But through the darkness I believe,
God leadeth me."

ONE WOMAN'S DECISION, WHAT IS YOURS?

The following letter from a lover of THE LIFE BOAT speaks for itself. She writes:

"I have decided to try to sell THE LIFE BOAT, so I have just tonight sent in a small order; if I am successful, which I believe I will be, I shall continue to sell them.

"I am always speaking a good word for THE LIFE BOAT. Since moving to this place the first time I called on a lady I took the magazine with me and just as soon as she saw it she said, 'Years ago we took THE LIFE BOAT and we *did* enjoy it so much.' She said she would subscribe again in a short time. I shall try as I sell it to get subscriptions and get the valuable book you offer as a premium. I am sure THE LIFE BOAT is doing a grand work."

Dear reader, what is your decision about this magazine for the coming year? Can you not decide to circulate it in your community? The blessing of the poor, the discouraged, the heart-broken will be yours as they find in its pages hope and cheer. Let us hear from you. Start the new year right.

HOW HE LEARNED TO "PRAY WITHOUT CEASING.

The following letter is received from a prisoner in the Clinton prison, N. Y., written to one of our workers:

"Your kind letter was placed in my hands and it made me very happy to know that you still remembered me. If you could only realize what a friendly letter means to one situated as I am! How the heart bounds up in one and beats at an alarming rate, making one feel that there is at least one in the world who sympathizes with the afflicted!

"How happy you must be in applying your life to the service of God. When I think of your God as my God I am strengthened in my desire to wipe out my past life by doing good and helping others to a realization of the empty life one leads in evil. I realize that one cannot live a good life without God's help. He is the only bulwark against the temptations of Satan.

"From instant communication with God I have learned what a great meaning is conveyed in the phrase, 'unceasing prayer.' Un-

ceasing prayer to my mind means constant watchfulness over one's tongue and actions, dispensing good to my neighbor at every opportunity, ever thinking of Him who is watching over me with unbounded love and care, taking God into one's consciousness; and mentally looking up before doing any act, no matter how trivial, has become a habit with me. This is praying unceasingly, and I thank God for giving me this great understanding and for placing in my care the precious secret of a happy life. This is my strength against temptation and makes my heart light and full of love even in prison and brings me into a joyous realization of what the poet meant to convey when he said:

"Stone walls do not a prison make,
Nor iron bars a cage."

SOME GOOD INVESTMENTS.

MRS. MARY TUTTLE,

482 Locust St., Lawrence, Kansas.

[We are glad to present this helpful and suggestive article from Mrs. Tuttle. It not only shows what earnest people can do in their own community, but it also furnishes valuable hints for those who are interested in the prison problem.—Ed.]

My husband and I, with some few workers, go to the county jail every Sunday to talk to the boys. There are ten in now,—two life prisoners and some to go to the reformatory at Hutchinson, several not yet twenty,—bright, intelligent boys who had no home, no mother or father. We expect to keep in touch with them after leaving here.

I have received some letters from boys from different prisons, and they are all readers of this magazine and struggling to live a better life. We are interested in several who are serving life terms, who have been in many years and have truly reformed; I think they will be good citizens, and we are by the help of the Lord endeavoring to help them in the wisdom of our God and trusting He will bring deliverance to those that deserve liberty.

This prison work is one of the greatest and most needed works there is. If these prisoners could only see and accept and be made whole of all their sins, what a world of peace it would bring to them! And that is just what we are trying to do,—to get them to stop and look into these blessed truths and

see the most glorious privileges there are for every one.

Take them as a class I find they have very tender hearts, looking for some one that will put confidence in them. We have to get right into their hearts and lives and make them feel and know it as a fact, and then God can win them to Himself, and then it means more yet to help them in the way; there are so many temptations of the old life to be brought up before them by their old master whom they served so long and so faithfully that it is a hard struggle at times to resist him. He brings on such a restlessness that they feel like running into something or some place, they don't know where. They well know there is nothing in the old life, and yet there is something that seems to have such a strong hold on them that it takes the power of God to hold them. But God is a present help in every time of need, and they find it so when they call on that strong arm that is able to deliver everyone who puts trust in Him.

We have had quite an experience with prisoners in many ways, and I am learning more and more how to reach them. Oh, I praise God for this blessed work! He is so wonderfully showing and teaching me along this line, and my heart and life are all taken up in this work. I write to a great many and those that have gone from our own county jail I have kept in touch with, with the love and grace and help of Jesus, to constantly keep the good things of the Lord before them and to cause them to *think*, for think they must, and I want to have some good thought ever before them in letters or other reading. Then when the time comes for those to come before the Parole Board for parole, whom we know have reformed and been transformed, we do all we can to help them. We have been able by the help of the Lord to help two out in the last year; we took them to our own home and did for them as we would wish someone to do if it were our son coming out in a strange land without home or friends.

Last May we took one into our home who stayed with us till he got a full pardon and was a free man again. Now he is married and doing for himself. Last November we took another one and he is with us; we find him a true, honest young man and a true

Christian, striving to be better and better. We have had some difficulty in getting work for him, but now he has a good position in a wholesale house here and is doing well. He loves to work and is not content when out of work.

