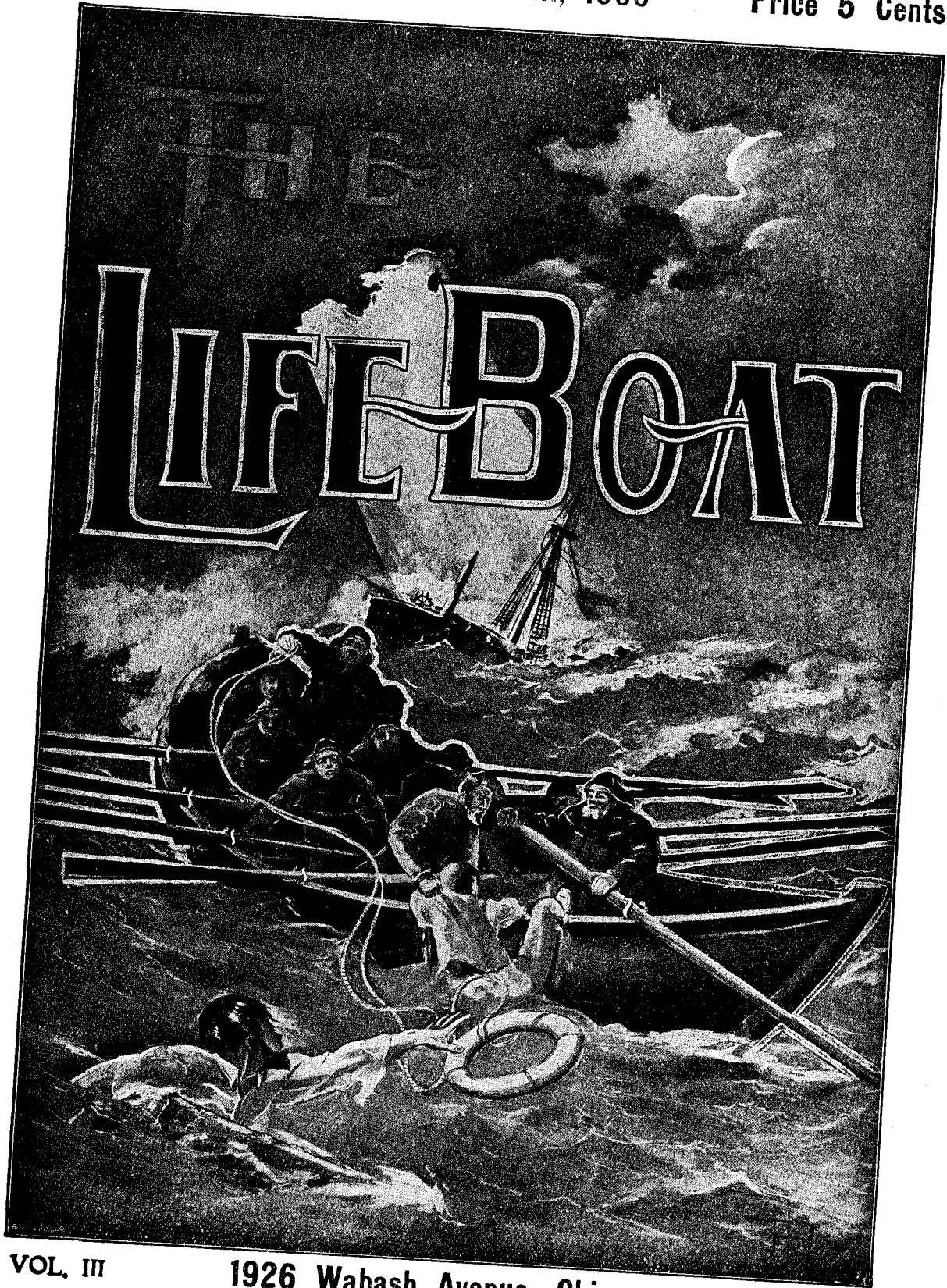


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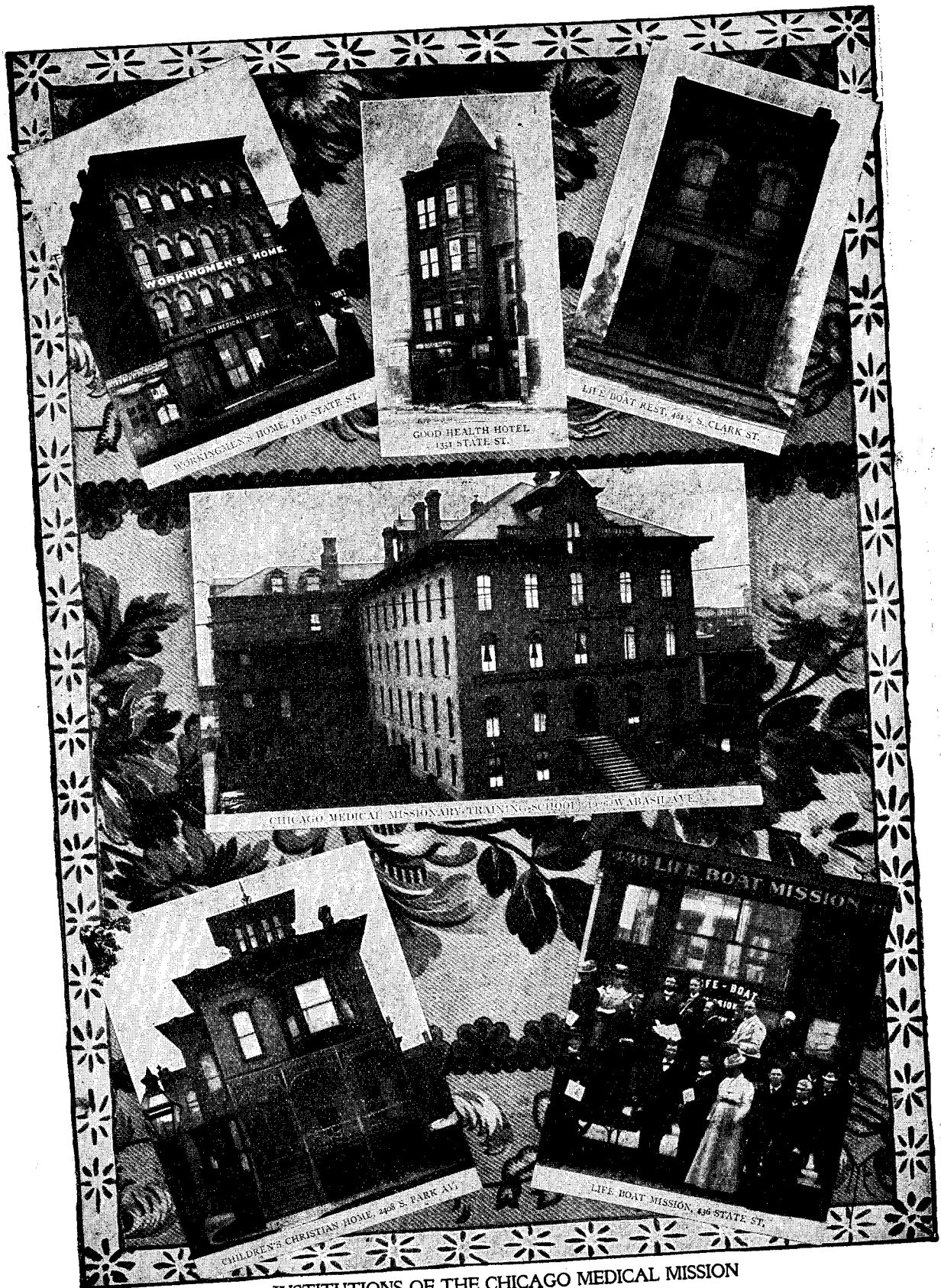
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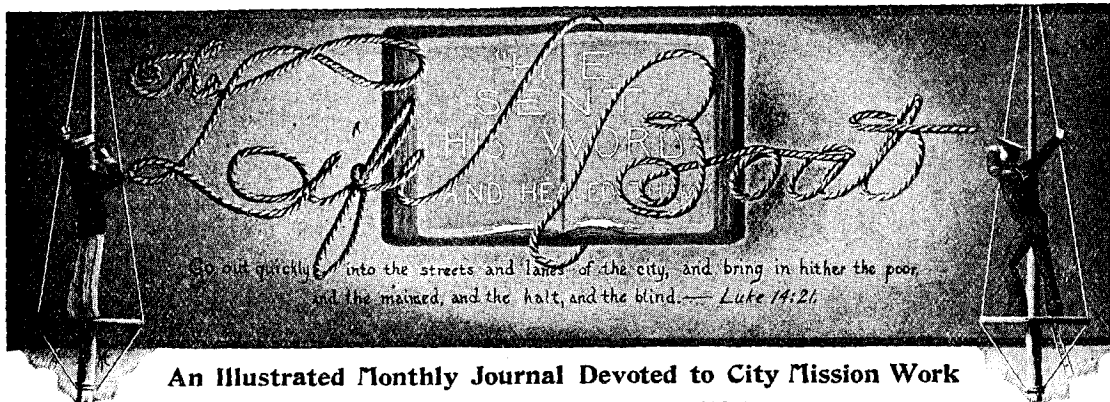
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INSTITUTIONS OF THE CHICAGO MEDICAL MISSION



Go out quickly into the streets and lanes of the city, and bring in hither the poor, and the maimed, and the halt, and the blind.— Luke 14:21

An Illustrated Monthly Journal Devoted to City Mission Work

PRICE TWENTY-FIVE CENTS A YEAR

Volume 3

CHICAGO, ILL., SEPTEMBER, 1900

Number 7

The Better Way

MRS. CARRIE BUTCHER

Do not harshly judge your neighbor;
Do not be too quick to blame;
Better far that we should labor
To uphold our sister's name.

Has she sinned? Then let's be showing
How for her the Saviour died,
Point her to the fountain flowing;
Help her reach its cleansing tide.

Has the cruel tongue of slander
Gathered from the misty past,
Some suspicion thus to pander
To the world's deluded taste?

Must we herald all the failings
Of a tempted sister, weak—
Wound their hearts, nor heed their wailings?
Oh, 'twere better ne'er to speak.

No, let's seek the fount of healing,
Bid it's waters o'er us roll,
'Till a tender, Christ-like feeling
Floods and permeates the soul.

Till we feel an anxious yearning
Over those who fail and fall,
Till our very hearts are burning
With love's sympathy for all.

Christian Ministry

DR. GEORGE D. DOWKONTT

From an address given at the Chicago Medical Missionary Training-School

IT is a great privilege, dear friends, to be here, and to see you, and learn of the work that is being done, and has been done, and is likely to be done. I am here to-day from Battle Creek, where, on last Tuesday evening, at Dr. Kellogg's invitation, I addressed the graduating class of twenty-one medical missionaries. You will judge that it was a pleasure for me to be there. This morning, too, I am rejoicing in the fact that after having read about this work in Chicago, I am here to see it,—this medical missionary work. Just about this time I am completing forty years of work in the world. I spent the first ten

years of that forty in the British naval service, aboard a man-of-war. I spent the next six years in the largest government dock-yard in Great Britain. The last twenty-four I have spent in medical-mission work.

I see no grander work in the world than medical-mission work. I do not undervalue other kinds of work, but I tell you that there is a satisfaction in being able to go into the homes of the sick and bring relief to the suffering; to save life, restore the sick to health,—to see the father raised up from his sickness when the little children and the mother were wondering whether he would pull through or not. To have the skill, knowledge, and sympathy to go into that home,—to lift that man off his bed, and save the life which was in danger, is a grand and great work. But if, in addition to that, you can reach that man's soul, and can lead him to Christ and perhaps bring his family to Christ also; then it is doubly glorious. That is what we ought to try to do.

I was thinking this morning what I should say to you along the line of the Master's work when He was

The Man From the Tombs

down here, and His work as He is carrying it on now through the branches. He said that the branch could not bear fruit of itself unless it abode in the vine: it is just as true that the vine can not bear fruit if it has no branches. We are the branches. "I am the true Vine, ye are the branches," He said. If He is going to bear fruit, it has got to be through us. He has no other branches, and that is the way He has to work to-day in the world—through the branches. This morning I was looking over the fifth chapter of Mark, and the latter part of the fourth chapter. The Bible tells that when it was eventide Jesus said to his disciples, "Let us go over on the other side of the lake." So they got into the ship, and He with them. They did not ask any questions as to why they were going over there; they made ready to go across. A great storm arose, great opposition. It seemed likely that the vessel would be lost with all on board. The Master was lying in the stern, asleep. He had no thought of fear. But many of them, the disciples, fishermen, seamen, all of them used to the sea, were at their wits' end to know what to do. They came to the Master and woke Him up, and said, "Master, save us or we perish." Then He arose and rebuked the winds and waves, and the ship arrived safely at its destination. Then there came to him a man possessed with a legion of devils. He was worse than a wild

beast. He had often been bound with fetters, but they had been snapped asunder like bands of straw. But when the magnet drew near enough to the iron, there was a change. What was it that brought Him across that lake? That is just the thought I want to give you, dear friends,—the importance that Christ Himself sets upon one individual, *one soul*. He got into that vessel; He knew He was going through a storm, He knew all about it before He started. But He went through it all for this man, and immediately the man, whose cry He had heard across the lake when no other ear had heard it, came to Jesus and was delivered. Then we are told that there came a cry from this legion of evil spirits, or devils, that had possession of him, and they put up a prayer to the Son of God. They asked him that they might go into those swine, 2000 of them, feeding on the hillside. And it says right away, without any stopping or waiting, Jesus "gave them leave." I am glad to know that they had to ask leave, that Christ has the power over Satan. He gave them leave and they entered into those 2000 swine and swept them into the sea.

Did you ever think of the power of Satan? Only thoughtless people think lightly of it. He had enough power to put into one individual strength which swept 2000 pigs into the sea. You try to put one pig into the sea and you

Christ's Power Over Satan

will have your hands full. He put all that power into one individual; and what could that man do to deliver himself? What could his fellow men do to deliver him? But Christ delivered him. It is just the same power that is necessary here in Chicago, or New York, to deliver men from the power of drink and all those things that hold them. But thank God! it is available. The Great Physician is still alive. He has done this for many hundreds, many thousands. The people came to him for they had been told the story of the 2000 pigs. They did not think so much of the man, but 2000 pigs had been lost: that was a great loss, that was a pretty big bill. That is like some people talk to-day about mission work. So they besought Him to go away. Christ took them at their word: He went away. They had trembled and shaken many a time at the evil power focussed in that man from the tombs; now they trembled at a still greater power that could even drive that power out of the man, and make him whole. So they begged the Saviour to be-gone. They did not understand Him. As He was getting into the vessel, the poor man said, "Lord, let me go with you. I don't want to stay among these people. It will perhaps be worse for me after you are gone, than it was before you came." Now, when the devils prayed, they got their prayer answered right off. It is not always a sign that we are right just because we seem to get our prayers answered right off.

