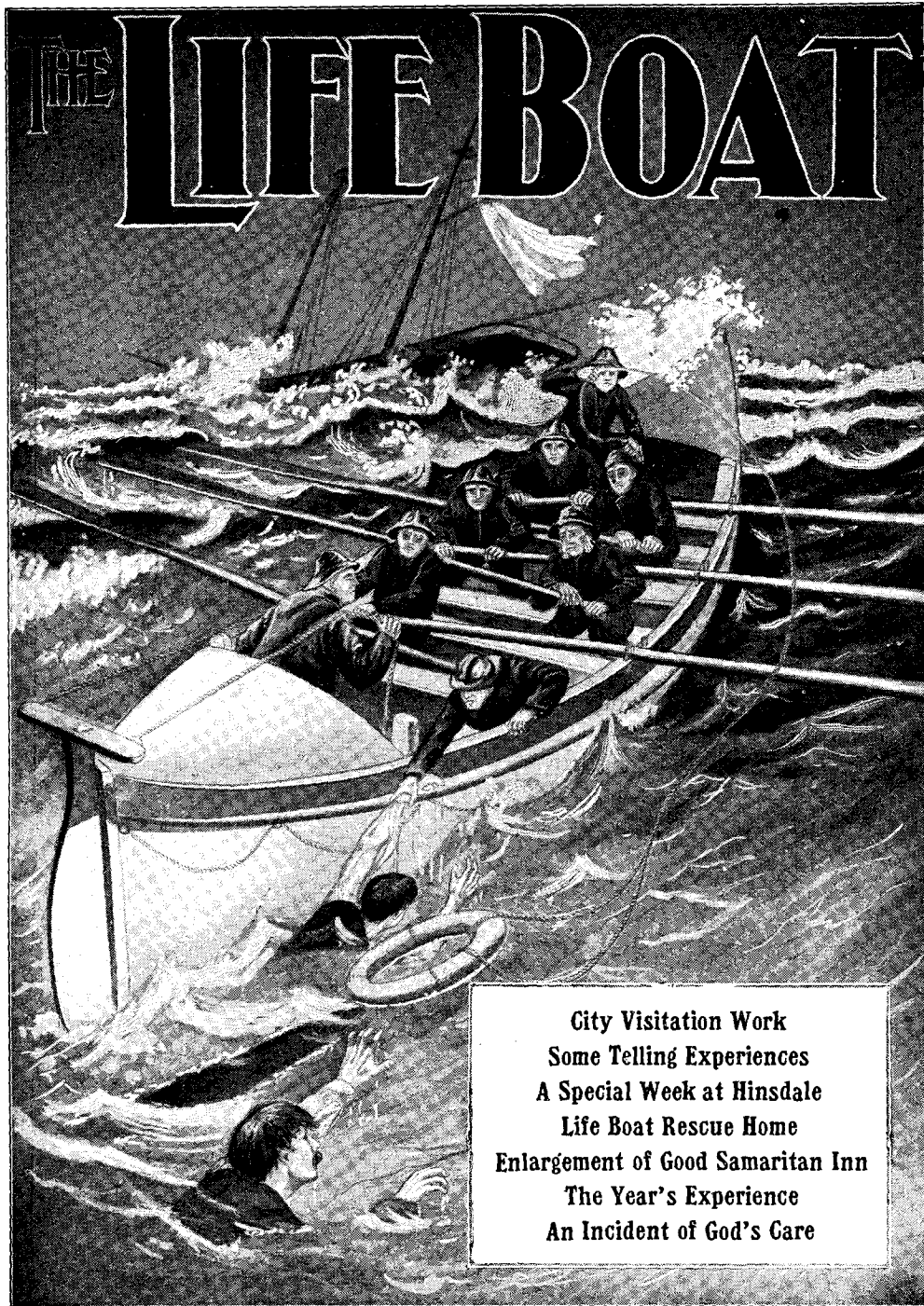


**"There Shall Be Showers of Blessing"**

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



**The Life Boat Employs No One to Solicit Donations**

City Visitation Work  
Some Telling Experiences  
A Special Week at Hinsdale  
Life Boat Rescue Home  
Enlargement of Good Samaritan Inn  
The Year's Experience  
An Incident of God's Care

Volume Eighteen  
Number Eight

Hinsdale, Ill.

August, 1915

**Dietetic Efficiency--by the Editor**

# The Little Streams

(Ps. 46:4)

Pearl Waggoner

Dost long to great and powerful be,  
Some work to do for God,  
And think no chance is given thee  
To spread good cheer abroad?  
Remember, not the ocean's roar,  
Nor yet the rivers deep and broad,  
But just the streams—the little streams—  
Make glad the city of our God.

'Tis not by might and not by power  
That souls to God are won,  
'Tis not by human strength or dower  
The world's best deeds are done.  
'Tis not at all by man's own will,  
By human wits nor human skill,  
But by the Holy Spirit's work  
And by its influence soft and still.

Dost envy oft a gifted tongue?  
Dost long for gift of voice?  
Yet not the sweetest song e'er sung  
Can make sad hearts rejoice,  
And not the grandest sermon preached  
Can point as well the way to heaven,  
As can a kindly hand outreached—  
A word—or love that's freely given.

The humblest things, that men despise,  
Our mighty God can take  
And from the good that in them lies  
A joy and glory make.  
The cup of water in His name,  
The sparrow's fall, the widow's mite,  
The contrite heart unknown to fame—  
'Tis these are precious in His sight.

A seed is small, and yet from it  
The monarch of the forest grows;  
And streams are small, but Holy Writ  
Above the ocean mentions those.  
The little things of every day  
May after all the greatest be;  
If done for Christ they'll live for aye,  
And blossom in eternity.



# THE LIFE BOAT

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

One Dollar a Year

Ten cents a copy

*Entered as second-class matter, July 17, 1905, at the P. O. at Hinsdale, Ill., under Act of Congress of March 8, 1879.*

Volume XVIII.

HINSDALE, ILL.

:: AUGUST, 1915

Number 8

## Dietetic Efficiency

David Paulson, M. D.

THINK of the master mind that could organize a factory so as to turn out two complete automobiles every minute, yet that is what is actually accomplished in Ford's factory.

In this great enterprise, "efficiency" has become a word to conjure by.

It is natural that a man who has brains enough to make two automobiles every minute should be able to discover that there is very close relationship between what his men eat at home and the kind of work they turn out in his factory. So he has recently established a department of dietetics. Thus thousands of his workmen will be taught how to eat more sensibly, and it is estimated that even from a financial standpoint they will save a million dollars a year. For, remember that the average man spends more for food than any other one item, and in most instances, fifty per cent of this is worse than wasted. Thirty cents is often spent for certain foods when five cents would have purchased the same amount of nourishment.

On this point, Mr. Ford says, "We eat three times as much as we need. The other two-thirds is not only unnecessary, but positively harmful to us. We wouldn't feed an engine three times as much fuel as it needs; yet we pay out good money to gormandize at the expense of both our income and our health."

It is the last few spoonfuls eaten at a meal that makes all the trouble for the man who overeats. That little additional amount day after day overtaxes the system and frequently makes the difference between efficiency and inefficiency, clear headedness and stupidity. On this point Mr. Ford says, "We cram des-

sert down our throats when we don't need it because it tastes good," and Mr. Ford is right. Too often, after the demands of the system have been met and the appetite has been fully satisfied, then the fancy desserts, the rich pies or cakes, are served, and we are admonished that if we will "just taste it" and discover "how good it is" we will want to eat it.

### An Important Discovery

Mr. Ford's brilliant mind has discovered a great temperance truth that I demonstrated abundantly to my own satisfaction years ago in my experience with the drunkards in darkest Chicago. "I have the greatest sympathy for the man addicted to liquor," said Ford. "His appetite is a disease caused in many cases by unwise eating. That he craves strong drink is often not his fault." Mustard, pepper and all these condiments and fiery spices train and develop artificial tastes and appetites which are no longer satisfied with plain simple foods and drinks, but absolutely demand still more stimulating foods and drinks. In other words, they create a thirst that the town pump can't satisfy, and nothing but the village saloon will quench.

The character of the food served as free lunches is always that which develops business for the saloonkeeper's wet goods. But, unfortunately, the same kind of stuff is served in too many Christian homes, and even to those who are heroically struggling against the awful liquor thirst. Too frequently the cook is in partnership with both the saloonkeeper and the undertaker, for unconsciously she makes business for both.

### Sickness Doesn't Happen

Dr. A. S. Gray, the brilliant writer on

health topics for the *Chicago Daily News*, has well said that if one eats and drinks correctly, breathes pure air and has the right amount of mental and physical exercise, he will not fall a victim to the disease germs that surround him, or even those that are slumbering within his own body. In other words, that sickness is not as most people suppose, an accident or incident, but the deliberate harvest from our own sowing.

Ill health does not rain down ready-made from heaven, but is the natural result of violation of Nature's laws. Some one has said it was a greater disgrace to be sick than to be in prison, for the prisoner had broken a man-made law, while the invalid has violated a God-made law. However, it is only fair to admit that Nature compels some of us to pay up for our father's debts to Nature.

Professor Mendel of Yale university says that in matters of diet the average mortal "worships the dictates of *custom* and *habit* in matters pertaining to his nutritive welfare." He eats what he likes for the same reason that the pickpocket steals, and both may be fortunate enough for a time to *escape* punishment, but sooner or later they generally come to grief. Then one goes to the hospital, the other to jail.

Recent laboratory experiments have demonstrated that even if rats are fed all they can eat of a rich and abundant diet, if there is one necessary food element lacking, they will speedily develop sore eyes, lung disease or other distressing symptoms. But as soon as the dietetic deficiency is corrected, the symptoms disappear. For exactly the same reason, frequently children in the slums and sometimes those living on the boulevards have sore eyes. But instead of having their diet corrected, the doctor is called to put in drops instead of educating the cook.

#### **An Instructive War Experience**

Of all the terrible things that have happened in this war, there is one experience that is wonderfully illuminating and instructive. Last August the German war cruiser, Kronprinz Wilhelm, started out on her campaign to destroy English and French ships. During the two hundred and fifty-five days that she was on the ocean she sank fourteen vessels. Each time she first helped herself to the best meat, the richest food, the canned

vegetables, the sweet cakes and other "goodies" that were on board these vessels. It must have seemed a pity to these German sailors accustomed to comparatively simple rations to let all this "good food" go to the bottom of the Atlantic ocean when they might just as well have it as to waste it.

As a consequence, these five hundred men lived on the fat of the land as they never had before. They took on board enough meat supplies so as to furnish each man three full pounds every day, to say nothing of all the other rich food. They certainly had what too many people yet consider a "strengthening diet." And Dr. Gray, discussing this incident, said, on the theory that well fed men make alert and hard fighting men, so these men continuously were well fed. What was the consequence? Ere long, this magnificent German cruiser was compelled to put in at an American port, not because of English or French cannon or submarines, but for exactly the same reason a lot of people who live the same way on land have to "put in" at some hospital.

Beriberi, a disease that never happens excepting when the diet is all wrong, broke out among them and one hundred and ten then contracted the disease. Dr. Gray says, "Some of her crew began to complain of swollen ankles, some fancied insects were crawling over their skin, or they experienced peculiar fibrillar twitchings of certain muscles; some had pains in the nerves and legs, and still others had very curious disturbances of vision, hearing, taste, smell and memory." In short, they were suffering from too much acid in the blood, and it was beginning to eat up their nerves and destroy their health generally.

And it is the same thing that is destroying health on land, only there they are considered "dispensations of Providence." Dr. Gray, speaking of this says: "It is this same unbalanced ration that is working havoc in our American homes. For every case among the five hundred men on that ship there are thousands of individuals in the same condition in every state in the Union. Why should there not be when the dietetic conditions are *practically identical?*"

The very food that those German sailors gorged themselves with is precisely the diet that is used by people who are living high

today, and more and more folks are aspiring to live in that kind of style.

#### Repeating That Experiment at Home

While attending the great International Congress of Hygiene in Washington, D. C., a friend of mine invited me to dine with him at the splendid new Willard hotel in that city. At the tables all around me were seated congressmen, senators and other brilliant men and women who ranked high in society and the affairs of the nation.

I observed the waiters bringing to these diners enormous trays of food, filled with precisely the same things that so promptly proved the undoing of those five hundred husky, substantial German sailors. I saw men whose work was chiefly, if not altogether, mental, eating chunks of rich meat larger than my two fists. As side lines there were lobsters, oysters, bacon and sausage. In fact, their meal was largely protein food—little or no vegetables or green garden truck, fruits and such other things as would have furnished them alkali to *offset* the acid that was bound to result from all this high protein diet.

