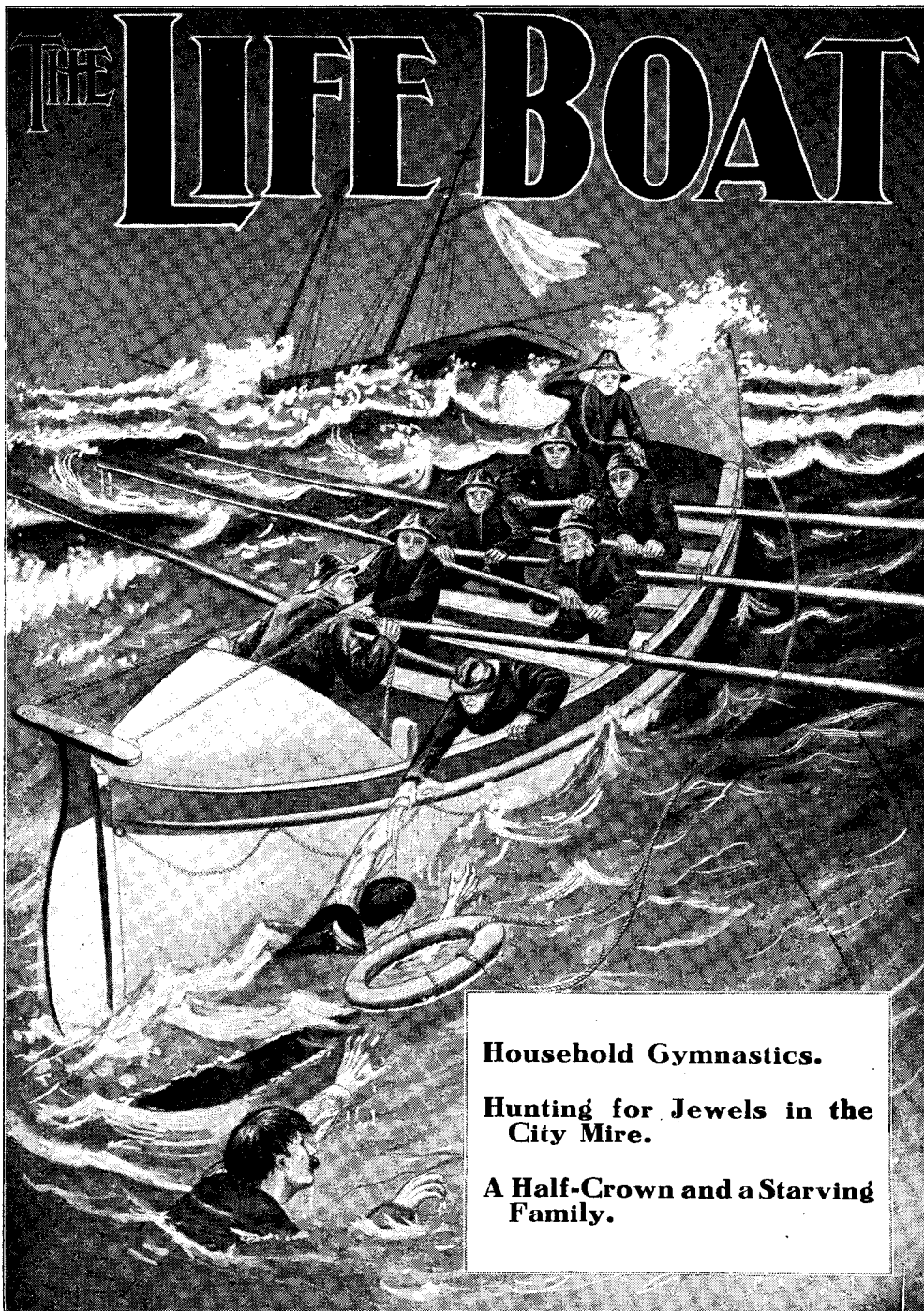


**Have You Good Reasons For Being Thankful?**

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Single Copies, 10 Cents



Volume Thirteen  
Number Eleven

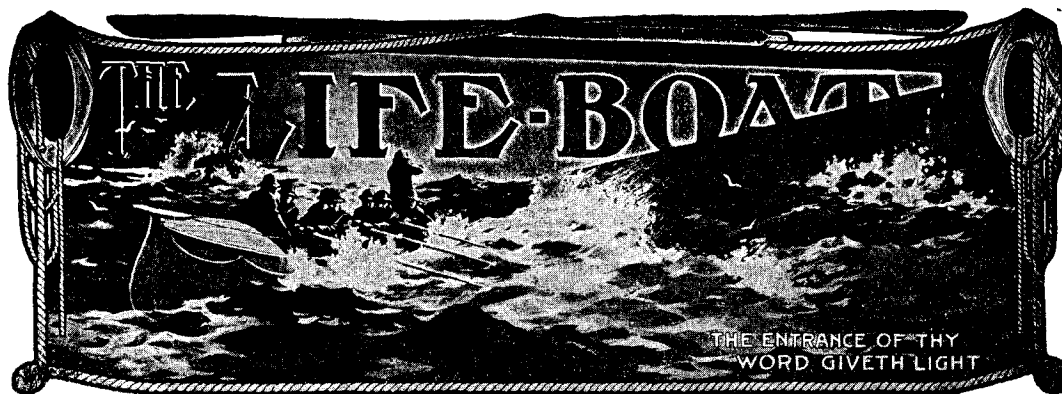
Chinsdale, Ill.

November, 1910

**A Thrilling Missionary Book for One New Subscription**



INSTRUCTORS AND STUDENTS IN THE SIX MONTHS' SELF-SUPPORTING CITY MISSIONARY TRAINING SCHOOL AT  
528 THIRTY-THIRD PLACE, CHICAGO.



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

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

**Volume XIII**

**HINSDALE, ILL. :: NOVEMBER, 1910**

**Number 11**

## **Household Gymnastics**

**David Paulson, M. D.**

**W**E hear much about "returning to nature"; but that alone is not enough. A garden that has been neglected for five or six years, overgrown with thorns and weeds, has merely returned to nature.

The garden needs the growing possibilities of nature, but it *also* needs the co-operation of human intelligence. It is the same in the development of physical health.

A schoolmate of ex-President Roosevelt writes of him: "He was a little, weak-eyed, delicate, consumptive kind of a fellow and ours was a rousin' big class. We were seated alphabetically, and he was away back among the R's. He couldn't half hear, half see, and had a hard time generally. So the professor took pity on him and put him up next to me among the F's. But bless your heart, he was the very last fellow in the world I would have picked out for a president, let alone a great one."

A little after this Roosevelt began to intelligently co-operate with nature in the establishment of health. As a result he was able to endure the harassing years in the White House without any special strain on his nerves. He could spend a year in the

jungles of tropical Africa and come out as tough as an ox.

### **HOW WE MAY CO-OPERATE.**

The body requires physical exercise just as it requires water, air or food. You may think that the infant kicking so vigorously has no sense, but it is genuinely sensible: it is acting out a natural instinct.

The average business man is nearly as adverse to active exercise as a healthy child is to medicine, and sooner or later he pays a dear price for having *smothered* the instinct for physical activity.

When we are sitting quietly two-thirds of our blood is in our internal organs. After walking briskly for a few minutes or working energetically two-thirds of it is in the muscles and skin. That is why sedentary people are so liable to suffer from various internal congestions.

Some years ago Tom Mackey, the well-known evangelist, consulted me regarding his congested lungs. I advised him to cancel the evangelistic campaign that had been planned for him in Minneapolis. He insisted that he could not do it, but said that he would do anything else that was nec-

essary. I then prescribed active physical exercise, especially arm movements, to drain some of this blood from the lungs into the upper extremities.

When I met him several months later he appeared perfectly well. He told me his experience. He said he bought a wall exerciser; but he said he hated the thing and wanted to study his Bible instead of using it. He then told me how he won out. He said he got on his knees and asked the Lord to help him to love the exerciser. Then he would get up and work it. He said that the Lord helped him so that by and by he came to be quite fond of it, and he believed it saved his life.

#### TEARING DOWN THE OLD ADAM.

The invalid who suffers from various nutritional disorders recovers in proportion as he succeeds in tearing down the old physical man and having rebuilt in its place a new man.

Practically the entire human system changes every three or four months. When this process of change is retarded waste products accumulate, and that spells rheumatism, wandering pains, sore joints, and a list of similar disorders.

While taking brisk exercise such as vigorous rowing or sawing wood, from six to eight times as much carbon dioxide gas is thrown out of the lungs as when inactive. That means the bodily changes are taking place at a proportionately higher rate. New tissue is not built up any faster than the old is torn down.

But we can not spend all of our time oiling the human machine. What we want to do is to take intelligent care of it and then use it for the purposes for which God intended it. Most of this care practical, busy people must sandwich in between their daily duties.

#### BREATHING FOR HEALTH AS WELL AS FOR LIFE.

We are more dependent upon breathing than anything else we do. Some breathe so superficially that they merely change the air in the center of the lungs, just as a hired girl is likely to only sweep the middle of the room. In the farther corners of the lungs the air is not changed at all, so the germs roost there undisturbed and soon begin to hatch out mischief.

After running to catch a train no one has to remind you about deep breathing; but sedentary people who do not have any such physical incentive, should several times during the day spend a few minutes in deep breathing. It is a good plan to take a deep breath and then see how long you can count while you are breathing out. This should not be overdone at first, but with a little practice the chest capacity can be wonderfully increased.

#### ARE YOU PHYSICALLY UPRIGHT?

He who maintains an improper position hour after hour will gradually grow into



The Boy Who Habitually Maintains This Position is Gradually Cultivating a Hump in His Back.

that shape permanently, for it is what we do by the hour that counts. It is a more serious matter from a health standpoint to have a flat chest and relaxed abdominal walls than it would be to lose an arm.

It is a good plan to make a small cushion and hang it on the back of the chair so that it will just fit the small curve in the back. This makes sitting much more restful and

renders it easy to keep the chest up, for often the best way to raise the spirits is to raise the chest.

A few times a day sit very near the front of the chair and then tilt backward until you strike the back of the chair, at the same time raising the knees. This will strengthen the abdominal muscles; and remember it is much more important to have strong abdominal muscles than it is to have strong muscles of the arms or legs.

#### PHYSICAL CULTURE FROM DAILY WORK.

Bringing in wood for my mother nearly gave me nervous prostration; but afterwards I would rest myself working twice as hard throwing snow balls with the other boys.

The reason so many break down in their work is because it is drudgery to them. The secret of having a good time while working is to bring the play spirit into it. Personally I have succeeded in making about nine-tenths of my work play and I am asking the good Lord to help me to do the other tenth in the same spirit; then I know that I am not in danger of breaking down from overwork.

