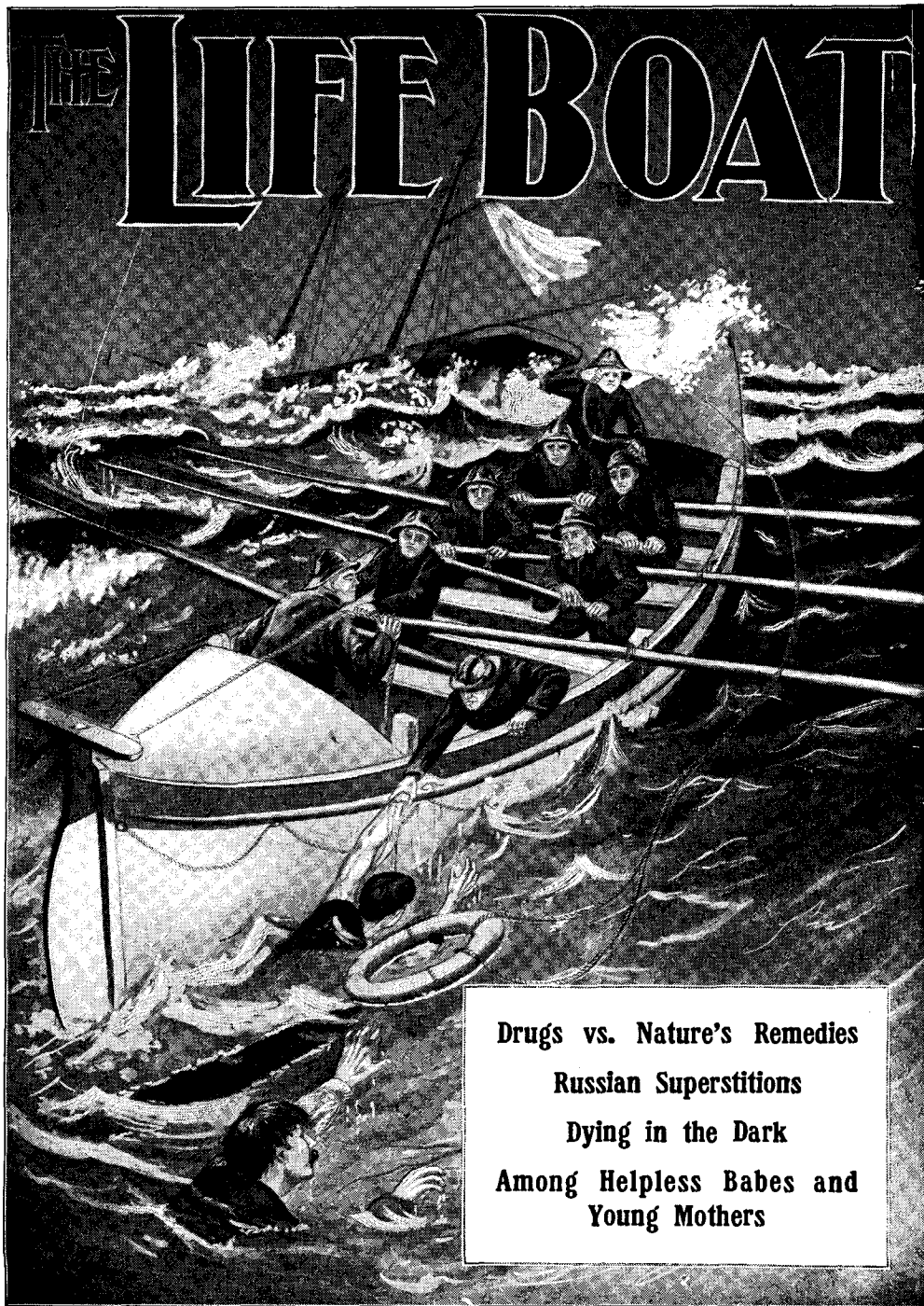


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Drugs vs. Nature's Remedies

Russian Superstitions

Dying in the Dark

Among Helpless Babes and
Young Mothers

Volume Fourteen
Number Eleven

Hinsdale, Ill.

November, 1911

Medical Missionary Workers' Convention, Hinsdale, December 26-30, 1911

ON BEING THANKFUL

PEARL WAGGONER

Many are the kinds of people
Which we meet along life's way;
Some are honest, some are grafters,
Some are thoughtful, others gay.

Some are workers,—those who always
All the heaviest burdens bear;
Others still are simply leasers,
Leaving others double share.

These, howe'er, can be divided
Into yet two kinds again;
Those who all through life are thankful,—
Those who murmur and complain.

Yet they both may dwell together,
Both may breathe the self-same air,
Meet the self-same kind of weather,
Know the same amount of care.

Some, you find, are always thankful
If it shine or if it rain;
Who in loss or plans miscarried
Still can see some hidden gain.

Others fret when skies are murky,
When the weather seems amiss,
Or complain of time that's vanished,—
Losing all the joy of this.

Even through a glad Thanksgiving
Some there doubtless are, who mourn;
Some who find no joy in living,
Some with heartstrings bruised and torn.

Some who c'en in hours of sunshine
Naught but shade and gloom can find;
Some whose hearts have known deep sorrow,
Leaving still a burdened mind.

Can it be a silver lining
Gildeth all but *darkest* clouds?
That the sun reserves its shining
For the laughter-loving crowds?

Nay, it sends its cheering sunbeams
Equally on all below;
And the gloomier the background
They by contrast brighter glow.

For to none but him who cometh
From some cavern, dark as night,
Does the light appear so glorious,
Nor the sun one-half so bright.

And to sorrowing hearts is given
Blessings far the best of all,
For on them, in fullest measure
Heaven's grace and comfort fall.

So there's not a soul that's living,—
Whether earnest—sad—or gay,
But can welcome fully, gladly,
When it comes, Thanksgiving day.

And a day like this each autumn
Elips to keep our vision wide;
Leads us to inspect more closely
Common blessings at our side.

But a day of true thanksgiving—
Where the thanks is from the heart,
Means a *year* of thankful living,—
More than twelve hours set apart.

Can we have it?—one whole twelve-month
With thanksgiving every day?
Yes, if we but keep our Saviour
Close beside us all the way.

For with Him—the fount of gladness—
Joy will surely crown our days,
Till we join in Heaven's language
And the angels' song of praise.

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Volume XV.

HINSDALE, ILL.

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NOVEMBER, 1911

Number 11

Drugs Versus Nature's Remedies

David Paulson, M. D.

JUST as the clock maker sends along a key with the clock wherewith to wind it up whenever it runs down, so likewise, God has furnished in the remedies of nature the means that He intends to be applied to the human machine when it is run down.

We now know that the *same* principles are at work in sickness as in health. We no longer believe that the symptoms of disease are something that has come in and taken possession of the individual and which can be "driven out" of the man just as you might drive a squalling cat out of a room. And hence the doctor no longer gives horrible tasting medicines to "drive out" the disease.

A Simple Illustration.

You swallow a mouthful of wholesome food and the healthy stomach responds by pouring out normal digestive juice. That is a condition of health. But if, instead, one should eat some poisonous substance, then the stomach instead of sweating out gastric juice contracts violently and the substance is expelled by vomiting. Any one looking on would truthfully say such a person was sick. Yet those very disagreeable symptoms were nature's *efforts* to save the life of the man; and instead of paralyzing this effort of nature by administering some stupefying drug the modern physician *co-operates* by washing out the stomach, thus *removing* the cause instead of smothering the symptoms.

The Curative Purpose of Fever.

An abnormal rise of temperature, or fever as we call it, is another common illustration of the same principle. The human body ordinarily succeeds admirably at 98.4 degrees temperature in burning up and destroying the various poisons that are constantly being manufactured within.

But suppose one sleeps night after night during the winter in a bedroom that is almost as poorly ventilated as a cave, eats freely of juicy beefsteaks, drinks strong tea and coffee and otherwise attempts to subsist upon an unwholesome dietary, and perhaps at the same time lives a more or less sedentary life; then its normal poisons will accumulate in the body, various disease germs will find it a favorable opportunity to establish themselves within and produce additional virulent poisons.

God in His wisdom has arranged for the body to fire up more vigorously to enable it more effectively to destroy these toxins, and then the patient has "a spring fever." The purpose of this rise of temperature is just as curative under such conditions as the vomiting was under the other. But the old-fashioned doctor, not appreciating this fact, used to give antipyrin and other coal tar remedies which simply depressed the body, including the heart, to such an extent that it simply *ceased* its struggles to cure itself. Hence the temperature went down, and the patient was frequently so

overwhelmed by the introduction of this second poison that nature simply gave up its struggles and the patient was "cured to death."

The modern doctor deals with the fever just as he does with the vomiting; he endeavors as speedily as possible to *remove the cause*. He immediately suspects that a large portion of this poison is being absorbed from the alimentary canal, hence he gives the patient one or two thorough colon flushings a day and perhaps in addition a liberal dose of castor oil or some other harmless but efficient laxative. He persuades the patient to drink a glass of water every hour, so as to encourage the kidneys to carry off more than their usual share of poisons. If possible, he moves the sick bed out on the veranda, knowing that abundance of air is just as essential for oxidation within the body as a good draft is for the kitchen stove.

Human Intelligence Superior to Bodily Reactions.

But some will ask, is not a temperature of 103 or four or five extremely dangerous for the body? Yes, for exactly the same reason that too vigorous vomiting might burst a blood vessel in the brain. So although the higher the temperature the more vigorous the destruction of poisons in the body, yet we now know that the liver, the kidneys and even the heart, can not endure to be bathed for any great length of time in blood at such a high temperature without starting degenerative changes. But the modern doctor instead of smothering this human excessive fire by coal-tar remedies draws off the *excessive* heat by cool baths, cool sponging, cool enemas, or by encouraging gentle perspiration, which accomplishes the same thing by evaporation.

We may represent these healing reactions in the human body by a team of horses, and let the doctor or nurse be represented by the driver. The intelligent driver in troublesome driving does not kill his horses, he simply guides, restrains or urges them forward as in his judgment the case may demand. It is an inspiring thought that God has put more intelligence into the brains of

a truth-loving, intelligent physician than He has into even the instinctive healing reactions within the body.

An Example of Nature's Oversight.

In diphtheria the germs generally establish their headquarters in the throat. They then begin to make a deadly poison, one part of which can destroy ten million parts of human flesh. Nature immediately begins to make a false membrane or a patch as it is commonly called. The purpose of this is to *prevent* the absorption of this poison. As the germs continue to make poison nature often continues to increase the thickness of the patch. It is a curative process just as the vomiting was. But nature seems to forget that there is only a limited space in the child's throat and it may continue to increase this false membrane until the child is actually smothered. Here is where God has left room for the intelligence that He has put in the physician's brain, and it is his duty to *restrain* this reaction, not to destroy it; just as the driver would hold in the frisky horses, not kill them.

I again call attention to the fact that the old-fashioned doctor made it his business to scrape off that membrane, thus permitting the system to be speedily overwhelmed with toxins, so the child frequently died; and the only satisfaction the parents had was that the doctor "had done everything he could." While the modern doctor does not interfere with the membrane until it threatens to choke the child, he of course does another thing which modern science has perfected: he administers antitoxin from the horse to supplement the antitoxin which is already being made in the child's blood; just as a mother resorts to cow's milk when she has not sufficient nourishment for her own babe.

