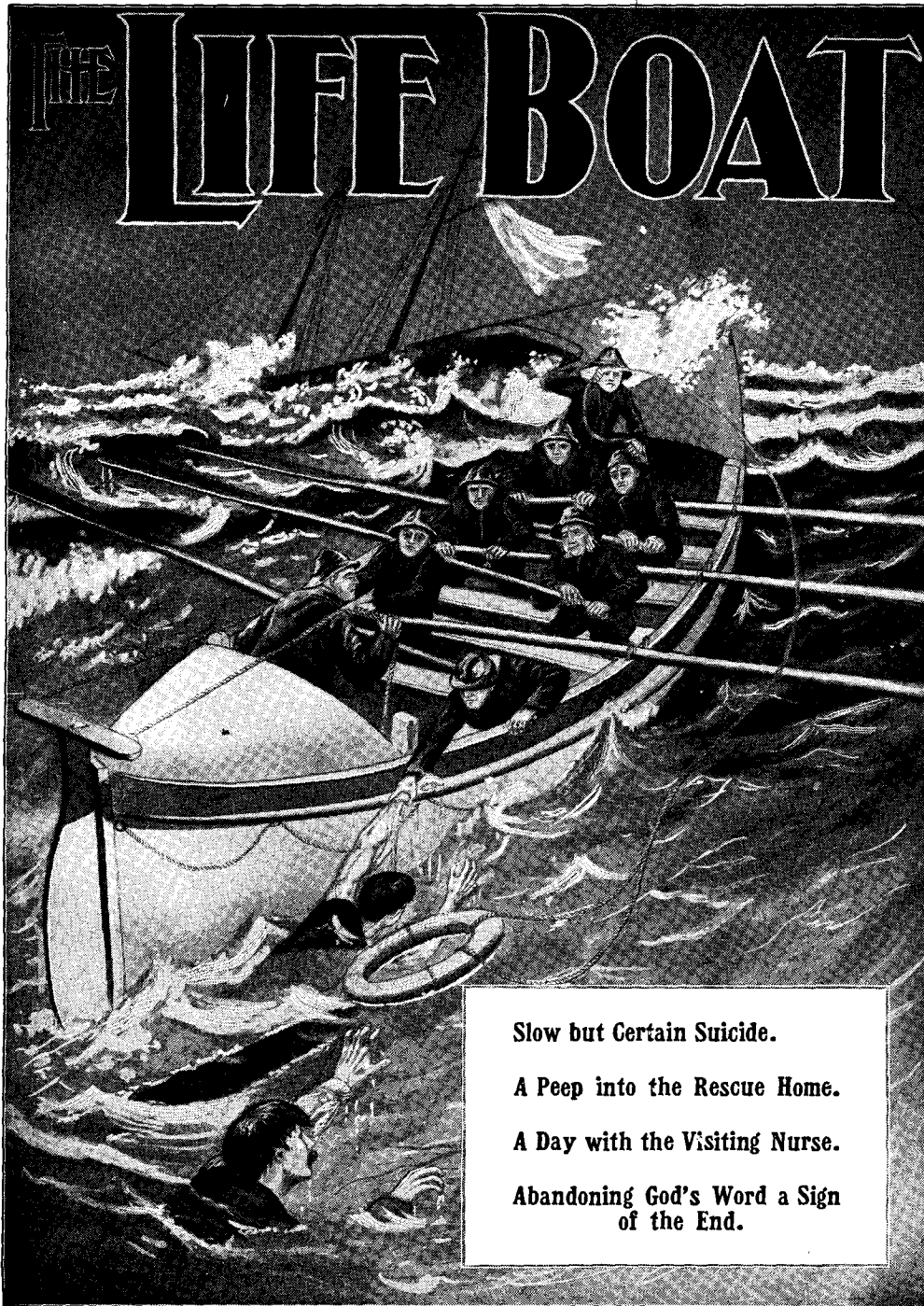


Echoes from the Hinsdale Convention

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See Our Special February Offer, Page 56

Slow but Certain Suicide.

A Peep into the Rescue Home.

A Day with the Visiting Nurse.

Abandoning God's Word a Sign
of the End.

Volume Fifteen
Number Two

Hinsdale, Ill.

February, 1912

Real Starvation in Mexico—By the Editor

Are You A Follower?

PEARL WAGGONER

("If any man serve Me, let him follow Me."—John 12:26.)

What is it to serve the Master—
To be a follower true?

Tho' many may claim to bear this name,
Yet what does it mean to YOU?

You speak of yourself, "His servant,"
A worshiper of the King;
You find it sweet with His saints to meet;
His praises you love to sing.

But who is the rightful service
The Master desires of you?—
His house to seek and from week to week
To sit in your given pew?

A name on the church book written—
Does this then include it all?
Is it all summed up in communion cup,
Or that on His name you call?

What is it to serve the Master?
'Tis well to accept His Word,
But more is meant than a mere assent
To the doctrines you have heard.

For how can you be a "follower"
Unless you're following on
From day to day in the very way
The Master Himself has gone?

Wherever is need or suff'ring
His footsteps we still can see;
In each distress He was there to bless,
And there should His servant be.

For as He was, He has told us,
So we in the world are sent.
Can we think to please if we sit at ease
Nor go where our Master went?

How can we be said to FOLLOW
When passively standing still?
How said to serve if we still reserve
Some talent, nor do His will?

What if we should hear, in judgment,
The "I never knew you" said?
Oh, who prays not it may be their lot
To hear the "Well done" instead?

But only by being WITH them—
By seeing them day by day—
We learn to know our friends below;
HE learns in the selfsame way.

He can not be said to know those
Who dwell in their lives apart—
Who pay no heed to the call of need
From a single wounded heart.

He stood by the poor, the outcast,
The mourner, the bed of pain
No matter where, and 'tis even there
We can find His form again.

So help us, O Lord, to serve Thee—
To follow Thee all the way
Till heaven above—Thy home of love,
OUR home too shall be for aye.

THE LIFE BOAT

An Illustrated Monthly Journal Devoted to Charitable, Philanthropic,
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HINSDALE, ILL.

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FEBRUARY, 1912

Number 2

Slow but Certain Suicide

David Paulson, M. D.

MODERN scientific investigations have confirmed the startling declaration of the ancient philosopher who said, "Man does not die, he kills himself." An eminent physician has more recently expressed the same truth in the following words: "There are but few natural deaths."

The poisons taken in from without, combined with those that are produced within largely because of an unphysiological dietary, gradually undermine the physical health and lay the real foundation for nearly all of our chronic diseases.

For generations Bright's disease, rheumatism, apoplexy, heart disease, nervous prostration and a long list of similar disorders were regarded as mysterious dispensations of Providence for which the unlucky victims were no more directly responsible than if lightning had struck their homes.

The Search Light of Modern Science.

A little more than twenty years ago Bouchard, the great French scientist, let in one of the first rays of light upon this subject. He injected into the veins of rabbits the kidney secretions of different individuals in various degrees of health, and he not only observed that the excretions of some were much more toxic than that of others, but that they also varied markedly with different dietetic habits.

I afterward had an opportunity to assist one of America's leading investigators in repeating these experiments. We found, for

instance, that the kidney secretion of a man who was suffering with convulsions, when injected into the circulation of a rabbit in a few moments produced *similar* convulsions in the animal, showing that the real cause of the fits in this case was a poison circulating in the blood, which the kidneys were faithfully trying to eliminate. Again we found that the secretion from a patient who was lying in a state of stupor or coma, when injected into a rabbit produced in a few moments the same symptoms. In other words, a stupor-producing poison was accumulating in this patient's system more rapidly than the damaged kidneys were able to eliminate it. Hence the patient was becoming literally overwhelmed by this toxin.

The Striking Influence of Diet.

We then made and repeated frequently the following interesting and most instructive experiment. The kidney secretion of a man who had lived for some time on a simple and wholesome non-flesh dietary was injected into the vein of a rabbit and the amount required to kill the animal was carefully noted. The same man then lived for several days on a rich diet in which meat predominated. The experiment was then repeated on another rabbit of similar age and weight and it was found that it only required half as much to kill the rabbit. In other words, on the meat dietary there was so much more poison circulating in the blood that the kidney secretion was twice as poisonous as when the same man

was living upon a more simple and less toxic dietary.

As long as a person is in good health so that his eliminating organs have a wide margin of reserve and the other defenses of the body are above par, such an individual may be none the worse for having this *additional* amount of poison thrown into his blood stream. But let his vitality be lowered by some exhausting strain upon his system like an attack of acute illness, or some terrible disaster overtake him which requires great nerve strain to cope with, and then some chronic disease is very likely to develop rapidly.

The poisons will begin to cripple the weakest part of his physical machinery. If that happens to be his nervous system it may be various neuralgias, nervous prostration or even insanity, especially if there is a hereditary weakness in that direction. If it be the kidneys he may develop Bright's disease, etc.

Bankrupting the Physical Defenses.

Dr. Lorand, the noted Austrian physician, who is the author of the book, "Old Age Deferred," calls attention to the fact that the liver is one of the most important defensive organs in the body to destroy such poisons as the nicotin of tobacco and the caffen of tea and coffee, which he says when used in large quantities are more injurious than wine used in moderation.

It is now quite well known that the thyroid gland is one of the chief glands in the body to not only destroy such poisons as are taken in from without but those that are absorbed from the alimentary canal. And upon this subject Dr. Breisacher of Detroit has made the interesting discovery that dogs die in a short time after their thyroid gland is removed if they are fed on meat. But if meat is excluded from their diet then they can live indefinitely without their thyroid gland.

As people grow older the thyroid gland becomes less active, hence they have less ability to cope with auto-intoxication. So if they continue to eat large quantities of meat, drink freely of strong tea and coffee, and especially if they are also addicted to the tobacco and liquor habit, they may not die as promptly as the poor dogs did, but unless

they are endowed with an unusual stock of physical capital they will grow old prematurely and begin to develop various diseases that will carry them into their graves long before the Creator intended; all of which is a striking commentary on the scriptural declaration, "O Israel, thou hast destroyed thyself." Hos. 13:9.

In Auto-Intoxication Diet Cure More Important Than Drug Cure.