This man prayed, the only Christian, the man who had been healed and delivered, that he might go with

Him, and he was the only one who did not get his prayer answered. It is no evidence that a man is not right when he does

not have his prayer answered in accordance with his exact request. The Lord often gives more or better than we ask. The Lord made this man a missionary right off. "Go home to thy friends, and tell them how great things the Lord hath done for thee." And so the Lord speaks to many converted souls to-day. Men get up and tell what their experience has been, men like Jerry McAuley, whom I knew, who have been held by the chains of sin, and have been set free; they stand up and say: "I was once as you are, and Christ set me free." That is the testimony that tells; that can bring souls to Christ. In some of the missions in New York I have felt sometimes as

though I wished I had gone through similar experiences, and could say so; but I could not, not having been where some of these men were, having been led to Christ in my twenty second year. There is a great argument in the testimony of the man who knows in his very bones what the power of Satan is. There are these men like Jerry McAuley was, men whom the devil has held down and dragged through the mire; they have been the means of bringing men to Christ, and have become the best missionaries.

Alone in a Great City

THEKLA BLACK

LATE one night, when all was quiet at the Children's Christian Home, the door-bell rang, and the sounds of voices were heard on the front porch. On answering the call, we found that some of the neighbors were there with a girl whom they had found sitting on the doorstep of a brewery a short distance from the Home. It seemed that she had been sitting there all afternoon and intended to sit there all night, had not some kind people noticed her sad and helpless appearance and brought her to us. She was about sixteen years old, and on being questioned said that her father and mother had deserted her and that she was found in an alley in New York City, taken to an orphan asylum, and then sent to work on a farm in Illinois, after being in the asylum three years. She became discontented, and ran away. Like many another young girl, she came to Chicago, entirely ignorant of the dangers that would beset a young, nice-looking girl in this city of iniquity. She came to the Union depot, not knowing a single person in this city of a million people. It seems very evident that the Lord had sent this girl to us for protection and a home which we were so glad we were able to give her. The Lord guided her feet directly from the depot to the brewery near the Home, a distance of about three miles. Although she has had several opportunities since coming to us, to get a place, she wants to stay, her one ambition being to get an education. She is now a member of our family, and is a bright and intelligent girl, but often sad and lonesome; because, as she says, she has no father, mother, or home. She is now becoming acquainted with Him whom to know and love is life everlasting. She is also getting quite accustomed to her new environment, and is rapidly becoming fond of what she calls her first "real home." Friends, we are living in a world longing for true Christian sympathy. Let us give it. "It is more blessed to give than to receive."

What Must I Do to Be Saved?

W. S. SADLER

TO the Christian, Christ is all, and in all. He is infinite in knowledge, in power, in wisdom, and in love.

CHRIST'S KNOWLEDGE.—Christ knows all about human conditions. He was in all points tempted like as we are. (Heb. 4:15.) He is the Word that was made flesh and dwelt among us,—in the likeness of sinful flesh, (Rom 8:3). He has a perfect knowledge of our individual need, of our personal trials and temptations. (2 Peter 2:9.) He knows all about our peculiar weaknesses of character. He has a perfect understanding of our real condition. "But let him that glorieth glory in this, that he understandeth

and knoweth me, that I am the Lord which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the Lord." (Jer. 9:24.) He knows how weak we are; how powerless to do good even when we have the desire. We are not heard in prayer for much speaking. It is our *need* that appeals most eloquently to His rich grace and tender mercy.

HIS WISDOM.—In Jesus is all wisdom. He knows how to make use of the knowledge He has of human conditions in general, and of the individual needs in particular. He not only has a perfect knowledge of our need, but He has a perfect *understanding* of how that need should be supplied. He not only knows of the sorrow of the human heart, but he knows how to give comfort in affliction and trial. It is owing

passeth all understanding. Oh the riches and the depths of His grace and His love!

THEN WHAT MUST I DO TO BE SAVED?

"Believe on the Lord Jesus Christ, and thou shalt be saved." (Acts 16:31.) Believe that He knows all about your needs; that He is anxious to save you, for He is "come to seek and to save that which was lost." (Luke 19:10.) "Who are kept by the power of God through faith unto salvation ready to be revealed in the last time." (1 Peter 1:5.) Have faith in His love, "for God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." (John 3:16.)

And then after having come to recognize Jesus as the Saviour that can save you personally *just as you*



to this perfect wisdom that He knows how to make His strength perfect in our weakness. (2 Cor. 12:9.)

HIS POWER.—God is omnipotent. Christ said, "All power is given unto me in Heaven and in earth." (Matt. 28:18.) Jesus knows all about our weakness. His perfect wisdom qualifies Him to mete out strength to our weakness and supply our every need. "But," asks one, "does He have the power?" Yes, thank the Lord, He has the power. His "hand is not shortened that it cannot save." (Isa. 59:1.) "He is able also to save them to the uttermost that come unto God by Him." (Heb. 7:25.) There is no doubt, dear reader, about His power. He is abundantly able to carry out the plans which His wisdom has dictated, in view of the perfect knowledge He has of our needy condition. The power which Christ had to live a sinless life "in the likeness of sinful flesh," is evidence that to-day He can live that same life again in sinful flesh if we are only willing to be controlled by the same mind that was in Him. (Phil. 2:5.)

HIS LOVE.—"All very well," says one, "I am willing to believe He knows all about me, and even that He is powerful enough to save me, but—does He love me enough to save me?" Does He love you, do you ask? "Greater love hath no man than this, that a man lay down his life." (John 15:13.)

And thus does Christ show us all-love,—the infinite love that He has for you and me. He loved us enough to die for us. As His life shows His power to save, His death shows His love,—His willingness to save. And so Jesus has a perfect knowledge of our need, He has the wisdom that teaches Him how it should be supplied; He has the power to make His strength perfect even in our weakness; and He has a love that

are, there is but one thing more to do, and that is with the whole heart be willing to have Him do it. It is written, "For if there be first a *willing mind*, it is accepted according to that a man hath, and not according to that he hath not." (2 Cor. 8:12.) Your salvation depends on just two things; first, that you recognize your need of it, and Jesus' ability and willingness to supply it; second, your willingness to be saved according to the divine plan.



"I have a peace to-night which I would not give up for all the world."

"When I entered this room seven weeks ago I was in a drunken stupor; and I thank God that to-night I am looking unto Jesus."

One night after the testimonies were heard, the question was asked if any present desired to be specially mentioned in the closing prayer about to be offered. In response to this, a man at the back of the room stood up and said, "I want every true Christian in this house to pray that God will deliver me from this appetite of drink. It is hard for me to do this, but I have come to a point where I am forced to do this or end my life. But I don't want to do that, because I love my mother. This drink has made a tramp of me. If there is anything in this I want it; I want to lead a better life."—*At the Mission.*

TYPES OF MEN AT THE MISSION AND WORKINGMEN'S HOME



Testimony Meeting at the Life Boat Mission

Stenographically reported

FROM a man who had a very happy expression on his face, and who appeared indeed glad to be able to say what he did:

"Three months ago the voice of God reached my heart, and rescued me from a life of sin. The night I gave my heart to God was the brightest spot in my life of forty-one years. I know in whom I believe. The worst thing about me was the drink. All that prevents me from being in the ditch is that I have got something better. I have gone into partnership with the blessed Redeemer, and to-night I have no desire for drink. I praise the Lord for it. I am so thankful to-night that I can stand here and say this; I feel more encouraged than ever. Since Christ came into my life, I know I am on the upward grade. I praise the Lord to-night that my steps and eyes are toward Jesus."

Brother T. F. Mackey said: "The woman at the well was the first evangelist that Jesus sent out. The reason that men do not hold out after hearing the gospel is because they undertake to work in the strength of the human mind instead of the divine mind. You don't have to make your salvation; it is already made. Some people want to be good so that when they die they will go to Heaven. That is beautiful, but selfish. God saves a man to serve. There are a great many religions in the world to-day, but there is only one genuine. There is a great deal of religion but very little salvation. Be careful about being a silent partner with the Lord. Jesus said: 'If ye confess Me before men, I will confess you before the angels in Heaven.' He died for us that we might be witnesses for Him, and He needs witnesses. There is no man or woman so low that the blood of Jesus Christ, God's Son, cannot save and cleanse from sin. There was a woman in Christ's day who came in the crowd and just touched the hem of His garment, and her faith saved her. Another poor fellow sick of the palsy could not come to Jesus, so four of his friends brought him. They carried him up on the roof and lowered him at the feet of Jesus, and the Master, seeing their faith, said to the man, 'Thy sins be forgiven thee.'"

A brother who plainly showed on his face that he had had a good share of the sorrows of life, said: "I have been down in sin as far as I could get. I had friends in abundance when I had money; but when my money left me my friends did the same. When I came to Jesus there was sunshine in my heart. I found Jesus Christ when I was drunk. When I heard the words, 'Whosoever will may come,' I was convicted, and now I feel as a new-born creature in Christ Jesus."

A tall, gentlemanly-looking stranger, stood up and spoke thus: "I arrived from Los Angeles, California, to-day. I have heard of this work, by reading THE LIFE BOAT. I praise God I am here to-night and for this glorious salvation which has done so much for me."

"When a person gets into trouble he must seek someone to get him out," said a brother who evidently knew what it was to be there. "I got under a cloud last week, and in the space where I was confined, I prayed to God to raise this cloud from me, and He has done it. I leave the city to-morrow, and if it had not been for the power of God I should leave by way of a box-car, but I praise God that I can go by some other means."

A young woman, a sister who had formerly lived a worldly life, gave her testimony in a tone of victory: "I want to praise God that I gave to Him my heart. I am glad He did not tell me I must give up this thing and that, which I loved; such as cards, the theater, dancing, infidelity, and everything else. He took them away from me. I am glad He has done it. I praise God for victory over sin."

One of the shortest testimonies on record was then given; it simply was: "God is love." This was quoted from the Bible, but was also the expression of a man's experience.

"I read one night," said a big burly man, "'He that covereth his sins shall not prosper, but whosoever confesseth and forsaketh them shall have mercy.' I was an extremely wicked man. I came back to God sixteen days ago, and He has pardoned me. I knew Brother Mackey years ago before he was a Christian. I came down the street, and he was standing on a wagon, and he said: 'You imagine that God is a long way off, but He is right here with you.' My mind was in a terrible condition then, from drinking whisky. I thought, I would find out where God is. I was almost afraid to call on Him, but I did ask God to help me. Before I came to this meeting, I said, 'God, I need your help.' I always believed in a God; I had that much sense, anyway, and was not foolish enough to be an infidel."

The testimony given by one who used to be a captive but is now a free man, said: "He saves me. I am glad I can say that. It is a personal salvation. We can enjoy it, each and every one of us. We can have a personal knowledge in our own hearts. I thank God to-night that He can keep a young man, I have been bound with the fetters of sin, and I know what it is, but we have the Lord Jesus Christ who can forgive and break the power of sin, and set the captives free. I was one of those moral young men, who think that they are good enough."

Then we heard the voice of gladness from one who was lost, but is found. He said: "I was lost but Jesus found me. I praise the Lord to-night that with all my heart I rejoice in a full and free salvation."

"I thank God to-night for His saving and keeping power," says another. "It is six months ago to-morrow night, that I was saved from the life of a drunkard. He has kept me since that night. I had taken the gold cure twice, and everybody had given me up. Everybody thought and said that it was useless to attempt to do anything with me, that I could not be transformed anyway. I left home on the night of the third of July this week, and my wife said, 'Now look out, you know what you do when you go to Chicago.' 'Oh,' I said, 'I am past that now.' But she said: 'Look out, I thought I would give you warning.' I told her I had something now that I never had before. When I used to come to Chicago, I would never get from the Polk street depot to State street without going into a saloon. I thank God that I have been in Chicago this trip ever since 8:30 A. M. on the Fourth, and have not had a desire to go into a saloon. To-night I praise His holy name for saving and keeping me."

"I have built my house on the solid Rock that will never sink. That Rock is the Lord Jesus Christ. I built on Him four years ago. I was an outcast and a wanderer, a wretch, down in sin as far as I could go. My Father in Heaven has crowned me with life everlasting. My sins are all washed away, and put as far from me as the East is from the West, and will be remembered against me no more."

"Ever since I was thirteen years old, I have wandered through the country. I was brought up a poor boy, but I am rich in my Father in Heaven, for Christ has come into my heart. The spirit of peace has come into my heart. At present I have no trouble with anybody. I never was a drunkard or anything like that, but yet I was a sinner."

At the close of the testimony service the question was asked if there were any present who desired to be prayed for. While the Christians breathed a silent prayer to the throne of grace, the Holy Spirit wrought on the hearts of sinners, and five expressed, by raising the hand, their desire to be remembered in prayer. After the singing of the closing song, and after the benediction was pronounced, the audience slowly dispersed, some remaining behind to do personal work, and to answer the questions of enquiring souls, or to help any who were in difficulty or trouble. As the last person left the room and the door was finally shut, our hearts were full of joy in thinking of the privilege that we had in being allowed to have a part in the grand work of telling lost sinners about the Saviour who saves; and it was our prayer that that evening's meeting might bear fruit an hundredfold.

Mission Jottings

H. W. ROSE

A MAN, of the average, every-day sort stood up and with a happy look on his face, gave this testimony: "For the past two weeks not a drink of whisky or beer has passed my lips. I am trying to serve God to the best of my ability. I ask your prayers."

"I praise the Lord for being with me through all my wicked life. I believe I have been as low down as any man in Chicago. I know what this blessed religion is. The Christian life is the only life to live. I

have tried both lives. I have seen the rough and the smooth side. When I started out in life, nobody had better prospects than I, but I got down lower and lower. I took a first drink. I thought I could put the brakes on, but I failed. There was a time when I could do it, but I lost the will-power until I gave myself to the Lord. I trusted too much to self. I thank the Lord to-night that I have the assurance of salvation. I ask you to pray that I may always be faithful."

Then a converted Jew arose, and said, "I used to carry a hypodermic syringe about, in my pocket instead of this Bible. I tried every cure for morphine until I found the blood cure, and that succeeded in getting it out of me. I thought I would go to the river and get rid of myself, but the Lord Jesus came along my way and took it out of me, and I have not used morphine since. This deliverance is worth all the money in the world. I am so glad I am saved to-night. I never had the teachings of Christ in my life. I knew nothing about Jesus until six years ago, when I came to Him. I was a Jew. But I know him to-night, praise the Lord, I know Him."

Pointed Paragraphs on Health

CULLED FROM DR. PAULSON'S CLASS AT THE TRAINING-SCHOOL

WITH the present state of society the patent medicine man has money invested in something that beats the Klondike.

