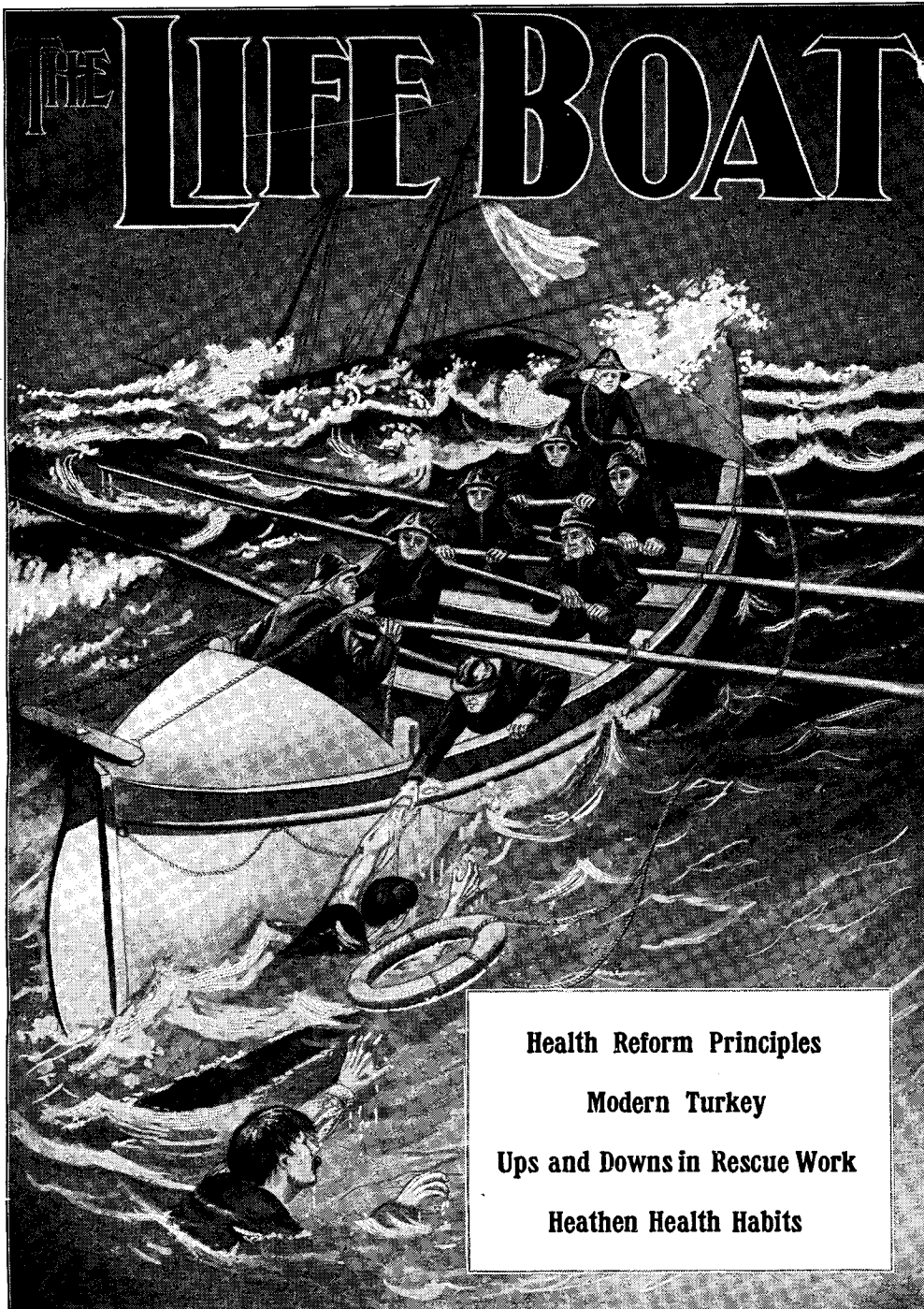


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December, 1911

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



INSTRUCTORS AND STUDENTS IN THE SIX MONTHS' CHICAGO MEDICAL MISSIONARY TRAINING SCHOOL.

Top row.—Miss A. Z. Rexford, Mrs. L. Riley, Esther Lovgren, Mrs. E. J. Hildom, Mrs. Grace Rosenthal, Mrs. E. Harvey, Hattie Burg, Mildred Helzer, Hattie Ackerman, Miss R. Rafaelen, Helen W. Odell, Mrs. H. U. Stevens, Mrs. Belle Kershaw, Mrs. M. E. Ford, Mrs. N. H. Richmond, Mrs. J. A. Hart. Middle row.—Mrs. E. J. Daly, Mrs. C. L. Clough, M. H. Serns, Geo. E. Langdon, David Paulson, M. D., Geo. B. Starr, Mrs. H. L. Swanson, Ora Barber, M. D., Helen V. Price. Lower row.—Laura Morrison, Mrs. D. K. Abrams, Mrs. Henrietta Dunstan, Dora Nelson, Mrs. N. Wilson, Christiania Govan, Lillian Grimm. See page 374.

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Volume XV.

HINSDALE, ILL.

:: DECEMBER, 1911

Number 12

The Living Principles of Health Reform

David Paulson, M. D.

Beware of the man who has *much* knowledge but *little* wisdom. Likewise the health reformer who is loaded with health ideas but is *ignorant* of health principles is a dangerous commodity in the community. Such a one is likely to become enthusiastic over some isolated health ideas and criticize unsparingly those whose practice does not agree with his biased opinions.

It is our duty to study the gospel of health patiently, perseveringly, and in the fear of God. If we study this subject deeply and broadly God will help us to condense our health knowledge into health *principles*, and a principle is a priceless treasure, for it is of universal application.

Let us take one or two illustrations: The necessity for fresh air is a health principle; it is of universal application. But suppose some one discovers that wearing felt boots did him good and then he should insist that none could be good Christians unless they wore felt shoes during winter: that would be exalting a health idea of *limited* application to the dignity of a principle, which it is not.

Here is another person who finds it necessary to wear linen next to the skin in order to be comfortable. But it would be a mistaken notion for him to assume that only those practice Christian health reform who wear linen underwear.

It is a thousand times more important to acquire health reform *principles* than it is to

get health instruction, for those who have correct principles can easily make individual applications. The beauty of this plan is that while there are thousands of health facts there are but *few* health principles. We have all met men who possessed much information, whose heads seemed filled almost to the bursting point with knowledge, but we have yet to meet the man of *many* principles.

We all know men who have good principles, but not many principles, for all human knowledge can be condensed into a few fundamental principles; and the health domain is no exception. Long ago God condensed all His requirements into ten principles called the ten commandments, and later Christ condensed them into two: love to God and love to man. The gospel of Jesus Christ is of *universal* application; so is the gospel of health when we understand its principles correctly.

Four Fundamental Dietetic Principles.

Dietetic reform is four-square; it rests on only four corner stones. The first principle is *SIMPLICITY*. Rich and complicated dietetic mixtures are always more or less indigestible. Rich cake invariably overtaxes the digestive machine, while almost the weakest stomach could digest all the various ingredients of that cake taken separately and eaten at different meals.

This same principle demands the eating of only a few articles of food at each meal, yet

not eating the same things meal after meal. Let there be variation from meal to meal so as to tempt the appetite. The physiological foundation for this principle was discovered by Pawlow, the great Russian investigator, who found that there was a different kind of gastric juice made for each different kind of food.

Another fundamental principle is that food should be APPETIZING. While the first principle demands that it should be prepared with simplicity, yet it should also be with such a nicety that it will invite the appetite. It should be served in an inviting manner. It should be so palatable that the appetite, unless grossly perverted, can relish it.

God has put a flavor into every food as He has put a fragrance into every flower, and just as He is pleased when His children enjoy good music and take delight in the beautiful things of nature, so it is good religion to "eat that which is good" (Isa. 66:5). We not only have a divine right to do so, but it is absolutely essential for good digestion for Pawlow showed that it was the *taste* of the food that called out gastric juice. It does not come far short to say that good taste means good gastric juice.

Simple, Tasty, Nourishing and Wholesome.

But it is not enough that food should be prepared with simplicity, that it should be tasty, but it should also be NOURISHING, which is the next fundamental principle. A diet lacking in the proper elements of nutrition brings reproach upon health reform. Our tables must be spread with food that will give proper nourishment to the body. It should not be robbed of the few elements that the body needs. There are some health reformers who, although they have discarded certain injurious articles of diet, have not given the proper study to how to supply their place with other foods that are sufficiently nourishing.*

But our diet must not only be simple, appetizing and nourishing, but, perhaps most important of all, it must be WHOLESOME. It is

*A previous article entitled "Scientific Dietetics" teaches in a sensible and practical way how to secure a scientifically nourishing diet. This article, with another on "Scientific Hydrotherapy," is now published in tract form and can be supplied at the rate of 25 cents for fifteen copies, or 50 cents for fifty copies. Address THE LIFE BOAT.

impossible to build up healthy, strong, robust men and women if they daily persist in eating unhealthful foods or even good foods in an unwholesome manner.

When a banker wants to convince himself whether he has a good silver dollar or a bogus one he submits it to several fundamental tests. He knows if it passes these satisfactorily it is a good dollar. So with regard to any given article of diet; ask yourself: Is it a simple dish, or is it a rich and complicated mixture? Is it appetizing? Is it nourishing, and is it wholesome? If it rings true to these four principles you may be sure that you can eat it, all other things being equal, to the glory of God, and thank Him heartily for a knowledge of health reform principles.

Some Practical Applications.

Let us now apply these four fundamental principles to some suspicious articles of diet that are very commonly used and perhaps we shall discover the secret for the vast amount of chronic diseases, the enormous increase of Bright's disease, rheumatism, apoplexy, nervous breakdown, cancers, and similar disorders that intelligent physicians recognize can be largely traced to dietetic indiscretions.

Let us first of all investigate flesh food. It safely passes the first test, for it is simple. To many people it is appetizing, hence it also passes the second. While it contains pound for pound much less nourishment than even bread and many other ordinary articles of food, yet it does contain something like twenty to twenty-five per cent of nutriment. So on that score it might pass even the third principle. But when weighed in the balance of the fourth principle it will be found wanting every time: it is unwholesome, for the following reasons: First, and most important of all, the use of flesh food has a tendency to *animalize* human nature, to rob men and women of that love and sympathy which they should feel for their fellow men, and to give the lower passions control over the higher powers of the being.

Diet and Character.

In other words, *it is harder to be good when one eats meat*. On this point Gautier, the great French dietetic authority, says:

"It is known that the rats of our laboratories, as long as they are fed on bread or

grain, are very manageable and easy to tame, whilst they become snappy and given to biting from the time they are fed on flesh. Liebig relates that a bear kept at the museum at Giessen was gentle and quiet when it was fed exclusively on bread and vegetables, but a few days of animal diet caused it to become fierce and dangerous to its keeper. They used to amuse themselves by thus periodically altering the animal's character.

