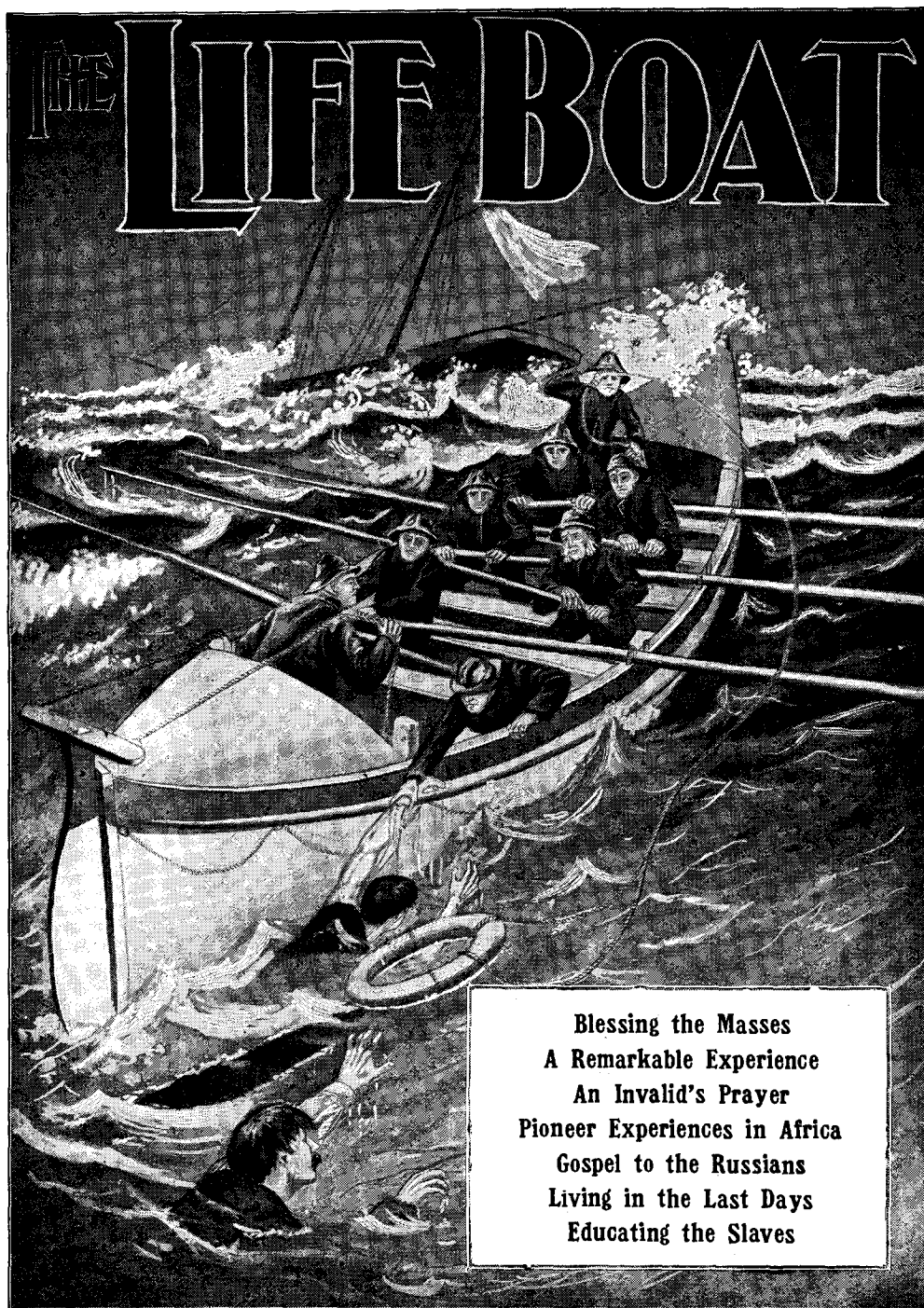


"The Nations Were Angry, and Thy Wrath is Come."—Rev. 11:18

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**Blessing the Masses
A Remarkable Experience
An Invalid's Prayer
Pioneer Experiences in Africa
Gospel to the Russians
Living in the Last Days
Educating the Slaves**

**Volume Seventeen
Number Nine**

Windsdale, Ill.

September, 1914

The Gymnastics of Useful Work—by the Editor



—Copyright, Frederick Robinson, Chicago.

The photos reproduced above are of the rulers of six of the great European powers which are today engaged in mortal combat. Below them is shown an artist's conception of a naval battle which is likely to take place in European waters most any day. See page 278.

THE LIFE BOAT

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HINSDALE, ILL.

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SEPTEMBER, 1914

Number 9

The Gymnastics of Useful Work

David Paulson, M. D.

BUSINESS failures and failures in health are both of them generally due to definite causes. They represent poor management.

Of course there are exceptions. Sometimes men fail in business from reasons that are entirely beyond their control. So a man's health may be injured in an automobile accident for which he is not responsible. But in nine cases out of ten when a man is thrown into bankruptcy and has a receiver appointed to manage his business it is due to poor management. Likewise when a man loses his health and becomes physically bankrupt, and also has to have a receiver, or a physician, appointed, it is also due to poor management.

The average invalid naturally does not relish this comparison, but that is only because it contains so much more truth than fiction. Who has not seen a beautiful field of corn on one side of the road and a stunted, miserable growth of corn on the other side? It would be useless for the owner of the latter field to console himself that it was all due to hard luck, that providence did not favor him, etc., when the real reason is that he did not properly cultivate his corn or had neglected to fertilize the soil.

Essential Health Requisites

In order to work out our physical salvation we must provide certain essential health requirements. Every child knows, for instance, that the human body absolutely demands air, and this should be as pure as possible.

The human system also must have food

and water. The same is true of sleep. One may go without sleep for a few days and sometimes even for weeks, but sooner or later it must be secured.

Exercise is another essential requirement. But its lack does not show itself so quickly as when the body is deprived of air, water or food, and hence thousands of people have almost come to regard inactivity as a blessing instead of a curse.

Today steam and electricity are doing the world's work, and instead of earning our bread by the sweat of our brow many are earning it by the sweat of their brains and at the expense of their health.

The Bible says that he that will not work shall not eat; and nature says the same thing by taking away the sedentary man's appetite. And so the cook is compelled to add condiments and fiery spices and other artificial stimulants to the food in order to whip up an appetite that naturally would have been aroused by physical work.

How to Relieve Internal Congestion

When we sit still two-thirds of all our blood are in the liver, spleen, stomach and other internal organs, and only one-third is out in the skin and muscles. After a few minutes' brisk walk or some other active exercise two-thirds of the blood are out in the skin and muscles and only one-third is in the internal organs.

We often hear people say, "I am suffering from congestion of the lungs," or "the stomach," when the facts are they are cultivating

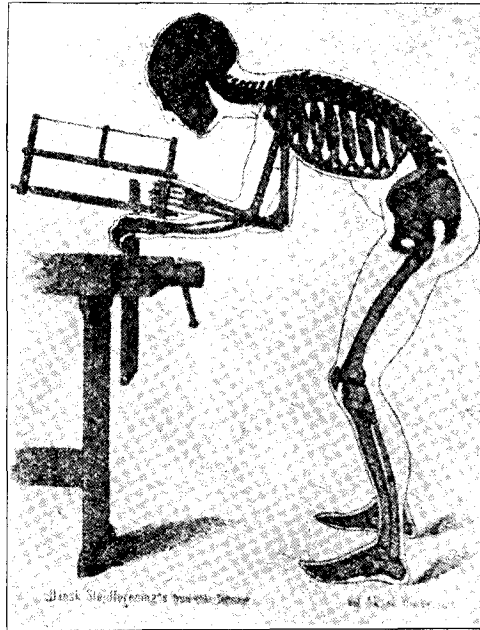
it every hour of the day by their sedentary life.

There are three or four times as much carbon dioxide gas thrown out through the breath during physical work as when at rest. That is the real measure of the amount of tissue changes. The fires of life burn more slowly during inactivity, and because of this stagnation "clinkers" are likely to form in different parts of the body.

Getting the Best Out of Life

Busy people can not spend all of their time oiling the machine. They must do something besides promoting their health. So the problem must be solved how to sandwich in the necessary exercise between other duties.

First of all, it is important to have the right attitude toward work, to regard it as a blessing instead of a drudgery. When I was a boy I found it very trying to bring in wood for my mother, but I had a delightful experience working four times as hard snowballing with my friends. My mother had not succeeded in teaching me that it was just as easy to put play *into* useful work as it was to put hard work into useless play. To get the best effect from exercise we must enjoy it, just as it is important for thorough digestion that we should relish the food we eat.

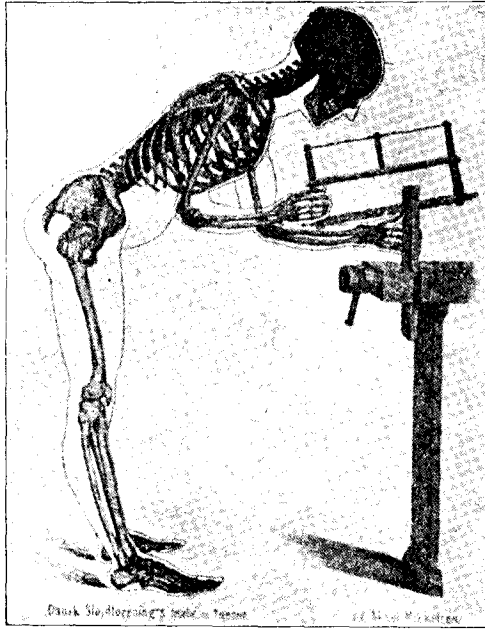


INCORRECT POSITION. SHOWING THE BEND IN THE SPINE.

Many a broken-down, nervous wreck would soon be on the high road to recovery if she would only discharge her hired girl and take



THE BEST FORM OF GYMNASTICS IF TAKEN IN THE RIGHT POSITION, SHOWN BY FIGURE AT RIGHT.



CORRECT POSITION. BENDING AT THE HIPS.

a liberal dose of household gymnastics every day. Punching pillows in bed-making, kneading dough in bread-making, sweeping floors and even sweeping cobwebs from the ceiling, is the very best form of gymnastics, provided they are taken in the right position.

It is what we do by the hour that counts. Those who work day after day in a humped-over position gradually become deformed, and that means contracted breathing space for the lungs, relaxed abdominal walls, more or less prolapsed internal organs, and a long train of misery that is generally attributed to over-work, when it really is due to being *bent over* in the work instead of over-work.

Who has not seen an old horse whose back curved upward instead of downward? Such an animal can be purchased for about fifteen dollars. He is about ready for the scrap heap. The strong man, as well as the strong horse, curves forward in the small of his back, instead of backward.

What Is a Correct Position?

The fundamental thing to practice is to keep the chest up, push the neck back against the collar button without trying to push the head back.

