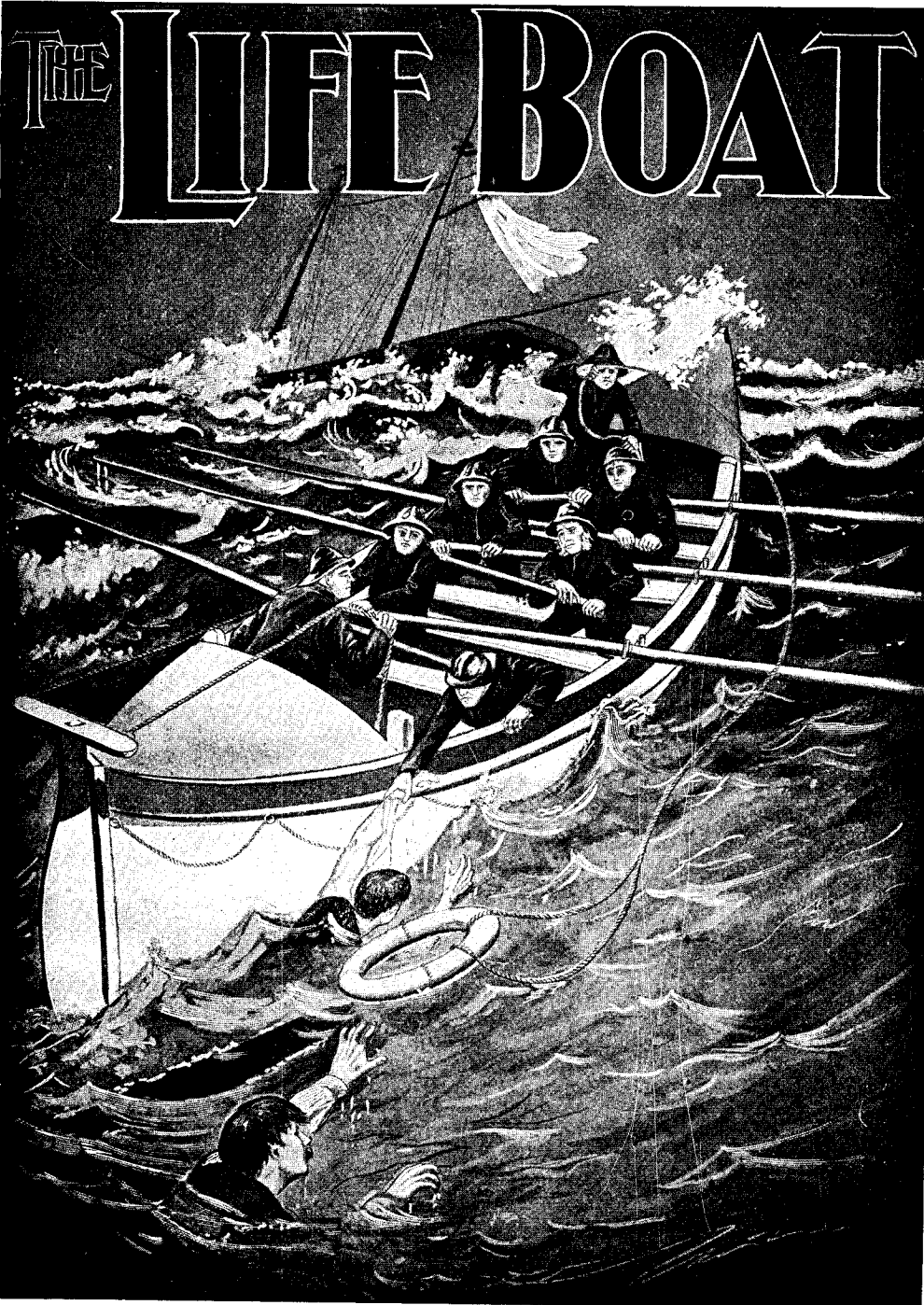


The Horrors of the Recent Earthquake—Everson

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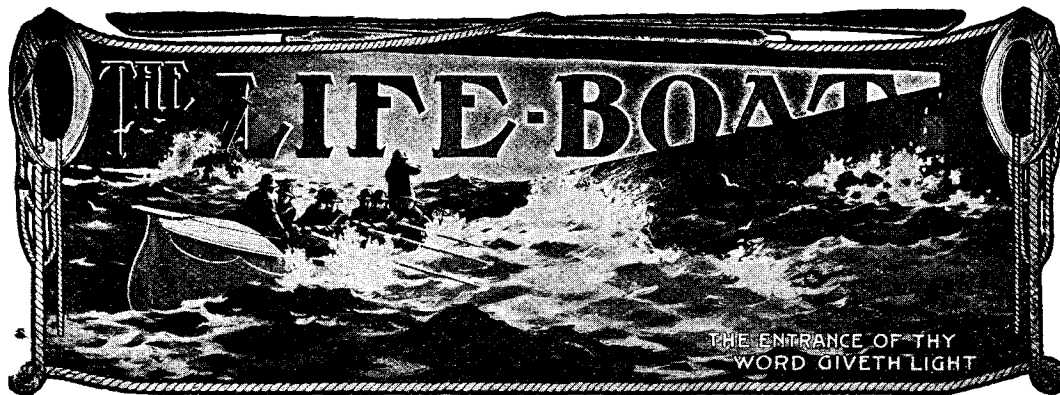
Chinsdale, Ill.

October, 1909

Blessing Humanity Amidst Shot and Shell—Willson



*A Principal Street in Messina Immediately Following the Terrible Earthquake. The Man in the Background Under the X is Mr. Everson.*



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

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**Volume XII**

**HINSDALE, ILL. :: OCTOBER, 1909**

**Number 10**

**"FILLED WITH GOODNESS."**

PEARL WAGGONER.

("The earth is full of the goodness of the Lord."—  
Ps. 33:5.)

The earth is filled with goodness, with the goodness  
of the Lord—  
His power and tender watchfulness all nature's books  
record;  
The lily shows His constant care, the sparrow chirps  
His praise,  
His life we breathe each fleeting hour; His mercy  
crowns our days.

No need to read on printed page the fact that God is  
good,  
When all pulsating life below proclaims His Father-  
hood,  
His goodness and omnipotence, the wonders of His  
love,  
Alike are shown in earth beneath and in the heavens  
above.

We view the myriads of stars in never-ending space—  
What other power, what Hand but His, could keep  
them in their place?  
And yet that Hand which holds the worlds has never  
yet forgot  
To form one bladelet, or to paint one wee forget-me-  
not.

The humming bees, the feathered minstrels with their  
warbled songs,  
Unite in sending praise to Him to whom all praise  
belongs;  
And of His all created works shall man alone be  
dumb,  
In silence taking all His gifts, nor think how great  
the sum?

Of if perchance he speaketh, is it of God's love to  
tell,  
To offer thanks to Him, all-good, who doeth all things  
well?  
Nay, speaks he not far oftener of how ill the world  
is run,  
Enjoying not the light because of spots upon the sun?  
There's not a breeze that fans our cheeks, nor zephyr,  
sweet and mild.

But whispers God is living still, and caring for His  
child.  
Oh, for an ear attuned to hear the symphony divine!  
Oh, for an eye to see the good, albeit it rain or  
shine!

The earth is filled with goodness—not a little here  
and there,  
But over all, and they who will may see it every-  
where.  
And that we look at we become; then breathe the  
goodness in!  
Beholding good, oh, think you not 'twill work a  
change within?

The earth is filled with goodness—in the land, and  
sky, and sea—  
And this same goodness all around is shown to you  
and me.  
The earth is filled with goodness, with the goodness  
of the Lord;  
May we, too, learn, as nature does, to Him all praise  
to accord!

**THE HORRORS OF THE RECENT  
EARTHQUAKE.**

PASTOR C. T. EVERSON.

I spent the last seven years in Rome.  
As I came in daily contact with the Ital-  
ian people I found them as warm-hearted  
as any I have ever met. I was in south-  
ern Italy shortly after that greatest earthquake  
that ever struck this old earth, and I want  
to enlist your sympathy for those peo-  
ple who were visited with that terrible  
disaster. Two great cities were swept  
away and two hundred thousand people  
were sacrificed in thirty seconds.

It is almost impossible to picture the

beauties of the country surrounding Messina. The slopes of the mountain are vine-clad, groves of lemon trees are seen on every hand, the houses are located in groves of orange trees, the beautiful city extends down to the sea, so that the whole lovely scene is reflected in the placid waters of the Mediterranean. Your highest imagination cannot picture that beautiful scene under the blue Italian sky.

When the earthquake of December 28 came, the inhabitants were slumbering peacefully in their beds. The ground rose and fell as the waves of the sea and most of the inhabitants were buried beneath the ruins and never knew what happened to them. Others stumbled out to find the lights were extinguished and rain pouring down in torrents. Then a great tidal wave swept over the ruins and drowned most of those who had escaped from the earthquake.

Soon the rain gave way to snow, and the more than half-naked refugees suffered more than can be told. Some of them went crazy. Others envied the lot of those who had been buried under the ruins. Often a child would be the only one living of an entire family.

When the king heard of the earthquake he and the queen went at once to the scene of the disaster. She took off her queenly robe, put on a nurse's costume and went right into the hospitals and held the patients while the doctor operated upon them. It made no difference to her whether they belonged to the nobility or the common people.

One little girl cried because she had lost her doll; the queen heard of it, stopped then and there and made out of some rags a doll for that child.

#### THE DARK SIDE OF THE EARTHQUAKE.

When the earthquake came the keepers of the prison were killed, but three hundred of the worst criminals in the jail escaped with their lives. These started out and began to plunder right and left. A woman lay with a beam across her chest. She cried to one of these men to come and help her. He came and took off

the rings of her finger; one ring he could not get off so he cut her finger off.

Some people think that all you have to do to make men good is to develop the good that is already in them. Nay, my friends, the devil is in man until God has had a chance to transform him. We cannot get anything good out of ourselves. What we want to do is to get the bad out and in its place get the good from Jesus Christ.

Church after church lay in ruins, and their images, some headless, some armless, were scattered about. A short time previous I had seen thirteen of these images taken out to bring down rain. As I picked up some of them they fell all to pieces right under my grasp—these people founding their faith on something as fragile as these images! Talk about heathenism in China and Africa! There is no more heathenism in these heathen countries than right here in Italy.

Signore Orlando, the minister of justice of Italy, stated shortly after his return from the scene of the earthquake: "The first reports of any calamity are usually highly colored and exaggerated, and so I had hoped that such might be the case in the present instance. But words cannot portray, nor the highest flight of the imagination depict the greatness and the terrible-ness of the mighty destruction. The sight that met my gaze can only be compared to a description of the end of the world as recorded in the book of Revelations."

#### WHAT MEAN THESE THINGS?

Some people say, "What is the meaning of that great earthquake? What is the cause of it?" Some scientific men say the earth was hot at first and as it began to cool off it began to wrinkle and that made earthquakes; but that is queer, for as this old earth is cooling off we ought to have fewer earthquakes as it gets cooler, but on looking the matter up I find they are getting more frequent.

I believe the reason we have so many earthquakes at this time is because this earth is getting old. You see a man seventy-five years old and perhaps he trembles and staggers. This old earth is be-

ginning to shake because of its age. The Lord says the earth shall wax old like a garment. When a garment gets about so old you begin to see holes in it, and it begins to go to pieces. These earthquakes tear holes in the earth. This old world is having an epileptic fit every little while. It loses control of itself. Finally it will go all to pieces.