Then I understood from personal observation the significance of Senator Tillman's words, spoken in the senate chamber only the other day when he pleaded to have the smoking of tobacco discontinued because of the discomfort it brought to him. He said that since he was elected to his high office, twenty-four senators and one vice-president of the United States had died; that they had killed themselves by the way they lived. These men in Washington broke down for exactly the same reason the German sailors did.

It is just such habits that make most of the doctors' business, that bring on this ever increasing flood of Bright's disease, heart disease, apoplexy, neurasthenia and cancer. The patients expect the doctors to cure them without reforming them, and it can not be done as long as the Bible declares, "Whatsoever a man soweth *that* shall he also *reap*." Gal. 6:7.

On this point Dr. Lusk, the eminent physiologist of Cornell university, says, "There is little doubt that excessive consumption of meat constitutes a grave and unnecessary economic waste. It is a part of the spirit *that demands* the motor car, the *luxuries* of

life, as well as its necessities." For the same reason that the poor man covets the rich man's automobile, he also wants the rich man's *diet*, and consequently the rich man's diseases are on the increase.

I heard Max Rubner, perhaps the world's greatest dietetic authority, say at the International Congress of Hygiene that they were facing a great crisis in Germany, because the sturdy country people who had always been compelled to live on a diet that was largely vegetarian, and had been satisfied to do so, were no longer content to live as their forefathers did. They were adopting the dietetic habits of the city people, and as a consequence the health of the German peasantry was deteriorating, for the same reason similar dietetic habits ruined the health of the five hundred German sailors on the Kronprinz Wilhelm, and for the same reason that the rats in the laboratory lost their health when their diet was incorrect, and for the same reason that chronic diseases are increasing by leaps and bounds in this country.

#### The Great American Disease

Neurasthenia is today the most common nervous disease in this country; yet three generations ago when the pressure of life was not so great and the dietetic habits more simple, it was almost unknown. It is gradually coming to be recognized that neurasthenia is largely due to auto-intoxication as the result of unsuitable diet. On this point, Dr. Gray has well said, "Beyond a doubt the fundamental 'cause' of neurasthenia is a group of destructive conditions connected with one's diet." But instead of correcting this, the neurasthenic is constantly told that he needs "building up"; that he needs to eat more meat and more rich food, the kind that put the healthy German sailors out of business, and altogether too often the good-natured doctor, in order to satisfy the clamor of well-meaning relatives, completes the blunder by loading the patient up with various tonics and stimulants which still further poison and irritate the already over-poisoned nerves.

Strychnia only makes the patient *feel* better. He is actually worse. It only enables him to drain to the very bottom and waste the little energy that he has left, and makes it a little harder for his system to manufac-

ture some more to replace it. The worn out horse needs oats, not a whip. The only difference being the whip hurts the horse on the outside while the stimulant hurts the patient on the inside.

#### How We Spoil Even Good Food

In order to produce the superfine flour which makes our beautiful white bread, the miller robs every bushel of wheat of *fifteen pounds* of absolutely essential mineral matter. The young wheat sprout requires everything that God has put in the kernel of wheat. So do we. And we sacrifice health for looks in our diet, just as many are doing in the way they dress in order to be in style.

The covering of grains contains not only valuable mineral matter, but those mysterious "vitamines" which the body must secure from some portions of the food or ill health is as certain to develop as night follows day.

Tibbles, the eminent English dietetic authority says when a man is fed a long time on rice, corn, white bread, pickled meat, canned foods, certain diseases develop. That is because these grains are robbed of their coverings which contain the vitamins. In the canned foods they have been destroyed by high temperature, and no amount of "drops" that any doctor can administer can replace them in the human system.

Who of us have not seen a child in perfect health when it left its mother's breast, and yet after living a year or more on fine flour preparations, rich pastry, meats, canned foods and condensed milk, it becomes pale, anemic, develops rickets and then perhaps is introduced to a long and persistent course of worse than useless drugging, when it should be given whole flour preparations, unpolished rice, some simple fruits and vegetables and, if possible, plenty of good, clean unsterilized milk.

Dr. Woodruff has suggested, and many of us are beginning to believe it, that a diet deficient in vitamins may render us more *susceptible* to all infectious diseases, and evidence is accumulating that children who are fed on a natural wholesome diet are much less liable to contract the whole string of so-called children's diseases.

Dr. Evans, formerly health commissioner of the city of Chicago, mentions the following dietetic indiscretions as among the leading

causes for pellagra: Too much corn bread, too much sow belly, too much molasses, too much plum pie, too little fresh vegetables, fruit and milk.

Lard is a deficient fat. Recently experiments that have been made by Professor Mendel of Yale university show that while lard can keep rats alive, they can not *grow* on it, but resume their growth promptly when furnished either butter fat or the fat in eggs. So lard can't take the place of butter.

#### In Conclusion

It is becoming increasingly evident that if we want to *renew* our health, we must *reform* our diet; that means, return to the simple products of the earth that God originally provided for Adam. (Gen. 1:20.) And we should eat these in *moderation* with a clear conscience and a heart thankful to God for His abundant blessings. We should each day, if possible, use some articles of food that have not been subjected to either baking or cooking heat, such as raw fruits and green garden stuff, so that we may not fail to secure the necessary vitamins that they *always* contain.

These foods, on account of their bulk, also serve a valuable purpose in stimulating the activity of the sluggish alimentary canal, thus helping to prevent auto-intoxication, which is the cause of so many of our ills. We should also use more freely such cooked vegetables as potatoes, carrots and the like, because they provide our blood with important mineral salts which Nature uses to neutralize the natural acid poisons that are *constantly* being manufactured within us.

We should also help to develop a more general demand for such grain preparations as have not been partially robbed of their most essential elements by modern milling processes, such as genuine, old-fashioned graham flour and unpolished rice. And then last, but not least, we should more heartily accept as a part of our daily program that brand of Christianity which will lead us to eat and drink *to the glory* of God. (I Cor. 10:31.)

<p>For the convenience of those readers who can not procure unpolished rice and genuine old fashioned graham flour in their home markets, we can supply them both from our LIFE BOAT headquarters.</p>
--

**FOUND THE SECRET**

The following is culled from a personal letter written by a woman prisoner in the Joliet penitentiary to Mrs. Clough, soon after that terrible tragedy of the slaying of Mrs. Allen, the warden's wife, by one of the trusties. This woman prisoner is making an honest effort to atone for the past and she needs our prayers.

"I thank God I have a work to do. I have a lovely mother, sister and brother, and feel terrible that I have caused them so much trouble, but they have all forgiven me and are going to help me when I leave here.

"To live as I have lived for self is a mistake. She who lives to help others has the secret. I only hope that somewhere, some time, I may be of use. In my heart I raise my thoughts to God and say, 'Oh, help me Lord.'

"Mrs. Abrams' kind words to me have made me long for that which the world giveth not.

"The great sorrow that has come over both prisons the last week has got each girl to thinking. We are here today, but God has not promised we shall see tomorrow. Dear Mrs. Allen, how our girls in the sewing room shall miss her! She always had a smile and was always helping some girl in one way or another. Our superintendent brought a large basket of American beauty roses that were at the church for the funeral and each girl had one in her room. Wasn't it lovely in her to think of us girls?"

**AN INCIDENT OF GOD'S CARE**

MISS MARGARET WINTRINGER

I think that many have read this story, but to me it came with a new significance, when some years ago I met the actual heroine. It was in Nebraska, and I heard from her own lips the story of how God answered her prayer even before she called upon Him.

She and her husband had been missionaries under Bishop Taylor in Africa, stationed in the interior, when her husband was attacked by the deadly fever of that region, and even the native Christians fled in terror because they considered that the devil was the cause of his

illness. So the poor woman was left to care for her dying husband alone; and when at last the summons came, there was no one to help prepare him for burial.

The terrible task confronted the bereaved wife of making with her *own* hands the coffin and digging the grave. There was only her little son to help. It seemed impossible, and in her agony she fell to the ground and prayed as she had never prayed before. Barely had she risen from her knees when she saw an approaching caravan of travelers coming to their mission, and soon Bishop Taylor was at the door with some native aids.

The bishop took charge of everything, and when the husband was buried, sent the widow and little son back to America. When they came to recount the experience, Bishop Taylor stated that when at a mission a great distance from them, in prayer he felt the Spirit telling him to come to this mission, and comparison of dates showed that it was just ten days before the missionary was taken with the fever. While he was in perfect health, before his sickness, before his death, God had answered the prayer of the bereaved wife and prepared the way for her.

It was a most wonderful instance of the fulfillment of that promise, "*Before they call, I will answer.*" And as the heroine of the story declared to me, it gave to prayer a greater significance than ever before, and taught her as great as one's trouble might be, the love of God is greater.

**NEEDS SUPPLIED**

A. J. HOLT

For forty years prayer has been my joy and my life. Prayer always brings light in darkness, joy in sorrow, rescue in temptation, relief in distress, health in sickness and spiritual power in preaching the gospel.

When I was the treasurer of an orphan's home and a debt was crushing us, prayer brought from an unknown source one thousand dollars in gold, and that relieved us. When I was a missionary secretary and lacked \$2,500.00 of having enough to pay the missionaries, prayer brought the money in twenty-four hours.

The omnipotence of prayer is only measured by our faith in an omnipotent God.



THE GRADUATING CLASS OF 1915 AND MRS. JOHNSON, SUPERINTENDENT OF NURSES.  
Top Row—Lelia Patterson, Clara Stephens, Mrs. Weeda, Martha Borg, Elizabeth Erickson, Edith Strong.  
Sitting—Ruth Ruckman, Grace Steele, Mrs. Johnson, Therese Arntzen, Dorothy Johnson, Beatrice Harter.



## A Special Week at Hinsdale

Caroline Louise Clough

JULY 7 to 11, the time appointed for the graduation exercises and opening of the new medical evangelistic class and for the special meetings, is now in the past, and we are attempting to give our readers a few crumbs which fell from the table. We wish you could all have been here and enjoyed this feast with us.

The week before we began earnestly preparing our hearts for an outpouring of God's Spirit. Special consecration meetings were held each morning at 6 o'clock. Most of our busy workers were present at this early hour, the majority of whom would take part, some confessing to having become careless and neglectful of eternal things, others expressing a desire for more faith and more of the Spirit and love of Christ in their lives.

The graduation of the nurses and the closing exercises of the medical evangelistic one-year course were made seasons of deep heart searching. None of the festivities of such an occasion were seen.

An evangelistic tent was pitched under the large oak trees and was used for the services when the weather permitted.

The senior nurses' class, numbering eleven, graduated from their three years' course of training on Wednesday evening, July 7. The sanitarium gymnasium was beautifully decorated with the class colors and foliage and an interesting feature was the large blue and white flag with the graduating class represented as stars. The graduates of the institution and the nurses in training, altogether numbering seventy-four, in full uniform, made a pleasing effect as they marched in.

Instead of the customary graduation address, members of the class took part in the program, giving a brief survey of the history of nursing from the nurses in Bible times, which was presented by Miss Borg, down to Florence Nightingale, founder of the modern nurses' training idea. Her work was presented by Miss Steele. Miss Harter read a paper on the work of Pastor Fleidner, that wonder-

ful man in Germany who so fully developed the deaconess' idea.

Miss Arntzen gave us a glimpse of hospital nursing. Miss Elizabeth Erickson gave a survey of the wide field which is now being occupied by the visiting, school and community nurses. The sanitarium nursing idea and its advantages was discussed by Miss Clara Stephens.

The nurse as a medical evangelist, which, after all, alone carries out *fully* the Master's ideal, was presented by Miss Patterson. God never intended that the work of restoring the sick body and the sick soul should ever have been separated. In Bible times the priest was also the physician. Today the work of a trained nurse is largely becoming commercialized and the gospel for the soul is left out.

Prof. J. G. Lamson was present to bless the occasion, and his closing word to the class was an exhortation to study Christ that they may become more like Him who was willing to be the servant of all and thereby proved Himself to be the greatest of all.

On Thursday evening the large class of medical evangelists took their seats in front of the platform. Prof. Lamson spoke of the importance of the training of hand and heart as well as of mind which they had received, and commissioned them to go forth and heal the sick and preach the gospel. A summary of the year's evangelistic work was given by Brother Walter. A few experiences of house-to-house visitation were presented by Miss Hibben. Papers were read by Miss Mercer and Miss Morlock, members of the class, on what the year has meant to them, and stirring missionary songs were sung by the class as a whole.

By Friday evening nearly all of the students for the new class had arrived and were present to hear Pastor Westworth's splendid sermon. Sabbath morning Pastor Westworth spoke again and in the afternoon Pastor L. H. Christian gave a Bible study.

Dr. Paulson's presentation of the foundation principles of the Hinsdale work was an

inspiration from start to finish. An earnest, honest effort has been made to found this work upon the eternal rock, and our greatest anxiety is that the devil may have no opportunity to sow the seeds of decay.