A college girl goes into a gymnasium and punches a bag. If she would make beds for her mother before she went to school she could get the same movement while punching the pillows. Sweeping cobwebs from the ceiling is as good exercise as one can get in Swedish gymnastics. Scrubbing clothes on a washboard is an ideal gymnastic exercise provided the bending is done from the hips and the chest is kept well up.

We constantly hear of the great benefit people have derived from climbing mountains in Colorado. They can receive practically the same benefit by remaining at home climbing stairs, provided the stairway is properly ventilated. The only difference is that one is regarded as drudgery while the other is play.

Most people as soon as they reach the stairway bend over forward and then try to run up the stairs. With their wrong position and relaxed abdominal muscles it is easy to jolt the internal organs out of place. One should walk upstairs just as erect as

in ordinary walking and all the lifting should be done from the limbs.

Nothing is more healthful than farm work; yet many farmers lose nine-tenths of the benefit of it from the wretched positions that they assume in doing their work.



Stooping Over and Then Running Upstairs is Responsible for the Harm that Comes from Stairs Climbing.

The bent-over, hunchback appearance of so many is simply due to the fact that they bend from their backs instead of from their hips.

#### THE CAT AS A PHYSICAL CULTURE TEACHER.

You should observe, when the cat is stretching himself, for by so doing you will receive a great lesson in physical culture. Go to the cat and learn her ways of taking exercise and be wise. Sandow, by imitating these so-called feline movements, built himself up from a spindling youth into a veritable giant that could lift more than a ton and a half.

Shut your hand slowly, imagining all the time you are squeezing a hard ball; then

pull it open forcibly, imagining that there is some obstruction that makes it difficult for you to do it. Then lift both your hands to your shoulders making as hard work out of it as though you were lifting a bucket of water in each hand. Then pull them back to their former position imagining that you are having a hard time getting your hands away from your shoulders.

In the same way you can lift your toes



Walking Upstairs Properly is Nearly as Healthful as Mountain Climbing.

up from the floor, working just as hard as though you had to tear a strap to pieces in order to lift them. Then push them back to the floor again just as if you were trying to push a stick into the ground; and so with other movements. These resistant exercises require no apparatus, yet they are wonderfully effective.

When you are putting on your clothes in the morning walk on tiptoe; that will exercise the group of muscles in your lower limbs. After dressing bend over forward from your hips and keep looking up. Then extend

your arms stiff and rotate them around in a circle at full reach. You will find out in half a minute you are thoroughly tired out. It only requires a few simple exercises of this kind to reach almost every muscle in the body.

You can do more for yourself physically than any one else can do for you. While God is the healer (Ps. 103:3), He desires your co-operation. God will grow the potatoes in the ground, He will help you to digest them in your stomach, but He will not *dig* them for you. All the way along in the development of health there is something for the human agent to do, and as you do your part you may trust the Lord to do His.

### HOLD MY HAND IN THE DARK.

Horace E. Hoyt.

[The evening before his surgical operation, which was only five days before his death, Mr. Hoyt, formerly business manager of the Hinsdale sanitarium, attended the regular Tuesday night workers' prayer meeting. Although he was by no means in a good condition physically he volunteered to lead the meeting. Among other helpful things that he said were the following, which certainly were strikingly appropriate and contained a significant lesson to all who were present, in view of the fact that he himself so shortly afterwards had to enter the valley of the shadow of death.—Ed.]

God often calls our attention to a scripture when we especially need it. So my attention has recently been called to Jer. 23:10: "O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps."

We would be left in a bad way if that was all the Bible said about this subject, but I want to read a companion text—Prov. 3:6: "In all thy ways acknowledge Him, and He *shall* direct thy paths." You can't conceive of using the English language in a way to make it more positive. It does not say He may or He can but He *shall* direct thy paths. There are the two propositions.

Now keeping that in mind I want to read another scripture to you and that is found in Job 23:10: "He knoweth the way that I take." The facts are that *we* do not know the way. We have *not* gone over this road before.

Now hold to that one in your mind and let me read Isa. 41: 10, 13: "Fear thou not; for I am with thee: be not dismayed; for I am thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."

You know there has gotten to be something sentimental about that expression of holding another's hand, and so we good folks who are opposed to sentimentalism do not talk much about holding hands. But God does; the Bible is full of love talk, and He says this: "I will hold thy hand."

There is a little side trip that I took alone while at Niagara Falls and that was to the Cave of the Winds; and it is properly called the Cave of the Winds. I made the trip alone with the guide. He would stop and point out things to me. There is one bridge known as the Rainbow bridge . . . I looked at that a little while and then went on, and it was getting more windy so it was all I could do to stand. The guide saw it and said, "Take my hand," so I held his hand. It was no trouble for him for he was used to it. The workmen could work there for hours, but I could not go through alone.

"He knoweth the way that I take." "For I the Lord thy God will hold thy right hand." Even if there is a bit of sentimentalism about that take it all in: God will hold your hand.

. . . I took my little girls out to one of the parks and there was a place there called the Old Windmill. There was a little river there about three feet wide. They have boats that glide along in it and then all at once they enter into a little tunnel; it is pitch dark, and I saw that coming. My little girl Thora was having a big time while in the light, but after we got in the tunnel a little way I reached back and took hold of her hand. She had not asked me to, but I held her hand, and after a little she said, "Papa, I like to have you hold my hand in the dark." It was one of the sweetest things that ever came to me; and

I am glad I can also say, "Father, I like to have Thee hold my hand in the dark."

I was thinking about this just two weeks ago tonight: I had not gotten over my pain and they expected to operate on me the next day. I had sometimes thought about this matter of dying and whether it hurt or not, but I had gotten to the place where it did not matter at all to me; and what a satisfaction it was for me to know that God would hold my hand in the darkness!

These are some of the lessons that have come to me in connection with that text, "It is not in man that walketh to direct his steps." But God will hold our hand. It seems to me we have a lot to praise Him for.

#### DONE MORE FOR ME THAN MONEY.

(From an Inmate of the Trenton, N. J., Penitentiary.)

"I received THE LIFE BOAT you sent me and was thankful for it. I have been reading some very nice letters out of that book from those who are trying to do the right thing. It makes me feel happy to know that I am not the only one that is trying to do right. I must admit that THE LIFE BOAT has done more for me than money. It is my desire to keep on the right road. I will be successful if I do."

#### AN OPENING FOR PRISON EVANGELISM.

The following was culled from a letter received from a Christian worker in the East:

"In a most wonderful way, that I can not tell in a short letter, the Lord has pointed me to an open prison door. As soon as I came home from the camp meeting and went to the prison, I found the door open to me, when it has been closed to others, because the Lord 'gave me favor in the sight of the keeper of the prison.' Now I can go and come there as I please. Every Sunday I speak to the men and every Wednesday I visit the women. I wish to be in a more real sense what was spitefully said of our Lord, 'the friend of publicans and sinners.'"

## Hunting for Jewels in the City Mire

Eva L. Borden

528 Thirty-third Place, Chicago

[All will read with deep interest this interesting article from Miss Borden, the visiting nurse in connection with the new Life Boat Home, and instructor of practical nursing in the new six months' course for self-supporting city medical missionary workers.—Ed.]

ALL night it has been raining, and by morning it has settled down to a slow drizzle. We would be glad today if, as is sometimes the case, our appointments were all for some nice, clean portion of the city. Aching hearts are found in the homes on the avenue as well as those of the alley, a fact soon recognized by the city missionary.

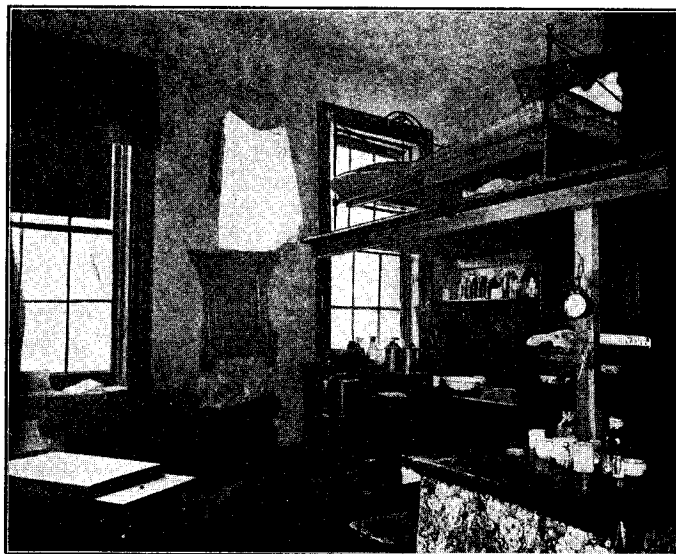
But this morning duty calls us to needy ones in the congested districts of Halsted street and South Clark. Dressed in our street uniform of wash material, and wearing a raincoat, we are ready to start our day's work. Gloves must be dispensed with as our friends in the slums consider them a badge of gentility to be worn only by the unapproachable "big bugs."

Picking our way through the mud our attention is attracted to a man standing in front of a show window of a restaurant. He is poorly clad, his face is thin and pale, and his expression is one of such absolute hunger that it seems to wrench our hearts. Instinctively we feel in our pockets for the dime we know is not there, for as we decided to walk to our destination this morning we did not even bring carfare. Perhaps it is just as well, for if he gave to every such case Rockefeller himself would soon be poor.

But the constant, close association with poverty and grim hunger causes us to involuntarily exclaim with the poet:

"O God! that bread should be so dear,  
And flesh and blood so cheap!"

At last we come to the disreputable lodging house to which we had been called. As the number of the flat has not been designated we go at once to the top floor, in the rear. We find most of our people in the front basement or top floor, rear.



Thousands of homes (?) in Our Large Cities consist of a Bedroom, Kitchen and Parlor All in One Room.



## One Day at the Self-Supporting City Missionary School

Caroline Louise Clough

JUST to give our readers a glimpse of what is going on in the six months' school for city medical missionaries conducted in the Chicago Life Boat Home at 528 Thirty-third place, I thought I would give you a pen picture of one day's class work.

The classes begin at four-thirty in the afternoon, five days in the week and continue until six o'clock. Just at present Dr. Paulson is teaching physiology two days a week, Miss Nellie Jeffers gives practical instruction in simple treatments two days a week, and Miss Eva Borden is teaching practical nursing one day in the week. Aside from this Pastor M. H. Serns conducts a very interesting Bible class each day.

We will first visit Dr. Paulson's class in physiology. The one thought which he has placed uppermost in this study is found in the words of David, the psalm writer: "I will praise Thee; for I am fearfully and wonderfully made; marvelous are Thy works." Ps. 139:14.