These earthquakes are becoming more frequent. The Bible tells us what they mean: "The earth shall reel to and fro like a drunkard, and shall be removed like a cottage; and the transgression thereof shall be heavy upon it; and it shall fall, and not rise again." Isa 24: 30. You know how a drunkard loses control of himself and he cannot walk. Well, that is what is the matter with this world; it is getting unsteady in its old age. It is getting the "tremblers" like an old man. We are rapidly reaching the time when it will need to be renovated and renewed.

Christ said, "Nation shall rise against nation, and kingdom against kingdom; and there shall be famines, and pestilence, and earthquakes, in divers places." The Italian version says there shall be earthquakes in "every place."

Now, friends, when you begin to see earthquakes becoming more and more common all over the world, be sure it is a sign of the coming of the Son of man. These great calamities that are taking place on every hand are nothing more or less than signs of the coming of the Lord. I believe it and it is everybody's privilege to believe it if he wants to. I would rather stand upon the Bible in these days than rest upon scientific quagmire. God says that He will make a new world wherein dwelleth righteousness.

#### PROMINENT MEN WAKING UP ON THE HEALTH QUESTION.

DAVID PAULSON, M. D.

There are three million sick people in the United States who ought to be well. It was through carelessness or ignorance that they lost their health.

An effort is being made to enlist the government in saving this tremendous loss of hu-

man life. Professor Norton of Yale has called attention to the fact that the United States department of agriculture has expended in the last ten years over forty-six million dollars on plant and animal life, to stamp out cholera among swine, etc., but not one to save human babies or to banish pneumonia.

The editor of one of the Chicago dailies writes: "As long as men have appetites they will continue to eat and drink what they like, whether it agrees with them or not. As long as women are feminine they will wear whatever makes them most attractive to masculine eyes, regardless of its physical effects."

That is where the real rub comes in. Men and women have not learned to eat and drink to the glory of God. They have not felt it their religious duty to glorify God in the body as well as in the spirit. That is why a gospel of health is needed. Christian people must be made to sense their moral responsibility in regard to these things. Then advancement will be made, and marvelous advancement can be made.

We are again reaching the pneumonia season of the year, which simply means that



Eat Out of Doors Occasionally.

people bottle themselves up indoors and invite death by breathing bedroom climate.

AN INTERESTING MONKEY STORY.

On this point, Dr. Evans, Chicago's health commissioner, says:

"There were ten thousand people who died of pneumonia and consumption in Chicago last year. Yet, pneumonia and consumption are dirty air diseases. Everyone who is cured

of them must earn his cure. There is no short cut to a cure.

"I know of no more enlightening experience than that of the monkeys at Lincoln Park. Until four years ago the average life of the monkey was fourteen months. They all died of consumption. We had to buy fifty-five monkeys every year to keep the cage full. Four years ago, in the fall, it was decided to leave four of the poorest and most desperately sick monkeys out of doors. All these monkeys are living today. As a result of this experience, the animal house was ventilated day and night. This entirely abolished consumption from the monkeys. What we hope to do is to accomplish for ourselves in ten years what we have done for the monkeys in four."

#### THE SECRET OF A LONG LIFE.

Wu Ting Fang, until recently the Chinese ambassador to this country, made the statement that he had discovered the secret of longevity; and a Boston man who sent him an inquiry concerning it received from the Chinese legation at Washington the following daily program:

1. I have given up my breakfast, taking two meals a day—lunch and dinner.
2. Abstain from all flesh food. My diet is rice, or, when I go out to dinner, whole-wheat bread, fresh vegetables, nuts and fruits.
3. I avoid all coffee, cocoa, tea, liquors, condiments and all rich foods.
4. I have given up all salt also, because it is found that salt makes one's bones stiff.
5. I masticate every mouthful of food thoroughly before it is swallowed.
6. I don't drink at meals, but between meals or one hour after meals.
7. I practice deep breathing.
8. I take moderate exercise.

#### A HEALTH PROMOTING PRESIDENT.

A Brooklyn business man who was in the same class at college with former President Roosevelt writes concerning him: "He was a little weak-eyed, delicate, consumptive kind of a fellow. He couldn't half hear, half see, and had a hard time generally. He was the very last fellow in the world I would have picked out for president, let alone a great one."

Roosevelt's wood-chopping habits, even

when he was president, are too well known to need mentioning, but it is not generally known that his bill of fare, even in the White House, was much smaller than that one served in the home of the ordinary American family, his breakfast consisting of boiled eggs, rolls and coffee; his noon-day lunch of bread and



(Ex-President Roosevelt and His Boys.

milk, and then later in the day a simple dinner, consisting of two or three courses.

#### REPAIRING THE STANDARD OIL CHIEF.

John D. Rockefeller recently celebrated his seventieth birthday. To the reporters who called upon him on that day he said he felt as strong and as chipper as he did forty years ago. Yet it is generally known that a few years ago his stomach was ruined and he was well-nigh broken down in health.

It is a prominent physician in Cleveland who gets the credit for rebuilding the Standard Oil chief into a veritable human dynamo, and, fortunately, one needs not be a millionaire to avail himself of his plan. This was the program that the physician advised:

"Fresh air, plenty of it, moderate exercise, and plenty of it, simple food, in moderate amount, well masticated.

"As far as diet goes, the older a man grows the less meat he should eat. A diet in which well-cooked vegetables and ripe fruit have a large part is a maintainer of health in old and young. Buttermilk and clabber are excellent for the body, and he is a wise man who makes these a part of his daily diet.

"Liquor and tobacco should be eschewed. The body can only stand a certain amount of poison, and the natural waste fills this amount.

"A mind free to enjoy the things which cannot be bought and yet which are freely given to men and women will make any man young again and full of desire to live as

long as the natural course of human machinery will permit him to live."

#### GEN. BOOTH AS A HEALTH REFORMER.

There are few men who are today superintending such a stupendous undertaking as the Salvation Army in all parts of the earth, and yet General Booth at eighty years of age does this, often speaking several times a day to enormous audiences.

In reference to his dietetic habits, the *Chicago Daily News* says, editorially: "He maintains his vigor and his ability to perform fatiguing labor on a small allowance of toast and tea, hot milk, and vegetable soup, a roasted potato once a day, plain milk pudding, and stewed fruit. There is no worship of the belly-god to distract General Booth from his high duties. He is wise, indeed, who, knowing what he needs to eat, eats that and nothing more."

#### LIVING THE MODERATE LIFE.

Dr. Hillis, the great pulpit orator, says: "As to health and mental fertility, every scholar and distinguished author knows that if he wants to do really great work he must confine himself to wheaten bread, a glass of milk and simple food. A little fruit, a little cereal and wheaten bread, a glass of milk—these are within the reach of all, even the poorest laborer. Anything more is at the peril of the eater."

#### UNCOMMON DIETETIC COMMON SENSE.

Mr. Sheldon, the noted author of "In His Steps," and many other well-known books, writes:

"I recall with a feeling of shame the immense amount of work it put on my mother and sisters, the bill of fare we men demanded on our farm for breakfast. We thought we must have, and did have, beefsteak and potatoes, eggs, hot biscuit, coffee, griddle-cakes, molasses, apple sauce, and very often some kind of pie. Dinner was several better than this, and supper was a resounding echo of breakfast. We had meat three times a day, and thought we could not live without it. It is a marvel to me now that we have any of us lived so long with it.

"Not only do civilized people eat too much, but they spend twice the time necessary in getting food ready to eat. The vegetarian habit simplifies life. It helps us do other

things besides get our meals. The general American plan is to spend half an hour getting twice as much food on the table as the family needs, and then omit family prayers, and hurry through breakfast in fifteen minutes."

The editor, in a recent number of the *Ladies' Home Journal*, writes: "When the mind is supposed to be tired, it is generally the stomach that is fatigued, and in nine cases out of ten it is an overfed stomach struggling with a lot of refuse and poison that it cannot get rid of, thus depleting or overloading some vital organ of the body."

#### EATING FOR STRENGTH.

Mrs. Rorer, the well-known cooking teacher, in the September *Ladies' Home Journal*, writes:

"To drink with meals retards digestion because it dilutes digestive fluids and prevents quick chemical action on the foods. As a rule, a glass of cool water, not iced, may be taken slowly at the end of a meal. I cannot think of anything that will so quickly upset good digestion as the constant sipping of hot liquids with meals. Coffee or tea with a hearty dinner is deadly.

"Drinking with meals is a bad habit, a habit acquired in youth. As it is so much easier to establish a good habit than it is to correct a bad one, I charge mothers to begin the right way with their tiny children. Do not neglect the first seven years. Implant the truth earnestly.

"I hear someone say, I have always used tea or coffee with my meals and the meal does not seem complete without them. Of course not; you have the drink-with-meals habit. We are our own keepers, and a poor showing many of us make, but still we are loath to change our habits, and we go on easily, following the tactics of the generations before us, copying the evil as well as the good. Mothers, I beg of you, see to it that your children are your superiors, mentally, morally and physically, for in this way only does the world progress."

#### HOW TO BE YOUNG WHEN OLD.

In the same journal Horace Fletcher has an admirable article on "How I Made Myself Young at Sixty." He sums it up in these fundamental principles:

"First: Wait for a true, earned appetite.

"Second: Select from the food available that which appeals most to appetite, and in the order called for by appetite.

"Third: Get all the good taste there is in the food out of it in the mouth and swallow only when it practically 'swallows itself.'

"Fourth: Enjoy the good taste for all it is worth, and do not allow any depressing or diverting feeling to intrude upon the ceremony.

"Ten years after I began my experiments my strength and endurance, I may say, had increased beyond my wildest expectations. On my fiftieth birthday I rode nearly two hundred miles on my bicycle over French roads and came home feeling fine. Was I stiff the next day? Not at all, and I rode fifty miles the next morning before my breakfast to test the effect of my severe stunt."

These various authors have been quoted to show that there is a great health movement sweeping over the land, but to attain its greatest success it must be adopted from a Christian standpoint. It must be a genuine *gospel of health*. Are you interested in it? It so, make it an earnest and prayerful study.

#### EAT FOR THE QUALITY INSTEAD OF THE QUANTITY.

The following letter is from an inmate of the federal prison, Leavenworth, Kan.:

"I will try to thank you for the good I have received from the instruction in your magazine. I have almost been cured of the worst kind of indigestion by following your directions on eating. In the first place I am chewing my food better, and in the second place I use well-cooked bread and hardly ever take any drink while eating. I find that I take much less food and I feel a great deal better than I did when I ate to get the quantity instead of quality.

"I am making the Bible you sent me my daily study and I now love it above all books. I cannot read a chapter but what I find some promise to poor, fallen man, and I am the worst fallen man in prison or out of prison. I am not worthy to be called a man. I am the most depraved and unworthy among men yet God has spared me for some cause. I am trying to make a man of myself and

let God have His way with me. If I had let Him have His way when I was younger I would have been better off and would not have wasted my life. I can blame no one but myself for my downfall.

"I make it a rule now to commence my day's work by reading a portion of God's Word; I am sorely persecuted for my study of the Scriptures but I mean to hold out faithful to the end."

#### A VISIT TO THE ILLINOIS STATE PENITENTIARY.

HATTIE ANDRE.

On Sunday forenoon, Aug. 15, Dr. David Paulson accompanied by several of his co-workers visited the Joliet penitentiary.