Sunday evening Prof. Lamson spoke on the subject, "Will this war bring Armageddon?" A large and interested audience listened to the story of Bible prophecy fulfilled

right down to the very last of the last days in which we are living.

This closed our series of meetings which were a help and inspiration to us all. While others were seeking personal pleasures in outings and Fourth of July vacations, we were seeking for a new experience spiritually which will be of the greatest value to us in the months to come.

## Some Telling Experiences

W. A. Westworth

[We are passing on to our readers a part of Pastor Westworth's sermon given in the tent Friday evening, July 9, to the Hinsdale sanitarium family. These truths are heart-searching and we trust you will open your heart to them as you read.—Ed.]

THERE are many people who are striving for a deeper experience in the things of God. No doubt there are many here tonight that have a deep longing to get hold in a tangible way of the real thing in the religion of Jesus Christ. I believe that amid the turmoils of this life it is possible for a man to go along unmoved because his life is hid with Christ in God.

"Well," says one, "that may be true, and I would get along all right *if* folks wouldn't bother me."

I had a dear good sister not long ago tell me, "Brother Westworth, I would get along all right if they would *only* let me alone," and I thought that was just the sort of peace some people had.

### A Lesson From the Mud Puddle

It reminds me of a mud puddle out in the road. During a rain you have seen the puddle fill up, then the storm quiets, the clouds pass away, the sun comes out and the water in that puddle would be just as clear as could be in the sunshine. Then some one would come along with a horse and wagon and leave it all muddy and nasty, and it would be "all the horse's fault." No, there was a lot of mud at the bottom and the horse simply stirred it up.

That is the way with a whole lot of people, they are all clear until some one steps into the puddle and then they are all roily, but there is mud down at the bottom or somebody *couldn't* stir it up. It is our business to find out whether there is mud at the bottom of our hearts. What we need is to get the mud out

of the bottom, then they can't stir us up. When we get the experience it is possible for us to have all the stirring up that anyone else can do, it will not have any effect at all. I have seen water that people have stepped into, the more they did that, the more it sparkled because there was no mud at the bottom.

### Get Acquainted With God

There are some people who are only good because they are *afraid* their souls will be lost if they are not, but they have not that peace in their heart. I tell you it is possible for us to live actually in the real abiding presence of our Saviour and feel a perfect calm.

I have heard people say to their children, "Now, God is *watching* you. You want to look out." Well, I know God is watching us and I am glad to think that Jesus Christ is near enough to me that He can be watching me. But I don't want to do anything *because* He is watching me, or not do anything because He is watching.

He tells us, "*Acquaint* now thyself with Him, and be at peace." Job 22:21. Get acquainted with God. He doesn't say, let God get acquainted with you. He knows all about us. "This is life eternal, that they might know thee." John 17:3. There are lots of people who know about what is in the Bible and will quote Scripture by the yard, but they don't *know* God by walking, talking, living with Him; by having that continual association with Him so that they can say that they do know Him, as Paul did, when he said, "I know whom I have believed."

If you and I will do our part in taking the veil away so that there is nothing that separates between us and God, we can see the King in His beauty. We will see Him in all His matchless love, and to see Him is to love Him, and to love Him is to surrender to Him and be at peace. The only thing that keeps people from doing it now is the presence of some pet sin, some little cherished ideal in the soul. You can talk about religion and preach about it for three months, but you can boil it all down to one statement, and that is: *Get rid of sin now and know God.* Make a full sur-

I said, "My brother, won't you make a new start?"

"Why," he said, "I have done that three times in the last five years."

"Why, you poor soul, I have started forward every morning."

It is a matter of *continual* surrender to Him. What I do today won't last me tomorrow. He will show me something tomorrow that I couldn't stand today. We are so far from God that if He showed us all we would get discouraged.

Today the great effort of mankind is to get



THE NEW CLASS OF MEDICAL EVANGELISTS WITH MR. AND MRS. WALEN IN THE CENTER AND DR. PAULSON STANDING ABOVE.

render to God and be at peace. I know a lot of people who have gone along for years in absolute misery, saying, "Pray for me. I want to get the victory." But they want *somebody else* to do a lot for them. There was a little *pet sin* they didn't propose to *get rid of*; they were going to get that experience and yet keep that thing tucked away.

#### A New Start Every Morning

A man came to me one day and said the Lord was down on him,

acquainted with everything else but God. Men are studying all sorts of signs, all sorts of ethics, but really not many people are studying God.

#### A Wonderful Impression on the Boys

A little story that I heard Brother S. H. Lane tell I have never forgotten. He said that there was an old brother that used to come and visit at their house once in a while, and they all thought he was a pretty good fellow, they loved him. One time he came and

was to stay at the house two or three nights.

The boys had been always taught that they must say their prayers at night, and they did it conscientiously. But it so happened that the good old brother went to his bed room at the same time the boys retired. They undressed quickly and then they kneeled down to say their prayers, but they hadn't got through before they heard the old cord bedstead squeak and they knew he had gotten in bed before they had.

Brother Lane thought awhile, then he turned to his brother and said, "Did that old brother go to bed *without* saying his prayers? Did you hear the bed squeak? Didn't that brother say his prayers?"

"Tomorrow night we will watch him."

So the next night just about time for bed the boys hurried up, and above their bed there was a little trap door leading to the loft and they could look down through the cracks into the adjoining room where the old brother slept. They went up the ladder and laid down on the attic floor waiting for the brother to come up to bed. Brother Lane said it made a wonderful impression on him. He said the old man came up and the first thing he did was to kneel down and say,

"Lord, another day is *past*. If there is anything I ought to make *right* before I go to sleep tell it to me now." He waited a moment then said, "I don't think of anything, keep me till morning. Good night."

Then he got up and went to bed. It was a strange thing to hear a man say "Good night" to God. There is something so simple about it; it takes a hold of you more and more as you think about it. That is peace. That man couldn't have prayed that prayer unless he was used to talking to God. He had been acquainted with his heavenly Father, and he knew his Father would tell him if there was anything wrong. There is such a thing as getting acquainted with God. You will remember when they called Daniel in at Belshazzar's feast and the finger of God wrote upon the wall the doom of Babylon. The wise men did not know what to think. Daniel was acquainted with God and he *knew* his Father's hand writing. I believe that you and I can get so acquainted with God that we can read His hand writing. May God grant that every one of us may have the witness of His Spirit, that we are acquainted with him and that a full surrender has been made.

## City Visitation Work\*

Miss Zada Hibben

THE medical missionary principle and methods of working as outlined in the tenth chapters of Matthew and Luke, is the commission given not only to those living eighteen hundred years ago, but to the medical missionary worker of our day.

After prayer and much study the medical evangelistic workers of the class of 1914 and '15 entered the great city of Chicago to take up their very important work of soul-saving.

The thought of praying the Lord to *send forth* more laborers into the harvest was emphasized and as the workers went forth this was their prayer.

Chicago certainly is a vast field for missionary work. Until you go down to this

\*Paper read at the closing exercises of the medical evangelistic class.

great city with its millions of people, many of whom are without Christ and without hope in the world, you can hardly realize the Saviour's remark to His disciples, "The harvest truly is plenteous, but the laborers are few."

Thousands of children are growing up practically on the streets, some hardly knowing what a real home is.

The work we have accomplished in Chicago is only a trifle compared with its needs. These young people have entered the homes as sisters of mercy. They have cared for the sick, taught health principles, provided clothing for those who needed it, spoken words of comfort to the down-hearted and pointed lost souls to Christ.

Everywhere we find hearts crying out for something which they have not. Some long



THE CLASS OF MEDICAL EVANGELISTS WHO HAVE NOW COMPLETED THEIR ONE YEAR'S COURSE.

for a power that will give health and life and peace. Others have no *faith* in God and have lost *confidence* in man. But they appreciate acts of sympathy and helpfulness. And as they see our workers with no inducements of earthly praise or compensation come into their homes ministering to their various needs, faith kindles. In our work we always leave some of our gospel literature.

When the workers see there is need for help in the house, they help to wash dishes, sweep floors, wash and iron, giving treatments to the sick or cleaning up some dirty faces.

By being kind and willing to do those things which really need to be done, we win their confidence and make openings for spiritual talks. Some have asked *why* we do this, and we tell them it is because we love them.

We also tell them of the love of Christ and how He helped the poor and needy when He was here on earth, and of His great love for them now. It is really amazing to see how God is blessing our feeble efforts, especially in caring for the sick just by using the simplest treatments.

#### Some Striking Examples

One day two of the workers met a lady who had been sick for a week and had scarcely slept for four nights because of a violent headache caused by a cold. They quickly heated some water and gave her a hot foot bath and at the same time kept cold compresses on her head and neck. Before the treatment was finished she remarked that her head was better and she was getting sleepy. The next day the workers called, but the mother, feeling so much better, had taken the children and gone out for a walk.

One of our patients asked a couple of the workers to call on a sick lady. They found her living at the rear of an old building in only three small rooms, where the sun never finds its way. In the room where the patient was lying was only a candle to light it and no windows to let in the fresh air. Her husband had been out of work for six months, so he had not been able to provide for them. The two little boys and also the mother looked so starved. The workers cared for them the best they could under the circumstances and washed out clothing for the boys. The mother

had not been out for several months because she had nothing fit to wear. Clothing was taken for her and children. She is now well and her husband has work and everything looks brighter.

We have frequent calls from doctors in the city. In one instance we were called to give our method of treatment to a pneumonia case in a hospital. It was very interesting indeed to see how enthused even the nurses were over our way of treating these cases.

At another time we were called to assist in caring for a charity case. The mother was helpless. She had every reason to be discouraged because of her physical condition, and with three children under ten years of age and the father out of work for six months past. One thing that touched my heart was to see that they tried to keep things clean and tidy even with what little they had to make a home.

#### In Answer to Prayer

A couple of the workers one day prayed earnestly that the Lord would send them to some one that was in need of help physically or spiritually. As they went to one of their patients that very day she gave them an address of an old friend whom she had heard was very sick and needed care. They went to see her and there she was alone in an attic. The doctor had given her some medicine to deaden the pain, but she felt so queer afterwards she did not like to take it. She felt very unhappy, for she knew she could not live and she felt as though her sins were not forgiven. She said she had just been wishing for some one to come and read and pray with her. These workers read the Bible and prayed for her. She thanked them with tears in her eyes and begged them to come again, which they did, and gave her treatments. She was very sick but after giving her a few treatments and asking God's blessing on them her suffering was greatly relieved.

Every time they called there she would ask for prayer almost as soon as they came in and she would always feel better. Bible studies were given her till the day before she died. She accepted everything that was given and had the peace of Jesus in her soul.

She had lived a bad life. Drink ruined both her husband's life and hers. But she died ready to meet her Saviour and we look forward to meeting her on the other shore.

The great war in Europe has given many opportunities for seed-sowing. On the street, on the trains, in street cars, people ask *what* it all means. These young people have scattered literature like the leaves of autumn upon this all-absorbing subject. They have had many good visits and talks with the people. The second coming of Christ seems to be a subject that many are much interested in and one they enter into conversation most freely upon.

The *sowing* has been committed to man—the *reaping* to angels. Truly the harvest is great and the laborers are few. Pray therefore that more laborers be sent into the harvest.

### WHAT THIS YEAR HAS MEANT TO ME

KETURAH MERCER

[At the closing exercises of the one year's medical evangelistic course, Miss Mercer, who now goes on with the full nurses' course, read the following paper on what the year's experience has been to her.—Ed.]

You ask what has this year of medical missionary training meant to me, and to the rest of the class who will go on to complete our training? Words can not tell you all, but our daily life in the future will tell better.

Before we came here we were strangers, living miles apart. Each, in our own sphere, God was teaching precious lessons of faith and trust in Him. When the time came for us to take advance steps to learn new lessons, God had a place prepared for us. He caused His servants here to study carefully the plans whereby workers could be trained to do true medical missionary work. Word came to us through THE LIFE BOAT for workers to come who would be willing to join in a new line of self-sacrificing work, and our hearts responded to the call.

We wrote, we were accepted, and we came. There was no special plans for us to follow, but we knew we were on the path of duty. Our plans are not *always* God's plans, so we laid ourselves before Him for service, asking Him to unfold His plans for us. Christ in His life on earth, made no plans for Him-

self. He accepted God's plans for Him, and day by day the Father unfolded His plans. In like manner we had to depend upon God, committing our ways to Him, for Him to direct our steps.

We learned to pray, learned how weak human nature is. In our city work the sins of man and the results of sin were forcefully impressed upon our minds. Our work was to help them up to a higher plane, but through such contact we were in constant danger of stooping to their level. We had to pray to keep our feet on firm ground and keep rising as we helped others up.