The doctor explained that it is through the nerves that the human mind can be reached. When God wants to speak to man he must speak over the nerves. That is why the devil has led the people to so many habit-forming drugs—because they strike at the nerves; morphine, opium, tobacco, tea and coffee all affect the nervous system. And so the soul-winner must go out equipped with physical truths as well as spiritual.

God's church on earth is, like the human body, controlled by the head. Christ said, "One is your Master, even Christ, and all ye are brethren."

If you prick your finger the nerves carry the message up to the brain at the rate of one hundred feet a second.

If the nervous system were removed from the body nothing would be left but a mass of flesh and bone. The spiritual leaders and messengers for God in the church cor-

respond to the nerves in the body. A church that has none of these is like a body without nerves.

The bones give form and shape to the body. The muscles, fat and skin round the whole body out. Job (chapter 33) speaks of the body becoming emaciated so the bones stick out: "God speaketh once, yea twice, yet man perceiveth it not." There is no trouble that comes upon us without God first warning us of it, and if we would listen to Him we would not have to pass through the trouble.

The bones yield to constant pressure. A deformed jaw can be straightened by a dentist who puts a wire arrangement around the teeth and by tightening it a little each day can change the shape of the jaw. So the hip corset worn by young ladies these days is gradually changing the shape of the pelvic bones thus making childbirth next to impossible. The doctor tries to bring out both physical and spiritual lessons from every chapter that the class studies.

The Bible class which followed this study was of special interest to the students themselves. The thought under consideration was the authority of the Word of God,—how we and they know that it is really inspired. This subject had been carefully studied in the previous classes and so at this hour six members of the class were called upon to each conduct a Bible reading. The class was divided into six sections and with fear and trembling each took her place at the head of her respective class and proceeded to explain just why she believed God's Word was inspired. One illustrated it by referring to the miraculous works done by Christ while on this earth. Another spoke of events foretold in the Bible which today can be found recorded in profane history as having actually taken place. When God says in His Word that certain things will come to pass and we watch and see them take place we know

God's Word is true. Another one knew the Bible was inspired because it inspired her when she studied it.

These students are being fitted up to go out into the homes of the people and teach God's Word,—not only as workers in the spiritual sense but also in the physical. Some sixteen students are enrolled in this first course. All are enthusiastic over the work they are getting.

This school is destined to fill a great need and we are looking forward to the time when students from this school will permeate the districts of the poor and needy not only of Chicago, but in other large cities, nursing the poor, physical sufferers back to life and at the same time bringing peace to the sin-sick souls. They will go right into the homes of the people and teach the Bible in a simple friendly way, and much good can be accomplished.

#### A SELF-SUPPORTING STUDENT.

CAROLYN TRUMMER.

[Although Miss Trummer has only been in the six months' city medical missionary workers' class a few weeks she is already staying with a patient at night, spending part of her day out among the people, selling magazines, and attending her class work. What an ideal combination for fitting a worker to meet the vital problems that a city presents!—Ed.]

I get out nearly every day and sell LIFE BOATS, and take care of a lady at night. One day I sold forty-three copies in a few hours in the morning. Other days I sell thirty or more in the few hours which I have to give to it. I am enjoying my classes each afternoon. I am trying to bring to the woman whom I am staying with at night some of the truths that I am learning in our daily classes. She is growing more interested from day to day as I am with her.

#### THE GOSPEL IN PHYSIOLOGY.

MRS. R. T. MITCHELL.

[Mrs. Mitchell had been a Christian worker for years, but is deriving much benefit from the work that she is receiving in the missionary training school.—Ed.]

Pen can not describe, words are inadequate to express, my thankfulness for the

opportunity God has opened in our midst whereby I may be better fitted to help fallen humanity.

Physiology, studied in the light of God's Word, causes me to say with David, "I will praise Thee; for I am fearfully and wonderfully made: marvelous are thy works."

Our Bible study, though it is the same old story, grows more wonderful each day. Hence as we study to help others our own souls are being watered.

#### FILLING A NEED.

Helen Woods.

[Miss Woods is one of the young women who are taking the special six months' course for city medical missionaries. What she writes is what the other members of the class feel regarding the value of this opportunity.—Ed.]

During the past decade there has been a decided movement toward the advancement of missionary work. However, we have been so absorbed in one phase of the question that efforts have been largely confined to the development of foreign work. We seem to have overlooked the fact that there is a tremendous problem at our very doors to be solved—the problem of the cities.

To help solve this problem a school has been organized in Chicago for the training of city medical missionaries. It is to be noted that this school will train medical missionaries. Not only will these co-operate to help heal the spiritually undone but will minister to the physically disabled as well, and thereby follow an example left us by our Master who is the great Physician in the physical as well as the spiritual sense.

This school has at its head an able faculty to instruct its students in the branches they will need to intelligently care for the suffering, to teach them principles regarding the laws of health, and to raise to a higher plane those who have wandered from the love of God.

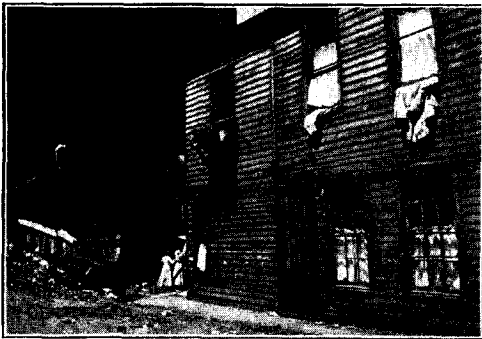
This work embraces five hours Bible study each week, two lessons per week in the technique of hydrotherapy, one lesson in practical nursing, and two lessons every week in the study of anatomy.

If one is new to this work it will be somewhat difficult to find one's way through the dark, narrow hallways, but after a little experience these things grow to be second nature.

As we go up flight after flight we see and hear no one. The whole building is strangely silent, and yet we know it is full of living, breathing humanity, most of them sleeping off the effects of last night's carousal. This is the district where night is turned into day, where the Magdalene walks the midnight streets, and men forget God.

We find the young woman for whom we were looking, and for whom the Master is seeking. We can not at once counteract the effect of years of sin, but we sow the seeds of purity and truth which we are certain will bring results. So with a friendly hand-clasp, a smile and a prayer, we leave her for the present and go on to the next sin sick soul.

This time we find a rather more comfortable home. We ask the lady living upstairs if the woman for whom we are searching lives in the house. She says she does not know as she herself has only been living in the building two years and has not had time to get acquainted with the neighbors. While we think two years is ample time in which to get acquainted with the

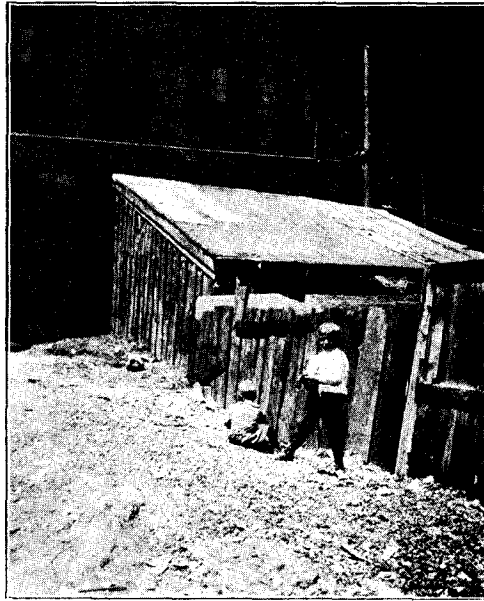


A Common Scene in Chicago's Tenement District.

people living in the same house we do not say so but proceed to walk around to the rear.

Here we are told that the object of our search has recently been married—an event

of very common occurrence in her wicked life—and that she is badly injured from a recent fight. But when at last we find the poor soul we forget for the time her scarlet record out of sympathy for her sufferings, which are both physical and mental.



The Poor Children's Playground—a Back Alley, Literally Covered With Rubbish.

This large, brawny woman, leader in a well-organized gang of cut-throats and pickpockets, suddenly found herself brought face to face with death as the result of her sinful past. While passing through the Valley of the Shadow of Death memory took her back to her childhood days when she was pure and good; a long-slumbering conscience awoke to new life, and while groping blindly in the darkness her hand touched ours. High heaven forbid that we release our hold until we see her safe in the fold of the Good Shepherd.

Tears trickle slowly down her hardened face as she asks us to pray for her, and as she repeats in her foreign, mother tongue, a prayer she learned when a child, we know that there is rejoicing in heaven.

As we are about to leave she makes a whispered request for a Bible, knowing as she does so that she must keep it hidden in

the bedclothes lest her over-zealous neighbors steal it from her. Christianity is not considered a desirable article in that neighborhood.

During our call we meet several of the neighbors, who come in to clean up the house and do what they can for the sick one. The fraternal spirit is very strong among the very poor and they are always ready to lend a helping hand to each other.

We thus have an opening into the homes of many who live in the same community, and by sharing with them their joys and sorrows we gain a blessed opportunity to minister to the needs of the soul. It would be of little use to sit down and read sermons to them or to stand on a platform and lecture to them, but when we go down into their homes and work with them we find it is the close personal touch that counts.

And though some days may be dark and rainy we know that above the clouds the sun is shining. Though tired in body and oppressed with the cares of suffering humanity, we are comforted by the words, "Inasmuch as ye have done it unto one of the least of these . . . ye have done it unto Me."

#### HELPING HIS BROTHERS.

FROM AN INMATE OF THE ILLINOIS STATE REFORMATORY

"I started out wrong in life but since I found the Lord Jesus I see a different light altogether. I feel it my duty to help others in their sorrow and distress. I got a young fellow here to saying his prayers, and he reads all he can about our Saviour and really takes an interest in what I say to him. I have won him on the safe side.

"Oh, how nice it is to be so a person can get to tell others about the Lord Jesus Christ! Yes, our Lord died for all, for all have sinned. Since He died for all we can surely be saved. A man is free to choose for his side. 'Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.' Prov. 3:5, 6.

"I am a member of the Y. M. C. A. here and we young fellows are doing some good

work. God help that we may sow the seed which will save our fallen brothers and sisters!

"I expect to leave here in about two more months. I feel that I can go out in the world and make a man of myself. Don't forget to send me THE LIFE BOAT next month."

#### LIGHT IS BREAKING THROUGH.

(From an Inmate of the Kansas Penitentiary.)

"I realize full well that you are very busy. In view of this, I had resolved not to impose on your kindness again by troubling you with my poor letters; but when I received your letter of recent date, together with the beautiful Bible and the September LIFE BOAT I could not but write you once more. My two other letters came to you from a sin-burdened heart—from one who was passing through a Gethsemane of despair. But now I can thank God that the light is breaking through, and I am beginning to see things differently. The 31st and 51st Psalms have become my daily prayers. They express exactly what I have so long wanted to pray, but could not.