Dr. Cornwall of Brooklyn, N. Y., in an article in the last *New York Medical Record*, reports a goodly number of cases who had suffered with either headaches, dizziness, palpitation of the heart, eczema, neurasthenia, or similar troubles that were clearly due in these particular instances to auto-intoxication and which were completely cured by prescribing for them a dietary of bread, cereals, milk, butter, olive oil, fruits, vegetables and honey, with occasionally a small amount of cheese, and with a little more liberal allowance in some cases.

That meant, of course, discontinuing the use of tobacco, tea and coffee and flesh meats, and eating only a moderate amount of wholesome food instead of an excess of the unwholesome food to which they had been accustomed.

Dr. Cornwall calls our attention to the disagreeable fact that it has been estimated by competent observers that of the flesh food eaten *one-tenth* to *one-seventh* putrefies or rots in the intestines. The virulent poisons thus formed are absorbed. But as long as the walls of the intestines, the liver, the thyroid gland and other poison-destroying organs of the body are at their best they will so effectually destroy these toxins that the individual may actually feel none the worse. But let his resistance become below par and he will speedily begin to develop a list of distressing symptoms that were formerly attributed to Providence but which we now know are due to the fact that he is "defiling his temple."

Dr. Bulkley, the noted skin specialist in New York, has reported most remarkable success in acute skin disorders by prescribing for his patients an exclusive diet of rice and bread and butter for a period of five days.

This simply lessens the amount of auto-intoxication sufficiently that nature has a chance to heal the diseased skin.

Does It Pay to Eat as Well as Drink "to the Glory of God?"

The limits of this article only permit me to touch upon a few of the most important spots of this great subject, but I trust that the facts that I have presented and which practically all intelligent and up-to-date physicians agree upon, will convince the thought-

ful reader that this is not a subject that can be laughed out of court. If we expect God to give us the blessing of a sound mind in a sound body we must earnestly, intelligently and prayerfully co-operate by bringing our habits of life in harmony with the laws of health, which are God's laws.

[The reader who is interested in Scientific Dietetics is advised to read carefully the chapter on sane and scientific eating in the new gospel of health leaflet recently issued by the editor. Fifteen copies will be sent postpaid for 25 cents, or 50 copies for 50 cents. Address THE LIFE BOAT.]

Our Foreign Mission Field at Home*

O. A. Olsen

WHEN the Lord has a work to be accomplished He also provides the way and the means for its fulfilment. We see that worked out all the way along from the beginning clear down to the present.

Today, according to government statistics, fully one-third the population of the United States are treated and reckoned as foreigners. They have just poured into our land until that which a hundred years ago was a little, tiny stream trickling along has now become a veritable flood, increasing in volume year by year. Over a million and a quarter came to this country in 1907.

We are doing next to nothing among all these people for their enlightenment. The workers who can speak a foreign tongue should stick to the foreign tongue. Our American people are altogether too much interested in having them speak in the English. The temptation is a great one, for it is much more natural to go with the multitude and talk the English language than it is to stick to the difficulties among the foreign nationalities.

The situation is a heartrending one. The gospel can not be finished until these people hear the truth; and so when you come to take up the city mission work, this part of the work comes right to the front, because right in our cities we meet the largest population of the foreigners.

Here in Chicago, also in New York,

about 85 per cent of the population are foreigners. Could not these all be reached through Americans? It is a remarkable fact that comparatively few foreigners have accepted the truth through English preaching. They will do business in English in their stores and in their shops, but when they worship they worship in their own native tongue. A German brother who speaks quite fluent English, we asked to pray in English. "No," he said; "I can't pray in English; I pray in German." One said, "It seems as though the Lord can understand it better." So the great bulk of them must be reached through their own nationality.

How We May Begin Work.

We need training missions in these cities, missions that will devote themselves wholly to the work among the foreign nationalities. There is a phase of this foreign situation in which every one, no matter what your knowledge and language is, can have a part and work, and that is in the distribution of literature.

I am glad to say that we have literature printed in sixty-six different languages. We have some portions of God's truth in all the leading languages of the world. That is a wonderful achievement and a wonderful help, and we know what a potent factor the circulation of literature has been in every branch of the work and in every part of the field. It will be just as effectual among the foreigners.

*Abstract of talk given at the Hinsdale Holiday Convention, Dec. 28, 1911.

Every one should supply himself with these publications. Find out who are your neighbors and get some of these publications in the languages of these people, and then make them a kind, friendly visit. If you can't talk to them, you can smile. They will read that. And if you can learn one or two words and say something and smile and hand out a tract it will go far. Win their confidence by your kindness and then hand them reading matter. Get them interested, then as you meet them from time to time you will find that the way will be open for you to do a wonderfully good work. Give them Jesus.

That is a work that all can engage in. Every one of you can do something without any special effort, without any great expenditure of time or talent, but just a little bit of money put into these publications will in the providence of God bring a harvest that will open the way for further work.

We must establish training missions. We must gather in people that have a real burden for the work. I could secure twenty individuals to go across the ocean to some foreign land and put up with all the inconveniences and difficulties that might come, where I could get one that would devote himself to similar nationalities right at home. Why is that?

There is no novelty in taking up work right here among these nationalities. There is a sort of novelty in going across the ocean as a missionary. But to take up the work right here at home is a different problem altogether. Who are prepared to break the bread of life to these souls? Those whose own bodies have been broken, and whose blood rushes warm to sacrificial endeavor.

"A few foreign words, spoken in love, are worth more than a whole dictionary in one's head and a stone in one's heart." The foreigner here is afraid, but he responds to love and kindness, responds to tenderness of heart. Here they come to a strange country, come away from their people, away from their home and environments, and there are lots of sharks in this country to stand by ready to gobble them

up. But let a missionary come with a real spirit of love, with a real burden of souls, as Christ came to this world; there is where they respond.

Here is the work and we must take hold of it. Whoever takes up the work among the foreigners must make that a study and put his whole soul and life interest right into it. Outside of that it will accomplish little or nothing. If you are just touching things with the tips of your fingers, it will not accomplish much. Lay everything on the altar and work as for eternity.

A LETTER BRIGHTENS AND CHEERS.

(From an inmate of the Columbus, Ohio, Penitentiary.)

"I received the paper you sent and am receiving some very instructive and interesting reading matter from some of the LIFE BOAT workers. I appreciate their kindness in sending them and intend to show my appreciation by applying myself to the teaching set forth in the papers.

"I just received a nice letter from Nebraska, which has helped me considerably. You can never imagine how a letter brightens and cheers one behind these gray walls. I am still trusting in a higher power for help, and find it a pleasure in serving God. Oh, for a future of service in His name! May God keep me in health to live to see the outside to help some one, is my prayer. Pray for me, that I may have my wish gratified."

CAN'T GET ALONG WITHOUT IT.

"My subscription expired with the October number, but I am now able to send another year's subscription. Please send me the two back numbers. I don't see how I can get along without it. May God guide you in the good work and bless the efforts of His faithful band of workers at Hinsdale."

SPECIAL OFFER FOR 1912.

Five Life Boats to one address for only \$1.75. Just the thing to hand out to your friends.

A Day With the Visiting Nurse

Mary D. Hall

362 E. 59th St., Chicago.

Thursday Miss Sutton took me about with her a bit to visit some of her poor sick people. The wind was blowing a gale. People had to use care to keep old Jack Frost from nipping them somewhere. However, we enjoyed the snap of it. The air was filled with ozone.

As we sit in our comfortable apartments perhaps over us, under us or across the way, were we to step in, though we would think the dwellers therein were quite as comfortable as ourselves, we might find quite as much need of succor as those living in very dingy quarters. Such a comfortable place was the first we visited—a very strange case and extremely sad. A mother, a son, two daughters, one I should judge in her early thirties, the other younger, nineteen or twenty, with a very sweet face. The elder girl was a teacher earning good money, the younger a full fledged domestic science teacher. Everything was going beautifully in this apartment, when along came sickness in the form of nervous prostration to *both* of these girls at once, and for ten weeks they have been nervous wrecks. The younger one lies as one dead—won't speak or open her eyes. Her mother is doing everything for her. The doctor says it is hysteria.

The older sister is gaining slowly. It will take many, many months before she will be able to take up her work again—perhaps a year. She must have good food, sunshine and cheerful people about her and a change from her home. The greater the change the better. Don't you think the lovely thing for us to do (I mean any who read this) who have a sunshiny room and a bit of the same in our hearts is to ask this sister to visit us for a while, each taking a bit of the time until she regains her health? The mother needs our loving thoughts, too. It has not been an easy matter from any standpoint for her to have these two daughters so ill and so helpless—added to that, lack of money. So let us each

send her a good loving uplifting thought. In other words, let us reflect God's love.

We next visited a family who live in a miserable basement,—father, mother, two daughters, nine and seven, one boy four and a wee baby girl five months. The father is a janitor who, when well, received \$35 a month and the rental of these very poor rooms. He is now all crippled up with the rheumatism, but is a little better since Mr. Hart has given him treatments also. Mr. Hart has shown much of kindness to this little family and they all love him dearly. The two elder girls are lovely—nice little girls—and look well. The little boy needs better food and care. The baby is a darling, all dressed up in little brother's rompers and wrapped in a blanket. But her toilet does not worry the wee woman. She smiles and her eyes sparkle and her dimples surprise you, they appear and disappear so quickly. The baby has since received more clothes all her own.

And now the mother of this little family—how can I express just what I think of this little mother? The awful poverty, the sick husband, the disorder of the place, the dear little woman is unable to attend to. With the children—the nursing baby—she is to soon again look death in the face, because she is *obliged* to have a surgical operation, the doctor only keeping it away a little longer on account of the baby. She can hardly hold the baby as it is, let alone do any work. Yet this little woman has cheer in her voice, and such lovely sunshiny brown eyes, kind and gentle. Yesterday she said, "I wake in the night and can not sleep, for thinking of my husband and the children and having to have some one else care for the baby. I don't say a word to my husband, he is so sick and discouraged I can not add any more to his burden by telling him these things." Brave little woman! The men who go to war are not the only soldiers. The operation does not worry her so much as the dear ones she must leave for a time.



Courtesy of United Charities, Chicago.