"From these considerations we conclude that absolute vegetarian diet mitigated by the addition of milk, cheese, butter, fats and eggs, has great advantages, that it alkalizes the blood, accelerates oxidations, diminishes the nitrogenous losses and toxins; that it exposes one much less than the ordinary diet (especially if the latter is too rich in meats) to diseases of the skin, arthritis and congestion of the internal organs. This mitigated vegetarian diet tends to make us peaceful and not aggressive and violent beings. It is practical and rational. It should be accepted and commended by those who pursue the ideal of the formation and education of gentle, intelligent, artistic and nevertheless prolific, vigorous and active races."—Gautier's "Diet and Dietetics," pp. 376, 413.

When God's people anciently, just as some of them do today, craved flesh food after God had withheld it from them for their own good, He gave them their desire, but He sent with it the inevitable consequence—*leanness of soul*. Ps. 106:15. A large share of the prevailing immorality, the terrible declension of spirituality among even those who are struggling to maintain it, can be safely attributed to the enormous increase in the use of flesh food in the last generation.

The second inditement against flesh food is the fact that its extensive use *increases* the tendency to certain chronic diseases. If it was ever healthful it is not safe now. W. Roger Williams, one of the world's greatest authorities on cancer, has recently shown that cancer in England has increased just in the same proportion as meat eating has increased among the people; and the evidence that he brings forth is conclusive that this is not a mere coincidence. Many other eminent physicians have recognized a close relationship between meat-eating habits and the prevalence of cancer.

Prevention Better Than Cure.

Every intelligent physician advises the fever patient to discontinue meat; and he deprives the patient suffering with kidney disease the use of flesh foods. He is equally prompt in

discouraging the use of meat in rheumatism and in those threatened with apoplexy. As long as he permits the patient to continue using other wholesome food and only contrabands flesh foods this is satisfactory evidence that it would have been a sensible program for this patient to have discontinued their use a few years earlier.

Another inditement against a flesh diet is the fact that it creates a *thirst* for stimulants. General Booth of the Salvation Army, who has perhaps had a more extensive and practical experience in dealing with the sad victims of strong drink than any other man alive, long since recognized this relationship, and in their Inebriates' Home near London they years ago eliminated flesh foods entirely from their dietary, with the most astonishing difference in the results they obtained from their treatment.

Eating for Drunkenness.

In our extensive experience in the Life Boat work in Chicago we have had an abundant opportunity to observe the same fact hundreds of times—apparently reclaimed drunkards having had absolutely no thirst for liquor until some misguided friend persuaded them to eat a highly spiced flesh food dinner. The strictly vegetarian drunkard is almost as scarce as a white rat, for the simple reason that the waste products in meat are in themselves stimulants.

The weakness that so many experience on leaving off meat is one of the strongest arguments that can be presented why they should discontinue its use. Those who eat flesh food feel stimulated after eating it and they really suppose that they are made stronger. But after a time when their system is cleansed from the effect of this diet they not only cease to feel this weakness, but they have a higher grade of strength and a much greater endurance than before. This was conclusively demonstrated by Prof. Irving Fisher of Yale, who found that non-flesh eaters have two or three times the endurance of even flesh-eating athletes.

(This study will be continued in subsequent numbers of THE LIFE BOAT. If you are not a regular subscriber settle it for yourself whether you can receive fifty cents' worth of instruction, inspiration and uplift by reading this magazine during the year 1912.)

HEATHEN HEALTH HABITS.

G. W. SHONE.

[Brother Shone, who is at present at the Hinsdale sanitarium, has spent all of his life in South Africa and has come in intimate contact with the native races. His account of their health habits and physical condition is very illuminating. In a future number of THE LIFE BOAT he will furnish us some interesting accounts of industrial missionary work among these people.—Ed.]

The Kafir tribes of South Africa are a fine race physically, the natural result of their simple habits of life and exercise in the open air. Their diet consists chiefly of yellow mealies (corn), Kafir corn, and beans (dry), and in addition, during the summer months, pumpkins and melons. Milk has also a large place in their dietary, but is only used after it has thickened and soured. Infants and children of tender years are fed almost wholly upon this thick, sour milk and thrive on it.

In preparing the grains they boil these until they burst open, and then they are eaten without the addition of any seasonings. Beans as a rule are eaten only in the winter months, when they are boiled together with the mealies in the same vessel.

They chew their food very thoroughly, and after each meal, all, from the grandparents to the little tot, rinse their mouths with cold water, using their fingers as we do tooth-brushes. This habit is formed in childhood and remains with them through life. The results are they have beautiful sets of teeth preserved into old age.

As a rule they eat only two meals a day—the first meal about ten o'clock in the morning, thus giving the grains ample time to be well cooked. The second meal is eaten in the evening. This meal is also their social hour, when they spend the time while chewing their food telling anecdotes or current news and enjoying many a good laugh, thus giving their food a good start in digestion. After the evening meal the young people get out of doors as a rule and have games or take a walk.

As the result of having good teeth and well-developed chests, women as well as men breathe correctly and because they wear nothing to constrict the diaphragm they sing beautifully.

They take great care of their skin, oiling and manipulating it at the same time, thus keeping it in a soft elastic condition with a distinctly velvety feeling.

The men are physically strong: have square shoulders and muscular arms, the result largely of a vigorous exercise of every muscle in the body and especially the chest and arms. The maidens are the envy of many a white girl and woman because of their beautiful well-developed figures and erect carriage, the latter being the result of carrying burdens upon their heads. They often carry large pails containing from five to seven gallons of water on their heads for a mile or more without holding on to it with their hands, balancing them so nicely that they never spill the least.

The curse of modern civilization minus the gospel is, however, destroying the natives. Tea and coffee drinking, the eating of highly seasoned foods, etc., have resulted in a declining vitality. Among those who have become thus "civilized" many have decayed teeth, and they have less resistance against the inroads of disease.

REFLECTION.

By a Prisoner.

O'er my life there hung a shadow
As black as the darkest night,
As dense as a foggy morning,
Through which there shone no light.

For years I had walked in the pathway
Of disgrace, and sorrow, and shame;
My life was the home of dishonor,
I had lost my once fair name.

In my heart there was naught but vengeance,
In my soul was nothing but guile;
My mind thought not on the good and true;
My deeds were not worth while.

But one day I came to my senses:
I saw how unjust was my life,
And the sight made me shudder and tremble;
To my heart it pierced like a knife.

I thought of the sorrow and sufferings
I had caused in many a life;
I thought of the tears that were shed for me,
I thought of the anguish and strife.

But I know I can win in life's battle,
I know I can conquer the wrong;
In wrong my will was all powerful,—
In right can't it be just as strong?

—Michigan State Penitentiary.

It is hard for the Holy Spirit to fill a man who is already full of himself.

Graduation Exercises at the Sanitarium

[Mrs. Otis Cushing, of Hinsdale, attended the sanitarium missionary nurses' graduating exercises and reported the occasion for the *Hinsdale Doings*. Her account is written in such an interesting manner that we reproduced it entire for the benefit of our readers.—Ed.]

A service of much significance, not only to those most interested but to the world at large, took place Wednesday night at the Hinsdale Sanitarium. The occasion was the graduating exercises of five members of the Missionary Nurses' Training School.

sprays stood flowering plants and clusters of green house rose buds.

The stage was most tastefully adorned with a background of autumn leaves like a tapestry from some Persian loom. An improvised proscenium arch and railing was trellised in



VIEW SHOWING THE STAGE DECORATIONS IN BLUE AND WHITE.

The value of a medical missionary is conceded to be greater than that of the evangelist, inasmuch as the missionary physician is evangelist and doctor in one; hence the world-wide importance of this event.

The Gymnasium Transformed Into an Autumn Bower.

The gymnasium, where the exercises were held, was converted into a festal bower by floral decorations and a liberal use of autumn foliage. The walls were almost hidden by great sprays and branches in contrasting colors extending from floor to ceiling, rich in coloring, and arranged with skillful taste. Between

pale blue and white; white flags striped in these colors and bearing the insignia of the school, were conspicuously hung near the center. These represented the school colors. Growing ferns added beauty to this most original arrangement and the class motto suspended above suggested the reason why nurses should be: "I was sick, and ye visited Me."

At half past seven o'clock, Dr. Paulson, Dr. Mary Paulson, the remaining members of the faculty, the speakers and the graduates, filed upon the stage while a band of trained nurses, and about thirty others still in training, marched in and took seats at the right. These

were all attired in the regulation nurse costumes—the graduates in white, those still in training in blue and white striped dresses with white aprons and caps. They were a splendid group of women.

In the graduating class men predominated,

sung a hymn under the leadership of Elder Serns.

Dr. Paulson announced this as the fourth time a class had been graduated from the institution, each occasion showing genuine progress in the science of training young peo-



THE GRADUATING NURSES' CLASS.

O. C. Durham. Wiley M. Pleasant. John R. Walker.
Irene B. Watt. E. Clary Wernblad.

there being three men and two women. The names of the graduates are: Oren C. Durham, class president; Wiley M. Pleasant, Irene Belle Watt, Elvira C. Wernblad and John R. Walker. Geo. E. Langdon opened the exercises with prayer after the congregation had

ple and encouragement in the increase of numbers of young men and women eager to give their talents and lives for helping suffering humanity. A baritone solo, "Consider the Lilies," was sung with splendid effect by Mr. Philip H. Wolfram.

The Graduating Address.

Geo. B. Starr, of Boston, was the speaker of the evening. In introducing him, Dr. Paulson said: "Elder Starr belongs to a family of missionary workers, was himself a missionary evangelist in Australia and the Orient and founded the missionary headquarters of the society in Chicago."

The text taken by the speaker was Matthew 21:3: "The Lord hath need of them." The Nurse as a Medical Evangelist was the subject of his discourse.

The speaker made some excellent arguments and proved beyond a doubt the efficiency and need of the trained and Christian nurse. Satan is constantly looking for talents that may be used to bring *sin* and *death*. God and Heaven are looking for the means which may produce *righteousness* and *health*.

The Human Link.

The chain let down from heaven to save humanity—suffering in sickness and sin—lacks but the human link to become efficacious. When the human and divine work together humanity can and will be saved.

Illustrating this thought the elder told of the saving of two men entrapped in a burning structure, with not sufficient ladders to reach them. One fireman interposed his own body between the upper ladders, holding the topmost one high in his arms while the victims slid down to safety—over his rigid body. The *human link completed* the work of salvation.