"If it had not been for THE LIFE BOAT and its blessed messages I verily believe I never would have taken the step which I have taken. In view of the debt which I owe THE LIFE BOAT I am going to exert myself to induce some of my fellow-prisoners to subscribe for it.

"It is a wonderful experience to know that in this great country, with its teeming thousands, there are those so devoid of selfishness and so full of the Christ-love that they would deign to write words of hope and sympathy to a despised prisoner. It was this thought partially, that induced me to write to you.

"From a heart overflowing with gratitude I thank you for the helping hand you extended to me when I was sinking in the 'slough of despond.' I will ever pray God to bless you, and to raise up helpers for you in your noble work for sin-cursed humanity."

The reason some people are not content with their lot is because it is vacant.

The movement is unquestionably a much needed work, approved by God and dedicated to Him through alleviating the suffering and lightening the burden of humanity. There is no other work of the kind in all this great city; no, there is none like unto it in many cities. So here is a marvelous opportunity for those who wish to enter the rank and file for Jesus.

We are studying to be used where we are most needed, but principally are we interested in the city's poor: those who are not financially able to secure the services of physician or trained nurse, those in the slums who are God's own people as truly as the more fortunate, and those in the

dark under world who have sunk to such depths that few are interested in them.

We who have entered this work have already received a blessing and an inspiration that will help us to struggle on despite seeming difficulties. We are endeavoring now to put into practical application the theories which we learn as we pursue these studies. There is no place where we are needed that we will not gladly go. The great love of God and of His children constrains us to work for Him where we may. We are earnestly desirous to be of real service to humanity, for He hath said, "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me."

## Training City Workers for Service

Pastor M. H. Serns

528 Thirty-third Place, Chicago

**A**FTER studying the life of Christ I am fully persuaded that we have a line of work started which will be advantageous to our city work. It is our purpose in the organization of this training school not only to teach the pupils but to train them how to teach others and bring the truth to the homes of the people.

As the workers go out day after day with our magazines and our tracts they find interested ones—those who are really longing, hungering after truth. It is our intention that they shall take the names and addresses of these people and follow them up with regular visits and then try to arrange for a Bible reading and through this family get others interested in the meetings and so begin regular cottage meetings.

These students will lead out in the beginning of these cottage meetings under our supervision. When they get well along and can not carry them further then we will take the meetings in hand and bring the people to a fuller knowledge of the truths for this time as found in the Bible.

The city worker must do like the fisherman, who goes out on the beach and tries in one place for a little while and after getting no results moves to another place. He

goes where the fish are; he does not expect the fish to come to him. So it is with us, we must go from house to house hunting for men and women to bring them to this glorious gospel truth.

The students who have taken up this kind of work are deeply interested, their whole souls and hearts are in the effort. Day after day we can see them growing and developing, anxiously waiting for the opportunity that may come to them as they shall go from house to house.

We believe that this method of labor will give us as leading workers in this city all that we can do year in and year out, and that we will constantly be gathering in the jewels. We will find the pearls here and there in the city.

Our tent meeting closed with the largest attendance during the whole series of meetings, and thus far we have fourteen who have taken their stand for the truths for this time as found in the Bible. There are some who are yet to be baptized out of the fourteen. We have at least as many more who have become intensely interested through these meetings and we are following them up expecting them to take their stand.

Three out of this company have already entered our missionary training school and are preparing to go into the work of saving souls for the kingdom.

#### HAPPENINGS AT THE CHICAGO LIFE BOAT HOME.

MRS. HANNAH SWANSON.  
528 Thirty-third Place, Chicago.

As I sit down to write I marvel at the opportunities that have been mine the past month. I know it is because I have been willing to be used of God. I have been in homes and prayed with people and have been enabled to unfold some of the precious truths out of God's Word, to help undo the heavy burdens and to let the oppressed go free.

Through our tent effort and the meetings here in the home a number have learned to know Jesus as a personal Saviour. A lady told me the other day that before attending the meetings she was in deep spiritual darkness, but now everything was so changed.

We feel that God has especially blessed us in sending Pastor Serns to us at this time. We do not always see immediate results but a number of times the past month we have seen positive evidence of God's power.

A young woman who was very much under the influence of drink was brought to us a few weeks ago. She insisted on going out in the night, but we compelled her to remain. We prayed with her, accompanied her to her home, and have visited her since. She says she will never drink

again. I believe she is under deep conviction.

We have had ten free inmates the past month. Places have been found for four. I received a card from a girl the other day whom I had not heard from for nearly five years. At that time she had formed some very bad habits. But she has given them all up.

We believe the work we are doing at this place is the work God wants done, and that if we do it according to the pattern we will surely see results. We have a beautiful home and mission here; we want your prayers that we may rightly represent our blessed Master.

We also will need your help. Coal bills must be paid. We have all agreed not to go in debt, hence most of our workers are working without any support whatsoever.

#### MINISTERING THE WHOLE GOSPEL.

NELLIE JEFFERS.  
528 Thirty-third Place, Chicago.

When Christ was here on earth some of His greatest sermons followed the healing of some sufferer. As He came in contact with the multitudes the weak and suffering attracted His attention and received His help first of all, and at no time did He fail them.

When He sent out His disciples He instructed them to heal the sick and teach the gospel. As they went about teaching the people they had many opportunities to heal them, thus giving them some help which they very much needed. They ministered to soul and body at the same time.

#### AN IMPORTANT RALLY FOR SELF-SUPPORTING CITY MISSIONARY WORKERS.

An important city workers' rally will be held from December 27 to 31 in the chapel of the new Life Boat Home, on Thirty-third place, just off Cottage Grove avenue. This is especially intended for the workers who are facing the great city problem of Chicago, but others who wish to come from a distance will be made welcome.

Special attention will be given to the question of self-supporting work. The problem of training up in a brief time self-supporting medical missionary workers will be carefully considered.

Workers who have had a long experience in city work will be present to give instruction. Time will be given for personal visitation and studying at first hand some of the methods that have been developed by others who have been successful in carrying the gospel to the dark centers of Chicago.

Much time will be spent in earnestly seeking God for an outpouring of His Spirit, for without divine help we shall never be able to surmount the obstacles that hedge up the way of the city worker.

Those who expect to attend should correspond with the editor of THE LIFE BOAT.

Times have not changed since then and just as Christ found it necessary to instruct His followers to help physically as well as spiritually so the two must go together today. Many times the medical worker has opportunities to visit homes where the Bible worker or minister would not be allowed to enter. The bodily ills must have proper care. Often the sick ones would ignore any one who would try to talk religion to them when in health, but now in their weak condition they are ready to receive help from the Word of the lowly Saviour, indeed many times pleading for the precious truths therein.

Who is more able to help them than the nurse or physician who has a firm hold of heaven with one hand while ministering to the bodily ills with the other? How necessary it is that the soul that is crying out for spiritual food should be fed! We would not think of refusing a hungry patient food, neither should the hungry soul be refused that living bread from heaven.

Medical workers are ministering to living human beings, the temples of the holy Spirit, and they should be capable of doing all the duties that are necessary for the patient's welfare. We would never for one moment think of permitting an unholy person to serve in the house of the Lord; then how much *more* important it is that those who serve these living temples should be followers of the great Physician.

Many people in all classes would not permit us to enter their homes at all if they thought we came simply to try to convert them. But let the medical worker who is serving Jesus go into such a home and what a chance he has to *live* out before them some of the very truths he is so anxious to give! Once a home is entered by such a worker it is not long before they not only will listen to the gospel but are anxiously inquiring and seeking for it; so that the worker now has an opportunity to teach what he was most anxious to carry to them.

A great deal more may be said about the necessity of the medical worker being a genuine Christian, but should not the ordinary Christian worker also be as ready to min-

ister to the physical body? It is sometimes hard for one to grasp all the things that are taught them in regard to faith in Christ; but let the teacher at the same time give them some practical instruction along other lines and a foundation is laid on which they are able to build up their faith in the things we most desire to teach them.

It is just such workers that the world needs today. This is the kind of workers that will be able to reach the people of all classes, rich and poor alike. Those who prepare for work in the foreign field should always have more or less knowledge of the medical work as well as a training along Christian lines, and it is just as necessary for workers in the home field to have a similar preparation.

The great Physician and Teacher has united the medical work with the gospel and we, as followers of Him, can do no better than to do as He has instructed us. A long course of study is not always necessary, but earnest Christian workers who have been taught how to care for the sick in a simple yet helpful way will always find opportunities for doing good. More such workers are needed, and it is our effort here to train such workers to enter the home fields in our large cities. Little has been done along this line but we hope to see more accomplished in the future.

#### A DONATION FROM NEW ZEALAND.

The following letter was received from Mrs. Hare of Kaeo, New Zealand:

"Enclosed please find postal note for one pound, sent to me by a lady who wishes to help your family, THE LIFE BOAT.

"I do pray that God's richest blessing may rest on your endeavor to help the precious souls for whom Christ died.

"How much we all enjoy reading your magazine! Our family pass it on to some one else after we have read it. I hope ere this the other copies have been forwarded to our chaplain of the Auckland jail. It seems only a trifle to send, but who knows what good may be the result?"

A man is sure not to wander very far on his knees.

## Soul-Saving in the Rescue Home

Mrs. Hannah Swanson, Matron.

Do not think the home in Hinsdale has been forgotten in looking after the Chicago work. There are more girls in the home now than there have been for some time, and most of them are girls who are going to work a blessing out of their experiences.

It is quite an inspiration to me after the bustle and noise of the city to go out to this quiet haven of rest and see the look of welcome in those bright young faces. A number of them have banded together and have promised to help bear the burdens. One is taking care of the nursery, another is helping in the housekeeping department, another looks after the cooking, etc.

Dr. and Mrs. Dunn are rooming with us now, for which we are very thankful. In



Earl.

my absence Mrs. Dunn, with the help of others, is looking after the spiritual part of the work.

One girl came back a few weeks ago. She said she did not appreciate what was done for her in the home while she was there, but after she left she had time to think it all over. God's word, as she heard it in the home, came to her with such force she wanted to know more about it, and was willing to take Jesus at His word and stand upon His promises.

In a meeting a short time ago, all but two girls prayed and testified. They said they wanted to be among those who would be ready to meet the Lord when He comes.

We want to thank the friends who have



Clarence, Whose Happy Smile Has Made a Place for Him in a Good Christian Home.