"WHERE THE HOME IS CHEERLESS AND THE BOARD IS BARE."

Interior view of one of Chicago's poverty-stricken homes which illustrates hundreds of other homes in Chicago where the Christian visiting nurse finds a needy field. The husband and father, suffering with tuberculosis in its advanced stage, is not able to support his family, and the mother has three babies to care for.

I am told this husband is a very nice man, but discouraged. Can he help it? Who will help this man? Encourage him. He needs some good strong-hearted men to go up to him, take him by the hand and say, "Brother, we are going to *help* you," and *do it*. I have not said half what I want to, but the more I look about the more I am assured that if we would really "love our brother whom we have seen," we would need neither churches nor outspoken prayers, because we would then be "at one" with our Father, "whom we have *not* seen." We are going out again next week.

AN ANSWER TO PRAYER.

GERTRUDE SUTTON.

[Miss Sutton, a nurse in the Hinsdale sanitarium, met with the following experience while engaged in visiting nurse's work in Chicago recently.—Ed.]

What a comfort to know that Jesus cares, even when no one else does. The other day, as I was hurrying down Wabash avenue on my way to visit a sick girl, I saw a poor, lonely old woman coming toward me. I was about to hurry by her when she stepped in front of me, but the pitiful expression on her haggard countenance touched my heart. "Are you a Christian nurse?" she said to me. "I am in trouble and I have been praying to God for help, and when I saw you coming something told me I must speak to you."

The tears were streaming from her eyes and I felt the need of a closer walk with God than ever before. I told her that I was trying to do what my Saviour would have me do. I stepped to one side and listened to her sad story, which seemed incredible to me. At first I thought her out of her mind or else partly intoxicated—because of her badly smelling breath, which was due to a certain kind of cough syrup she was taking.

I gave her my name and address and took hers. I told her to call at our home and we would see what we could do for her. She promised to come the next night, but failed to appear, so the following day I called at her home. I found her home at the end of a long, narrow, dark alley—

just one little room on the ground floor, barely furnished, but clean.

Her husband was home then the first time for four days. He is an habitual drunkard and has not been sober for some weeks. He is a mason by trade. He earned big wages and they had a nice little home in Oak Park until drink fastened its clutches on him.

I made arrangements for her to come to our home the next night at seven o'clock. But when the time came she did not appear, so I asked one of the girls to go with me, because I felt I must see her that night. We found her sick and despondent. She excused herself at first for not coming by saying that she did not feel able; finally she said she did not have the carfare. I told her I wanted her to see Mrs. Swanson that night and I would gladly pay her fare. So we went to the home, where we talked over her case and prayed to our Heavenly Father to protect and care for her while she is passing through this illness. She is nearly fifty-two years old and is about to become a mother for the first time. We shall take her to our rescue home, where she will be cared for.

A DOOR OF HOPE AND A FRIENDLY SHELTER.

MRS. HANNAH L. SWANSON.

Matron, The Life Boat Home, 528 Thirty-third Place, Chicago.

A few days ago a man came to our door and said he wanted us to help him. I supposed he wanted money and told him we could do nothing for him or anyone that had a breath like his. He said he did not want money, he just wanted a place to sleep and plenty of water to drink. He said, "Oh, do not turn me away. I am so sick; I want to give up drinking. Help me do it."

He seemed to need help so badly I hated to turn him away. I called Brother Hart, a nurse who is helping us in the home, and told him to go down and talk with the man, and if he felt impressed to help him I wished he would. He gave him a bath, a warm place to sleep, and plenty of water to drink. In a few days, after some trying

experiences, he got a position, but as they paid only every two weeks, we had to keep him until his first pay day. He told me the other night he had not tasted a drop of liquor since the first night he came to us, and said he would never forget us.

Although this is a home for women, we have helped three men the past month; how much, eternity alone will tell.

One night about ten o'clock a little woman with two small children came to the home. She said she had no place to go, no money, no friends, and one of the little ones was quite sick. We took her in; the child grew well rapidly, and they are still with us. A lady who visited the home took the little girl temporarily until further arrangements can be made.

A young woman was sent to us by one of the deaconesses. She was lured to a house presumably respectable. In the halls were hung religious mottoes, and Bible scenes were hung in the parlor; but, once inside, it was a den of infamy. She was detained there against her will for several

weeks. She is now in our home in Hinsdale.

A short time ago a young girl came to the home and said she was in deep trouble. I asked her to tell me something about herself and she broke down and cried and said if we could not help her she was at a loss to know what to do, as she had no relatives and but few friends. She has also gone out to the home in Hinsdale.

We have given away a number of clothes the past month and have found a number of poor families we were able to help. We informed the Associated Charities about others and they helped them.

In Matt. 5:7, we are told, "Blessed are the merciful." Now, mercy is kindness toward an offender. We must show mercy toward all, even as our Father in heaven is merciful to us. Remember, we have our bills to pay. The Lord has promised to supply all our needs, but He can use you to do this, and if you can not be here in the work, you can at least have a part in it. Pray that we may do what God would have us do.

Abandoning God's Word a Sign of the End

G. W. Shone

IN answer to the question of the disciples as to what would be the sign of His coming and of the end of the world, Jesus gave various signs, some of which were of a general nature while others were more definite.

One of the signs of the nearness of that event would be the abounding iniquity, the effect of which would be to cause the love of many to wax cold. (Matt. 24:12.) The apostle Paul speaking of this condition says, "This know also, that in the last days perilous times shall come," and then enumerates a list of eighteen sins of which those "having a form of godliness," that is, those professing Christianity, shall be guilty. 2 Tim. 3:1-5. The trouble is, they only have the outward form, while the power—the regenerating, sanctifying power of the Word of God is lacking in their lives.

The reason why such a condition exists among those professing Christianity is not

hard to find. We read that the Word of God works effectually in those who receive and obey it as the inspired Word of God (1 Thess. 2:13), that all scripture is given by inspiration of God (literally, God-breathed) and is profitable to make one wise unto salvation through faith in its Author, and also to make one perfect (2 Tim. 3:15-17), that the Word is quick and powerful and is a discerner of the thoughts and intents of the heart (Heb. 4:12), and is a regenerating, purifying power in the lives of those who believe and receive it, rendering obedience to its requirements (1 Pet. 1:22, 23, 25), and while it is treasured in the heart of the believer, has power to keep him from sinning. (1 John 3:9; Ps. 119:11.) Also in His last prayer for His followers, the Saviour prayed for their sanctification through the Word (John 17:17). This is the only channel through which the Holy Spirit can operate upon human hearts, be-

cause the sword of the Spirit "is the Word of God." Eph. 6:17.

The foregoing being true, and also that without faith—which is based upon the Word of God (Rom. 10:17)—it is impossible to please Him since he that cometh to God must believe that He is and that He is a rewarder of them that diligently seek Him (Heb. 11:6), we can see that when men reject the inspiration of the Bible they can not have an intelligent faith in God as He is revealed in His Word. And regarding the Scripture as merely the reproduction of human minds they can not experience that transformation of life and character which can only come through the indwelling of the Holy Spirit operating through the Word of truth. They know nothing of that salvation from sin which comes through sanctification of the Spirit and belief of the truth, God's Word. (2 Thess. 2:13.)

This then is to constitute one of the signs of the end, viz., lack of faith in the Word of God, which, as has been stated, is the only basis of all saving faith.

So the Saviour says in another place, "Nevertheless when the Son of Man cometh shall He find faith in the earth?" It will be a rare article. Hearken again to Paul, "Preach the Word . . . for the time will come when they will not endure sound doctrine." 2 Tim. 4:2-4.

Now, what is the sequel? Today we find the Word of God is at a discount and but lightly regarded by a large majority of professing Christians, ministers and people. Men prominent in the pulpit pick at the Bible and pull it to pieces, and instead of preaching the Word they preach their opinions as to what they believe to be inspired and what not. The old-time faith in the Bible as the only rule of faith and practice, the lamp and light upon the pathway of the child of God, is gone, and instead we have evolution and science, falsely so-called, for it is all supposition. All scientific facts proved to be facts without a doubt are in perfect harmony with the teaching of the Bible upon such sciences.

Today from pulpits the doctrines of the creation, the fall, and the atonement, the divinity of Christ, His virgin birth and the resurrection, the inspiration and infallibility

of the Bible, are rejected. These are the fundamental truths of Christianity, the very foundation of the gospel. And "if the foundations be destroyed, what can the righteous do?"

As it was in the days of Noah, so shall it be at the coming of Christ. They did not believe in the Word of God as preached by Noah, and knew not until the flood came and took them all away. Prevailing iniquity was the condition then; it is so now. Likewise, as it was in the days of Lot so shall it be in the days of the coming of the Son of man.

Today we find our large cities veritable Sodoms and Gomorrahs and the cry of the iniquity and crime and oppression is reaching unto heaven; it will not be much longer before the Lord in justice shall appear upon the scene to settle accounts with men.

Today, while Mercy's voice still lingers, is the opportunity for all who will to come into the ark and be saved. This ark is His Word, which endureth forever. (1 Pet. 1:25.)

GOOD REASON FOR LOVING THE LIFE BOAT.

(From the Jackson, Mich., State Penitentiary.)

"I read THE LIFE BOAT and then pass it on to someone else. It does me a lot of good and helps me to look up and hope, to forget the past and reach out to the future. When I was on the outside I used to go to church. I am in here for life. I am now twenty-four years old and can see my foolishness and my mistake, but it is too late. I have good reason for loving THE LIFE BOAT. Life would be miserable to me here if it was not for the love of God and my earthly friends. The earthly friends may forsake me, but God never will. You say this text is for me as much as it for you. I thank God that He is willing to forgive and will help us."

Face the world with your head forward
and your backbone straight.

Things do not turn up in this world until somebody turns them up.

Real Starvation in Mexico

David Paulson, M. D.

ANCIENT Spain was just beginning to become senile when it gave birth to Mexico, so it is not surprising that the moral strength and stamina of the child should be below par. Intemperance is almost universal. Saloons are as plentiful as with us, and in addition every grocer sells liquor. *Pulque*, the national drink, is so cheap that a man can become beastly drunk for a few cents. Immorality is shockingly common. To be married by the church is so expensive as to be almost prohibitive to the poor Mexican, who, until the last few years, was only earning from eighteen to twenty-five cents American money per day; and this is a country where clothing, shoes, furniture and other things that go to make up comfortable living is, if anything, more expensive than in the United States. As a consequence the average Mexican among the poorer classes is not married to the woman who lives with him.