We can thank God that He has kept us from falling away; though we were weak, faulty and made many failures, still He used us to help many needy, discouraged souls. Our own weakness helped us to sympathize with others' weaknesses. We were able to help others by telling them our own experiences; how He helped us in every time of need, and that not one prayer of ours was left unanswered.

We as Christian nurses must meet constantly the people of the world. The great question with us is, Shall we let them lead us into their way of living or shall *we* lead them into the better way? Our city work has helped us to see what worldly living and pleasures have done for mankind and where these things lead men. These pleasures are so thinly sugar-coated that the terrible bitterness is soon tasted. What relief have those poor men, women and children who are suffering from either their own wayward course or the sins of others? To many *death* is their only relief. God will forgive their sins if they earnestly ask for pardon, but they must suffer the result of transgressing Nature's laws which are God's laws.

Do you suppose that any of us now, with our eyes open to the terrible results of sin, would want to be led away from our path of duty just to satisfy selfish desires? We are still human, so we need a daily, hourly walk with God to keep us in the hour of temptation.

When we entered homes where sin had wrought much ruin, we longed to tell them of a Saviour who would heal their wounds; that soon He would return to this earth to free them from Satan's power, destroy sin

and take us to a better home. We had many spiritual visits and Bible studies with those who wanted to know the better way. And we were made so happy to see many turn to Christ to prepare to meet Him soon.

We as Christians are in the Christian warfare to win souls for Christ. And the lessons we have learned on how to meet people in their homes and the tact needed to broach spiritual subjects will help us do more effectual work in an institution. Here again we had to pray and plead for souls, because Satan would not let us take his subjects without resistance, but Christ was the stronger and souls were won from Satan's grasp.

Most of us who began this work had no financial means of support but our hands and strength. But we went forward in faith, believing that Christ would supply all our needs. When we told our city people that we were getting no salary, only earning what we could through giving treatments and selling literature, they wondered how we could pay our expenses.

We could help them understand how God supplies His children with their needs—not wants—when we follow Him and are wholly given to his service; how that when we needed any articles of clothing, food, etc., we would tell the Lord all about it and in some way our needs were supplied. The Lord would impress some one, a relative, a friend or even a stranger, that there was a need to be supplied in our work and they had no freedom until they did what their conscience prompted them to do. Now at the close of a whole year of almost all self-sacrificing work we city workers can say that God *fulfilled* His word in supplying our needs.

Often our hearts are full of good tidings which we want to tell to others, but we have no freedom of speech, so we leave for others to tell what we should say ourselves. But when we were pushed out to work alone in the city, we just *had to* talk. When the door bell was answered, we had to speak and tell them the purpose of our visit. Gradually the timidity wore away and often we had perfect freedom in presenting gospel truths or healthful living. We acknowledge that it was only through the power of the Holy Spirit that our tongues were loosened. This power is promised to us when we need it most.

Our experiences will brace us for the trials and responsibilities of the coming year, and give us something real and alive to talk about to our patients, which may help them in passing through special difficulties. The unselfish service which brought us so much blessing we want to characterize our work all during our stay with you. We hope that the foundation of the past year's service will hold us during every responsibility, trial and difficulty.

I want to say just a little in regard to our home life. We have learned to know each other and to live together harmoniously. We have met together many times to pray, presenting problems to Christ which we could not solve, and praying for the patients whom we seemed unable to relieve. Do you think that our prayers were not heard? Every one has been answered, though not always in the way we wanted the answer to come, or just the thing asked for came, but always something better came in its place. As we leave that home to continue our home life together in a different house, we will carry the same spirit with us. We can not thank God enough for the home which He directed the managers to provide for us.

We met as strangers, but we separate as friends, being the better for having known each other.

#### LOVES THE LIFE BOAT

(From the Columbus, Ohio, Penitentiary)

"I have been reading the little leaflet you sent me and was glad to receive same. I thank you very much. I love THE LIFE BOAT better than any other leaflet I ever saw save the Bible, God's word. I read the Bible always and get many blessings out of it and also from THE LIFE BOAT. But the little leaflet you sent me gives me great comfort, to think of our Lord's soon coming to this world.

"I pray that I may reach the outside soon that I may work for Jesus, as I have that desire. Pray for me that I may hold out faithful to the end."

Happiness depends on the science of sacrifice; on the art of denial; on giving up and giving out.



## The Life Boat Rescue Home

Mrs. Kittie Polmanteer

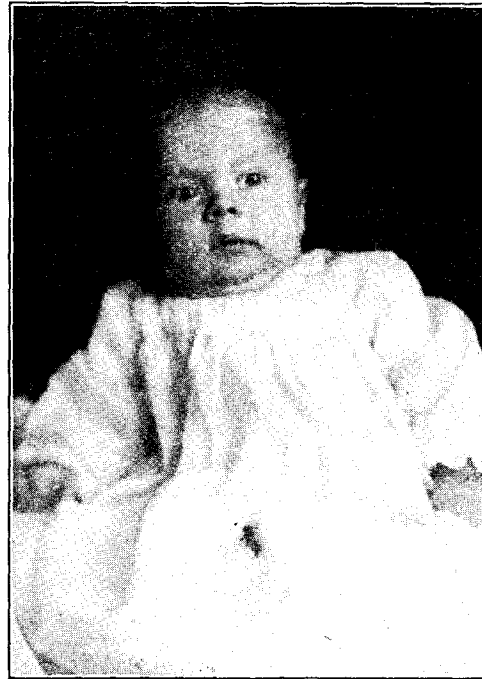
ANOTHER month has passed. Each month brings new duties and new experiences. During the past month six of our number were able to go to their homes, or found positions. We learn to love the girls and it makes us sad to see them leave, but we pray God to protect them from future temptations, and to put into their daily lives some of the principles learned while they have been in the Home.

One girl, after leaving, wrote back to an-

each evening they have a study among themselves. When they find questions they can not answer they will ask us to explain them.

During the past week we have been having a series of meetings at the sanitarium. The girls went to several of the meetings and expressed their thankfulness that they were able to attend.

Five new girls came to us—one of them can not speak English, but we hope to be



TWO OF OUR HOME BABIES.

other girl, advising her when she left the Home to be careful where and with whom she went. I was much encouraged over this report, as I thought the teachings of the Home did not have much impression on her. The Spirit of the Lord is working on the hearts of these girls and some are responding.

Last week four of the girls bought the little book, "Helps to Bible Study," and

able to help her, even though we can not talk to her. She can see by our lives whether we have Jesus with us or not, as we can show by our actions more than by our words what we are.

Since coming into this Home I realize more than ever before how careful girls ought to be, and my heart goes out to girls not in the Home, as well as to those who are here. Make Jesus and mother your most confident

friends. I often wonder how any one can be safe without Jesus, when Satan is trying every way possible to catch the young. Don't let him ensnare you. When you are tempted in any way, go to Jesus—He will not turn you away.

It is sad indeed some of the stories these poor girls tell. Some will cry out in their



NEARLY TWO YEARS OLD.

sorrow, "O, if I had only told mother! If I had done as she told me to, I would not be in the condition I am today!" Such we can only point to Christ. He will hear their cry. "The Lord's hand is not shortened, that it can not save; neither His ear heavy, that it can not hear." Isa. 59:1.

If you don't stand in your own light you won't have so many shadows in life.

If you pick apples too soon they are green, and if you leave them too long they rot. The same applies to opportunities.

## HOW WE GOT OUR SEWING MACHINE

CAROLINE LOUISE CLOUGH

Those who read our article last month will remember our mention of needing a sewing machine for the rescue home. After praying for a sewing machine we called up the sewing machine company. We immediately secured a machine at cost price with the privilege of paying for it when the money came in.

Two dollars was sent us from two good friends of the work and then the agent came for some money. We paid him the two dollars. Two days later I was called out to the



THIS LITTLE HOME GIRL, WHO IS NOW EIGHT YEARS OLD, ASKED TO HAVE HER BABY PICTURE APPEAR WITH THE OTHERS.

desk to see a woman whom I had never met before, and when I asked what I could do for her, she replied, "I want to help with your sewing machine," and handed me a twenty-dollar bill which practically finished paying for the machine. I never saw the woman again, but afterward learned that she spent two or three days in the institution. How she learned of our need I do not know, but I do believe that the Lord sent her to answer our prayer, for it is *just like Him*.

You remember He said: "Before they call, I will answer; and while they are yet speaking, I will hear." Isa. 65:24.

We are now asking the Lord to send us a good supply of fruit for the winter or else send money enough to buy it with.

### A LESSON FROM THE SUN AND CLOUDS

(From the Menard, Ill., Prison)

"I was very much interested in the little leaflet you sent. Who among us has not at some time or other stood to view a landscape or scenery when a cloud has passed across the face of the sun and caused it to look dark and unattractive? How different the same view has appeared when the sun has again beamed forth! It is not a different view; it is not a different landscape. We have stood in precisely the same place. What has made the difference? Instead of viewing it under a leaden sky, we have seen it flooded with brilliancy. Yet none who understand anything of nature and its great principles would for a moment affirm that upon the first view the sun was not shining at all. The sun was there doing its mighty work, shedding its rays upon those mists and clouds which acted as a mantle screening the earth from its brightness and glory.

"Just as in the natural world, so in the spiritual. There are many Christians who, because they do not have His love and His grace shining upon them are apt to at once conclude that their divine sun is not shining; or, to put it into the language in which the theory is most often expressed, 'God is not the same to them,' and hence their souls' view is somewhat dimmed and their experience cloud-ridden. It does not seem to occur to these temporarily doubting ones that God permits these seasons of clouded skies and leaden views in order to test their faith and teach them the greatest of all truths in the Christian life and progress that Jesus is the real fountain and source of all true happiness."

### FINDING A NEW FUTURE

(From an Inmate of the California State Penitentiary)

"I received your kind letter of the second. It was not only a pleasure to hear from you, but comfort to receive a few encouraging words from a Christian friend. How much brighter it made the day! How much easier to continue the way!

"First allow me to assure you that the power of God has not only moved my heart to a deep sympathy for my fellowmen, but filled

it with a strength of tenderness. My life reads like a romance. Some things will stand in my favor; for one, I have never used drugs of any kind, liquor very little; I have no desire for it. Tobacco, yes, for I have smoked for a number of years, but not now. Thanks to a loving mother and a noble father, my early environment was all that could be desired. I merely make these few statements so that you may understand me a little and know a few redeeming traits. My downfall is a long story rather above the ordinary.

"Theft has been the main factor in my unfortunate affairs of life. Not that I desired to steal, but through peculiar forced circumstances which I allowed myself to drift into. And I may add, that *pride* of an indomitable character was at the bottom of it all. You can well understand when I tell you I dislike to think about the past; the very thought of theft is hateful.

"A wonderful change has come into my life, and by God's help I am growing stronger each day. I have the assurance that the Spirit of Christ is leading me into a new future. I want to go into the work when I leave here. I am heart and soul in it. Sometimes there comes over me a terrible sadness to think of some of the wasted years, the time, talents and energy which might have been employed for the benefit of others in the service of the Master. But then today is at hand and the future is in His hands. I work very earnestly to lead others on the way. I assure you that my work is done absolutely unselfishly without any wish for return favors in human reward.

"Two great things I strive to teach others, love and faith. One thing I never allow is unbrotherly criticism. I will *not* allow any man to speak ill of another to me, and by many gentle tactful ways I always discourage this terrible habit in men.

"I have been much interested in your writings, many of which I have read in a few back numbers of THE LIFE BOAT magazine. Your true spirit of Christ-like understanding, kindness and deep heartfelt sympathy for those in distress have touched me deeply. In closing, I wish you to feel that I appreciate your kind letter and hope you feel that I am worthy of further correspondence."

## The Enlargement of the Good Samaritan Inn

THE hour seems to have arrived for some substantial enlargement to our Good Samaritan Inn. Knowing that many of our readers will be deeply interested in this effort, we copy the following from a letter we wrote to Mrs. Abrams, at her request, giving some information in detail concerning the work, also something regarding the proposed plans. We trust all our readers will join us in prayer that God may guide and direct in the matter: Dear Friend:—

In reply to your inquiry for some detailed information regarding our plans for the enlargement of the Good Samaritan Inn, I take pleasure in writing you the following items:

have our sanitariums. If a man only has ten dollars to spend for a suit of clothes, he does not have to get a letter from his pastor to the effect that he is one of God's worthy poor. He simply goes to the basement of the department store, walks down to the ten-dollar counter, pays the money that he has for a humble suit of clothes, which, as far as actual immediate necessities are concerned, answers his purposes just as well as a thirty-dollar suit would have done. And he walks out of that store without having had to beg; his case has not had to be investigated; his self-respect has not been destroyed; in other words, he has not been made to feel that he is a beggar, just because he happens to be poor.



THE GOOD SAMARITAN INN, WHICH IS NOW TOO SMALL TO ACCOMMODATE THE SICK WHO APPLY.