By invitation Dr. Paulson occupied the place of Chaplain Steelman who was away. The audience was composed of about twelve hundred prisoners, several officers and a goodly number of visitors.

After the reading of the 84th Psalm and a prayer by the doctor, the orchestra, composed of the inmates, rendered a beautiful selection. This was followed by a vocal duet.

In his address the doctor assured the inmates of his Christian interest in them and earnest desire to benefit them. He rehearsed some of his own struggles with poverty. There is seldom a trouble of any kind so great but what it might be greater. The loving Saviour, the Son of man, is come to seek and to save that which was lost.

"Christ can look on the misery of the world without a shade of sorrow for having created man. In the human heart he sees more than sin, more than misery. In His infinite wisdom and love He sees man's possibilities, the height to which we may attain. He knows that even though human beings have abused their mercies and destroyed their God-given dignity, yet the Creator is to be glorified in their redemption."

The doctor tenderly pointed his hearers to the Lamb of God which taketh away the sin of the world. He referred them to the beautiful flowers which reveal so fully the love of our heavenly Father to His earthly children, and kindly entreated all to become acquainted with their heavenly Parent through a daily feasting upon His Word, and prayer.



The best of attention was given to the word spoken. The hour passed swiftly and we hope profitably to all. As we sat on the rostrum facing that large company of blood-bought souls we could but pray that the converting power of God might rest upon them and that many of their lives might yet be spent in leading souls to Christ. There were before us the poor and rich, the ignorant and educated, the untutored and intellectual, the common laborer and lawyer, all of whom our heavenly Father cares for and longs to receive to Himself.

The beautiful scripture found in Isaiah 61

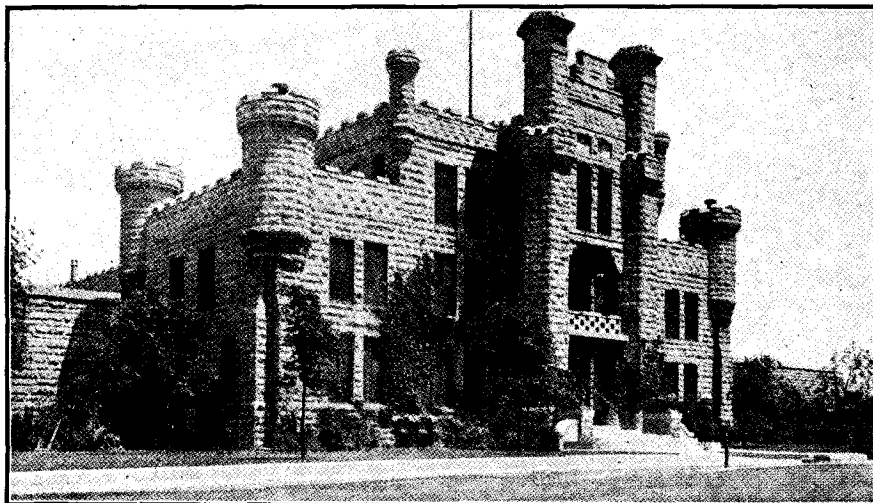
Lord's prayer in concert, closed the service.

Later a short service was held with the women in their department. They too seemed to appreciate the speaker's remarks.

The doctor's party were favored by the kind services of the musical director, Prof. Thompson, who conducted them through the buildings and saw that they were served to a nice dinner. The chaplain's wife received the party very cordially and expressed her appreciation of the visit.

#### A MODERN MIRACLE.

The following letter was received from a



The Women's Prison of the Illinois State Penitentiary.

seemed particularly appropriate: "The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; He hath sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that He might be glorified."

The singing of the beautiful hymn, "Rock of Ages, Cleft for Me," and the repeating of the

prisoner confined in the Ohio Penitentiary. He writes:

"I thought that you would be pleased to know what God has done for me. I am told that the days of miracles are over but I do not believe it, for I am not the same man that I was a few weeks ago. This is the way that I was brought to know myself: I came to my cell one evening last May,— someone had put a copy of THE LIFE BOAT in my cell. Now I never read any religious books or papers, but somehow I was reading that before I knew it and I got so interested that I did not stop until I had read it through.

"That night for the first time since I bowed at mother's knee I asked God to forgive me and I have the satisfaction of knowing that I am His child. But I want you to explain

to me one thing; sometimes there are very wicked thoughts that run through my mind, I never had such thoughts when I was in sin. I strive to throw them off as they make me very unhappy. I know that God has cleaned me up but I do not understand those evil thoughts. Please pray for me."

To this prisoner and anyone similarly afflicted we would say, read the experience related in Mark 9:14-29 of the young man who had been possessed of a devil from a child up. Christ's disciples had tried and could not cast the devil out of him. Then when Christ commanded the devil to depart it nearly killed the boy as it left him. Jesus told His disciples that "this kind can come forth by nothing, but by prayer and fasting."

This experience is recorded to teach us that there are some besetting sins that God does not see fit to take out of our lives at conversion, some fragments of the old life remain. To such as have had that experience we would suggest that you claim the promise of Christ to the father of that child, "All things are possible to him that believeth," and then remember that "this kind can come forth by nothing, but by prayer and fasting." If we should come to our earthly parents and ask a favor in a half-hearted spirit our parents would not pay much attention to our request. So with God. Let us come to Him in earnest, believing that when we ask He will do.

#### OUR COOKING SCHOOL.

LENNA F. COOPER.

[We give our readers this month the first of a series of lessons on scientific cookery by Miss Lenna F. Cooper, superintendent of the School of Domestic Science, Battle Creek, Mich., and also a graduate of Drexel Institute, Philadelphia. These lectures and demonstrations were given each afternoon of the opening week of the new Hinsdale sanitarium. They are of great benefit to any one seeking light on the diet question, and should be carefully preserved.—Ed.]

We find by studying the analysis of our foods that they are made up of only a few chemical compounds; there is a certain per cent of fat, a certain per cent of protein and a certain per cent of carbohydrates. These few elements make up all our different kinds of foods.

There is only a small amount of indestructi-

ble food, and just two food principles that are not capable of being burned up in the body. These are water and mineral matter. Water is one of the most important of food principles. The body is almost three-fourths water, so necessarily a large part of the food must consist of water. The body actually uses at least four and one-half pints of water a day. About one-half of the quantity required in the body is taken as a part of our food. A great many of our foods contain as high as eighty-five or ninety-five per cent water.

In the body a certain amount of water is produced in the burning up of the food. You remember when you light a kerosene lamp moisture is formed around the chimney; that moisture comes as a result of the burning of the wick and the oil; so within the tissues of our bodies a pint of water is formed daily. When we subtract that from the four and one-half pints needed it leaves at least four pints to be taken in each day.

#### SOUPS.

There are two general classes of soups: those with cream and those without. Some people cannot take milk and cream while others can. When we make soups without cream we use butter for the fat. All our recipes require level measurements, so when one tablespoonful of butter is called for that means simply a level spoonful; the same is true of all the measures.

*Tomato Soup.*—One quart can of tomatoes, one pint of water, one small bay leaf, two teaspoons of sugar, two teaspoons of salt, one tablespoon of butter, three tablespoons of flour, two slices of onion if desired.

Put all the different seasonings in the tomatoes, then pour in the pint of hot water. Let this mixture cook for twenty minutes after it reaches the boiling point. There are several ways of binding a soup, the most common is to heat the butter and flour over the stove. I do not agree with that, however, as it is almost the same as frying the flour, which is not healthful, as will be explained later. The better way is to rub the flour and the butter together thoroughly, then pour over it the hot liquid slowly at first, stirring vigorously. Set the mixture back on the stove and let boil five minutes. Serve hot.

We will next make a soup with cream:

*Cream of Spinach Soup.*—For this we must have one cup of cooked spinach, three pints of milk, one tablespoon of butter, one tablespoon of flour, one teaspoon of salt.

Heat the milk to boiling in a double boiler if you have one. Put the spinach through a colander. Add to the boiling milk the salt and spinach, then pour the whole slowly over the flour and butter, which have previously been thoroughly mixed together. Heat to boiling again and serve hot.

It is not important to take water with the meals; in fact, it is better to take any kind of liquid at some other time because it distends the stomach too much. There is no doubt that the stomach becomes permanently dilated through the use of large quantities of liquid at the meals. I do not think it harmful to take a cup at breakfast time, because the breakfast is a lighter meal, but there certainly is an objection to the use of large quantities of liquid at the dinner hour.

Soup should be served in small quantities and served hot because hot things have more of an aroma than cold things. Some people might prefer more salt than this recipe calls for; if so, they can add it, but the excessive use of salt is not to be recommended by any means.

(Continued next month.)

#### WHAT TO DO FOR A PAIN.

DR. MARY PAULSON.



When a person has a pain in any part of the body, it is generally supposed that the first thing to do is to go to a drug store and secure some remedy in a bottle. The medicine of course stops the pain, but some thought should be given as to

what the after effects will be.

We are gradually finding out that the best remedies for pain that we have are not bottled up at all and are as free as the air we breathe. Nature has provided remedies the

effects of which are to relieve pain in a normal and natural way, and which leave no unpleasant after effects. These we call physiological remedies.

The hot fomentation is a star remedy for the relief of pain. The fomentation cloth is made from one-fourth of a common single bed blanket; those made of part wool and part cotton are the best. Fold this carefully and then wring it out of boiling water, keeping the ends dry so as to handle it without scalding the hands. This is quickly placed inside of a piece of dry blanket of the same size and the whole placed over the affected part.

The reason that the fomentation relieves pain is because the heat dilates the blood vessels of the skin, causing the blood to leave the congested area and come to the surface of the skin. For this reason, the hot footbath should be given at the same time, so as to draw a liberal supply of blood into the lower limbs. If the blood vessels of the skin can be dilated and filled with blood, it stands to reason that any internal congested area will be relieved at once.

Suppose one has a pain in the stomach; apply the hot fomentation right over the stomach, changing as soon as it is comfortable. Keep this up for about fifteen minutes. Be sure that the feet are well warmed by means of the hot footbath. Then if the blood rushes to the head, wrap it up well with a towel wrung out of cold water, changing as often as it warms up.

In cases of appendicitis, the pain is a blessing. Just suppose the pain did not come, what would happen? Why, in less than forty-eight hours the patient might lose his life.

I do not advise anyone to treat appendicitis without the aid of a good, competent physician, because you will not know when the disease has progressed sufficiently for surgical interference, but when a pain appears in the region of the appendix, you may put on a good large ice bag or compress wrung out of ice water. That is one of the very best things that can be done. Keep this on for twenty-four or thirty-six hours as long as the pain and soreness are there.

Another thing to do is not to give the patient anything to eat. We do not allow them to have any fruit juice for a day or two.

Suppose a person has congestion of the head and severe headache; put an ice bag to the back and top of the head. If you have hair done up on the top of the head take it down, so that you can feel the effects of the ice bag. Some people simply moisten the hair, but that does no good; it is the scalp that you want to get wet when applying cold to the head, so in using the ice bag, be sure that it comes in contact with the scalp.

Then fold the fomentation cloth so that you can wrap it around the face, wring it out of boiling water, place it in a dry cloth to same size and fold it closely around the face, leaving the nose out. Change as soon as comfortable. Continue this treatment for about twenty minutes, at the same time keeping the ice bag in close contact with the back and top of the head. Another thing it is well to remember is that the patient should be kept as quiet as possible while taking this treatment; do not allow her to talk or be disturbed in any way.