The average woman who has to do her own washing has never discovered how much easier the work would be if the tub were placed high enough so she would not have to bend over, just as many a woman has not found out that it is really kinking over the sewing machine instead of sitting erect, that makes sewing so tiresome.

Farmers, in shoveling, digging, and pitching



IT IS BENDING OVER THE SEWING MACHINE INSTEAD OF SITTING ERECT THAT MAKES SEWING SO HARD.

lay, invariably bend their backs instead of bending from the hips, and consequently the work is much more tiresome. Try to take a deep breath when bent over, and repeat the same experiment with the chest erect, and notice the difference.

In Sweden and some of the other European countries these things are taught to children in

nal organs down just like one would shake down potatoes in a bag.

It is almost as helpful to stay at home and climb stairs—provided it is done in the right way—as it is to go to Colorado and climb mountains, and it saves railroad fare in addition. But the body must be kept erect and one should lift himself up from step to step by the muscles in the limb instead of those in the trunk.

Breathe to Live

We all have to breathe while we live, but there are few who appreciate that they could live longer if they would breathe more. In fact, some people seem to be too lazy to breathe; they just breathe enough to keep alive.



BENDING OVER IN THIS WAY RELAXES THE ABDOMINAL MUSCLES.

the public schools; and they are certainly much more important than some of the things that are stuffed into the children's minds in this country.

Mountain Climbing at Home

It is especially important to maintain the right position while going upstairs. But instead, the average woman who usually walks leisurely and with a fairly good poise, when she reaches the bottom of the stairs will stoop over and then begin to trot upstairs. Bending over in this way relaxes the abdominal muscles, and then running upstairs jolts the inter-



AS GOOD AS MOUNTAIN CLIMBING IF DONE CORRECTLY.

Every time we take a deep breath the diaphragm takes an excursion down and presses on the liver and stomach, squeezing out the stagnating blood; it is the best kind of internal massage, and it costs nothing.

I heard Dr. Babcock, Chicago's great heart specialist, say that he once had a very bad case of heart disease. The liver was terribly congested because of the weak circulation. He had given heart stimulants in vain. It finally occurred to him to have the patient take deep breaths for fifteen minutes three times a day, and in a week's time the congested liver was back to normal size. It is the simple things that are the most important things.

A few times a day take a few deep breaths just to see how good it feels afterwards. Observe how many times you can count while exhaling a deep breath. Do not overdo this, but a little practice will surprise you at how much you can gain in a short time. When walking keep your chest erect, head up,

after hour it is an important matter to learn *how* to sit advantageously. The average schoolboy learns to sit near the front of his seat, quite often because he can not reach his desk if he does not. He soon acquires the habit when resting of folding himself back in his chair, really sitting on the small of his back instead of his hips. That is an easy



SITTING INCORRECTLY WHILE AT STUDY IS AN INJURIOUS HABIT.

breathe deeply, and walk vigorously enough to have a good time of it, and then you will actually have a good time.

How to Convert a Chair

For those who have to sit in a chair hour



REFORM THE SEAT AS WELL AS TRAIN THE BOY.

trick to learn and not so easy to overcome, but brings disastrous results in the end.

As it is easier to reform the chair than it is to reform ourselves, it is well to hang a small cushion on the back of the chair, so as to support the small of the back. This will keep the chest up and make sitting a luxury as well as wholesome and restful.

It is much more important to have strong abdominal muscles than strong biceps, but unfortunately very few of the popular gymnastics or physical culture exercises have this for their purpose.

A good exercise to take is to sit near the

front of the chair, tilt backwards against the back of the chair, at the same time lifting the knees the same distance. If the hands are placed on the abdominal muscles at the same time it will be readily observed how rigid they become while taking this simple teetering forth and back movement.

Cat Gymnastics

Who has not observed a cat daintily stretching himself? That is a significant performance. He is in serious business; he is taking his gymnastic exercises, which some people with far more brains and less sense entirely fail to do. It was practicing these so-called feline movements that enabled Sandow to build himself up from a spindling youth to a powerful giant that could lift a ton and a half.

Put out your hand, then imagine you are slowly squeezing a ball as hard as you can. Then relax while you are taking a deep breath, for you notice you can hardly breathe while you are doing that. Then imagine your hand is full of taffy or something so you can scarcely open it.

Then imagine you are lifting some heavy weight up toward your shoulder. Let your hand rest there a moment while you are taking a deep breath, then pull your hand forward again just as if you were pulling a heavy rope over your shoulder, and you will soon get an idea what these resistant movements are.

In the same way you can lift up the toe of your shoe as though you were lifting a heavy weight from the earth. Then push down again as if you were driving a stake into the earth. It soon makes the muscles weary; in fact, such simple movements benefit nearly the entire body.

In the morning while putting on your clothes walk on your toes. That is a splendid exercise for the lower limbs. To reach the muscles in the upper part of the body, bend forward as far as you can while looking up at the ceiling and keeping your chest up. Then stretch your arms out to the side and swing them around and around with a sort of a flying movement. You can not do that more than a few moments without becoming thoroughly tired.

Another exercise you can take which will

benefit the muscles of the lower trunk and hips is to stand still, put your hands on your hips, hold the shoulders rigid, and then begin to swing the hips around a small circle like a swivel movement. This exercise will soon discover a number of small muscles that you are not using in ordinary work, and while not a very elegant movement, it is very effective. Do not take it too vigorously at first until you become accustomed to it.

In Conclusion

Some men are born with such a stock of health that they can not squander it in one lifetime, but most of us have to cultivate health just as the farmer has to cultivate his crops. Under ordinary circumstances health does not rain down ready made from heaven any more than a liberal education does.

The sensible man will show good sense in spending a few spare minutes each day in promoting his health. We can not return to the *active* days of our forefathers. It is impossible to turn back the hands of the clock of time. The "good old days" refuse to come back. We must adjust ourselves to the new conditions without permitting these strenuous times to crush us. The lightning express is just as safe as the poky old freight train, provided it sticks to the rails and observes its proper schedule and avoids collisions.

Cultivate the habit of maintaining a proper position in whatever work is done, and a right attitude toward whatever useful work God expects you to do. "My father worketh hitherto, and I work." And *why* shouldn't we work and be thankful for the opportunity?

Do not become discouraged because you do not see wonderful results in a day or in a week. If you have a child to whom you are giving a musical education you expect her to faithfully practice day after day for many months. Will you do half as much to develop what is far more important—better health and strength?

Let us never forget that if we do our part toward promoting our health God can be depended upon to do His part. If we faithfully and conscientiously observe all the sensible health ideas that we have had a chance to learn God will give us all the health He sees that we will make good use of and He will bless to our good whatever ill health He permits us to retain.

Pioneer Experiences in Africa*

Miss Helen Hyatt

Cape Town, South Africa

THE natives in Africa build their homes usually in a fertile valley. They live together in what we call kraals. These kraals perhaps accommodate between fifteen and twenty families. The family consists of the man and his wives,—one wife if he is a poor man, and more if he is a rich man. Of course the man has to pay for his wives, and so his riches may usually be gauged by the number of wives he has. He has a separate hut for each of these wives.

The man's wives are the ones who do his gardening. The natives depend upon their gardens for their food, which consists of porridge, made from the grain. If they are rich enough they have a sort of sugar on their porridge, but usually only milk.

The result of this is the natives in Africa seldom have the beautiful teeth we expect them to have. The missionary has to carry forceps in his pocket because he never knows when he is to have teeth to pull. My uncle had a bucket beside the house in which he threw the teeth that he extracted and in two months he had that bucket full of teeth.

We have dozens of tribes in Africa speaking dozens of different dialects. At the present time at least half of the missionary work is being done in the English language, for, because of so many dialects, it is difficult to translate books into all the tongues. If we did we would have to bring the people in and teach them to read before we could give it to them; and so there are more schools to teach them English than to teach them their own tongue. Then they can read the English books.

It is the purpose of the missions to locate as near as possible to a native center. But because there are natives in a spot this year is no guarantee there will be natives there next year. The natives are inclined to get tired of their condition and pick up huts and all and seek new locations.

*Told at the Hinsdale Sanitarium while on a recent visit.

The bushmen are perhaps the most degraded human beings on the face of the earth. They have no idea at all of a supreme Being, and when a man gets so low in the scale of life that he has no idea of a supreme Being he has reached the depths of degradation. And these bushmen have no idea of a future life or even of their soul passing into an animal, which is bad enough, but not quite so bad as the utterly hopeless idea of the bushmen.

The natives of Central Africa invariably worship three stones or three sticks. They have an idea of the Trinity, you will see. There are hundreds and thousands and tens of thousands who still worship three stones or three sticks.

They believe that when they die their spirit passes into a snake, a frog, or a bird. If a snake comes into their hut they will leave and let the snake live there, because he has come there seeking a home and represents the disembodied spirit of some ancestor.

Told to Learn the Virtues and Reject the Vices

The natives on the coast are a superior race. A prophet arose among the Kaffirs long before the white man came to Africa. Today his great-grandson is one of our devoted missionaries in Africa. This prophet told his people of the day when great wagons would travel through the land, and the white men would come. He advised them to learn all the white man's virtues and to reject his vices. They, of course, have done exactly the reverse.

At one time there were many of them cannibals. At the present time Great Britain does not allow that kind of thing, but they are just as much cannibals at heart as if they were allowed to take the flesh of their fellow

A Trip Among the Villages

My father went into Kaffirland and took the superintendency of one of the missions and was there a little over a year. He used to take one of our ox wagons, sixteen oxen, fomentation cloths, a bucket, and some simple medicines, because the natives could not under-

stand being doctored unless they had some kind of medicine; and the more bitter the medicine the better they liked it. And, of course, he took some forceps for pulling teeth, and a magic lantern and a box of provisions, and started out. He would be gone for a few weeks at a time.

He took a native boy with him. He would start out very early in the morning to ride down to the river, and when night came would plan to be at one of the villages along the banks of the river. He would throw a picture on the screen stretched at the back of the wagon. In a few minutes every man, woman and child would be out to admire the pictures. Usually he would throw on the screen the pictures of the cross, and the natives would hear the old, old story, that many of them had heard before,—for in South Africa there have been many missionaries; but because of the vices of the white man many of the converts have rejected Christianity.

Medical Missionary Work

The next morning the sick would come around. One time a chief came bringing his little boy. The cords of his leg had been drawn up and one leg was shorter and he could not straighten it out at all. You would be surprised to know that with the simple remedies father could give him, by the time he had made his trip and come back again that boy was standing straight. Father showed the people there in the hut how to give him the fomentations and how to stretch his knee. God blessed that particular treatment at that time. And I sometimes think if we do not know what to do, if we simply submitted ourselves to God and allowed Him to work through us, somehow He would bless our efforts even if we did not know what to do from the standpoint of education. Lepers would come, people with tuberculosis would come,—many that he was compelled to turn away.