A Medical Missionary Among Statesmen.

The loyalty and faithfulness of the Christian medical missionary was demonstrated by the story of Leonora Howard. Her capabilities caused her to be recommended to a wealthy couple who were searching for a housekeeper. After serving them two years they declared she was superior to such a position and asked what she desired to become. Her ready answer came back: "A medical missionary."

Accordingly Leonora was sent to Ann Arbor where she took a course in medicine, was accepted as a missionary and sent to China. Her skill in medicine attracted the attention of the wife of Li Hung Chang, great Prime Minister of China, and she was called in as physician to her ladyship.

Later, when a delicate question of state arose, President Angell of Ann Arbor was sent by the United States government to treat with China. Then Leonora Howard, modest, and entirely unaware of her importance, became a factor in the political situation. She was asked if in the United States she knew a man named James B. Angell. "Know him? Do I not know him, the president of my college?" "Can I trust him?" asked the honorable Li. "You can trust him as you would yourself," came her answer. And with mutual trust and esteem Li Hung Chang and Minister Angell came to an amicable settlement of the difficulty.

Leonora Howard proved the utility and faithfulness of the medical missionary and was not only instrumental in bringing a critical political question to a satisfactory adjustment, but her knowledge of medicine so impressed the great Chinese minister that he caused a great hospital to be built, solely by her influence.

The Double Ministry.

The nurse carries great responsibilities, bringing comfort of mind to her patient as well as bodily care. Evangelism and the medical work should be yoked together.

The medical evangelist goes to his task not for the recompense there is in it, but because he feels the call of suffering and would bring solace and healing. A true nurse thinks not "how much can I get, but how much *can I give*?" Truly the Lord "hath need of them."

The Call of the Mountain Whites.

Miss Irene Watt, one of the graduates, read an interesting essay on "One Opportunity for the Missionary Nurse." In our own country she saw an opportunity clamoring for helpers among the mountain whites of Kentucky and Tennessee.

They came to their mountain homes, good Scotch-Irish stock, and while game was plenty made an easy living. When game grew scarce and the rocky land refused good harvests, the men eked out a livelihood by illicit stills. Uneducated and more or less degraded by the use of liquor and tobacco, they need a helping hand to recover themselves. When education is lacking the laws of health are always trampled under foot. Berea College is doing what it can for these people; a medical missionary

could help materially in furthering its beneficent work.

The paper was an excellent one—read with clear voice and earnest feeling, and made a good impression. Miss Ross, of La Grange, then favored the audience with a beautiful piano solo.

After the presentation of diplomas by Dr. David Paulson, gold pins bearing the emblem

of the school were given each of the five graduates by Dr. Mary Paulson. The entire corps of forty or more nurses then sang their school song, "Forward into Light," and the services were concluded by the benediction. A large number of people were in attendance—guests from Chicago and near by towns, as well as the inmates of the institution, its officers and friends.

Missionary Opportunities in Modern Turkey

A. G. Daniels

Washington, D. C.

Now just a word about Turkey. We have experienced a marvelous change in the conditions in Turkey. While Russia has been bad, Turkey has been worse for many years, because the Moslem is more cruel than the Russian and they have not had as much law there even as in Russia. In many instances they do not hale you even before a judge; they may simply meet you with a dagger and send it to the heart. In one instance a church elder had a dagger plunged to his heart. That is the way they believe they must deal with these people. But when this recent revolution came and the sultan was put in prison then liberty was proclaimed full and complete—civil and religious liberty to all people in Turkey and it is not merely a proclamation but it is a *fact*. When I was in Constantinople I went where I chose and held meetings in private houses and could have held them on the street, and no one would have molested me at all. I had just as much liberty there as in Chicago. So now our people are pressing their work throughout Armenia and those countries.

Other restrictions have been lifted. You know the Turkish women have never been permitted to go on the street without black veils over their faces. No man should see the face of a Moslem woman. And the windows of all the homes in Turkey are made of wood and little narrow slits so that you can see out from the room but you can't see anything from outside in. Millions of these are on the homes of the Turkish families now.

But the law has permitted now that the women can go on the streets without veils

and that these things may be taken off from the windows. So I saw thousands of women without veils and thousands of these screens that had been over the windows from times immemorial, pushed up and Turkish women actually looking out at the people as they walked along the streets.

Former conditions made it almost impossible for us to do bookselling work and colporter work in Turkey. A man simply took his life in his hand at the door of a Moslem house. He might be struck by a dagger from a man inside.

But now we have established a printing establishment in Constantinople and have a little school there and are training young people for missionary work. Last winter we had fifteen, and now all but two are out in the field doing colporter work. One young man started from Antioch where Paul and Barnabas did and sold our publications in Lystra and Derbe and all those Bible towns and came to Constantinople while I was there. He had succeeded in supporting himself and came there a happy man to think he had given this gospel message in those towns where Paul raised up churches in his missionary tours.

A Charming Missionary Opportunity.

It was very interesting there in Turkey. If I could exercise my own choice I would arrange my affairs and go to Constantinople. I was never charmed more by any field than Turkey. Now is the time to work there. We have one minister, Eld. Baharian, who has been imprisoned ten times there, and another minister who has been imprisoned twelve times

and at one time eighteen months. But these men are not afraid of imprisonment.

They told me that one of their imprisonments was the brightest time of their life. It was when they wanted a little conference. But the government would not permit it and finally they were arrested and put in one prison for three months, and there they had their Bible institute. They rose at a certain hour and had their prayers and breakfast and then their hours of study, and so for three solid months they studied the Bible together in that prison and were *supported by the government.*

Now two of these men are our two chief ordained ministers in Turkey, and are grand, noble men. I will show you what grit these men had: It was when this last massacre was planned. You know the young Turkish party took possession without shedding a drop of blood. But immediately before it began there was planned a massacre to kill all members of the young Turkish party so none but Moslems would be left. The young Turk party heard of it, however, and raised an army and came into Constantinople. The great majority of the soldiers stood with the young Turk party and when the signal was given by the booming of the cannon all the sympathizers took their stand against the government.

I saw barracks with the windows blown out, parts of the walls blown down. The young Turk party triumphed; they went to the old sultan and put him in irons. His brother had been in prison thirty years for fear he would be proclaimed sultan. After this they went down to where his brother was, broke open the prison, got inside and proclaimed him sultan. "Why," he said, "I can't be ruler, I am an old man. I have been shut up here thirty years and do not know the world." "Well," they said, "we do, and you are sultan." So he is sultan of all Turkey.

That very night there was a plan for a great massacre of the Christians all through Armenia, and Sister Baharian and her boy Paul were surrounded by the wild, raving, savage Mohammedans. One of our brethren put all the heavy furniture before the door and protected them as best they could. Then Sister Baharian took the little boy up to the garret and said, "Now Paul, I want you to hide here

and stay here. I will go down and if I am killed with the rest perhaps you can steal away and tell your father what has happened." There were some boards there she pushed him under, but he begged of her, "No, mamma, don't do that; I will suffer more than death to stay here," and he begged of her that both go down and stand at the door, and let them do it. Just then the news flashed over that the sultan was in irons, the massacre was off, and the young Turks in possession.

I said to Brother Baharian, "You would almost hate to live under such conditions." He said, "If it was just a matter of leaving I would close up things and take my wife and boy out of the Armenian country. But I feel these people must have the light of the gospel of Jesus Christ, that they must have a chance to know salvation, and my wife and I are determined to stay here. We expect to be massacred but we want to save as many people before the day comes, and we are staying."

The Faith of Martyrs with the Courage of Heroes.

I went away from that home feeling that I had been face to face with true followers of Jesus Christ, with real martyrs, martyrs for the cross of Christ. I felt I was in the presence of saints, men and women who knew God and were as true as steel, and it was the greatest pleasure of my life to associate with these people. I would like to join them personally in the labor they are putting forth to save those people.

In Constantinople we have a beautiful little church made up of Germans, Greeks, Turks and Armenians, and when I preached there we had to translate into those tongues. We have a Greek member there—a young woman well educated, about thirty years of age. She is the editor of our paper, a teacher of our school, and could stand up and actually put my English into Greek, Turkish and Armenian—put into the three translations every sentence that I spoke, and with such rapidity there was but little delay. Or she could translate German either—which made five languages that she had mastered. She was a very bright, talented woman, consecrated to this cause, every fiber of her being.

I found out in those fields people gathered from the mines and quarries, people as bright

gems and jewels as I ever came across in my life, and the sacrifice and toil we have put forth to reach these people I tell you has been well spent. They have found a Saviour. The Moslem does not know anything about redemption. They have holy water by their shrines, and the way they fix things up is to go and wash. They will go along in all the sin men can be in, saunter up to the holy water, roll their sleeves up to the elbow, then wash their feet up to the knee, and go right on ready for glory. Nothing more is needed.

Now when you take the gospel to them and bring a religion to them that brings them power to resist temptation, to be patient and do right and follow those high ambitions that are in every breast, and they find a personal Saviour and Redeemer and get the truth about the future life and learn how they should be in their families, that religion makes their homes happy, and they are the happiest people you ever saw.

When we first went into Constantinople I thought I would never like a Turk. But when I got over in our church and saw them clothed and in their right minds, and when I preached and saw the tears trickling down their cheeks, and when I was introduced to them and they gave me a brotherly kiss, I tell you I loved those men. It is not the people, it is the cursed religion that has blasted their lives here and their future forever. They want this gospel and when they find it they are as true and bright and susceptible as any people you ever met. So our work there has not been thrown away.

That is the noble part, the best part of all life, to see people redeemed and rejoicing in the Lord. So in all lands of the earth we have workers out. And in closing I want to ask you to pray for these missionaries who have taken their lives in their hands in these countries, and that liberty may be granted more than we have at the present time.

True Ministry and Some Results

Mrs. Belle Kershaw,

528 Thirty-Third Place, Chicago, Ill.

[Mrs. Belle Kershaw, who a few years ago was engaged in a very helpful work for prisoners and outcasts in the city of New York, has now connected with the Life Boat Home in Chicago and while taking the course for city medical missionaries is selling gospel magazines and visiting the Juvenile Home, the courts, and rendering valuable assistance in the work at the police station.—Ed.]

It is now more than two years since I was compelled on account of ill health to lay down my work in the Tombs Prison, Blackwells Island, and Sing Sing Penitentiary, New York. I am happy to say my health has been restored and I am once more permitted to work with my Saviour in behalf of these poor unfortunate ones.

I find in Chicago just as needy a field as in New York and there are great opportunities here for the true soul seeker. I can not give as much of my time to this work as I would like because I am taking the six months' course of training for city medical missionaries and must spend some time in study. However, I know this course will fit me for

a greater work than I have been able to do before.