You, of course, already appreciate that the Inn presents a unique opportunity for the self-respecting poor to secure sanitarium opportunities at "basement bargain" prices. I refer to this department store feature because I feel that they have in a way solved this problem of adjusting themselves to the necessities of the poor more satisfactorily than

This illustrates exactly what we have already been doing in the Good Samaritan Inn. We rent humble rooms, containing no expensive furniture or furnishings, from \$3.50 to \$4.00 a week. This pays for the room rent and allows a little margin in addition for general expense. We board them on the plainest, cheapest and yet most nutritious and

wholesome food, on the European plan, for prices averaging between three to five cents a dish, which only a little more than actually covers the wholesale prices.

We only charge fifty cents a treatment instead of one dollar a treatment, as we do over in the sanitarium. These treatments do not contain any fancy touches, but they are given thoroughly and efficiently by sympathetic hands who have back of them hearts that are genuinely in sympathy with the Good Samaritan Inn movement. In fact, by workers who are practically giving their time to help to make this effort a possibility and a success.

As you will see, it is possible for patients to come to the Good Samaritan Inn and live under somewhat the same humble condition that they are used to at home, and yet have all the really necessary elements for their restoration at prices ranging in the neighborhood of from \$9.00 to \$12.00 a week, with a few dollars extra where they have to have constant nurse, and yet have all the benefits of our spacious lawns, fresh air treatment, the health educational opportunities that go with our work, and the spiritual inspiration

posed men and women to contribute the original expense for buildings and equipment.

All over the country are sick women whose means are too moderate to avail themselves of any considerable stay in our sanitarium. Hence, they are struggling under the double burden of poverty and sickness. Two or three children are clinging to their skirts; they have no money to pay for hired girls; their husbands' salary is only meeting the ordinary running expenses; and yet in the majority of cases, two or three weeks spent at the Good Samaritan Inn will not only put such a patient in the fair way of recovery, but what is vastly more important, teach her how, by judicious habits and ordinary home care, to complete the cure and prevent further return of her sickness.

Our present facilities only permit us to carry twelve or fifteen patients. We are laying plans for a comprehensive enlargement, a two-story addition running straight north from our building. In order to have the floor on the same level as our present building, we can have a basement the entire length without scarcely any excavating. This can be used for our helpers' dining room, class rooms for



A SKETCH OF THE PROPOSED ADDITION TO THE PRESENT GOOD SAMARITAN INN.

and uplift that every sick person needs and appreciates.

I know there are hospitals in our large cities surrounded by noise and dirt and the confusion of city life, who have ward rates in somewhat the neighborhood of these prices. But as far as I know, the Good Samaritan Inn is the first poor man's sanitarium of its kind, and it would be utterly impossible were it not for the fact that it is in the immediate vicinity of the Hinsdale sanitarium, so that the physicians and managers can give it their services free of all cost to the institution.

Furthermore, these prices do not include any return on the original investment. We believe, in view of the work we are doing, that God will put it in the heart of charitably dis-

posed men and women to contribute the original expense for buildings and equipment. The rooms on the first floor will be small, in the neighborhood of nine by twelve feet, and will be occupied by patients. Some of the rooms on the second floor could be used by members of the medical evangelistic class, so they could live right there with their patients, and it would also be convenient for those who go on errands of mercy to work for the sick poor in Chicago. The inspiration of their lives, their good cheer, their splendid experiences, would help to create just the kind of an atmosphere these patients need, and at the same time it would furnish splendid medical missionary opportunities for these practical medical missionary students.

The addition we have in mind is 135 feet

long, two stories high, would contain in the neighborhood of forty rooms, plainly built, not a dollar used for display or ornament; beds will be comfortable, but not expensive; other furniture of the very plainest character. Some of it, no doubt, could be built right in our sanitarium "Work Cure" department.

We do not feel that God wants us to go in debt for the enlargement of this substantial charity. We feel in our souls that if God wants this work to be done, as He has impressed us to carry it on, He will put it in the hearts of some of His children to assist us financially in a substantial manner, and we expect to do our part. I do not suppose there is a single worker connected with the Hinsdale sanitarium who will not lift far beyond his ability. The total expense of this addition will no doubt be approximately in the neighborhood of \$15,000.00. I can not help feeling that those who will take hold and help us will, by so doing, become partners with God in something that He wants done.

For a number of years, as you know, we carried on rescue work in very inadequate quarters, just as we have carried on this Good Samaritan Inn work for some time. By and by the Lord put it in our hearts to lay plans for a substantial Rescue Home. When we did this, God raised up willing hands and hearts to help us. Something like fifty people gave us each a hundred dollars. Our sanitarium family lifted to the breaking point. Others far and near sent in money. Different individuals, including yourself, paid the money for furnishing a room. The total expense was somewhat in the neighborhood of \$11,000.00. When the building was dedicated, I am glad to say it was free from debt, and a wonderfully gratifying work has been carried on there ever since. It is not merely a maternity home, but a city of refuge that these girls look back to with sacred memories. Eight girls were baptized last year and many others had genuine spiritual awakenings.

God has all the way along raised up some one to help in every hour of need, so that we have never had to run in debt. This experience gives us courage to believe if this contemplated enlargement is in the order of God that He will do the same for the Good Samaritan Inn.

Only day before yesterday, in speaking to our workers at morning worship concerning this project, I told them that if we would pray, God would put it in the heart of some one to answer those prayers. Two hours later I received a letter from a farmer over in Indiana, from which I quote the following:

"This letter is being written in answer to some one's prayer, I suppose. While working yesterday it came to me that some of the girls down in the woods needed the enclosed amount. The same thought has pursued me today and has finally, as you see, overtaken me.

"You, I believe, will be able to find the person or persons who need it most. Please give it to them with a 'God bless you' for me."

That is only a drop in the bucket compared to what will be needed to make this project possible, but the oak is contained in the acorn. It came to me as a sort of assurance that we shall see greater things than these, and that some persons of wealth would receive just as great a blessing from helping in a substantial way to make possible this enlargement of our Good Samaritan Inn as we shall receive in ministering in it to the sick poor who are already over-crowding our limited quarters. I hope and pray if it is God's will, that five or six will consider it a privilege and an opportunity to give a thousand dollars each, and several more five hundred dollars each, and a considerable number a hundred dollars apiece, and then the rest can be easily raised in smaller sums.

There may be other points upon which you desire information, and if so, do not hesitate to let me know and I will be glad to inform you. Knowing that you are a woman of faith and prayer, I earnestly ask an interest in your prayers, that God may guide us in this enterprise, direct us in accordance with His will and help to make it possible in such a way that many shall be blessed, both physically and spiritually, and that God's name may get the entire glory for what is accomplished.

Yours in the Master's work,  
DAVID PAULSON.

### MY STAY AT THE INN

MRS. D. K. ABRAMS

3529 Cottage Grove Avenue, Chicago

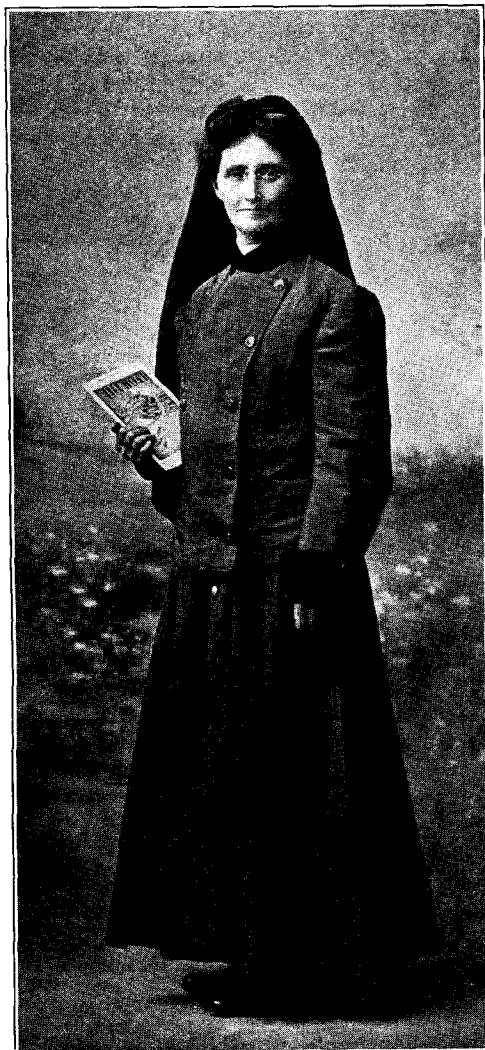
I was taken suddenly very sick and thought I might not get well. But I prayed and others prayed and Jesus the Great Physician heard and answered prayer, and then I received a letter inviting me to come out to Hinsdale and stay at the Good Samaritan Inn for a while. I am glad I came, for Jesus knew that I needed rest of body and mind. Jesus once said to His disciples, "Come ye yourselves apart into a desert place and *rest* a while," and He says the same of some of us today. I have been benefited physically and spiritually, for which I praise the Lord.

Surely the Lord was in the selection of this place, for this is a beautiful place and I don't see how any one can help but get well out here. The Spirit of the Lord is here. And where the Spirit of the Lord is there is life and peace, and joy and happiness. Every one

of the workers here are busy as can be going about doing good.

I am so glad for the little part the Lord has given me in His work while here—talking and praying with some of the patients.

One dear old lady who is a patient here



MRS. ABRAMS.

was telling me her troubles and trials and I told her Jesus loved her and He would never leave nor forsake her if she would only trust Him. She made this statement, "The more helpless you get the less help there is for you."

How true it is! This old lady's only relative is a niece and she doesn't care for her, not even to write to her. I thought if this were my mother how bad I would feel. Pray for this sister.

Dear LIFE BOAT readers, did you ever stop and think that there are thousands of old people just like this one that no one wants. May God help us to help such ones, for Jesus says, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me." Matt. 25:40.

Another patient expressed herself by saying she could see a difference in the way we loved and served the Lord, than the way she and her sisters have been doing. I said, the Lord often permits us to get into places where we can see the difference. She seems interested in the work that is being done here. I have had some good talks with her. She is reading some of our literature. I believe this woman is an honest soul. I am praying for her.

Another said she "never was in a place where they were more conscientious than here." She said, "we do not find them like this in our town." At morning worship we were singing the piece, "I Have Anchored My Soul in the Haven of Rest," and she broke down and cried and put her arms around the matron's neck afterwards, and said, "I shall never forget you." The Spirit of Jesus took home to her heart those words.

Another patient was very sick and we did not see how she could live long as she was unconscious most of the time. The matron and myself felt we would like to talk and pray with her and find out if her peace was made with God. So we asked Jesus if it was His will we should pray with this woman that He would help her to be conscious long enough for us to do it. After we arose from prayer we went to her room and the Lord had heard and answered prayer, for we found her conscious. I said to her, "Do you love the Lord?" "Yes," she said, "I could not live without Him." Then the matron asked her if she realized she was a sick woman, if her peace was made with God. She said it was and asked us to read the ninety-first Psalm and have prayer with her which we did. How we praised the Lord to know it was well with her soul. She has passed away since, but we

know if we are faithful we will meet in the earth made new where there will be no more sin or sorrow and all tears will be wiped away.

No greater missionary work could one do than to help a work like this. I don't know of another place like this and this building is too small. Now, don't you want to help to make this place what it ought to be for the sick poor? God will bless you. Dr. Paulson would like to build an extensive addition to this building. Don't you want to help him? You could not invest your money in a better work. We are praying that God will put it into the hearts of His children to give of their means to carry forward this good work. Soon the work will be finished and will our part be done? I want it said of me, "She hath done what she could," and at last hear the "well done" said, "Good and faithful servant, enter thou into the joy of thy Lord."

#### THE YEAR'S EXPERIENCE FOR THOSE WHO GO

VERA MORLOCK

[Miss Morlock speaks for those members of the medical evangelistic class who, after their one year's training, now leave the institution for their various fields of labor. Miss Morlock expects to take up similar work in the city of Minneapolis. Mrs. Kate Williams has already been employed by the Illinois Conference and has gone to Moline to engage in the work there. Miss Leffler will take up work as a church school teacher. Others of the class have had to return to their homes, but the majority will remain and continue their training.—Ed.]

This year has brought to us many good experiences and rich blessings, that we wish to tell you of before we make our departure.

Although it has brought trials, self-sacrifices and hardships, yet to us the experience would not be exchanged for any other. It has proven to us how we can look to our Saviour in every time of need, not only for spiritual help, but He has provided for us when in physical need and also financially.

It has given us a glimpse of the world's perilous situation, of the many precious souls that are going to destruction because of the lack of earnest, praying people in the soul-saving campaign.