Music from the piano stimulates the nerve of hearing, yet the instrument remains outside of the body. The beautiful pictures stimulate the nerves of sight but they still remain on the wall, but the holiday turkey that stimulated the nerves of taste in precisely the same way had to be taken inside the body, where its waste products tend to poison a thousand delicate nerves and cells, thus laying a foundation for the many ills the human flesh is heir to.

People with disordered stomachs and torpid livers are like persons with astigmatism of the eye; everything looks crooked to them, and the doctor that can smother the pain the quickest, in their estimation is the greatest man. Persons who have had their diseases cured but have not been cured themselves are like some volcanoes which have fresh eruptions every little while without any previous warning.

There are many homes where the curtains are all closely drawn so as to preserve the color of the carpet and of the upholstered furniture, but at the same time the color is fading from the cheeks of the children, because they are being deprived of the sunshine. Meanwhile the money saved in this way on carpets and furniture is being spent in buying drugs to tone up the system and purify the blood. Perhaps later some of this very furniture may have to be sold to obtain the necessary means to meet the funeral expenses of one of the children.

Many have so marred, blunted, and benumbed their sense of taste that the delicate nerves cannot recognize anything except a few coarse flavors such as mustard, pepper, and vinegar; and if neither of these is mixed with the food, it tastes flat to them; but God has placed a different flavor in every food just the same as He has put a different odor in every flower. If such a person perseveres long enough in the use of simple foods, many of the nerves of taste which have been chloroformed by these vile products will be restored and some of the flavors that God has put into natural foods will then be recognized.



What is Divine Healing?

(Concluded)

W. S. SADLER

"They have healed also the hurt of the daughter of my people slightly, saying, Peace, peace; when there is no peace." (Jer. 6:14.)

"Healed the Hurt of the Daughter of My People Slightly"

Here we have brought to our view a false healing; a healing that promises "peace when there is no peace;" a healing that is based on a teaching that promises a harvest of health without the sowing of obedience. This kind of teaching says to a man who is suffering with dyspepsia or stomach trouble: "Your disease is the work of the devil; you are under the power of the evil one. Just break away. Assert your liberty and you may be healed." In that man's affliction, God is speaking to him, asking him to correct his wrong habits of eating and living. Is it right to pray to God to heal such a man? Certainly. But let your prayers ask for the healing of the *cause* as well as the effect, for God cannot consistently remove effects while the causes are permitted to remain. The will power of many is weak, and this is why they are so easily led to transgress the laws of health—to spend their money for that which is not bread. Thousands will never recover unless their weak wills are strengthened by the power of God to resist temptation and live above transgression. We cannot expect to begin to reap life while we are yet sowing to the flesh. False shepherds may say, "Peace, peace," and assure us that we have been healed if we only believe it, notwithstanding the cause of the disease has not been removed; nevertheless, the Lord has said that such a course but heals "the hurt of the daughter of my people *slightly*." (Jer. 6:14.) In the following verse the Lord more fully describes this class, saying: "Were they ashamed when they had committed abomination? nay, they were not at all ashamed, neither could they blush; *therefore they shall fall among them that fall*: at the time that I visit them they shall be cast down, saith the Lord." (Jer. 6:15.) Here is a class of people who claim to have been healed, and yet they are not ashamed of (have not forsaken) their abominations. They can go right on eating the same abominable things, and living in the same careless and unhealthful manner. They do not even blush when these transgressions are pointed out to them, and yet they may even claim to be the special channels of divine healing. Any healing that ignores the cause of disease is not divine. The Lord says to such, "Therefore they shall fall among them that fall; at the time that I visit them they shall be cast down." This kind of "divine healing" is a snare and a delusion, it is a master-piece of the devil's deception, and those who depend upon it, the Lord says, shall fall when others fall. Although a temporary improvement may be experienced, yet they will in no wise be exempt from the overflowing scourge, when a thou-

sand fall at the right hand, and ten thousand at the left hand.

There is no divine healing without a reform in those habits of transgression which separate man from the divine Healer. The true

Healing Faith is Accompanied by the Works of Obedience

faith that brings true healing is a faith that gives birth to the spirit of true obedience. That so-called faith, however enthusiastic or demonstrative it may be, that is unaccompanied by the spirit of conscientious obedience, is a faith that can only deceive and disappoint those who think they have thereby obtained divine healing. Says the Lord to those victims of deceptive healing which promises peace when there is no peace: "Ask for the old paths, where is the good way, and walk therein." (Jer. 6:16.) But the disobedient answer, saying, "We will not walk therein." And it is to this class who claim to be healed and yet refuse to walk in the paths of obedience—to those who can commit abominations in the full blaze of Heaven's enlightenment, and yet not blush; that the Lord has said: "They shall fall among them that fall." All healing that ignores the necessity of removing the cause of disease is not divine. These people will look for healing but will not find it permanently. Sooner or later they must wake up to the sad realization that they have been deceived; that their much-boasted divine healing was bogus, false, and untrue. Read Jeremiah 8:15: "We looked for peace, but no good came; and for a time of health, and behold trouble!" They experience a "time of trouble," instead of a "time of health."

A large percentage of the ills from which humanity are suffering have their origin and existence in the mind. They are not organic.

Imaginary Healing of Imaginary Disease

Mental depression is the mother of many derangements which the sufferers suppose to be diseases of a very serious nature. Through channels of disobedience, Satan has in many instances gained partial control of the human mind. He holds his thumb, as it were, upon the mind of such a man. Thus the imagination is held captive by the enemy. Now, if Satan knows that he can accomplish more mischief by removing this depressing influence and releasing the captive imagination, he will do it. And then the columns of the newspapers and telegraph wires will flash abroad the news of another "remarkable healing," another instance of the prayer-prevailing power of some supposed divine healer. Disease that exists only in the mind may be removed instantaneously by simply leading the patient to believe he is well. His disease existed only in the imagination and disappears when he ceases to imagine himself sick.

To-day the world is sowing broadcast for physical suffering and mental anguish. The messengers of

The Prayers of Righteous Men Avail Only as They Inspire Obedience

God on the earth are seeking to disseminate rays of light and truth, obedience to which would bring health and healing to body and soul; but the world passes on, wedded to its sins, hardly blushing at its disobedience; and, now, would it be consistent for us to expect that holy men of God can step in and simply by their prayers save the earth's guilty inhabitants from reaping the harvest for which they are so industriously sowing? Read Ezekiel 14:19-21: "If I send a pestilence into that land, and pour out my fury upon it in blood, to cut off from it man and beast: though Noah, Daniel, and Job, were in it, as I live, saith the Lord God, they shall deliver neither son nor daughter;

they shall but deliver their own souls by their righteousness. For thus saith the Lord God: How much more when I send my four sore judgments upon Jerusalem, the sword, and the famine, and the noisome beast, and the pestilence, to cut off from it man and beast?" Here the Lord tells us that if even Noah, Daniel, and Job were here, they could not by their prayers divert the consequences of persistent and wilful disobedience. And yet, while this is true, we must not forget that "the effectual fervent prayer of a righteous man availeth much." (Jas. 5:16.) Prayer does not accomplish the purpose of changing the mind of God (Mal. 3:6), but it is often a most powerful factor in changing the will of man—in changing his disposition from one of disobedience to one of obedience; the repentance of physical sin or moral transgression removes the cause, but the removal of the effects is in the hands of God, and it will take place in such a manner and at such a time as the Infinite Eye recognizes will be for the honor and glory of His name, the best good of the individual, and the accomplishment of His eternal purpose.

When man comes to recognize the unprofitableness of transgression, and the exceeding sinfulness of sin; when his only disposition toward sin is to forsake it, and be delivered from its power; when he can say from the depths of his heart, "I have sinned, and perverted that which was right, and it profited me not" (Job 33:27), this is the promise of the Lord to this repentant soul: "He will deliver his soul from going into the pit, and his life shall see the light;" and "then He is gracious unto him, and saith, Deliver him from going down to the pit: I have found a ransom." (Job 33:24, 28.) When man has sincerely repented of his sin, God finds a ransom—even Christ, "who His own self bare our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." (1 Peter 2:24.) Thus Christ becomes our harvest-bearer—or harvest-sharer—"surely He hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted." (Isa. 53:4.) "Himself took our infirmities, and bare our sicknesses." (Matt. 8:17.) While this is true, that Christ is the ransom for the sins of the righteous, it is also true that the Lord says of His chosen people that "through much tribulation they shall enter into the kingdom." Christ suffered, "the just for the unjust;" He suffered "for righteousness' sake," for well-doing, thus leaving us an example. (1 Peter 2:20, 21.) "If we suffer, we shall also reign with Him." (2 Tim. 2:12.) As partakers together with Christ of the divine nature, and as co-workers with Him in carrying out the plan of salvation, we will oftentimes be called upon to be "partakers of His sufferings"—to suffer mentally and even sometimes physically, for the good of our fellow men, and the universe at large. See 1 Peter 4:13: "But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when His glory shall be revealed, ye may be glad also with exceeding joy." Upon those who suffer for "righteousness' sake" the Lord pronounces a blessing, and even concerning those who die in the Lord it is written: "And I heard a voice from Heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labors; and their works do follow them." (Rev. 14:13.)

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"But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement of our peace was upon Him; and with His stripes we are healed." (Isaiah 53:5.)

True and False Healing Series.

These Signs Shall Follow Them That Believe

DAVID PAULSON, M. D.

In My Name Shall They Cast Out Devils

TO just the extent that the character of Christ is formed within, the individual will be able to resist and control the spirit of impurity, jealousy, faultfinding, drunkenness, or any other bondage the devil inflicts upon the human soul. The reason that there are not more of these evil spirits cast out is because it cannot be done by simply using the *name* of Christ as a charm. At one time certain misguided individuals tried to do this and the result has been left on record as a warning to all who may be tempted to repeat the experiment. Acts 19:13-16 tells about certain Jews who attempted to cast out evil spirits in the name of the Lord Jesus, and the result clearly shows that the mere *name of Christ* apart from the character of Christ, had no potent power; for the man with the evil spirit leaped upon the Jews, overcame them, and they had to flee from the house naked and wounded. Many professed Christian workers have labored hard to cast out of human hearts some of the various forms of the enemy's workings, and have come out of the conflict not only conscious of their utter failure, but morally naked and wounded, and in a far worse condition than before they entered the struggle; while if they had only possessed the character of Christ the evil spirit would have fled before them.

There are many who are neglecting to use the gift of speech they already have in imparting to others some of the grand principles of truth that have been entrusted to them; yet who are anticipating a time when they will be miraculously endowed with several additional languages. He whose lips have been touched with a live coal from off the altar, his tongue is already a tree of life. (Prov. 15:4.) He presents fresh truth in a *new* setting,—like apples of gold in pictures of silver. (Prov. 25:11.) The professed Christian worker must first have a *new tongue* in his own language before he can expect God to give him the same in any other language.

They Shall Speak With New Tongues

Satan is the old serpent. (Rev. 12:9.) The snares and traps of the devil are spread about us on every hand but one of the signs that are to follow those who believe is this; instead of being taken up, ensnared by the devices of the devil, they will have that spirit of discernment that not only enables them to recognize the deceptions of the enemy and put them out of the way, but also qualifies them to teach God's principles to others so thoroughly that they likewise will be able to discern the spirit of error. (1 John 4:6.) When a man has acquired an absolute immunity against the sting of the serpent of sin, he will no doubt have also experienced such a physical regeneration as will enable him to resist the effects of the serpent's sting as readily as Paul could shake off the deadly viper. (Acts 28:3-6.)

They Shall Take Up Serpents

There are those who desire to drink from the cup of salvation (Ps. 116-13), but who at the same time are fascinated with the golden cup of worldly pleasures. Day by day they persist in drinking tea and coffee, and other harmful fluids that contain poison, and their dingy eyes, more or less benumbed brain, clearly reveal the harmfulness of these habits. And

If They Drink Any Deadly Thing It Shall Not Hurt Them

the time will never come when the drinking of such things as well as the eating of improper and unnatural foods will not be hurtful, for their use is a violation of the physical laws which God himself has established; but if we will in faith acquire a relish for nothing but the pure water of life as well for water free from all physical contamination, God will so increase our spiritual and physical vitality that if our enemies shall force us to drink "any deadly thing" it will produce no harmful effects upon us.

God is always the healer but the blood is the healing instrument which God uses, for it is repeatedly declared to be the life. (Lev. 17:14.)

**They Shall Lay
Hands on the
Sick and They
Shall Recover**

Laden with nourishment the blood is carried to every part of the body to build up the tissues; the blood is made from the food we eat and pure blood cannot be made out of impure food, for the Scriptures plainly declare that a clean thing cannot be brought out of an unclean. (Job 14:4.) A fountain can rise no higher than its source. For those who persist in putting into their stomachs animal flesh saturated with waste products, fiery spices and condiments, using tea and coffee and other harmful drinks, placing on their tables a variety of poorly prepared foods; to such, the blood instead of being a messenger of life becomes a messenger of death.

Vigorous exercise will also increase the healing possibilities of the blood, for it increases the rapidity of its circulation through the body. Another thing that will increase the vigor of the nervous system and bring the blood bounding to the surface is brief applications of cold water, such as cold sponge baths, cold towel rubs, cold full baths, etc. Scientific investigation has shown that as the result of the reaction that should immediately follow such a cold treatment there are about twenty-five per cent. more white blood corpuscles circulating in the blood than before; which indicates a marked increase in the healing possibilities of the blood. God has promised to "cleanseth their blood that I have not cleansed" (Joel 3:21), but can we consistently ask God to arbitrarily produce such a wonderful result, merely to save us the annoyance of taking brisk and vigorous cold treatments? Shall we expect God to give us the blessed result of good out-door exercise so that we may be spared the trouble and time required to take the same? Is it faith or presumption to suppose that somehow or in some way after we have eaten and drunk unnatural and unwholesome things simply to tickle a few inches of taste surface, that then, if we only ask God, He will convert these unclean things into good blood? "Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts." (Jas. 4:3.)

We may be sure that if we are to-day neglecting to train our hands to prepare healthful foods, or not using them in active exercise, or if we are unwilling to educate our hands to intelligently administer simple treatment to the sick and needy, *those* hands that are not utilizing such opportunities to-day, are *not* the hands that God will lay on the sick to-morrow for their recovery. God measures the blessings that He can give us to-morrow by the *use* we have made of the opportunities He has given us to-day.

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An interesting talk had been given in the Mission about men who were "dead in trespasses and sins." As soon as opportunity offered itself, a pleasant-faced, well-dressed, man arose and said: "Men, I know all about what the brother has been talking about. When I found the Lord I was *dead* drunk, *dead* broke, a *dead* beat—*dead* dead in trespasses and sins, but to-night, thank God, I am alive, and more than that, I have the promise of eternal life."

**Sparks From the Training-School
Bible Class**

1. THE gospel justifies God in saving a man when the man accepts it; it also justifies God in destroying the man who rejects it.

2. The Christian can only work out of his experience what God has previously worked into it.

3. When handing out tracts, or doing any other kind of Christian work, be sure that your effort is not marked by a "dignified air". Even a dog knows which way to wag his tail when he looks into your face, and you can be sure that men and women also can read your countenance.