As I pass along the corridor in the prison and see the results of what these inmates call "a good time" my heart is crushed and I can not but weep with them.

If mothers would only realize the great importance of sowing the right kind of seed in their children's hearts while mere babes there would not be so much for me to do and would be fewer vacant chairs in the homes.

Mothers, let me implore you to make confidants of your sons and daughters. If you fail to do this they will find some one that will be willing to advise, not always in the right way. The Lord has wonderfully opened up

the way for me to work in the Juvenile home. Those in charge seem to have confidence in me and I believe I will have many opportunities there to help some mother's girl.

In a social gathering the other day my friends were discussing the popular play, "Every Woman." I invited them as my guests to go with me some night and visit some of the wine rooms I frequent while selling this magazine. They can see there the young country girl down with the woman who is steeped in sin and who has lost all. This is from real life. My purpose in frequenting these places is to come in touch with every woman.

"My First and My Last."

My experiences have been many, but space will not permit me to write of them all. One evening in my work I noticed a young man at the bar who seemed not to relish the beverage in the glass. He acted as though he wanted to drink it and did not know how. I had quite a talk with him, urging him to go home. He said, "My home is in the east." I told him for his mother's sake to go to his room, that places of this kind were not fit for him. Then I went on. When I had finished and turned to go out the young man had gone but the glass with the beer in it still remained. When I stepped outside who should grasp my hand but this same young man, saying, "I want to thank you for what you have done for me tonight. That would have been my *first* glass of beer and it will be my *last*."

It takes all there is of me and all I can accept from my Saviour to visit these places, but when I get home I feel more than repaid if I have been able to point one soul to the "Lamb of God that taketh away the sin of the world."

"A Mother and a Daughter."

In another place I met a beautiful young woman sitting by the table with several others. I tried to help her see what the results would be of this kind of life. She became quite indignant. I said as I turned away, "Well, you are some mother's daughter." Immediately she replied, "Yes, a mother and a daughter." I turned again to her and saw her eyes were full of tears, then I pleaded with her to go home to her husband and child. The Lord

did not permit me to see the result of this conversation, as He did in the other case, but I have this consolation: the Word of God says, "Sow beside all waters," also that His word shall not return unto Him void.

My desire is to live each day so near my Master that He can work in and through me to will and to do of His good pleasure and when the work is finished and the Saviour comes that I may be able to say, "Here, Lord, is all that Thou hast given me."

HIS FIRST LETTER TO A FRIEND.

The following letter from an inmate of a New York prison, written to Mrs. M. C. Jackson, College View, Neb., represents the condition of many a man behind the bars. How do we know, had we been brought up in similar environments to this man, that we would not also be behind the bars today? Let us not only thank God for loving care and Christian training but also let us try to do something for the man who has grown up without these.

"I write you these few lines to let you know how pleased I am with your good work. I had the pleasure of reading some of your letters which you sent to a fellow-prisoner. This is the first letter that I have written in a good many years, and the first in all my life to a friend. Of course, some people would not believe me, but it is so. I never had a mother or a father or brother or sister to write to.

"I have often thought by day and by night that if I had the show that some have I would have never been here in prison today. Oh, if God would help me and bring the secret things to light which I pray day and night for! But I still trust in the Lord. He is my Saviour. The little book, "The Retrospect," that you sent to Alfred, I have read through. It was good indeed and so is THE LIFE BOAT. THE LIFE BOAT is just the thing for me and for all that read it. I have received lots of good by reading it and if it would not be too much trouble to send me one, no matter how old it might be, I will be thankful to you."

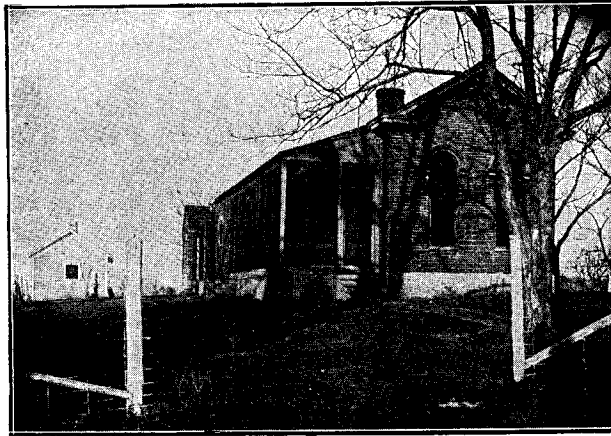
Pull out a doubt by the roots and you will find a sin at the end of it.

The Story of Progress Among the Hills of Tennessee

Caroline Louise Clough

In the last two numbers of this magazine we have told something of the interesting work that is being accomplished for the poor neglected white races among the hills and

the hill we realized the supreme fitness of the school name, "Hillcrest." The old brick farmhouse stood in bold relief on the very crown of the hill. This building had been fixed up for the class rooms and dining hall for the school.



THE OLD BRICK BUILDING ORIGINALLY ON THE FARM, NOW USED AS SCHOOL BUILDING.

mountains of the Southland, emanating from the Nashville Agricultural and Normal Institute at Madison, Tenn., where teachers are trained to go out in the rural districts and start centers of learning for the rural people.

Some will be glad to learn that this educational work is not confined entirely to the white people, but that about five miles northeast of Nashville there is a school established for the training of colored teachers, conducted by Prof. O. R. Staines.

While in the south attending the Self-Supporting Workers' Convention in August we visited this school, which was located on the crest of a rugged, stony hill rising abruptly from the beautiful pike road below. As we climbed

Numerous two-roomed cottages fringed the woods in the rear. These were occupied by the students, and were models of simplicity and economy. We were told that the students were obliged to keep them neat and clean.

The school farm, consisting of one hundred and eighty-eight acres, stretches out over the fertile valley beyond, and provides ample opportunity for industrial training. A large dairy, nursery, canning factory, poultry yard, orchard and the like furnish a variety of industries.

Prof. Staines told us that because of the solid rock beneath the soil blasting had to be done for each tree set out, yet they have a fine orchard of hundreds



ONE OF THE MANY STUDENTS' COTTAGES.



TEACHER AND STUDENTS AT WORK IN THE
FLOWER GARDEN.

of trees which will soon be old enough to bear fruit.

Their thoroughbred poultry won the first premiums at the State Fair. Their beautiful flowers and fancy shrubbery attracted the attention of the passers-by and found a ready market in the city. Their dairy produced butter which brought a good price, while their fruit, tomatoes, beans, corn, etc., were canned and placed on the market.

Now the reason for all this: Here are gathered together a band of choice consecrated colored young people who have a burden to help their race to get not only a theoretical education, but to learn how to work the land, to build themselves homes, and above all to bring to them Christ Jesus.

In this district the colored people live in little shacks and log huts and eke out a miserable existence. Industrial training is what they need and that is what Prof. Staines and his co-workers are giving them.

The students go out and visit their people through the country, leave them literature, look after their sick, conduct Bible studies with them and in other ways help them to better their condition

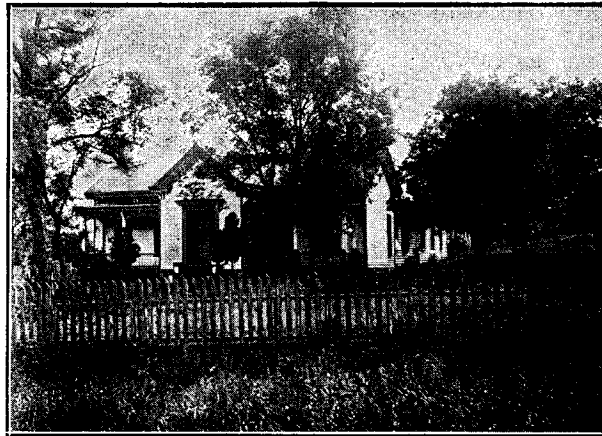
both physically and spiritually.

During the last year Prof. Staines has purchased a farm adjoining, which has a good house on it. This he expects to convert into a sanitarium for the colored people.

We admire the self sacrifice and courage of those who will undertake a work of this kind, clearing up a farm which has been neglected for years, or, worse still, used for raising tobacco, clearing away the stones and blasting the rock to give nature a chance to bring forth, and then patiently training young men in conquering the soil so that they in turn may go out and enlighten their fellow men—

doing this, not for commercial gain, personal honor nor the applause of men, but to represent Christ in living *deeds* as well as words. Our prayers go with these workers. Any of our readers desiring to know more of the work can address Prof. Staines, R. F. D. 3, Northeast Sta., Nashville, Tenn.

Feelings come and go like light troops following the victory of the present; but principles, like troops of the line, are undisturbed, and stand fast.



THE BUILDING RECENTLY PURCHASED WHICH
WILL BE FITTED UP FOR A SANITARIUM.

ONE WEEK'S EXPERIENCES.

MRS. D. K. ABRAMS,

3508 Rhodes Avenue, Chicago.

Last Saturday night I went out to the shoe store on an errand, and as I was going along the street I was singing quietly, "Keep in touch with Jesus and He will keep you sweet." I passed a woman with a child in her arms and one walking along by her side, and she heard me singing and said, "Oh, you are happy!" I said, "I am happy in the Lord." "That's good," she said, "but I am in trouble." I said, "I am sorry; what is the trouble?"

She then told me how her husband was away from home and she had four children and could not pay the rent, and how she was expecting the landlord to serve a notice on her any time to move out. She said, "If I did not have these two little ones why I could go out to work, but you see my babies keep me."

I asked if she prayed, if she had given her heart to God. "Yes," she said, "I pray, and God has answered my prayers many times."

"Well," I said, "God is a present help in every time of need. You need Him and He has promised to supply your needs according to His riches in glory by Christ Jesus. Claim that promise and pray as you never have that you may know what God would have you do." I gave her my name and address and told her to come and see me, and if there was anything I could do I would be glad to do it. She also gave me her address.

My heart was full of sorrow as I left her. I thought, Oh, the sin and sorrow in this world! Then I said to myself, "How long, O Lord, my Saviour, wilt Thou remain away?" I thought, how true it is that "God works in a mysterious way His wonders to perform." By my singing God gave me an opportunity to talk to that woman about her soul and about the coming of the Lord. Pray for this woman and her family.

There are so many ways in which we can work for Jesus. Last Sabbath afternoon I wrote a letter and mailed a copy of the Harvest Ingathering *Signs* to a

friend of mine and asked her to send me a donation for foreign missions.

Later on a patient at the county hospital who had a pass for twelve hours came out to see me. We had prayed together. I gave her two copies of the same magazine and asked her to see if she could not interest some of the patients in her ward, or the nurses. I also gave her some tracts to give away. She told me that as a result of my visit to the hospital and the talks I had and the tracts and LIFE BOATS given away to the patients, one girl told her that it had helped her and she had given her heart to God and gone out of the hospital determined to live a better life. What a privilege it is to work for Jesus!