If you have not already in your own home at least two fomentation cloths, an ice bag, and a footbath tub, I would advise you to supply yourself with these articles at your earliest convenience. These simple articles are inexpensive, and in case of sickness, when the treatment is properly administered, an endless amount of needless suffering will be saved and there will be no poison left in the system which must be worked off in one way or another.

Our next month's lesson will be on tonics. In that lesson we will explain how to use some of the simple means which are at hand in one's own home to build up the body which has become emaciated through one cause or another.

#### BLESSING HUMANITY AMIDST SHOT AND SHELL.

J. V. WILLSON,  
Kimberley, South Africa.

[The following stirring words from an energetic and practical man were spoken to the workers and guests of the Hinsdale Sanitarium. They will be read with deep interest.—Ed.]

After completing my nurses' training in the Battle Creek Sanitarium years ago I was called to go to Chicago and help open up the first free baths and dispensary for homeless men in that city. The rooms secured were on

Custom House Place, a basement room, in the most wicked district of Chicago. The dirt and filth in that basement could hardly be described. I went at it to clean it up and by actual count we took forty wagon loads of dirt from that basement.

We spent a year and a half in this work in Chicago and our experiences were varied and interesting. At the end of that time a call came for me to go to Kimberley, South Africa, and take charge of a benevolent home for needy people.

We went to England first and from there we took the boat for Africa; on the way over we learned that Gardner Williams was on board, secretary of the great diamond mines of Kimberley. We made ourselves acquainted with him and he invited me to come and see him when we reached Kimberley.

#### A HARD BEGINNING.

When I arrived in Kimberley I found a rather discouraging outlook. The home had been running for four years. In order to sustain the work they had a wood yard and gave the men so much a bag for splitting and bagging the wood. But they did not meet the expenses and instead of squaring up their debts they had simply let them run. When I arrived there was no cash in the bank and no wood in the yard to run a wood yard with, and they were about six thousand dollars in debt. It was a hard place to be in.

A few days later I got a very interesting letter from a man saying, "Your institution owes me three hundred dollars; I want the money. If I do not have it in ten days I will sue you." I had no money. I did not want to see the work closed up within the first month after traveling so far to take charge of it. I prayed over the matter and asked the Lord to direct me, then I thought of the interview I had with Gardner Williams on the vessel, so I went down to see him. He treated me very cordially. He asked how the home was getting along so I told him in just what a position it was. I remarked it was too bad for a home that had done as much good as that had to be closed up, and he said he thought so too. He said he would present my request to the board of managers and that I would hear from them.

Two days later I received a letter with a check for five hundred dollars in it to help us



Mr. Willson and Wife in Their Flower Garden.

out. Well, I thanked God and took courage. We paid that debt and paid some more and the Lord blessed our work there. We put in bathroom appliances so we were able to treat the sick who came to us.

#### WORKING AMIDST SHOT AND SHELL.

Six months after this the war broke out between Great Britain and the Boers. Kimberley was beseiged. This cut off our wood supply so we had to discontinue our wood yard. We had to dismiss our men, and the Boers began pouring shells into the town. We were put down to a few ounces of bread each day and no one could get a thing unless he had an order from the military.

We got a few bags of beans before they shut down, and a few other things, and by and by food got short and they began to eat horse flesh. Then that got scarce and they took to eating mules. So I told Mrs. Willson to make some bean soup and sell to the people. She did so and the people came for soup and filled the kitchen, then by and by the back yard, and when the war was over we had two hundred dollars to our credit—the first money the institution had ever had.

During this time I had four hills of cucumbers in the back yard and it seemed the Lord made those cucumbers grow nights and Sab-

baths and overtime on week days. I got fifty cents a piece for the large ones. I had a few rows of string beans and I got twenty-five cents a double handful. Such things were precious in those days.

Well, the shells came in pretty lively. I suppose none of you would like to have a man shoot at you, but we were under *five one hundred and twenty-four days*. There were three big shells that came into our building. The first came while we were at dinner—it exploded at the desk where I had just been sitting. But the Lord had called me in to dinner just then, so I was not hurt. It made seventy-two holes in the walls. We were kept from danger, but we had

some very close escapes.

After the seige broke up we had quite a wet spell. Our building was made of soft brick and by and by the walls began to lean and fall down. It cost more money than we had to rebuild, but the people responded liberally and we set to work; and every week I got enough to pay for the carpenters and masons and the work was finished up at a cost of ten thousand dollars. Just before I came over here I had paid the last cent for the bathrooms, which were fitted with all modern conveniences. Our whole plant there now is worth fifteen thousand dollars.

#### A PROFITABLE SIDE-LINE.

In connection with the building we have a little piece of ground about one-eighth of an acre, and we promised ourselves that we would make that a beautiful place. After we got our baths built we took hold to make a garden there. We prepared an especially rich soil three feet deep. We planted flowers and they began to grow and people came and asked if we would not sell some of those flowers. We sent to England, America and other places for catalogues and we studied flower culture and got so we would have flowers all the year round.

First the people came along and wanted us to make up wedding bouquets. For these they would pay us from ten to twelve dollars each. Then they wanted us to make wreaths. My wife and I went to Cape Town and took some lessons in wreath making. We soon began to earn one hundred and fifty dollars a month from our flowers alone. We took in as high as eighteen hundred dollars a year from that little piece of ground.

#### HEALTH CULTURE IN AFRICA.

Many are afraid of going to Africa because of the climate—they have heard so many hard stories of deadly diseases there, but I find that good sound health principles hold good there as well as here. I have been there eleven years and have lived up to these principles and as a result I have not been sick a day since I have been in Africa, and I work hard every day.

I find there are some things that help one to keep in health. In the first place we believe in tilling the soil. Every day after working in the baths I would go outdoors and work in our flower garden and today I can say I spent eleven years in Africa without a sick day. We sleep with our windows and doors wide open every night.

We have had many remarkable cures in our bathroom work. Sanitarium methods and water treatment do wonders. The natives do not know anything about the value of fresh air. They sleep in huts with no windows and little low doorways. They often get sick.

#### MISSION FARM SCHOOLS FOR THE NATIVES.

We have six mission farms in South Africa. Wherever we establish a mission we get a farm; the government gives us that free. We have one farm of twelve thousand acres. We train the boys to plant, harvest and thresh and conduct general farm work. Then we teach them to make brick. They make splendid mortar and just as good brick as you see in any brick house, and they build their own school house and meeting house and all the houses they need.

They put in about four hours a day in school and six or seven hours at work. Before they come to us they let the women cook the food and do the outdoor work, and all the men have to do is to sit and eat it

and do whatever they want to the rest of the time.

After they have been drilled at the mission school four or five years they are set out to work. They till the soil and get their living out of the soil, which is the proper thing to do; and they plow the ground and raise crops just the same as they have been trained in the home mission. When these boys have finished school they have a pretty thorough knowledge of the Scriptures.

Our native boy has been with me three years and I have never known him to do a wrong thing. If he cleans the bathtubs he will not leave a spot—and the rooms the same. To illustrate: he was doing laundry work and I came around and saw the white clothes and said, "Those clothes look good to me." "Yes," he said, "I do it for the Lord Jesus."

Sometimes the rooms of the meeting house were not swept very clean by the girls so I said, "Let Bomby do it." He goes there promptly, is never a minute late and is always there to sweep and air it, and when we come to church we are never distracted by seeing dirt and dust there.

That is what the Gospel will do for the men in South Africa. When you teach a man to work as well as book knowledge you have given him a practical education. When the natives become converted their whole lives are changed. The men do not beat their wives any more and they have happy homes, just as orderly and clean and neat as the Christian people's homes. These people are worth working for. I shall be glad to see some of the workers from the Hinsdale Sanitarium over in Africa some day.

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#### FROM FORMER INMATES OF THE RESCUE HOME.

CAROLINE LOUISE CLOUGH.

Ninety per cent of the girls who have gone out from the Rescue Home have made good. They have no trouble finding employment and are honest and industrious. They do their best to rightly represent the Home which has done so much for them. Of course they make many mistakes, but they do not give up. Sometimes the matron is able to secure posi-

tions for the girls where they can take their babies with them. The following letter is from one of these:

"A year ago last March my baby girl was born in the Home. I was very fortunate and glad to come to such a Christian place where



Irene and Bernice, Bright Sunshines in the Home.

the girls are so well taken care of and treated with such tenderness and consideration. After I had gotten a position the baby was taken so very sick that I thought I would have to lose her, but Mrs. Swanson, the dear mother of the Home, came after us, took us back to the Home and worked with my baby all night long giving her all kinds of treatments. Baby improved immediately and has been well ever since.

"After she got better I took another place which was so hard on me that I thought best to have someone adopt my baby, but the separation was too much for me. I grieved and cried and asked the Lord to open up a way to get my baby back again. The Lord answered my prayer and I have my baby with me now.

"I believe it was the Lord who directed my

steps to the Home and I cannot thank Him and the dear people there enough for what has been done for me. It surely has been the means of turning my heart to Christ and I hope to be faithful to Him to the end."

Another girl who is still in the Home writes the following:

"I am very glad that there was a place like the Life Boat Home that I could come to in my trouble. The matron and all connected with the Home have been very kind to me. Words cannot express my thanks to them. I shall never forget the blessed time I have had and the truth I have learned while here.

"Since I have been here I have fully given my heart to God. I have now been here seven months and know a little about the needs of the place and we would be very thankful if anyone would send us a little money to help the place along. I am sure you would be pleased if you helped a place like this. Remember the Lord has said, 'It is more blessed to give than to receive;' and you would be giving for a good cause.

"A few days ago I went out to sell LIFE BOATS and met with a good many people, and I hope I may go out again and help someone learn of the kind and loving Saviour."

This Home has brought hope and courage into the hearts of more than a hundred girls, many of whom were on the verge of casting away their lives, thinking that now their virtue was gone no one would be interested in them and there was no one to help. Our Saviour when on this earth sought out the abandoned woman and spoke peace and forgiveness to many of them. Why should not we be searching out the one who has lost heart and who thinks there is no use trying again?

#### TO MY SISTERS IN TROUBLE.

DR. MARY PAULSON.

To any girl who is in trouble and needs a friend, I want to extend a helping hand. If you have no one in whom you feel free to confide, write to me. Your letter will be held confidential and I can suggest to you a way out. No girl who has made a misstep need lose heart. Jesus Christ came into the world to seek and to save just such and He will help you up again. Address the writer, Hinsdale, Ill.

TWO GOOD SAMARITAN INN PRAYER MEETINGS.

L. FANNIE DILLE.

Elmwood, Ill.

[Just as we go to press we receive the following interesting article from a young newspaper woman, who was a patient for a few weeks at the Good Samaritan Inn. In the letter to Mrs. Clough, accompanying the article, she wrote: "You folks will never know how desperately I fell in love with all of you and your sweet spirit. I want it more and more in my daily life, and wish I could be of more real help to you."

We hope next spring to again open the Good Samaritan Inn and accomplish a still greater work for the sick who are unable to meet the more expensive rates of the ordinary sanitarium.—Ed.]

While the patients at the Good Samaritan Inn were sitting around the stove trying to keep warm on Sunday afternoon, September 5, 1909, Miss Borden, the nurse and matron, came in and announced to "her family" that "owing to the fact that we have no heating plant the Good Samaritan Inn would be closed Thursday of this week."

After the family had recovered from the shock they talked of the coming separation, and wondered what the future held in store for one another. Then someone suggested that we hold a prayer meeting that evening prior to the services at the sanitarium.