4. The way to avoid making mistakes in distributing tracts and doing other kinds of work is to *pray before you do it*.

5. There is an intimate relation between soul and body. If you can get a man to bend his knees in prayer, it is much more likely you will get him to bend his will and yield his heart to God.

6. Be careful not to get Christ too far away from the sinner you are trying to help. Remember that you can point to the Christ within the soul—the Christ that serves with the sins of the wrong-doer. (Isa. 43: 24, 25.)

7. Remember that when you have once shown a soul the way to Heaven—the way to the Cross, the responsibility rests with him to come; he has the knowledge that will enable him to come at any time. He can never be lost in the sense he was lost before you pointed out to him the way to Christ.

8. You can do more good in two minutes with a man on his knees, than you could by talking to him two hours standing up or sitting down.

9. Whatsoever your hands find to do, do it with all your might. If your hands do not find anything to do, pray the Lord earnestly to wake you up.

10. Politicians, speculators, etc., are sometimes said to have a "pull." The only pull the Christian has is the pull of faith. "According to your faith, be it unto you."

11. When passing through some trial or trouble, it often seems to us that the experience is twice as long as it ought to be; but after having passed through, we wonder that God did not take twice as long to teach us the lesson we so much needed.

12. The moment a Christian ceases to grow, he begins to backslide. The instant we cease to row our gospel bark up the stream the devil will begin carrying it down stream.

13. We should be prepared to labor in season and out of season,—giving the sincere milk of the Word to the new-born Christian, and the strong meat of the gospel to those of more vigorous spiritual digestion.

14. The Christian's business should be to get truth and give truth. He should be a transfer station between Heaven and earth, getting from God with one hand and giving to man with the other hand.

15. Be careful how you ignore impressions to work and pray for your acquaintances and associates.

16. Christian workers must not forget to be missionaries even to missionaries.

17. True culture is the grace that is born in the soul: it is the true missionary spirit, the real desire to help people.



"I Was Snatched as a Brand from the Burning"

THE following is the testimony of one of the jewels whom God has given us the privilege of bringing forth and polishing a little that it might shine for Him, and a sufficient length of time has passed since her conversion to prove her to be *indeed genuine*. About three years have passed since she came to us, and during that time her greatest desire has been to show her gratitude by carrying to others the glad message of love that came to her. Her ready sympathy for the unfortunate who throng to the city to lose themselves as it were, makes her one of our most successful rescue workers:—[LILLIAN SNYDER.]

"I was born in a foreign country. My parents were very poor, and for that reason they had to work very hard, and had little time to study the Word of God; yet they lived up to all the knowledge they had concerning the commandments of the Master. They loved God and taught their children to do the same. When but a little child I loved to go to the Sunday-school and liked to hear the people talk about Jesus. When I was only fifteen years of age I was enticed to leave my home and come to America. An aunt of mine who lived in the State of Kansas pictured to me that this country was an excellent place to make money. I thought of all the money I could make and how I would help my parents, and my loving father and mother at last gave their slow consent, thinking that perhaps life would be more pleasant for me there than with them, so a brother only thirteen years old and myself left our humble little home, to go out into a strange world. O, I soon found out that it was a strange and a cold one. My uncle and his family were not people who cared to seek after Jesus and His love, but were instead seeking the pleasures of this present world, and soon the good seed that had been sown in my childhood, when my heart was young and tender, was choked out by the seed that the evil one came and sowed.

"I sought pleasure and often thought that I had found it, but alas, when the excitement of the theater or the dance was over I found that my heart was empty. My mother was a long way off, and I had forgotten that God loved me, and often the good time would all end in a spell of loneliness and home-sickness. At last there came into my life an experience that seemed to fill up all the vacancy made by absent loved ones, and for a time life seemed to be all sunshine. But how bitter was the disappointment when I found that my love had been trampled under the foot of a false and treacherous man. When the truth of all this dawned upon me in all of its bitterness, I started for Chicago, hoping to lose myself that I might not bring disgrace upon my uncle's family and my dear brother. Yes, to this great dark city did I come, with no one to go to, and not a friend in all the city; but I was desperate, and the only thought that I had in my mind was to hide my shame. When I came near to the city, before the train had stopped, the devil had one of his agents there ready to pilot me into one of his dens of iniquity. But thanks to the Lord's care He put it into my heart to say, 'no;

and when I got into the depot a W. C. T. U. lady, one of the servants of the Lord, saw me get off the train, and at once read in my face my sorrow. She spoke to me so kindly that the loving spirit of Christ in her drew me out and I told her the secret that had not fallen from my lips before. She at once took me to a home where some of the co-workers of Jesus shelter and protect—wicked people?—no, but poor unfortunate ones like myself with no one in all the wide world to go to in their distress and trouble. In this home I found not only the temporal help which I was so much in need of, but also the spiritual food that for so long a time I had not tasted. All of this teaching had its influence on my life. So the days passed on and soon the little baby girl was born, and mothers, I loved her just as dearly as any of you love your little ones. Something had filled the longing of my heart, but yet I did not go to Jesus, and give to Him my treasure, but God was seeking to save me, so the hand of affliction was laid upon me and when my little girl was only six months old death tore her from my arms, and it was beside the death-bed of my child that I realized my utter helplessness and accepted Jesus as my friend. The seed that had been sown was now springing up, and when I yielded my heart to the Lord there came into my life a new experience, a peace that the world can never give nor take away. I was very weak physically and succumbed to the long trial of watching and sorrow, and was laid on a sick bed from which the doctor said I could not rise, and I prayed that it might be true for I longed to be free from disgrace and sorrow and trial. O, how selfish was that prayer. During my illness I was taken to the Medical Missionary Training-School, where I received the best of medical treatment, and where the nurses while treating my body gave me the spiritual food that I so much needed. They caused me to want to live, by ever keeping before me the duty and privilege of working for the Master whom I had learned to love so well. Through faith in God, and prayer and treatment, I was at last restored to health. I promised God that I would be a true worker in His vineyard, and I have as near as I know how fulfilled that promise. Nearly three years have passed since then and God has abundantly blessed me in pointing others to the Lamb of God that taketh away the sin of the world. I am not tired, but am looking forward to the time when Jesus shall come, and say, 'Well done,' and an angel shall come and bring to my arms my little one. O, precious thought, and how I long to praise Him, as I shall then be able to do, for all of the goodness and love shown to me."

Again the Lord has put into the hearts of His little ones in the Haskell Home, Battle Creek, to send to the unfortunate girls on Clark street a message of love in the form of sweet little bouquets of flowers. With each little bunch of the fragrant blossoms was a little slip of paper, on which was written in childish hand a scripture verse. These words of life will not "return unto Him void," nor will the labor of love in raising and preparing these flowers be lost, but we may not know until "The day shall declare it," just what was accomplished by it. Many remarks of gratitude from the girls showed that a tender chord somewhere had been touched, and quite a number said they much wished that they had some money to send to the children. Not any were refused, and all looked pleased when we told them of how they were sent, and who sent them. In behalf of the girls themselves we wish to offer our sincerest thanks to the dear children of The Haskell Home, and to their caretakers for this ministry of love.

"Can You Help Me?" Was the Question She Asked

FANNIE EMMEL

WE praise the Lord for another victory, one of the grandest that we have had. The Lord has shown His marked leading and approval every step of the way. One Sabbath quite early in the morning, a poor, broken-hearted, penniless girl, sick in body and soul, with father and mother on the other side of the ocean, came to us and said: "Can you do anything for me at all? You were in the house where I live, selling *THE LIFE BOAT* one night, and you talked to me, and I told you that I did want to leave that life; and ever since then I have been waiting for you to come back but you did not come; so I have been trying to find you and at last I have done so. I did not know what you could do for me, but I thought I would come anyway and see if you could not do something for I will die if I stay there." I told her of course we could something for her, that was what we were there for, and then she laid her head down and wept as though her heart would break. The anguish and suffering she had passed through, added to the struggle of getting away from her abode of evil, had almost prostrated the poor girl. For some time the doctor gave her most careful attention, and Sister Della nursed her faithfully, until she recovered, and her first anxiety seemed to be that she might earn an honest and honorable living. She showed her sincerity by taking a most active interest in the household duties. Again and again she would say, "What would I have done if it had not been for this place. I never dreamed there was anybody so willing to help poor girls like me, nor that you could do so much for them." Then how our hearts would go out in gratitude to the Heavenly Father for His goodness in putting it into the hearts of His children to start this place, and we only wish that those who have so kindly contributed to this work could know more of our blessed experiences. We are sure that they would feel more than repaid for the help they have given. "In due season ye shall reap if ye faint not."

Oh, dear reader, let us take the Lord at His word and trust Him to fulfil that word to us, for He really longs to have His children live where He can trust them with the gifts of Heaven. When in this poor girl's anxiety she wanted so badly to get something to do, the Lord in His mercy withheld, for just a little time, the answer to her prayer, just long enough for us to have the grand opportunity of teaching her that the One who had created her had a place in the world for her, and if she would only let Him He would bring her to that place. Then after she had received some of the truths of the gospel, He opened the way for her to get work; and it all came about in a way that she could indeed see that the hand of the Lord was in it for her good.

Rescue Work at a Way Station

WE recently received a letter from a *LIFE BOAT* reader in the West telling of a very interesting experience his wife had in meeting and rescuing a poor, discouraged girl, in a depot, while waiting for the train. Following is a brief extract from the letter:

"My wife had to wait three hours for a train. There was also a girl waiting in the station whom she thought was in trouble. After getting into conversation with her, the girl said she was going to a certain city to find work, and also admitted that she was not

acquainted with anyone in that city. My wife tried to show her the dangers of a great city to a young girl, and then she finally admitted that she did not want to go there, but that she had to. My wife inferred that the poor girl must be in deep trouble and needed the advice and counsel of a true friend. She invited the girl to come home with her, saying that she would hire her. The girl seemed delighted, and so instead of going to this strange city she accompanied my wife home. We soon learned the whole of her sad story. She was only eighteen years old, was raised in the country, and had only been in the city working for about a year. She seems to be a good girl. She has been with us almost a week, and we think a great deal of her. So you see, Brother Sadler, it is not necessary to be on South Clark street in Chicago, to be able to do rescue work, for every village and every neighborhood has its victims of sin and evil. But few people interest themselves to learn the conditions of those who need help, and so, like this poor girl, they start for some distant city "to see their aunt," or in some other way cover up their tracks. This is but one instance to show that there is plenty of work for earnest hands to do."

The above letter is a good illustration of how many grand opportunities to help the fallen are passed by unrecognized by many professed Christians. Reader, how many times have you waited in a station for hours, and failed to find work to do for the Master? How many times have you been delayed, perhaps Providentially, to comfort some soul in despair, and yet failed to recognize the opportunity when it presented itself?

There is practical rescue work on every hand for those who will eagerly watch to find some soul in distress, and with willing heart and hands seek to save those who are about to fall into the yawning gulfs of vice and sin from which they may never be rescued.

W. S. S.

Join in the Seed Sowing

LILLIAN SNYDER

IN our work at the Rest on South Clark street we are constantly reminded that this is the "sowing time." Day by day we are sowing the seed. We know the seed is precious, and that it is good seed, and that sometime, somewhere, it must take root; and the rest of the verse contains the inspiring promise, that we shall doubtless come again, bearing our sheaves with us. O, the precious promise of the sheaves! If we can only bear home some sheaves, we will count all the tears, and all the heart-aches as nought. Dear readers of *THE LIFE BOAT*, do you want to share in the rejoicing? Then we invite you to join us in the "going forth." Our family at the Rest numbers all the way from two to eight and sometimes more, and food must be provided for these; this together with the other expenses of the house is by no means a small amount. The rent, too, must be paid; and this, coupled with the anxiety that we feel in the spiritual interest of the girls, is what constitutes the sowing. Anything that you can contribute to help, supply our temporal needs, helps to make the burden lighter. We cannot tell you what to give but the Father will do that if you but ask Him. Money is always needed as the rent is no small item and must be paid in cash; but if you have not the cash to give, foods that can be sent, such as beans, peas, dried fruit, etc., are always very acceptable. Many of the girls who come to us have to leave all behind them, and hence when they come to us they must be clothed as well as fed; and so clothing is always in demand.

Could you but see the work as it really is, you would find no end of opportunity to help here and there. If the Lord impresses you to help, do not pass it by for the need is indeed great.

Have You Learned the Combination to the Safe of Health?

DAVID PAULSON, M. D.

TO many, health seems to be locked up in a double-walled enclosure, and there seems to be no way whereby it can be pried open. Many seek to extract the hidden treasure of health by using some unnatural stimulant, like the burglar who uses dynamite to secure the wealth of the safe. But, as the dynamite bursts the vault which contains the wealth, so these unphysiological agents ruin the body which should contain the health.

The proper way to get into a safe is to patiently and perseveringly learn the combination. And so there are simple principles which must be acquired and obeyed if the human being is to secure health, and the one who seeks to climb up some other way in his effort to obtain physical salvation, "the same is a thief and a robber," as verily as the one who attempts to secure spiritual salvation by any other process than that which has been arranged by Christ Himself.

He Got Rays of Light from The Life Boat

HOWARD E. HALL

I AM very glad to have this opportunity of writing for THE LIFE BOAT. I am not doing it for pastime or for the sake of writing, but I do it because I believe God would have me to, and with a true and sincere hope that it may be the means of benefiting some soul and of saving him from embarking in a downward career.

I began to number my days on February 10, 1877. I was blessed with good and loving parents. My mother was a Christian and did everything a loving mother could do to guide her boy into true paths. But somehow, I am very sorry to say, all her earnest efforts proved unsuccessful, for at the early age of twelve years I went astray. From swearing, using tobacco, and smoking cigarettes, I went on to stealing and drinking. My criminal career continued eleven years. Seven of these I have spent in a cell behind the gloomy prison walls away from my dear old father and mother, brothers, and other loved ones. But worse than all this, away from God and my loving Saviour, Jesus Christ.

I am only twenty-three years old, and I can honestly say that during all of my career in crime I never knew a happy moment. Happiness is not for evil doers, trouble is their friend in sin. During my career in crime I was in no end of trouble. When only thirteen years of age, my picture had found its way into the rogues' gallery. Now this is the way I started out to make a fortune, but instead of making a fortune I found myself in prison. I have seen the dark side of life as far as any young man would wish to see it, and I tell you from experience, my brother, there is nothing but sorrow in a life of sin. Oh! I beg of you, turn your face from sin, look to God. Love that which is good and stand by it, but hate that which is bad and stay away from it. Take warning in time, turn away from sin this very minute and live for God, and you shall receive a crown of everlasting life. Does your heart ache with sorrow and sin? Then turn to God. He will hear your cry for help.