Healing Within the Man Rather Than in a Bottle.

From what has already been written it must be evident to the thoughtful reader that God has put the healing reactions all within the man. All we can expect to do with our various remedies, real or unreal, natural or artificial, is simply to arouse, to

guide or to restrain these healing reactions. Hence the doctor and nurse may do any one of three things: First, they may *co-operate* with nature's healing agencies. Second, they may work directly *against* the efforts of the body to heal itself. Or third, they may do absolutely *nothing*.

God's remedies in a pre-eminent sense are the simple agencies of nature, such as wholesome diet, fresh air, hydrotherapy, curative exercises including massage and medical gymnastics, electricity and Christian psychotherapy, which in the last analysis is simply a firm and childlike trust in the great Healer who Himself gave us these remedies.

There are many drugs that also arouse healing reactions, but unfortunately they generally charge an enormous toll for the good they do. It is like borrowing money at forty per cent interest; and we are gradually learning better and better that much of their supposed benefits are really delusive. For instance, the exhilaration caused by a dose of alcohol is followed by a corresponding depression. Hence it is a stubborn truth which most of our greatest physicians now recognize that many of the so-called powerful drug remedies instead of belonging to the first class and co-operating with nature's efforts, actually belong to the second class and work directly *against* nature's curative efforts. So when the patient recovers while taking these remedies it is in spite of the drug rather than because of any beneficial help it affords the patient.

Fortunately many of the commonly used drugs have little or no effect upon the human system. They are about as harmless to the patient as stroking the cat's back would be to the cat. The agitated patient feels that he must have something done for him. The physician administers a harmless drug, and the patient, feeling that he is having something done for him, is at rest

and *nature* heals him; but the drug gets the credit.

Again there is another class of drug remedies that protect either the skin or the mucous membrane of the alimentary canal from various irritations or germs, thus helping the body by crippling its enemies. But their number at best is very limited, and it is undoubtedly as true today as it was a generation ago, when a great physician said in substance, that if all the drugs in the world were thrown into the sea it would be good for the world and bad for the fishes.

The era of physiological remedies has arrived, and every mother should prepare herself so she could treat intelligently the simple, common, every-day ailments of her child without the necessity of calling in a doctor, for the same reason that she should be able to administer to his spiritual wants and necessities without sending for a preacher. She should endeavor to acquaint herself with the pain-relieving possibilities that are hid away in a hot fomentation, so that she should never be tempted to dope the child with soothing syrups or similar remedies which only stop the pain by poisoning the child.

A Treatment Closet Instead of a Medicine Shelf.

It is more important for the health and future happiness of a growing family to have a treatment closet in the home than to have a medicine shelf in the pantry. I would suggest that such a treatment closet be stocked with:

- Two fomentation cloths.
- A rubber spine bag.
- A combination hot water bag (which can be purchased at any drug store and may not only be used as a hot water bottle but when desired can also take the place of an enema can).
- A rubber ice bag.
- A foot-bath tub.
- A clinical thermometer.
- A water thermometer.
- Three Turkish towels.
- A fomentation pail.
- A friction mitt.



A Blight to Youth and the Remedy

Lucy Page Gaston

SUPERINTENDENT AND FOUNDER OF THE ANTI-CIGARETTE LEAGUE.

CHICAGO, the "I will" city and the home of the Anti-cigarette League of America, is blazing the way for other cigarette-cursed cities of the land. Seeming indifference on the part of Christian and educational leaders has changed to active interest, and helping hands are being outstretched to welcome the anti-cigarette campaigners with their well-tried plans.

Mrs. Ella F. Young, the woman superintendent of Chicago public schools—a pronounced success in her most difficult task—backed by a unanimous vote of the Board of Education, authorizes any school principal desiring help to arrange with the Anti-cigarette League for a speaker, and the calls are numerous. Before the year closes it is probable that hundreds of the public schools will be visited by the league lecturers.

Dr. David Paulson, president of the Anti-cigarette League of America, who is not a stranger to the readers of *THE LIFE BOAT*, is most in demand of the corps. Being made up on the "lightning express" order, he is able to cover much ground in short time, and delivers the goods every time, much to the delight of principals, teachers, and the clean-minded, right-thinking pupils.

The cigarette smokers have conviction driven to their hearts and many are taking advantage of his advice to adopt an absolute fruit diet for several days as a means of helping them to overcome the appetite for the health-destroying cigarette, to which the doctor gives such knock-out blows.

Besides his deliverances on the cigarette he deeply impresses the imperative necessity of fresh air, the importance of proper mastication, and other necessary health dictums of which many children grow up in ignorance, to their sorrow in future years. The smoke habit has been stamped out of one school at which the doctor has given yearly addresses. The principal has stated that an address by Dr. Paulson early in the year settled the question for the whole year

and saved untold trouble to the principal and teachers.

Anti-cigarette Law Enforcement.

An interesting and what promises to be a rather exciting feature of the campaign in Chicago is the effort that is being made for law enforcement. Since the passage of the Anti-cigarette law of 1908, which was in the courts for many months, it has remained a dead letter, owing to unavoidable circumstances by which the league has been handicapped. Now, however, with the active interest of Mayor Harrison and Chief of Police McWeeny, a city-wide campaign for law enforcement is being undertaken. One provision of the law provides for the arrest of any minor under eighteen, who smokes cigarettes in any public place.

To find out what to expect from the police and the Juvenile Court, we made an arrest a few days ago, of a sixteen-year-old boy whom I found smoking at the corner of Lake and Dearborn. The crossing officer made the arrest and went with me to the central police station. The boy was sent to the juvenile detention home over night and paroled by the judge the following morning to appear on the day of trial with his mother. After the arrest, I wrote the mother, expressing my sorrow that I had found it necessary to cause her this pain, and she came to our headquarters the next morning, heartbroken over her "Joey." I sent word to her the night of the arrest, by a companion of the boy, as to what had happened; but the supper she had prepared for him the night before was untasted by her, and she did not sleep all night and was in great distress. She feared her boy would lose his job. A telephone message however, to his employer, assured her that he would not.

Judge Pinkney, of the Juvenile Court, is entering into the campaign with great earnestness, and will compel boys arrested to tell where they got their cigarettes. Action will be instituted against the dealers in

the municipal court, with the boy as witness. It is probable that hundreds of arrests will be made in the coming days, as Chief McWeeny expresses himself as not wishing to nibble around the edges, "but to undertake a wholesale business in this effort.

Tobacco Dealers Opposed to Cigarettes.

Many tobacco dealers are at heart with the anti-cigarette movement. The following statement of a man in the business, probably expresses the feeling of many:

"I feel like kicking myself every time I sell a packet of cigarettes and so does every decent cigar dealer. With boys and girls they prevent the growth of the mind and



literally turn children into fools and idiots. It is their cheapness and opium sensation that makes them so enticing to young people. Girls now walk boldly into shops and ask for cigarettes. Most of them learn to smoke from their brothers or companions, who let them try a few whiffs first for pleasure and then to satisfy a craving for them."

Like a South Sea Island Savage.

A poor victim of the cigarette habit

thirty-eight years of age, who had smoked for twenty-seven years, wrote to the writer that he felt qualified to speak as to what the cigarette would do for the human system. He said: "Cigarettes not only stunt your growth, but they rob one of every ambition to be anything. I realize now at thirty-eight years of age, that I am a failure; and why? Cigarettes. True, they will for a time, satisfy a longing, but, like a South Sea Island savage, they talk well in front of your face, but knife you from behind. I only pray to the Almighty Father that the Anti-cigarette League keep up its glorious work, and may it reach into every home of every city in the land. Laws ought to be passed everywhere to stop the sale of cigarettes. The fight of the anti-cigarette League is a fight against an unholy evil. The cigarette is a white curse that is worse and more insidious than the white plague, tuberculosis."

A Heartbroken Mother Rejoices.

A heartbroken mother during the New York anti-cigarette campaign of last year wrote me: "I have just read in the *New York World* of your crusade against cigarettes. I thank God that this is at last started. Oh, how I wish it had been started ten years ago! God alone knows the misery and sorrow to decent hard-working mothers this cigarette habit has already caused. I am now speaking for myself. Smoking cigarettes has made a wreck of my son, once bright and full of brains and ambition. Now he can't think; he can't hold a subject in his mind. He was a stenographer; now he is nothing, and God only knows if a good doctor and good care can restore him. I am crying while I write this. How full of sorrow my heart is I can never tell the world. I must simply bear it by God's help. May God bless you is my prayer, and save to the world the young and helpless before the deadly cigarette gets them."

A Drunkard Joins the Club.

In another letter from a New York man are these words: "I have been an habitual drunkard and inveterate smoker for the past seven years. I am frightfully ashamed to

admit it. But when a friend approached me the other day and told me of the mistake I was making I resolved to turn over a new leaf. He gave me an entry blank to the Anti-cigarette League, and now I take pleasure in forwarding the same to you. Realizing the awful danger, both to my bodily and spiritual health from the use of tobacco and alcoholic intoxicants, I am glad to enroll myself as a life member to the great movement, the One Million Club, and I will do all in my power to keep others on the straight and narrow path. When I think of the perils which smoking and drinking lead to, my blood runs cold. Will you kindly send me some more blanks that I may distribute them among my companions."

These three letters raise the curtain on a little bit of the sorrow and wretchedness, the wreck and ruin that are coming to individuals and families everywhere in the blasting and blighting work of the cigarette. Not only individuals and homes are suffering, but the nation is cursed as its citizenship yields to the cigarette enthrallment. The tremendous growth in the consumption of cigarettes from year to year is a warning that all should heed. The manhood and boyhood of America are thoroughly infected with the cigarette disease, and the infection is rapidly spreading to the other sex, to their everlasting disgrace and injury. The recent action of the authorities in Pittsburgh in ordering the arrest for disorderly conduct, of women who smoke in public, is a move in the right direction and one that should be introduced in every city in the land.

Responsible for Many of Our Large Fires.

Much attention is being given to the causes of the appalling fire loss and here too the cigarette forges to the front as a destructive agency. Edward F. Croker, the famous fire fighter of New York City, says in a recent communication to the Anti-cigarette League: "I would say that from a long observation of fires and their causes extending over a period of twenty-seven years, I have found that a very considerable percentage of fires has been caused directly by the use of cigarettes. I am cer-

tain that an examination of the fire losses in our cities and towns, the loss of life as well as property which has been caused by the cigarette-smoking habit, would be found to be appalling.

"The paper and light tobacco used in cigarettes holds fire for some time, usually until the entire remnant which has been thrown away has been consumed. The majority of cigarette smokers are careless in the disposition of these remnants and usually throw or drop them wherever they may be. The recent disaster in New York (the Triangle Waist fire), by which one hundred and fifty persons were burned to death, was attributed directly to the presence of a lighted cigarette end thrown carelessly into an accumulation of easily combustible material. From the fire hazard point of view the use of cigarettes can not be too strongly condemned."

Before a building of great dimensions can be erected there must be long and toilsome digging in the earth and strong foundations must be laid. While the Anti-cigarette League has been in the field putting up a fight on the cigarette evil much of its work has been foundational and out of sight. And the stunning, crashing blows needed to crush out this vampire of society—this alien foe that has insidiously made its way into all circles of American life—are yet to be struck, and at the present time the effort is being made to bring all forces of righteousness into line.