That evening about seven o'clock the patients, guests and nurses assembled in the dining room for the song and prayer service.

Would you like to know how many denominations were gathered together at this time? There was a Presbyterian clergyman and wife, a Zionist, a Salvation Army lassie, two Seventh Day Adventists, a Methodist minister's daughter, and a gentleman who was a member of the New Light Church, but it was a union meeting nevertheless.

The Presbyterian clergyman, Rev. McGaw, of Keokuk, Ia., led the service at the urgent request of everyone present. The brief song service was followed by Rev. McGaw reading a short scripture lesson, and commenting on it, after which a most beautiful and impressive prayer service was held.

Each one present needed some peculiar blessing; some wanted health restored; others had been carrying great burdens of care and re-

sponsibility; still others were almost crushed 'neath their load of sorrow, but all felt that what they needed most of all was the witness of the Holy Spirit, that they might return to their homes with a new strength and a new zeal.

On bended knees each one poured out their heart's desire, and talked to their dear Father as though He was present in person.

One patient, who was utterly crushed by sorrow, offered his first petition to our Christ in a public gathering. The utter need and dependence upon Him, who careth for us, made all realize they were asking much of the Father, who always listens to the pleadings of His children.

All thought of creeds, doctrines and denominations were for the moment forgotten, while all hearts and minds were centered upon Him who had made possible the Good Samaritan Inn with its wholly consecrated physicians and nurses.

Such was the prayer meeting of Sunday night. We cannot measure the far reaching influence of that blessed service, but we will allow it to live in our own lives and those with whom we come in contact.

Among the patients in the Good Samaritan Inn was the wife of the Presbyterian clergyman, mentioned in the first prayer meeting. Truly, Mrs. McGaw was in a serious condition. All that human skill, careful nursing and love could do, had been done, and no relief had been obtained.

Her physicians could not hold out any hope for her or give her one word of encouragement. She was hourly facing death, and a terrible one at that. At the prayer service on Sunday evening she told the dear Saviour how much she longed to be well for the sake of her husband and four children, yet "not my will, but thine be done."

At her invitation there assembled together, on Wednesday night, September 8, in the Good Samaritan Inn dining room, Dr. David and Dr. Mary Paulson, Mr. Hoyt, Miss Borden (her nurse), the Good Samaritan Inn family, and a number of the nurses from the sanitarium, also two from the Rescue Home.

All came with the one great thought in mind, to plead with our Heavenly Father to heal Mrs. McGaw. They all realized what

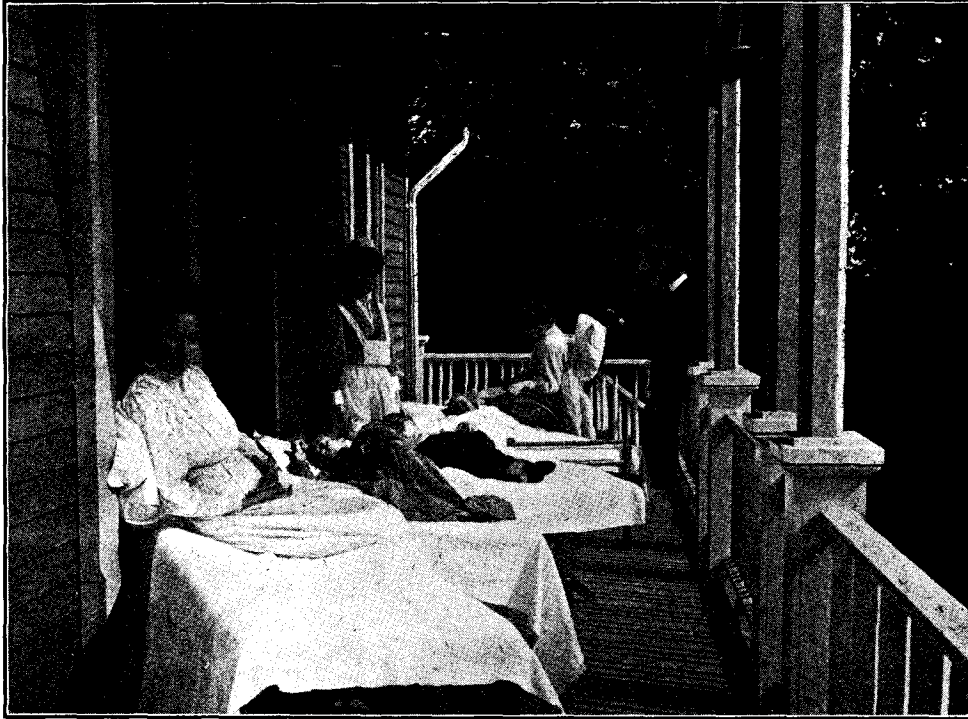


they were asking. Here was this dear mother, stricken with a disease which baffled all the physicians; beside her sat her husband, a minister of the gospel, and one who sorely needed her, and at home were the four children who at the same time were pleading with God to spare them their mother. But with all their pleadings was that sweet spirit of "Thy will be done."

Before the prayer service Mr. Hoyt, Dr.

these people had met, the people knelt in the most solemn prayer service this writer had ever attended.

It was a period of awful responsibility for we were asking great things of our Father. Every one forgot their own needs and desires because of the very urgent need of Mrs. McGaw. They felt the presence and power of the Great Physician and hungered for His healing touch that their friend and



Enjoying Out Door Life at the Good Samaritan Inn.

David Paulson and Rev. McGaw all made brief talks, stating that they wanted the leadings of the Holy Spirit in the prayer service they were about to engage in. Then Mrs. McGaw made a brief statement in which she said she had given everything unreservedly to her Master, and while she wanted to be healed she wanted above everything else that the dear Saviour be glorified in her. She wanted everything to reflect His glory, and with this spirit of utter renunciation and unselfish desires on the part of her with whom

sister might be restored. They were utterly helpless and powerless, and the only thing they could do was to bring her to the Saviour who told His children that if they asked in His name it should be granted.

The petitions were meek and lowly, yet uttered with a great faith; they were not importuning God to heal instantly so they could see His power, but they did ask that God would heal in His own way and time the disease which was eating away the life of this dear woman. Will God do it? We answer,

"He will," for He works in a mysterious way yet He cannot disappoint His children. He can heal the broken heart and the broken body, too, if we turn them over to Him and leave them in His care.

At the close of this most impressive meeting Mrs. McGaw said she knew she was better; she shook hands with each one present, and thanked them for their presence and prayers, and asked each one to continue to pray for her. And, dear reader, won't you, too, join the prayer circle and ask the dear Christ to be with this dear sister and restore her to her family and her church? It is not much, yet it means much to ask in faith, believing, and we all know that the prayer of the righteous availeth much.

#### AN OUTING FOR THE LORD.

MRS. M. E. MOTZ,  
San Luis Obispo, Cal.

I want to relate for the benefit of THE LIFE BOAT readers an experience I had while selling this magazine in the country and some of the adjoining towns. A friend of mine took me through the country, where I sold my papers. Upon entering a neat little cottage the impression came to me: give this woman your paper. I did so, and it was thankfully received. As I talked with the woman I felt impressed to pray with her, and so asked if I might. She in turn asked her sick daughter in an adjoining room, who readily gave her consent, and we knelt in prayer. Heaven was near and we three people really had a taste of heaven below.

When I returned to the buggy my friend praised God with me for the experience I had had. She had been praying that I might stop at this house and was glad I had an opportunity to help those people.

I left home on Wednesday morning and canvassed three towns, a sugar refinery and the country districts between, and returned Friday a very tired woman. Someone who reads this account may say, Why do you do so much? I am full of love for the Lord's work and though weary I long for the reward at Christ's coming, when all pain will finally give place to rejoicing. If

we do not give out what we have we will not keep it. I do not want anyone to rise up in the judgment and say, "You knew the truth, but kept it hid." I want my light to shine to others.

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

F. B. UNDERHILL.

I will try and write more of my experience and speak of a few verses of Scripture that have been a great comfort to me.

We have found out that our affliction is for our good to bring us to Christ. Let us also find that other trials are for our good to help us on to glory, and let us learn our lesson in every trial that God allows to come to us.

If we are Christians we must remember that persecutions go with affliction. (2 Tim. 3:11.) Some may think that they ought to be free from all kinds of persecution if they are afflicted and bed-ridden all the time; but if we believe God's Word we will know that out of them all the Lord will deliver us. "Yea, and all that will live godly in Christ Jesus shall suffer persecution." Verse 12.

Some invalids may think that they ought to have friends of the world and are likely to feel lonely and sad if they do not have a friend of the world, but we know that Christ and all Christians are our friends. We are not greater than our Master. "If the world hate you, ye know that it hated Me before it hated you. If ye were of the world, the world would love his own; but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you. Remember the word that I said unto you, 'The servant is not greater than his lord.'" John 15:18-20.

Yes, it is very hard to be a chronic invalid and have the world shun you and say all manner of evil against you, but we can be happy for Christ overcame the world without sin and we can be pure if we trust in Him. Do not look for a friend among your Father's enemies for if you do you will look in vain. "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for My sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you."

Matt 5:11, 12. "And ye shall be hated of all men for my name's sake; but he that endureth to the end shall be saved." Matt. 10:22. What could be more comforting to a person than the above Scripture?

#### A PITIABLE CASE AND A PATHETIC LETTER.

E. B. VAN DORN,

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

[In the following words Brother Van Dorn has pictured before us a pitiable case that shows what a cruel master the devil is. He holds out big inducements at the first, but he fails to deliver the goods. As you read these heart-broken words from this poor drunkard's wife do not forget that there are tens of thousands of women who could write the same kind of a letter.—ED.]

On the evening of August 31, soon after we opened the mission hall, a man came in and spoke to us. He said he was looking for comfort somewhere. He had been drinking, his hair was uncombed, and his clothes besmeared with drink and tobacco. He had had no rest for days. "The way of the transgressor is hard." "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."

He took from his pocket a letter from his wife and read it to us. It read as follows:

"My Dear Husband:

"This separation is killing me. Why will you not brace up and be a man? I waited for you that Monday until 4:30 and I knew when you did not come that whisky had claimed you for its own again. You say you love me, but if you had one spark of love for me in your heart you would not make me suffer so. You are constantly in my thought; every moment, night and day, my heart longs for you and I reach out my empty arms. My prayers rise constantly for my dear one.

"Will, my heart is breaking, for I never wish to see you while you are under the influence of liquor. And, oh! I am longing so for my boy! You left me no choice—I could not endure more. But if you have one atom of love, one pang of pity, oh! give up the accursed stuff and be the noble man God made you to be—one that I can lean on and be so proud of. You have the ability, only the desire is lacking.

"I thought as you would not straighten up with me, perhaps you would when I was away; and I hear such discouraging reports that I am sick with disappointment and longing for you. Gladly would I lay down my life if by so doing it would cure you of this awful habit. My dear, dear husband, I am writing this from a heart too full and heavy for words. I long for you with all my being, but can never return until I can have you yourself. I wish you might read my heart and thoughts, for this little note so poorly expresses what I long to say. Sweetheart, the choice is between me and liquor; which will it be? Your actions from today will be my answer. I do not ask you to do it in your own strength, but with God's help. Oh, turn and come to me, who loves you as only a woman can love—with my life. Answer.

"YOUR LOVING WIFE."