Touched Their Hearts by Touching Their Skin

When they found the missionary was willing to come and get right down to their level, and *touch* them and treat them, it made a wonderful impression on their lives. The white man in South Africa, as a rule, will not touch the natives; and to see this white missionary

take the fomentation cloth and wring it out and put it on their black skin and touch them, touched their hearts too, as perhaps nothing else could. The hearts of the people in the Kaffirland are turned this way and Africa is certainly reaching out its hands to God.

IN THE COMMON THINGS

PEARL WAGGONER.

Not a leaf that glistens in the morning dew,
But contains a message full of hope for you.

Not a bird wing ever cleaves the trackless air
But can teach a lesson of God's guiding care.

Not a blade of grass that pushes through the sod,
But contains a sermon on the power of God.

Not a sun-flecked ripple of the murmuring brook,
But reveals God's glory,—if you will but look.

Not a thing in nature, through the changing year,
But proclaims His goodness,—if you will but hear.

Ne'er a passing season happens by mere chance;
There's a Hand all-wise that rules each circumstance.

May it not be likewise in *life's* changes, too,
That they hold a message of His love to you?

Stop, and look, and listen, 'midst the world's mad
rush;
One must "turn aside" to see the burning bush.

And as God to Moses talked beside the way,
So He has a message for his child today.

In the scenes about us, in life's common things,
To the waiting soul He strength and comfort brings.

Oh, for eyes to see Him! Oh, for ears to hear
That which shows His closeness through the changing
year!

CAME IN ANSWER TO PRAYER

SELMA PETERSON,

Member Medical Evangelistic Class, Hinsdale, Ill.

This past week I was out visiting the people in Wheaton. I had an interesting experience, and it made me feel that I was surely in the right place. At one house a young lady came to the door, who invited me in, when I told her I was from the Hinsdale sanitarium. I told her about our class work and about the work we are trying to do in Chicago.

She said, "That is just the kind of work I want to get into."

She wanted to know more about it and asked for reading matter. She had been praying that very morning that somebody would come or that the Lord would lead her to go to some place where she could get a preparation for just such work, so she felt that the Lord had led me to her.

The Gospel to the Russians

J. T. Boettcher

Riga, Russia

[This article is culled from a talk given by Brother Boettcher while in Washington, D. C. It gives a glimpse of the difficulties under which the gospel is spread in that vast empire, which today has plunged into the midst of the greatest war of modern times.—Ed.]

IN OUR work over there we know not one day what the next day will bring to us. We are in danger every moment; we have to try one way and try another way. The government of late has forbidden our ministers to go from place to place. So we have changed over; instead of calling them ministers we call them evangelists, and now they have to make a new law and say "evangelists" are forbidden to travel.

A year ago our house and tract society were closed. We were troubled. We did not believe God wanted us to have that work stop at this time. I went to the governor and he said, "I am not able to do a thing for you; you must close the office." I said, "What must I do? There are the books." "Well," he said, "sell them; you can send them to Moscow and St. Petersburg." So we began selling them and we are selling them yet; we just called the work another name and the work went on.

Just a few weeks ago our book store was closed. I was called to the governor, who said: "You have a society there and I have not given the permission; how is that?" I told him how it was and he said, "You must close that up." So we put a sign up, "This store is closed." But we sell books just the same and send them away; and when the policeman comes he sees the sign the store is closed and does not come inside. So it is with our preaching. We are not allowed to hold a conference unless we own our meeting hall.

But the work won't stop. I thought of the work Paul was doing when he called the elders in. I never appreciated that so much as since being in Russia. I have taken the Bible and studied the plans of the apostles, and found much help.

We call in the elders from the churches and assemble in a secret place. And we instruct them what they shall do and they go

home and tell the people again, and in that way we carry the work on.

We are not permitted to visit small churches and hamlets. The police know at once we are going and we must be put in prison. We assemble after midnight. Last winter when the week of prayer meetings were held we were watched until after one o'clock at night by the police to see if we would gather to hold a prayer meeting. And after the police had gone home, after one o'clock at night, we would come together and have our prayer meeting. I do not think many over here would come to meeting at that hour.

We are glad that the Lord is working. In the last year the Lord has given us 774 souls in spite of the difficulties. We are not discouraged. Our colporteurs have their books taken away from them and are sent to prison, but when released they get new books and away they go again.

Wherever we go we are not allowed to announce our meetings,—not allowed to announce it in the papers or to put out bills, yet we are never obliged to preach to empty seats. My wife said, "When we were in America we had to pray for the people to come; here we have to pray that they stay away." I remember myself having to say, "There is not room for another soul to get in," to which they said, "But we must get in; please let us in." And we had to open the door and they stood clear out on the street.

We could be in Russia and be unmolested if we would leave the Russians alone. We could have a good time. But just as soon as we try to do something for the Russians themselves they can not allow it; and they are making laws right along to hinder every progress. We have labored to get a school started but have not up to the present day, as the government does not permit it.

We find forms and ceremonies in Russia

almost more than anywhere else. The people are bound to these things. If we were to tell them they were worshiping idols we would at once be put in prison. Their images are not idols. They say, "We are not worshiping this paper, this gold, this wood, although we bow down before it. We simply see God through it."

My friends, that is the way we may also have idols in our hearts. We may have something in our hearts that separates us from God, and unless we put that thing away and call it by its true name we are no better than those poor people in Russia.

God gives us light. He has told us we are face to face with the judgment and must live in harmony with it. We make the profession we believe God's Word is true. We must practice it in our everyday life, and then God will put within our own souls His Spirit.

We are planning in every way to spread the truth and are glad we have something more to bring them than an empty sepulcher, and not only a risen Saviour but a Saviour that is soon coming, that will rejoice their hearts and our hearts together. We all want to be faithful and true and loyal that we may join that great reunion when we shall also see a company from across the sea, from Russia.

A WRONG DECISION CHANGED

RUTH STAPP,

Students' Hall, Hinsdale, Ill.

I think sometimes we fail to appreciate the opportunities that are ours in the Sunday morning gospel work at Harrison street police station. In one hour's time in the jail work we can reach as many people as we can in a whole day in any other line of work. And these people being in trouble, their hearts seem to be softened and are easier to reach. They want something.

I can only tell you a few experiences we have had the last few Sundays. With one gentleman I witnessed one of the most beautiful conversions I have ever witnessed. He handed me a piece of a newspaper, saying, "I wish you would read this." Among other things he had written on it was: "I was arrested last Friday in a poolroom, charged with disorderly conduct. This means the Bridewell for me. I have tried to be good for my little

boy's sake, but this Sunday morning I have chosen to be a criminal. God take care of my little son!"

He said, "This was my decision before you ladies came in. I give it to you now; I have no more use for it." And it seemed it would be impossible for that man to break down as he did and kneel down with us before a large audience of men unless he was sincere in his heart.

About three Sundays ago I talked to a young man and pleaded with him to give his life to Christ in his early manhood. He said he believed Christ could save him, but he was not willing to come. He said, "I am here without a charge against me and I do not believe a just God would put me here." I scarcely believed all that he said, but pleaded with him; still he would not promise to become a Christian at all.

The next Sunday when we went back I was standing out in the corridor when the singing was going on, and a voice said, "Where is that young lady that promised to pray for me?" I found it was the same gentleman, and said, "How does it come you are in here again this Sunday?" He said, "Well, I told you there was no charge against me and therefore I have had no trial." I looked into the case and found it was so, and said, "I think it happened so you could have one more opportunity to give your heart to God." He said, "I think so myself." Whether he ever will or not I do not know, but at least the seeds of truth have been sown in his life.

It is the one in a hundred, however, that does give his heart to Christ that makes this work worth while; and it is not only the little we can do for these prisoners, but it is the good it does to us ourselves. I find in this work there must be a nearness to God, because it is hard to do this kind of work; and in seeking the Lord I receive a special blessing for it.

One Sunday morning as we entered the girls' annex we were greeted with the words, "I am a Christian, but, oh, I am so discouraged! Will you do something to help me?" Assuring the woman we would be glad to do anything we could for her, we commenced our song service.

After the workers gave their testimonies

this woman asked to speak a word for her Saviour. Her testimony was the story of her own life. On Friday she had been dismissed from the county hospital and had walked the streets all day Saturday searching for work. Not being successful, she had come to the police station and asked for a bed. She said she had previously lived a life of shame, but that she had accepted Christ as her Saviour and was determined by His help to live a pure life.

"I could have a bed and the best of food," she said, "but to do so I would have to lead an impure life and thus pierce the heart of my Saviour, and I will not do it." Her testimony was a most powerful plea to the other girls to surrender their lives to the only One who could keep them pure and clean.

This jail work is really a school work for us. Last Friday night I had an opportunity to talk with a girl about her soul's salvation, and felt that the work I had done in jail made it possible for me to talk with her as I did, for the questions those prisoners ask had led me to study into the subject and when she brought up like arguments I could answer them.

AN INCIDENT IN THE GOSPEL JAIL SERVICE

W. J. WALTER

The gospel service in the jail affords a good opportunity for one to come in close contact with men and women in trouble. Last Sunday morning we found a man who was in jail for the first time and he said it would be the last. During our service I read some promises from God's Word, told the men that Christ died to save them, and that when in trouble He would stick "closer than a brother." Prov. 18:24.

One man wept and sobbed bitterly. He had been in the cell all night, and said that it had seemed as though the night would never end. I did a little personal work with him, and he told me about his wife and his accomplished daughter; and then he cried most bitterly. He was a reformed Jew. I asked him if he believed in Christ, and he said he did. I asked if he was looking for truth, and he said he was.

He invited me to his home to study the

Bible with him. I asked him if he would like to have us pray for and with him and he said he would. While we prayed he sobbed and cried, which to me showed that the Holy Spirit had softened his heart.

WARNING THE PEOPLE

VERA MORLOCK,

Member Medical Evangelistic Class, Hinsdale, Ill.

I have always had a desire to sometime be a foreign missionary, but I did not feel that I had the training I needed, and I did not know where I would get it. So I just prayed about it, and I heard about this class. It is just what I needed and I can say the Lord has brought me here and given me many interesting experiences.

We started out in our city work by selling LIFE BOATS. But somehow we could not get any openings so we went to a district where there were poor people and took some magazines along to give away. I used the *Signs of the Times* so that gave me an opportunity to tell them of the second coming of Christ. We go from house to house and preach the gospel. We tell them that Christ's coming is very near. We find a good many foreign people. Where I can not understand them I ask if I can bring them some literature in their own language, and I take their names and go back with it. We are also finding plenty of sick people to care for.

I am of good courage and willing to sacrifice and do what I can to help the poor. I have had some experiences in giving treatments to the poor people who could not afford to have a nurse come in, and they certainly have appreciated it; it is encouraging to me.

"I enjoy THE LIFE BOAT more than I can possibly express. Its blending of health and religion corresponds with my ideas of living."