The late United States Supreme Court decision against the American Tobacco Company—the trust—makes this an opportune time in every city and state to force the anti-cigarette question to the front and to endeavor to undo as far as possible, the irreparable harm that has already been done.

Every individual reading this article should at once get in touch with the Anti-cigarette League to learn further of the details of this work which is second in importance to no other cause deserving the interest and moral and financial support of patriotic Americans. Address Anti-cigarette League of America, 1119 Woman's Temple, Chicago.

Help put down the cigarette, and do it NOW.

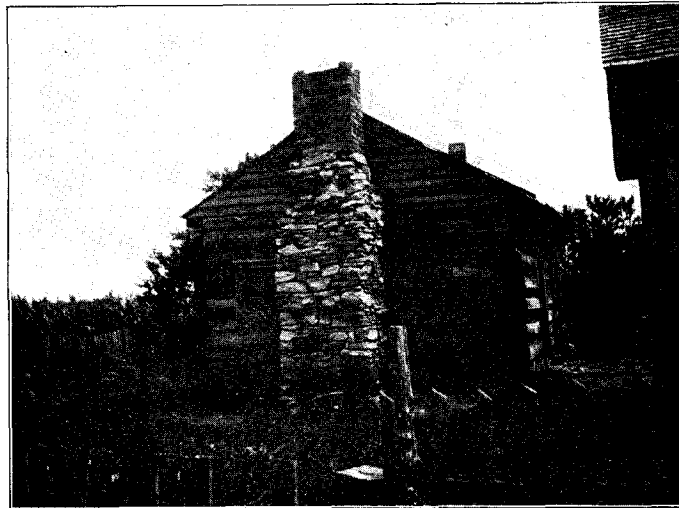
Story of Progress Among the Hills of Tennessee

Caroline Louise Clough

IN THE October LIFE BOAT we told our readers something about the wonderful work for the poor mountain whites that is carried on by Prof. Chas. Alden at Goodlettsville, Tenn. This month we shall visit Fountain Head, a hamlet about fifty miles north of Nashville.

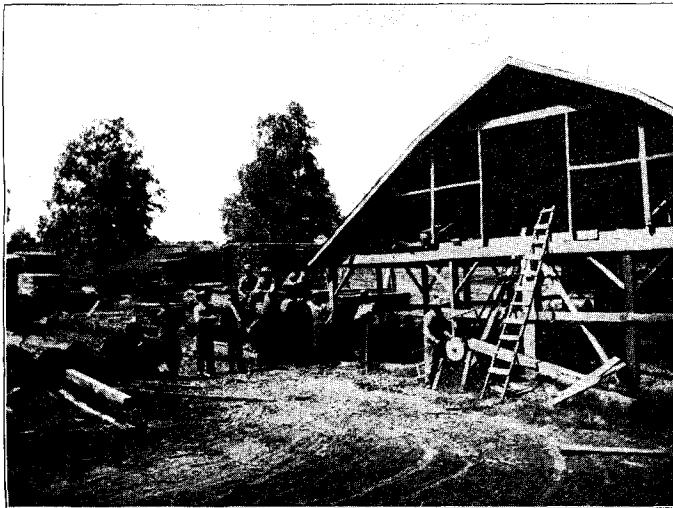
Here Mr. B. N. Mulford and his wife and several other families have settled with the sole purpose of bettering the neighborhood. About five miles back in the hills from the little railway station we found their center of activity. Here nestled in at the foot of the hills and along the banks of a beautiful stream of water was a saw mill where some eight or ten men were employed. One nice-looking, bright young man

been attending the school, who was now converted and expected to attend the Nash-



LOG HOUSE BUILT ENTIRELY BY A WOMAN FIFTY YEARS OLD.

ville Agricultural and Normal Institute this year.



MISSIONARY SAW MILL AND GROUP OF WORKERS.

A short distance beyond the saw mill we turned off the main road and began to climb the hill. When we reached the top there was the little school house which Mr. Mulford had erected, and just beyond were the homes of these workers and a furniture shop. In this shop the rough lumber from the saw mill below is made over into all kinds of household furniture. This is not only used to furnish the homes of the workers, but it is also placed on the market and finds ready sale.

As our time was limited we asked to be

shown about the neighborhood. A little girl jumped into our carriage and directed us around through the corn fields and the woods to an interesting old log house with



THE INTERESTING CHILD WHO WAS OUR GUIDE.

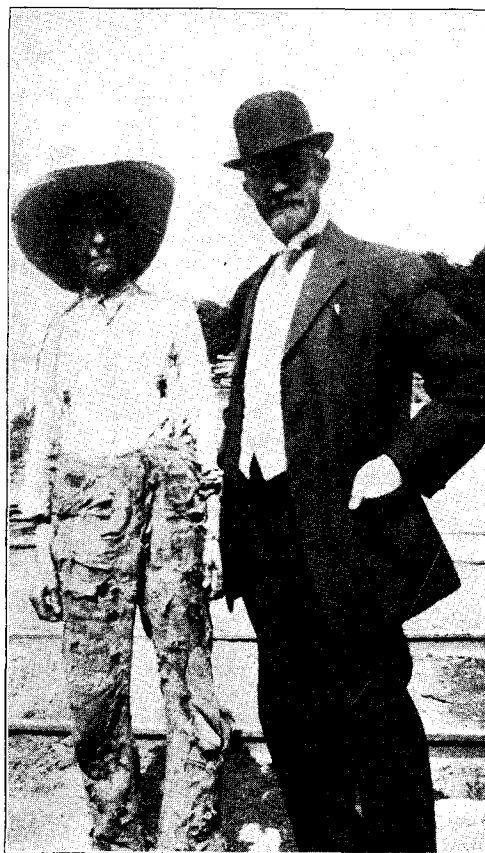
an immense stone and brick chimney, which, she said, had been built by a woman fifty years of age, who had done all the work on it herself. This woman had died some years ago, but the family were still living in the old house when our workers came into the community. Now they are living in a new house which was built by one of Mr. Mulford's coworkers.

Next we passed a very humble little home where lived an unfortunate invalid child. When found she was lying on a pile of straw in the corner of the room. As the child was not able to move about she was

left there in the dark room day after day. Often these homes have no windows whatever, and the only light that is admitted into the house must come through the open door.

With a few suggestions and a little help the mother fixed up a neat little cot out under the trees with a screen over it and there the sick child enjoys the beautiful sunshine and the singing of the birds and all the comforts of nature about her.

In these rural country homes there are sick ones who suffer from ignorance and



"UNCLE BILLY" AND DR. PAULSON.

Uncle Billy is an old Indian doctor who believes that neuralgia can be cured by "packing the skull of a horse in your teeth." In other words the patient should pick up the skull of a horse with his teeth and walk backward into the house counting. He told us that he had a sure cure for "legery" (pellagra), which was also based on mere superstition.

neglect just as much as in the heart of our large cities. A consecrated Christian nurse would be regarded as an angel of mercy by these simple country folk and they would eagerly learn from her how to care for themselves and keep their homes clean and sanitary. Mr. Mulford is now endeavoring to open up a sanitarium or a "Rest," as he calls it, for these people.

I must tell you of a man whom we met at the railway station. This man consented to my taking his picture as he stood talking with Dr. Paulson. I did so and then promised to send him a copy if he would give me his name. He told me but as it was an unusual one I asked him to please spell it for me, to which he replied:

"I can't spell it. No'm, I never learned to read or write when I was a boy. I was a bad boy, but I am sorry now."

He then went on to tell me that he lived on Prof. Sutherland's farm and that since he had met Prof. Sutherland he had become a Christian and had given up all bad habits. He said Prof. Sutherland was a friend of his and he certainly showed his delight at meeting him.

"Uncle Billy," for that is what they call him, told us he was eighty-seven years old; but it was a question whether he knew his own age. While this man has much yet to learn still the gospel has made a beginning on his heart and life and he has a desire to be more like the people who have done so much for him.

These people do not need to be "preached at," they want to be shown by example and daily life, and the one who does that has commanded their attention and won their confidence.

Mr. Mulford told us that he had no trouble whatever in getting an audience of people in the evening at the school house. They always come to the regular meetings. He said that one night it was raining so hard he decided not to have any meeting so did not go over to the school house. Soon after he saw the building all lighted up and when he went over, there was his audience. The people had come—some of them long distances in the rain—to be taught the truths of God's Word.

By going in among these people and teaching them how to raise good crops, how to raise fruit and can it, how to do things in general, these workers have broken down prejudice and the people now look to them.

They are a devout people; they respect the Bible as some of the northern people do not. Tobacco is their greatest curse. They raise it and it is as cheap as grass. Using snuff is a common practice. In one of the school buildings two wagon loads of snuff boxes were carried away when the property was first bought and cleaned up.

With such a wonderful opportunity for helpful missionary work lying so near to us, and souls going down to destruction who are hungry for light, ought not we who know Jesus to be up and doing, bending all our energies toward the salvation of souls?

WHAT MAKES IT STICK.

THE Korean not only memorizes scripture, he puts it into practice. One day there came into one of the mission stations a sturdy Christian from the north. After the usual greetings he was asked the purpose of this visit. His reply was, "I have been memorizing some verses in the Bible and have come to recite them." He lived a hundred miles away and had walked all that distance, traveling four nights,—a long stroll,—to recite scripture to his pastor. But he was listened to as he recited in Korean without a verbal error the entire Sermon on the Mount. He was told that if he simply memorized it it would be a feat of memory and nothing more; he must practice its teachings.

His face lighted up with a smile as he promptly replied, "*That is the way I learned it.* I tried to memorize it but it wouldn't stick, so I hit on this plan. I would memorize a verse and then find a heathen neighbor of mine and *practice* the verse on him, then I found it would stick."

The above is one of the best of many good stories in the new mission study textbook by James S. Gale, "Korea in Transition."

Russian Superstitions

A. G. Daniells

Washington, D. C.

(Continued.)

[A. G. Daniells recently visited the Hinsdale sanitarium. Knowing that he had just returned from a visit to Russia we invited him to give a talk to the patients and workers concerning his experience. His remarks gave such an illuminating glimpse of some of the conditions existing there that we take pleasure in passing some of them on to our readers.—Ed.]

THE people of Russia are under the most terrible superstitions. They have magnificent cathedrals and there are thousands of priests going about in their long robes; but they are entire strangers to anything like heart religion. The religion of the Greek church does not aim to make people themselves better; it only aims to expiate their daily wrong-doing.

I saw men coming down the street to a corner where there was a shrine of the Virgin Mary. They laid down their burdens and made the sign of the cross, and perhaps dropped some pennies in the box for the priest. I have seen hundreds of them stop in a whisky shop after doing all this, then drink a bottle of whisky, and in two minutes go on and pass another shrine and make the sign of the cross, and it was all right.

Some savages have no word which expresses love because they do not know love. So the Greek church has no conception of the personal heart religion that the gospel of Christ teaches.

The Sad Side of Relic Worship.

In the cathedrals you will find relics of all sorts. I saw in St. Petersburg a withered-up hand that they claimed was the hand of John the Baptist. They had that in a glass and thousands of people would pass that and kiss the glass over it and that fixed them up for a long time to come. In another place I found a long bone that they claimed was one of the bones of Daniel the prophet; and so bones and bones and relics everywhere!