Immorality not only brings a rich harvest of physical diseases which are sapping the vitality of the people, but it is always accompanied by other sins and shortcomings. Lying and petty stealing, while by no means the exclusive heritage of any one nation or people, yet seem more deeply grafted upon the

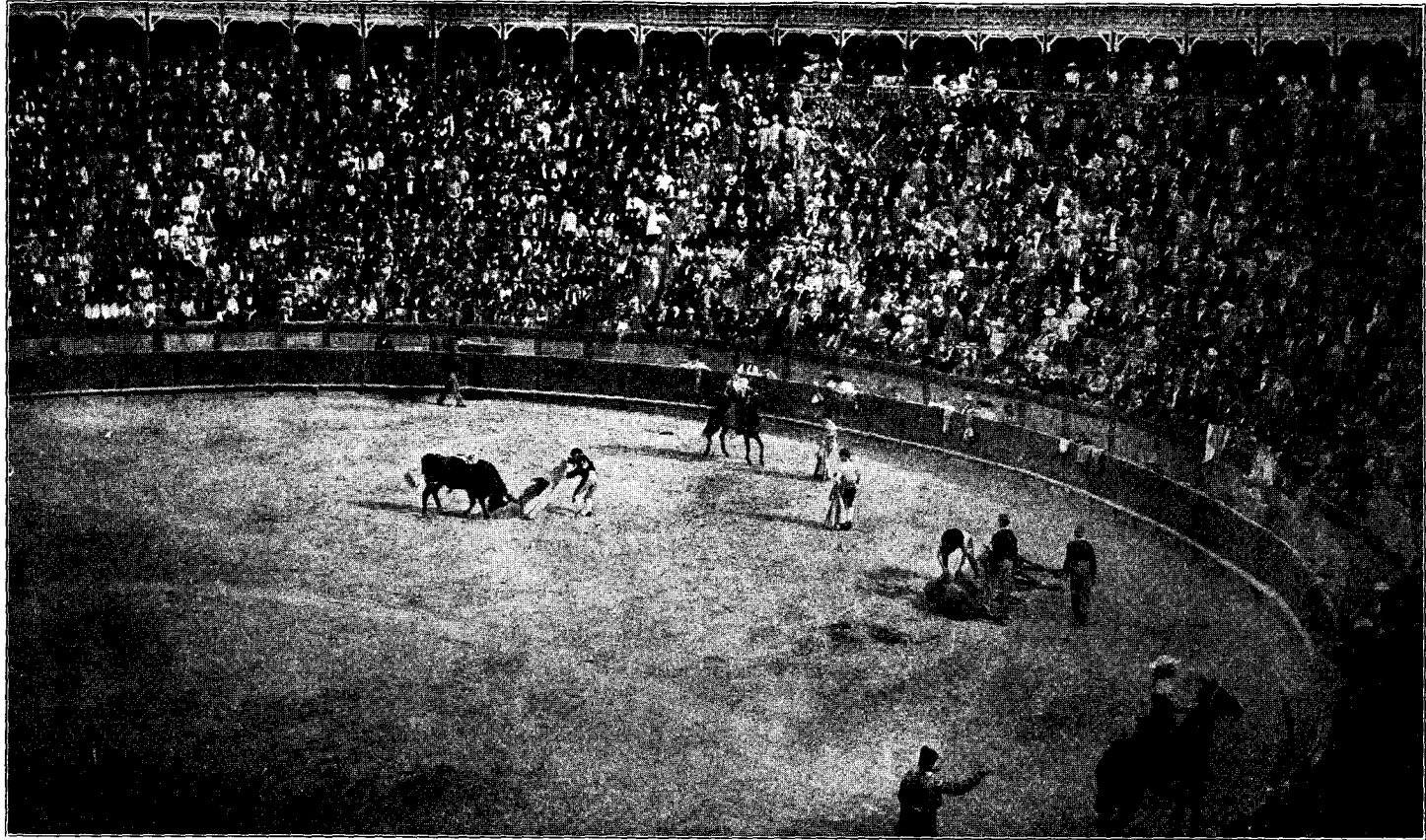
Mexican native than they are, for instance, upon the heathen Chinese and Japanese natives who do not possess even the outward forms of religious ceremonies.



DR. PAULSON AND HIS BROTHER WITH TWO MEXICAN MISSIONARIES.

Julius Paulson.
Mr. Rodriguez.

Dr. David Paulson.
Mr. Godinez.



A MEXICAN BULL FIGHT.

This view shows only a portion of the 20,000 people who after attending church on Sunday morning watch an infuriated bull goad a horse, and occasionally its rider, to death in the same afternoon.

These are by no means lacking in Mexico. Cathedral and church spires are so plentiful that one is never out of sight of them in any city or village or even hamlet. On Sunday forenoon the kneeling worshipers not only fill these but sometimes half the street in front of them. On the very same afternoon the great bulk of these congregations, rich and poor, high and low, may be seen in the vast amphitheater enthusiastically witnessing and wildly applauding the brutal performance of an infuriated bull tearing the entrails out of a horse and vainly endeavoring and sometimes succeeding in doing the same thing for the man who had just been seated upon the back of the horse.

The genuine gospel of Christ has, of course, had no greater influence upon the hearts and lives of an audience who can take real pleasure in such a revolting performance than upon a *similar* audience in the United States who can be edified in witnessing two human beings made in the image of the Creator deliberately engaged in pommeling one another to death.

An Expression of Soul-Hunger.

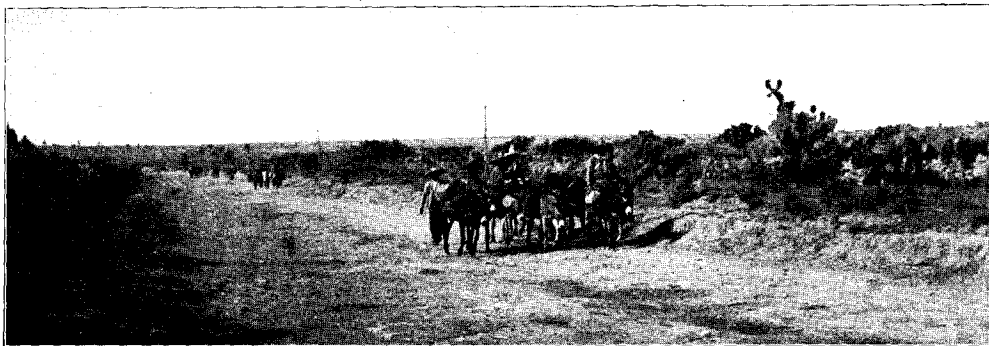
Sometime or other there comes to every human being the same soul-hunger that David felt when he said, "My heart and my flesh *crieth out* for the living God." Ps. 84:2. It is pathetic to see how some of these people express this hunger. For instance, I saw one woman climbing a considerable distance on her knees to church, hoping thereby to obtain peace of mind. The same thing is indicated by the long and wearisome pilgrimages annually undertaken by a vast proportion of the population.

A few weeks ago when out traveling I met an almost continuous procession miles in length—literally thousands and tens of thousands returning from having made their offerings in a church a hundred and sixty miles away. These were men, women and children,—the aged and the infirm. Many of them were riding on donkeys, many more were on foot, most of them wearing only sandals and some of them entirely barefooted. I saw women who had carried their helpless babes in their arms the entire three hundred and twenty miles. Do not tell me that these people have no hunger for spiritual things who will make such sacrifices in vain to obtain them!

Tens of thousands of our fellow men in the States who are restless, dissatisfied, disappointed, with a strange indescribable gnawing in their souls, are likewise suffering, without really knowing it, from the same spiritual starvation and nothing will quench their thirst but the water of life. But the devil keeps them chasing to the theater, to this or that intoxicating pleasure or nerve-racking excitement which temporarily benumbs the soul and smothers the pangs of hunger. To all such the Master is saying, and you and I must echo it, "Wherefore do ye spend money for that which is *not bread?* and your labor for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness." Isa. 55:2.

A New and Satisfying Experience.

It has been an inspiring experience for me to come in contact with those whose soul



A CARAVAN OF PILGRIMS WENDING THEIR WEARY WAY TO A CHURCH PERHAPS HUNDREDS OF MILES DISTANT.

hunger finally led them to their Father's storehouse of plenty.

I will first mention the experience of Rodriguez, now one of our brethren, who was brought up like most Mexicans in outward scrupulous conformity to the religious forms and ceremonies which had no real influence upon his life; hence he drifted into various excesses which ruined him morally and physically. All the while he instinctively felt that there must be something that could *satisfy* the needs of his soul. He told me that in

ested yet he offered no opposition, thinking it might be worth his while to investigate a little. Brother Godinez continued to go to his house night after night and they studied the Bible together. Gradually divine light began to burst into his soul for "the entrance of thy Word *giveth light.*" Ps. 119:130. As a result he was genuinely converted. Strangely enough in a short time he was a perfectly well man, although for years he had suffered with various diseases resulting from his wrong habits of life.



A CRUDE MEXICAN MEETING HOUSE UP IN THE MOUNTAINS.

his quiet moments he sometimes used to wonder for hours why his religion could not satisfy the soul hunger that he felt from time to time. Outwardly he tried to live an honorable life more so than many of his associates. He was honest and endeavored to be a good citizen.

Nearly five years ago Brother Godinez, one of our native missionaries, came to his house and entered into conversation about the gospel and the Bible truth for this time. Although Rodriguez was not particularly inter-

ested yet he offered no opposition, thinking it might be worth his while to investigate a little. Before his conversion he was a complete failure in business. But after he came to Christ he rented a booth in the public market, where he began to sell notions and novelties. Now he is worth five thousand dollars, and during this time he has helped to set up another brother in a similar business. He is a conscientious Sabbath observer and is now the superintendent of the Sabbath school in San Luis Potosi.

A Strange Prison Experience.