"Enclosed find postoffice order for subscription to THE LIFE BOAT. My brother while living in a distant city bought a copy from an agent. Several years later I found it in my mother's desk, my brother having sent it to her. I am delighted with it and wish to subscribe for it. I think it must do a great deal of good. I know it has helped me a great deal."

A Remarkable Experience

Prof. Lynn H. Wood

Graysville, Tenn.

I KNEW of a young woman who, although she was brought up well, decided at fifteen years of age that she wanted to see the world for herself, and she soon went down in sin as far as any girl could go.

A Christian woman came to her town and when she became conversant with the circumstances, went to hunt this girl and told her she loved her; she wanted to be a friend to her and wanted her to feel she was her friend.

The girl had married a drunken husband, who when he came home at night would drive her out to walk the streets the early hours of the morning. She could not come home until he had gone to work or to carouse the next day. Life became unbearable to her.

She had been visiting the Christian woman and receiving Bible readings. One morning the worker was called to the telephone. The voice at the other end said: "Your Bible reader is coming over today instead of tomorrow to take her Bible lesson. In her jacket is a vial; she is going to take her life. I want you to get that vial before she goes home." She said, "All right. I will."

She was astonished that the girl should come over that day instead of the next, which was her regular day. They had a nice Bible reading together, but oh, the anguish in that woman's heart when she realized there was a soul passing from her guardianship without any hope of return! She did not want to take the vial by strategy, but wanted the girl to give it to her. Put yourself in her place; realize someone ready to depart and drink the contents of the vial while you are helpless. Would you pray? She did.

The girl started to go and she said: "I think I will walk a piece with you." She could not leave her. They walked down the street toward the car the girl was to take for her home, and this worker just breathed a prayer, "God, make her give it to me." Reaching out her hand, she said, "I want you to know, my friend, you can come to my house

any hour of the day or night and have a friend in me." Tears came to the girl's eyes and she said, "Yes, I believe it, and I want you to take this," and handed her the vial.

"I knew you had it," returned the woman, quietly.

"Knew I had it?" exclaimed the girl. "Why, there is not a person in town knew it. I didn't buy it here."

The soul was saved that day; but in a few days the telephone rang again and on answering it, the worker thought she recognized the girl's voice. It was full of distress and said, "Can't you come over today?"

"Well," she replied, "I am busy, but if you really need me I can come. I have business over town and will be over at two o'clock; will that be all right?"

"Yes, but do come."

At two o'clock she came to the house and rang the bell. The girl opened the door and received her very coldly. She laid off her wraps and they talked pleasantries for a few minutes. She thought perhaps the husband was in the house. Finally she asked, "why did you call me up? You wanted something of me?"

"Why, I have not called you at all," the girl exclaimed. "There is no 'phone here, you know and I haven't been out of the house all day. My laundress just left before you came and she can prove it."

"But what is the matter?"

"Nothing."

"But there is; why are you so cold to me?"

Finally it developed that the moment the Christian worker came up on the steps that girl was deciding her life's destiny, whether she would give up God, give up everything, or cast in her lot with God's people, and just as this decision was coming into her life this woman came and saved her soul.

In speaking of it afterwards, the Christian worker said, "How do you suppose the tele-

phone message came to me? No one can tell me an angel did not call me up—because no one knew anything about it. There was no one in town knew it.”

There was a soul consecrated to God, willing to do anything He asked her to do, and there was a soul that needed that person's help. And just as the angel told Philip of the eunuch and instructed him, so an angel came and instructed her there was a soul that needed her help; and she went, and a soul was born in the kingdom as a result.

Oh, that we might recognize the happiness and joy that comes into a person's life when he gives himself to God and consecrates his life entirely to the Master's service. We can not all have *this* experience, but we *can* have experiences that will bring joy and happiness untold if we give ourselves to the Master and let Him work through us.

Don't you want it? Oh, let us press on. Let us be the wise virgins that took the oil, that take to ourselves day by day those experiences that will stand us in good turn when the hour of reckoning comes.

I only want to be so humble and consecrated to His service that when He wants to use me He can put His Spirit in me and use me to the salvation of souls. It is a joyful service if we only give ourselves unreservedly to Him, but it takes faith day by day. Exercise faith. Believe He is coming, and go out in the intensity of your own soul and teach it to the world; and then He says, “I will be with you.”

A CALL FOR WORKERS

[The following abstract, from a letter written by a young man in a western prison, no doubt expresses the sentiment of hundreds and thousands behind the bars in this country. A more needy field can not be found and yet we overlook in a large measure this great opportunity while we look with interest on the fields beyond.]

“It is not my purpose to solicit sympathy for the misfortune that has overtaken me, and it's not the shame, nor the blame that burns like a white-hot brand; it is hard to reconcile one's self to a betrayal by those one held nearest and dearest in life.

“It has been a hard battle, and it is only by the grace of God that I have won the victory over self. There is no bitterness in

my heart now, and I am persuading myself that those who conspired to rob me of home and love, of friends and of liberty, were only blind instruments in the hands of an omnipotent Power directing my footsteps into the paths that it was His will I should walk.

“It has opened up a new vista and brought me closer in touch with the needs of suffering humanity than could have been possible through any other experience. It has revealed a field of usefulness to me in which there is a lamentable scarcity of workers. If a little more of the effort that is being put forth in missionary work in foreign fields were applied to such institutions as this, what a glorious harvest would result! My sympathies, my love for my fellow man and my religious convictions prompt me to be numbered amongst those of whom the Master said, ‘I was in prison, and ye came unto Me.’ It seems that many denominations have entirely overlooked the possibilities here and in similar institutions to fulfill their obligations as followers in His steps. It is a work that I should be glad to devote my life to, but I feel that I am as yet hardly qualified to do justice to it.”

ASKS FOR BIBLE STUDY

A prisoner writes from Auburn, N. Y.:

“I read so much about Bible studies in THE LIFE BOATS, that are sent to those who ask for them, that I also venture to trespass on your kindness of heart again and ask if you will kindly send me some Bible studies too. I hope that you will answer soon, and that you enjoy the blessings of this life and in due time will receive that which you and all like you so richly deserve.”

“Enclosed find three dollars for the work. May the Lord bless you in your service among the lost. Your magazine is an inspiration to us, and we remember you before the throne daily.”

“I received your notice that my LIFE BOAT expired. Thank you. I did not know it was out. I enclose fifty cents to renew. I would go without something to eat if I could not get THE LIFE BOAT any other way. I think so much of it. You have my prayers for all your good works.”

Blessing the Masses

Miss Keturah Mercer

Students' Hall, Hinsdale, Ill.

[Miss Mercer and Miss Morlock, members of the medical evangelistic class, are working a district in the southwest part of Chicago. They visit the homes, carrying gospel literature, treat the sick, help with the home work when needed and pray with the people when they have opportunity. Ten members of this class are now engaged in similar work in five different communities in the city. Their hearts and lives are being enriched as they go out day after day to bless others.—Ed.]

THERE is one man who has been taking treatments who is paralyzed. Lately he has seemed much disturbed and refused to take treatments. I began to think that there was something that was worrying him. I visited him and spoke to him about the ter-

that are thrown away at the greenhouse near our home to give to the people in the city? I went and got some myself the first day and some of the children living near saw me and came out to where I was. I told them about the poor children in the city. After that



MISS MERCER AND OTHER MEMBERS OF HER CLASS STARTING FOR CHICAGO WITH THEIR LOAD OF ROSES.

rible war in Europe and told him it was a sign of Christ's second coming. I asked him about his soul's salvation and he said he was a sinful man and wanted to make his peace with God. I noticed that his wife, who is partly paralyzed, had some housework to do, so I helped her with that for a while. Then I had an opportunity to pray with them both, and it opened the way for me to give Bible readings to them.

It is sometimes hard to get into the homes, and I thought why not get some of the roses

they would meet me at the train every morning before leaving Hinsdale with the flowers which they had picked up and kept fresh for me.

It is surprising to see the children in the city crowd around me when I have the flowers. I give them each one and sometimes they ask me to give them an extra one for some one at home—a brother, a sister, or mother. They want to share up with someone else. The first day I tried it it was surprising to see how easy it was to get into

the homes. The mother is always ready to see the lady who gave away the roses. I talk to the little children and they seem to know me on the street and some come running to me as if they had always known me. I asked these children if they would like to have me tell them stories on Sunday at the park and they said they would.

Today we had Sunday-school in the park. The children crowded all around us. I did not know what to do for a while, but we gathered them in two different groups and told them stories, especially about the second coming of Christ. We have been told that the children would carry the gospel to their parents, and I believe the Lord is going to do that.

These children hear the truth and tell their parents all about it. I tell them to listen closely so they can go home and tell their fathers and mothers. Many of these parents can not speak English.

I met one woman who did not believe in any God, but I had a heart-to-heart talk with her. She said she did not want to hear about God. She could not believe in a God who would give her a drunken husband who beats her, and who gave her a sick son who had to go away and be cared for by strangers. I told her perhaps God did not want her to have a drunken husband, but she chose him. She said she used to pray, but God never answered her prayer. I told her some of my experiences. Before I left I asked to pray for her, and I knew God would hear. She said, "All right, you pray."

I have not given any treatments, but my work has been just talking. I am glad they want me to come back. One old lady I could not get interested at all at first. She was busy washing; but I told her to keep right on and I would talk the same time. Pretty soon she changed, and her coldness left her; she sat down beside me and we had the nicest spiritual talk about prayer and how God could forgive sin.

I have been quite busy in talking with people about Christ's second coming, giving studies on that. They seem to be interested. I have six homes that I visit and other families come in, so I have about ten families who are studying the Bible with me.

A GOOD SUGGESTION

In a recent letter from Mrs. Minnie Douglas, Columbus, Ohio, we found the following which we thought would be a suggestion to others who have a desire to do something for their Master.

"The July LIFE BOAT is just fine, so inspiring. Reading THE LIFE BOAT has made me feel that I must get out and do something for the Lord.

"There are eight of us who have banded together to sell LIFE BOATS. We want to give one day out of every four weeks for this purpose, and by doing this we will be lending a helping hand to your grand and noble work and it will help us to get tracts for free distribution. I feel the Lord is going to bless us in this work and we will meet with some good experiences.

"I am so anxious to get to work, and I ask you to pray for us that we may be faithful in giving the message to a dying world. Please send me seventy-five of the August number. I am so anxious to see it and get a report of the great work the medical evangelistic class is doing."

BEING BUSY FOR GOD

SARAH BYE,

Student's Hall, Hinsdale, Ill.

I am sure the Lord sent me here. When I was about eight years old, in the old country, I attended a meeting held by a missionary from China. I went home to bed and I asked God to make me a missionary. That has been my prayer ever since and God has kept calling and calling me. Now for several years I have wanted to be a missionary nurse and I feel sure that this is the place for me to get my training. It seemed to me that there was no field so interesting and inviting as the foreign field but after coming here I have found that there are other inviting fields.