A Promising Young Man Who Got a Good Start in Life at the Home.



helped us the past two months. Our plumbers' bill is not all paid as yet. We have a number of girls who are unable to pay anything. Living is high; anything you can send us in the way of fruit or vegetables will be much appreciated. I believe if the people who read this article could really sense the needs of this place we would never need to worry how we were going to meet our expenses. We have no endowment; we depend chiefly on the public, and I believe you will be benefited in helping us. We own our own home.

#### HARVEST THOUGHTS.

MRS. MARY B. HALL.

A vast field of ripe waving grain,  
Each heavy head bending low,  
As the evening wind swept over them  
Going whence? What man can know?  
A narrow path, but lately made  
Looked like a ribbon athwart the field,  
And over it all the sunset gleamed  
Throwing colors of yellow, and golden  
sheen  
That met, and mixed, and parted again,  
Alive with beauty—alive with joy—  
Alive with *that* we can not explain,  
Yet when we see it, feel it, love it,  
Take it into our being with full, long breath,  
We are illumined.

#### A REMARKABLE RECOVERY.

DICK LANE.

[A few weeks ago Dick Lane, the notorious bank robber who, fifteen years ago, was saved from a wicked life and has led an upright Christian life ever since, was brought to the Hinsdale Sanitarium in a very critical condition physically. For weeks his life was despaired of and his recovery has been phenomenal. In a recent conversation he told the following concerning this experience.—Ed.]

I was at home with my slippers on and all of a sudden I was taken sick. I do not remember how I got here to the sanitarium but I got here and was very sick for four weeks. I never experienced such suffering before in my life but I am all right now and am getting stronger every day. My treatment was wonderful. I never received such care in any sanitarium as I got here. I was not refused a single thing and the

nurses and help all around the building did everything they could for me.

When I got back to Chicago my friends thought I had been raised from the dead. Mr. Kohlsaat of the *Record-Herald* said, when I walked into his office, "Why Dick, sit down. I never expected you to be in this office again." I told him I owed it all to the care I got at Hinsdale and to God Almighty.

When I first started in the Christian life I promised God that if He would help me to a better life I would help myself and I have kept my word with God and God has kept His word with me.

The patients at the sanitarium were surprised to see me walking on the lawn and said they wished they could recover as I had.

For a year or so I had begun to be indifferent to my work but this sickness has been a grand blessing to me.

In a spiritual sense this experience has turned me right around. I am more anxious to do God's will than when I started out. I feel so grateful that I am going to use my best endeavors to do the best I can to help somebody else.

I went down to church and the folks gathered around me and said, "We thought you were going to die long ago, now see how well you look!"

Today I would not give up my hope and my faith in the Lord Jesus Christ for worlds because I got nearer in this sickness to Christ than I was before. This sickness has shown that I have got to rely wholly in God. I feel so glad to know that I have lived my promise out with God, that I have never wavered, stumbled or backslid since God took me out of the world.

#### THE LUMP ON HIS SIDE.

A man long noted for his intemperate habits was induced by Rev. John Abbott to sign the pledge "in his own way," which he did in these words: "I pledge myself to drink no more intoxicating drinks for one year." Few believed he could keep it, but near the end of the year he again appeared at the temperance meeting without once having touched a drop.

"Are you going to sign again?" asked Mr. Abbott.

"Yes," he replied, "if I can do it in my way," and accordingly he wrote, "I sign this pledge for nine hundred and ninety-nine years."

A few days after this he called upon the tavern-keeper, who welcomed him back to his old haunt.

"O Landlord!" said the man, as if in pain, "I have such a lump on my left side."

"That's because you have stopped drinking," said the landlord; "you won't live long if you keep on."

"Will drink take that lump away?"

"Yes; and if you don't drink, you'll soon have a lump on the other side. Come, let's drink together," and he poured out two glasses of whisky.

"I think I won't drink," said the former inebriate; "especially if keeping the pledge will bring on another lump. This one isn't very hard to bear after all." With this he drew out the lump—a bag of money—from his side pocket, and walked off, leaving the landlord to his own reflections.—*Selected.*

## THINK SOUL-WINNING WILL PAY THE BEST.

The following from an inmate of the Wisconsin State Penitentiary will be of interest to our readers.

"Please send to me Dr. Sadler's book called 'Soul Winning Texts.' I believe this book will be a great help to me, as I am going in the soul-winning business on a larger scale when I leave here, and endeavor to do as the Lord says, 'lay up treasure in heaven.' I have been studying God's Word for two years, but as yet do not know very much of it. All other things being equal, I believe soul winning will pay the best in the end. Enclosed please find fifty cents for above mentioned book.

"Although not a subscriber for THE LIFE BOAT I greatly appreciate the copies I do receive. I had the good fortune to distribute ninety of the May number, which I have good reason to believe are not without their good results. So you folks may be assured that we appreciate your kindness in sending to us a most needed and desired magazine."

## THANKSGIVING.

PEARL WAGGONER.

("Giving thanks always for all things." Eph. 5:20.)

Thankful for *everything*, can one be?—  
Thankful we are, to be sure, for light,  
For the twilight calm, and the rest of night,  
Yea, for the beauties our eyes can see,—  
For the sunset glow, the verdant lea,  
And the leaves with their autumn tints so bright.

Thankful we are for the seasons, too:  
Spring with its life, its refreshing showers;  
Summer, its verdure, its warmth, its flowers.  
Length of its days, and its skies of blue;  
Then for the autumn of glorious hue,  
And the sparkle of snow through winter's hours.

Thankful we are for the forest shade,  
Thankful for air, and the fragrant breeze,  
For the song of birds and the hum of bees;  
Moss-covered nooks in sequestered glade  
Where the burdened spirit whole is made  
And the heart finds rest, 'mid the kindly trees.

Thankful we are for our food each day,  
Thankful for life, for a Father's care,  
For our needs supplied, the clothes we wear,  
Yea, for all blessings upon our way  
Which are freely shed; for hope's bright ray,  
And a God who delights to hear our prayer.

Thankful we are for the love of friends  
Brightening hours which were else but drear,  
Making *God's* love seem more real, more near.  
Thankful we are for the joys He sends  
In converse sweet; for the time He lends  
And the chance to serve in His vineyard here.

Yet are we thankful in *everything*?  
Thankful alike whether health,—disease?  
If the touch of sorrow upon life's keys  
Plays a minor dirge,—if our joys take wing,—  
If the birds are hushed which used to sing,—  
Can we still give thanks in all of these?

Thankful we are for all earthly store;  
Thankful, ah, yes, when the skies are blue,  
But can we give thanks in the dark hours, too?  
Thanks can we give when the heart is sore?  
When a voice once loved we hear no more,  
And no star in the heavens glimmers through?

Thankful? Ah, yes, for the storm but clears  
Air that was heavy: the wind and rain  
Have but helped one to see more far, more plain.  
So to the eyes that have looked through tears  
Light in the Homeland more bright appears,  
And the goal more near which our feet would gain.

Thankful for *all* we may meet below?  
Yes, for if life were but drawn-out bliss  
Infinite blessing we then should miss;  
For the comfort God would fain bestow  
None but the sorrowing heart can know,  
And 'tis worth the cost,—such a gift as this!

Thankful, with thanks that shall know no end,  
Help us, our Father, to always be,  
And to trust Thy sight when we can not see,  
Keep us, through all that Thy love shall send,—  
Whether joy or pain our path attend,—  
Ever thankful for *all*, O Lord, to Thee!

## A Half-Crown and a Starving Family

Dr. J. Hudson Taylor

Founder of the China Inland Mission

HAVING the two-fold object in view of accustoming myself to endure hardness, and of economizing in order to be able more largely to assist those amongst whom I spent a good deal of time laboring in the gospel I soon found that I could live upon very much less than I had previously thought possible. My experience was that the less I spent on myself and the more I gave away, the fuller of happiness and blessing did my soul become.

I thought to myself, "When I get out to China, I shall have no claim on any one for anything; my only claim will be on God. How important, therefore, to learn before leaving England to move man, through God, by prayer alone."

My kind employer, always busily occupied, wished me to remind him whenever my salary became due. This I determined not to do directly, but to ask that God would bring the fact to his recollection, and thus encourage me by answering prayer. At one time, as the day drew near for the payment of a quarter's salary, I was as usual much in prayer about it. The time arrived, but my kind friend made no allusion to the matter. I continued praying, and days passed on, but he did not remember, until at length, on settling up my weekly accounts one Saturday night, I found myself possessed of only a single coin—one half-crown piece. Still I had hitherto had no lack, and I continued in prayer.

That Sunday was a very happy one. As usual, my heart was full and brimming over with blessing. After attending divine service in the morning, my afternoons and evenings were filled with gospel work in the various lodging-houses I was accustomed to visit in the lowest part of the town. At such times it almost seemed to me as if heaven were begun below, and that all that could be looked for was an enlargement of one's capacity for joy, not a truer filling than I possessed. After concluding my last service about ten o'clock that night, a poor man asked me to go and pray with his wife, saying that she was dy-

ing. I readily agreed, and on the way to his house asked him why he had not sent for the priest, as his accent told me he was an Irishman. He had done so, he said, but the priest refused to come without a payment of eighteenpence, which the man did not possess, as the family was starving. Immediately it occurred to my mind that all the money I had in the world was the solitary half-crown, and that it was in one coin; moreover, that while the basin of water gruel I usually took for supper was awaiting me, and there was sufficient in the house for breakfast in the morning, I certainly had nothing for dinner on the coming day.

Somehow or other there was at once a stoppage in the flow of joy in my heart; but instead of reproving myself I began to reprove the poor man, telling him that it was very wrong to have allowed matters to get into such a state as he described, and that he ought to have applied to the relieving officer. His answer was that he had done so, and was told to come at eleven o'clock the next morning, but that he feared that his wife might not live through the night.

"Ah," thought I, "if only I had two shillings and a sixpence instead of this half-crown, how gladly would I give these poor people one shilling of it!" But to part with the half-crown was far from my thoughts. I little dreamed that the real truth of the matter simply was that I could trust in God plus one-and-sixpence, but was not yet prepared to trust Him only, without any money at all in my pocket.

My conductor led me into a court, down which I followed him with some degree of nervousness. I had found myself there before, and at my last visit had been very roughly handled, while my tracts were torn to pieces, and I received such a warning not to come again that I felt more than a little concerned. Still, it was the path of duty, and I followed on. Up a miserable flight of stairs, into a wretched room, he led me; and, oh, what a sight there presented itself to our

eyes! Four or five poor children stood about, their sunken cheeks and temples all telling unmistakably the story of slow starvation; and lying on a wretched pallet was a poor, exhausted mother, with a tiny infant thirty-six hours old, moaning rather than crying at her side, for it, too, seemed spent and failing. "Ah!" thought I, "if I had two shillings and a sixpence instead of half-a-crown how gladly should they have one-and-sixpence of it!" But still a wretched unbelief prevented me from obeying the impulse to relieve their distress at the cost of all I possessed.