In Kief they have a place which is the same to the Russian that Mecca is to the Moslem, and I was there in a season when thousands of pilgrims had come several thousand miles. Some of them were so dis-

eased with rheumatism perhaps they could just crawl along with sticks, coming perhaps a hundred miles, working their way and sleeping along the roadways, to come to that mecca. They did not wash or comb their hair or change their clothes along the way, and begged their way from the neighbors.

I went out to this place and saw what was done. They had religious ceremonies of course, which I will not mention; but I saw a big counter, and priests in their robes stood behind there and were selling to those poor people, little paper bags of cloth. This cloth was cut up in narrow pieces like my finger—red, purple, brown and different colors and they had great big boxes of these rags and were selling these to the peasants as pieces from the garments of the apostles and the early saints.

These were pieces that were supposed to be cut off from their garments when they were made; but it was just bolts of prints bought in the stores and taken up there and cut in these pieces. For half a cent they would put so many in a little bit of a bag and for two cents a little more, and there they were handing them out to these poor creatures, whose eyes would shine and who would walk away looking at these rags cut off the garments of the holy saints. Oh, it was terrible. An old woman would give perhaps her last piece of money, thinking she would be saved from all her ills because she was taking home some of the cloth of the garments of Jesus or Paul, or other saints.

We got our long wax candles and went down in the catacombs with a Russian priest and a gathering of pilgrims. It was subterranean passages that had been dug in there. All along there were niches or

crypts in which they had the bodies of the apostles and saints. When we came to Polycarp, the priest turned round and lifted up a red tapestry and showed us his feet. It looked like two feet dressed in black cloth. The eyes of the pilgrims began to shine like onions and they were almost overcome. As they passed on I stayed behind the crowd and then felt those feet, and I found they were just sawdust and shavings sewed up in cloth.

I saw a prominent business man the next day and was talking with him about it, and I said, "Why doesn't the town take this up and dump those things out and make a bonfire? Why do they allow that?" "Why," he said, "that is a great source of income to the town; that brings thousands of pilgrims here. The people of the town know it is humbug, but the pilgrims don't."

Now that is religion! Don't you think the saving gospel of our Lord Jesus Christ needs to be taught to the people of Russia? I tell you it does. And you go those long stretches as I did and see those estates owned by the nobility of Russia, and not ten per cent of the people on them can read or write. They toil and sweat and their life and blood are poured out on the altars of the nobility, who live in the cities in great luxury and extravagance.

A Tribute to Tolstoi.

It was for these people that Tolstoi lived and toiled and died. I know he is not counted a true Christian, but I had the privilege of visiting his home and his grave and I believe he was a true man and that he lived and longed and prayed for the liberation and the emancipation of these mil-

lions of Russian serfs who are kept down by the priests and nobility of Russia.

He had an estate of six thousand acres on which several hundred families lived, and they loved him and told me so. They said, "When Tolstoi died *our* father died and our *only* friend in Russia, and now we have no friend and no hope of any emancipation." In the morning we got out very early so we reached his grave by seven o'clock, and as we approached it through the forest, a half mile from his home, I heard a wailing sound coming through the woods. I could not tell what it was, but as we came in sight of the grave we saw there a woman sitting down by the grave wailing; when she saw us she got up and planted three kisses on the side of the grave and then retired. She was a woman from one of these families who had come to mourn for their friend.

These are some of the scenes I witnessed as I traveled through that land. Notwithstanding the laws here are oppressive, hundreds of people are coming to the light of the gospel as we preach it every year. Although it is a prison offense to baptize a member of the Greek church, yet a thousand of these people each year are embracing our truth and our churches are springing up all over. They stretch from St. Petersburg on the Baltic, to Manchuria on the Pacific Ocean, and we have a church at the very base of Mount Ararat.

Subscribe for THE LIFE BOAT and send it to some unconverted friend as a Christmas gift. You will get a blessing and it may save a soul.

A NEW GOSPEL OF HEALTH LEAFLET.

Two of the most instructive health articles by the editor, entitled "Scientific Hydrotherapy" and "Sensible Dietetics," have recently been published in a small booklet of twenty-four pages.

It is envelope size, just the right thing to slip in with the letter you write to your friend. It is printed on superfine stock, illustrated, and every sentence contains choice health instruction.

Send for a goodly number and distribute them. Fifteen will be mailed for twenty-five cents, or fifty for fifty cents. Order now.

DR. PEARSONS GIVES UP TOBACCO AT THE AGE OF NINETY-ONE.

DR. DAVID PAULSON.

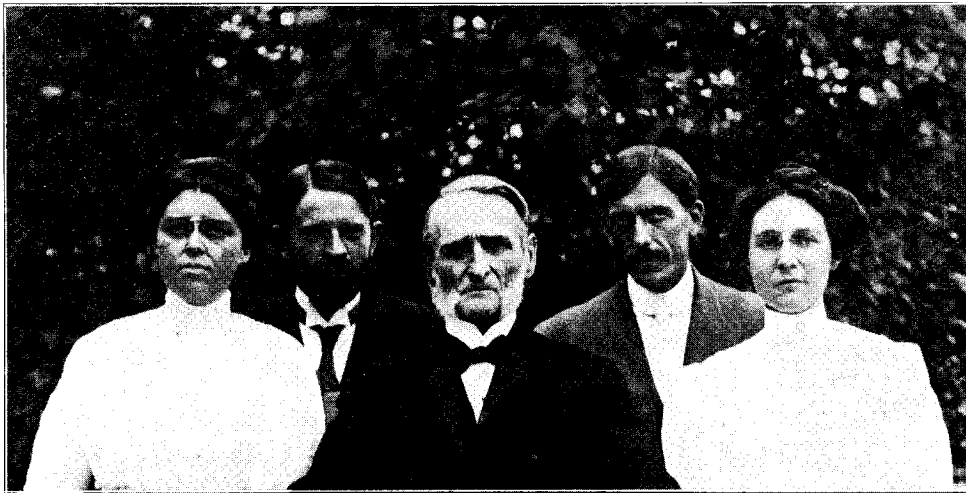
While Dr. D. K. Pearsons, the millionaire philanthropist, has been abstemious to the last degree, yet he has all through these years smoked a very little tobacco, the harm from which has been perhaps largely offset by the extremely simple life that he has lived.

While he was here at the Hinsdale sanitarium last winter, I tried to persuade him to discontinue the use of tobacco entirely, but he was afraid that it was not safe for

conviction came upon us that we could trust the Lord to work it out for us in some satisfactory way.

Without anything being said to him regarding the matter he voluntarily discontinued the use of tobacco upon his return to the sanitarium and this very day he walked into my office with a genial smile on his face, assuring me that he had not used tobacco for three weeks and he felt all the better for it.

For years Dr. Pearsons has been an enemy to the cigarette evil among the students in the nearly fifty colleges that he has so magnificently assisted by his millions.



DR. PEARSONS AND THE HINSDALE SANITARIUM MEDICAL STAFF.

Dr. Mary W. Paulson. Dr. David Paulson. Dr. D. K. Pearsons. Dr. L. H. Wolfson. Dr. Ora Barber.

him to do so at his advanced age. So he used to go out each morning to our boiler house to smoke his cigar.

This summer he donated his beautiful home to the village of Hinsdale for a library and arranged to move into the Hinsdale sanitarium to spend the remainder of his days. Then the question of his tobacco using became a more vital matter, for I could anticipate a time in the future when he might possibly be confined to his room, and we could not consider the smoking of tobacco within the institution. So I called several of our leaders into counsel regarding the matter before he moved to our institution. As we prayerfully considered it the

But now when it becomes known that at the age of more than ninety-one years he himself has entirely given up the use of tobacco, I can not help but feel that his example in this respect will be an incentive to thousands of tobacco users, both old and young, to go and do likewise.

I wish to add what I have so frequently called attention to before, that an exclusive fruit dietary used liberally three or four times a day for several days with an abundance of water drinking, coupled with the help of God, which is always available, will deliver the worst tobacco slave from this galling bondage with an ease that is astonishing to those who have not tried it.

THE TEMPERANCE CAMPAIGN IN MAINE.

S. N. HASKELL.

[Elder Haskell, who has been right in the midst of the great fight for temperance in the state of Maine, wrote us some six weeks ago asking for funds to help them circulate temperance literature. The workers at Hinsdale responded by sending a liberal donation. The special temperance number of the *Youth's Instructor* was used for this purpose. The readers will be interested in the following recent report.—Ed.]

THIS temperance campaign in the state of Maine, which was the pioneer state of prohibition, has in some respects been the most singular and the most earnestly contested campaign upon the subject of temperance that has ever been in this state and as far as we know, in any state of the United States. The influence of the prohibition for the last quarter of a century in this state has been felt more or less all over the world where the temperance question has been considered.

It has been claimed that prohibition did not prohibit, that there was more liquor sold in the state with prohibition on the statutes than before. If this was the case, then why was the question so earnestly contested for by those who were in favor of intemperance? The very fact that the question was contested is proof that prohibition did prohibit. It is also true that a large amount of liquor has been sold in the state and that people will have their liquor anyway; but that it has been a great check upon the use of alcoholic drinks and the opening of saloons can not be questioned, and had the officers who should have administered the law been in favor of temperance it would have accomplished far more in prohibiting the sale of alcoholic drinks than it has.

It is generally acknowledged that the temperance *Instructor* that was used so freely during the last month of the campaign had a wonderful influence in favor of prohibition. It commended itself to all parties engaged in the temperance movement. Even other literature was laid one side where they had a large supply of it, and the temperance *Youth's Instructor* was

used by temperance advocates. As far as we know, all classes of temperance people gave their influence in favor of the temperance *Instructor*.

One man, chairman of the local Board of Temperance, ordered ten thousand copies. Although we did not send him that amount because they were out of print, yet he took four thousand and drove his own automobile through the country and distributed them. More than ten thousand copies were distributed by temperance societies alone. In all there were about fifty-five thousand distributed at a cost of over two thousand dollars. None but those who are on the ground could appreciate the circumstances and the condition of things.

Although the governor has not yet rendered the official decision of his council to declare whether it is "wet" or "dry," it is very evident that the rank and file of the most intelligent people in the state of Maine are in favor of prohibition.

It is the foreign element that has come into the state of Maine that has largely made up the number of votes in favor of local option. Had it not been for this element it is the general opinion that it would have been an overwhelming majority in favor of prohibition.

Those who have contributed to pay for these papers have our most sincere thanks and also may be assured that they have the sympathy of the temperance people in the state of Maine.

FOUND THE CHICAGO LIFE BOAT HOME A REFUGE.

MRS. H. L. SWANSON.

During the past month we have taken in nine women who were not only down and out but some of whom were in sore need of assistance. One woman I remember who came to us in the evening, and we sat up all night working over her. She has appreciated what has been done for her and wrote the following as an expression of her gratitude:

"Among the various experiences that have befallen me during the past fifteen years in the United States, there is none that has

proved more valuable or that has been more significant in results, than since the evening when I came into the Life Boat Home at 528 E. Thirty-third place. It was an experience entirely new to me and different from the life I had been living. I began by drinking the best drinks that could be had and I came very near ending in the gutter—God, relatives, friends, and all that was good forgotten for drink.

"I had become an habitu   of one of the lowest 'gin mills' in Chicago, yet God saved me by a dear, good woman. Last night the old Satan tried to tempt me, but God in His mercy spoke to me. Through it all I feel His presence and have the blessed privilege of communicating with Him as I have never done before.