One of our first perplexities was what shall we say when we approach the people, but as Mrs. Williams has said, she found herself at the door face to face with the people and was compelled to say something. That is one of the times we found the Lord was our only

Source of help, all we had to do was to call upon Him and He gave us words to speak in time of need.

It makes us happy and gives us courage when we look back and see how the Lord in a special manner used one of our members, Miss Smith, as a soul-winner. Through her own personal labor, seven have been won to Christ, and she has placed twenty-nine Bibles in different homes of Chicago. Miss LaVinnia Hansen, as well as the rest of us, has learned to give simple treatments not only in our institution which is well equipped for that purpose, but she can go into the most humble, the poorest homes and give them just as thorough and as effective treatment.

We were taught how to treat sickness after it had taken hold of one, but we can now instruct people how to live healthfully so as to prevent sickness. Miss Rasmussen who has lived in different homes with people caring for their sick, has found her instruction much appreciated by them.

Much has been said, as you know, about the needy field down south, so we were much pleased to learn that Miss Amy Coble from Kentucky, and Mr. Walen from Tennessee, had come to take this training with us and would then return, care for the sick, teach others how to give simple treatments and above all point them to the Great Physician who can heal them spiritually as well as physically.

Several months went by and we had another problem confronting us. We found in Chicago several children who were in great need of a home. After careful consideration we decided to have them stay with us until further arrangements could be made. Mrs. Nash, one of our members, kindly took them under her motherly care with what help the rest of us could give. By coming in contact with them and many others in Chicago we found there is a large mission field among the children also. They too must know of the precious love of the Saviour, and have their little minds and hearts pointed to Christ.

Miss McFarlane and several others have held little Sunday schools in the parks near the children's homes. Soon we found that the mothers became interested. That gave an opportunity to reach their hearts and tell them



the importance of their soul's salvation, which otherwise we could not have done.

As for myself, words can not express what this year has meant to me in the past and for the future. It has shown me the other side of nursing, what sickness means in poor poverty-stricken homes, where no medical help can be had because of the lack of means, and yet medical missionary nursing is needed as much or more in some homes where money can get what sickness demands.

The dearest experience of all has been that of coming in contact with those who knew nothing of the Saviour and of His soon coming to take the righteous ones to heaven. And to kneel at the bedside of the sick and lay their cases before the Great Physician who has not lost a case, and by giving them help in every way possible.

With all the good and careful instruction we have received from our Bible teacher, Mrs. Gaylord, and by having gone into the homes of these people to study God's word with them, in our humble way, has encouraged us to now get out and labor among a higher class of people who too must prepare their hearts to meet the Lord face to face and give an account of their past life.

Shortly after having started in this service I came in contact with a very dear, earnest soul. Her heart was filled with grief and sorrow, but she had no one with enough sympathy to understand her troubles should she tell them, so she kept them all to herself. After a short visit with her, telling just what my mission was, she unburdened her heart to me. I knew of myself I could give her but little real comfort, so I suggested taking it to the Lord which she gladly did. We knelt in prayer with tears trickling down her cheeks, and oh! what joy and blessing it brought to both of us.

As the result of this occasion and by continuing to meet with her for Bible study her life has been transformed, and she is now rejoicing in a fuller knowledge of the truth, and in Jesus as her Saviour.

By having had these privileges it has helped us realize the great work to be done and the short time left in which to do it.

As a band of workers we are now ready to

go out on the firing line and, come what may, we are determined to fight the battle to the end, and with God's help come out victorious.

#### ACCEPTS GOOD ADVICE

(From a prisoner in Southern Illinois)

"Your kind and instructive letter received. I was glad to hear again from you. I also was thankful for the beautiful leaflet you sent me. You advised me not to grow bitter or cold against anyone and I consider it good advice, but a very hard dose to take, however, I will make the best of life as it comes to me.

"I received the May LIFE BOAT and read it eagerly and am much interested in the work all of you are doing for God and humanity."

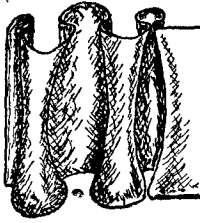
#### A LIFE TERM IN PRISON

(From the San Quentin, Cal., Penitentiary)

"Yours of recent date was very highly appreciated and I am now taking the pleasure of expressing my gratitude for the same. Being a stranger to you I would say first, that I am a foreigner who was so unfortunate as to fall into this trouble through whisky. Being a seafaring man, of course, when in a foreign port and unknown, the saloon seemed to be the easiest acquaintance to make, and, alas! on such a fatal night when I went to seek for the so-called pleasure, this is what I received from Satan—a life term in prison! Under the influence of liquor and in one of those drunken brawls I disobeyed the sixth commandment of God. But, thank God, when Satan meant me harm God in His loving mercy made it work for my good and to His glory, to prove to the children of men this saving and keeping power.

"Thank God, I can say it is all for my betterment, because, like David, trouble has taught me to know the love of the Lord. Therefore the few lines I have received from you are God's evidence to me in fulfilling His promise in raising friends to those that are friendless, but whose trust is in Him.

"I have come to love THE LIFE BOAT for the articles it contains. They make a sinner or saint feel that there is a reality in the religion of Jesus Christ."



## Editorial Department

DAVID PAULSON, M. D., Editor



### SELL THE LIFE BOAT

Workers are having wonderful experiences with *THE LIFE BOAT*. It combines as no other magazine does, the vital spiritual message, up-to-date health information, reports of live experiences in rescue work, city mission and visitation work, etc. All these different presentations naturally make an *appeal* to thinking people. Now is the time to sell *THE LIFE BOAT*. Write for rates in quantities.

### THIS MAY BE THE REASON

Have you sometimes been grieved because others would not listen to you when you talked the Gospel to them? Have you concluded that they were hard-hearted, that their minds were not responsive to the heavenly message? Are you certain that your conclusions are correct?

Most people love beautiful, fragrant flowers. But suppose you take one of those flowers and crush and mangle it in your hands until it is almost completely pulverized, and then attempt to give it to some one else. More than likely they would refuse to accept it and would turn away from you.

You might say, "I can't understand it. I thought people loved the flowers that God himself had made. How little appreciation that person has for the beautiful things in this world." While the real facts are, he does love flowers but he does not care for them after they have been mangled in your hands.

There are more people that love the Gospel than we imagine, but they do not appreciate it after it has been mangled in *our* hands. Perhaps if we should permit the Lord to have His way in our lives so that we might "grow as the *lily*," Hos. 14:5, a great many more would listen to us with *responsive* hearts, for Christ is yet, as He has always been, the "Desire of all nations." Hag. 2:7.

### A UNIQUE EXPERIMENT

The Medical Evangelistic class room and board in their own home down in the woods. Different members of the class do the cooking a month or two at a time in rotation. As nearly all of them are poor in this world's goods, they live in the plainest and simplest manner so as to cut down their expenses.

Much of their time is spent in house to house visitation work in needy Chicago, in field work in surrounding towns and communities and nursing the sick poor in the Good Samaritan Inn who can not perhaps afford to pay anything. So their earning capacity is limited.

They have voluntarily decided to put everything they receive for the work they do in the sanitarium, from the magazine sales and from treatments given and also whatever gifts they receive, into a *common* fund from which they will be paid all their expenses for food, house rent and car fare. Their own *personal* expenses for clothing, etc., they will either provide for themselves or secure help from home.

They will learn precious lessons of co-operation, faith and trust, and we believe the Lord will wonderfully respond to their faith and confidence in Him.

Are there not some of our friends who will be glad to send in some potatoes, apples, other fruit and provisions to be donated to their common fund? Are there not others who will feel it a privilege to contribute something to this same Medical Evangelistic students' fund to help to pay car fare to and from Chicago and other absolutely necessary expenses?

Brother and Sister Walen, who have carried on self-sacrificing industrial school work in the hill country of Tennessee, have charge of the home. A committee appointed by the students themselves will act with them in carrying out the details of this plan and to wrestle with the problems that will necessarily arise.

We are sure many of our readers will watch

this unique experiment with considerable interest, and will be glad to have reports from time to time regarding the various experiences that God shall give them in carrying it out. Meanwhile, remember in your prayers and with your means this noble band of young men and women who have turned aside from the lure of the world and their own personal ambitions to deny themselves and take up the cross daily and follow Christ so that the Gospel may be given to perishing souls.

#### YOU CAN DO THIS IF YOU TRY

There is one worker in the east who alone sends in twenty or thirty new subscriptions for THE LIFE BOAT every week. New subscriptions are pouring in to us from all parts of the country. God is preparing the hearts of the people for the kind of things that are contained in THE LIFE BOAT. Ask your friends to subscribe.

There is no other magazine that covers just the ground that THE LIFE BOAT does, so it has no competition. Every number contains some strong, decisive, yet intensely practical message on health. Side by side with this are live, inspiring, interesting experiences on rescue and soul-winning work. Every number presents the prison question which is now engaging the best minds of the country from the viewpoint of the prisoners themselves.

The city problem is now becoming the great problem for God's children to seek a solution. Aggressive, energetic city workers report their encouraging and discouraging experiences in every number of THE LIFE BOAT. Every article is original. They are not copied from other magazines.

Write for agents' liberal commissions. Send a few stamps for some sample copies to use in interesting your friends, neighbors and relatives. Do it now, before the devil gets you out of the notion. You may do a piece of missionary work that you will be glad for throughout all eternity. Don't neglect this opportunity. Others are stepping into it—why don't you?

#### "A WAR OF SLAUGHTER"

That is the name that was given recently to this awful war by the editor of the *Chicago Tribune*. He speaks of it as "an attack against

the *entire manhood* of the nation" for the whole nation is involved in it. Furthermore are these significant words, "These are *nations* fighting, not armies. A nation in other days might accept defeat with the defeat of its armies, which represented but a small proportion of its population. The fortunes of the nation might be affected, but its vital organs were not disturbed by the defeat of its armed forces. Now the armed force represents the vital organs of the nation. If Germany conquers France it will be by the destruction not of the French army, but of the French nation, because now the army is the nation. To conquer an army a general would rely on strategy and tactics. To conquer a nation in arms the reliance is placed on *slaughter*. The proclaimed *purpose* of the war is to destroy half the manhood of Europe."

Is there not something terribly significant in this war to the earnest, careful Bible student? If Christ were here on earth would He not open the Holy Scriptures and read the prophecy in Rev. 7:1-3, then add, "this day is this Scripture *fulfilled* in your ears."

In those verses we have a glimpse of supernatural forces *controlling* events of the earth *until* the seal of God is stamped on His true children, and the very next scene ushered in is "a great multitude, which no man could number" standing before the throne of God clothed in "white robes" with the palms of victory in their hands (verse 9). And it is said of this redeemed host, "These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb." Verse 14.

But to all human appearances just preceding this there is a devilish determination to "*hurt* the earth"; to destroy commerce; to crush nations as never before in the history of mankind; but as God's work on earth is not yet finished (and we can not believe that it is yet complete) we must believe that ere long some supernatural agency will utter this command, "*Hurt not* the earth, neither the sea, nor the trees, *till* we have sealed the servants of our God in their foreheads." Verse 3. This stamp of perfection upon God's children is the *last* work of the Gospel. The *next* event that is ushered in is the great day of God.

Are you having this *perfect* work wrought in *your* life? Are you gaining a victory over *every known* sin, over every pet sin, every wrong in your life that you have thus far excused because it was "so natural" for you and because other people did worse things? Seek for this perfect work of grace to be wrought in your life, for no one will receive the seal of God while their characters have one spot or one stain upon them. It is left for us to remedy with divine help the defect in our characters to cleanse the soul temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the day of Pentecost. Just as certainly as this sealing work has not yet been completed just so surely one of these days God will *compel* a truce to be declared between these warring nations till He has completed His work. Are *you* a candidate for this experience? Remember, the seal of God will *never* be placed upon an impure man or woman; it will never be placed upon the forehead of an ambitious, world-loving man or woman; it will never be placed upon those who have false tongues or deceitful hearts. Only those will receive the seal of God "that *sigh* and that *cry* for all the *abominations* that be done in the midst thereof." Ezek. 9:4.

Immediately following this sealing work the decree goes forth, "Slay *utterly* old and young, both maids and little children, and women: but come not near any man upon whom is the mark." Verse 6. In other words, when God's *restraining* influence is taken from the earth we shall see such a *universal slaughter* as will make this awful war sink into insignificance. If you have not then received this pure mark of truth wrought in you by the Holy Spirit, you will be a victim of this general slaughter. This will be your fate if you permit your heart to be "overcharged with *surfeiting*, and *drunkenness*, and *cares* of this life, and so that day come upon you *unawares*." Luke 21:34.

#### ARE YOU TRAINING WORKERS?

Every live man with a gift must divide it with others or pay the penalty of having it shrink up and finally shrivel up altogether. So the medical man who is not making disciples may well say, "Woe is me."