About two years ago he innocently bought

some stolen goods from a salesman. As it was evidently more convenient to arrest him than it was to catch the thief he was put into the penitentiary awaiting trial.

Mexican justice is slower in its operation than a chronic disease. Some prisoners almost grow old waiting for their case to come before the judge. Finally after waiting two months his wife, who had been carrying on his business the best she could, came over to see if my brother could not do something to bring his case to trial. He immediately got into his automobile and went down and stirred up the judges as vigorously as he thought was wise and as a result the next morning before daylight Rodriquez was a free man.

However, Rodriquez is the kind of a Christian who believes that if the Lord permitted him to go to prison it was because he had some work for him to do there, so no sooner was he inside the prison walls than he began to pray and plan how he might be a missionary to the thousand men who were confined within.

Among these prisoners was one who had killed another man in a most atrocious manner and after he was put into prison, in a most coldblooded manner, had chopped his cellmate to pieces with a knife.

Rodriquez confided to the prisoner who shared his cell that he was anxious to do some missionary work in prison and he was given the hopeful assurance that if he tried to do anything of that kind the prisoners would be certain to beat him up. Rodriquez said that he felt impressed to begin with this murderer. His fellow convict told him that this was the most vicious man in the penitentiary and that if he began to talk religion with him he would certainly lose his life.

Nevertheless our brother sought the first opportunity to call on this prisoner. He found him ill with a throat affliction, unable to either speak or swallow. Rodriquez volunteered to administer some simple treatment. He gave him a hot foot bath and followed that with a hot tomato poultice to his spine and one to his feet. And then he explained that the treatment would do him good *because* he had asked the Lord to bless it.

The next day when Rodriquez returned he found this man crying, able to talk and feel-

ing perfectly well. He was so grateful and said he owed it all to Rodriquez and offered to pay him; but he explained that it was all due to God, who had answered prayer. This prisoner became very much attached to Brother Rodriquez and they began to have Bible studies together. Soon all the prisoners heard about this strange experience and they all wanted to hear him. The vicious prisoner soon gave abundant evidence of genuine conversion and accepted the whole truth. When Brother Rodriquez left prison there were at least six men whom he believes had been led to Christ.

To me there are two very practical lessons in this experience. In the first place, God *always* causeth "the wrath of man to praise" him. Ps. 76:10. So that even in the most trying experience we should always seek to discern in it an opportunity to reveal Christ. Second, the man who knows how to do practical things for Christ will *always* find open missionary doors.

The hot foot bath and hot tomato poultices combined with prayer were clearly the key that unlocked this great door of missionary opportunities to this wide-awake and earnest worker.

Christian students, remember that a knowledge of simple, practical medical missionary methods may some day be worth a hundred times more to you than all the book learning you may have acquired.

This man Rodriquez, who had never seen a Bible until five years ago, is a type of the Christian business man that I believe the Lord wants all our brethren to be. He is still utilizing his opportunities to bring Christ to others.

Launching Out Into the Deep.

It is wonderful what feeble human efforts can accomplish when put forth in the line of God's providence. Roosevelt stated a great truth when he said, "I put myself in the way of things happening and they happened."

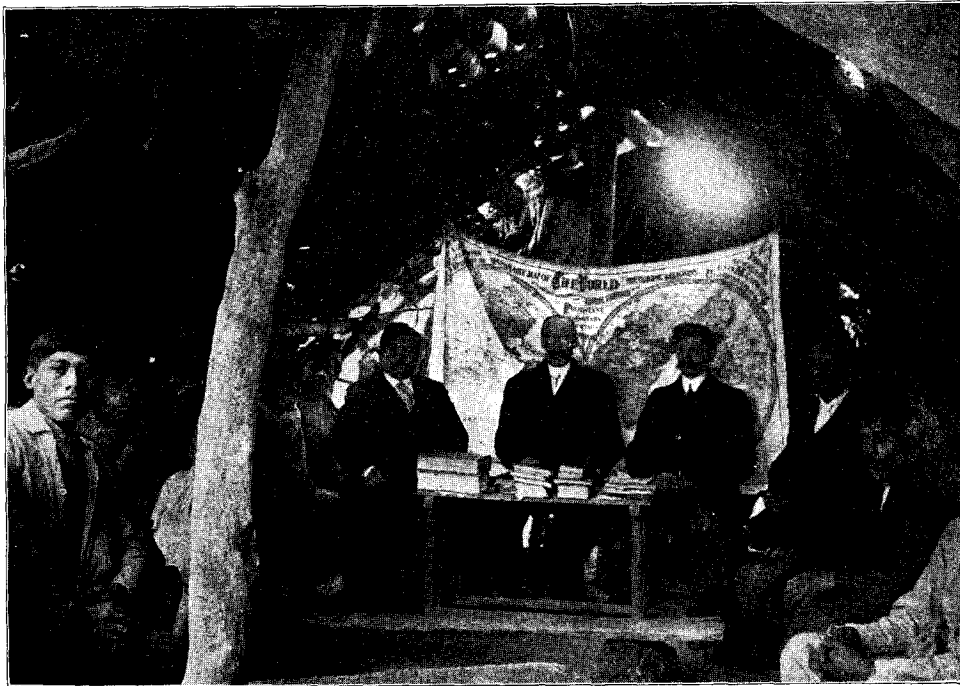
The beginning and development of our gospel canvassing work here in Mexico is an inspiring story. There were at least half a dozen insurmountable obstacles in the way of canvassing in Mexico and some of the brethren argued against the folly of even trying it. Every missionary society had long since be-

come fully convinced that it never could be done. But several consecrated students came down from one of the California schools and without knowing a word of Spanish they began to sell our Mexican paper on the street corners, shouting in Spanish, "*Cinco centavos uno*" (five cents a copy). It was such a novelty to the Mexicans and they crowded around them in such numbers that the policemen finally arrested them for obstructing the public traffic. But the judge merely admonished them and they sold hundreds of papers a day.

they went over it again with the book, "Coming King." By that time they had acquired the language. Now they are going over it the third time with the book, "Patriarchs and Prophets." They have sold books to the archbishop, to the governor, etc. Their individual sales have amounted in some instances to more than a hundred dollars a day.

Shirt-Sleeve Gospel.

Brother Marchiso, while canvassing, developed such an interest that he was forced to give public instruction. But he did something more than that, he found the people living in



INTERIOR VIEW OF THE MOUNTAIN CHURCH WHERE A COMPANY OF MEXICAN NATIVES MEET AND WORSHIP GOD, SHOWING N. Z. TOWN CONDUCTING THE SERVICE AND JULIUS FAULSON AT HIS LEFT.

Selling Books Parrot Fashion.

Then some one had the nerve to teach those boys a Spanish canvass for our Spanish health book and they went out and rattled that canvass off to the people like a phonograph or a parrot, without knowing the meaning of a single word they said. When the people asked questions they simply *repeated* the canvass and their success was enormous.

After they had gone over the ground once

hovels not fit for a dog kennel, not altogether because they were so poor but because they knew nothing better. Marchiso took right hold with his own hands and helped them to gather rock and taught them how to build comfortable homes. This made these Mexican natives sit up and take notice. It was so unlike the system under which they had lived for generations that they literally flocked in to receive spiritual instruction from one who

was willing and able to help them in physical things. Directly the whole village was becoming interested in the Bible truths that he was bringing to them and the wrath of the devil began to be stirred. One day as Brother Marchiso was approaching this village on horseback he observed two men riding toward him from behind at full speed. As one of them rode by he swung his heavy sword with a fearful oath intending to chop off Brother Marchiso's head. How he succeeded in slipping off his horse so quickly as to miss the murderer's blow he does not himself know. As the man saw that he had not succeeded he turned back his horse for another attack. Just then, for some unaccountable reason, the other man on horseback laid hold of this attempted murderer and clung to him, meanwhile bidding Brother Marchiso to escape for his life. Evidently the Lord miraculously interposed to save the life of His servant.

Students who are preparing to be soul-winners should first of all have a genuine love for perishing humanity, and second they should be industrial as well as medical missionaries.

The lust for money, the financial opportunities that Mexico affords, have practically shriveled up the missionary aspirations of a large proportion of the workers who have come to this foreign land right at our doors, but the tide is turning. God is evidently taking the work more directly into His own hands, and the present indications are that in no distant future this dark land will be gloriously lighted up by the light of the gospel.

I earnestly pray that all who may read this article may freely and fully surrender their lives to a glorious missionary service, whether at home or in the regions beyond.

GLAD FOR THE TRIAL.

From an inmate of the Philadelphia penitentiary:

"Since I have found the way of salvation I can say I am happy all the day, for I know that Jesus has a place for me in heaven above. How glad I am today for this trial that God gave to me! Had He not given me this trial I would be in darkness yet."

THE HINSDALE HOLIDAY CONVENTION.

CAROLINE LOUISE CLOUGH.

The third annual holiday convention, held at the Hinsdale sanitarium this winter, proved in many ways to be the largest and most representative of any previous one. Eld. G. B. Starr, medical evangelist from Boston; Eld. O. A. Olsen, president of the foreign department of the General Conference; Prof. E. A. Sutherland, apostle to the mountain whites in the southland; Prof. C. T. Eversen, returned missionary from Rome, Italy; Eld. G. W. Shone, missionary from Africa, and others were in attendance throughout the entire convention and rendered valuable assistance. Eld. G. E. Langdon, president of the Northern Illinois Conference, was present part of the time. Eld. William Covert, the former president, and his wife were in attendance one day.

The sanitarium was taxed to its utmost capacity to care for the people in attendance. Six meetings were held each day. The early morning sessions were devoted to special prayer and social communion, and were a source of spiritual strength; these were largely attended. During the forenoon and afternoon sessions the vital topics were discussed that concern the special work before us—that of carrying the gospel to the masses in our large cities. Considerable time was devoted in studying the foundation principles as revealed in God's Word and by His prophets. An exchange of ideas and methods as carried on by the different workers was helpful and suggestive.

The Hinsdale sanitarium was unmistakably built up by the providence of God to provide a training center for workers for our large cities. Such a convention as was just held serves to crystallize in our minds the definite ideals for this work. The benefit and inspiration given the workers of the Hinsdale sanitarium and the students of the short course for city missionaries can not be measured.