I find the city work is very interesting and there are people just as needy as the heathen. I have had many interesting experiences. I have gone to different homes with THE LIFE BOAT, which helped me to get into the home. I not only sell THE LIFE BOAT but tell them about our work. I prayed the Lord to send me some place where I could do some good.

I went into one home and asked if any were sick and said I thought perhaps I could help them. The lady told me, "No," and I was just about to leave when she said, "Wait a minute, my little girl has a bad ear, perhaps you could do something for it." She also said her husband was not well. I told Miss Stapp about the child's ear and she told me

asked us to pray for her and to come again.

We met another woman there and had a visit with her. She had not a friend in the world. I promised to go back there and read the Bible to her.

We have also organized a Sunday-school. Today was the second Sunday for it. I have a class of eight boys, a very bright number,



MISS BYE AND HER CLASS OF BOYS IN THE CITY PARK.

what to do. I went there for several days and the little girl is much better. I told them several things about our work and gave them a tract to read.

She can read very little on account of her eyes. She said she had a pair of glasses that she had bought at the ten-cent store. They did not do her any good, but she promised to try to read what I brought her. I have had some very interesting talks with her.

I called on another woman who had been sick in bed for several months with inflammatory rheumatism. We treated her several times. She had one daughter who was keeping up the home but who was sick herself, so could do it no longer. So we sent her to the county hospital. We went there and visited her. She used to be a Christian but had been away from God for a good many years. When we went there to see her she

who listened with interest and promised to come again next week.

Keeping active and trying to do something for the Lord keeps me closer to him and away from temptations. The world does not have such a hold on a person who is trying to do something for the Lord.

NOW

"If you have kind words to say,
Say them now;
Tomorrow may not come your way,
Do a kindness while you may;
Loved ones will not always stay;
Say them now.

"If you have a smile to show,
Show it now;
Make hearts happy, roses grow,
Let the friends around you know
How you love them, ere they go;
Show it now."

An Invalid's Prayer Which Brought a Revival

This experience, as told by Cortland Myers, of Boston, in his helpful book, "Real Prayer," is published here with the hope that others may catch the spirit of praying for their church instead of criticising, as we so often see done in these days. This book can be secured by sending in two dollars for two subscriptions for THE LIFE BOAT.

MR. MOODY tells of one of the most memorable hours in his life when unexpectedly he had crossed the ocean and was in England without any intent of holding a religious service. One Saturday at noon he had gone into the meeting in Exeter Hall on the Strand. At the close a minister greeted him and asked him to come and preach for him the next morning.

Mr. Moody said: "I went to the morning service and found a large church filled with people, and when the time came, I began to speak, but it seemed the hardest task of my life. There was no response from the audience. They seemed as though carved out of stone or ice. I was having a struggle all the time and wished myself in some other place but I had promised to speak also at night. At night it was the same thing: house filled, people outwardly respectful but no interest or response.

"When about half way through my sermon there came a change. It seemed as though the windows of heaven had opened and a bit of breath blew down. The atmosphere of the building seemed to change; people's faces changed. It impressed me so that when I had finished speaking I gave the invitation for those who wanted to be Christians to rise, and to my surprise the people got up in groups. I turned to the minister and said: 'What does this mean?' He said: 'I do not know, I am sure.' 'Well,' I said, 'they misunderstood me and I will explain what I meant.' So I announced an after meeting in the room below, explaining who were invited, only those who wanted to be Christians,—and then dismissed the service."

They went to the lower room and the people came crowding, filling all available space,—seats, aisles and standing room. Mr. Moody talked again a few minutes and then asked those who would be Christians to rise. This time he knew he had made the meaning clear. They rose again in groups and by scores.

Mr. Moody said: "I turned and said to the minister, 'What does this mean?' He said, 'I am sure I do not know.'" Then the minister said to Mr. Moody: "What'll I do with these people? I do not know what to do with them. This is something new." And he said: "Well, I'd announce a meeting for tomorrow night and Tuesday night and see what comes to it. I am going across the Channel to Dublin." And he went, but he had hardly stepped off the boat when a cablegram was handed him from the minister saying: "Come back at once. The church is packed."

So he went back and stayed ten days. The result of those ten days was that four hundred souls were added to the church and that every church near by felt the impulse of this great revival.

The Secret of Such an Awakening

What was the explanation of that marvelous Sunday and the days following? There was some secret hidden beneath the surface. Mr. Moody discovered it. A member of the church, a woman, had been taken sick some time before; then she grew worse; then the physician told her that she would not recover but that likely she would be shut in her room for years.

She began to think of the deep meaning of this affliction. She thought of her life and said: "How little I have done for God; practically nothing, and now what can I do shut in here?" Then she said: "I can pray; I can pray for my church; I can pray for the manifestation of God's Holy Spirit." Then, after every service she asked those who returned home if there was any special word concerning the work of the church. One Sunday noon her sister came in from service and asked: "Who do you think preached today?" "I do not know. Who?" "Why, a stranger from America, a man called Moody, I think, was his name."

The sick woman's face turned a bit whiter;

her lip trembled, and she said: "I know what that means. There is something coming to the old church. Do not bring me any dinner. I must spend this afternoon in prayer." And so she did. That night in the service the startling change came.

Afterwards she told Mr. Moody himself how, nearly two years before, there came into her hands a paper that told of Mr. Moody and his work. She was led to pray that God would send that man into their church in London and every day of her life for two years this had been her prayer, and now, by a seeming strange coincidence, God had answered in the salvation of hundreds of souls.

HELPED BY READING IT

"I must thank you for that good book on 'Real Prayer.' I appreciate your gift very highly and I know you would be pleased to know of the good it has already done in our home.

"As soon as I read the experience of an invalid woman in London who prayed for her church, I caught the spirit and went right to praying for our church, and I do believe the Lord is moving upon their hearts.

"I am so glad I have this little book to teach me the value of real prayer, and I thank you again."

THE HOME FAMILY

KATE D. SANBORN,

Life Boat Rescue Home, Hinsdale, Ill.

I know you will be interested to learn something of our work here. Just now our family is not very large, there being only eight girls and five babies.

It would rejoice your heart, I am sure, to see the interest the girls take in the morning and evening worship. In addition to prayer and song, the morning period is spent in studying the Bible by subjects. In the evening the exercise is varied by reading from the book "Real Prayer" and similar books, repeating favorite texts of Scripture, and often closing with a helpful poem.

It falls to the lot of the matron to give a health talk each week, also another day to conduct a "question box," the questions having been placed in the box by the girls dur-



A REAL TREASURE.

ing the week. Last week the questions were all along medical lines. For instance, "What would you do for a child in case of spasm, and what is the cause?"

You may be interested in hearing some of the statements made by some of our girls recently in regard to the home. I quote a few:

"I am glad I could come here, for it was here I got hold of Bible truths. I know I could not have received at home the care I received here, and I certainly appreciate that."

"Before I came here I did not know this was a Christian institution. I am glad I had the opportunity of coming here, and appreciate the Christian influence. I believe I received better medical attention and more conscientious care from my nurse than I could have received anywhere else."

"I like it here because it is like a big family. No one is overhearing, but each working for the interest of the other."

"This is a fine place. I have only been here a few days, but I feel at home. I enjoy worship, and think the question box a fine thing."

"I believe the Lord led me here where I

could learn Bible truths. I spent a large share of this morning answering Bible questions of girls who have not been here as long as I have."

I could write more along this line, but this is sufficient to give you an idea of the in-

A PARTING WORD

The following was written by one of the rescue home girls just before leaving for her own home. From this our readers can get a glimpse of the interest and the gratitude these girls have for the home:

I am writing a few lines for THE LIFE BOAT, telling you all how I have enjoyed my stay at the home. I surely found it to be a good home for unfortunate girls. They are most always happy and try to help one another.

When I first entered the home and was shown my room on the third floor I liked it very much. It was furnished so nicely. As you know, the home is furnished by people



TWO YEARS AND EIGHT MONTHS OLD.

fluence exerted by the home over many of the girls.

Fewer girls would go astray if mothers would manifest the same love and tenderness all through their lives that they do in babyhood. Fewer girls would go astray if the same restraint were practiced during babyhood, childhood and girlhood that is attempted after it is too late.

Mothers, restrain your children. Remember Eli's sons, in 1 Sam. 3:11-14. Take time to live with your children, to seek, gain and keep their confidence. It will mean sacrifice, but the effort will be well repaid.



A FIVE MONTHS' BABY.

who donate what they can. When I was taken into the parlor for worship that evening I saw a piano, and that pleased me as I love music.

We have had worship nearly every morn-

ing and evening since I have been at the home and I surely enjoyed it and can say I learned some from the Bible; and if my memory were better, I would have known still more.

I think if some girls would read the Bible instead of dime novels and love stories they wouldn't lead such a gay life as they do. "Trust in the Lord, and do good," is what we all had better do, and then we won't go wrong.

Several girls have left the home since I have been here and most of them went to their homes and expect to do better. I liked the matrons and have gotten along fine with them and with the superintendent of the home. She will tell you not to use slang nor dance in the home, as it is not allowed. I never learned to dance; it only ruins your health, so my mother always said.

We always had to keep our rooms clean as we never knew when we would have company come to see the building.

There is one room on the ground floor that looks empty to me. It is a room where they keep canned fruit. They don't have very much of it yet and of course a home of this kind must have plenty of fruit for the winter. The family is most always larger in winter than in summer and I think it would be nice for those that are interested to donate what fruit they can, then that room will not look so vacant to us as it does now. The home is sadly in need of other articles also.

This home has done a good thing for me and when I'm able I'll see what I can do for it. No girl need to be sorry she ever entered the home. The girls who can, go to Sabbath school on Sabbath and they all like to go.

In the sewing room we have a loom on which we made about twenty-two yards of carpet; and we expect to make rugs and sell them soon.

There are a few of us who sleep out on the upper porch and you don't know how much we enjoy it these beautiful cool nights. Even our two-year-old boy sleeps out. He is such a beautiful little boy. Every one seems to admire him, not only the girls but the visitors.

No girl needs to think that she will be fed only on potatoes and bread and water simply because the home is kept up by donations.

I have been here several months and have had plenty to eat, and it was all nicely cooked. I must close with best wishes and love to the girls, matron and the superintendent.

FROM AN ABSENT ONE

CAROLINE LOUISE CLOUGH.

Occasionally we receive most appreciative letters from our girls after leaving the rescue home. We publish extracts from one such letter received from a dear girl who came to our home under very pathetic circumstances. She has certainly tried to atone for the past and has been faithful and true. Surely the Master who loved Mary Magdalene is caring for the repentant Marys today. She writes:

"I received your most kind and welcome letter some time ago, and was glad to hear from you. I would have written you sooner but have had a very sick baby. Tell the



WAITING FOR A NEW HOME.

matron that my baby and I both send our love to her, and also every one at the home and sanitarium. I suppose all the nurses that I knew have gone away; but I love every one of them. Everybody certainly was good to my baby and me. I know I can never repay you all for what you have done for me.