It will scarcely seem strange that I was unable to say much to comfort these poor people. I needed comfort myself. I began to tell them, however, that they must not be cast down, that though their circumstances were very distressing, there was a kind and loving Father in heaven; but something within me said, "You hypocrite! telling these unconverted people about a kind and loving Father in heaven, and not prepared yourself to trust Him without half-a-crown!" I was nearly choked. How gladly would I have compromised with conscience if I had had a florin and a sixpence! I would have given the florin thankfully and kept the rest; but I was not yet prepared to trust in God alone, without the sixpence.

To talk was impossible under these circumstances; yet, strange to say, I thought I should have no difficulty in praying. Prayer was a delightful occupation to me in those days; time thus spent never seemed wearisome, and I knew nothing of lack of words. I seemed to think that all I should have to do would be to kneel down and engage in prayer, and that relief would come to them and to myself together. "You asked me to come and pray with your wife," I said to the man, "let us pray." And I knelt down. But scarcely had I opened my lips with "Our Father who art in heaven," than conscience said within, "Dare you mock God? Dare you kneel down and call Him Father with that half-crown in your pocket?" Such a time of conflict came upon me then as I have never experienced before or since. How I got through that form of prayer I know not, and whether the words uttered were connected or disconnected I can not tell; but

I arose from my knees in great distress of mind.

The poor father turned to me and said, "You see what a terrible state we are in, sir; if you can help us, for God's sake do!" Just then the word flashed into my mind, "Give to him that asketh of thee," and in the word of a King there is power. I put my hand into my pocket, and slowly drawing forth the half-crown, gave it to the man, telling him that it might seem a small matter for me to relieve them, seeing that I was comparatively well off, but that in parting with that coin I was giving him my all; what I had been trying to tell him was indeed true—God really was a Father, and might be trusted. The joy all came back in full flood-tide to my heart; I could say anything and feel it then, and the hindrance to blessing was gone—gone, I trust, forever.

Not only was the poor woman's life saved, but I realized that my life was saved, too! It might have been a wreck—would have been a wreck, probably, as a Christian life—had not grace at that time conquered, and the striving of God's Spirit been obeyed. I well remember how that night, as I went home to my lodgings, my heart was as light as my pocket. The lonely, deserted streets resounded with a hymn of praise which I could not restrain. When I took my basin of gruel before retiring, I would not have exchanged it for a prince's feast. I reminded the Lord as I knelt at my bedside of His own word, that he who giveth to the poor lendeth to the Lord. I asked Him not to let my loan be a long one, or I should have no dinner next day; and with peace within and peace without, I spent a happy, restful night.

Next morning for breakfast my plate of porridge remained, and before it was consumed the postman's knock was heard at the door. I was not in the habit of receiving letters on Monday, as my parents and most of my friends refrained from posting on Saturday; so that I was somewhat surprised when the landlady came in holding a letter or packet in her wet hand, covered by her apron. I looked at the letter, but could not make out the handwriting. It

was either a strange hand or a feigned one, and the postmark was blurred. Where it came from I could not tell. On opening the envelope, I found nothing written within; but inside a sheet of blank paper was folded a pair of kid gloves, from which, as I opened them in astonishment, half-a-sovereign fell to the ground. "Praise the Lord!" I exclaimed; "four hundred per cent for twelve hours' investment; that is good interest. How glad the merchants would be if they could lend their money at such a rate!" I then and there determined that a bank which could not break should have my savings or earnings as the case might be—a determination I have not yet learned to regret.

If we are faithful to God in little things, we shall gain experience and strength that will be helpful to us in the more serious trials of life.

[Note.—The above experience is taken from Dr. Taylor's interesting missionary book, "A Retrospect," which we are now furnishing absolutely free with one year's subscription to THE LIFE BOAT at fifty cents. See offer on page 356 of this number. Subscribe now while you can get the valuable book free.—Ed.]

### A CHILDREN'S HOME.

ETHAN A. BROWN.

33 Greenwood St., Marlboro, Mass.

I am organizing a home for homeless and orphan children to be known as "The Welcome Self-Supporting Children's Home." It is an entirely philanthropic enterprise and only children without homes, and orphans, are to receive any of the benefits.

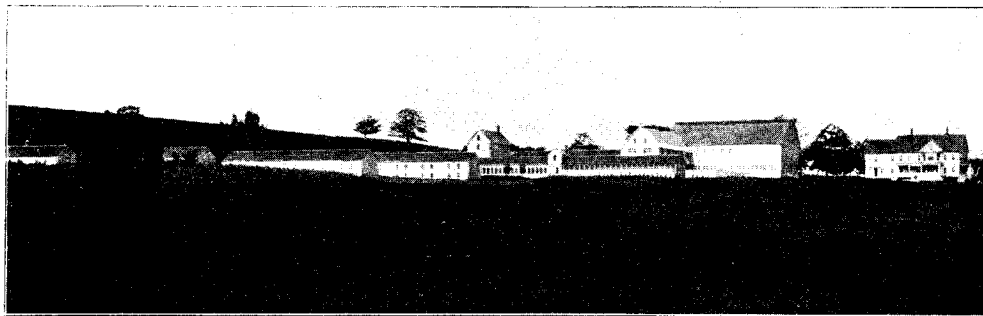
The farm secured has actual value in buildings, improvements, etc., of \$75,000. The owner is doing his part by offering his farm for this purpose for one-third of its value, or \$25,000. The property is located two and one-half miles from Rochester, N. H., on good main traveled road. The large barn is fifty by one hundred feet, and three stories high, with drive onto each floor, platform scales, box stalls and single stalls, etc., and cost \$16,000.

The house is a large mansion of fifteen rooms, steam heat, open plumbing, bath, hardwood floors, and cost over \$8,000, being fitted with hot and cold water from never failing artesian well located on top of hill thirty feet above buildings.

The farm contains 185 acres of very rich and productive soil, 100 apple and pear trees and sixty finest quality plum trees yielding over seventy-five bushels per season, 1,000 cords of hardwood and 200,000 feet of soft timber. The poultry plant cost over \$15,000, while a modern cattle barn constructed at immense cost, is conveniently located.

A separate boiler room with twelve horse-power boiler and engine is located in a two and one-half story well constructed and cemented cellar building where complete canning plant will be installed for preserving fruits, vegetables, etc., raised on the farm for use of the children and for sale to help towards the support thereof.

I am sure the readers of THE LIFE BOAT in whose breasts beats a warm mother's heart, would be pleased to have one or more of the beautiful colored souvenir post cards. They are truly artistic and gotten



View of the Buildings on the Children's Home Farm, Showing the House to the Right.

out for the purpose of showing the public just what the place looks like.

I myself have been connected with the manufacture of foods about ten years, and being an engineer and machinist shall have charge of the installation of the canning plant, which will be entirely modern. The products, being put up in a sanitary way, are to be placed on the market for the support of the children, who are to be given a careful Christian education.

I have dedicated myself and all my knowledge to the enterprise and trust your readers will avail themselves of this opportunity to secure a knowledge of an entirely philanthropic enterprise. The cards can be obtained by addressing me as above and sending five cents for each card. A prospectus fully describing the plans and purposes and just how the enterprise will be entirely self-supporting, will be sent to any inquirer, just as soon as it is out. I propose to publish a paper in the interests of the work as soon as details can be completed, and desire addresses to whom a copy will go if desired. Would also state that the taxes have been promised exempt for ten years by the Board of Trade of Rochester, N. H., whose chairman's name is H. E. Feineman.

One more point I desire to make is that each and every address secured will be canvassed at some future time for some of our valuable books, "Desire of Ages," "Steps to Christ," and other of our important ones, and the entire profits on them will go to this work. I am depending on the Lord to give me the means to pay for this place and fit it up to care for His little children, who will be made "welcome."

### LIVE NOBLY.

BENJAMIN KEECH,  
Kennedy, N. Y.

Since life is short, O let me live it well!  
Since life is hard, O let me live it truly!  
Since life is weary, let me, henceforth, tell  
No woful tale to make it more unruly.

The hours and days and years go hurrying past;  
There is no time for aught but cheerful living.  
Let me improve each moment till the last,  
And bless each life I touch with happy giving.

### WHY BOYS SHOULD NOT SMOKE.

NORMAN HARTZ.

Toledo, Ohio.

Cigarettes or tobacco in any form hinder the growth and injure the nerves and health.

Cigarettes foster the tobacco habit and may make any boy a slave to it.

The cigarette habit does not help a boy in his life work and may prevent him from obtaining a good position in business.

Arsenic, creosote, nicotine, saltpeter, tonca flavoring and rum are among the poisons used in making cigarettes and tobacco.

Cigarette smoking makes a boy dull and stupid, impairs his memory and prevents his advance in school.

Smoking creates an unnatural thirst which may lead to drinking intoxicating liquors.

Smoking is a selfish habit which may cause annoyance, discomfort and distress to others.

Tobacco affects the eyes, ears, nose, and also the heart. It costs more than most boys can afford to pay to have their nerves and health ruined.

Smoking is a useless and expensive habit and always does harm in a greater or less degree.

It is also a filthy habit and defiles the body, and anything that defiles or injures the body is a sin against God, who created man in His own image.

Tobacco also injures the heart and lungs and it makes the blood impure.

### A GRAND, INSPIRING AND THRILLING MISSIONARY BOOK ABSOLUTELY FREE.

We will send absolutely free that splendid book by Dr. J. Hudson Taylor, founder of the Chicago Inland Mission, "A Retrospect," which gives an account of the marvelous answers to prayer and many other wonderful experiences in the founding of the great China Inland Mission. We have placed over two thousand of these books in the hands of the people and every one has been more than pleased with it.

To all who will send us a new subscription to The Life Boat at fifty cents we will send this book. Do not let this opportunity slip by; ask a friend to subscribe, and receive this book. It will quicken your spiritual pulse beat and revive your faith in prayer. You will find it intensely interesting.

## An Infallible Guide in City Work

David Paulson, M. D.

**T**HERE is no perplexing problem that we shall ever meet in the city work that has not been anticipated in the Bible, and by diligent search its solution can be found, for "what hath been, that is now, and that which is to be has already been; for God requireth all things to revolve." Eccl. 3:15, Spurrell.

For a dime the worker can buy a street directory, but only in the Bible can he learn what to do on those streets, for "it is not in man that walketh to direct his steps." Jer. 10:23. As one begins to actually believe this, Bible study becomes more interesting than the study of a guide book is to the traveler.