"I praise God once more for this door of hope through which I came the 16th of September, 1911. I thank God that He took me as I was, and I pray that He in His mercy will send messengers down to the multitudes of souls who every minute are going to destruction in the crime districts of Chicago. God help the Life Boat missionaries, to educate more men and women who are gracious, tender, winning and loving, to carry on the work to which Jesus gave Himself—that of seeking and saving the lost. God has brought me back to the faith of primitive Christianity and by the grace of God I will stand by His Word."

Two of the students in our home noticed that this woman seemed lonely, so they asked permission to take her into their own room where they could wait on her themselves, bring her meals to her, etc.

One little girl sixteen years old came in from the country to find work in Chicago. When she arrived she asked a policeman to direct her to a respectable hotel. The policeman thought it was not safe to take her to any hotel, so took her to the Hyde Park police station, and the matron, a good friend of ours, telephoned at once to me asking if we would take her, which we did, and have now found a good place for her in a nice home.

THE LIFE BOAT readers will be glad to know that we have opened up our police station work again. On account of the cor-

ridors being so narrow, we can not hold as many public services as formerly, but we have more time for personal work and for handing out tracts. Last Sunday we met one young woman who seemed very repentant. She said that experience had been a lesson to her. When she came before the judge on Monday morning her case was discharged and she was brought to our home. She could hardly express her gratitude at being saved from having to go to the Bridewell prison.

The officials at the police station are very much interested in our work and anxious for us to continue. We are of good courage and know the Lord will continue to send to us those whom we can help.

OPENING EXERCISES OF THE THIRD CITY MEDICAL MISSIONARY CLASS.

CAROLINE LOUISE CLOUGH.

Seven-thirty Wednesday evening, October 11, found the little chapel at the Life Boat Home crowded to its utmost capacity, and the adjoining rooms also filled. Eld. Serns led in a lively song service. Then Dr. Paulson gave an animating and inspiring talk based on the commission Christ gave to His twelve disciples, telling them to go preaching the kingdom of heaven was at hand, healing the sick, etc., as recorded in Matthew 10. He compared that to the sending out of the seventy, a record of which is found in Luke 10. These were pre-eminently city missionaries and their first duty was to heal the sick, and then say unto them, "The kingdom of God is come nigh unto you."

This should be the burden of our message today. And it is what has led to the establishment of the medical missionary training school for city missionary workers. This truth which we have for the body as well as the soul, is to be carried to sin-sick, suffering, pain-racked, discouraged and disheartened humanity. This school is a divinely appointed agency to prepare people to warn the inhabitants of the large cities.

"God is only going to say, 'Well done' to those who really have done well. There are two distinct classes of missionary work be-

ing carried on in this world. One is the spectacular, which is largely done for effect. To this class of workers Christ will say when He comes, 'I never knew you.' The other class have been quietly giving the gospel to those with whom they came in contact, spreading the sweet influence of Christ wherever they went. These people will feel like saying as Christ said, 'I have labored in vain, I have spent my strength for naught, and in vain.' Isa. 49:4. Yet the Master will say to such, 'Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me.' Matt. 25:40.

"Those who come here tonight to enter this class have no doubt pictured themselves out in this great city visiting the sick and suffering, speaking words of cheer and comfort, thus winning great triumphs for the cross. But probably they have not seen a vision of some of the trials which must come; yet like the experience of Joseph they will only prepare us for greater responsibilities. This class is an advance guard of a great army being used by God to carry the message of truth to humanity."

Eld. Serns, the Bible teacher, gave a heart to heart talk to the students. Then some of those who had completed the work were asked to tell some of their experiences.

Mrs. Florer, who was a member of the first class, is visiting daily several families, giving two or three treatments, and holding three Bible readings every day. Mrs. Mitchell spoke of the conditions she found in visiting the homes in only two blocks. In the first place she visited she found a lady that had rheumatism and was suffering intensely. That evening her daughter came over to the home for a nurse. Mrs. Mitchell went the next morning and gave the mother a treatment. Just a few doors from that place she found a sick child. She stayed long enough to give the mother some suggestions on the care of the child.

In the next home was another sick child seven years old and a helpless invalid. She spoke a few cheering words to that mother and the child. The next place she found a woman who had recently had a hemorrhage of the lungs, and was able to give her some advice. The next place there was a young lady nineteen years of age, who had been in bed for six years. She said that in these two blocks she sold forty magazines and was able to give some good advice to the many sick ones she found. She says the people were longing for some one to speak a word of comfort to them.

Mrs. Mitchell said that she had been a Christian and a church member nearly all of her life, yet she did not really know how to help people until she took this course. During the time she was taking the class she placed from seven to eight hundred magazines in the homes of the people.

Others told of their experiences, and Miss Sampson, a nurse in training at Hinsdale, who has been out in field work, told of the different experiences she had while visiting the people. Eld. G. E. Langdon, president of the Northern Illinois Conference, was present and at the close of this service made a few remarks. He spoke of the importance of human beings instead of angels working for the salvation of souls.

Those who decided to enter the new class were asked to stand on their feet and some twenty-three representative persons stood up. Young women from Minnesota, Wisconsin, and some of the Eastern states, and one from Panama, have come here to enter this class. Other leading Bible workers and prison missionaries have joined the class.

An effort will be made during the winter months to carry the gospel of physical as well as spiritual righteousness to the masses of Chicago. We trust that the readers of THE LIFE BOAT will remember this work in their prayers.

A WONDERFUL BOOK GIVEN AWAY.

We are pleased to announce that we are again able to furnish that thrilling missionary book, "A Retrospect," by J. Hudson Taylor of the China Inland Mission, as a premium for only one new subscription.

We have sent out nearly three thousand of these books, and six months ago were compelled to announce that the edition was exhausted. We have never seen so satisfactory a premium.

If you already have one of these books get a new subscription and then give the book to some young person who needs to have the missionary fire stir his soul.

Among Helpless Babes and Young Mothers

Helvig Olson

[The nurses in training at the Hinsdale sanitarium are to devote one month of their time to the rescue home, nursing the sick and assisting in the medical management of the home. Miss Helvig Olson was the first to volunteer her services and is in return being doubly blessed.—Ed.]

WITH gratitude in my heart I must tell you the joy it gives me to be at last in the work I have so long prayed and trained for. It is inspiring to come in contact with those who are so imbued with the missionary spirit as are Mrs. Swanson and Mrs. Whisler. It lifts one's ideals for missionaries.

This is a work that needs much attention and prayer—much more than is given to it. Oh, how many young girls are turned out into the cold world just at the time they need a home and mother the most! This is the work I want to do. I want to be a mother to them, help them through their troubles and lead them to Christ, for this is the foundation upon which this work is built. I want to be a zealous worker, ever looking hopefully onward and upward, claiming the divine promises.

It was not until evening just as the sun went down that I realized that I was among helpless girls and young mothers. As I looked into their sweet faces my heart burned within me and these lines came to me over and over again with a deeper meaning than ever before:

"My God, My God, this work I undertake,
In Thy great name, and for Thy sake,
In ministering to the suffering, I would learn
The sympathy that in Thy heart did burn.
Clothe me with patient strength all tasks to bear,
Crown me with hope and love which know no fear.
Sanctify my lips and guide my tongue,
Give me a word in season for each one."

In closing I would like to make a request

for our girls. Some of them are very much interested in Christian literature and some have been wishing some one would give



A HOME BABY WHO HAS FOUND A GOOD HOME AND LOVING CARE, ALSO A WOOD PILE TO PLAY IN.

them a subscription for the *Youth's Instructor* or send regularly late copies after you are through with them. This is a good way for some one to really help these poor girls at a very little expense. We could also make use of soft infants' garments if some one would kindly remember us in this way. And furthermore, not enough has come in recently to keep up the running expenses of the home. We hope God will put it in the heart of some of His children to assist this labor of love.

An Expression of Gratitude

[The following article is written by one of the girls in THE LIFE BOAT Rescue Home, and published herewith is a picture of her beautiful sweet baby. An astonishingly large percentage of the girls who come to the rescue home for help are those who have been left as this girl was, to grow up without a mother's care. Don't you want to help such girls?—Ed.]

In looking over my past life, I see much to regret. I see a sin-stained heart, but I thank God that it is no longer stained but has been washed with the blood of the Lamb who suffered and died to save me.

A few years ago I promised God I would leave all earthly things and follow Him. This promise was made at a revival meeting. I was told that it meant a great deal to take this stand and that I could not continue it in my own strength—that of all things I must seek God's help by earnest prayer, and that I must go to prayer meeting regularly.

All went well for a while, but the time came when I was tempted to miss prayer meeting and I did not go to the Lord for strength to resist. I yielded to Satan and from that time on drifted from the fold. Once out of the fold it was easy to sink.

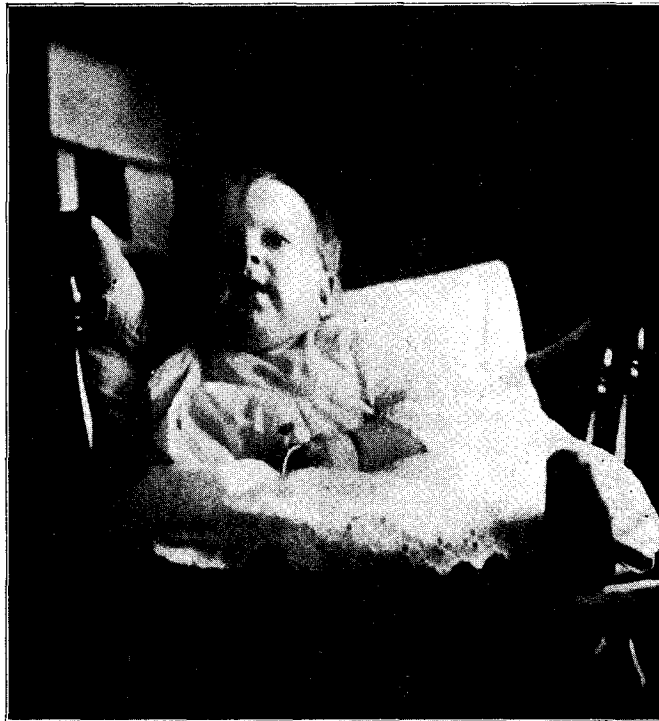
It was in this backslidden condition that I met my terrible fate, which brought sorrow and trouble to my folks, and brought me to the Life Boat Rescue Home.

But I now thank God for that experience because through it I have returned to the fold. I had no loving mother to correct me; she died when I was quite young. I can see how the Lord can make things right no matter how great our sin may be, and I see also why I had to go through this experience. It was for a good purpose. The Lord sometimes has to bring us

through hard trials to win us from sin.

Since I have been at the home I have had both sad and joyful experiences. We girls come here—all nationalities and dispositions—and all learn some good lessons and leave with higher ideals for the future.

It was through the sweet influence of this home, especially of the workers here, also of our family worship which is held morning and evening at which we sing hymns of praise, study the Word of God and leave our lives in God's care through



THE SUNSHINE OF THE HOME.

prayer, that I reconsecrated my life to the Lord. We have a good home here and are made to feel at home. I feel as though

each one of us is loved; and we get the best of care and plans are always being made with God's help for better things.

Of course trials come up that would discourage us if we did not know that God is love. We all have to endure temptations, but with the Lord's help we can overcome them. I have found this out in my experience. I feel that we must have these temptations to strengthen us. The verses that have always been a help to me when tempted are, "Get thee behind me, Satan," (Luke 4:7), and "The Lord is my Shepherd; I shall not want."