"I love my baby. She is just too sweet for anything. She says 'Mamma' and 'Papa'

and 'Bye-bye.' I just wish you could hear her.

"I guess you will think this a long letter but I do love to write to you, for you were just like a mother to me and I loved you from the first time I ever saw you; and if I never see you on this earth I hope to be one of God's children and meet you in the next world."

We have a sweet little baby girl about six weeks old for adoption. We want to find a good Christian home for her.

Many lonely orphan girls who have been cast upon the world early in life drift into our home. They make a great discovery when they find that they have a place in our hearts, and we, on the other hand, discover the best in them. Several have come to us recently who are in destitute circumstances.

We thank the Lord for His blessing and for the loyal support of friends of this work.

INVADING THE RURAL DISTRICTS

W. J. WALTER,

Supt. Medical Evangelistic Extension Dept., Hinsdale, Illinois.

The young men of our medical evangelistic class have started work in the rural district. I went out with them, and in the first home we met a man who treated us very courteously. We started to talk with him out on the porch but he soon invited us inside so the women folks could get interested, and we had an interesting visit. He bought a book, and the lady, when she saw *THE LIFE BOAT*, jumped right up and got ten cents.

He was deeply interested in the subject of temperance. I told him that our boys were going out purely because they loved souls; they wanted to see people saved, not merely from intemperance but saved in the kingdom, and in order to be saved in the kingdom they must be saved from these miserable habits. I told him we would be glad to hold a school of health in his district. When we came to leave he put his hands on the shoulders of the boys and said, "Boys, you have dedicated your lives to the noblest thing a person can do."

He said, "If you get the schoolhouse over here we will all be there; but maybe you can get the church."

Then I said to the boys, "You take this

road here and I will go over and see the minister." I had a nice long talk with him about a great many things. I told him we believed in dealing with intemperance by cutting off the source of the evil.

I then asked if he would object to helping us get the school building to hold some health and temperance meetings in. He said that would not hold more than twenty-six, that we ought to have a big crowd, as the temperance question was at fever heat there now. There is a motto that says to strike when the iron is hot and keep at it. He invited us to take the church and said, "I will do anything I can for you through all this neighborhood."

Then I arranged for some one to go down and give a talk before the Ladies' Aid Society on healthful cookery, and give some cooking demonstrations showing how to prepare a meal without meat, tea or coffee, pepper or bad combinations, which of themselves create a thirst which water can not quench.

Then I came up through a field and saw a man sitting on his mowing machine. I said, "I know you are a busy man, but how much of a farm have you here?" He said he had one hundred and sixty acres.

I told him what we were doing. I told him of our home in Hinsdale and of the young people who had dedicated their lives to serve humanity, and then told him that if his wife were sick these girls would go right into his home and help his wife. He dropped his head a moment and when he lifted it he said, "That sounds different from most people that talk to me; they are after my dollars." I told him that we were not after money, and he said, "That certainly sounds like the real thing."

I find the people are ready for the message of the soon return of our Lord. You talk with people even who are skeptical and they say they believe something is going to happen. When we see the conditions in the world today we can't go too quickly to the homes of the people and bear to them this news that Jesus is soon coming.

We now have ten workers in Chicago—and a million and a half of people there to warn. How are these boys and girls to do it? We must each one pray the Lord to send more laborers into the harvest field.

Are We Living in the Last Days?

David Paulson, M. D.

IT WOULD be a terrible calamity if the Master should have to say to us, "If thou *hadst known* . . . the things which belong unto thy peace! but now they are hid from thine eyes." Luke 19:42.

God has given us three infallible signs of the times. The first of these is the enormous accumulation and concentration of wealth. This

have laid up your treasure *in the last days.*" Jas. 5:1-3, R. V.

Paul looked down the ages and caught an inspired glimpse of our times when he said: "This know also, that *in the last days* perilous times shall come. For men shall be lovers of their own selves . . . lovers of pleasure more than lovers of God."



A WAGON LOAD OF GUNS.
POLICE GATHERING UP RIFLES IN THE ULSTER UPRISING.

is absolutely a latter-day phenomenon. Fifty years ago a millionaire was a rare thing. Today he is a common proposition in almost every community. The "swollen fortune" problem, the trust problem, are questions that are baffling the best efforts of our lawmakers.

We are living in a day when men of wealth are being overwhelmed with perplexities, which is only a beginning of the Bible declaration: "Come now, ye rich, weep and howl for your miseries that are coming upon you. . . . Ye

Go to Chicago some Sunday afternoon and you can see twenty thousand people yelling like mad men because half a dozen other folks are tossing a ball around. Then go into any of the leading churches on Sunday forenoon and you will frequently see only a handful of people present. There was a time when people went to the house of God. That day is almost past. Many of the churches that once were located in the heart of Chicago are turned into livery stables and work houses.

Men are lovers of human pleasure more than they are of the pleasure of God.

"Having a *form* of godliness, but denying the *power* thereof." 2 Tim. 3:1-5. People, generally speaking, believe in religion, but how many believe that the Holy Spirit is actually transforming their life, that the angels of God accompany them on their earthly pilgrimages, that Christ paid their debt of sin on the cross so that He can be reincarnated in their life and bring power into their life? Such doctrines are now extremely old-fashioned; but there can be no power where these truths are not cherished.

The foreign missionary movement is another infallible sign that we are nearing the end of all things. When the disciples asked Christ, "*When* shall these things be? and *what* shall be the sign of Thy coming, and of the end of the world?" (Matt. 24:3), among many other things He said, "This gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." Carrying the gospel to the heathen is a latterday phenomenon just like the accumulation of wealth. Every successful missionary knows that the Lord is soon coming, for the same Bible that tells him to carry the gospel to the ends of the earth tells him that when his work is completed his Master will return.

Will all the world accept the gospel and

become converted? By no means. For "as it was in the days of Noah, so shall it be also in the days of the Son of man. . . . Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold [intense commercial activity], they planted [agricultural expansion], they builded [enormous building activities]; . . . *even thus* shall it be in the day when the Son of man is revealed." Luke 17:26-30.

John the Revelator was given a glimpse of this same time, and he noted that "the nations were angry." We are certainly in the midst of that today. Almost every nation in Europe has each other by the throat, and God only knows what will be the outcome. The next event is "the time of the dead, that they should be judged, and that thou shouldest . . . destroy them which destroy the earth." Rev. 11:18.

Joel looked down the corridor of time and heard the very announcement we are hearing on every hand today: "Prepare war, wake up the mighty men, let all the men of war draw near; let them come up: Beat your plowshares into swords, and your pruning-hooks into spears; let the weak say, I am strong." Joel 3:9, 10.

What should all this mean to us? "Watch therefore: for ye know not what hour your Lord doth come. . . . Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh."



SERBIAN INFANTRY PRACTICING IN THEIR FORTRESS AT BELGRADE.

WANTS TO LIVE RIGHT INSTEAD OF PREACHING RIGHT

(From the Idaho State Prison.)

"I received your most kind and welcome letter and I also received *THE LIFE BOAT* and read it and appreciated it. I like very much to see so much good being done for men in my circumstances, for most people when they hear of a man being converted in prison, doubt the genuineness of it and think we only use it as a cloak to gain freedom. We can't blame them much, for so many claim conversion just to get out of trouble.

"I do pray that we here may prove true and live our lives instead of trying to preach them. I know God has come into my life; although I am so very weak yet I am trying to live right. I have a long sentence here, but, oh, I do want to be just what God would have me to be!

"I am only allowed to write two pages and that only twice a month, so I will have to close. Please pray for me in my life here that I may prove true."

TEMPERANCE AND INTEMPERANCE

BY A PRISONER.

My life has had deep sorrows, my soul has been tossed on the waves of angry seas, I have seen the trail of liquor everywhere. Going through life I have seen it drag down many of the associates of my boyhood, blasting their hopes and consigning them to untimely graves. Drink is the ruination of home, of character. It takes the bread and butter out of the children's mouths and causes sadness and gloom in every home, and the man that continues to visit the saloon goes down to a drunkard's grave. "It is my candid opinion that intemperance is the greatest evil that has befallen our happy land."

Look at the young man in the bloom of youth; the joy and pride of his mother and of his father. He tastes of the tempting draught and is led on and on. He repeats his visits to the saloon until the serpent has him in its coils. Is it not disgusting to think of the sixty thousand young men annually passing down to drunkards' graves? Liquor makes drunkards by the thousands, and the Bible, which I like to study, says that no

drunkard shall inherit the kingdom of heaven (1 Cor. 6:10). Dear brethren, put your shoulder to the wheel of temperance and steer the cause onward until intemperance is no more.

EDUCATING THE SLAVES AFTER THE WAR

MRS. A. S. STEELE,
Chattanooga, Tenn.

I seem to have the monopoly in my line; no one is hankering after my job. I have been in the South now thirty-five years.

After my husband's death I did not know what to do. My heart was broken. I had one little baby. Then there came a call from the Congregationalist Board, "Please send us a teacher for the black belt." So I went down with my little daughter.

I wish you could have seen for yourselves the condition there. After Abraham Lincoln freed the slaves those poor creatures were turned loose, not knowing how to read, with no money, nor pockets to put money in if they had any.

My first year's work down there was enough to draw on any one's sympathy.

The negroes had put up a church for themselves. They had to get the lumber and the price was taken out of their wages. Pigs could grunt and squeal and run around under the house. There were ten holes for windows, but no windows. The lumber was not seasoned and that hot sun soon warped it and it was like sitting in a bird cage. I began teaching school in that place. I had to carry an old-fashioned Yankee shawl and spread it on the floor, for otherwise if I dropped a knife or pencil it would go through the cracks on to the ground below and I did not like that.

I never saw people so hungry to learn. The parents said, "Oh, Mrs. Steele, won't you please start a night school? We want to learn to read. If we can only learn to read a chapter in the Bible that is all we ask."

I think there are thousands of single ladies in New England, ladies of culture and refinement, who do not busy themselves to find where they can go and actually do something for the Master and find hungry-hearted children who will truly love them. They just

kill time by conjuring up ways by which they can amuse themselves, when tens of thousands of neglected ones are just waiting to be loved. But many will get pug dogs and terriers and such things, and let them run their tongues all over their faces and substitute such affection for human love. I like dogs; but just think of swapping dogs for a child with a soul! Let us not be so unwise.

Let us look out for the mudsills of society,—the lower class,—lower but not less deserving. God has certainly entrusted to us a very great opportunity: "Go . . . preach My gospel to every creature." And then if you want to know the joy which this world can neither give nor take away,—the delight, the peace that passeth all understanding, He will give it, if we are truly His, and there will be joy in His service.