Instead of closing our training schools and encouraging the students to go home to enter more or less into the spirit of the

holiday festivities, it is the purpose of the sanitarium, by having these conventions, to stimulate the soul-winning spirit in our midst.

The important thing for a soul-winner to possess is divine love. Love is the impelling force. With our hearts filled with the love of God, we can present the truth as it is in Jesus and the seed which we sow will spring forth and bear fruit because it contains the germ of life. All the truth of the Bible is clustered around Jesus Christ and it is our privilege to hold up Jesus to a dying world.

Prof. Sutherland spoke of the importance of getting all the people to work. Dr. William S. Sadler gave a stirring talk on how Christian workers should care for their

health. Eld. O. A. Olsen presented some astonishing facts in regard to the foreign population of this country and the importance of making a definite effort to reach these people with the gospel. A very interesting communication was read from Dr. Paulson, who could not be present at the convention.

The closing meeting was held Saturday afternoon. The sanitarium gymnasium was crowded. The time was given for a social meeting and nearly one hundred and fifty responded with brief testimonies expressing their appreciation for the inspiration they had received during the convention. The song, "God Be With You Till We Meet Again," was very fittingly sung to close.

Thoughts Gleaned from the Holiday Convention

Save America and you save the world.

The work that is done in humility will bear the divine credentials.

All truth originated with Jesus Christ, and must, if it is true, lead back to its origin.

The gospel of neighborliness must be practiced before the gospel of faith can be preached.

The amount of love there is in any kind of service makes it valuable in proportion.

The Lord can not bless us largely while we are using things He has said to leave alone.

You can not all be teachers or Bible workers, but you can be workers at home. God gave a talent to every one.

Remember, the Lord can take care of you on top of all your burdens, as well as He can under them.

When you worry it does not make any

difference whether you worry over a good thing or a bad one—the body suffers just the same.

If you are just touching things with the tips of your fingers it won't accomplish much. Lay everything upon the altar and work as for eternity.

When I have witnessed to the truth as it is in Jesus I have done my duty and His Spirit will send home the conviction to that testimony.

When you worry more after you become a Christian than before, you are either being deceived along wrong lines or else have Christianity in the head and not in the heart.

If a person is not desperately in earnest in missionary work he will naturally float off in something else. You have to be desperately in earnest and have your heart set on fire to be successful.

The same hand that has written the law on tables of stone and in the heart has written them in every muscle and nerve

fiber. Let our people be just as well balanced in health laws as in the commandments.

Who are going into the kingdom?—those who love to work for the Lord. Any kind of love that does not show itself in actual work and sacrifice is not genuine love; it is mere sentiment.

I do not believe the Lord is going to send an angel to go and visit a family that I can visit. He wants to use human hearts and human hands and let His love flow through human channels as well as divine channels.

I may get the truth in my mind as a theory, I may even pass judgment upon it that it is the truth. But the Spirit of God wants to carry it past the mind, past the judgment, and make it effective in the heart until it becomes the controlling power in the life.

Today, according to government statistics, fully one-third the population of the United States are treated and reckoned as foreigners. That which a hundred years ago was a little, tiny stream trickling along has now become a veritable flood pouring in upon us year by year. Over a million and a quarter in 1907. In Chicago and New York about 85 per cent of the population are foreigners.

In our large cities a decided effort should be made to work in unity. In the spirit and fear of God the laborers should unite as one man, working with strength and with earnest zeal. There should be no sensational efforts, no strife. Let there be seen practical repentance, true sympathy, hearty co-operation and decided emulation of one another in the grand, earnest effort to learn lessons of self-denial and self-sacrifice by saving perishing souls from death.

"Come unto Me, all ye that labor and are heavy laden, and I will give you rest." I think that statement of Christ is the

greatest proof of His divinity that has ever been written. I would like to ask you if anyone except the Son of God would ever give such an invitation as that. Why, it seems to me if just a few of the heavy laden should start for me I would want to run; wouldn't you? But He says to all the heavy laden, Come on with your burdens, and I will give you rest.

A HOLIDAY EXPERIENCE IN SELLING MAGAZINES.

MRS. N. H. RICHMOND.
507 Douglas Place, Chicago.

The Saturday night before Christmas was a great night in Chicago. Every one was trying to have a good time. Eating and drinking seemed the one leading thought in the minds of all. In one place we found four young men who were dental students. They were out for a good time, and if drink could bring it they did not fail to have it. We told them that unless they mended their ways their profession would be in vain, for they would be dragged down to perdition. We sold each one a paper and went on. Possibly the parents of these boys were denying themselves everything to give their sons an education.

The next place entered was full of business men. We sold magazines to most of them and had many good talks about their souls' salvation. We spent the evening in this way until one o'clock. When we reached home we found we had sold sixty-nine papers and had told many men and boys of a better way to spend their time and money.

On New Year's Eve we started out again—we to have a good time in our way, others in theirs. We went to several places and had many good talks to those that were drinking. We went to one place near a theater where hundreds of men come in from the play to refresh themselves for the next act. I thought of them as hastening on to the last great act where there will be a greater company, not to eat and drink, but to hear their sentence pronounced from the Judge of all the earth. At another place near by, where we went, we found a crowd of older men.

One man way down the hill of life was rejoicing because the lid was lifted and he could drink until three o'clock. We sold magazines to all these men and passed on to another place, somewhat different.

Here a supper was prepared. The table was set and beautifully decorated. A crowd of young people came in, some of whom I had met before in my work in the jail. They shook hands with me and wished me a happy New Year. I went to one of the tables where there were young people and talked to them of a better way to spend their time and enjoy life, and that would bring better results than that way. We stayed there until 1911 passed into eternity, then, wishing them a happy New Year, we went home. It is true that one-half of the world does not know what the other half is doing.

Eating and drinking is one of the signs of the last days. How few parents know what their boys and girls are doing! This is also another sign. So on every side the signs are fast fulfilling and the great day is drawing nearer. Who shall be able to stand?

There is to be a new year supper and the table will be set for those who love Jesus. Will some of them be there that we have met in this seed-sowing time? God water the seed with His Spirit, is my prayer.

ONLY A FRIENDLY HAND.

MRS. D. K. ABRAMS,
3509 Rhoades Ave., Chicago.

It is with a heart full of love and gratitude to God that I have the privilege of writing you once more and telling you something about the work the Lord has given me to do and the blessed experiences I am having, that you may be inspired to work with Jesus for the salvation of souls. I love to work for Him. It pays, and there is peace, joy and contentment in serving the Lord, that the world can not give, nor take away.

It has been my privilege to work in the jail in behalf of my unfortunate sisters and brothers. It is a blessed work, but it always makes me sad when I see what sin

has done; and how I long to help them to know Jesus! As I listen to the sad stories of their lives my heart goes out in pity and love, for some of them have been more sinned against than sinners. How glad I am that I can point them to the Saviour of the world, who loves the sinner, but hates the sin. I tell them that if they will give their hearts to Jesus He will give them power and strength to obey Him.

I visited a man in jail who had once played in the orchestra of a church and had been the means of leading souls to Christ, but through drink had fallen. As Sister Richmond and myself talked with him through the iron bars he told us he had made up his mind to make the best of it. We felt impressed with the importance of prayer. We knew that God was able to deliver. We also remembered that the Lord said He was "married to the backslider." We knew that Jesus could do for him what no one else could, and that he should give himself to the Lord. We asked him to do this and at his trial to tell the truth and nothing but the truth. We left him some tracts and papers, also a little fruit and change. We felt we had made him happy and that there was a lesson in the experience for him to learn. We prayed as we went that he would get the lesson and profit by it, and that the Lord would bless the seed that had been sown.

The Lord surely did hear and answer our prayer, for when he had his trial he was set free. Since then he visited me and told me that he thanked God for his experience. He said it was the talk we had about prayer that set him to thinking. He prayed and God gave him assurance that all would be well. He promised the Lord that henceforth he would read his Bible and pray, for he had learned from sad experience that he could not be good of himself. Pray for this man, that he may be kept by the power of God and at last hear the "Well done, good and faithful servant, enter thou into the joy of thy Lord."

As I sat in court and heard the different cases called and decided I thought of the great judgment day and how it would be then. We will each one have to stand alone

before God, the Judge of all the earth, and what will our answer be? The judgment scene passed before me and such a sadness came over me as I thought of the many cases that would come up and be decided for eternal death.

I want to keep close to Jesus Christ, so He can use me to bring light and truth to others. This world is so full of sin and sorrow that I want to brighten all the lives I can, for I know there is hope and comfort for all who will come to Jesus.

A dear old lady, a neighbor of mine whom I love, often meets me as she goes and comes from her place of business. One day I put my arms around her and said, "God is good—God bless you, mother," and told her how I loved her. She said, "Yes, God is good," and the tears trickled down her cheeks. Her beloved companion has passed away and she is lonely and sad and needs someone to love her. As an expression of her love she sent me a beautiful Christmas card containing these words: "In the world's market a friendly wish has no great value, yet there are times when we would give all our gold for an outstretched hand, a kindly smile or a friendly wish. Human hearts have broken for lack of these, human lives have been saved by so slight a thing as a look, a word, a smile," and she said, "Just because in the past you have helped me along life's uncertain road I am stopping here long enough to send you this greeting, and assure you that, whether or not in the future we journey the same road you will always have my friendly wishes." I value it more than anything else I received. May God bless this dear soul.

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A VISIT TO A MEXICO STATE PRISON.

DR. DAVID PAULSON.