Then later that same day my roomer came in and I asked him if he would not like to donate something to help the good work. He was interested and glad to give a donation.

Sunday morning I went to jail service and had some blessed experiences talking to the prisoners, and gave away some tracts. After I came home one of my neighbors called, whom I interested in the foreign mission work and he gave me a quarter.

Monday morning, Thelma, the little girl I care for, went to get milk. She caught the spirit of the Master and wanted to sell a paper, so she took one with her and sold it. Praise the Lord, God can use a little child. "A little child shall lead them."

Monday it rained, so I worked in a rooming house and sold some papers, having some good talks with different ones and giving away some tracts. I also got an opening for Bible readings.

Tuesday's work was among my neighbors who are in business, and God blessed my work. One business woman gave me a dollar and others twenty-five and fifty cent donations to foreign missions.

Wednesday I went on business for my husband. At one drug store the proprietor was not in, but after I attended to my business I interested the two clerks in the *Signs of the Times* and LIFE BOAT. One gave me a quarter and the other bought THE LIFE BOAT. At the next drug store the druggist bought a LIFE BOAT. I had a good

talk with him about the times in which we are living. On the street car coming home I handed a paper to the woman sitting next to me, asking if she would not like to read it. She did so and seemed interested. Then I handed her my card, and she gave me a donation.

Thursday I made another business trip for my husband, taking some papers with me. I gave one to the lady who sat in the seat with me on the car and had a good talk with her.

Friday on another business trip I got in

conversation with two women on the street car who gave me donations. One woman became so interested that she gave me her name and address and asked me to come and see her.

Oh, how I thank God for a little part in His work in scattering precious seed all along the way. This little work I did for my Master beside my house work and my class work, with all my studying. I know I can of mine own self do nothing, but I am so glad "I can do all things through Christ which strengtheneth me."

The Hinsdale Sanitarium Soul-Winning Campaign

The nurses and other workers have gone out in groups of four to the adjoining towns and cities and visited the people from house to house selling this magazine and other health and evangelistic literature. Where a sale could not be made some smaller literature was left in the home.

Several thousand magazines have been sold in this way during the last two months and thousands of pages of tracts given out, but the greatest good has come from the personal visits and little acts of mercy, and helpful service rendered.

The workers have returned from these trips with their faces aglow and the light of a new enthusiasm kindled in their eyes.

At a recent young people's missionary meeting the four nurses who had just returned from a ten-days' campaign in Rockford, Ill., told of their experiences in the following words:

Meeting Sickness and Suffering Everywhere.

VALBORG LEFFLER.

I must say that everything seemed to be in our favor. The weather was beautiful, and we had a nice place to stay while in Rockford. The town is pretty, and we met very nice people.

Miss Erickson and I had the Scandinavian territory. We met a great many who could not speak English at all, and we had good success among the Swedish people.

We had many opportunities to tell of simple home treatments for the sick, which seemed to be appreciated a great deal. Some did not know anything about how to treat their sick right at home; and it is surprising when one gets out among people how much sickness there is. It made me think of the olden times when Christ was on earth and met with sickness. I thought of when He went through the cities and saw the crowds, and how He wept over the multitudes. It would be a good thing if we would feel the needs of humanity so we would weep over the multitudes.

In one Italian home I met the woman outside who did not seem to understand a word I said. A little girl came up to me and said:

"Is there anything we must pay for?"

"No," I said, "I will give you something."

"Oh," she said, "Mamma will be glad; she likes to read."

She was a little girl of about twelve years. I showed her the magazine. She could not buy but I gave her a tract on Christ's second coming, which she appreciated very much. She liked to read.

In one place I met a girl about fifteen. As I looked about I saw under the table a cigarette half smoked. It seems she was having a bad influence with the little children in the home through smoking.

At another home the lady who came to the door did not wish to ask me in.

She said, "Oh, I have troubles of my own."

I said, "Is there sickness in the family?"

"No," she said, "I am just going today to get a divorce from my husband."

I asked her if they had any children and she said there were two. I had quite a visit with her and finally she went with me to the door and seemed to appreciate the visit. I spoke of the promise that God would take care of the fatherless.

"Yes," she said, "I think He will, for I just pray for it," and she began to cry. She felt very badly over this, yet felt she could not stay with her husband who drank and had such an influence in the home.

I met one nurse who especially impressed



A GROUP OF SANITARIUM NURSES.
Valborg Leffler. Iva Dean. Ellen Erickson.
Carrie Butcher.

me. She told me she had nursed for about fifteen years. I left a tract with her. She seemed to be interested in the situation of the world today. She had nursed so long she had seen the inside of life, and, she said, "It is certainly true we are living in the end of the world."

I certainly appreciated this experience and will go again as soon as I get the opportunity.

A Word of Cheer for All Classes.

IVA DEAN.

When I was first asked to go on a mission-

ary campaign I thought I would rather stay at home, but now I can truly say I am glad I went for I thoroughly enjoyed the work. I met with very rich experiences and had the chance of cheering up some lonely hearts, especially one lady who had just lost her husband a week before. She said no one had been in to visit her since she had buried her husband. I had a good talk with her and told her I would come again, and on Sabbath Miss Butcher and I called on her. She has been sickly for about fifteen years.

We stayed about an hour, and she said, "You do not know how much good you have done me; you have done me a thousand dollars' worth of good." She seems to be really searching for light and for the truth. I gave her address to our Bible worker there, who will call on her. I intend to send her literature.

I had a good talk with another lady who had just lost her father and mother a little while ago. I am in hopes something may be done to show her the truth.

I also had some experiences that were not quite so nice as others. I went to one house and a man came to the door, who said before I hardly had a chance to say anything to him, "Why don't you go to the back door where the other peddlers go?" After he had closed the door I slipped a tract under it on the second coming of Christ.

I met several who were interested in the *Watchman*, one of the magazines I was selling, who could not subscribe at the time but hoped they might later.

One lady I ran across whose husband has been sick for several years and for the last few months unable to work at all. They are in poor circumstances and I think have three children. The lady does what she can by working nights after she gets the children to bed, so her income is about four dollars a week; but that is not enough to support the family. The winter is coming on and they are in need of clothes. I gave their address also to our Bible worker in Rockford.

I never enjoyed anything more than the ten days I spent in Rockford and I am sure that the Lord will bless our efforts. The only success I had was what the Lord gave me. Before going up to the houses I offered a prayer

to the Lord, and also while canvassing for the paper, and I believe that practically all the papers I sold were sold as a direct answer to prayer. I will be glad to go any time; I enjoyed it ever so much.

Helped a Deserted Mother and Children.

CARRIE BUTCHER.

I certainly enjoyed my stay in Rockford and I know God has blessed and will bless our efforts there in getting the printed page before the people. We left many who have been benefited by our stay there, and have given the Bible workers their addresses, who expect to follow them up.

One great strength we had was the morning and evening worship. It seemed we would not accomplish even one thing if we would go out without having worship. It seemed I must pray before I dared enter any house.

One lady I met I had a very nice talk with. She gave me the address of a lady she wished me to go and see. So Miss Dean and I went out early one morning to see this woman. Her husband was a great drunkard and they had driven him from Rockford and would not let him come back. She had six children she had to support by washing, and was suffering from a large tumor under her arm. But I found she was to leave Rockford in a few days. She had friends in Iowa, and thought if she got there they could see after her in case her strength failed.

She said no one ever came to them and told them of the love of God whatever, or asked the children to Sunday-school. Her oldest child was twelve years old and the youngest six or eight weeks old. The mother has kept the older ones constantly in school while taking in washing to support them. We left her a little change we had in our pocket book and she seemed very glad and hoped the Lord would bless us in our efforts there. I am so glad I went to Rockford and met these people.

Found a Seeker for Truth.

ELLEN ERICKSON.

I seemed to have the most interesting experiences the first three days. We started out to canvass on each side of the street. I came to one home where the man was sitting on the porch smoking. I saw his wife in the back yard and started toward her when he said:

"She won't buy anything from you, you need not go back there."

But I went back there anyway and he followed to keep her from buying, I suppose. When I got there she had disappeared, so, as I wanted to leave something in every home, I left a copy of "Healing the Sick," with this man, and said it would tell him how to take care of himself. I went on to several other houses beyond while he stood there shaking it at me. I passed the house three-quarters of an hour afterwards and he was reading the tract.

In another home I had quite a talk with the lady. She asked about gospel truth and I told her, and she was very much interested. She asked me to come back and give her a Bible reading. Miss Leffler and I went back. I think just that visit may be the means of leading her to Christ. We left her to the care of our good friends in Rockford, who are going to visit her. She was so thankful for what we did for her. I know if we go in the strength of the Lord He will water the seed and it will bring forth fruit and on the other shore we will see results.

I am sure I am glad for this experience, and am willing to go again when opportunity comes and do all I can for those who are suffering both physically and spiritually.

RELIEVING THE ILLS OF HUMANITY.

CAROLYN TRUMMER.

[We just received a letter from Miss Trummer, a member of the first class in the Chicago Medical Missionary Training School. Miss Trummer was called to nurse a very sick patient in a small town in this state and she writes the following of her experience as a medical missionary there.—Ed.]

I have had rich experiences since my class work closed. I have been here ten weeks and they still beg me to stay. I was told that the patient might be dead by the time I got here, but I picked out the treatments which to my knowledge seemed best, and to the surprise of every one she is now able to be taken around in a wheel chair. She was only a heap of bones and a yellowish dead-looking skin stretched over them when I first came. I certainly was frightened and when I first gave her treatments I used a bunch of cotton batting to give alcohol rubs for fear of running against the sharp bones. The joints creaked like rusty hinges. But I kept up the

treatments of various kinds, adding more as I saw she could stand them, and today her body is well filled out.

I'm so glad I can talk to her now, and her folks are so pleased. I often think of Dr. Paulson's lectures in our class room and when I do all I can I kneel down beside my patient and ask for more wisdom. What a friend we have in Jesus, no matter where we are!

I love this work more and more. As I gain the confidence of the people in this place, helping them physically, my heart goes out in prayer for their souls. I receive calls from so many over the 'phone asking me to come over and see what is best to do for this one and that one. With fomentation cloths and disinfectants, etc., I start out during my two hours off from my regular patient and before I return some one is resting easier.

I am daily trying by both words and actions to teach the gospel truth. The work to me the grandest, noblest and happiest, is to "rescue the perishing" and to "care for the fallen," and when the sowing and weeping is over the wheat will be garnered in the kingdom of God.