I knew there were certain steps to be taken to show the world that I had forsaken it. So I have been baptized to show that I had buried my sinful life and taken a start in the Christlike path, in which I mean to continue the rest of my life, that I may be numbered with those for whom the Lord is preparing that eternal home. I have now joined the church and have in every way as far as I can see, given my all to the Lord; and now as I go home to my folks I want to live a life that will be a help to them, for I mean to do a good work for the Lord.

I am going to start at home, with the Lord's help, to win souls for Him. I ask all who take an interest in the Lord's work to pray for me that I may let my light so shine before men that they shall see my good works and glorify their Father which is in heaven. (Matt. 5:16.)

THE SIGNS OF THE TIMES.

MRS. N. H. RICHMOND,
535 E. 33d St., Chicago.

Surely we are living in the time of the end when wicked men and seducers are waxing worse and worse, deceiving and being deceived (2 Tim. 3:13). All one has to do is to open his eyes, and he sees men and women everywhere going down the path that leads to destruction. "In the last days, perilous times shall come. For men shall be lovers of their own selves, covetous," first of all; then there are seventeen different sins follow. 2 Tim. 3:6. What a scene! And yet we see these things taking place all around us.

While selling magazines in the criminal district of Chicago not long ago, I went into a place where men and women gather evenings to have a so-called good time. There I found a business man with whom I had dealt a number of times, drinking and having what he called "a good time." I showed my surprise at seeing him there and passed to another table where I found two girls and two boys who were not out of their teens, all drinking. Perhaps their mothers thought they were at the home of some friend. None but God knows the stories they tell their mothers. Poor girls, they are on the downward road; and there are thousands of them all over this city going the same way. What can be done to open their eyes to where this will lead them?

I then passed on to another table where I found six, among whom were some quite young girls. I sold them some magazines and had quite a talk with them. I told them that there was a judgment day coming when they must face the record of their lives. One man said, "Pray for me." I told I would, and I often think of him and lift my heart in prayer for him.

Surely wickedness is on the increase, and where are the fearless consecrated workers that will go out into the streets and lanes of the city and work for the perishing ones? May God help us to work while the day lasts.

TO MY SISTERS IN TROUBLE.

No young woman need feel that she has lost all her friends and that nobody cares whether she tries to do right or whether she gives up in despair as long as the Life Boat Rescue Home is still in existence. Its doors are open to the discouraged, disheartened, unfortunate girl. Loving hearts are open and willing hands are ready to do for such girls what Christ would do were He still walking among men as He did two thousand years ago. Christ said "Neither do I condemn thee; go and sin no more." Such a loving, compassionate Saviour can save you today. Why not let Him? Any girl in need of help can correspond with the writer, Mrs. C. L. Clough, Hinsdale, Ill.

Will You Start a Soul-Saving Campaign?

David Paulson, M. D.

THE missionary nurses and other workers of the Hinsdale sanitarium have recently gone out in groups to Elgin, Quincy, Dixon, Mendota, DeKalb, Rockford, Plano, Sandwich and Earlville, Ill., and to Racine, Wis., and Hannibal, Mo. A company of four have generally gone to one place. As far as possible they have endeavored to find rooms in the homes of some Christian people where they would be a mutual blessing.

They have had earnest Bible studies and

opportunities to present the simple gospel to weary sin-sick souls. Light has been shed into many darkened homes. Often they have been able to administer some little physical comfort, either such as simple treatments or other acts of mercy which have been doubly appreciated, and, best of all, like the seventy they have "returned again with joy." Luke 10:17. Their hearts have been made to glow as a result of the precious experiences they have enjoyed in these sim-



A GROUP OF THE HINSDALE SANITARIUM FIELD WORKERS.

seasons of prayer together both morning and evening and then they have gone out two and two into the homes of the people using THE LIFE BOAT or some other Christian magazine as an entering wedge. They have taken along health leaflets and religious tracts that would especially arouse the people to prepare for the soon coming of Christ.

In presenting the magazine it has opened the way for Christian conversation and in many instances they have had blessed op-

ple efforts to carry the gospel into the very homes of the people, many of whom have drifted away from all Christian connections in their own communities.

As the entire sanitarium family are enthusiastic over this field work and are anxious to have a part in it we shall continue to send out group after group to visit city after city and town after town within a reasonable radius of our institution.

No one can read the brief reports from some of these workers without recognizing

that they have had a glorious experience. Why should not every church organize similar campaigns? We would be glad to correspond with any who are interested, answer questions and give them further information.

Launch out, for the night cometh when no man can work. Be assured, however, as you undertake this work that the devil will be on hand and give you plenty good reasons why you ought not to do it, or at any rate, that it is better to *postpone* doing it, which means that the Lord will have to raise up somebody else to do what the devil has cheated you out of. The Lord wants this work done now. Will you do it now?

Directed by the Lord.

CLARA MEISTER.

To go out and visit the people in their homes has been a help to me in my Christian experience. I learned many lessons and I feel there are many things in my life that I want to put away since I saw the defects in other people's lives by coming in contact with them. Christ was especially near to us and I know that He is indeed a hearer and answerer of prayer.

In Quincy, I met some of the patients that had been to the sanitarium, and one of them told me that the things she learned while here had led her to reform to a great extent. She had given up going to parties, and when she got sick would take some sanitarium treatment instead of medicine.

Another place where it seemed the Lord directed me, I thought at first was vacant for all windows and doors were closed. But I went up and the lady told me to come in. She had fallen and hurt her arm; I sat and talked with her about her health and soon we had a heart to heart talk about the time in which we were living, and she said she realized it more and more each day by the wickedness that was around her. She said she wanted that paper and wanted to subscribe for it, because she felt there had to be a great reform in her life before she ever could meet the Lord. I told her we had to stand without spot or wrinkle, and she said she realized that more each day.

In all our experience I felt the Lord was near, and it certainly strengthened me

in my Christian life; from this time on I desire to live nearer to the Lord.

People Longing for Something They Have Not.

CLARA B. DAVIS.

Since my experience in house to house work I have had a burning desire to do a more specific work for the Lord. As I went from door to door I was made to realize that there are honest souls that are only waiting to receive the truth. I found many that were acquainted with THE LIFE BOAT and were deeply interested in the magazine and the work for which it stands.

At one house I found the lady especially interested. I could see that she really wanted the paper but she said she could not afford it. She went on to tell me that they had had sickness in their home—that her husband had not been able to lift his head from the pillow for two long years and that it had been two years of continual struggle for the mere necessities of life. It touched my heart. I gave her the paper and she couldn't thank me enough. She said, "I have never had anybody do that before; you must be *different* from other canvassers, and if I ever get ten cents I will send it to you. I believe God sent you to me."

I took her address and told her that our missionary society would send her some literature. This was only one experience but it shows that there are many people who must be reached, for the Lord has gone before and prepared the hearts of the people to receive the message.

Of course, we could not expect to find every one interested. Some received me cordially, some at arm's length, while others promptly closed the door in my face. At such times I could only lift my heart to God with the little prayer, "Lord, forgive them, for they know not what they do." It made my heart ache to see them steel their hearts against the things that would be so much help to them, but I went away feeling that I had done what I could and the rest must be left with God. Such experiences were few though, compared with the brighter ones. The majority of the people were kind and polite, and although

all did not buy a paper, yet they were glad to talk about the work that is being carried on, especially that done at the rescue home.

The more I worked the more I realized that the people are longing for something they have not. They are weary with what the world has to offer—the pleasures which are but for a season, and are reaching for something more substantial. The Lord surely is preparing the hearts of the people for the message, and shall we not strike while the iron is hot?

Sowing Beside All Waters.

OLIVE STEVENSON.

While canvassing in Racine, Wis., recently, I know the Lord came very near to us, especially in our morning and evening worship. When we started out we always had prayer, and sometimes at dinner time we all prayed again because we had better success when he relied more upon the Lord, for of ourselves we could do nothing. Sometimes when we went to the houses, especially if the door was slammed in our faces, we felt a little discouraged, but I looked down on the magazine where it said "Sow beside all waters," and I thought the Lord had really brought us out to sow beside all waters; for we were working on the lake shore. We put the truth in the homes and I know the Lord will watch over it and bring it forth.

Sowing in Prayer.

RUTH STAPP.

The past week has been one of rich blessings to me personally. It has taught me to rely entirely upon God for help and that unless we do we are sure to fail. I feel as though I could start in this week on a higher plane because of the past week's experience and I think every one ought to take up some definite part in work of this kind.

In nearly every home we left some literature. Where we could not sell LIFE BOATS we left tracts on health and Bible topics and I believe these will do as much good as the literature sold. Every time I gave away a tract I prayed God to bless it and I am sure in its due season it will accomplish its work.

Satisfaction in Working for God.

ADELAIDE DUNN.

The promise of God, "Fear thou not, for I am with thee," was very precious to me during my stay at Racine. He surely was with me and helped me. There is satisfaction in working for God even though our best may be but a very feeble effort.

We met with many who needed a sympathizing word, many who were out of work because some of the factories had closed down, and many who were watching the unrest among the nations and were wondering what it all meant. They seemed to be expecting some great event. I was glad I could tell them that Jesus is coming soon and that He is our only hope. Many bought our paper and would willingly have helped our work if they had been able to do so.

It made us sad to see so many saloons; even with so many out of employment they seemed to keep up their terrible trade with energy. Some of the people asked me if it paid to do the work we are trying to do. I replied that many times results are good, but even if they were not, the work must be done. God has told us to seek the lost and we must do our part of the sowing; the reaping belongs to Him. If we are to have success in our own souls we must keep busy working for others; it increases our faith, courage and patience. Surely everything that is done for God will pay by and by.

First Experiences.

MARIE L. MOORE.

The field campaign at Racine, Wis., was the first one in which I was ever engaged and this being entirely a new experience for me I felt very incapable. But I realized that it was only by God working *through me* that I could do this work and I must only make myself a willing instrument in His hands.

As I went from house to house with a prayer on my lips and the printed page in my hand the Lord blessed my efforts. I found it possible to get into many homes and had interesting visits with the people, thus having the opportunity to talk to them about their own soul's salvation. We found

many that took an interest in our rescue home, our methods of treatment for the sick, and other phases of our work. It is only by working for souls that we can save our own souls.

I am truly thankful for the week's experience in the field for I feel that I have made progress in the Christian warfare and I am prepared to perform my various duties more acceptably in the sight of the Lord.

Casting Bread on the Waters.

ZADA HIBBEN.

The experience certainly has been one I shall never forget, and money could not buy what I have gained in the time I was gone. We found quite a few who felt as though they were living in a time when the end was certainly coming; and it was astonishing to see the wickedness everywhere. As we went from house to house it seemed the people were just longing for something better.

One place there was a lady who said, "I would love to help that work along but I have only four cents," and I gave her the paper for the four cents. I reminded her of the widow's mite, and her face lighted up. I am sure in our visits from house to house we have helped some soul along. I do not know what will be the full results of this work we have done, but I do know that it has not been in vain, and I am more than ever anxious to be what the Saviour would have me be.

Cheering Sad Hearts.

HELVIG OLSON.