I started a school in Alameda, S. C., and then people for miles and miles sent and said, "Mrs. Steele, please start a school in *our* community. So I would go to New England and pick out some poor girls—and they were the ones that seemed the most consecrated—who said: "Yes, we will go." And they were glad to go for their board and twelve dollars per month salary; and the children would bring sweet potatoes and peanuts and rice and fresh eggs, or something of that kind, for their tuition to feed the teachers. But their lives were enriched.

I was called over to Chattanooga to start work there as a city missionary.

When I saw little ten-year-old boys in the chain gang for stealing a ride on the cars, or sleeping for a night in a box car, I said to my little daughter, "You have seen for yourself; what chance have these little fellows in life with no one to care for them and a policeman to grab them and put them in the chain gang with ball and chain attached to their ankles, carrying water around to the prisoners, while paying for their ride?" I said, "I have some money. By and by I am afraid Christ is going to say to me, 'Inasmuch as ye did it not to one of the least of these, ye did it not to Me.' I do not want it said of me." She said, "Mamma, go ahead and start a home for them," and so I did.

I built a home, and some one burned it

down eighteen months after it was dedicated and fifty-four children were turned into the street. Friends helped me rebuild, and so I have gone on until today I have tried to be a Christian mother to thirteen hundred little neglected children.

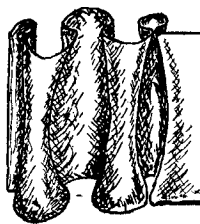
There is a way of doing sensible, practical work for the Master. I do not mean the negro children are the only ones to do something for. Today there are tens of thousands of little white children and little colored children in the South who are never going to learn their letters. No one cares enough about their education to carry the gospel to them. They are growing up in vice and superstition. Some one has got to have it to answer for. I never wished I was a man, but I wish I were a thousand young healthy women today. I would know where to put every one of them in work that pays. Yes, in the light of eternity it pays.

Friends, let us be busy. Remember this life is only the preparation for the life to come. We are only pilgrims; we are only sojourners. Let us ask His guidance, ask Him to open the door, and He will do it. He is no respecter of persons, I am no pet of His; but He wants us to be willing to be used. Let us feed on His Word; I know of nothing better than to follow the blessed Master in His teachings; and so shall we find peace. •

The electrician can not charge your body with electricity while a single thread connects you with the ground and breaks the completeness of your insulation. The Lord Jesus can not fully save you while there is one point of controversy between you and Him. Let Him have that one last thing, the last barrier and film to a life of blessedness, and glory will come, filling your soul.

SPECIAL NOTICE

The September *Watchman* deals with the great European war, now raging, in the light of God's prophetic Word. Those who wish to know what God says concerning the things that are driving peace from the world today had better send ten cents for a sample copy of this magazine. Address "The Watchman," Nashville, Tenn.



Editorial Department

DAVID PAULSON, M. D., Editor

STUDY THE ENTIRE BIBLE

These are days when the higher critics have satisfied themselves that they have about finished the Old Testament, and they are making good-sized inroads into the New.

But the Master Himself said, "The scripture *can not be broken*." John 10:35. And remember that He referred to the Old Testament, which was the only scripture then in existence. And the same John who heard his Master say this was afterwards led by inspiration to write, "If any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city." Rev. 22:19.

How little do these rash critics dream of what is in store for them in the life hereafter, when it will be everlastingly too late to be forgiven for having dared to tamper with God's Holy Book!

But it is not enough to merely refrain from tearing the Book to pieces. We should ask the same Master who inspired the Book to inspire us while we read it. It was said of Him that "beginning at Moses and *all* the prophets, He expounded unto them in *all* the scriptures the things concerning Himself." Luke 24:27. And as a result of this Bible study the disciples said, "Did not our heart burn within us, while He talked with us by the way, and while He *opened to us* the scriptures?" Verse 32.

If we give Him an opportunity to open to us the Bible our hearts will also burn within us, and some of the dross will be consumed.

Those who have considered the Old Testament to be of but little importance should remember these, almost the last words of Christ on earth: "All things must be fulfilled, which were written in the law of *Moses*, and in the prophets, and in the psalms, concerning

Me. Then *opened* He their understanding, that they might *understand* the scriptures." Luke 24:44-45.

One reason that the higher critics are trying to demoralize the Scriptures is because they have been too proud to ask God to open their understanding. And even those who are not rash enough to throw the Bible overboard need to have exactly the same divine experience while studying the Bible.

WHY NOT DO THIS?

People all over the country are ordering quantities of LIFE BOATS at wholesale rates. They sell some of these to their friends, others they loan, and the rest they give away. They find this most excellent missionary work, as it gives so many opportunities for personal work.

Will you not try to do the same? THE LIFE BOAT covers a field entirely of its own and people recognize this as soon as they begin to read it. That is why it is so easy to interest people in this magazine. Try it.

THE MEDICAL EVANGELISTIC CLASS

The work of the new medical evangelistic class is starting off in a very encouraging manner. It is one of the most encouraging things I have met in several years.

We have prayerfully and carefully studied Christ's instruction to the seventy, and the Spirit of God has been present to impress truth on the heart. Those who are working in Chicago are already meeting with most encouraging experiences. We aim to have one of our trained nurses work hand in hand with these inexperienced workers. The substantial training of the former will make a good combination with the enthusiasm and zeal of these new untrained workers.

We have decided to have them come back every evening to their quiet, beautiful home out here in the woods; in other words, working the city from Hinsdale as an outpost center. That means a little over sixty dollars railroad carfare every month for these ten workers; but we feel that it will be a tremendous help to have them come together every evening out here for their classes, and start out in the morning with the inspiration of prayer and Christian fraternity. We do not feel that it would be wisdom to have these inexperienced workers camp over night in Chicago as our more experienced nurses have been doing in building up centers there.

We have many perplexing problems ahead of us in working out these new medical missionary ideals, but if we are right God will certainly go before us; and wherein we may be wrong God is equally certain to reveal that to us, if we are willing to be taught. We want to be so humble that we are willing to have our plans molded by Him.

The boys in the class go through the country districts selling small literature and invite the people to come to the schools of health. When Christ sent out the twelve ordained apostles He told them to present the gospel first, and then to heal (Matt. 10:7, 8). But when He sent out the seventy He told them first to heal and then to preach (Luke 10:9).

The trouble today is that the preachers are likely to omit the healing message entirely, and the seventy—the medical people, those who should have the healing message—are likely to leave out the gospel message. We are hoping and praying that by sending out these workers as Christ sent out the seventy it will help to bring these two ideas together again in their proper proportions.

HAVE YOU BEEN CALLED NAMES?

There are some people who are so busy taking care of their reputation that they have no time to build up character. If the devil finds that he can lead you to spend your time explaining away and worrying over the various lies and cheap gossip that he can inspire some of his agents to circulate concerning you, he will soon give you plenty to do.

While you are denying one lie he will have nine more sprouting.

A much better plan is to faithfully and conscientiously go about the work God has given you to do, and in His own time He will bring something out in your life that will show conclusively to all who care to know that you have been falsely accused; and what is more, he will deal with the liars, and He will know how to do it right.

It was said of Daniel and his companions that they were given *names*; and from a Christian standpoint they were about as contemptible names as one could ever be given. "For he gave unto Daniel the name of *Belteshazzar*." Dan. 1:7. That name associated Daniel with the god Bel. But there is no evidence that Daniel offered the least objection to this crooked name that was given him. He knew that no wretched name could possibly poison his *character*. But when the king proposed to feed him wretched food he knew that this would poison his *blood* and incidentally his character, and then he objected. Verse 8.

There are many people who sit down several times a day and very contentedly eat food that is contaminating their blood, ruining their nerves, and unfitting them for God's work. But let somebody begin to call them names and instantly they are very much concerned. Let such study the experience of Daniel as found in the first chapter.

YOUNG MEN SHALL SEE VISIONS

The Bible has promised that in the last days God will pour out His Spirit upon *all* flesh and "your young men shall see *visions*." Joel 2:28.

We are living in an age that is not favorable to seeing visions. The average person finds it more natural to raise hogs and cattle and to talk about the tariff and the latest sensation. Most people are living in a dense fog, and deep down in the valley.

It was said of Daniel that he "had understanding in all *visions* and dreams." Dan. 1:17. But *before* he had this experience it was said of him that he "purposed in his heart that he would not defile himself with the por-

tion of the *king's meat*, nor with the *wine* which he drank." Verse 8.

It is safe to predict that all those who shall have an opportunity to fulfill Joel's prophetic declaration will, like Daniel, be staunch health reformers, and not only practice health principles but like Daniel kneel upon their knees three times a day and pray and give thanks to God (Dan. 6:10).

ARE YOU SELFISH?

Are you spending your loose change on yourself, buying candy, chewing gum, ice cream sodas, souvenirs and knickknacks, or even superfluous wearing apparel in this time when the world and its inhabitants are so rapidly hastening on to their doom? This is a question that every Christian who understands the fulfillment of prophecy today ought to ask himself or herself.

How much better to carry a tract containing the burning message of salvation in your pocket or handbag, which if handed out may mean the conversion of some soul, than to carry a box of chocolate creams which when eaten will burn and irritate your digestive organs and thus cause you to drive souls away from God by your irritable disposition.

Let us look at these things in the light of eternity, and invest our means and our time in building a work that will endure when the wars and earthquakes and fires all are over and our Saviour will come to claim His own.

The LIFE BOAT magazine, which can be secured in quantities at a reasonable rate, is also an excellent thing to hand out. Small leaflets can be furnished on such subjects as: "Some One Cares for Your Soul," "Is the End Near?" "Jesus Died for You," "A Sign of the End," "What Do These Things Mean?" and a host of kindred topics.

Why not resolve today to hand out at least one piece of gospel literature every day? And God will reward you.

NEWS HERE AND THERE

Mrs. Emily M. Hill, formerly president of the Cook County W. C. T. U., is among the recent arrivals at the Hinsdale sanitarium.

Miss Helvig Olson, of the nurses' class of 1912, was a recent caller.

The Hinsdale family enjoyed a short visit from Dr. D. H. Kress of Boston, who came west to attend camp meeting in Indiana.

Mrs. John Armitage of Clearwater Lake, Wis., and Miss Helen M. Hyatt, missionary from Cape Town, South Africa, were recent callers at Hinsdale.

Mr. and Mrs. John H. Weeda, nurses in the sanitarium, are spending a few weeks at their home in Fruitland, Iowa.

Mr. Fred L. Green, business manager of the E. M. College, Berrien Springs, Mich., enjoyed a week's rest at Hinsdale.

Mr. W. J. Walter, superintendent of the Hinsdale extension department, gave a stereopticon lecture on temperance in the rural Methodist church south of Downers Grove on Sunday evening, August 9.

Miss Alma Graf of Berrien Springs, Mich., visited Hinsdale recently and brought her sister-in-law, Mrs. Carl H. Graf, of Portales, N. Mex., for treatment at the sanitarium.

Mr. Julius Paulson made a short visit while on his way to Mexico to look after his business interests in San Luis Potosi.