A new gospel of health booklet by Dr. David Paulson, showing how to use simple remedies in the cure of disease, and how to eat sanely and scientifically, has just come from the press. Fifteen copies will be sent for twenty-five cents, or fifty for fifty cents. Can be enclosed in an ordinary envelope when you write to your friends. Get some.

On the Wings of the Wind

Pearl Waggoner

The autumn's last seared leaves were falling fast.
A storm came on apace. The very trees,
Though rooted well, would bend, and pull, and shake,
And but with difficulty seemed to stand;
While marshalled armies, as it were, of leaves
Which long had strewn the ground, went scurrying
past,
Borne swiftly on the mid-November wind,—
The which, while proudly, loudly, sweeping by
Would instant drown all sound of human speech.

And yet I heard a voice,—I know not how,
Unless it be the mighty wind itself
Let fall a whisper as it speeded past,
Which told of other storms.

Then, as I watched,
And pondered o'er the story that it told,
I saw a vista broader than the fields
which lay around: the whole vast world it was
Of men and women. There the havoc too,
The inroads from these other storms, appeared,—
Some following temptation's mighty gales
And others those of sorrow and of trial
Which swept so many lives.

And in them some
Were but as reeds when shaken with the wind.
Without foundation, like the house they were
Which on the sand was reared; and when the storm
Arose with strength and winds and tempests blew
Like it they fell, like it were swept away.
How many, oh, how many all around
Without a Pilot are, or guiding Star,—
Tossed to and fro, and driven of every wind
Like surface waves upon an angry sea!

Yet lo, there comes a time when fiercer storms
Than ever yet have been shall sweep the earth.
Then all which *can* be, lo, shall shaken be;
And hearts shall fail and faces blanch with fear
For thinking of the things which come to pass,—

Yet understanding not, and unprepared
For that event they soon will usher in:
The coming of earth's Saviour, Judge, and King.

But though some be whose hearts by fear are moved,
Moved, yea, as forest trees are moved by wind,
Yet shall they not be shaken, nor afraid,
Who do God's will, whose faith is in His Word
Which lasteth evermore and changeth not.

The Psalmist cried of old, "Oh, had I wings
So should I from the windy storm escape
And be at rest!" And such is still the cry,
Tho' unexpressed, of every human heart
At least at times, that sojourns in a world
By storms so often swept.

But there is One
Who stilled the boistrous waves of Galilee
And caused the winds to cease, who by His Word
Brought quiet, peace and calm, who liveth still,—
The selfsame Man, Lord Jesus. And 'tis He
Whom God has made a covert from the storm
In these last days,—a great and mighty Rock,
A hiding place from earth's tempestuous winds.

O sweet and blessed Refuge! Earth's alarms
Can hold no fears for those who unto Thee
Have fled for safety, who in Thee have found
A hope to serve as anchor of the soul
Which sure and stedfast is.

Almighty Lord,
Oh, grant that we who know that safety, strength,
And steadfastness are found alone in Thee
And in Thy written Word, may faithful be
And ever diligent to point the way
To many now unanchored and adrift.
So they with us shall view that promised land
Where devastating winds no longer blow,
And therein dwell with Thee, our Saviour-King,
Our refuge and our strength, for evermore.

Ups and Downs in Rescue Work

Mrs. H. L. Swanson,

528 East Thirty-third Place, Chicago.

Many and varied are the experiences I have had the past month. I have seen the results of sin more clearly than for some time.

A short time ago a young woman was brought to us. Sin had not yet left its visible traces upon her. She said she wanted to live a better life and get away from the old associates. We were so happy and told her we would do all we could for her. The first evening she was with us she wanted to go out and get some stamps; she said she would just go around to the drug store. I let her go, but told her one of the ladies in the house would go with her. She came back shortly and asked me if she might go back to the drug store as she forgot to get her stamps, though she had paid for them. I let her go alone, trusting her to return, which she did.

She soon began to get very restless and wanted to go out every evening. I told her I wanted to help her overcome her evil tendencies and that it was not the best thing to go out alone. Some of the young students in the home willingly consented to go out walking with her but she wanted to go alone. I finally told her I was afraid she was not ready yet to do right. She said, "No, I am not. I can not settle down; I can not give up my sinful ways."

Oh, how I wished that she might see the sinfulness of sin! I told her when she was ready to do right to come to me and I would help her, as I could do nothing more for her until she *willed* to do right. She went right out into the awful world of sin, leaving behind a nice warm room, and friends that were willing to help her in every possible way. Her father and mother have turned her out of home because they can not tolerate her sinful ways.

We had to let two other women go because of their continual drinking. Sometime we hope they may realize the error of their ways before it is too late.

A few days ago a homeless young girl came to us and said she wanted us to keep her

until she got work. She gave me the 'phone number of the lady she worked for last. I called her up and she said she was an honest girl, but did not like to work. We are going to try and keep her and teach her to love work. The lady also said she was not truthful. I told her if she would give God her heart He would teach her to hate lies. God wants truth in the inward parts.

A young woman was talking to me the other evening about her mother. She said, "You know I do not believe everything my mother says." I thought how very necessary it is for a daughter to have confidence in her mother. This poor little girl seemed very unhappy.

We have been able to help a number of women to secure positions, and they have all gone out with a better knowledge of God and His Word.

The 'phone rang the other evening and a lady wanted to know if she might talk with me privately for about ten minutes. She said she had met me before and she believed I would be able to help her. She came, and I remembered her. She has a position but sometimes the collections are very slow. She said she had just one nickel left: her room rent was due and she had no supper. She wanted to know if I would make her a small loan. I asked her how much she needed and she said three dollars, and that she would pay me in fifteen days. Of course, I let her have it, though I do not make a practice of loaning money; but felt impressed to give it to this woman. We help by giving food, clothing, and shelter and by giving our time, our strength, and our prayers, yet we must also have money to do this work. Any of THE LIFE BOAT readers who feel impressed to give a harvest or Christmas offering to this work may do so and it will be gratefully received. I trust you will remember us in your prayers.

The angels all sing and rejoice. The imps all growl and groan. Which class are you imitating?

**"WHERE THE TEARS OF PENITENCE
IN SILENCE FLOW."**

MRS. ELSIE D. WHISLER,
Life Boat Rescue Home, Hinsdale, Ill.

The rescue home is truly a haven of rest to the unfortunate girl. Nearly all the girls, when they first come here are very much discouraged and cast down. After becoming acquainted and knowing they are among friends they seem more cheerful, yet down deep in their hearts is a pang of sorrow that you and I have never known and can not fully appreciate.

Many times as I go to their rooms I find them with tear-stained faces and they almost invariably say, "I know mother will be worried about me but it would break her heart if I should let her know where I am"; or "Mother thinks I am working in the city. What if she knew where I am tonight?"



ONE OF THE RESCUE HOME BABIES WHO IS NOW BEING CARED FOR BY HIS MOTHER.

Some, however, tell a different story. Others say, "If home had been what it should be I would never have been here." This

should cause all mothers to think, and to throw the protection of a happy home around their daughters before it is too late.

I will tell you the story of one girl who was here, that others may profit by her experience. This girl was, herself, of illegitimate birth, which was not a good beginning, although she was not responsible for this.

Her mother died when she was four years old and she was placed in a mission until a Bible worker found a home for her in what she supposed was a Christian family, but did not prove to be. They made it very unpleasant for her and as she grew older the one who should have been a father tried to lead her astray. "But," she said, "I always tried to be a good, pure girl. I know the Lord has protected me many times when I used to pray and if I had continued to be a praying girl I would not have been here, for I know there is power in prayer."

She finally left this family and went to the city, where temptations came thick and fast. Here she became acquainted with a young foreigner who wrought her ruin. Having learned of her condition he hurried her away to us with the promise to send her money to pay all her expenses and to clothe her and the baby. She came, confident he would keep his promise, but she did not as much as receive a letter from him while she was here.

This is the way most of these girls are left to bear all the expense and disgrace alone while the other party goes free and is looked upon by the world as a good moral man.

Anything that is done for these girls is very much appreciated and I will say to you who read these lines, if you are not able to help them in any other way you can at least remember them at the Throne of Grace every day. "The effectual fervent prayer of a righteous man availeth much." Jas. 5:16.

A MESSAGE TO GIRLS.

Any young woman who is in trouble and in need of a friend is invited to write to the undersigned. I want to be of help to you, both physically and spiritually. The Lord can help you to make good no matter what your past has been. Address, Mrs. C. L. Clough, Hinsdale, Ill.

THE VOICE OF THE MITE BOX.

[The following unique appeal was written by an interested friend of the Life Boat Rescue Home, who suggested the idea of having a mite box placed in the main entrance to the Home as a means of securing funds from the many visitors who pass in and out. We trust that hereafter the mite box will not be allowed to go hungry.—Ed.]

DEAR HOME CALLERS:—I am but a poor wooden thing at best but kindly hands made me and I was thought quite presentable in my coat of stain and varnish. The slot in my lid did not add to my beauty, to be sure, but was made hoping my emptiness might be satisfied by a kindly public.

Mite boxes are all so hungry, but as to my special self I want to assure you I am not greedy but I do long to be fed that I may be emptied, doing my part of willing service here in the rescue home, but somehow I do seem to get passed by, while my heart aches (even if it is a wooden heart), as I stand faithfully at my post on the little stand in the hall. Finally I have resolved to whisper in the ears of the thoughtless but kindly public a little story of what I see and hear as the days go by.

Of course, the baby voices are always in my ear, also the conversation of the people as they pass me singly or in groups led about by the courteous but often weary workers. These have so much to do, up in the attic or down in the kitchen, looking well to the ways of the household, or perhaps with hands deep in the dough. Then there is the 'phone call, the rap at the door so many times a day. This means the dropping of everything, the hurrying up or down stairs to guide the visitors over the home and tell them the story of the work. The visitors seem pleased and interested and occasionally there is a gift that makes the heart of the house mother glad. But so many times after the willing service to the chatty visitors there must be the weary going back to the pressing duties, while I, the mite box, am left to sigh—a wooden sigh to be sure—that good hearted people do so forget that cents make dollars and go away leaving the poor mite box so hungry.

MITE BOX.

GOSPEL WORK AT THE HARRISON POLICE STATION.

CAROLINE LOUISE CLOUGH,
Hinsdale, Ill.

When the old Harrison street police station building was torn down last July the regular Sunday morning services were discontinued.

One month ago the services were again begun in the new quarters on Clark street, just south of Harrison. A four-story store and office building has been leased and the necessary equipments installed. The cell block occupies the rear of the ground floor and is consequently poorly ventilated and artificially lighted. No ray of sunlight can possibly penetrate into these cells. However, in some respects the sanitary conditions are better and the atmosphere not so heavily laden with foul odors.