### INSURMOUNTABLE OBSTACLES.

As we contemplate going in and possessing these cities for Christ we are compelled like the spies of old to recognize they are walled up to heaven with difficulties (Deut. 1:28). On the first floor of every skyscraper office building is an officer in uniform who forbids us to enter with our literature. At the front door of every apartment house is a servant to prevent us from reaching the people who dwell within.

From a human standpoint they are stronger than we, but as soon as the city worker loses his hold on God he becomes a member of the same church that the ten spies belonged to. And he will soon be able to offer even better excuses than they gave for not being able to go up and possess these cities. But if the Word of God is in his heart it will be a lamp to his feet and a light to his path, and he will in the spirit of Caleb and Joshua constantly affirm in the face of the most despairing obstacles: "We are well able to overcome it. The Lord is with us: fear them not." (Num. 13:30; 14:9.)

### COMMERCIAL INDUCEMENTS.

Every Christian worker who is drawn into the large cities by commercial inducements rather than by the love for perishing souls will do well to study carefully the experience of Lot. The grass land near Sodom seemed attractive to him; but he was never

able to get his cattle away from Sodom. Yet Lot felt no more at home in Sodom than do our Christian workers who today are in the large cities for purely commercial reasons. He "was tormented with the filthy conduct of the lawless; for that upright man dwelling among them, in seeing and hearing from day to day, was distressed in his righteous soul by their lawless deeds." 2 Pet. 2:7, 8. Syriac. But when he left Sodom he had no harvest of souls to take with him. He was not even able to persuade all of his own family to go out with him.

Many are in danger of making the equally great mistake of permitting financial opportunities to keep them from enlisting in this final soul-saving campaign for the large cities. The Bible furnishes us a startling illustration of this kind. The word came to Jonah, as it will certainly come to many who read these lines, "Arise, go to Nineveh that great city, and cry against it; for their wickedness is come up before Me." Jonah 1:2. But the gold, and silver, ivory, and apes, and peacocks, for which Tarshish was famous (2 Chron. 9:21) looked more attractive to Jonah than did the lost souls who were about to perish over in Nineveh.

His distressing experience should be a warning to all those who with every day are repeating his sad mistake; while on the other hand the fact that God gave him a *second* chance and made him one of the most successful city workers the world has ever seen—for He used him to evangelize a great and wicked city in three days' time—this fact should be a mighty encouragement for backslidden workers to return and receive anew from the hands of God an inspiring message to the lost.

### HOW TO SECURE OPENINGS.

What Paris is to the modern world Damascus was to the ancient world. Ananias was a worker in that city, who lived so near the Lord that he could hear a voice behind him saying, "This is the way, walk ye in it." He was told to go up to a definite house on Straight street and there he would

find a praying soul who was longing for light (Acts 9:11). Saul was probably the only man in that block or even in that ward who was ready for Ananias that day. This incident was put into the Bible for our learning, and it is a cheering beam of light on the pathway of the faithful city worker.

As we get nearer to the end and also nearer to the Lord He will more and more frequently send us directly to the very homes of those who are eagerly thirsting for the Water of Life.

#### A DIRECT CALL BUT A SMALL BEGINNING.

Paul in vision saw a man of Macedonia pleading for help. He made an immediate response and went to Philippi, its leading city. He walked about its crowded streets for several days and no man or set of men apparently wanted to hear the gospel. There were no openings for him to preach to a great crowd in a public square. On the Sabbath day, perhaps to escape the spiritually benumbing scenes of city life, he went out to the river and there he observed a little group of women who were having an outdoor prayer meeting. He might have reasoned that it was a *man* who beckoned for him and these were only women, but instead he embraced the very first opportunity that presented itself, knowing that by so doing he would be opening the door to greater opportunities.

A woman who sold dye stuff was converted, and then greater opportunities began to present themselves, including a song service at midnight in prison under the most disheartening circumstances. But it required that kind of experience to raise up the great Philippian church.

#### SELF-SUPPORTING CITY WORKERS.

Paul was essentially a city worker. He visited all the great centers of population in Asia Minor and Europe. While Jonah in a single instance was the most successful city worker, yet Paul was by far the greatest and the most ideal, and it is a noteworthy fact that he was a self-supporting worker. Picture to yourself this great world winner literally being consumed by the fire of the great message that was burning within him—picture, I say, this man walking from tent factory to tent factory when

he first arrived in a new city, looking for employment. As you sit beneath the spell of that matchless presentation of the gospel, which made Felix tremble and even reached the heart of blood-thirsty Nero, observe him and you will see that his hands are caloused from hard labor so that he might not be "chargeable to any of you." 2 Thess. 3:8. And then ask yourself, are you willing to share with Paul the necessary work and toil so that you also may become a self-supporting city worker?

The successful city worker will need to live much with St. Paul if he shall be able with him to say when he reaches the end of his journey: "I have fought a good fight, I have finished my course, I have kept the faith: henceforth there is laid up for me a crown of righteousness." 2 Tim. 4:7.

#### SAVED TO SERVE.

JAMES J. JEFFREYS.

My father was a Baptist minister. He died when I was ten years old. I began smoking tobacco when eleven. At the age of thirteen I joined the Baptist church. Our Sunday-school superintendent and two of the deacons used tobacco, so I soon began to chew tobacco as well as smoke it. From the time I was sixteen till I was twenty-three I used tobacco excessively.

I quit its use when I was married because while working at the barber trade I became so sickened by the foul breath of men who used liquor and tobacco that I said that whenever I married I would quit the use of the filthy weed; and I kept my word. But I will always carry the marks of its use for it stunted my growth.

When I joined the Brotherhood of Locomotive Firemen they refused me insurance because I had heart trouble. Now my heart is in normal condition. Not only did it affect me physically but morally as well. I graduated from Sunday-school. I was on that road that leads to destruction.

One night I entered the Pacific Garden mission in Chicago. There I heard Melvin Trotter and the late Charles Palmer give their life story, and when the invitation was given I went forward and asked God to forgive me and give me another chance.



I was glad to write and tell my mother I was saved, and wanted to follow my father's example and be a minister.

I wanted to go to Moody Institute, but God led me in a different way. In March, 1907, I was taken seriously ill. I asked God to lead me to the right place for treatment and in answer to prayer I was led to the Hinsdale sanitarium, where I was cured. Through the efforts of Dr. Paulson I entered the field work of the National Anti-Cigarette League, of which he is president. Now, instead of using tobacco, I am fighting it, especially the cigarette, which is positively the worst form in which tobacco is used.

Dear reader, will you not join us in the fight? When you see anyone, especially a child, using the weed tell them the effect. Then try and get the public schools to take up essay writing, which is the most effective way of reaching both children and parents. Later I will give a brief outline of work that all can do. Let every Christian pray for the success of this work.

#### WILL TRY AND BE A MAN, NOT A BEAST.

(From a Prisoner.)

"Your kind letter and also your very instructive magazine received, and if you only knew how glad I was to hear from you and to know that a total stranger was willing to be a friend to a friendless prisoner, that is enough to cheer any man up; at least it has made a noticeable change in me so far, and with God's help, I will make a strong effort to get in the right pathway in future.

"As I told you in my last letter, I am only a young fellow of twenty-eight, but I've led a pretty rough and fast life. You

will believe me when I tell you that I've been a sailor for upward of nine years, both in the U. S. Navy and the merchant service on the ocean and the great lakes; have been in all parts of the world, been an officer aboard ships, with good wages. But what was the good of it? A few days on land and I didn't have enough left of two or three hundred dollars to buy a five-cent beef stew. What I wanted then was a friend like you to pound and knock some good advice into me. I have told you this to give you an insight into my past life.

"In the prison here I am learning the tinsmith trade; in fact, I am a good all-round tinner by this time, after two years of it, and as I have till June, 1913, to work at it yet I will have a good land trade to work at upon my being released from here. With God's help I will try and be somebody and lead a good and honest, upright, Christian life and be a man and not a beast.

"Many thanks for THE LIFE BOAT. I hope to hear again from you soon, and may God bless you and yours in your good and helpful work for many years to come."

#### WHO WILL FURNISH COAL FOR THE RESCUE HOME?

We want a number of friends of the Rescue Home to help us with the coal bills this winter. We can get good furnace coal at \$2.25 a ton. It takes at least ten tons a month during the cold winter weather. Will you undertake to pay for one ton a month during the next few months and thus help to warm and house dozens of poor, unfortunate girls and their babies? Write to the editor.

#### AN INSPIRING BOOK FREE.

To those who apply IMMEDIATELY we will send absolutely FREE the thrilling missionary book, "A Retrospect," containing the marvelous experiences of answers to prayer by Dr. Taylor, founder of the well-known China Inland Mission, if at the same time fifty cents is enclosed for a year's subscription to THE LIFE BOAT magazine.

Address Dr. David Paulson, Editor of THE LIFE BOAT, Hinsdale, Ill.



## Editorial Department

Conducted by Dr. David Paulson



### THE SCHOOL FOR CITY MEDICAL MISSIONARY WORKERS.

The new school for city missionary workers which has been started in our new Life Boat Home at Thirty-third place, near Cottage Grove avenue, aims to prepare mature young women to go into the homes of people of moderate means who can not afford to pay several dollars a day for ordinary nurses. At the same time it will fit them to do genuine soul-winning work for the patient and her friends. We are particularly anxious to secure as members for this class those who already have a thorough Christian experience and something more than the ordinary knowledge of the Bible.

We already have something over fifteen enrolled. The students appreciate very deeply the practical instruction that they are receiving.

Pastor M. H. Serns, from Wisconsin, has been secured to give the Bible instruction. He is a man who walks very closely with God and is a genuine soul winner. He has located right in the institution, and the Lord is helping him.

The tuition in the school is free; room rent and board about three to four dollars per week. Students are encouraged to handle the ten-cent magazines in their spare time. In this way they are easily making their work more than self-supporting.

Those who have charge of the work are leading them right out into the practical work so that they will come in contact with the real missionary work at first hand right from the start. Too much of missionary training is simply given inside of four walls, and hence does not qualify the student for the hand-to-hand conflict of wringing souls from the grasp of the enemy and bringing them to the foot of the cross.

We shall be glad to send information to any one desiring to know more about this

school for city missionary workers. Address Dr. David Paulson, Hinsdale, Ill.

### THE SIZE OF THE CITY PROBLEM.

Nearly one-half of the population of this country are now living in cities. In fact, in eight of our states two-thirds of all the people live in the cities.

Much of the business of our large cities puts a premium on dishonesty. It seems easier to be crooked than it is to be straight. If the farmer does not honestly care for his corn crop he can not expect corn. But the clerk, the bank cashier, the saleslady, are constantly tempted to steal. The impression is general that many rich men have become so largely by dishonesty.