I was a sinner and I know what I am talking about. I had no thought of doing different until I read THE LIFE BOAT, the paper you are reading now. I read it in a prison cell, the same perhaps as you are doing now. It was through this paper that I was saved from my criminal career and made a Christian with the help of Christ Jesus. I am still in prison, and will be for the next three months to come; but I am happy, for God is ever by my side. I would sooner be in a prison cell, and know that God loved me and was with me, than be in a mansion with wealth at my command but not have Jesus. Such is my story, and I hope that these lines may benefit and uplift some soul to a better life. May God bless you, and I ask the readers of THE LIFE BOAT to pray for me.

Thirty-two Cents and a Little Kindness—the Result

E. B. VANDORN

"And he took him by the right hand, and lifted him up; and immediately his feet and ankle bones received strength."

IT was about one year ago that a man came to the Mission, scarcely able to walk, and his clothes were ragged and dirty, his hair and beard were tangled, and from his face you would never dream that he had seen better days. He told a story of hardship, privation and sickness, such as one hears early and late in the slums of a large city. But I remember that two of us were impressed to do something for this poor man. We took him by the arms, one on either side, supporting him as he walked. We took him to the Workingmen's Home, gave him a bath and put him to bed. The next day he was offered something to eat, but he refused. We were a little surprised at this, and as he was weak and emaciated we insisted that he should eat. Time went on, and in a few days he was out again, his clothes were cleaned as well as his body. One of us had given him a quarter, and the other gave him seven cents. Time went on, and once a week, sometimes once a month, he has come to the Mission and told what God has done for him. At one time he had a good home, and a family living in an eastern State. Once he had all the wealth that one would covet to make him happy. But little by little the tempter came in and bound a limb here and a limb there till he found himself bound hand and foot to the beggarly elements of sin. His friends had gone with his money; home, and all a man holds dear was gone—he was a wreck in every sense of the word. In this condition he heard the voice of Jesus say, "Come unto me and rest." And from the depths of his heart he cried, "What shall I do to be saved?" and the answer came in positive assurance, "Believe on the Lord Jesus Christ and thou shalt be saved," and we heard him say, "Lord I believe, help thou mine unbelief." It was a very short service but the Lord was there, and he has received Jesus who said, "I am the way." Jesus is the Life, so I fear not but that He is able to keep him from falling and to present him faultless before the presence of His glory with exceeding joy. To prove this I want to tell you that this man now has friends, he has his employer's confidence to the extent that he is steward over all his house, handles thousands of dollars, and has saved \$500 from his own earnings. A few days ago he came to me and gave us what we had given him over a year ago, and which we had forgotten all about. With tears in his eyes he said God had done it all for him. It pays to work for souls. Let us ever bear in mind that bread cast upon the waters will after many days return again. God's word shall not return unto him void.

Practical Thoughts for Working Christians

W. S. SADLER

SOWING PRAYER AND REAPING PROVIDENCE.—Many Christians are constantly wondering why their experience is not adorned with providences. Special providences are things which must be sown for, and the sowing consists of earnest prayer and a purpose to live by principle. We must sow prayer in order to reap providences. There are many remarkable instances of this in the Bible. Isaac was out in the field at eventide praying, as was probably his custom, when the wife whom his father's trusted servant had gone for, came in sight. It was after an earnest season of prayer that Moses experienced that wonderful providence of discovering the branch that would sweeten bitter water. So the divine providences that sweeten bitter experiences of life, as a rule, are only discovered after earnestly seeking the Lord for grace and guidance.

THE DANGER OF DELAY.—Delay is always dangerous and the Christian who fails to put forth earnest efforts, who simply waits for the Holy Spirit to in some mysterious way urge him on, will fail to accomplish great things for God and humanity. Sooner or later darkness will begin to settle down over the soul as a result of this delay and inactivity. The growing Christian is a working Christian. "Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee." (Isa. 60:1.)

EXCELLENT FOOD AND AN EXCELLENT SPIRIT.—It is written of Daniel that he had an excellent spirit. May we not conclude that the excellent spirit which Daniel manifested upon all occasions had some connection with the excellent food which he insisted upon having and which he always ate? (Dan. 1:12.) We have observed that those who live upon improper, poorly prepared, and innutritious food, as a rule, do not possess excellent spirits and amiable dispositions.

OUR WORK IS JUDGED BY THE SPIRIT THAT ACCOMPANIES IT.—The Saviour said, "By their fruits ye shall know them," and so we must expect that the world will judge our efforts by the spirit that goes with them. They will consider that if we have not the spirit of Christ we are none of His. As laborers together with Christ, we must be partakers of the spirit in which He labored, met His enemies, and went about doing good. It is not so much what we say that counts, as the spirit in which we say it.

GAIN THE CONFIDENCE OF THOSE FOR WHOM YOU ARE WORKING.—It is of little use to put forth efforts to help those whose confidence has not been gained. This is true of all phases of Christian work, especially concerning the unfortunate classes found in our great centers of population. It is next to impossible to gain access to, and really help, the soul of one whose confidence you do not have. Especially is it necessary to put forth untiring effort to gain the confidence of those whose bark of character has been storm-tossed and wave beaten—the drunkard, the harlot, and others of the unfortunate class, who are about to sink beneath the waves, never to rise again. They have well-nigh lost confidence in both God and man, and the Christian worker must recognize the necessity of sparing no pains to resuscitate the spark of trustfulness that may yet lie smoldering within the breasts of these souls who are as a burning flax and a bruised reed.

Exceeding Great and Precious Promises

W. S. SADLER

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. If ye be willing and obedient, ye shall eat the good of the land." (Isa. 1:18, 19.)

The Lord is reasonable in all His promises, precepts, and plans. The question is, are you—the sinner, willing to reason with your Maker? Are you willing to obey? Is it reasonable to expect that you will eat the good of the land if you don't? The Lord does not want to upbraid you. Neither does He expect you to plead with him as an austere being. He says, "Come now, and let us reason *together*."

x

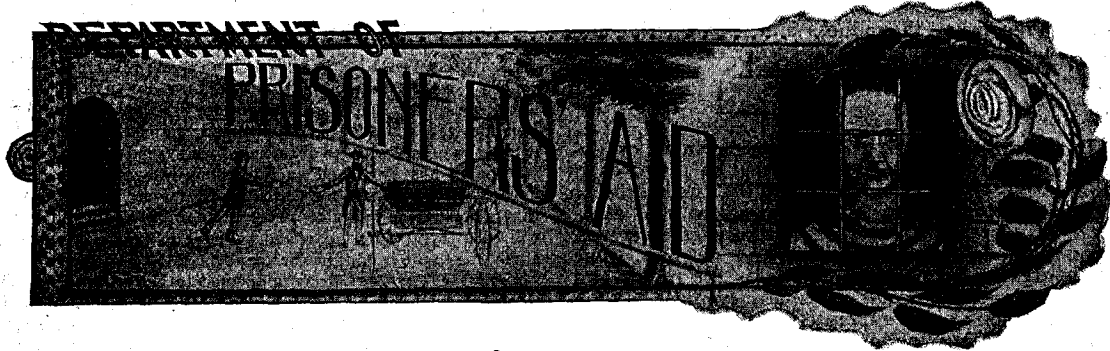
"And He said unto me, My grace is sufficient for thee: for My strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then I am strong." (2 Cor. 12:9, 10.)

Do you feel weak? Then be glad, for the promise is that divine strength is made perfect in human weakness. Have you infirmities? Don't complain of them. Don't get discouraged because of them. They are both an invitation and an opportunity for the power of Christ to rest upon you if you are but submissive to your condition, and can say as Paul said: "I have learned in whatsoever state I am, therewith to be content." (Phil. 4:11.) Have you reproaches, persecutions, and distresses, for Christ's sake (not as the result of your own wickedness, or by being a busybody in other men's matters)? If so; and you have found this exceeding great and precious promise, and believe it, then you must be rejoicing in your experience, for the scripture says "Therefore I take pleasure" in these things. Have you found the pleasure? If not, why? It is there.

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"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." (1 Cor. 10:13.)

Are you tempted? If you are, do not allow the devil to tempt you to believe that you have sinned, because you have been tempted to sin. Sin and temptation are not the same thing. The sin is in yielding to the temptation. Do you think you are tempted above all other men? Then you are mistaken, for One who knows has said that no temptation has taken you but such as is common to man. (Christ Himself was tempted in all points like as we are.) The promise says that God is faithful, and this is the thought the tempted soul must grasp; not our faithfulness, but *God's faithfulness*—is the hope of the soul in distress and danger. How faithful is God? That faithful that He will not suffer us to be tempted above that we are able. And does His loving faithfulness end here? No; it goes farther. He provides a "way of escape" from every temptation. When we are tempted let us neither yield nor complain. Let us watch and pray; pray for grace and strength; watch for the divine loophole which affords a means of escape from the tempter's snare.



A Friendly Chat With the Prisoners

W. S. SADLER

Desire To Lead a Better Life

"HE satisfieth the longing soul, and filleth the hungry soul with goodness." (Psa. 107:6.) "Blessed are they which do hunger and thirst after righteousness: for they shall be filled." (Matt. 5:6.) When God puts a desire into a man's heart to do right,—to live a better life, it is because He is both willing and able to fulfil this desire, to satisfy the soul's longing for better things.

There are certain things in every man's experience which he is powerless to conquer, unable to overcome. We must humbly submit ourselves to a higher power before we can hope to gain the victory. Jesus said, "I am the Way, the Truth and the Life." (John 14:6.) Christ is the *Way to true life*. The life that is lived without the conscious presence of a personal Saviour is one void of much that makes life in this sinful world worth living. Our Father in Heaven does not make his children on earth hungry for righteousness, that is, *right-doing*, simply to disappoint them by repeated failure and continued defeat. No, no. This hunger and thirst for better things is Heaven's announcement of the light and power that may be had by every earnest soul that desires,—really desires,—to do right.

True father and mother love is one of the most enduring and abiding things in the world. And so God

A Father's Love

has taught us that we should pray, "Our Father who art in Heaven." He regards us as His children, although some of us are very wayward, and He has taught us to look to Him as our Father. So, when we pray, "Our Father who art in heaven," let us stop to think what it means. Do we really believe He is "our Father"? Are we daily experiencing that blessed peace of mind that comes from realizing that God has a fatherly, personal, interest in us,—His children? It is true; and if we are not daily enjoying the blessedness of this near relation between God and man, what is the trouble? We don't have to go up to heaven to bring God down; He is here. It is His presence that keeps the heart beating and the lungs working in every man. If every prisoner, or any one else for that matter, would only realize that God has a personal interest in them, how different life would seem, and with what greater courage they would fight its battles, surmount its obstacles, and overcome its difficulties.

One evening as Jesus and His disciples started across the little sea, a great storm came up. The disciples battled with the waves in their endeavors to save the ship until they were almost in despair.

The Storm Within the Soul

Then they aroused the Saviour who was sleeping quietly in the stern of the boat. The Saviour calmly arose and rebuked the winds and the waves. And the record is that "there was a great calm." (Matt. 8:26.) Dear reader, is there a storm raging just now within your breast? Is there a serpent of bitterness and anger coiled there? Are thoughts of revenge and hate lodged there? Do you feel like those whom Isaiah described when he said, "The wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked." (Isa. 57:20, 21.) If you are like the troubled sea, if you have no rest, no peace, call upon God, the God of all peace, the God of all grace; He will hear you. He will speak the word, and there will be a great calm within your heart; your soul will be at rest, at peace with God and man. This is the promise, "For whosoever shall call upon the name of the Lord shall be saved." (Rom. 10:13.)

"Casting all your care upon Him; for He careth for you." (1 Peter 5:7.) I have met those who believed

Casting All Your Care Upon Him

in God and believed that He cared for the world; and that He loved the world; and yet these same people were loath to believe that God really loved them, and had a personal care for their welfare. Jesus says that not a sparrow falls to the ground "without your Father." (Matt. 10:29.) That is, God falls, as it were, when the tiny bird falls. And is not man, the masterpiece of God's creation, of much more value than many sparrows? Does our Father above have more interest in and care for; the birds of the air than He does for the man whom He made in his own image? Surely not. It is the whispering of the evil one that tells you that God has no individual care for you and no particular interest in your welfare. God does care for you, my brother, my sister, whoever you are, wherever you are, and whatever your condition may be. Jesus is in prison with every true and earnest soul, for in the last great day as He pronounces that fearful and final malediction upon those who have failed to love Him and work for Him in the persons of His fallen, needy creatures, He says, "I was in prison and ye visited Me not." Then let us cast all our care, all our worry, all our sorrow, upon Jesus; for He has promised to care for us. (Matt. 11:28.) As the boundless ocean is ready to receive the waters that flow into it, so the boundless love and mercy of a crucified and risen Saviour is

open to receive all the sadness and sorrow, trial and trouble of the humble, trusting Christian.

But few of those who are bent on harming or defrauding their fellow men realize that in lifting their hand against their brother they are really striking a worse blow upon themselves,

The Greatest Crime upon their own happiness, peace, and progress. One of the greatest crimes of a criminal is the injury and injustice done to himself. Especially must this be true of the one who deliberately and premeditatedly enters upon a criminal career. "Howbeit I sent unto you all my servants the prophets, rising early and sending them, saying, Oh, do not this abominable thing that I hate." (Jer. 44:4.) The Lord is here represented as pleading with man to refrain from doing the thing that He hates. Read the seventh verse of the same chapter and learn what this abominable and hateful thing is: "Therefore now saith the Lord, the God of hosts, the God of Israel: Wherefore commit ye this great evil against your souls to cut off from you man and woman, child and suckling, out of Judah, to leave you none to remain." This great evil was committed against the souls of those who sinned. Let every prisoner pause and soberly consider that in every effort he has put forth to injure society or harm his fellow men, his own character, his own soul, is the object which has received the greatest injury from the blow he sought to strike. In deference to the rights of our fellow men, out of respect for one's own integrity and honor, as well as to comply with the laws of our kind Father above, every man and every woman who has done aught to launch themselves upon the sea of crime, should with energy and perseverance grasp every opportunity, every straw as it were, that promises to aid them in the journey back to the port of honesty and integrity.

x

One evening recently the Mission was visited by a man who was formerly a member of a minstrel combination, and accustomed to playing a banjo for the amusement of theater-goers. Having changed his course of life he now sings for the edification and encouragement of the followers of the Lord. He sang one or two hymns the evening he was present at the Life Boat Mission, and afterwards gave the following testimony: "The best part of my life was spent on the stage serving the devil. For eleven years I followed that vocation, and was going down fast. Each year I got a notch lower. I came to Chicago about the time the World's Fair was being built. Major Whittle had a tent on the corner of North avenue and Clark street, and there I heard a man sing, "He Saved a Poor Sinner Like Me." He was a very fine singer, and a man of God. The song touched my heart, and I waited to hear him sing again. That night there was nothing in the sermon that I thought very much of, but it was a kind handshake from a man who said to me, "Are you a Christian?" I thought a moment. He said, "Let us sit down and have a chat." We sat down, and he talked to me, and that night I gave my heart to Jesus Christ. From that time on, I have been doing all I can to advance the cause of Jesus Christ."