We talked with him and tried to get him to give his heart to the Lord. Finally I persuaded him to let us have a copy of the letter, and while Brother Walker was making a copy I was reading to him the promises of God.

Finally he knelt down with me and poured out his heart to the Lord, asking Him to be merciful to him, a sinner, and save him for Jesus' sake. He stayed partly through the meeting and went away. We trust the pleading of a wronged wife, and the influence brought on him at the mission will mean to him a new life, that old things will pass away and all things become new.

This is only an example of what we meet in one way or another every day. We are glad we can stand at the crossroads of the great highway and point life-wrecked mariners to the Lamb of God that taketh away the sins of the world. "Though he

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

fall, he shall not be utterly cast down" (Ps. 37: 24). "If any say, I have sinned, and perverted that which was right, and it profited me not, He will deliver his soul from going into the pit, and his life shall see the light." Job 33: 27, 28.

PERSONAL OBSERVATIONS WHILE  
ASSISTING AT THE LIFE BOAT  
MISSION.

JOHN R. WALKER.  
Hinsdale, Ill.

The experiences one meets with while working in the Life Boat Mission are somewhat varied as he comes in contact with so many people all looking, searching for something they know not what. And so they drift like a ship lost at sea.

As a man went out of the mission the other evening I asked him to come back the next evening and he said, "I won't be in town." He said he was going over to the switch yards to take the first freight train out, that it made no difference which way it went, one place was just as bad as the other.

This man was looking for something and he was right where he could get it but he did not know it. How many of us in the Lord's work are like this poor man,—we get discouraged and want to go some place else. Let us do His will that we may "know of the doctrine, whether it be of God, or whether I speak of myself." (John 7:17.)

A man of some thirty-seven years came to Chicago about three weeks ago. Dissipation had wrought havoc in his life and in his home. His wife had left him. Drink had been his ruin. When he reached Chicago he had only one dollar and thirty-seven cents left,—without a place to stay, without friends, without work, and his self-respect and manhood gone.

One evening he came past the Life Boat Mission. It was my work that evening to stand outside and invite the passers-by to come in. I asked him. He stopped and told me his story but would not come in. The next evening he came by again, this time with only thirty-seven cents left. I urged him to come inside. After some deliberation he did so and that night he was converted. We read to him some of the blessed promises in God's Word

and gave him a New Testament. The next night he came back and gave his testimony for the Lord. He had been hunting all day for work and had found none, but the Lord did not let him suffer: he met a man whom he had not seen for years and who owed him a dollar. This man was glad to hear that he had given up the old life and gave him the dollar.

In a few days he secured work and at the end of the first week his employer gave him twenty dollars and said that he would pay him more later. He sent ten dollars of this money home to his wife and bought himself some shoes and a meal ticket and secured a better room with the remainder.

At his conversion he gave up everything but cigarettes, but when he started on his second week for the Lord, he said, "Here goes! I cannot keep smoking cigarettes and be a Christian. The Lord has done too much for me." And so he threw them away last night at the mission. Every evening he is at the mission. His employer is going to open a new shop and has asked him to be foreman in it. His wife is coming back to him and he is the happiest man one would care to meet. He says he does not understand why he did not start to be a Christian years ago.

While talking with another man on State street in front of the mission he told me that in 1872 he was professor of theology in one of our large eastern universities and that men who now hold responsible positions in the schools and colleges of this very city, Chicago, sat in his classes. "But," he said, "now look at me,—down and out, and drink did it all."

I asked one man the other day how he got started in a life of sin. He said, "When I was seventeen years old my parents sent me off to school. One night in company with three of my classmates, after everyone had gone to bed we started out for some fun. Before we came back that night we drank a little blackberry wine. There, that night, was where I started. It did not get the best of me for a long time, but I have never had rest or peace from that time to this. I have been all over the world and in every large city from New York to San Francisco, but that first drink has landed me here on State street without a home."

This is a great work and we cannot do it

without first seeking God that we may have His blessing and that His angels may ever be with us to guide and sustain and teach us. Christ's workers are to obey instructions. Self cannot be made the center, self can receive no honor. It is the angel of God by us that makes the impression on those with whom we come in contact from day to day. So it is of the utmost importance that we have full dependence upon God if we obtain success in this line, for, "Without Me ye can do nothing."

#### A GREAT REVIVAL THAT CAME IN ANSWER TO PRAYER.

DAVID PAULSON, M. D.

A couple of years ago many of the missionaries in India, hearing about the great Welsh revival, began to pray for a revival, and God wonderfully answered their prayer. The following inspiring experiences and incidents are culled from Bishop Warne's report of the revival in the Indian church.

One of the most remarkable experiences was in the girls' school at Bareilly.

The girls would deny sin. Some who had been detected in the act of stealing, lying and even worse sins would call upon God as a witness to their purity. Mrs. Chew, who was in charge, while absent felt so distressed over this situation that she finally went to bed one night saying to God that she was willing to lose her own life if He would only save those girls. The question seemed to come to her if she was really willing to give up ever seeing Jesus for the sake of those girls. She struggled over that for some hours and finally said: "Yes, if that is His will, banish me, do anything, but save those girls."

She then fell asleep but woke up early in the morning with such a sense of victory in her soul that she felt God had heard her prayer. Later in the morning she received a telegram from the school that God was doing great things for them. She hurried back and this is what she reported:

"It was not like the place that I had left but a few days before. I had a meeting with them. God spoke to them, and they were hours on their faces in prayer and weeping, not loud, but deep. The spirit of prayer so

increased that it seemed every soul was praying in a soft undertone. I said, 'Truly, I am compassed about with songs of deliverance.' Complete confessions were made, except with one girl who would not confess. All the others prayed for her. She finally got up and made a partial confession with which ordinarily we would have been satisfied. But one of the girls said to her, 'We want to know if you have perfect peace in your soul now?' The girl replied, 'No.' As quick as a flash about thirty of these girls were on their faces, and such a volume of prayer as did go up! I was amazed at it all. The next night she won the victory and then it was song."

#### ASKING AND RECEIVING.

Rev. Mr. Cutting related an incident showing how the people were expecting the Spirit of God to work. He said about three o'clock in the morning while he was in his bed quietly praying for the work, he heard a mother in an adjoining room calling her fourteen-year-old son: "Wake up, my son, and let us pray for the meetings tomorrow. It is to be the great feast day, you know." In a very short time he heard the mother and son praying together.

In one of the boys' boarding schools twenty young men were converted between midnight and two o'clock in the morning while lying awake praying in their beds.

In the girls' school in the same place one girl said, "God gave me a vision last night. I saw God on His throne and His son standing before Him. The throne was surrounded by light as vivid as lightning, and by great glory. The Father said to the Son, 'Go and judge the world. It is time.' I heard Christ plead for the sinful world and say, 'O Father, give them more time; there are more that will turn to Me. Give them more time.'" The girl added, "It was not a dream, for I had been praying and the Spirit came to me then."

At another girls' school the girls, without anyone leading out, were seized one evening with the spirit of prayer. Rev. Byers, who happened to be there at the time, writes:

"I took my lantern and made my way to the girls' quarters, and there witnessed a

sight which those present will always remember. All the girls were on the floor weeping, beating their breasts and beseeching God. They paid no attention to any of us, but kept on crying and confessing their sins. Finally they became more quiet and were pointed to the Lamb of God that taketh away the sin of the world. Soon they began to sing and claim pardon through the blood of Jesus, and by eleven o'clock nearly every one of them was joyfully converted and gave testimony to having found peace."

#### A CHILD EVANGELIST.

One remarkable thing about these revivals in heathen lands, it is not the great preachers and evangelists who have led out in them. On this point Bishop Warne writes:

"Missionaries of ability, piety and experience have frequently been set aside only to see some native who cannot read, or a child, perhaps, chosen to lead the revival. The awakening has often come when the missionaries were away from home. In a very remarkable manner God has shown that He can best use those who are meek and lowly in spirit.

"A thirteen-year-old girl was wonderfully saved. A burden of intercessory prayer came upon her for the salvation of her relatives. While she was thus praying in the early morning hours Christ appeared to her and said, 'There is no preacher in this district humble enough for me to use in bringing your relatives to Me. If I should use any of the preachers around here they would become proud and say, "See what a great preacher I am," and would take to themselves the glory. You are a meek and humble little girl; I will use you. You must go and tell the people to come to Me and be saved.'

"She went about telling her vision, and prayed for the people. The Christian workers were humbled and received the Spirit. The heathen believed and nine hundred souls were brought to Christ."

#### A STREET SWEEPER EVANGELIST.

A street sweeper named Gulla, belonging to the lowest caste, was also used marvelously. One day a missionary from another station went to see him and said to him, "I am delighted to see one who has done so much."

Whereupon Gulla threw himself on the floor and cried out in agony, "Will the time never come when Christians will cease giving glory to men and give all the glory to God?" How thoroughly that poor man understood the prophecy, "The Lord *alone* shall be exalted in that day" (Isa. 2:17).

Bishop Warne writes the following concerning a great revival in another district:

"I was led to preach on Christ's self-humiliation, and I told them that until their hearts were filled with a love like that for even the most humble of the village Christians, they had not received the baptism of love. After the sermon came a perfect tornado of prayer from about three hundred people. Truly, 'Heaven came down our souls to greet.' One man sang a hymn of victory. So far as he or any of us know, the words and tune of this hymn were composed as he went along. The spirit of prophecy came upon others. Wonderful prophecies were made of the way in which Christ would win India."

#### SOUL WINNERS INSTEAD OF MONEY MAKERS.

The graduates of Reid Christian College instead of going out to save souls had found it more profitable to enter business careers and to accept positions under the government. During this revival nineteen splendid students consecrated themselves to the work, and this spirit steadily spread so that in the Methodist training schools alone over three hundred of their choicest students have answered the Holy Spirit's definite call to enter the ministry.

#### BORN IN PRAYER.

Speaking of another revival Rev. Byers says: "The spirit of prayer which prevails in this revival has taught us the secret of power with God. The people pray audibly all together and they delight to spend hours in this attitude before God. Praying bands and prayer circles have done much to promote all that has been wrought this year. The victory is first taken on our knees. 'If you ask—I will do,' and when the sound of prayer is bursting forth into constant praise, the victory is not far off."

"It has been a revival brought about not so much through preaching as through prayer. Every outbreak of the revival has been preceded by much earnest prayer. The people

seem to enter into fellowship with Christ in His suffering. When I have seen hundreds of these people in an agony of prayer lasting for hours, I have often thought of what is recorded of Christ, 'and being in an agony He prayed more earnestly.' I have seen little children pray in agony—not for themselves, but for the salvation of India, until great beads of perspiration stood out upon their brows."

In this revival this thought has constantly been emphasized to all believers: "Gethsemane and Calvary are on the road to Pentecost." It is just as true for you who are reading these lines, that if we are to *know* Christ and the power of His resurrection we will also have to have a fellowship in His suffering (Phil. 3:10).

Those who have passed through this revival speak of a more real sense of sin that has come to the people. God has given to these converts such an agony for past failure and such sensitiveness of conscience as to what grieves the Holy Spirit, that their feet are indeed placed on higher ground. They have come to appreciate that they must fill up that which is behind of the afflictions of Christ. "The gospel to broken hearts demands the ministry of bleeding hearts."