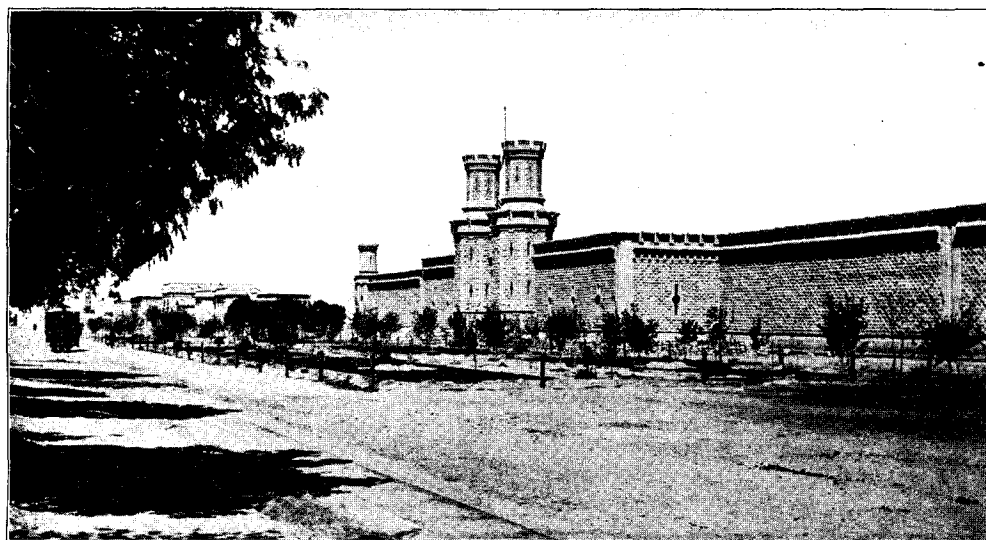
When the Mexican authorities need able-bodied men to repair the streets it is commonly understood that a sufficient number of the poorer classes of Mexican laborers are arrested by the policemen with little or no ceremony and with but little regard as to whether any special offense has been committed or not.

On this account I was very happily surprised to find the San Luis Potosi state penitentiary a modern affair in every way.

This is the prison in which less than a year and one-half ago Francisco Madero, now president of the Mexican republic, was confined for months through the influence of President Diaz because of his revolutionary ideas. Hence it is not surprising that President Madero, who is a scholar and a man of most liberal ideas, a dietetic reformer—being a vegetarian and an earnest advocate of temperance—should also be a radical prison reformer. It is not improbable that ere long the prison system of Mexico will be an object lesson to the whole world.

The weakest thing that I discovered about the San Luis Potosi prison was the rather deficient food supply. As I entered the gates an army of women were passing out. These were the wives and relatives of the prisoners, to whom they daily bring baskets of food. However, as the prison pays a small amount for the work the prisoners do they can thus afford to purchase additional food.

The industrial departments are conducted in well-lighted and well-ventilated rooms. In the sombrero or Mexican hat department the work was done on Singer sewing machines run by electric motors. In the large carpenter shop was a picture representing Jesus as a boy and His mother, Mary, in the carpenter trade by Joseph. The sentiment of Christ Himself as a carpenter and a carpenter's son looking down from the walls on these convict carpenters in this prison carpenter shop impressed me so profoundly that I went back a second time to take another good look at it so that its practical lesson might not be lost on my own life.



THE MEXICAN PENITENTIARY IN SAN LUIS POTOSI, WHERE A CHRISTIAN BROTHER WAS CONFINED FOR TWO MONTHS.

Unlike so many of our state prisons with their bleak, barren, forlorn looking grounds these prison grounds were divided off into the most tasty garden patches of fruit trees and other vegetation. Through each of these gardens were well kept walks. Who can estimate the reflex influence that these little green spots have upon the lives and characters of the prisoners?

A very excellent school is conducted, which considering the prevailing ignorance of at least the lower classes must be a God-send to many of these unfortunate men.

Among the six hundred and seventy-nine prisoners within its walls seventy-eight have been condemned to be shot. I was shown the gruesome place up against the stone wall where these death sentences are executed.

The native missionary whom my brother helps to support visits this prison regularly and carries on personal work with the men. He is meeting with very encouraging results. Last year one of our Mexican brethren who maintains a sale booth in the public market had ignorantly bought some stolen goods from a salesman and was arrested. Mexican justice moves almost as slowly as the glaciers. An innocent man may languish in prison for months, even years, before his case comes up for trial.

This brother instead of spending his time bemoaning his sad lot or cursing the government interested himself in soul-winning. He talked to the prisoners, held meetings in the prison yard, and among others one of the most vicious criminals gave evidence of a sound conversion. After he had spent two months in this penitentiary, my brother succeeded in applying enough pressure on the stagnating wheels of justice so that they *actually* began to move and the next morning being Sabbath he was released early enough so that he was on hand at the Sabbath school, of which he is a faithful and enthusiastic member. The warden admitted that this man had had a marked influence for good on the prison morals.

It is believed that President Madero will be favorable to having regular evangelistic services held in the Mexican prisons similar to those our Life Boat workers are conducting in the Harrison street police station every Sunday forenoon. If this can be accomplished these prisons will be, in my judgment, the very finest possible fields for missionary effort. I observed an almost entire absence of that typical spirit of dejection that one nearly always notes on the faces of prisoners. It is conducted more as a reformatory than as a place of punishment, hence it should make

choice missionary soil. I hope that Providence in due time will enable us to print a Spanish edition of the LIFE BOAT magazine

and that it may enter the prisons of Spanish-speaking countries as it now does in the United States.

A Peep Into the Home Life

Elsie D. Whisler

The Life Boat Rescue Home, Hinsdale, Ill.

FIRST of all I will tell you something of the spiritual side of the work in the home. Our aim is "higher ground." The week before Christmas we observed the week of prayer, taking up readings pre-

We received many blessings from the Lord during the week and I am glad to say our experiences did not end with the week. One girl said, "I have been fighting the Lord and His truth for the past eleven years," but she is now willing to accept Christ and become as clay in the potter's hand to be molded according to the divine will.

It seemed like a funeral in the home when one of the little babies was sent away to foster parents. The girls as well as the workers were in tears. It was a bitter experience for the mother, but it was the means of leading her to a better life. She came here with no interest in the things of God, but she left us a praying girl. She said, "I hope to meet my little one in heaven."

There is a sweet pair of twins three weeks old in the home whom the mother would like to place in a good, Christian home for a while, until she can see her way clear to care for them. She will not have them separated. Is there not some good, Christian family that would help this poor girl in this way until she can make some arrangements to support her babies? This is certainly the work of the Lord.

Very few of the girls cared for here are able to pay anything toward their expenses, hence we must depend almost entirely upon donations to support them. We are very much in need of money at the present time. Can you not help us in some way? If you can not send dollars, send cents. They all count; even the smallest donation is acceptable. Last week I received three cents from a lady who wanted to help the work along; can you not do as well? The Lord will bless in whatever is done for one of His little ones.



Two Little Rescue Home Girls Who Are Cared for by Their Mothers in Homes of Their Own.

pared for that purpose. All the girls seemed interested and a number of them took part in the services. Two that had never prayed in the presence of others lifted their hearts and voices to God for forgiveness and help. We know that such prayers are always heard and answered.

A Growing Evil and Its Significance

M. H. Serns

THE following are some facts about marriage and divorce that the United States Government learned during the course of four years' investigation, just ended.

"Every twelfth marriage in this country is ended in a divorce court." By another it is asserted that every fifth marriage is a failure.

"In 1870 there were only twenty-eight divorces to every hundred thousand population; now there are seventy-three.

"Barring Japan, no nation comes within gunshot of our divorce rate. In England and Wales, to every hundred thousand population there are annually granted two divorces; in Ireland, less than one; in Italy, three; in Scotland, four; in Germany, fifteen; in France, twenty-three; and in the United States, as just stated, seventy-three.

"Since 1867 adultery, as a ground for divorce, has increased 270.8 per cent. . . . Cruelty, on the part of both men and women, is increasing by leaps and bounds. And the cruelty of wives toward husbands heads the list of all causes with an increase of 1,609.8 per cent.

"Desertion has increased 569.8 per cent; neglect to provide, 1,331.4 per cent."

Statisticians tell us that cruelty is the cause of twenty-two per cent of the divorces, having increased in the last forty years 1,035 per cent. Desertion causes thirty-nine per cent, an increase since 1868 of almost five hundred and seventy per cent. Desertion after all is but another name for quarreling. A man may be ever so poor, yet he will not desert a wife whom he dearly loves; he would rather die with her. So sixty-one per cent of the divorces are really due to quarreling.

"The total divorces granted in the United States between 1887 and 1906 were 945,625 against 328,716 for the period 1867-1887, an increase, from thirty-eight in 1880 to seventy-three in 1900."—(Allen Benson in *Pearson's Magazine*, December, '09.)

Surely none can read these startling facts without recognizing that a great evil is un-

dermining society. The divorce evil is gaining ground so rapidly that an uncertainty as to the stability of our future is lurking in the minds of thinking men and women.

Two sides are being taken on this question as to its cause and cure; the one by the professor of Christianity and the other by the non-professor. First, we will study the views of the latter. In the October number of the *"World Today,"* views are taken which I believe voice the sentiment of many. They plead for freer divorce laws to help a class of people who have been caught in the trap of unhappy marriage. They claim that the marriage institution is only a civil compact, and can be easily changed to help these many unhappy people. To me this means a step downward.

"But why?" I hear some one say. For this reason: When the least discord comes in the lives of many of these unhappy couples they excuse themselves by saying, sometimes inaudibly, that they have made a poor choice. Naturally they will soon turn to these divorce laws to obtain freedom and another trial would be made only to again end in a divorce court. I can not see that these advocates of freer divorce laws have a solution to the problem, and if these laws were made, it would only be adding fuel to the fire.

On the other hand there is actually a cure for the difficulty. It is this: "Train up a child in the way he should go; and when he is old, he will not depart from it." Now those who are so unfortunate as not to have had this training, can say with Paul, "I can do all things through Christ which strengtheneth me." Phil. 4:13. But before this can be experienced they must be born anew, the stony heart must be taken out and an heart of flesh be received instead. Then Christ says, "I will cause them to walk in my statutes and my judgments." In Christ they become overcomers.

The Bible does not give us any promise that conditions will improve, yet there is much testimony to the contrary. In Matt.

24:12 we read, "Because iniquity shall abound, the love of many shall wax cold." And in 2 Tim. 3, we read that "In the last days perilous times shall come. For men shall be lovers of their own selves, without natural affection. . . . But evil men and seducers shall wax worse and worse, deceiving, and being deceived." Christ said, "As it was in the days of Noah, so shall it be also in the days of the Son of man." In the days of Noah they were eating and drinking, marrying and giving in marriage. "Even thus shall it be in the day when the Son of man is revealed." Luke 17:26-30.