Most of us are what we are today because of our early home influences. Over in London there are two and one-half million people who either live singly or as families in one room. The children's playground today is out on the streets, and that is the devil's headquarters. I am not astonished that the young people of our large cities go to the devil; I am more astonished that any child can grow up under such conditions and continue to maintain high and lofty ideals.

Where are the rich living today? Largely in clubs and apartment houses, where none of the children have to even peel a potato in order to get dinner ready. Hence the family do not learn to do team work in wrestling with life's problems, and so they can not be expected to go out in the community and work hand in hand with their fellow men to achieve results.

We have prided ourselves that this was a government of the people, by the people and for the people. But some one has said that the government of our large cities is largely of the saloon keepers, by the saloon keepers and for the saloon keepers and their interests.

Our modern cities are becoming the headquarters of cut-throats, murderers and blackguards. There were sixteen times more murders committed in Chicago last year than in London, in proportion to the population.

The Lord will soon wipe these cities off the face of the earth as He did the cities of Sodom and Gomorrah. It is time that we sensed the urgency of this problem and did our best by the help of God to reach the honest of heart who are still scattered in these great centers of population.

#### NINEVEH REPRESENTS THE MODERN LARGE CITY.

Why should the entire book of Nahum be devoted to the overthrow and destruction of a great heathen city that was so completely wiped off the face of the earth nearly three thousand years ago that even its location has been unknown until in recent times? Yet this book contains the most graphic description of the complete annihilation of a large city that can be found anywhere in print.

The prophet Zephaniah furnishes the key to this puzzling problem; about one-half of this book is likewise devoted to the destruction of Nineveh, but the other half clearly outlines the events that are closely connected with the second coming of Christ. So it is evident that the startling and vivid picture of Nahum really portrays the actual destruction of the large cities that will be upon the earth when Christ comes. So if we want to get our souls set on fire with the reality of the fate that awaits these great centers of population we may substitute London, New York, Chicago, St. Louis, or the name of any other large city for Nineveh in the book of Nahum, and then we should read and reread it until we are saturated with its tremendous significance.

#### THE JOY OF SERVICE.

[It is not merely in the crowded cities that souls must be won to Christ, but in out of the way places. This prophecy is yet to be fulfilled in a special sense: "I will send for many fishers, saith the Lord, and they shall fish them; and after will I send for many hunters,

and they shall *hunt them* from every mountain, and from every hill, and *out of the holes* of the rocks." Jer. 16:16. Many will do in the mountains and mines what these friends have tried to do.—Ed.]

Mr. Jones and I made about a nineteen-mile trip on foot last week up into the mountains with *The Life Boat*, canvassing several small towns, meeting with pretty fair success. But our greatest joy was going out into the woods and bushes, and finding so many old miners in their lonely cabins off to themselves who have lived in this way for many, many years. As we presented *THE LIFE BOAT* to them, the most of them purchased with few words. Our prayer is that the reading of this little messenger may start some of them, at least, on the road to eternal life.

While I did not dispose of the papers quite so readily as I had hoped to, I experienced much joy after all.

I enjoyed the letter very much which I received from you stating what others are doing with *THE LIFE BOAT*. Please send me one hundred copies next month.

Yours for the success of *THE LIFE BOAT*,  
Mrs. A. R. JONES.

#### THE FIRST AND THE LAST CITY.

The first earthly city was built by Cain (Gen. 4:17) and the sons of Cain have been building cities ever since. But the last city in the universe will be built by God himself (Heb. 11:10).

The first man whose heart was wrung over the city problem was Abraham. He plead with God to spare Sodom (Gen. 18:23). The reason Abraham was so intensely interested in Sodom was because he was looking forward to another city, even the heavenly (Heb. 11:10).

I have discovered that the man who expects to be a citizen of that better country makes the best kind of a citizen in the present country. I have become convinced that the man who expects some day to breathe the pure air of that heavenly city is the man who has the most concern about having proper ventilation in the homes of the people who inhabit the poorest parts of our present cities.

I am also grateful that it is the very

man whose feet expect some day to tread the golden paved streets of that eternal city who can be counted upon to interest himself in the proper paving of his present home city. Yes, it is the man who expects to associate only with the pure and the sweet in that better city who is spending at least part of his time here improving the condition of the outcasts of these sin-cursed cities.

#### GOD HAS MADE HIM A NEW MAN.

The following letter was received from an ex-prisoner who seems to be making good by the help of God:

"It was through a dear Christian friend that I received your address some two years or more ago. I have read that grand little magazine called THE LIFE BOAT and I just think it one of the best little magazines that I have ever read. Through it I got information that you were doing a good and noble work in helping the fallen and others; so now may I ask of you that you would kindly send me one of your September numbers?"

"I believe that I can get a good number of people interested who will take THE LIFE BOAT, for I do think that it should be in almost every Christian home throughout this entire country. It shows what is being done in mission work, especially in and around Chicago. I love to help carry on that kind of work since I gave God my heart and He has made me a new man and given me new desires. I feel it my duty to do so under all circumstances whenever the opportunity presents itself."

**Who will help furnish The Life Boat to the hospitals of Chicago? Write us about it.**

#### WANTED—SECOND-HAND CLOTHING.

We would be glad to receive, freight prepaid, second-hand clothing, especially for women and children, to supply the needy ones who come to us and whom our workers find in visiting among the poor. Clean, wholesome garments can be used to good advantage. Address, The Chicago Life Boat Home, 528 Thirty-Third Place, Chicago.

## The Life Boat

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

THE LIFE BOAT is published at Hinsdale, Ill., by the Workingmen's Home and Life Boat Mission, incorporated. The Chicago headquarters is 528 Thirty-third place.

Checks, drafts and money orders should be made payable to THE LIFE BOAT, Hinsdale, Ill.

Single copies, 10 cents.

Yearly subscriptions, 50 cents.

Special discounts when a number are sent to one address.

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#### 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.

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"You will find enclosed \$1.50 for five LIFE BOATS one year. We don't want to miss a number. It is by far the best paper we take. As superintendent of the Sabbath school I found many good things I could tell others which helped to interest wonderfully."

Mrs. M. C. Jackson writes from Hastings, Neb.:

"We are already on the move and have begun the canvassing work. Success good. I am eagerly looking for the next LIFE BOAT. We hear good opinions of your work wherever we go."

"Enclosed please find fifty cents which will pay for THE LIFE BOAT another year. I value it very highly and feel when I am reading it I am with old friends. I can hardly give the back numbers away, I think so much of them."

Nashville, Tenn.

"I am still delighted with reading the articles in THE LIFE BOAT and would be glad if many other people would partake of its teachings. The knowledge that can be obtained from the perusal of THE LIFE BOAT is very valuable."

Clearmont, Mo.

"Please find enclosed draft for twenty-five dollars to apply on pledge. Will send more as soon as we can spare it. Also order for three dollars for ten copies of THE LIFE BOAT for one year. We are glad to have a part in this great work. Our neighbors think the LIFE BOAT the best of all papers."

Madison, Ind.

"Enclosed please find seventy-five cents, fifty cents for THE LIFE BOAT and twenty-five cents donation. I had thought I would deny myself the pleasure of reading THE LIFE BOAT but I find I can't, it is so much help and such an inspiration to us. Please let my subscription start with the February number as I don't want to miss one number."



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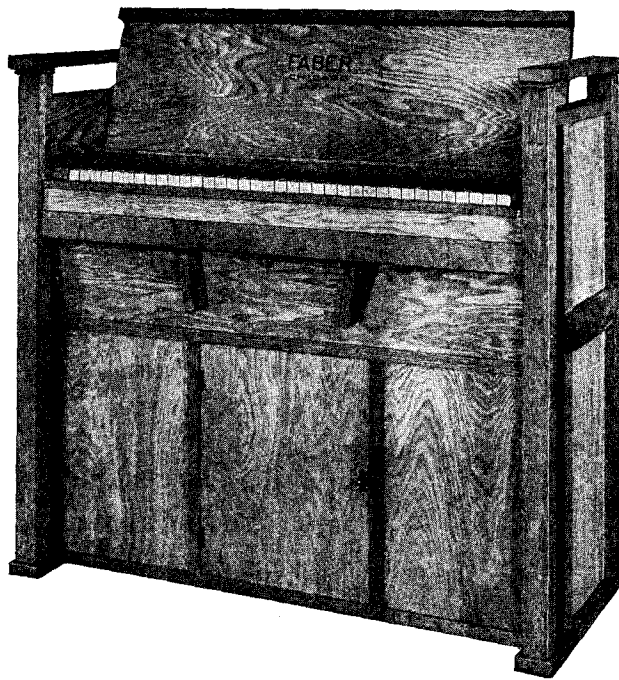
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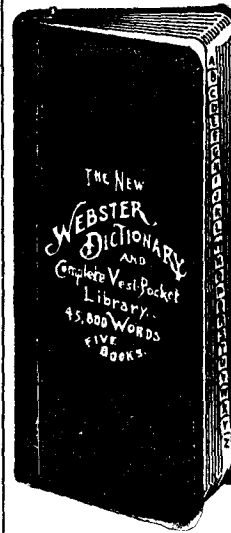
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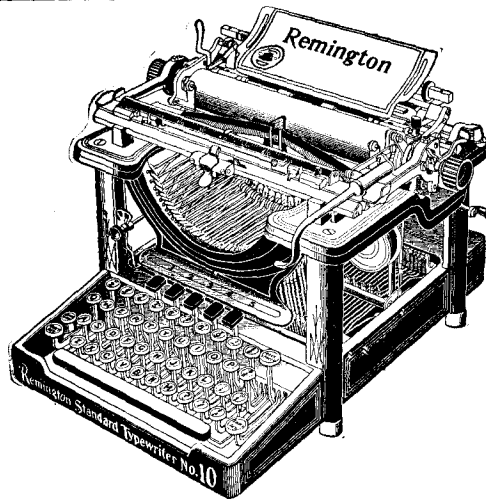
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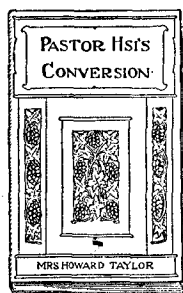
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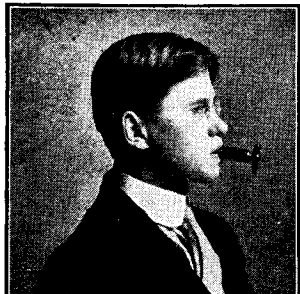
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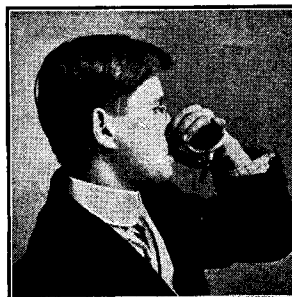
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