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A prisoner in Joliet, Ill., is desirous of a Bible Dictionary. Is there a reader of the LIFE BOAT who would like to send him one?

An Encouraging Letter

EDITOR OF THE LIFE BOAT:—Let me thank you sincerely for choosing me as the recipient of THE LIFE BOAT. My feeble words are wholly inadequate to express my appreciation of it. I am also very thankful to the officers for permitting me to send it to many others who are always anxious to read it. I find that your paper has awakened an interest in some who heretofore have cared very little for Christian literature. All the good that is being done by it may never be known in this world; but it will be a joyful surprise when we pass to that ever-peaceful shore, to see the good it has accomplished.

As part of THE LIFE BOAT is devoted to bettering the condition of the men behind the bars, and to publishing such of their letters as the editors think will be likely to encourage others to do right, and warn them against doing wrong; I think that we who have resolved by the help of God to reform, should contribute some thought or experience which might be the means of bringing some care-worn soul to a realization of his perishing condition, and instil in his heart the hope and assurance of a better life.

I have been greatly helped and benefited by reading the prisoners' letters published in THE LIFE BOAT, and am sure that others have been, for it thrills our hearts with joy to know of those, who, in face of seemingly insurmountable difficulties, are endeavoring to lead a Christian life.

In the editors' article in the June number I was very much impressed with these words: "To be reconciled to adverse circumstances and unpleasant surroundings is no small task." With men this is impossible without divine help, but with God all things are possible. I know that with God's help we can find contentment even in prison, and learn to look upon our adversities as stepping stones to a higher sphere. I have found it true that all things without Christ cannot give satisfaction; but with Him, what seems next to nothing, is better than all the world has to offer. So let not those who are unreconciled to their misfortunes make themselves still more miserable by meditating over them, but rather look to the time when Christ shall wipe away all tears; for this earthly life is only a small wedge of time between two endless eternities. We should remember that so far as we know, this is our only opportunity to choose between eternal and life and eternal death. No matter what our circumstances are or may have been, we may look to the One who is ever ready and willing to forgive the penitent sinner; "for God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish but have everlasting life." (John 3:16.) I hope these few words may be the means of inspiring in some reader's heart the desire to take the peace of God which passeth all understanding. (Phil. 4:7.)

My prayers are that THE LIFE BOAT may grow in circulation, and continue the good work it is doing, especially among the prisoners. I am sincerely yours, in Christian love and faith,

H. G. PURSELY,
Wyoming State Penitentiary.

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A gentleman who had come to the city from St. Louis where he had experienced conversion and was set free from the terrible appetite for strong drink which binds so many in this city, came into the Mission the other night and said, "I praise God that this Mission was open to-night, for this is the first time that I ever came into the city of Chicago that five minutes after my arrival has not found me in a saloon, and to-night I began to look for a mission where I might go and give my testimony of what the Lord has done for me, so that the devil could not get a chance to put me into these places. I looked all the way and I saw mission after mission that I came to was closed and I began to wonder if every mission in the city was closed, when I found this one. May God bless the Life Boat Mission for being in running order."

How to Deal With a Chronic Invalid

DAVID PAULSON, M. D.

THE Bible paints in a most striking manner, the picture of a physical chronic invalid, in the following statement: "Oh, wretched man that I am, who shall deliver me from the body of this death?" (Rom. 7:24.) The chronic invalid is camping on the plain of disease; he has acquired the habit of being sick. It is the most natural thing in the world for his body to be ill. He must secure a new body before he can permanently live above the disease line. He must be delivered from that "body of death" which he is carrying around with him. Fortunately, nature makes provision for just such a substitution, as we are continually changing. The average individual eats and drinks his own weight every month; and if the chronic invalid will only take himself properly in hand and submit to the right principles, he may continually, through this provision, be securing a better way.

In order for the chronic invalid to be permanently cured, he must be put through the same process physically, that Paul calls attention to spiritually; "Put off the *old* man which is corrupt . . . and . . . put on the *new* man, which after God is created in righteousness and true holiness." (Eph. 4:22-24.) This text is a clear description of what takes place in true healing. Jer. 6:14 describes false healing. "They have healed also the daughter of my people slightly, saying, peace, peace, when there is no peace." Such a result may be brought about by various treatment which have a tendency to cover up symptoms, instead of promoting normal tissue change.

The young quail closes its eyes, and the ostrich hides its head in the sand, when pursued by the enemy; and they foolishly imagine they are safe: in reality their condition is more precarious than before. It is not enough to put off the *old* man, but the *new* man must be put on. Quack doctors are apt to take a brick out of the structure of the old man by a course of eliminative treatment, etc., and in reality leave a vacancy in the organism because of neglect to give attention to proper diet, and so such persons suffer from serious relapses. Better to leave an old brick in its place if you cannot replace it by a better one. Col. 3:10 describes so beautifully the process that must take place in man's spiritual renovation and reconstruction, as well as outlines clearly the policy to be pursued physically. "Put on the new man, which is renewed in knowledge after the image of Him that created him." There are many in the churches who are spiritual chronic invalids, who instead of letting the old man of sin mortify, have allowed him to petrify; consequently in social meeting and elsewhere we find them continually speaking of the time when they were first created anew. But the chronic invalid, in order to be successful, must physically have the same experience that Paul speaks of when he said, "I die daily," (1 Cor. 15:31), and he must be just as truly recreated every day physically. And every step of the way, in either process, the human agent must co-operate both physically and spiritually.

The chronic invalid may be represented by the stagnant, slime-covered pool. He can be recognized by his dingy skin and eyes, and by the rank odor of his sweat, his bad breath and coated tongue. These are all simply indications of the condition of the whole man, and vigorous efforts must be put forth to put off this body and to secure a better one. It is just as necessary to work hard to cultivate health, as

it is to labor diligently to get rid of disease. This truth is emphasized in Luke 2:24-26, where Christ speaks of the condition in which the devils had been driven out and the room swept and garnished. It had been left empty and then seven more devils took possession, "and the last state was worse than the first."

The blood is the life. (Lev. 17:14.) The blood bathes every tissue of the body, and carries the nourishment to repair and takes away the broken down particles to be eliminated; so the blood is the messenger of life to every cell in the body, but if it becomes loaded with poisons, it may become in reality, a messenger of death. The usefulness of the blood depends upon its purity, and upon its thorough circulation. God promises: "For I will cleanse their blood that I have not cleansed." (Joel 3:21.) But the blood is made from the food we eat, and even God, Himself, does not undertake to produce clean blood out of unclean food. "Who can bring a clean thing out of an unclean? *Not one.*" (Job 14:4.)

So whether or not God cleanses the blood of a chronic invalid, will depend upon the faithfulness with which he co-operates. Even the greatest miracles performed by Christ, necessitated the co-operation of man. In the raising of Lazarus, the stone was rolled away by human effort, and after Lazarus came forth, human effort was required to loosen the grave clothes. This co-operation on the part of the invalid is not merely a passive assent, but may necessitate his being subjected to processes that will not always seem pleasant, for the "old man is crucified." (Rom. 6:6.) His members must be mortified. (Col. 3:5.)

The first essential, in order to secure clean blood, is to eat pure food, and nothing but clean blood can build up a clean and healthy body. In the stomach of the chronic invalid, there is heat and moisture. These are just the conditions to favor

fermentation. The stomach of the average invalid is a veritable cess-pool, for it has lost its normal disinfecting power: therefore it is absolutely necessary that the patient be fed on such foods as will not encourage the activity of germs in his alimentary canal. Place an apple and a piece of meat side by side so that the same germs will lodge on each. The apple will remain sweet and eatable for weeks, while the piece of flesh food will acquire a horrible odor in a day or two. The value of the fruit over the meat in the diet of the chronic invalid, is very plainly suggested by such a simple experiment. Such a patient should eat no starchy food unless it is thoroughly toasted by being subjected to oven heat. He should avoid erroneous food combinations, as well as drinking at meals, for the addition of fluid will only serve to dilute his already weakened digestive juices.

Another prime essential for the chronic invalid is the breathing of pure air. If the air which is taken into the lungs is already saturated with tobacco smoke or the poisonous products from the lungs of others, it cannot be expected to carry off still other poisonous gases from the lungs of the invalid.

Another efficient means of cleansing the blood is by abundant water drinking. The chronic invalid who goes away to various mineral springs and drinks quantities of ill-smelling and ill-tasting water, is very often remarkably benefited; while if he had staid at home and drunk the same quantity of pure water from his own well, and put aside the same amount of worry and care, his recovery to health would not only have been much more rapid, but much more permanent.

The Agency by which the Chronic Invalid is Reconstructed

No Pure Blood Without the Eating of Pure Food

God provided work for Adam as a *blessing* to him, because He knew that if Adam worked hard enough to sweat every day, it would encourage the elimination of the "old man," and thus assist him in keeping his body

Exercise Promotes Tissue Change

under: 1 Cor. 9:27. During exercise, the poisons of the body are purged out more thoroughly and many of the harmful ones are rendered more harmless, instead of being stored away in the joints to produce rheumatism and other ills. So it is just as true physically as spiritually that the chronic invalid must "work out his own salvation with fear and trembling." How thankful we should be that the promise is also just as true physically as it is spiritually that "It is God which worketh in you both to will and to do of His good pleasure." (Phil. 2:13.) God is saying to every invalid, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (3 John 1:2.) If the chronic invalid has become so weak that he cannot take exercise, then it is our duty to assist him by putting him through a course of passive exercise. "We then that are strong ought to bear the infirmities of the weak." (Rom. 15:1.) Vigorous exercise contracts the muscles and forces the poisons into the blood streams so they can be carried away. An eliminative massage accomplishes the same thing but in a less vigorous manner.

Exercise will also increase the temperature of the the blood, and so perspiration is stimulated, and thus more poison is carried off. This creates thirst, and the more water that filters through the system, the more poison will be washed away. Another benefit of exercise is that it promotes a normal appetite. Scripture declares that if a man will not work, neither shall he eat. (2 Thes. 3:10.) Nature testifies to the justice of this arrangement by removing the appetite of the man who does not work.

The wonderful benefits that may be derived from simple applications of water, are well illustrated by simply bathing the face with cold water upon a hot day, and then noting the refreshing effects which follow this application. If treating only one square foot of the surface of the body produces such a refreshing feeling, how much good must come from similar applications to the entire seventeen square feet of skin surface, even if the various internal organs do not possess the necessary nerves to tell us how thankful they are for such treatment.

For each of the internal organs of the body there is a certain territory of the skin, through which we can, as it were, speak to them. The skin is really the key-board to all the internal organs, and it is our privilege to learn how to play successfully upon it, by learning how to properly apply the various rational remedies, of which the use of water is the most effective. The most successful physician or nurse is the one who has become the most thoroughly acquainted with this key-board, and can bring out the most harmonious action from the internal organs, by the various applications to the skin. Cold sponge baths, vigorous cold sprays, and the cold plunge, all followed by vigorous friction, are agents which wonderfully tend to arouse the healing possibilities of the body, and induce every organ to do its best. These principles are so plain that "the wayfaring men, though fools, shall not err therein." (Isa. 35:8.)

What we eat, and the state of our digestion, determine to a large degree what we are and the amount of power that we will wield in this world. D. P.

Special Notice Concerning The Life Boat Supply Department

In the August number of THE LIFE BOAT brief mention was made of THE LIFE BOAT Supply Department. We believe that we can supply many of the needs and wants of our readers at considerable saving to them as well as a help to our work. This department is now thoroughly organized and already doing considerable business. Whatever your needs are, write us and we will take pleasure in giving your letter prompt attention. Our illustrated catalogue is about ready for mailing and will be sent upon request and enclosing a two cent stamp. Write for it at once. Address THE LIFE BOAT Supply Department, 1926 Wabash Avenue, Chicago, Ill.

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C. B. Willis 1 00	E. E. Goff 35
N. M. Gifford 25	Mary Winfield 25
Mrs. Susana Meyers 25	Gertrude Swauk 50
Nellie Swauk 50	John Swauk 50
Eddie Swauk 50	

Total \$42 19

THE LIFE BOAT RESCUE SERVICE

H. C. Zoeb 1 10	M. O. Hallack 50
E. Blaine 1 00	Julia M. Moore 2 00
Mr. & Mrs. F. C. Clark 2 00	E. C. Stillman 1 00
Mrs. Hannah Winter 50	Emma Longnecker 5 00
James Davis 24	Mrs. S. J. Bostwick 3 50
A. J. Carpenter 2 00	

Total \$18 84

THE LIFE BOAT REST

M. O. Hallack 50	Julia M. Moore 50
John T. Luyster 1 00	T. P. Leslie 1 00
Mrs. M. C. Guild 3 00	Mrs. Josephine Toal 1 00
Mrs. L. K. Morgan 1 00	H. P. Randall 30 00
J. A. Guenther 2 50	James Devinney 2 00
Alvin F. Hurst 1 00	Mrs. W. S. Sadler 50
Lillian Snyder 50	Mr. Cadwalader 50
B. E. Connerly 1 40	A Friend 75
A Friend 25	

Total \$47 40

Other Donations:—Box of clothing, three baskets of peaches, crate of raspberries, four bushels of apples, sack of beans, three crates of bananas, water-melon, five crates of celery, three crates of musk-melons, bag of green peas, five bunches of radishes, four crates of tomatoes, four bunches of rhubarb, three crates of cauliflower, box of cucumbers.

THE LIFE BOAT

EDITORIAL COMMITTEE

W. S. SADLER

DAVID PAULSON, M. D.

LILLIAN SNYDER

Do You Expect to be a Medical Missionary?

If so, when? Some will continue to delay in carrying out God-given intentions until a wall of obstacles and difficulties is built around so high that there will be apparently no way for them to carry out their original plan.

The next class in the Chicago Medical Missionary Training-School will begin November 1. It is none too soon to begin to send for application blanks and to commence the correspondence necessary before being admitted, and above all, to consecrate your life anew to God so that you will be making a right use of the wonderful opportunities that are here afforded for training and development in missionary lines. Write at once for circulars and further information to the Chicago Medical Missionary Training-School, 1926 Wabash Avenue, Chicago, Ill.

An Unusually Successful Summer

September is here and summer is past. With the various branches and departments of the Chicago Medical Mission it has been an unusually busy but successful summer. In spite of the summer weather, with its hot sweltering nights, the Life Boat Mission has been well filled almost every evening. Here the work has gone forward quietly, but many souls have been snatched as brands from the burning, and, in the Mission, may be heard, night after night, songs of gladness and praises to the Lord for His goodness and for His wonderful works to the children of men. The Children's Christian Home has not only been full, but has sent its overflow into various homes in the country, and the little ones greatly enjoy their outing. The Life Boat Rest has gotten under way in its mission of usefulness to our fallen sisters. During the past few months this youngest branch of our work has become well established and its success assured. The nurses, in their work in the city, the Training-School, Workingmen's Home, and other departments of the work have alike shared in the general prosperity which has attended the summer's campaign.