The corridors are narrow and do not permit regular services to be held, so we place our little folding organ near the entrance to the double corridor and have a good rousing half-hour song service, which we close with a special prayer for the inmates, who in the majority of cases raise their hands for prayer.

Following this the workers scatter about and spend from one-half to an hour in personal gospel talks with the men and women behind the bars. Small soul-winning tracts are handed out, also gospels of John.

The department for the women is not yet completed so a few of the supposedly worst cases are kept in one cell, while the younger women are taken to another station.

In this cell one Sunday morning was a young woman who seemed to feel her disgrace and shame keenly and the next morning the judge, who was obliged to postpone her trial for two weeks, gave her over to Mrs. Swanson to be cared for in the Life Boat Home. Here the Lord worked on her heart as she attended the Bible classes day after day, and she became a changed woman as she responded to the Christian influences about her. At the end of two weeks she appeared before the judge, clothed and in her right mind; and her case was promptly dismissed.

Last Sunday we found two young men yet in their teens locked up in one cell. One said he had cried nearly all night long. Both boys showed careful home training; one had

a sister who was studying to be a missionary. On inquiry we found that both boys were cigarette smokers. We told them of the harmful effects of cigarettes and how their lives would be ruined, and they promised faithfully that they would break the habit and

join the Anti-cigarette League of America.

We ask THE LIFE BOAT readers everywhere to join us in praying for this effort, that we may so present Christ to these sinsick souls that they may see His beautiful and loving character and be drawn to Him.

One Way of Helping Chicago's Millions

Helen V. Price,

Hinsdale, Ill.

[Miss Price, a graduate nurse who is at present acting as matron in the Hinsdale Sanitarium, is also teaching practical nursing and hydrotherapy in the six months' course for city medical missionaries in the Chicago Life Boat Home. She gives herewith her impressions of the school from a teacher's standpoint.—Ed.]

In every city, large or small, there is a vast field for missionary nurses; especially do we find that true of Chicago. We have now, going forward in real earnestness, a class of twenty-five or more intelligent women who realize God's call for such a work to be done. Some of them are young and inexperienced, yet full of zeal and love for souls. Some are older in this work, Bible workers who have been long in the way of hunting for the lost and straying, who feel that they must know more about caring for the sick and thus be better able to reach the soul. These can not afford to spend three whole years in taking a nurses' course.

Besides the class work in Bible, physiology, practical hydrotherapy and practical nursing, in which they spend a portion of each day, they are being taught how to work for the lost and straying and are actually getting out and doing it. The inexperienced need help in this way and are eager to learn, and these we start out with older workers.

In the classes of treatment and caring for the sick opportunity is given for questions to be asked and we find they are intelligent ones too, and always asked with reference to some one whom they have met that they may know how to relieve their suffering. Many of the class are busy from day to day visiting and putting out literature; thus they come in contact with the sick and of course want to know how to help them.

Last evening one sister asked at the close

of the class if a certain treatment which she had offered to give was not good for rheumatism; thus we are enabled to give them personal help.

We find a six months' course for nurses can not take in everything that a three years' course does, and so we have to condense it and give the most practical things, those too which the nurses can do in the homes without much outlay of means. We are teaching them if they do not have a foot tub to use a bucket or pan; if no fomentation cloths to use Turkish towels, or such things as they have at hand. We hope to help them to be able to give treatments in the humblest homes as well as in the finest and to do it well too.

In all our work we are seeking to turn people from drugs to the simple remedies God has given us as a means to help the sick and suffering. Combined with this work of caring for the sick is the Bible work. As I visited the Bible class the other day I was impressed deeply with the earnest way in which the students took part.

My past experience has led me to realize the importance of Bible work in combination with ministering to the sick. One lady to whom I was called to give treatments, after having me lock the door, grasped my hand, and with tears in her eyes, asked, "Did you bring your Bible? for I need that more than I do the treatment and that is why I called you." As I knelt and prayed

with her after having read God's Word, God came very near to us and her heart was much encouraged. Never shall I forget that hour's visit and how she told me she longed and looked forward to my visits.

In this dark city, whose population exceeds that of the entire state of California, and with a hundred thousand more entering each year, there are many, yes, ah, many such souls. Do you not believe it?

This is the work we are planning and doing, God helping us. Should we send twenty-five such Spirit-filled women out twice a year in such a city we should feel that our efforts were not lost. God is helping us and we are encouraged to go forward. Pray for us for I am sure this is one of God's own plans.

A SANITARIUM FOR THE SICK POOR.

DAVID PAULSON, M. D.

A dozen years ago, Mr. C. B. Kimbell, an influential Chicago business man who resided in Hinsdale, received remarkable benefit from sanitarium treatments in the little institution that was then conducted on the south side in Chicago. Eight years ago he felt impressed to put us in possession for sanitarium purposes, on very favorable terms, of a most delightful piece of property in the beautiful village of Hinsdale.

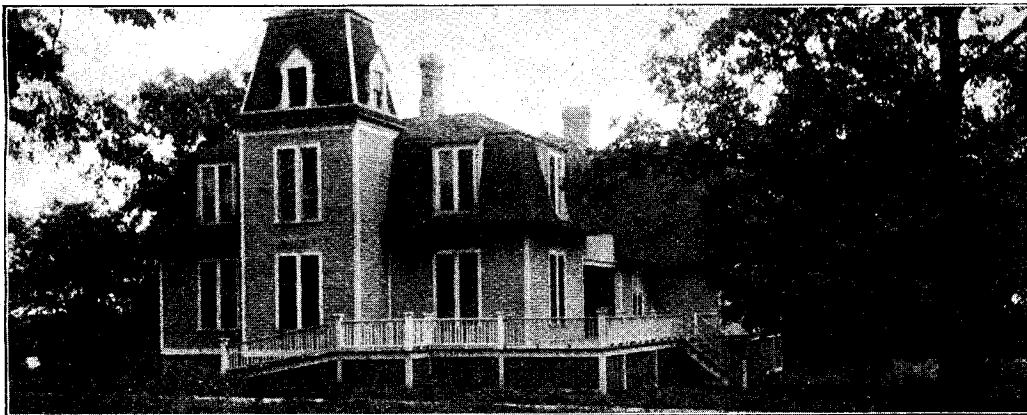
Seven years ago last March, without any

financial resources whatever, Mrs. Paulson and myself went out to Hinsdale and moved into an unoccupied house on these grounds, believing that God would help us to establish a missionary sanitarium. We knelt down and asked the Lord to send us a hundred dollars for the purpose of clearing up the grounds. Several days later a business man who was almost an entire stranger to us walked in my brother's office in Chicago and asked if the doctor did not need some money, and when he was answered in the affirmative he said, "Well, I want to leave him a *hundred dollars*." He came the following week and said he wanted to leave the doctor another hundred dollars.

We properly regarded this providential answer to our prayers as an omen for good and took hold with courage and determination to establish this institution. The story of how God from time to time raised up men and means to make this sanitarium possible reads like a romance.

But it was during some of the first of the many dark days that God permitted us to have, that I knelt down and promised the Lord if He would help us to establish this enterprise I would make a place here to *bless* the sick poor. And God *did* help us.

For several years we have tried to spell out a unique plan for the self-respecting sick poor who do not wish to be made beggars. We have proposed to establish a simple, modest institution where the poor



THE BUILDING WHERE THE GOOD SAMARITAN IDEA HAS ALREADY BEEN WORKED OUT.

could receive plainly furnished rooms for a dollar or two a week, where they could receive wholesome, hygienic food, under medical supervision, by paying the actual cost of each dish, where they only should pay a small price for a short treatment and a little more for those that are longer. In other words we wished to make it possible for them to receive the actual necessary accommodations and medical attention and treatment for sums ranging between five and ten dollars a week. We have already tried it on a small scale and know that it can be done.

We now propose to erect a building for this purpose. A good man has already offered to advance us five thousand dollars for this institution if we will raise ten thousand dollars to go with it. One woman has already given us one thousand dollars and we believe we have a couple of other thousand in sight. We are anxious if possible to raise this entire sum in gifts of a thousand dollars or more.

If you who read these lines feel interested but do not feel able to give a substantial sum outright, we could perhaps arrange to give you a modest income upon it while you are alive, or "annuity" as it is called, with the understanding that the principal remain in this work at your death.

Read the article on page 379 in this LIFE BOAT entitled, "Be your own executor," and ask the Lord whether it would be pleasing in His sight for you to help us to establish this much-needed charity so the self-respecting sick poor can be cared for at prices within their reach. We would be glad to furnish you further information.

Ingratitude is a nail, which driven into the tree of courtesy causes it to wither; it is a broken channel by which the foundations of the affections are undermined; and a lump of soot, which falling into the dish of friendship, destroys its scent and flavor.

Humility consists not in thinking meanly of ourselves (but in not thinking of ourselves at all. Moses wist not that his face shone. If humility speaks of itself, it is gone.

TO THE SHUT-INS FROM A SHUT-IN.

F. B. UNDERHILL,
Montrose, Pa.

DEAR BRETHREN AND SISTERS IN AFFLICTION:—I will call upon you again through THE LIFE BOAT and will also send my picture along with this letter, then it will seem more real that I have called on you. I hope you are all happy spiritually and enjoying the rich blessings of God, growing in grace and being led and controlled by the Spirit which is meek and just and longsuffering.



F. B. UNDERHILL.

The Spirit of Christ will strengthen us that we may be pleasant and peaceful in all our trials and suffering. If we are Christ's then we are the children of light, and not of darkness. We can see to walk in the straight and narrow path that leads to the Holy City and to Christ our Redeemer, that we may live a happy life with Him throughout all eternity where no pain or sorrow enter.

We find in Prov. 15:15 that "all the days of the afflicted are evil." Why are all the days evil? I find by my experience that it is not all due to the pain and suffering, for

the children of darkness will make it dark and trying to your patience. Let us look at the verse again: "But he that is of a merry heart hath a continual feast." Let us look not at the dark side but at the sunny side. The clouds on a rainy day look dark to us but if we were above them we could see them sparkle with beauty as the sun shone on them, so why not look at the beautiful side instead of the dark?

Do not mourn because you are shunned and the wicked are honored. We find in Mal. 3:15: "And now we call the proud happy; yea, they that work wickedness are set up; yea, they that tempt God are even delivered." They have their reward in this world (Matt. 6:16) but the righteous will have their re-

ward when Christ comes to take them home with Him. We get no reward here but it is in the future.

Look at Christ's life here on earth. We also will meet trials on all sides. In John 15:20 Christ says: "Remember the word that I said unto you, The servant is not greater than his lord; if they have persecuted Me, they will also persecute you." So let us endure unto the end for if faithful unto the end we will get our reward. "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory." 2 Cor. 4:17. Look for that blessed time to soon come when He will come and will not tarry. "Even so, come, Lord Jesus," and take us home to live with Thee.