We especially commend to our readers these helpful words of Bishop Warne on prayer: "The God of the universe stands as it were like an almighty servant and says, 'If you, My child, will only pray, I will work. If you will only be busy with asking, I will see to the doing.' Not only does our prayer evoke His bounty but it sets in motion His omnipotence. Nothing will so soon make us master-pleaders with God for a lost world as to whisper to our souls again and again this wonderful truth: 'While I am praying God is really doing that for which I am asking.'"

#### THE GRACE OF GOD IN A PRISON CELL.

CAPT. N. KINGSBURY.

Santa Ana, Cal.

I know that the grace of God has wrought some wonderful things within the prison cell and I want to tell you about one of those wonderful miracles of grace.

During the many months past I have been the fortunate recipient of letters that were written by men and women behind the bars, and I want to tell you that in many a heart there is what in God's sight must be pure gold. I don't care where you look or how closely you peer into the sin, and mire and slime of the human heart, -if you go at it right you will find good there.

A baby boy is born into the world. Father and mother are gone before the little chap is old enough to lisp the name of papa or mamma, so the wee one falls into bad hands. From the time he is able to remember at all he sees, hears, knows only that which is evil. No good thoughts lodge in his mind simply because he hears no good words; so the mind of the poor unfortunate little chap becomes a store-house of that which is bad and as early as he can speak or Esp a few words oaths fall from the tiny lips and the tiny hands take things that belong to others, and so the baby boy is a baby thief, later on he is a boy thief, then a youthful thief, then in manhood he is a housebreaker and a burglar.

House after house is successfully plundered till at last the pinions of the law clutch him. Then there are arrests, the jail, court room, trial, sentence, and then the prison cell. A long-term sentence is imposed, and here in this dismal, dark place the love and grace of God finds this poor fellow's heart. He is converted,—a ray of God's own heavenly sunshine penetrates the darkened mind, and the life that because of adverse conditions has known only the evil now begins to blossom out in goodness. That is a beautiful fruitage and in this case as always this precious fruit becomes a tree as it were. A soul has been planted in the good soil of the grace of God; so this dear soul longs to know good and to be good, and he must learn how to pray.

The idea comes to him to learn the beautiful story of Jesus, but what a task with a mind into which only evil had been stored! He does not know his letters but he wants to pray, so with stolid, determined purpose he begins. It takes him three long months to master that prayer and to engrave it on the tablet of his memory so that he can repeat

it. That is a long time to commit a few sentences to memory but at last he can now pray the Lord's prayer himself.

Now another longing comes to this man of the prison cell,—now he would know God's Word for himself. To do this involves the learning of the alphabet, then he must learn how to frame sentences, how to read and how to write. It takes a long two years for this, but the task is done, and I have in my possession a letter written by this dear fellow.

There is today many a one who is called by careless lips just a "jail bird," only a "prison dog," whose name is written in heaven, who has been washed in the blood of Christ. In that great gathering day when the great multitude whom no man can number shall come up before the throne of God there will be many a one whom the blessed seeker of the lost found in a prison cell. Ah, yes, they will come up from the slums, from the poor-house, from the humble home where poverty is king, from the home of culture and refinement, too. They will be there because the love and power of Jesus has reached down and lifted them out of the horrible pit and the miry clay.

O Christian men and women, you who know and love and breathe God's free, pure air, you who have been surrounded by kindly and pure and gracious environments,—out of the depths of a sweet, pure gratitude reach out a helping hand to the men and women behind the bars. Send along the Bible and Testaments and little portions of scripture, send along THE LIFE BOAT,—they will read this splendid magazine when no other will appeal to them. When their time is out and liberty is once again theirs take pains to make them feel that they have true and warm-hearted, loyal and sympathetic friends out in the big world, and so help them to realize that after all there is one more chance for them, to make good.

Multitudes are crying out mutely, "Sir, we would see Jesus." Down on your knees, brother, sister, till you get such a vision of His beauty and Spirit that you shall be transformed into His image, then tell others the story in love and so tenderly and graciously that men and women shall be made glad because they see Jesus.

#### "SELF-WILL BRINGS ME INTO DISTRESS."

A prisoner with whom we have been corresponding for some time writes from Menard, Ill., the following. He has discovered what many a person goes through life without finding out, that is that happiness does not depend on our surroundings, but on our complete surrender to our Maker.

"Your more than welcome letter came to me and oh, what a wonderful amount of strength I was able to draw from its lines. You say to not lose hope, to fasten my faith on God. Yes, He is my God, and I am ashamed that in my moral weakness I should forget how wonderfully He saved me, and I should not cry out at the consequences of my transgressions.

"It is self-will that often brings me into distress, and I am just learning the lesson that after all it is not what is *around* me, but what is *in* me, not what I *have* but what I *am* that makes me really happy. No, He has not forsaken me and I do believe as you say, that He will yet bring me through it all, bless His holy name.

"I am going to pray God to give me more courage and trust fully in Him, and I think as you do now, God will answer in a better way than I can plan. His will and not mine is the spirit I shall try to have. I go before the board of pardons this coming November, and all the rest I'll trust to Him. Thank you for such a good letter, and I hope to hear again soon from you. I ask an interest in your prayers."

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#### WHO WILL HELP?

We want to double our subscription list before January 1, 1910. In order to do this we must have your co-operation. It will take but a few moments of your time to interest your neighbors in THE LIFE BOAT and you will be helping to swell the list. Try it.

We are making a special offer; to all who will secure two fifty-cent subscriptions we will send THE LIFE BOAT one year free. Tell your friends about this; they will want to take advantage of this offer. Write us about your success.



## Editorial Department

DAVID PAULSON, M. D.  
EDITOR

### WHAT KEEPS THE LIFE BOAT GOING?

This is a question we are often asked. It has no circulation manager. We have no one who is employed to travel from place to place to promote its interests. All who are connected with it are earning their entire living doing other things. It is entirely a labor of love. Then why is it that it enjoys its present circulation? People in all parts of the earth, even in distant South Africa, New Zealand, and the isles of the sea, are sending in large orders.

The only way to account for it is that God is taking care of it and moving on the hearts of men and women to circulate it, that He wants its soul-winning message to reach every part of the earth.

It was by a direct providence of God that this magazine was started and we have relied implicitly all these years on the fact that He was its captain and pilot. Will you unite with us in prayer that He may give it a still wider field of usefulness?

### LITTLE FOXES.

Some people take pretty good care that they are never caught in any of the devil's big traps. They do not steal, they do not swear, they do not blacken their neighbor's eyes, but they do blacken his reputation by their cheap gossip. They fuss and fume, are irritable, disgruntled and discontented. The devil has them in some of his small traps most of the time. It is a case of "the little foxes" eating up the tender vines.

How many of those little foxes are you tolerating or even entertaining in your family seven days a week?

### ARE YOU A SORRY KIND OF CHRISTIAN?

Someone asked a boy if his mother was a Christian and he said, "Yes, she was converted seven years ago." The next ques-

tion was how he knew. He said, "She became sorry then and she has been sorry ever since."

That is the trouble with so many professing Christians. They misrepresent Christianity entirely. They are "covering the altar of the Lord with tears, with weeping, and with crying out, insomuch that he regardeth not the offering any more, or receiveth it with good will at your hand." Mal. 2: 13.

One day while coming out from Chicago on the suburban train, as we passed the Riverside station, there was a boy sitting there on the platform who with his mirror was reflecting the sunshine into the faces of the passengers at the window as the train went by. Some of them looked annoyed and evidently felt he might have been in bigger business. We could not help thinking that he was in the very best kind of business. We would rather be that boy than almost anybody else—reflecting the sunshine of heaven into the faces of the passers-by. They *need it* oh, so badly.

"Let your face be like the morning  
While the days are going by."

### AN AUTUMN LIFE BOAT CAMPAIGN.

We have reached the best time of the year for aggressive work. The harvests have been gathered in. The evenings are becoming longer, giving more opportunity for reading and studying. It will yet be several months before winter's excessive cold will set in. Now is the time to press the battle to the gate.

Encourage your children to go out and sell THE LIFE BOAT to their neighbors. They will buy it and thank you for having their attention called to it.

Order additional copies to carry with you when you are traveling, to hand to others.

Solicit your neighbors to subscribe so they may have its regular visits. The reading of its pages will warm their hearts.

Ask the Lord if there is not some way in

which you can organize neighborhood cottage meetings. Select some interesting article in THE LIFE BOAT and read it to the people. Have a little Bible study on some kindred subject, and some friendly heart to heart conversation on some topics that are more important than the price of land and stocks.

We are only passing over this road *once*. "Oh, the good we all may do, while the days are going by!" See if there are not some poor and neglected ones in your community to whom you should hold out a helping hand. While you are blessing them the Lord will bless you.

What about the widow's wood pile? There is more religion in replenishing that than in singing psalms if this is overlooked. Remember Job caused the widow's heart to sing for joy. (Job 29:13.) That is the kind of a singing school that is well worth while having organized.

It is high time to awake out of sleep; for now is our salvation nearer than when we first believed. (Rom. 13:11.) If you can't wake yourself up ask the Lord to do it for you and He will answer your prayer.

Read the account of the revival in India and see if there is not a lesson in it for you in your own neighborhood. The Lord is *ready* to do great things for us; let us *expect* great things from Him.

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#### HOME LIFE BETTER THAN INSTITUTIONAL LIFE.

One of the most important things that President Roosevelt did before his term expired was to call to the White House for a conference a large number of the leading men and women who are interested in the homeless, dependent and orphan child. After the most thorough discussion this child-saving conference agreed that *homes* should be found for these children instead of placing them in refuges and orphan asylums, thus putting their final sanction on God's own plan enunciated three thousand years ago: "God setteth the solitary in *families*" (Ps. 68: 6), instead of institutions.

The same idea is beginning to develop with reference to nervous patients. They frequently need to get away from their own home cookery, home cares and harassing perplexities,

but in health institutions for nervous patients they find others just like themselves and the contact is depressing. Such patients were formerly put on the rest cure. Now they are being put on work cure—light wholesome employment like tending garden, flowers, chickens, and other light but wholesome outdoor employment.

This condition is met much more easily with an intelligent family in the country than in any institution. *Every Christian home should be a sanitarium.* Every Christian's farm should be a mission farm, a haven of rest, a city of refuge. Every Christian family should be a small edition of heaven on earth. Is this ideal too high? If so, why?

Christianity means something more than going to church once a week and attending prayer meeting with reasonable regularity and then the rest of the time having our home surroundings and all we do just like those who have not tasted that God is good.

Daniel was a marked character; *his Christianity did something for him.* Joseph made good, so did Paul. Every Christian is in the world to commend Christianity in a practical, sane and sensible way.

Throw open your homes to those who need its advantages and you will find that you are entertaining angels unaware, for their blessed influence will linger in such a home like a sweet fragrance that everyone will be conscious of as soon as they enter its doors.

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#### WILL YOU STEP INTO THIS OPPORTUNITY?

Right *now* is the most favorable time of all the year to sell this magazine. Plans are being made for an extensive fall campaign with THE LIFE BOAT. Workers from Hinsdale are visiting every home in all the surrounding towns. Those who have never had any experience in the work are meeting with excellent success and are being fired with enthusiasm. Two more workers are planning to make a LIFE BOAT trip all through the north and west this fall.

If THE LIFE BOAT has cheered your heart as you read it, why not take time to introduce it among your neighbors? The Lord will bless you in doing so and you will feel

amply rewarded. School children have accomplished wonders selling THE LIFE BOAT after school hours. Train your children early to be missionaries.