Years ago the medical aspiring youth eagerly sought an opportunity of becoming the personal disciple of some successful practitioner. To "read medicine" with him really meant that the student was not only acquiring useful medical knowledge but what was far more important he was actually absorbing the spirit of his master.

A careful study of the medical men who lived fifty to one hundred years ago and a proper appreciation of their deeds is not only stimulating but instructive and must convince any one that they were easily our superiors in genuine medical instinct, resourcefulness and initiative. The modern medical student in many ways no doubt saves time and enormous gains in some direction by securing his education in a systematic manner in a well equipped medical school. But the individual medical practitioner becomes the loser when he ceases to make disciples.

Just as certainly as God has given us a gift to impart just so certainly He has some one somewhere who, with a prayerful heart, is aching to receive that gift. Your prayers and willingness to impart will bring you in contact with that person.

Hoarding a talent is a greater curse to its possessor than to hoard money. It is what we actually give away that we really keep. The knowledge that we have some one else to train is a stimulant to our own gift and furnishes us a constant incentive for treasuring up live facts and valuable items which we otherwise would give only a passing notice and which soon would pass from our memory.

#### NEWS HERE AND THERE

C. J. Boyd, of Huntsville, Ala., Industrial School, was a recent caller at the Hinsdale sanitarium; also Mr. Fred L. Green, of Berrien Springs, Mich.

Mr. E. G. Fulton, of Los Angeles, Calif., spent a few hours in Hinsdale while on his return from the East.

Mr. T. E. Williams, of Plano, Ill., who has worked untiringly with THE LIFE BOAT magazine for a number of years, spent a couple of weeks at Hinsdale recently.

Mr. and Mrs. W. H. Haupt, of Cape Town, South Africa, were welcome visitors during the month. Mr. Haupt is spending a few months taking special work in the Chicago university.

Pastor W. W. Eastman, of Washington, D. C., was a guest of the sanitarium for a few days.

Mr. and Mrs. D. H. Phipps, of Holly, Mich., relatives of Mr. and Mrs. A. C. Gaylord, are among the arrivals during the month.

Miss Lucy Page Gaston, of anti-cigarette fame, visited us recently.

Mr. and Mrs. Ralph Alkire, of Milford, Mich., have recently connected with the work at Hinsdale. Mrs. Alkire was formerly Miss Iva Dean.

Dr. Bessie B. Sinclair has connected with the institution to take the place of Dr. Ora Barber, who is taking a two months' vacation in California.

Mrs. Lida F. Scott, of Newark, N. J., spent a week or so in Hinsdale, accompanied by Marguerite Coffin, of Manchester, N. H.

Mrs. W. C. Warner, who for a number of years was president of the Florence Crittendon rescue work in Chicago, has returned to the sanitarium for treatment, and Miss Lillion G. Topping, of Fargo, N. Dak., who is in charge of juvenile work for the state of North Dakota, visited the institution a few days; also Mrs. Matilda E. Kline, a prominent rescue worker of Chicago.

Mr. and Mrs. G. M. Scott, Bedford, Ohio, are among the recent arrivals who will take up work in the new nurses' class.

Several members of the Sanitarium Nurses' Alumni were visiting the institution and attending the graduation exercises. Among them were Mary L. Smith, of Chicago Heights; Mrs. E. P. Weaver, of Berrien Springs, Mich; Mr. and Mrs. Frank Williman, of Pontiac, and Miss Gertrude Sutton, of Ashly, Mich.

The sanitarium preparatory school, with Miss Fyrnn Ford in charge, has been started with an enrollment of seventeen students, all of whom are employed in the institution.

## The Life Boat

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

THE LIFE BOAT is published at Hinsdale, Ill., by the Workingmen's Home and Life Boat Mission, incorporated.

Checks, drafts and money orders should be made payable to THE LIFE BOAT, Hinsdale, Ill. Do not send currency in your letters, as THE LIFE BOAT will not be responsible for receipt of the same.

Single copies, 10 cents.  
Yearly subscription, \$1.00.  
Special discounts when a number are sent to one address.

### EXPIRATIONS

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

### CHANGE OF ADDRESS

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

### MISTAKES

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

### PREMIUMS

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

### RATES FOR ADVERTISING

Full page, single issue, \$20; three months, \$50.  
Half page, \$12; three months, \$30.  
One inch, column width, one insertion, \$1.00.

### 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 Avenue. Phone Douglas 6743.  
Illinois Tract Society, 3645 Ogden Avenue.  
Phone, Lawndale 7022.

**FOR SALE**

Thirty lots near depot in the new town of Sullivan, ten miles east of Muskegon, Mich. The town supports a store, proprietor and three clerks doing a large business. Opportunity for all lines of trade. There is a pickle station thriving here; newcomers are improving the surrounding territory. Price \$15 per lot. Address J. A. Shafer, Ravenna, Mich.

We employ no solicitors for any of the various lines of helpful work that God has committed to us. If the Lord impresses you to assist us send the money directly to headquarters instead of to any individual that is a stranger to you.

**WANTED**

To borrow several thousand dollars in sums of \$200 and upwards. Real estate security. Will pay five per cent interest. Address Hinsdale Sanitarium, Hinsdale, Ill.

**SPECIAL NOTICE**

Agents, your opportunity has come—the grandest state song ever written—the “Glory Song of California”—famous already all over United States. Only been out four months and the second large edition is now partly gone. Sample copy post-paid 25 cts. Write at once for agents' prices.

Waterbury Specialty Co., Pomona, Cal.

**Peace Postal Cards**

**SIX RULERS**  
of the  
**Nations at War**

In beautiful art and poetry, bringing their nations before Christ pleading for peace.

5c will buy two beautiful cards

A part of net proceeds devoted to Red Cross Society to help the sufferers. Send stamps or coin. Agents wanted. ELMER J. HANZEL, Blair Building, N. S., Pittsburgh, Pa.

**Have You a Camera?**

**Let Me Do Your Developing and Printing**

Many years' experience has taught me how to turn out first-class prints with “a finish” to them.

Send me your films and be sure of the best results.

**Quick Service      Low Prices**

Any size roll film developed for 10c; film pack, 25c. Velox prints, 3c to 5c each.

**L. C. HARNER, Photographic Expert**  
Specialist in Developing and Finishing for Amateurs  
No. 1 So. Washington St., HINSDALE, ILLINOIS

**Special Announcement Concerning  
WHITE RUSSIAN  
MINERAL OIL**

We have received so many inquiries regarding White Russian Mineral Oil from those suffering from constipation, that we decided to furnish it from our headquarters to those who desire it.

On account of the war it has become impossible to import any more of this particular form of mineral oil, but we can furnish a similar American product at the former prices.

This mineral oil is not a laxative. It is not absorbed by the body, it merely lubricates and softens the bowel contents. It can be used with perfect safety as it does not create any laxative habit.

The dose is from one teaspoonful to two tablespoonfuls after each meal as may be required.

**PRICES**

1 Pint.....	\$.35	Shipping weight 2 lbs.
1 Quart.....	.60	“ “ 4 lbs.
2 Quarts.....	1.00	“ “ 6 lbs.
1 Gallon.....	1.75	“ “ 10 lbs.

It is put up in tin cans so that it can be sent by parcel post. These rates do not include transportation charges.

Address, **The Life Boat, Hinsdale, Ill.**

**Do You Want  
Natural Rice?**

**E**LEVEN-TWELFTHS of all the mineral that God put into rice is scoured off to produce the polished rice that is ordinarily eaten. What is more important, the “vitamines,” the lack of which when people are fed on rice exclusively produces beri-beri, scurvy and perhaps pellagra, are also contained in the covering of the rice.

We found it difficult to purchase the natural brown rice even in the Chicago markets, hence we know that it is practically impossible for the majority of our readers to secure it. So we have decided to buy direct from the Southern growers the natural brown rice which has neither been scoured nor milled to remove its bran. It is put up in neat pound packages. Price ten cents a package. Transportation additional.

Address

**The Life Boat, Hinsdale, Ill.**



# Ridpath's History of the World

"The Work of the Century"

JOHN CLARK RIDPATH'S History of the World is unquestionably the greatest literary work of the nineteenth century. Other men have written great histories of single countries or periods—Gibbon of Rome, Macaulay of England, Guizot of France—but it remained for Dr. Ridpath to write a complete History of the entire World, from the beginning of civilization down to the present time.

## A Quarter of a Million Sets Sold

The sale of this great work exceeds that of any other set of books published in America. Over 250,000 sets have gone into American homes, and every purchaser is more than satisfied. It is strongly endorsed by scholars and statesmen; business and professional men, and by the thousands of owners, as the greatest history ever written. We are closing out the remaining sets of the last edition

## AT A VERY LOW PRICE AND EASY TERMS

We will name our special low price and easy terms of payment and mail the beautiful free sample pages to all who ask for them. A coupon for your convenience is printed on the lower corner of this advertisement. Tear off the coupon, write name and address plainly, and mail now before you forget it. Dr. Ridpath is dead, his work is done, but his widow derives her support from the royalty on this History, and to print our low price broadcast for the sake of more quickly selling the sets at our disposal would cause great injury to future sales. Mail the coupon now.

### Review of Reviews

says: "The reader feels himself in the hands of a great historian whose authorship shows singular breadth of view and sanity of judgment."

**Boston Post** said: "John Clark Ridpath is above all things an historian. His history is accepted as standard in schools, colleges and homes."

**Christian Herald** said: "No other work has ever supplied a history so well suited to the needs of all men. We cheerfully commend this most popular and complete of all world histories to our readers."



Nine Massive Volumes

**Free**  
We will mail free a beautiful 46-page booklet of sample pages from Ridpath's History of the World to every reader who mails to us the coupon.

2000 PICTURES  
4000 PAGES

5 15  
FREE COUPON

**THE REASON** for Dr. Ridpath's enviable position as an historian is his wonderfully beautiful style, a style no other historian in any generation has ever equaled. He pictures the great historical events as though they were happening before your eyes; he carries you with him to see the battles of old; to meet kings and queens and warriors; to sit in the Roman senate; to march against Saladin and his dark-skinned followers; to sail the Southern Seas with Drake; to circumnavigate the globe with Magellan; to watch that thin line of Greek spearmen work havoc with the Persian hordes on the field of Marathon. He combines absorbing interest with supreme reliability and makes the heroes of history real living men and women, and about them he weaves the rise and fall of empires in such a fascinating style that history becomes as absorbingly interesting as the greatest of novels. Hundreds who read this have decided to buy Ridpath some day; now is the time.

**WESTERN NEWSPAPER ASSOCIATION  
CHICAGO**

**Western Newspaper Association  
H. E. SEVER  
President  
140 So. Dearborn St.  
CHICAGO, ILL.**

Please mail, free, 46 page sample booklet of Ridpath's History of the World, containing photogravures of Napoleon, Queen Elizabeth, Socrates, Caesar and Shakespeare, diagram of Panama Canal, etc., and write me full particulars of your special offer to Life Boat Magazine readers.

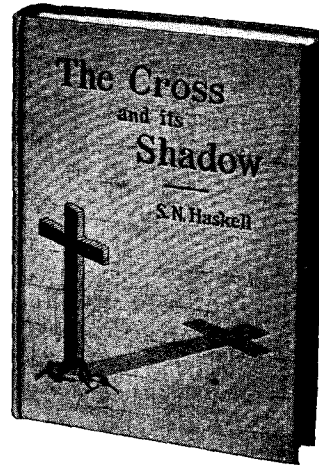
Name.....  
Address.....

**FOLD HERE, TEAR OUT, SIGN AND MAIL**

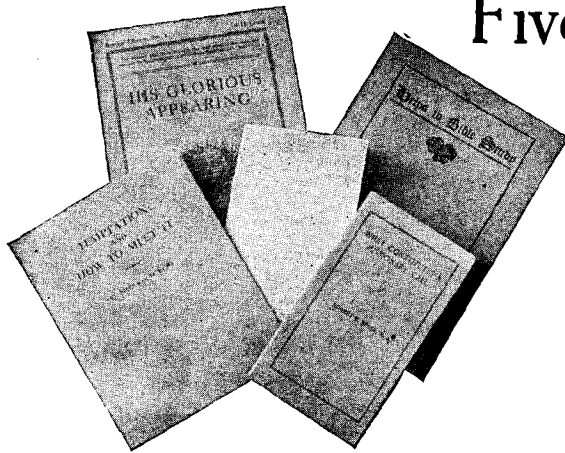
T W O S P E C I A L O F F E R S

# THE CROSS and its SHADOW

A brand new book by S. N. Haskell



THIS book presents the whole Old Testament sanctuary service in a new and living setting. The sacrifice of Christ for us is beautifully portrayed on every page. This book is a marvelous inspiration to a holy life and should be in every home. It contains 388 pages, 50 chapters and 218 illustrations, and will be given absolutely free for only TWO SUBSCRIPTIONS to The Life Boat. Take advantage of this offer while it lasts.