Editorial Department

Conducted by Dr. David Paulson



THE HINSDALE HOLIDAY CONVENTION.

Beginning the evening of December 26, and continuing until the evening of December 30, will be held at the Hinsdale sanitarium an important medical missionary workers' convention.

One entire day will be devoted to the consideration of the best ways and means of carrying on gospel medical missionary work in our large cities.

Another day will be given to medical evangelistic field work. Experiences will be related by those who have been in practical contact with this line of work. It has been demonstrated at the Hinsdale sanitarium that it is entirely feasible for groups of workers to go out on medical evangelistic tours and accomplish much good.

Another day will be devoted to the best means and methods of presenting gospel of health principles and to a consideration of general medical missionary topics. Other subjects will receive proper attention.

We are happy to announce that Eld. Geo.

B. Starr of Boston, who has been a pioneer in city missionary work and has had a successful experience in combining medical and evangelistic work in his public ministry, will be with us during the entire convention and give valuable instruction.

Prof. E. A. Sutherland, who has had an extensive experience in establishing industrial training school work among the mountain whites of the Southland, will be present and give valuable and inspiring instruction. His lessons will enable us to see more clearly how we can co-ordinate city and the rural work.

Eld. O. A. Olsen will give special attention to the spiritual preparation of the Christian worker, without which all other qualifications are useless.

Other experienced workers will be in attendance and we believe that it will be an occasion of great spiritual uplift not only to the workers who are directly connected with the Hinsdale work, but to all others who wish to attend. We shall be glad to give further information to all those who may desire it.

THE LIFE BOAT FOR 1912.

Fifteen years ago THE LIFE BOAT was established as a labor of love and entirely as a work of faith. If there had not been special answers to prayer the first number could not have been issued. Through all the years essentially the same program has been maintained.

The secret of that sense of freshness that the readers everywhere discover in reading its pages is the fact that it is never planned a month ahead. It is an absolutely *new* creation every month. Its best articles come unsolicited, unsuggested, and in many cases entirely unlooked for. When we sometimes have forgotten to make it the special matter of prayer that we should, we may find when it is nearly time to go to press that we are short of suitable material. We then pray that God may put it in the heart of some one to supply the deficiency and invariably in a few days' time the mail brings us something live, inspiring and instructive. Never is a number made up but those who take part in it kneel about the table and earnestly ask God that His Spirit may direct. That these prayers are answered thousands of men and women in every part of the world bear grateful testimony.

Since THE LIFE BOAT began its career at least a dozen similar papers have been launched and have come to their end. We believe the real secret of the continued success of THE LIFE BOAT magazine is the fact that it was a child of providence, that it has never *outgrown* this birthright, that it has had a *real* mission in the world and that it has endeavored by the help of God to be true to this mission.

The editor and his associates take this opportunity of thanking their friends in all parts of the world for their continued and loyal support, and we earnestly pray that during the year 1912, THE LIFE BOAT may find a still larger field, give a still more definite message to humanity in every walk of life, and that the good God Himself will continue to direct its policy and its field of operation.

WHAT IS YOUR CHRISTMAS IDEAL?

Some people indulge in so much rich and unwholesome cookery during the holidays that they make considerable additional business for the wide-awake doctor. Others engage in so much frivolity, foolish visiting, senseless parties, that they are in equally crying need of spiritual treatment when the holidays are over. There are some Christian workers who so completely lay off the Christian armor during Christmas and the holiday season that it takes them weeks afterwards before they are fully girded again.

Shall we not ask the Lord to show us how to have a good time during this holiday season and yet not lose either our physical or spiritual health? It only took Mary, the mother of Christ, three days to lose her Saviour. Some folks have succeeded in doing as much on one single Christmas day. Let us be watchful and alert so that the enemy shall not steal a march upon us.

DO YOU BELONG TO CAIN'S CHURCH?

There may be several churches in your community, but there is one church that probably has more members than all the other churches put together, and that is the "church of Cain." The membership of Cain's church is always up to high water mark. What it loses from deaths and removals is being fully made up by the addition of new members.

The leading doctrine in its creed is, "Am I my brother's keeper?" Things may go ever so wrong in the community, the poor may suffer, the sick may need the necessities of life, the young may go astray, but these folks who are members of Cain's church in good and regular standing will complacently excuse themselves by saying, "I am not responsible; I guess if I look after *myself* other people can do the same. I am not to blame for present conditions. Let people who get into trouble get out of it the best they can."

If you never talk that way, but yet *think*

along that line you are a member of Cain's church, no matter on what other books your name may be found. It may be an unpleasant thought but it is God's truth. "And ye shall know the truth, and the truth shall make you free."

HOW MUCH IS YOUR RELIGION WORTH TO YOU?

We have reached a time of the year when most business men take an inventory in order to properly balance their books.

So in your spiritual experience it is well for us to sometimes ask ourselves candidly: "How much have I permitted the gospel to do for me? Is the particular brand of Christianity that I have *worth* imparting to others? And if I did succeed in imparting it to others, how much better off would they be than they are now?"

Genuine Christianity enriches, enlarges, ennobles and glorifies even this present life and gives us an entrance into the endless blessings of the future life. Have you had enough of the genuine article to appreciate its value? If not, in the honesty and sincerity of your soul go to God and ask Him to give you a *taste* of the real thing.

In order to experience it you may have to *surrender* something you are now hanging on to. You will certainly have to deny yourself in some particulars for self-denial is the *badge* of Christianity. But for everything you give up you will receive something in the place of it that will be worth infinitely more to you even in this life. So do not let the devil keep you in a hesitating attitude. Begin to secure, no matter how much it costs you, the brand of Christianity that is worth while imparting to others.

WHY NOT BE YOUR OWN EXECUTOR?

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

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

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

THE FIRST "BE YOUR OWN EXECUTOR" RESPONSE.

The following extracts are from a letter recently received:

"Seeing this, 'Why not be your own executor?' in THE LIFE BOAT, the article is just what would suit us. We are situated less than two miles from our city limits, on the main road. We have 141 acres, large modern house, twenty-six acres of timber; just husband and wife.

"We have had a desire that our property should be used, before and after we are gone, for the upbuilding of God's cause. We are neither of us any longer young. We have always worked hard, and we now write you in regard to this annuity plan. This is a big proposition and if carried out could be made a fine dairy farm, with proper help. We are striving to be servants of the Lord."

DYING LEGACIES A MISERABLE SUBSTITUTE FOR LIVING BENEVOLENCE.

The following practical instruction concerning being one's own executor while alive is found in Testimony to the Church, Volume 4, pages 479 to 484 (the italics are ours):

"Some wills are made in so loose a manner that they will not stand the test of the law, and thus thousands of dollars have been lost to the cause. Our brethren should

feel a responsibility rests upon them as faithful servants in the cause of God to exercise their intellect in regard to this matter, and secure to the Lord His own.

"Many manifest a needless delicacy on this point. They feel that they are stepping upon forbidden ground when they introduce the subject of property to the aged or to invalids in order to learn what disposition they design to make of it. But this duty is just as sacred as the duty to preach the Word to save souls.

"The Lord would have His followers disperse their means while they can do it themselves. . . . Those who wait till death before they make a disposition of their property surrender it to death rather than to God. . . . They practiced no self-denial but selfishly retained their means as long as they could, yielding it up only when death claimed them. . . . By becoming *their own executors* they could meet the claims of God themselves instead of shifting the responsibility upon others, . . . Dying legacies are a miserable substitute for living benevolence. . . . In the effort to settle his estate the lawyer's fees eat up a large share, if not all, of the property, while his wife and children and the cause of Christ are robbed. . . . Many are not exercised upon the subject of making their wills while they are in apparent health. But this precaution should be taken by our brethren. . . . Death will not come one day sooner, brethren, because you have made your will,

"Your wife and children of course should not be left destitute; provision should be made for them if they are needy. But do not, simply because it is *customary*, bring into your will a long line of relatives who are not needy.

"Let it ever be kept in mind that the present selfish system of disposing of property is not God's plan but man's device. Christians should be *reformers*, and *break up this present system*, giving an entirely *new aspect* to the formation of wills. . . .

"Some are so situated that wills must be made, but in doing this care should be taken not to give to sons and daughters means which should flow into the treasury

of God. These wills often become the subject of quarrels and dissensions." . . .

If you who read this know of some one who should be interested in a life annuity proposition, let them read this, and if, after earnest prayer, God should favorably impress them to take the matter up with us, we will be glad to give further information.

NEWS HERE AND THERE.

The Hinsdale Sanitarium is enjoying good patronage. Something like thirty new patients and guests arrived in one week.

Miss Lelia Stevenson, a senior nurse in the sanitarium nurses' training school, is spending this month at the Life Boat Rescue Home, looking after the nursing and assisting in the medical management of the Home.

Dr. David Paulson delivered a lecture on health and temperance in the Methodist church at Streator, Ill., last Sunday. He also gives health lectures once a week in Chicago public schools.

Miss M. L. Dean of Lookala, Okla., has recently joined the Hinsdale sanitarium family of nurses.

The annual business meeting of the Life Boat Rescue Home association was held in the rescue home parlor Tuesday evening, November 14. There was a large attendance of the sanitarium family of workers. The story of the founding of this magnificent home was told in a touching way by Dr. Paulson. The financial report showed the Home out of debt with the exception of several months' grocery bills, which must soon be paid.

The students of the Chicago medical missionary school are selling hundreds of magazines every week and meeting with many interesting experiences.

W. T. Hibben, the sanitarium landscape gardener, recently visited his son and daughter, who are attending school in Berrien Springs, Mich.

The last sanitarium young people's missionary meeting was devoted to the foreign missionary work. Interesting talks were given by the young people on the progress of God's work in distant lands.

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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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"

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For Medium Voice and Piano. In answering mention this paper. Send orders to Otto Lundell Music Co., 79 Dearborn Street, Room 310, Chicago

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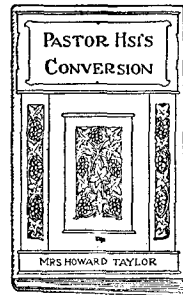
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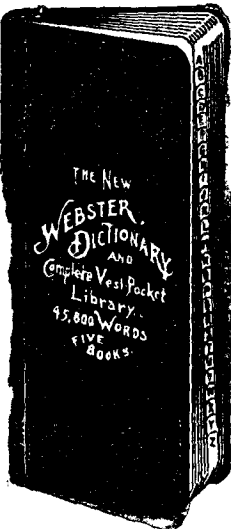
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