Important Notice

A man by the name of John Way is traveling through Michigan and Canada taking subscriptions for THE LIFE BOAT. He is not an agent for this paper, and is not authorized to take subscriptions.—PUBLISHERS.

AN OPPORTUNITY FOR YOUNG MEN.—There is at the present time an opportunity for a number of young men to connect with the Workingmen's Home and the Life Boat Mission, in Chicago, and have work to support themselves while engaged in getting an experience in these institutions. Those interested should address the Chicago Medical Mission, 1926 Wabash Avenue, Chicago, Ill.

A Word of Encouragement

THE extract below is from a letter written by a gentleman in one of the large railroad offices in Chicago:

"I write you a few lines to inform you how I came to know about THE LIFE BOAT and its mission. A man from the next office was out for his supper about two weeks ago, and afterwards took a little walk down State street. Some one handed him a little card on which was printed: 'God loves you,' etc. He put it in his pocket. The next day he came to me and said: 'Here is a card that was given to me on State street last night, and maybe you can make use of it.' He also received a little tract of *The Life Boat Series*. I was interested in mission work, so I bought 200 of these tracts, and distributed them all around my neighborhood, in my church circle, etc. I have also ordered a number of your other tracts, so I always have some of them with me to distribute to those whom I think will read them. I have sent THE LIFE BOAT to some of my friends, and they have been interested in the work. God bless you all. Proceed as you began, not letting success divert your minds from God."

x

During the past month in the Life Boat Mission there have been two large glass vases constantly filled with beautiful fresh flowers. Almost nightly, some reference has been made to them by the men, and they are a constant testimony to the love of God for His children in providing such beauty and fragrance to please and rest them; and, too, they keep before us the lesson that "God would have us cultivate the quiet graces of the flowers." For some time the stranger that provided them for the Mission would come in with a huge bouquet of fragrant blossoms, walk quietly to the front of the room and deposit them on the stand or organ and walk out before any of the workers could speak to him, returning again the next night on the same errand, and then disappearing; but at last one of the workers caught him and had a talk with him and found that he was a college graduate, a man who had studied for the ministry at one time, but is now far away from God. He feels that in some way he has wandered too far to return, but still he loves the Mission, and has taken the way above mentioned to show his appreciation of the work that is being done there. We know that God is working upon his heart, and we trust that soon the struggle may be over, and that the peace of God may once more come into his life.

x

Thursday night June 21, 1900 in the testimony service at the Mission a young man arose and said, "One year ago last night I jumped into the lake, and tried to drown myself; but after I got in, I struggled to get out, and some one heard me, and came to my rescue, and from there I walked down the street all wet and discouraged and passed this place, and was invited in. In I came and gave my heart to God, and although life has not been all sunshine, I am a different man to-night and life is worth living. I have a hope that reaches beyond this life. That night I was homeless, friendless, and broken-hearted. To-night it is just the other way, for I took Him at His word, and sought the Kingdom of God and His righteousness, and He has supplied all my needs. I praise His name that in my extremity He did not cut me off, but gave me power to grasp the gospel life line that was thrown to me, and now I haven't got religion or salvation; but salvation has me, and keeps me too."

News and Notes

MRS. LAURA CALDWELL has gone to Battle Creek.

Dr. Nettie Armstrong visited the Training-School.

Lillian Snyder had charge of the Rest during the matron's absence.

We were glad for a one day visit from Dr. Kellogg during the past month.

Miss Della Hinshaw, of Iowa, has connected with the work in Chicago as stenographer.

Dr. Paulson has made two visits to the bath and treatment rooms at Madison, Wisconsin.

Andrew Mascher has been called to his home at Haines, Oregon, on account of the serious illness of his father.

Mrs. Pinkney, of California, a sister of Mrs. E. B. Van Dorn, recently spent several days at the Training-School.

Miss Fannie Emmel, matron of the Life Boat Rest, spent the last month at Alliance, Ohio, taking a much-needed rest.

Miss Black, matron of the Children's Christian Home, recently spent a week at South Haven, in rest and recuperation.

Sister A. S. Steel, of Chattanooga, Tennessee, recently visited the Training-School and Mission, speaking at both places.

Dr. M. T. Clarke, who has been connected with the Chicago Medical Mission some time, has gone to Battle Creek for a season.

Miss Mattie Johnson, of the Children's Christian Home is absent on a vacation visiting Battle Creek, Michigan, and Toledo, Ohio.

Brother Van Dorn, the Life Boat Mission evangelist, has been absent for a rest and a visit to his parents at Spokane, Washington.

Brother and Sister Mackey have conducted the meetings at the Life Boat Mission during the past month and the Lord has blessed their efforts.

Mrs. H. N. Garthofner and Miss Charlotte Creeper have returned to the Training-School from a vacation at the home of the former, at Borth, Wisconsin.

The doors of the Life Boat Rest are open until one A. M. when the electric lights are turned off. Many girls come in at the midnight hour to talk with the workers.

The following members of the Fall class have gone to Battle Creek to continue their work:—Charles Foote, James Irving, E. T. Reeseman, Pearl King, and Daisy Pollard.

Fifteen children have been placed in homes for the summer. Thirty-five little ones have been cared for at the Branch Home at Berlin, Wisconsin, where there has not been a single case of sickness.

Daisy Hall and Louise Paulson, who have been connected with the branch of the Children's Christian Home at Berlin, Wisconsin, have returned to Chicago. Miss Paulson goes to Battle Creek.

Dr. D. H. Kress recently spent several days at the Training-School. During his visit he spoke several times to the students. Dr. Kress was one of the pioneers in the organization of the Chicago Medical Mission.

A nurse was recently called from the Life Boat Rest to treat a sick girl in the vicinity. She was not a little surprised to find, on entering the girl's room in a place of sin, a Bible on the dresser. Inquiry elicited the fact that it had been placed there by the landlady of the house, for the benefit of the Christian nurse.

Almost every week the Life Boat Rest on South Clark street, receives a contribution of flowers from the children of the Haskell Home at Battle Creek, Michigan. The flowers are distributed in the saloons and brothels which are so abundant in that section of the city and open the way for many a conversation likely to result in much good.

It is most gratifying to the workers to have the Life Boat Mission well filled during the hot weather that we have just been passing through. One of the workers who sat down in the rear of the Mission the other night made the following most interesting observation. During the two hours from the time the meeting commenced until it was formally closed, there were very nearly 2000 passed the Mission, and most of them were reminded of the fact that there is a God in Israel, either by receiving a personal invitation to come into the Mission, or by receiving a tract or a card; and almost without exception these 2000 people looked in and saw the people gathered within, and read the notice on the window.

One night a careless young man claiming to be an infidel, passed the Mission and was presented with a card of invitation to the meeting and also some tracts. As he was on his way to the depot to take the train, he put them into his pocket and on the train passed the time away by reading them, and now he testifies that was the first step in his conversion.

The Board of Trustees of the American Medical Missionary College recently held a legal meeting at the Training-School. Among those present were Drs. J. H. Kellogg, H. F. Rand, Charles Stewart, W. A. George, and Elder L. McCoy.

Position for Typesetter

There is an opening for another typesetter in THE LIFE BOAT office. Any one interested should write at once, addressing THE LIFE BOAT, 1926 Wabash Avenue, Chicago, Ill.

A Child's Earnestness

M. E. YERGIN

NOT long ago some children were gathered together to hear of the work amongst children in Chicago. All were stirred with a desire to do what they could for those little ones, and at the close of the meeting went in various directions to the woods to gather wintergreen berries and leaves, the only thing at hand at that time of the year, which would be portable so long a distance to Chicago, about 200 miles. Returning, one little fellow only four years old, said:—"Mamma, we wouldn't get to Heaven if we didn't pick these." Is it not indeed wonderful how so small a child could sense the importance of doing whatsoever his little hands found to do? No wonder Jesus loved the little ones of His day, and said, "Suffer them to come unto Me and forbid them not; for of such is the Kingdom of Heaven."

THE LIFE BOAT

PUBLISHED MONTHLY ILLUSTRATED

(Entered at the post-office in Chicago)

Published by the International Medical Missionary and Benevolent Association, at 1926 Wabash Avenue, Chicago, Ill.

PRICE 25 CENTS A YEAR

FOREIGN SUBSCRIPTIONS, AND IN CHICAGO, 50 CENTS

To Subscribers

Write names and addresses plainly. Remit by P. O. Money Order, Express Order, or Draft. Personal checks are not desired. Do not send Canadian coins or currency. Please do not send postage stamps, unless for very small amounts, as they often stick together. Make all Orders and Drafts payable to THE LIFE BOAT, not to the editors, or any other individual.

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Special terms are granted to those who use large numbers of THE LIFE BOAT for free distribution, to missions, to clubs, and to members and bands of *The Prisoners' Aid Movement*. Sample copies sent free on application.

Change of Address

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

Address all communications for this paper to THE LIFE BOAT, 1926 Wabash Avenue, Chicago, Ill.

Special Notice

If you are receiving THE LIFE BOAT without having ordered it you may know that it is sent to you by some friend. You need have no fears that you will be asked to pay for it.

x x

x

x

Sold the Plumes off Her Hat

M. E. YERGIN

PROPORTIONATE to our estimate of the value of a thing are the sacrifices we will make for it. Where our treasure is there will our heart be also, is just as true the other way, where our heart is there will our treasure be. If it is not there we make every effort to get it there as soon as possible. A woman who loves to wear plumes upon her hat would almost rather part with a friend than the plumes. But not long ago a young lady who had recently been converted, during a conversation with a friend at the close of a social meeting, was heard to say: "I saw THE LIFE BOAT last winter and sold the plumes off my hat to subscribe for it. I would not know how to get along without it." Dear reader, have you given your friends a chance to see THE LIFE BOAT and learn the value of it? The saving truth it contains is just what your neighbor needs. If it be your enemy who is hungry the Saviour has said, "Feed him;" but will you let a hungry brother or sister starve? What will you sacrifice to feed those who hunger and thirst for truth? "Inasmuch as ye did it unto one of the least of these, ye did it unto Me." As we use our means in purchasing truth and spreading a gospel feast for others, we lay up treasure in Heaven. What are you doing? Where are you laying up treasure?

DEAR FRIENDS:—As my subscription to THE LIFE BOAT has expired I send twenty-five cents to renew it. I think it is one of the best papers I ever read. I feel as though I can't get along without it. I think the Prisoners' Number of THE LIFE BOAT is so good. Oh! if every prisoner could only read it. May God bless you in your good work is the prayer of your sister in Christ,
EDITH SHIELDS.

THE LIFE BOAT:—I enclose one subscription to the best paper published. We are going to endeavor to send you a monthly donation for the Prisoners' Fund. Yours,
FRED BULLOCK.

DEAR BROTHER:—Last month I received a copy of THE LIFE BOAT, and became so interested in it that I did not feel that I could miss another copy. I have read it to some of the neighbors and they are much pleased with it. I have secured four orders, and have some promises.

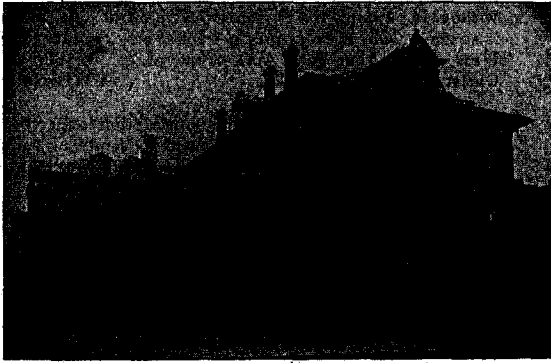
I purpose canvassing the little towns within my reach, as I feel that THE LIFE BOAT ought to be in every home. May God bless you in the glorious work of rescuing lost souls.

THE LIFE BOAT:—A Life Boat indeed! I have renewed my subscription through the tract society, and have secured two new subscribers. I think that THE LIFE BOAT is a splendid paper, and I expect to be a life-long subscriber to it, for I do not see how I could get along without it.

Quilts are needed badly at the Children's Christian Home. Lady readers of THE LIFE BOAT are invited to occupy their spare time in doing something to supply this need. We assure them that their labor of love would be greatly appreciated. The family now numbers fifty-three homeless little ones. Send to the Matron, Children's Christian Home, 2404 South Park Avenue, Chicago, Ill.

Monthly Summary of the Work of the Various Institutions and Departments of the Chicago Medical Mission

Treatments given.....	190
Examinations.....	84
Prescriptions.....	20
Surgical operations.....	2
Admitted to the surgical ward.....	12
In Children's Christian Home and Branches.....	55
Days nursing.....	4772
Meals served (penny lunches).....	35,426
Lodgings given.....	5281
Using free laundry.....	3165
Attendance at gospel meetings.....	3552
Gospel meetings held.....	93
Bible classes conducted.....	45
Testaments and Bibles given away.....	60
Pages of other literature distributed.....	2000
Requests for prayer.....	145



CHICAGO MEDICAL MISSIONARY TRAINING-SCHOOL
1926, WABASH AVENUE

THIRD
ANNUAL ANNOUNCEMENT
OF THE
CHICAGO
MEDICAL MISSIONARY
TRAINING-SCHOOL

INSTRUCTORS

J. H. KELLOGG, M. D., Superintendent
W. B. HOLDEN, M. D., Practical Anatomy
DAVID PAULSON, M. D., Bible Hygiene and
Treatment of Diseases
MARY W. PAULSON, M. D., Physiology and Hy-
giene
MRS. H. N. GARTHOFNER, Practical Nursing
W. S. SADLER, Bible Principles and Methods of
Christian Work
MRS. E. B. VAN DORN, Matron

THE primary object of this Training-School, which was begun three years ago, was to furnish a means of instruction and training for the workers who were immediately connected with the different institutions and branches of the Chicago Medical Mission. But, as similar work has been undertaken so extensively in other cities, urgent applications began to come in from those who had consecrated their lives to the Master's service, asking that they might have an opportunity to share the benefits of this valuable instruction. Each year the variety of subjects has increased, until last spring the curriculum for this course of one year was so arranged that students, after finishing the course, if they desired to complete a medical missionary nurse's training, could go to the Battle Creek Sanitarium and be admitted into the second-year missionary nurses' class. This presents a wonderful opportunity for those who wish to take up missionary nursing as a life-work to have the unparalleled opportunities that Chicago offers, during the first year of their training.