We had some very interesting experiences while out in the LIFE BOAT campaign. It just seemed the Lord was with me every step of the way, and I know He was because every morning when we had worship I would ask God to go with me through the day, and through the day I would keep lifting my heart to God. Some homes seemed hard to get into, but I asked the Lord to go with me and help me say the things that would be the best for those people and that would open their hearts and make them feel we were sent of God.

I visited many who were sick in bed and others who were sick, but not in bed. One

little girl who was dying of tuberculosis seemed the saddest of all. The father died of tuberculosis and now the daughter, seventeen years old, was dying. I talked to her of Christ and asked if she had made her peace with God. She said she had never had any one talk to her of Jesus. None of them were religious or ever went to church and she said it seemed strange to have a Christian come and talk to her that way. I gave her some papers. I had a copy of *Life and Health* containing an article on tuberculosis, with directions how to give some of the simple treatments in it. Then I gave her THE LIFE BOAT. She asked about the babies in the home. She said she would be glad to have some more literature, but her mother was poor and she did not have money to buy; so I took her name and am going to send her literature every week.

Experiences of a Life Time.

ELLA SAMPSON.

I am certainly glad the Lord called me to do this work. I have had better experiences in the ten days that I have been out in this campaign than in all my life put together, and I have learned some lessons that I know will stay by me all the rest of my days.

I met one lady who said she did not have much time to read. I said, "And I suppose, of course, when you do read you read your Bible." "Oh, no," she said, "the Bible has no charms for me at all. I would rather read anything in the world than the Bible; it does not appeal to me at all." It made my heart ache to see so little regard for God's Word. I felt more desire to go out and help suffering humanity than I ever did before.

One day I went on for blocks and blocks and did not have good success. Something said to me, "You have not been praying." So as I went on I prayed in my mind. The first house I came to after I prayed, I found a man with his feet bandaged up, who had met with an accident in a factory. He and his wife were very much discouraged and did not know what to do. I asked them if they had ever thought of calling on the Lord to help them. No, they had not

thought of that, and they said that might be a good plan.

I prayed more than ever when I left that home that the Lord would give me strength and courage. At the very next house the lady came running out to me and we talked until we got to the house. She said, "Well, what have you got there?" I showed her the LIFE BOAT magazine and she looked at the front page and ran in the house; and I just stood there. Finally she came back with fifty cents and said, "That is just the magazine I have been wanting for years; I am sure the Lord will bless you; it is a grand and noble work."

I met another lady who, it seemed, her sons and daughter-in-law did not care much about, and she was very much disheartened. She was not interested in my paper at all, but had a lady visiting her who was suffering with a bruise on her arm. I bandaged her arm and helped her down the stairs and back again. She said, "Oh, how could it be that God would send such a girl as you to me." And as I stroked her brow the tears ran down her face and she said, "You pray for me." And I will pray for her. She said, "I want the paper too."

I had many other experiences, and I have more of a desire now than ever to put my whole soul into real live medical missionary work.

AN ENCOURAGING WORD.

A. O. OLSEN.

[Bro. Olsen recently attended the Sunday night missionary meeting of the sanitarium family. That evening reports were given from those who had recently returned from field work, and at the close he spoke the following encouraging words.—Ed.]

I HEARD that this experience meeting was to be held and so thought I would come out tonight to be present and see what you were doing. I must say I have been intensely interested in all that has been said and am greatly pleased to see the missionary spirit that is manifest and the good experiences that you are having in your work.

Now the fact is that there is nothing that gives us such a blessing as *actual* experience, actual work. We may talk about it, hear about it, read about it and pray about it,

but actual work is what brings the *real* blessing; and while there are many that are careless and indifferent and will pay no attention and will close the doors in our faces yet there are honest, earnest seeking souls that are *waiting* for some one to search them out.

I could but think of this verse,—Jer-16:16. Now I think you have started a good hunting and good fishing work. This is *just the work* that should be done all over the land. Our work will never be accomplished by merely service from the desk and some of the other regular ways, but we must go to the houses, among the people, go to the individuals in house to house work; and I am glad, intensely glad, that you have begun this work, and the fact is this must spread until it takes hold of every member in all our churches. And as you get a further experience the Lord is going to lead some of you to be a help in our churches for this very work.

What you want to get hold of is the real missionary spirit, the love for souls. It is intensely interesting to hear the result of your experiences, how stirred your souls are for these poor, needy people, sick and suffering, without hope and without comfort.

Now while you are working among the English some of you should begin to learn other languages. We must begin to prepare to meet others besides the English-speaking people. Here are the Italians, thousands of them all about us. Why should not some one begin to study Italian and go among them?

So I am with you, to pray, to labor, to study, to plan, and to see what the Lord will open for us. What you have begun here is just in the way the Lord wants it and He will bless it. When we first began missionary work in Chicago I remember how our brethren who worked in the shops every day, on their way to work every morning and back from the shop at night would do missionary work, hand out literature, bring somebody to meeting, and seek them out. It seems we have lost a good deal of that, and it *must be revived*. The Lord will bless you.

Dying in the Dark

M. H. Serns,

528 E. 33rd Place, Chicago

THOUSANDS of people are "dying in the dark." They are spending money for that which is not bread, and labor for that which satisfieth not; they are eating and drinking not to the glory of God, but to their own taste. In all of this they must give account in the day of judgment. They are "dying in the dark." They know they are not walking in the light. The Scripture says: "That was the true Light, which lighteth every man that cometh into the world." John 1:9. "For the invisible things of Him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and God-head; so that they are without excuse." Rom. 1:20. "And this is the condemnation, that light is come into the world." John 3:19.

In the light of these texts no being can ever come up in the day of judgment and say, "I never knew; I never had a fair show." They have made their own darkness by refusing to walk in the light.

A Dog Funeral.

Who ever heard of such a thing a few years ago as a "dog funeral"? Yet today we read of them constantly! Let me cite an occasion of this kind which occurred only last September, in San Francisco. "One hundred dogs, valued at \$100,000, attended a funeral following their mistress, Miss Jennie Crocker, behind the bier on which was borne two of their kennel-mates, Boston terriers, valued at \$5,000 each. The deceased prize winners were placed in concrete coffins, fashioned in Egyptian style."

I can not conceive how human beings can go to such lengths. Verily they are not led of God in such works as these. It is a work of Satan. God never intended that such love and affection should be bestowed upon the canine family while human beings are in need of it. If this \$110,000 were used instead for the support of heathen in China, at the rate of \$50.00 per capita, it would sustain 2,200 for one year, and missionaries

report that natives can live on less than \$50.00 a year.

Richard Barry makes a statement in *Pearson's* magazine that in the year 1908, "a fashionable woman in New York spent \$17,000 for the keep of her pet poodle Spot—a sum which would have given a sure enough home to 350 children." Please read the following carefully:

AN OUTFIT FOR A PET DOG.

Two sets of blankets, made to order.....	\$10.00
One street collar.....	5.00
One dress collar, about.....	15.00
One set of shoes.....	4.00
One set trouserettes.....	2.50
	<hr/>
	\$36.50

The outfitter who gave this list said, "There are at least 5,000 dogs in New York with such an outfit which is replenished at least twice a year. The average cost of keeping them is about five dollars a week or two hundred and sixty dollars a year; thus the ordinary dog in high life costs his owner about three hundred and thirty dollars a year!"

In its seventy-fourth annual report published the first of January, 1908, the Helen Gould Home for the Friendless announced that it would support a child for one year for \$150, including clothes, board and tuition. If 5,000 dogs receive about \$330 a year, this would total \$1,650,000. If the Helen Gould Home for the Friendless will support a child for \$150 a year, this would support 10,000 children a year in this home. Think of it! Many homes are turning a deaf ear to the cry of thousands of friendless children and giving attention to these pets instead. Why don't these homes turn their attention to these friendless children and care for them instead of their pet poodles, and build up beautiful characters for the kingdom of Heaven? God would then be glorified. I am glad there are people of wealth who are turning their attention to the needs of the friendless; may God bless those who are turning their attention this way.

But the question may come, "Why this unnatural affection?" We read that because iniquity abounds the love of many waxes cold. The only reason for this iniquity is selfishness. Men want to do things in their own way. If people had a true love for God there would be no difficulty in bestowing true love upon those who need it. I certainly believe in being kind to animals, but I don't believe God included them under the great second commandment, "Thou shalt love thy neighbor as thyself."

The cry of humanity is for sympathy, help and assistance. Shall we remain deaf to the cry? Oh, God help us to see our duty toward our fellow men, is the cry of my heart.

TEN NEW SUBSCRIPTIONS FROM NEW ZEALAND.

Through the efforts of Mrs. C. M. Hare THE LIFE BOAT will enter ten more new homes in New Zealand during the coming year and it will be a blessing wherever it goes. The following from Mrs. Hare's letter shows the high esteem and appreciation with which THE LIFE BOAT is held in that country:

"We are glad to find that it has pleased God to use THE LIFE BOAT as an instrument in rescuing many from a worse than watery grave and that so many continue to esteem it very highly and speak of it as one of the very best little books that they have yet seen. For our own part we would not want to be without it. May He in whose hand our life is abundantly bless the noble Christ-like work in which you have a hand."

WHO WILL HELP THIS PRISONER TO MAKE A MAN OF HIMSELF?

THE following is from an inmate of the Illinois State Reformatory. Perhaps some one who reads this letter would be glad to furnish a home and employment for this young man.

"I am writing you this letter needing a friend and hope you will try to answer as soon as it is possible. I have been here nearly seventeen months and have a good

record and feel as if I could make the same outside.

"I have tried to make my time useful since I have been here and learn all that will be a benefit to me as soon as I have a chance to be out in the world again. I was expecting to get paroled next month, but when I do get paroled I wish you to try and find a good party to sign my papers. I am going to prove myself an honest man. I am twenty-one years of age.

"I enjoy reading THE LIFE BOAT papers and the Bible and other good books. I have learned that I have made a mistake in my life and I have also learned a lesson since I have been in this reformatory. I am going to be a man from now on."

THE LORD AS A ROOMING AGENT.

CAROLINE LOUISE CLOUGH.

I was in the home not long ago of a genuinely Christian woman. The Lord had wonderfully blessed her personal efforts in leading souls to Christ. She thought first and always of the spiritual welfare of those she met day by day. On the occasion of my visit to her home she told me of her desire to rent a room. Soon after a knock came on the door and on opening it she met an advertising agent for one of the Chicago newspapers who wished her to advertise her room in the columns of his paper. To my surprise she replied:

"No, I have no money to advertise. I am depending on the Lord to rent my room for me."

Then she went on telling of her faith and trust in God, and saying that she had rented rooms before and the Lord had sent roomers to her. That young man went away feeling that he had met a genuine Christian for once.

I knew that the Lord had sent her roomers that she could help; one especially I recall who has spent years in mission and soul-winning work since his conversion as a result of this woman's prayers while a roomer in her home.

So there are many opportunities all about us and if we are living near to Christ we will unconsciously help souls into the kingdom who come in touch with us.



Editorial Department

Conducted by Dr. David Paulson



"BE YE THANKFUL."

ONE reason why so many people have so little to be thankful for is because they are not thankful for what they already have. God does not cast pearls before swine, He does not continue to waste extraordinary blessings on exceedingly unappreciative people.

Take your concordance and then find in your Bible the different verses that speak of giving thanks, being thankful, thanksgiving, rendering praise to God. When you have only half begun to carry out the new light you have received you will be astonished and delighted at the flood of new blessings that are coming your way. Try it, and do not wait until Thanksgiving day. Begin right away.