Miss Florence Crouch, who is engaged in Christian work in Petoskey, Mich., is enjoying a few weeks' rest at Hinsdale.

Miss Frances L. Case, Grand Rapids, Wis., visited Mr. and Mrs. W. J. Walter recently.

Prof. B. G. Wilkinson of Washington, D. C., spent a few days at Hinsdale. His inspiring talks were greatly enjoyed by the family of workers.

Mr. E. E. Franklin of Indianapolis, Miss Mamie R. Meleen of Worcester, Mass., and C. L. Paddock, Berrien Springs, Mich., were also numbered among the list of guests during the month.

Mrs. W. C. Warner, president of the Florence Crittendon Home, Chicago, was a patient at the sanitarium recently.

Pastor and Mrs. E. J. Van Horn, of Lake View, Ohio, were among the recent callers; also Mrs. A. S. Steele, head of the Steele home for needy children, Chattanooga, Tenn.

Mr. Austin Tyrer and his wife (née Marie Moore), who have spent several years of efficient service as nurses in the sanitarium, have been visiting at their home in Austin, Minn., for a month. They called recently while on

their way to Lexington, Ky., their new field of labor.

Mr. and Mrs. Leon Nash of Long Lake, Minn., Mrs. Kittie Polmanteer of Grautan, Wis., and Miss Lulu Holberg of Mankato, Minn., have recently arrived and entered the medical evangelistic class with the exception of Mr. Nash, who is employed by the sanitarium.

August 9 Dr. Paulson gave a lecture before the Eureka (Ill.) chautauqua. The Doctor has also visited and lectured before a large summer assembly in Logansport, Ind., and in Denver, Colo., during the month.

Miss Floy M. Humphrey of Corry, Pa., has taken the position of stenographer and bookkeeper in the Life Boat business office. Miss Lelia Patterson and Miss Strong, nurses from Port Townsend, Wash., have also joined the Hinsdale family recently.

Miss Hibben, who has been looking after the work of the rescue home, was called to her own home because of illness, and Miss Kate Sanborn has taken her place.

WHY NOT BE YOUR OWN EXECUTOR?

Have you some means to be used in the Master's work after you are dead and gone? Have you observed how frequently relatives or unscrupulous lawyers have succeeded in absolutely defeating the will and intentions of the donor?

There is a better way. Give your property while you are alive, to the work that you desire and receive a fixed income or annuity on the same each year as long as you live. In this way you know that your property will not be frittered away from you so that you will have no support in your old age, and this annuity contract becomes immediately effective at your death. No one can change it in any manner.

If you are interested in this matter write us and we will give you further suggestions and information regarding this annuity plan that so many sensible people are adopting.

The Life Boat

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

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

LIFE BOAT MAGAZINE AGENCIES IN CHICAGO.

THE LIFE BOAT magazine can be secured in quantities at wholesale rates from the following agencies in the city of Chicago:

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Ave. Phone Douglas 6743.

Illinois Tract Society, 3645 Ogden Ave. Phone, Lawndale 7022.



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BEYOND THE SHADOW

Miss Pearl Waggoner, the Life Boat poet, has recently collected some of her best poems and published them in book form. The book contains ninety-six pages. We will send the cloth binding, shown above, free with TWO SUBSCRIPTIONS to The Life Boat at one dollar each.

THE LOST CHRIST

A beautiful little booklet by Gipsy Smith. Just the thing for a gift book, containing several full-page illustrations in colors. Given free with ONE SUBSCRIPTION at one dollar.

A RETROSPECT

This book by J. Hudson Taylor is one of the most thrilling and inspiring missionary books on the market today. We have sold thousands of them. Should be read by every young person who desires to be of some use in the world. This red, paper-covered edition can be furnished with ONE SUBSCRIPTION to The Life Boat at one dollar.

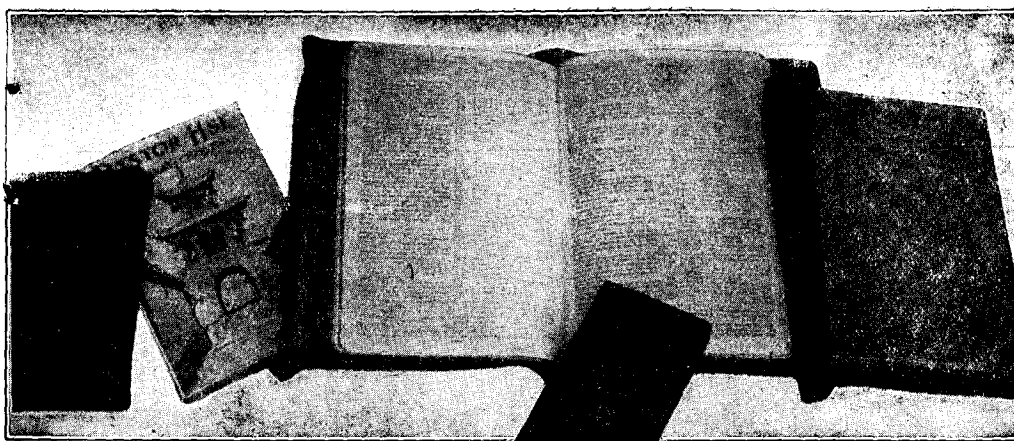
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By Dr. W. S. Sadler, is just the book to help you in your study of the Bible and to prepare you for more effective soul-winning work. This is no ordinary book. Size, 3 by 6 inches. Contains 192 pages and more than eight hundred verses of scripture carefully classified. It is furnished for only ONE NEW SUBSCRIPTION. Do not fail to get this helpful book.

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PASTOR HSI

We have recently been able to secure a very neat paper-covered edition of the charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission. The author gives in a most fascinating manner the remarkable story of the life work of Pastor Hsi, the man who, after his wonderful conversion from heathenism, founded more than forty medical missionary centers in the province of Shan-Si. His remarkable faith and power in prayer has brought his work to the attention of the entire Christian world today. This book is an inspiration, and you can have it by sending us one dollar for your subscription to The Life Boat one year.

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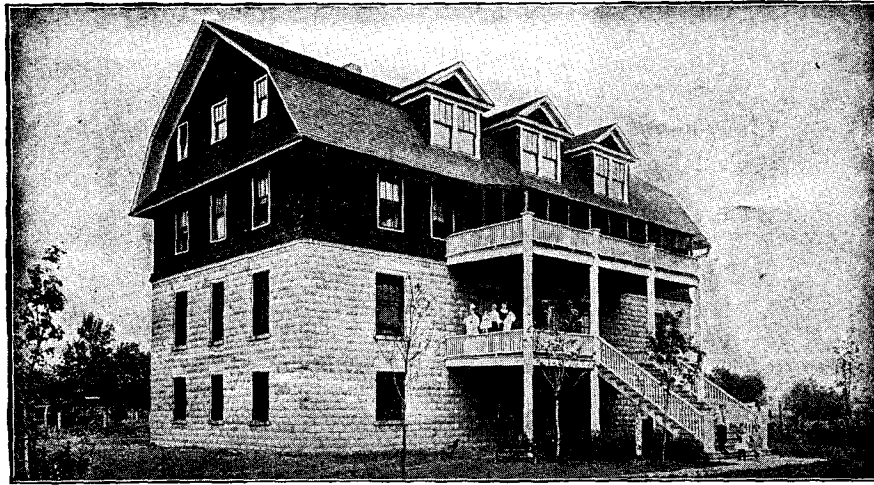
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HINSDALE, ILLINOIS



Physicians, pastors and other workers are constantly perplexed as to how to properly extend a helping hand to the unfortunate girl. To meet this pressing need the charitable public assisted in erecting this splendid eleven thousand dollar institution and it was dedicated July 25, 1909. Judge Orrin N. Carter of the Illinois Supreme Court giving the principal address.

During the past year upwards of half a hundred girls have been sheltered in this home. They have been carried through the saddest chapter of their lives. More than half these girls do not have a dollar, but they are received just the same.

The institution has no endowment and beyond the mere pittance that some of the girls are able to pay, it is entirely dependent upon the generosity of those who become interested in its work.

Address for further information

DR. DAVID PAULSON, Pres. Life Boat Rescue Home
HINSDALE, ILLINOIS

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OR

Are you interested in placing a part or all of your property so that you can receive a permanent annuity or income on it while you live?

In either case will you not generously remember the Life Boat Rescue Home? Full information regarding this work will be sent upon request.

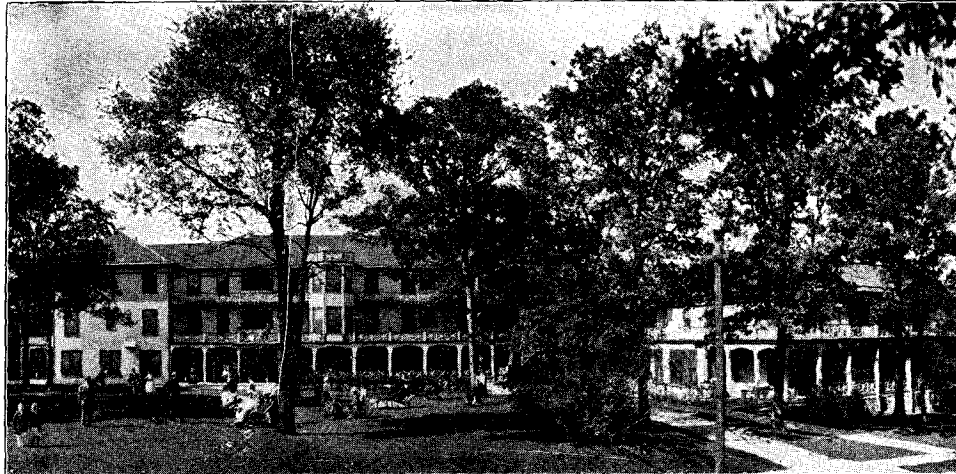
For those who desire to remember this institution in their wills we give here with a proper legal form for a bequest.

"I hereby give, devise and bequeath unto the Life Boat Rescue Home, a corporation organized and existing under the State of Illinois, the sum of dollars to be paid out of real or personal estate owned by me at my decease, this money to be used for the maintenance of the institution known as the Life Boat Rescue Home for Girls, located near Hinsdale, Ill., and which is under the supervision of the aforesaid corporation."

THE HINSDALE SANITARIUM

Endowed by Nature

Equipped by Science



THE MAIN BUILDING OF THE HINSDALE SANITARIUM

VISIT HINSDALE FIRST

Do not go abroad for what you have at home. Were it possible for you to see Hinsdale as it is, you would come. So pleasant as to attract many guests who have no ailment. Patients are kept so busy getting well that they have practically no time to worry over their troubles. Pleasant, refined associates. Rates as low as ordinary hotel. Atmosphere delightfully different.

A suburb of Chicago—trains every few minutes—fifty trains a day.

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HINSDALE, ILL.

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