He was many years in the old life of sin, but he has seen the folly of a wasted life and now sees how foolish and empty his life has been. But after all, there was something down in his heart that only needed a tender touch of love to cause him to stop and think, and after several months we were able by the love of Jesus to win him to the Lord. He was made a very happy boy even in his lonely cell with none but him and his God, who was his deliverer from all his sins and transgressions, and he felt like going out and telling others of the wonderful love of Jesus that had come into his heart and life. His parents and family were all Catholics, but he is saved by Jesus Christ.

We do have blessed times in reading the Bible and good books, for he loves to read, and reads much to us in the evenings, and in our family worship he always takes part in earnest prayer; so he is blessed with us and we are as truly blessed with him in our home. He visits the sick and takes fruit and other things, doing the same to the prisoners here in jail, and is delighted to do any little kindness he can. He will soon be ready for his pardon from the governor. Now the Lord has all the honor and glory for every bit of this great change in such lives. Oh, it pays to work for the Lord, for lost and fallen souls! I know the dear LIFE BOAT is doing a great work along this line and I say God bless and prosper it more and more as the years come and go, and may many, many prisoners be brought to see the only true life.

I trust this will be helpful and encouraging for those that are in the work of the Lord, and to the dear prisoners that may read it. Oh, for more of that love that makes all burdens light, the hard easy, the crooked straight, and the bitter sweet! Nothing like the love of Jesus can do this for us, so let us all as workers together be filled more and more with the love, and the power will come that we all need so much.

Editorial Department

DAVID PAULSON, M. D.
EDITOR

CHRISTIAN WORKERS' CONVENTION.

Just as we go to press final preparations and arrangements are being made for the convention to be held at the Hinsdale Sanitarium from December 28 to January 5. There is every indication it will be a gathering of deep importance, as Christian workers are signifying their intention of coming and many prayers are being offered that God's Spirit will be poured out in a special manner. The next LIFE BOAT will contain interesting reports of this gathering.

IS THIS A SAD WORLD TO YOU?

Someone has said that this is a sad world *only* to a sad man. If you have found this a sad world read these words in Ps. 33:5: "The earth is *full* of the goodness of the Lord." The earth will begin to look brighter to you, and if it does not, ask the Lord to anoint your eyes to see and you will begin to comprehend that many of the things that you have considered so sad are really *blessings* in disguise.

Begin to make a catalogue of the special blessings God has sent into your life and the troubles and distresses He has saved you from, and if you ask God to help your memory you will soon discover that the list of your blessings is *longer* than the list of your troubles and sorrows.

HIS MOTHER SORRY HE WAS BORN.

When I was a boy my father used to read the Bible through by course at morning worship. When he reached the first book of Chronicles he would generally skip the first four chapters with the remark that they contained nothing but names.

But by so doing he overlooked something in chapter four, verses nine and ten, which has been very precious to me. The account stops in the midst of reciting name after name and

tells the remarkable experience that Jabez had. In verse nine it is stated that "Jabez was more honorable than his brethren: and his mother called his name Jabez, saying, Because I bare him with sorrow."

What there was about Jabez that made his mother so sorry, the record does *not* state. Perhaps he was born with a harelip or clubfeet or possibly there was a strong intimation that he was not going to be a bright child. At any rate she called him Jabez, which meant she was sorrowful. So every time his name was spoken he was *reminded* of that pathetic fact.

But instead of sitting down worrying and fretting about it he did the sensible thing—"he *called on the God of Israel*, saying, Oh, that Thou wouldst *bless* me indeed, and *enlarge* my coast, and that Thine hand might be *with me*, and that Thou wouldst keep me from evil, that it may *not grieve* me!"

What a beautiful and comprehensive request! And how thankful I am the record adds, "And God granted him that which he requested." He received such an abundance of blessings that he finally came to be "more *honorable* than his brethren."

Dear reader, why do you suppose that was slipped in the Bible? To remind you, no matter what your drawbacks are, no matter how much you are handicapped, no matter how much your dearest friends may feel sorry for you because of your defects, that you can pray just as Jabez did and God will grant *your* request; for He is no respecter of persons. So take courage, and read over those two verses until they *glow* on the altar of your heart.

IN FAR-AWAY NEW ZEALAND.

Harriet Hare of New Zealand has sent in recently a large order for LIFE BOATS to supply her county jail each month for the coming year. Have you thought about the jails in *your* neighborhood? Are the prisoners there having

an opportunity to read good religious literature? We furnish five copies of THE LIFE BOAT each month for a year for a dollar and a half. Can you not afford to spend a dollar and a half and supply your local jail with THE LIFE BOAT for the year 1910?

A GOOD EXPERIENCE FOR NURSES.