GENUINE VS. SPECTACULAR MISSIONARY WORK.

THE missionary movement is outstripping the missionary spirit. On every hand we are seeing spectacular missionary efforts with a distressing self-important flavor but sadly minus the sweet and humble spirit that always accompanies genuine Christian work.

It is a fearful thought that many who are participating conspicuously in these efforts will be among those who finally shall say, "Have we not prophesied in Thy name? and in Thy name have cast out devils? and in Thy name done many wonderful works?" and then Christ will say, "I never knew you." They were not backslidden for they never had been converted.

There will be another class who have had a genuine heart-felt interest in the spiritual welfare of the milk man who came so regularly to their back door, the grocery boy, or the hired girl with whom they were daily brought in contact, or that sick child down the way to whom they were able to minister some temporary comfort and a word of cheer.

This class of missionaries have perhaps never been called upon to take part in any great missionary movement. Their glowing reports have called out no human applause. Others have largely reaped from their faithful labors and have received full credit. So these faithful gospel sowers in the most instances have but little to show for their faithful efforts, hence they will often be tempted to say as the Master did when he reached the end of his journey, "I have labored in vain. I have spent my strength for nought and vanity, yet surely the justice to me is with Jehovah and my recompense with my God." Isa. 49:4. R. V. But the Master will say to such workers, "Come ye blessed of my Father." "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me." Matt. 25:34, 40.

ANOTHER IMPORTANT CONVENTION AT HINSDALE.

FOR several years we have held a medical missionary workers' convention here at the Hinsdale sanitarium during the holiday week. Our primary object in doing so was to make these days an occasion for a decisive spiritual and missionary uplift for the workers who should attend.

It is the time of the year when a spirit of festivity is in the air which generally proves to be of no special missionary advantage to those who give themselves up to it, so we have invited strong workers to help us have a decisive missionary rally; and the Lord has in a very special manner blessed these efforts.

Two years ago Elder O. A. Olsen was chairman. Practically the entire working force of the Illinois conference was in attendance, the conference committee inviting them to do so and allowing them their time. It was a rich feast, as all will testify who were in attendance.

Last year we concentrated more strongly on some of the local problems connected with our field work and city work. Yet a goodly number of workers from the outside were in attendance and participated. We had a profitable occasion. As a result of this convention spiritual impulses were started that have been markedly felt for good during the entire year, for our past year's experiences have been the best in every way in the history of our institution, for which we certainly feel grateful to God.

At this coming convention, to be held December 26 to 30, 1911, we shall consider earnestly our institutional field work; how to best accomplish it and how to secure the best results from what we do. By a careful study of the light that has already been given us along these lines and gathering up the results of our past and present experience, and comparing notes with representatives of other institutions who have undertaken similar work, no doubt we shall reap rich results in the way of added light.

We appreciate the fact that it is through sanitarium and medical missionary work that an open door will be found for aggressive city gospel work. God has gone out before us in the establishment of the present medical missionary training school in Chicago, and a good beginning has already been made.

This holiday convention will be a good time to earnestly study how to lay hold of this city problem from a medical missionary standpoint in a broader and much more aggressive way, so as to get the gospel into the hearts of the people in this great sin-cursed city at our very doors.

There are indications that there is soon to be another great health reform revival among God's people or many of them will certainly fall in the wilderness as ancient Israel did. How our institution can become baptized with the true principles of reform and get them into the hearts of the workers and then help them to impart to others who have not had similar opportunities, is one of the things that should be considered earnestly at this holiday convention.

We feel a deep interest and sympathy

with the self-supporting educational work that Professors Sutherland and Magan and others are leading out in in the hill countries of the south land. We are beginning to see how trained medical missionary workers can go south and co-operate with the faithful efforts that are being put forth by these and other missionary educational workers; and we must endeavor in the future more than we have in the past to turn the attention of some Spirit-filled workers to this needy field. Some representatives from that field will be present to help us plan how we can do that most effectively.

This is only a bare outline of some of the things that will be studied at this gathering. If any of our readers have any suggestions we would be pleased to have the benefit of them. If they feel impressed to invite in selected workers who could be benefited by consideration of some of these practical missionary topics we would be glad to correspond with them regarding this.

We have not in the past adopted any resolutions or discussed any business. The real purpose of this convention is for an earnest study of underlying principles and for the mutual encouragement and inspiration which always result when God's children come together in a sincere effort to learn His will regarding the work in which His providence has placed them.

Watch the December LIFE BOAT for fuller announcement and more detailed information. Remember the date, December 26-30, 1911.

NEWS HERE AND THERE.

Four nurses from the Hinsdale Sanitarium are carrying on a gospel of health field campaign in Rockford, Ill., this week.

Dr. D. H. Kress and family of Washington, D. C., spent a few days at the Hinsdale Sanitarium, while en route to Loma Linda, Cal., where they will connect with the medical missionary college recently established there.

G. E. Langdon, of College Place, Wash., has recently taken the position as president of the Northern Illinois Conference. He

and his family are now staying at the Life Boat Home in Chicago until they can locate permanently.

It has been decided that the medical missionary nurses in training at the Hinsdale Sanitarium spend each one month at the Life Boat Rescue Home. Miss Helvig Olson was the first one to volunteer for this service and is now assisting in the management of the rescue home.

Dr. M. C. Wilcox, of Mt. Vernon, Iowa, formerly missionary to China, visited Hinsdale recently. Dr. Wilcox is now, with the help of an educated Chinaman, translating helpful gospel literature for the people in China.

The interest in the missionary meetings at Hinsdale continues. Elder O. A. Olsen was present at the last meeting and was enthusiastic over the work that he saw was being done.

The second class in the City Missionary Training School completed their work October 7. Closing exercises were held in the South Side Church, Chicago. Just as we are going to press the third class is being started with twenty-three members enrolled the first day.

Dr. Pearsons, the millionaire who has given some six million dollars to colleges, has now given his home to the village of Hinsdale for a public library and has come to the sanitarium to spend the rest of his days.

WHY NOT BE YOUR OWN EXECUTOR?

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

There is a better way. Give your property while you are alive, to the work that you desire and receive a fixed income or annuity on the same each year as long as you live. In this way you know that your property will not be frittered away from you so that you will have no support in

your old age, and this annuity contract becomes *immediately effective at your death*. No one can change it in any manner.

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

FOUND PEACE WHILE IN BONDS.

THE following letter is from a man who with his wife are serving a sentence of from nine months to three years in a Pennsylvania prison. Both this man and his wife found peace and rest in Christ Jesus through reading this magazine in prison:

"I have received your kind and welcome letter and also the copies of THE LIFE BOAT. I have one of them myself and one I sent to my wife. She said that it was the best reading that she had had since she came to prison. She read it over and over and then gave it to the other girls to read. Her overseer asked my overseer to read it too, so my overseer asked me for my copy.

"Before I came to prison I did not think of such things as this, but today I thank my God for this trial He gave me for it has taught me how to pray, and so has it taught my wife. She told me the last time that I was over to see her that she took a new step and found her God the same as I did and she also told me that when we get out of this trouble we will live for our God and do what He wants us to do for Him.

"We shall both endeavor to live good lives and go to church and do what is right and teach others to do the same. God has helped us both and when we believe in God and do His holy will we don't have to be ashamed. We are going to live for God. By the grace of God I am what I am today and I shall stand by my God now and forever for God is true; and so shall I be true to Him for He sends His holy Spirit down from above into my heart. Before He gave me light I was blind, but now I see."

The Life Boat

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

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

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Single copies, 10 cents.

Yearly subscriptions, 50 cents.

Special discounts when a number are sent to one address.

Ten cents additional to Canada and foreign countries.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

UNPARALLELED OPPORTUNITIES FOR ADVERTISING.

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

Special Offer. 5 Beautiful Solos for 35c.

"The Fading Flower"
"His Loving Voice"
"Mountain Flowers"
"Wonderful River"
"Last Rose of Summer"
For Medium Voice and Piano. In answering mention this paper. Send orders to Otto Lundell Music Co., 79 Dearborn Street, Room 310, Chicago

HAVE YOU EVER USED

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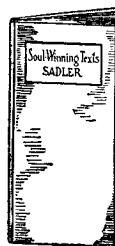
Put up in tubes with nice screw tops. Their actual value is more than twice that of extracts sold in bottles for 25 cts. Also, one nice large box of the best quality of Violet Talcum Powder, containing four times as much as boxes sold for 15 cts. and even 25 cts.

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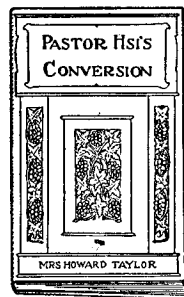
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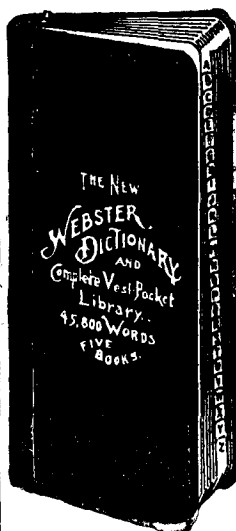
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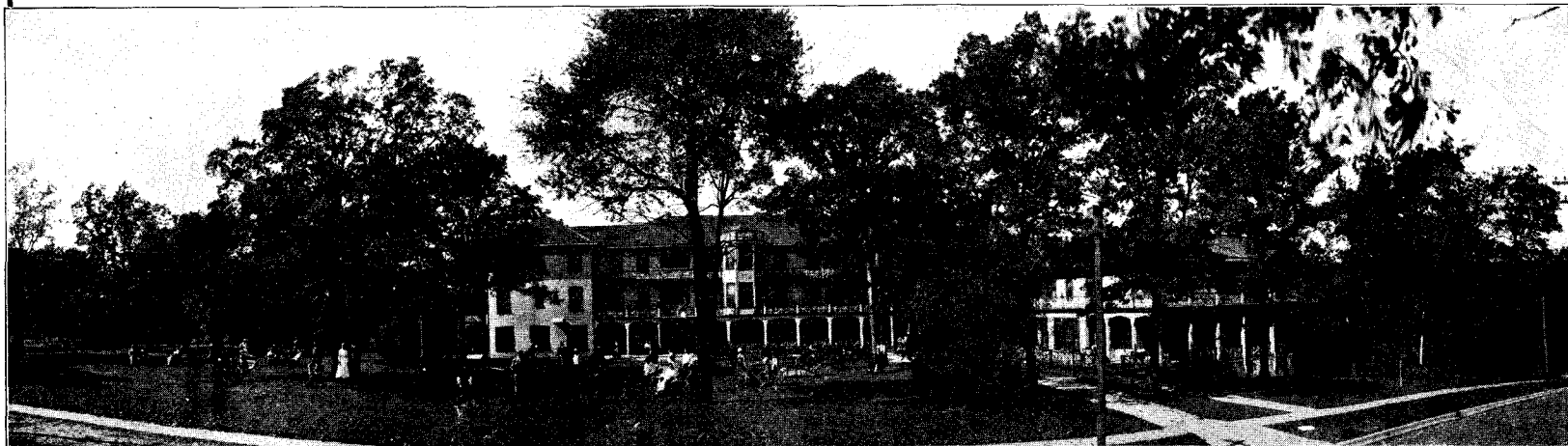
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