Hereafter THE LIFE BOAT will be ready for mailing on the twenty-fifth of the month. Pray over this matter and we believe the Lord will impress you to extend the circulation of this magazine. It contains valuable information which should be placed in every home.

Write at once for terms to agents and at the same time order a hundred copies.

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#### THE GOOD SAMARITAN INN CLOSED FOR THE WINTER.

On account of the Good Samaritan Inn having no heating facilities installed, and the Lord not raising up anyone to put in a heating plant, we have thought best to close it up for the winter, as it was impossible to make the patients comfortable without proper heating facilities. Just as soon as it is warm enough in the spring we shall again open up with enlarged facilities. Meantime we shall do our best to make some provision for the sick poor who come to us.

The Good Samaritan Inn has already demonstrated its great field of usefulness. The sick have been restored to health, the Spirit of God has worked there in mighty measure, saving the souls of the patients, as will be seen by another article written by one of the patients.

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#### GREAT OPPORTUNITIES BRING GREAT TEMPTATIONS.

If your soul has been flooded with some great blessing remember its purpose is to prepare you for some great trial and do not be surprised when it comes. The children of Israel passed through the Red Sea on dry land—a wonderful triumph. In the next three days they were out in the wilderness without water. They sang a great song of victory when they got through the Red Sea experience. There was equally great murmuring in the camp when they passed through their trial.

The next day after Elijah had brought fire down from heaven, had torn down the idols of Baal and had won a great victory for God, he was fleeing off in the wilderness for his life in such despair and discouragement that he wished he was dead. These things were written for our admonition on whom the ends of the world are come. (1 Cor. 10:11.)

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#### SPIRITUAL RHEUMATISM.

One cause for rheumatism is eating too much and exercising too little. The body does not get a chance to burn up its nourishment so it accumulates as waste matter and the system becomes filled with clinkers.

That is what is the matter with some Christians. They go to meeting, they read good books, they eat plenty of spiritual food but they never do anything for anybody. They become spiritually surfeited and they soon get so full of spiritual rheumatism that it is actually painful for them to do anything for God, even if it be so small a thing as take part in a prayer meeting, much less speaking to some needy person of how to get his soul saved, or to cause the widow's heart to sing for joy. Are you afflicted with spiritual rheumatism?

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#### WHAT A RAY OF LIGHT DID.

The following incident related by Spencer Compton, a prominent evangelist of France, and published in the *Christian Herald*, illustrates so beautifully the importance of each one doing what he can as applied to soul-winning work, that we publish it here.

"During a voyage to India I sat one dark evening in my cabin, feeling thoroughly unwell, as the sea was rising fast and I was but a poor sailor. Suddenly the cry of 'Man overboard!' made me spring to my feet. I heard a trampling overhead, but resolved not to go on deck, lest I should interfere with the crew in their efforts to save the poor man. 'What can I do?' I asked myself, and instantly unhooking my lamp, I held it near the top of my cabin and close to my bull's-eye window, that its light might shine on the sea, and as near the ship as possible. In half a minute's time I heard the joyful cry,

'It's all right, he's safe,' upon which I put my lamp in its place.

"The next day, however, I was told that my little lamp was the sole means of saving the man's life; it was only by the timely light which shone upon him that the knotted rope could be thrown so as to reach him."

The smallest service done in the name of Jesus will not be overlooked, and perhaps in the last day when the "Well done" is said we shall find that the greatest results have come from what we considered the most insignificant deeds.

#### OUR SPECIAL AUTUMN OFFER.

To anyone securing two yearly subscriptions to THE LIFE BOAT at fifty cents each we will send this magazine *one year entirely free*. If you are already a subscriber you can make some friend a Christmas present of THE LIFE BOAT for a year. Why not take advantage of it and help to double the subscription list of THE LIFE BOAT this fall?

### THE BEST YET!

#### FOR ONLY TWO SUBSCRIPTIONS.

A new Webster's Dictionary and Complete Vest Pocket Library by E. Edgar Miles, for only two new subscriptions. Bound in morocco, gold stamp, gold edges, thumb index. It is really five books in one, distinct and complete.

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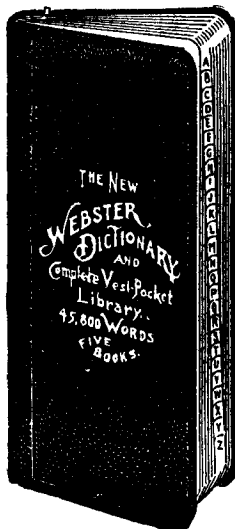
(B). A Complete Parliamentary Manual, based on Roberts' and Cushing's, and fully equal to either of these books.

(C). A Rapid Calculator and Compendium of Business and Social Forms.

(D). A Letter Writer and Literary Guide.

Added to the above is found an attachment consisting of a Three Years' Calendar, Perpetual Memorandum and Safety Postage Stamp Holder.

It contains 45,800 words absolutely fully pronounced, all for only two new subscriptions to The Life Boat.



192 pages, 5 1/4 x 2 1/2 in. Weight, 2 ounces.

## The Life Boat

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

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Special discounts when a number are sent to one address.

Ten cents additional to Canada and foreign countries.

#### EXPIRATIONS.

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

#### CHANGE OF ADDRESS.

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

#### MISTAKES.

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

#### PREMIUMS.

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

#### RATES FOR ADVERTISING.

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

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

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

#### UNPARALLELED OPPORTUNITIES FOR ADVERTISING.

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

## THE OCTOBER WATCHMAN.

The *Watchman* is a religious and missionary monthly magazine, published in Nashville, Tenn. An announcement of the October number has just reached our desk from which we notice that Prof. P. T. Magan will continue his articles on the "Unsettled Eastern Question," R. A. Underwood will write on the "Setting Up of Christ's Kingdom"; Prof. E. A. Sutherland, of the Nashville Agricultural and Normal Institute, will write of "Attractions of Country Life in the South," besides there will appear several interesting reports from foreign missionaries in South America, South Africa, Fiji, etc. From the announcement we believe this number will be an es-

pecially interesting one. Address, *The Watchman*, Nashville, Tenn., for sample copy, inclosing ten cents.

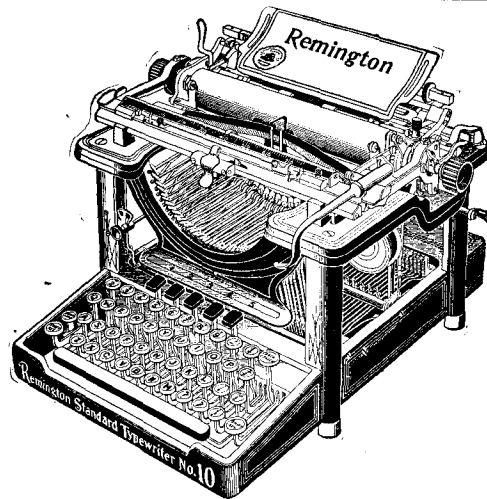
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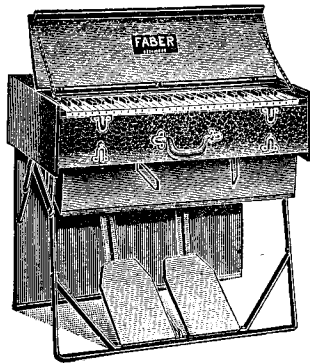
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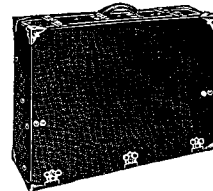
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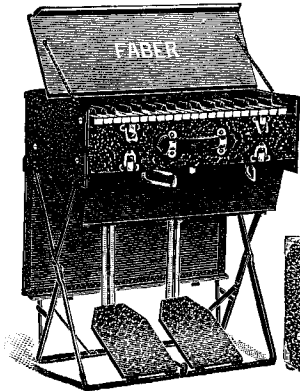
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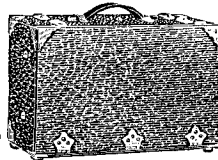
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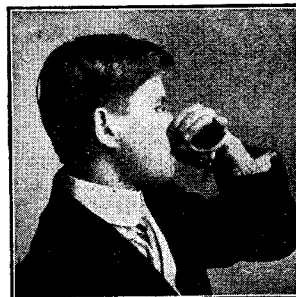
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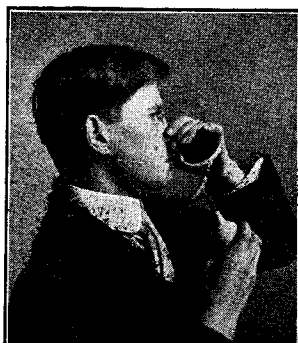
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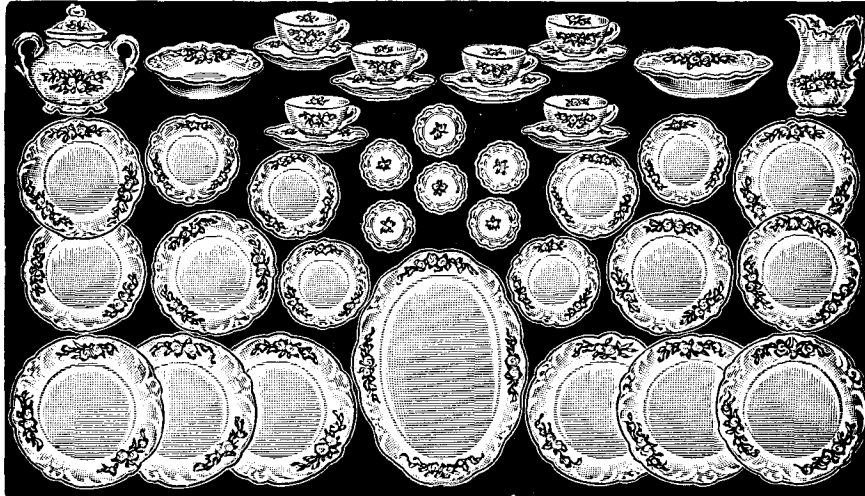
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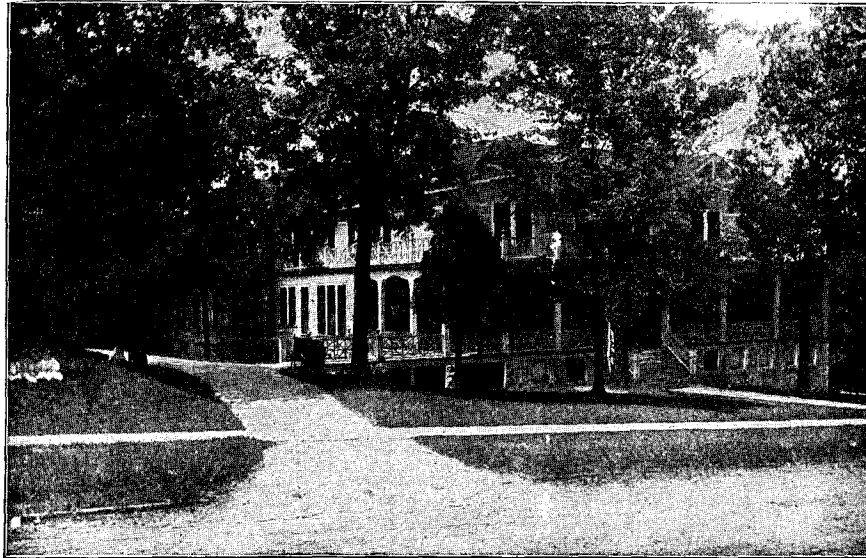
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