The following was received from T. S. Dock, business manager of the Wichita (Kan.) Sanitarium. It is a good thing for nurses to get out from the sick room and visit the homes of the well, carry the sweet Gospel message in the form of THE LIFE BOAT or some other religious magazine. This will give you an opportunity to talk with the people about their souls' salvation and to pray with them. Your own soul will be blessed in doing it. His letter reads:

"I am writing to have you send us one hundred copies of the December number of THE LIFE BOAT. Our nurses have gone out and have done real well selling the *Life and Health* and the *Signs of the Times* magazines on the streets, and we think we ought to be able to sell THE LIFE BOAT. If we succeed in disposing of these papers, I hope to order some from month to month."

CULLED FROM OUR MAIL BAG.

"Wherever and whenever I read THE LIFE BOAT, whether an old number or fresh from the press, it does me good and I treasure it. There are some books we read that suit us exactly—they are ideal. It is the same with some missionary efforts, there are those that wholly appeal to us. To my mind THE LIFE BOAT is one of the best missionary papers."

WHAT A LITTLE GIRL DID.

Recently we received the following from an eleven-year-old girl. What this girl has done other girls can do. She writes:

"I saw your advertisement in THE LIFE BOAT of a Bible given for five yearly subscriptions; I have secured the subscriptions and am sending a postoffice money order for the amount. I hope soon to receive the Bible. I am only eleven years old, but I like to read the Bible."

The Life Boat

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

THE LIFE BOAT is published at Hinsdale, Ill., by the Workingmen's Home and Life Boat Mission, incorporated. The Chicago office of the Association is 471 State St.

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Yearly subscriptions, 50 cents.

Special discounts when a number are sent to one address.

Ten cents additional to Canada and foreign countries.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

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

LOOK AT THESE BIBLE OFFERS!

If your Bible is worn out or if you do not possess one, here is an opportunity for you to secure one **WITHOUT MONEY**. It will cost you only a little effort. These Bibles are not cheap Bibles, they are selected from the best series of Bibles manufactured.

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For Eight New Subscriptions or Renewals to The Life Boat we will send you a Genuine Oxford Teachers' Bible; printed on good linen paper, contains New Cyclopædic Concordance, with all Helps, Index, Bible Dictionary, Tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles; minion type; size, $7\frac{1}{4} \times 5$ inches; bound in French morocco, divinity circuit, round corners, red under gold edges.

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For Ten New Subscriptions or Renewals you can secure The International Red-letter Teachers' Bible. Self-pronouncing; contains the words of Christ in the New Testament printed in red, and the Prophetic Types and Prophecies of the Old Testament, which refer to Christ, also printed in red. It contains the Combination Concordance, in which the Helps are all under one alphabet. This Bible is No. 39670. It is bound in French morocco, has divinity circuit, round corners, red under gold edges and extra grained lining.

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Why continue to use your old worn-out Bible when you can get an elegant, genuine Oxford teachers' Bible containing concordance, all the helps, and bound in French Morocco, absolutely free as a premium by merely securing eight new subscriptions or renewals to **THE LIFE BOAT**? Your friends will thank you for calling their attention to it.

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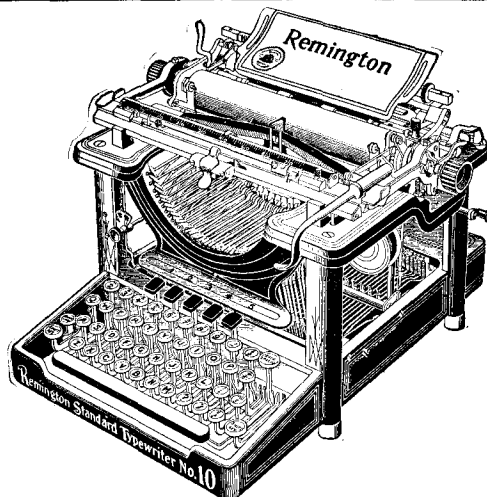
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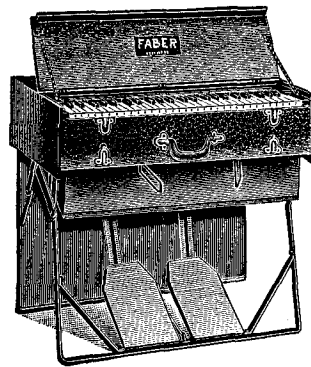
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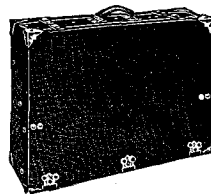
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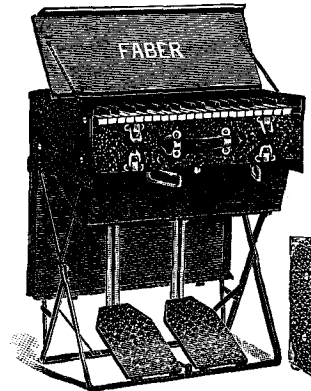
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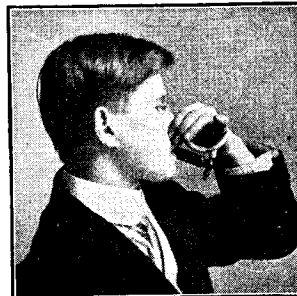
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