## Five Truth-Laden, Soul-Inspiring Booklets

given free with ONE SUBSCRIPTION to The Life Boat at one dollar. The booklets are:

*His Glorious Appearing;*  
*Helps to Bible Study; An*  
*American Girl's Struggle*

*and Surrender; What Constitutes a Missionary Call; Temptation and How to Meet It.* The size of these books is all out of proportion to the good that they will do. The reading of them will do more toward making you a valuable man or woman than a hundred-dollar set of the classics. They are Spirit-filled and ought to be widely read.

These offers apply ONLY to orders sent directly to The Life Boat Publishing Co., Hinsdale, Ill.



## Read About Our Valuable Premiums for 1915

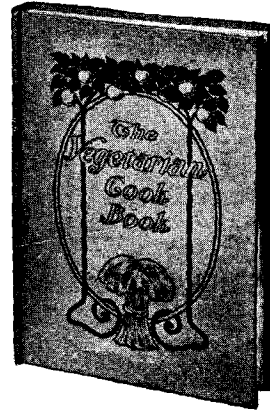


### PASTOR HSI

This charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year. 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 for one year.

### THE VEGETARIAN COOK BOOK

should be in every Life Boat reader's home. It is a splendid compilation of valuable recipes for a sane and sensible dietary. If you want to learn how to cook for health and not for drunkenness send us \$1.35 for The Life Boat one year and this useful book. This is an unusual offer.

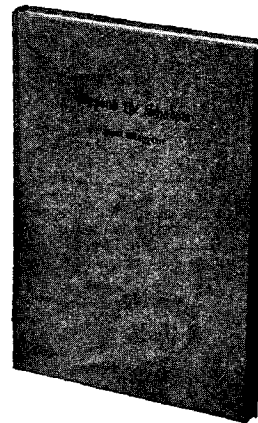


### REAL PRAYER

By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only ONE SUBSCRIPTION and fifteen cents. Send us \$1.15 and receive The Life Boat for one whole year and this splendid book.

### 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 free with TWO SUBSCRIPTIONS to The Life Boat at one dollar each or a paper-covered copy for only ONE SUBSCRIPTION. Subscribe now before you forget it.



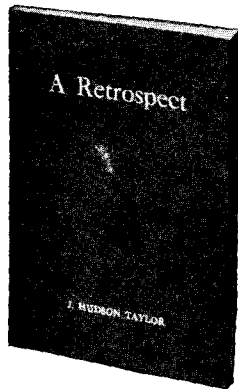
### THE LOST CHRIST AND THE SONG OF OUR SYRIAN GUEST

"The Lost Christ," a beautiful little booklet by Gipsy Smith. Just the thing for a gift book, containing several full-page illustrations in colors. "Our Syrian Guest" is by Wm. Allen Knight. A beautiful exposition of the twenty-third Psalm. A very attractive gift-book.

These two attractive booklets and The Life Boat one year for only \$1.10.

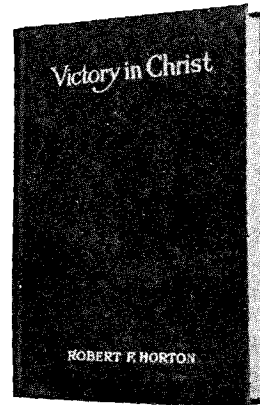
These special book offers apply only to orders sent directly to The Life Boat Publishing Company, Hinsdale, Ill.

## Remarkable Offers in Books and Useful Articles



### A RETROSPECT

This book by J. Hudson Taylor is one of the most thrilling and inspiring books on the market today. We have sold nearly four thousand 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.

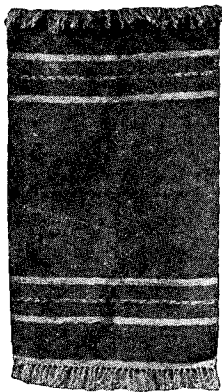


### VICTORY IN CHRIST

By Robert F. Horton. An inspiration from cover to cover. Such strong statements as the following can be found all through the 116 pages of this book: "You must not face the day till you have faced God," and "God fades out of the life of those who do not pray." Furnished free with only ONE SUBSCRIPTION to The Life Boat and fifteen cents. Send us \$1.15 and receive The Life Boat for one year and this valuable book.

### A BEAUTIFUL RESCUE HOME RUG

24 x 52 inches, made from high quality new material which will not fade and is guaranteed to give excellent service, given for only TWO SUBSCRIPTIONS at one dollar each and twenty-five cents extra.



### OXFORD TEXT BIBLE

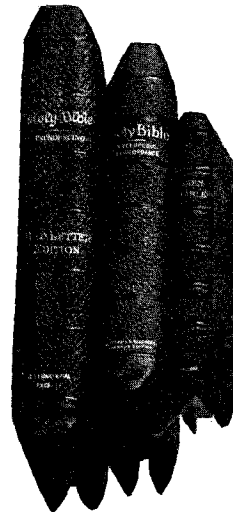
For Two Yearly Subscriptions at one dollar each we offer the Oxford Text Bible, which is just a little larger than the ordinary size pocket Bibles; contains six maps; size 5 1/4 x 3 1/2 inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.

### GENUINE OXFORD TEACHERS' BIBLE

For Four New Subscriptions or renewals to The Life Boat we will send you a genuine Oxford Teachers' Bible, printed on good linen paper, containing New Cyclopedic Concordance, with all Helps, Index, Bible Dictionary, Tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles. Minion type, size 7 1/4 x 5 inches; bound in French Morocco, divinity circuit, round corners, red under gold edges.

### RED LETTER TEACHERS' BIBLE

For Five New Subscriptions or Renewals at one dollar each you can secure The International Red-Letter Teachers' Bible; Self-pronouncing; contains the words of Christ in the New Testament printed in red, and the Prophetic Types and Prophecies of the Old Testament which refer to Christ, also printed in red. It contains the combination Concordance, in which the Helps are all under one alphabet. This Bible is No. 39670, size 6 1/4 x 9 1/4 inches. It is bound in French Morocco, has divinity circuit, round corners, red under gold edges and extra grained lining.



**A FOUNTAIN PEN** for only One Yearly Subscription and twenty-five cents extra. Every pen is guaranteed 14-carat solid gold and will do good service. This is your opportunity to receive a good fountain pen for a quarter and only a few moments of your time in securing the subscription.

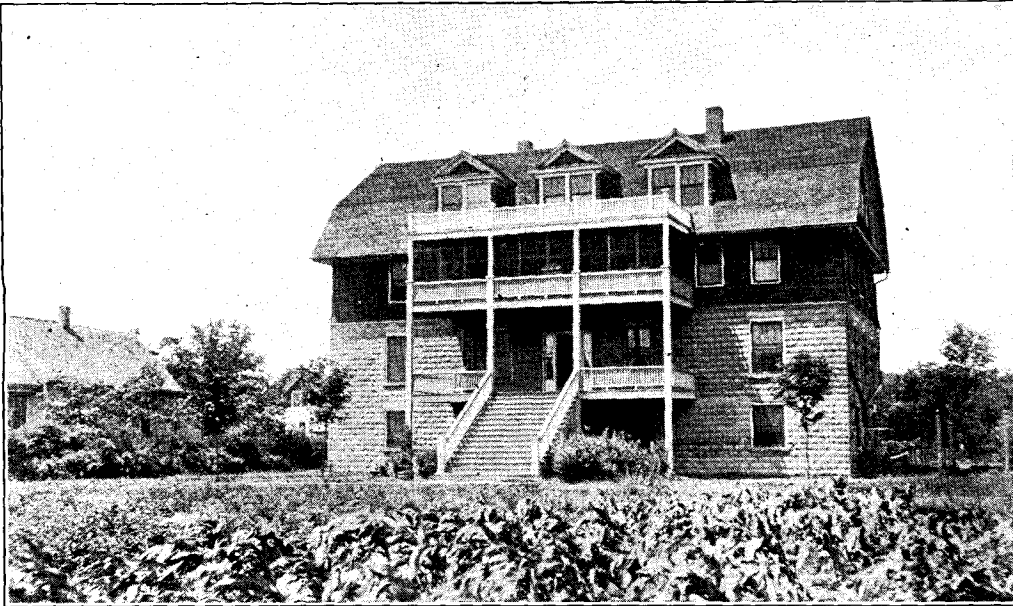
A beautiful gold or silver **WATCH FREE WITH ELEVEN YEARLY SUBSCRIPTIONS AND ONE DOLLAR EXTRA.** This is a seven-jeweled watch, gold filled, with a ten-year guaranteed case and beautiful design. We have placed hundreds of these watches where they are giving the best of satisfaction. You will be pleased with this watch. Send us eleven yearly subscriptions and twelve dollars cash and receive this watch.

**A NEW WEBSTER'S POCKET DICTIONARY** for only ONE SUBSCRIPTION or renewal at one dollar. This book is really five books in one. It is not only a dictionary but a complete parliamentary manual, a rapid calculator, a compendium in business and social forms, a letter writer and literary guide, and a pronouncing and statistical gazetteer of the world. Everyone should possess a copy of this handy booklet; bound in Morocco and stamped in gold.



These special offers apply only to orders sent directly to The Life Boat Publishing Company, Hinsdale, Ill.

# THE LIFE BOAT RESCUE HOME



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.

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.

## SUPERIOR HIGH QUALITY RUGS

Made by the Girls in the Life Boat Rescue Home, Hinsdale, Ill.



These beautiful Rescue Home rugs are made from high quality *new* materials which will not fade and are guaranteed to give excellent service. They are made in two sizes; the larger ones are two yards long and one yard wide. The smaller ones are twenty-five by fifty-four inches. They are made of dark blue, trimmed with white, or a rich brown and white, or pink and white, and other light shades for bath room and bed room use. They can be made to order in sizes and colors to suit customer.

In purchasing these rugs you are not only getting a good bargain, but you are at the same time helping the Life Boat Rescue Home and the young women in the home who make these rugs.

If you are in need of rugs for your own home, why not purchase them of us and thereby help this good work along? These rugs will also make splendid gifts to your friends.

Prices: Larger size \$2.50, weight for shipping 3 lbs.; smaller size \$1.25, 2 lbs. Parcel post extra. Address

Mrs. C. L. Clough, Supt., Life Boat  
Rescue Home, Hinsdale, Ill.

# VISIT HINSDALE FIRST



*The Main Building*

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

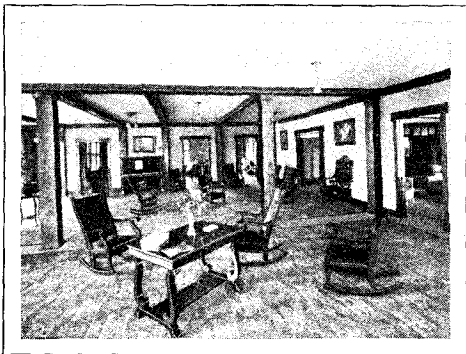
Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis court.

A work cure department.

Musical entertainments and lectures.

No experiments or medical fads. Common-sense, honest treatment.

Electric light, private telephones in each room, a beautiful outlook from every window.



*The Main Parlor*

## Let Us Send You Our Booklet "Visit Hinsdale First"

It is completely descriptive and beautifully illustrated. Once you read this book and note the location, the charm of Hinsdale and the ability of this institution to benefit the sick, you will realize that we offer you every possible means of restoring your health and of becoming completely rested, among surroundings that are ideal. Write for booklet today. It is free. Address

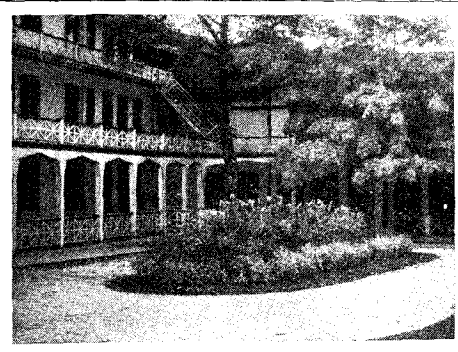
**The Hinsdale Sanitarium**

Phone  
Hinsdale 645

**Hinsdale, Ill.**

## *Endowed by Nature Equipped by Science*

*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.*



*The Driveway*

Open air treatment, Swedish movements, hydrotherapy, electric light baths and electrical treatments, massage, scientific dietetics, sun baths, the work cure, and sensible health culture, cure thousands of invalids when ordinary means fail.

You will find any of these treatments not only beneficial but delightful and refreshing. We do not countenance routine of baths, the heroic reducing idea nor the starvation cure. Every case is decided on its own merits and treated accordingly. We rely on substantial, simple methods, offer all these features to be rationally enjoyed.



*A Glimpse of the Lawn*