The following is a brief synopsis of the course of study:

1 Bible

- (a) Bible study by books
- (b) Topical study of the Bible, with special reference to personal and evangelistic work
- (c) Principles and methods of personal work
- (d) Methods of mission work, rescue work, street work, cottage meetings, and personal work

2 Physiology and Hygiene

Special attention is given to the sacredness of the human body and the importance of obeying physical laws

3 Scientific Cooking

4 General Nursing

5 Physical Culture

6 Use of Rational Remedies in the Treatment of Disease

QUALIFICATIONS.—Consecrated Christian young men and women who desire to devote their lives to work for God and humanity, are received into this school, provided they are well grounded in gospel principles, and are prepared spiritually to engage in active work for the saving of men and women. Applicants should possess fairly good health.

EXPENSES.—Tuition is free. Food is furnished upon the European plan, at actual cost. The average expense for table board is \$1 to \$1.25 per week. In addition to cost of board, the nominal sum of 75 cents to \$1 per week is charged each student. This fee is to meet expense for room, heating, and other incidental expenses of the institution. Energetic students will be able to earn sufficient money to meet a part if not all of these necessary expenses, while pursuing their studies, by selling *THE LIFE BOAT*, *Good Health*, and other publications. Opportunity for a limited number to work for their expenses is afforded at the Workingmen's Home and other of our institutions.

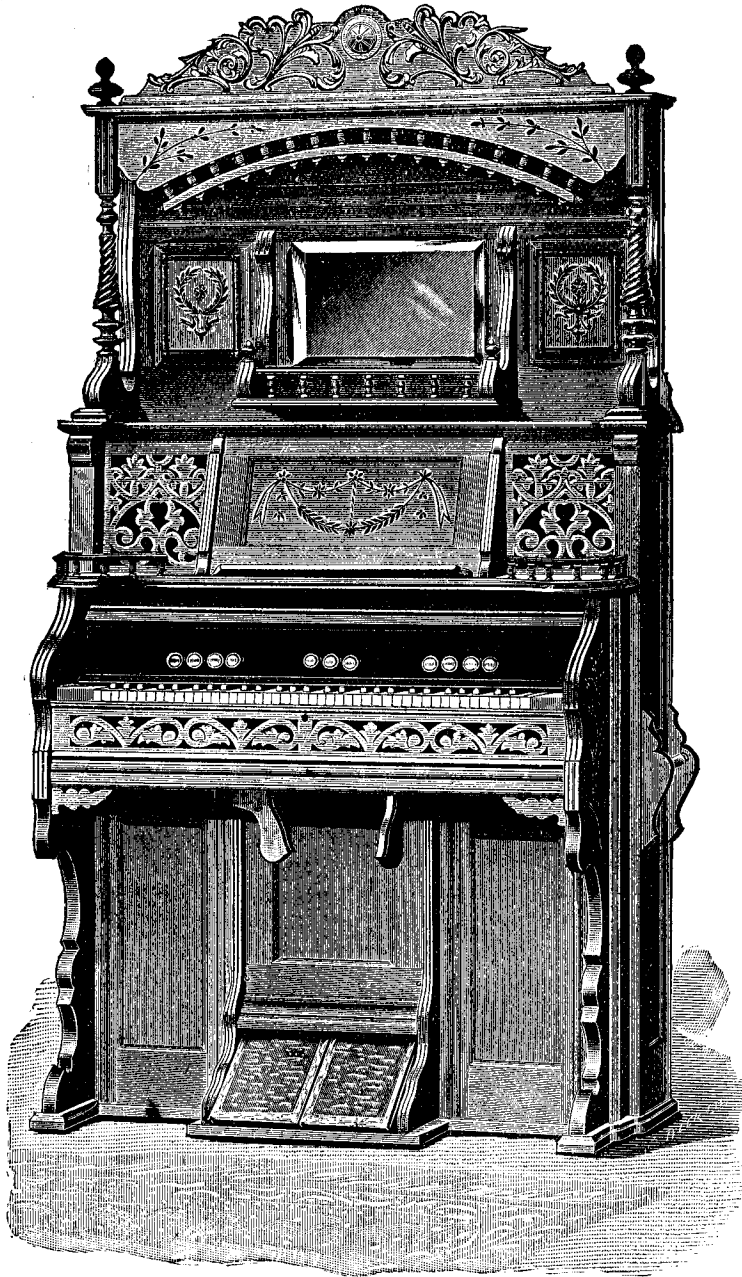
OBJECT.—The purpose of this school is to prepare young men and women for various lines of city mission and rescue work, and at the same time to furnish the preliminary training for the regular nurses' course conducted at the Battle Creek Sanitarium. Chicago furnishes unusual advantages for students to put into daily practical use the spiritual and physical truths which they learn in the class-room.

SPECIAL NOTICE.—No student should come without making previous arrangements by correspondence, as the managers of this school must be thoroughly satisfied that God has called applicants to this work before they will under any circumstances accept them as students.

Address all Correspondence
to the

Chicago Medical Missionary Training-School,
1926 Wabash Avenue, Chicago, Ill.

Our New Style 36.



This attractive style we furnish either in 5 or 6 octaves. Dimensions for 5 octave case: Height, 82 inches; depth, 23 inches; length, 46 inches; weight, boxed and ready for shipment, 400 pounds.

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The case is solid black walnut or oak, three-ply panels, hard oil finish, hand rubbed, lamp brackets, mirror.

The action contains two full sets of reeds throughout, 122 reeds, as follows: 1, Principal; 2, Diapason; 3, Dulciana; 4, Principal Forte; 6, Cremona; 7, Melodia; 8, Celeste; 9, Vox Humana; 10, Treble Coupler; 11, Bass Coupler. Knee swell and grand organ attachment. 11 stops.

This organ is made especially for us and bears our imprint thus: **MADE FOR THE LIFE BOAT SUPPLY DEPT., CHICAGO.**

We guarantee it for 5 years. Price complete with stool and instruction book, delivered on board cars in Chicago, \$50.

We can furnish organs for \$35.

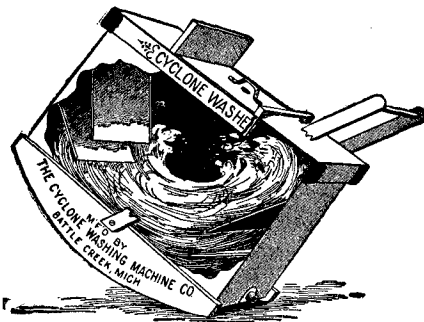
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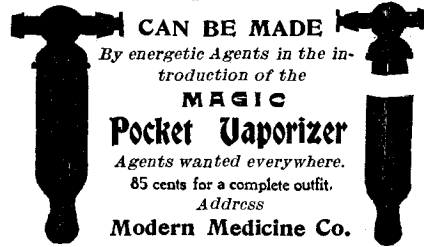
1926 Wabash Ave., CHICAGO.

Life Boat Club Rates

THE LIFE BOAT will be sent one year, clubbed with any one of the following periodicals, at the rate named:

THE LIFE BOAT and MEDICAL MISSIONARY AND GOSPEL OF HEALTH, - - 60c
 THE LIFE BOAT and TRAINING SCHOOL ADVOCATE, - - - - - 60c

\$3 to \$5 A DAY



CAN BE MADE
 By energetic Agents in the introduction of the
MAGIC
Pocket Vaporizer
 Agents wanted everywhere.
 85 cents for a complete outfit.
 Address
Modern Medicine Co.
 BATTLE CREEK, MICH.

The Life Boat Series of Tracts

No.	<i>Price postpaid a hundred</i>
1. What Must I Do to be Saved?	.20
2. Waiting for You	.10
4. A Message of Love	.10
5. Personal Work	.20
6. Some One Cares for Your Soul	.20
7. What Must I Do to Grow in Grace?	.20
8. Whosoever Will	.10
9. Look Up	.10
10. Are You Willing?	.10
11. Prepare to Meet Thy God	.10
12. My Sister	.20
13. Unexpected News	.20
14. An Open Letter	.20
15. The Holy Spirit	.20
16. How One Sinner Was Saved	.10
17. Not Hopeless	.20
18. Bible Helps	.20
19. Why Are You Not a Christian?	.10
20. He Will Abundantly Pardon	.10
21. Helpful Rules for Young Converts	.20
22. Come	.10
23. A Confession	.20
24. God Loves Sinners	.10
25. "I'm Too Great a Sinner"	.20
26. "I'm Afraid I Can't Hold Out"	.20
27. "I've Tried Once Before and Failed"	.20

(Numbers 6, 12, 13, 14, and 23 were written especially for use in rescue work among fallen women.)
 Address THE LIFE BOAT, 1926 Wabash Avenue, Chicago, Ill.

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HOSIERY
 FOR THE RELIEF & CURE
 OF
SPRAINS,
DISLOCATIONS,
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VARICOSE VEINS ETC.

**FEMALE ATTENDANTS
 FOR LADIES.**
 CALL OR WRITE FOR
 ILLUSTRATED CATALOGUE "C"
SHARP & SMITH 92 WABASH AVE. CHICAGO.

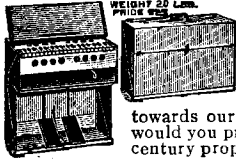
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towards our famous Telescope Organ. Which would you prefer? Send postal card for our 20th century proposition, and be convinced.

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Send for full particulars.

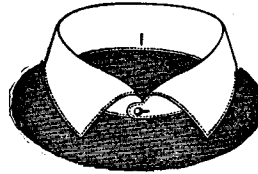
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Can be cleaned with a damp cloth and look like the Finest Linen.

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The Life Boat Supply Dept.

CHICAGO, ILL.

The HOUSE WE LIVE IN Or, The Making of the Body

The HOUSE WE LIVE IN



“BY THE old-fashioned, Biblical, beautiful illustration of the house, the wonders, uses, functions, etc., of the human body in all its various parts are interestingly and instructively set forth. The plan of the book is conversational—a mother talking with her children. It is a book for home reading, for the ‘children’s hour,’ and will prove of great assistance for mothers teaching their children how to care for themselves physically, and to avoid the evil effects of narcotics and stimulants.”

Editorial notice in the *Signs of the Times*.

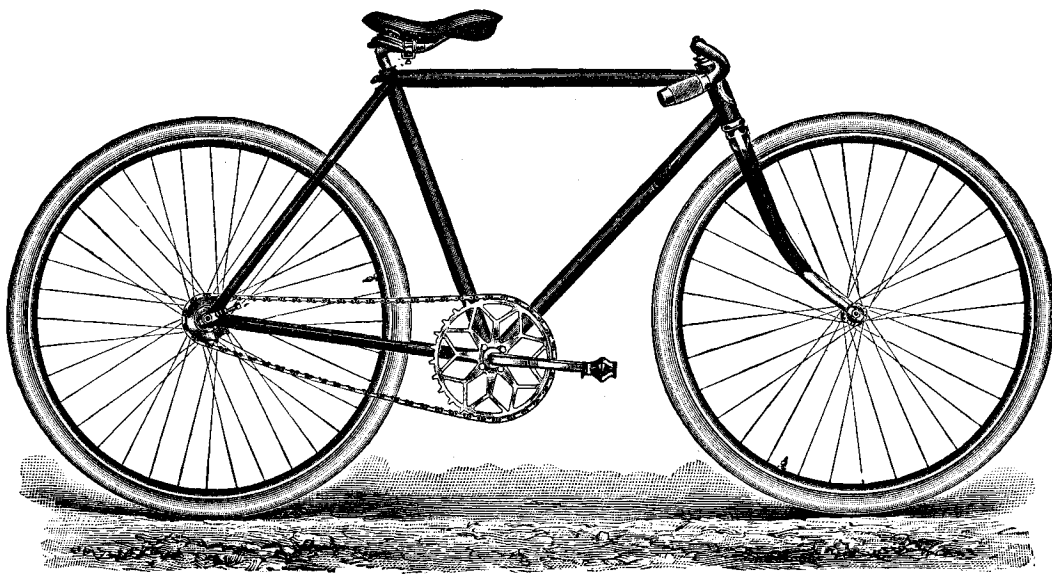
By Vesta J. Farnsworth
Contains 218 pages & Nearly 150 Illustrations
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PACIFIC PRESS PUBLISHING CO. & & Oakland, Cal.
39 Bond St., New York & 18 W. 5th St., Kansas City, Mo.

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High Grade Bicycles

Fully guaranteed against any defect in workmanship. Each wheel is inspected before shipment. This is a High Grade Wheel, made of the best material and guaranteed to give satisfaction.



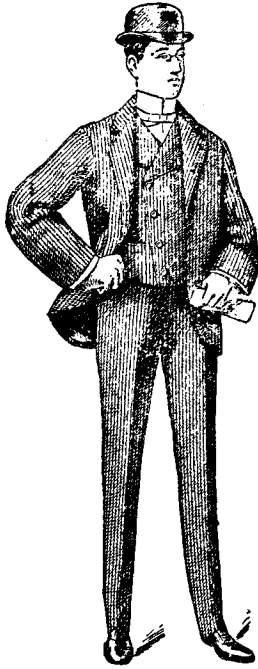
We have no hesitancy in saying that this is one of the best wheels for the money offered this season.
**PRICES—Gentleman's, with best single tube tires, \$24.85; with M & W double tube tires, \$26.85.
Ladies', with best single tube tires, \$25.35; with M & W double tube tires, \$27.35.**
These prices are special. If further information is desired, write

The Life Boat Supply Dept.,
1926 Wabash Avenue,

Chicago

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Men's Suits.



Our desire is to make the clothing department one of the principal features in introducing ourselves and our goods to the patrons of The Life Boat. We have selected a special Oxford Gray Cassimere Suit, Fall and Winter weight, which we offer at the price here quoted. The manufacturers from whom we buy these goods are well known and have the reputation for making high grade and well fitting garments. We will be pleased to mail sample of the goods and instructions for measuring on application. If a two-cent stamp is enclosed in application we will mail our Buyers Guide and General Merchandise Catalogue.

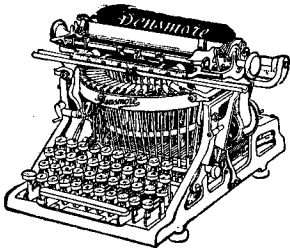
The Price of this Suit is

\$8.50

Made to Measure.

The Life Boat Supply Department.

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Illustrated Catalogue and Price-List

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CHICAGO, U. S. A.

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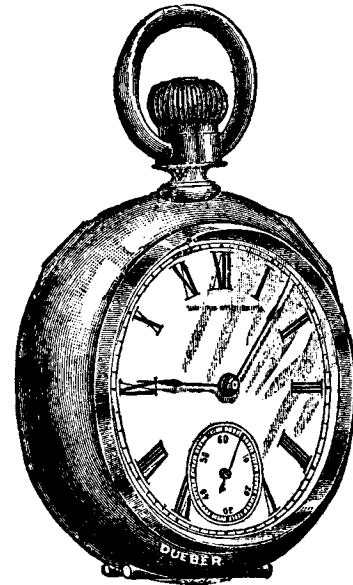
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BLUE WOOL CASHMERE,

Woven lining, pearl buttons on cape, velvet tab on back of cape.

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