Now the facts in the foregoing paragraphs only reveal a state of things existing at the present time as

A Sure Sign of the End.

In the days of Noah they were so engrossed with their cares and pleasures, that when the end came they were not ready; so it will be in the last day, the day in which we now live. Ere they are ready Christ will be here. This message ought to be a warning to us and urge a preparation in us necessary to meet Him at His coming. My only desire is that these few words will be the means of assisting some one into the everlasting kingdom. "But ye, brethren, are not in darkness, that that day should overtake you as a thief. Ye are all the children of the light, and the children of the day; we are not of the night, nor of darkness. Therefore, let us not sleep, as do others; but let us watch and be sober." 1 Thess. 5:4-6.

"A SOLDIER'S APPEAL."

A postal card addressed to B. N. Brown, 2123 24th Ave., N., Nashville, Tenn., will bring you free an interesting tract entitled "A Soldier's Appeal."

Brother Brown was converted while serving in the U. S. army in the Philippines and his tract is descriptive of military life.

He presents a very practical plan by which he contemplates giving the Message to the entire military service.

His "Appeal" is sent free upon request. Send for one today. It will interest you very much.

OUR SPECIAL FEBRUARY OFFER.

By special arrangement we are able to furnish absolutely free with two new subscriptions to *The Life Boat*, at fifty cents each, a new cook book of eighty-two pages by H. S. Anderson, entitled "Food and Cookery; Their Relation to Health," containing valuable instruction on foods and their uses in the body, also many choice recipes and several full-page charts on food values. An excellent guide to healthful cookery. Brief and to the point. Just the thing to have in the home kitchen.

If you have never subscribed before, do so now, get one friend to do the same, and we will send you absolutely free this valuable new cook book.

BIBLE VERSE SOCIETY.

This is the tenth year of the Bible Verse Society and we thought it might be profitable and interesting to review a bit. The choicest verses have been selected for 1912 from those that have been used by the Bible Verse Society students since the society began.

We would suggest testing the memory, after reading the reference, by trying to repeat the verse before looking it up in the Bible. It is a great help to know where to locate a verse at a moment's notice.

Memorize the texts that impress you most and their exact location. As you study try to realize that God is speaking to you through His Word.

A most cordial invitation is extended to all to join us in the study of these verses. The general secretary, Alice Temple Benedict, 80 Main St., Cochrane, Mass., is always glad to hear from every one who is interested in the study of the Bible. Booklets containing all the references for 1912 are for sale at five cents each. Order of Miss L. M. Hopkins, Box 47, New Bedford, Mass.

The Signs of the Times is a wide-awake monthly journal devoted to the discussion of current events as compared to the prophecies of the Bible. Should be read by every Bible student. Ten cents a copy. Address, *The Signs of the Times*, Mountain View, California, for sample copy.



Editorial Department

Conducted by Dr. David Paulson



THE SPECIAL PRISONERS' LIFE BOAT.

A few days ago Mrs. A. S. Steele, founder and superintendent of the Steele Orphans' Home in Chattanooga, Tenn., visited Hinsdale and spent a few days as a guest at the sanitarium. Just as she was leaving she came into our office and said she wanted to give something toward furnishing the prisoners a special LIFE BOAT, and to our surprise she wrote a check for twenty-five dollars for this purpose. It touched our heart to think this woman, who, single-handed and alone, is caring for over one hundred children, yet gives of her scanty store to send THE LIFE BOAT to prisoners.

Imagine yourself in a prison cell, with friends, money, character and everything gone, alone and forsaken. Would it not be worth everything to you to know that somebody cared—that the world had not entirely forsaken you? Many of these poor prisoners are crying out after God as the Psalmist did of old (Ps. 84:2). What they need is the touch of human love. By sending THE LIFE BOAT to them we want to make them feel not only that God and Christ are interested in them, but that some human soul loves them. Do you not want a part in helping to make this possible? We will furnish the LIFE BOATS at cost for this purpose. I am sure the Lord will bless you in helping us to sow the gospel seed in prison soil.

UNREST OVER THE ENTIRE WORLD.

There is a spirit of discontent abroad in the world and it is growing with startling rapidity. Those who were in a position to have inside information maintain that only a few weeks ago Germany and England were within a hair's breadth of being plunged into war with each other.

At the very time when a great peace conference was in session here in the United

States, Italy most unexpectedly began war with Turkey, and the Pope, who has been represented as a great peace advocate, blessed the soldiers as they departed on their bloody mission.

At this writing Russia and England seem to be in the very act of dividing Persia between them. No one can yet foresee the international jealousies that will thus be engendered.

The entire heathen world are awakening as from a dream (Joel 3:12) and they are about to serve notice to the rest of the world that they will no longer submit to be bulldozed as they have been in the past by the so-called Christian nations. Japan has already done this and every civilized nation has been compelled to sit up and take notice of that fact.

Right before our very eyes this scripture is being fulfilled: "Proclaim ye this among the Gentiles; prepare war, wake up the mighty men, let all the men of war draw near; let them come up: Beat your plowshares into swords, and your pruninghooks into spears; let the weak say, I am strong." Verses 9, 10. And the weak nations among the Gentiles are saying precisely that very thing.

The millions of natives of India are growing restless under the domination of the British rule and there are many who predict in the very near future in that country such an upheaval as will astonish the world.

In our own country a spirit of bitterness is being developed between labor and capital which promises serious trouble in the no distant future.

Thinking people recognize these things and tremble for the outcome. Dr. Schurman, president of Cornell University, in a public address recently called attention to this prevailing spirit of discontent in our own country. He said it was more widespread than ever before and that it was harder, nay, almost impossible, to get away from it.

The *Mexican Herald*, commenting upon this

editorially, after endeavoring to assign various causes for this, then adds these significant words: "But when these and other causes of the prevalent unrest have been allowed, there still remains an influence which is felt, which is in the air, but which it is not very easy to define. And it is an influence that is not confined to any particular country but is world-wide, operating alike in the most enlightened and the most illiterate nations. What is it? Perhaps, the relaxation of the bands of religion."

There can be no doubt but that this editor has put his finger upon the *real root* of the trouble, for as the Spirit of God is being banished from human hearts and lives the enemy is coming in like a flood. Every straw shows which way the wind is blowing. A writer in the January *American Magazine*, commenting on the McNamara trial in Los Angeles, said that he had kept a record of the hundred and fifty men who were examined for the jury, and among other things he says that he was struck with the *diminishing* influence of the church. Out of this entire list only *two* were church members, and not one of the entire number took a religious paper.

Christ emphatically declares, "As it was in the days of Noah, so shall it be also in the days of the Son of man." Luke 17:26. There is plenty of religion in the world today, but there is a growing scarcity of Christ. Dear reader, "seeing that ye look for such things, be diligent that ye may be found of Him in peace, without spot, and blameless." 2 Pet. 3:14.

DO THE NEIGHBORS FEED YOUR CHILDREN?

Most parents gather their children about the family board two or three times a day for their regular meals. They do not depend upon their children being fed by accident or given hand-outs by kindly disposed neighbors.

But children "can not live by bread alone." They have spiritual natures that *require* regular systematic and properly prepared food just as certainly as their physical natures. But there are many Christian parents who so far overlook this certain necessity that they are willing to depend upon Sabbath school teach-

ers and other kindly disposed persons to give their children occasional spiritual hand-outs, and frequently they do not receive even these few morsels.

The Lord expects every father to be the priest and chaplain of his own home and to feel as responsible for the spiritual as he does for the physical nourishment of his children. The devil assists the average parent to manufacture plausible excuses for neglecting this solemn duty.

This is the first and foremost excuse: "If I am kind and good to my children there is no need of regular family worship or in any other definite way to teach the gospel to my children." But that same man does not think he is going to extremes when he expects his cook not only to be good and kind to his children, but also to prepare food for them. A strong Christian character does not come by accident. It is the result of definite, earnest, persistent effort, co-operating with divine grace. "The kingdom of heaven suffereth violence, and the violent take it by force." Matt. 11:12.

This is generally the second excuse: "There are so many parents who have *forced* religion upon their children and brought them up to observe strictly all the forms of religion and they have turned out badly. I don't propose to make any such mistake with my children."

To show how lame that excuse is and how easily the devil can fool us in spiritual matters it is only necessary to look for one moment on the same truth from the physical side. That same father may know several parents in his neighborhood who feed their children such tasteless, insipid and unwholesome food that it fairly nauseates them and they are scrawny and anemic, stunted, perhaps broken out all over with boils, etc. But our friend does not accept that as a good reason why *he* should neglect to furnish his own children with appetizing, nourishing food. Why should he do any less spiritually?

There is no reason why the hour of worship can not be made not only pleasant and enjoyable but also intensely interesting. If the father takes half the time and thought for the preparation of this spiritual food for his children that the mother does to prepare their breakfast he will be astonished how eagerly

the children will look forward to the hour of worship.

The next best excuse is that in these busy times it is so inconvenient, in fact it seems to be next to impossible to get time morning and evening to gather the entire family together for a little quiet devotional service. The emptiness of this excuse is, of course, immediately shown from the simple fact that this entire family with astonishing regularity *do* gather two or three times daily to have their bodies fed.

As an inspiring example of how a busy man can succeed in getting time for regular devotional service without smashing his business we have only to think of Daniel the statesman. He was prime minister of one of the greatest nations that the sun ever shone upon. He discharged his official duties so faithfully that his bitterest enemies could not discover a flaw in them. But three times a day Daniel closed his office and went down to his house for a prayer meeting.

Even if it were true, which it is not, that some business affairs would have to be sacrificed in order to maintain regular, enlivening, Spirit-filled family worship, the best answer to the question "Does it pay?" is the startling scriptural declaration, "For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" Mark 8:36. But the thousand and one snarls and tangles that the devil is permitted to inflict upon a prayerless home require much more time during the day to untangle than would have been consumed in a short, simple and interesting devotional service.

We now come to the weakest excuse of all: "I am so busy building up God's work, and I have so many cares and responsibilities connected with the Lord's cause which I dare not neglect, that I have no time for regular systematic spiritual work in my own home."

Absurd as this excuse is, unfortunately it is by no means uncommon and it is one reason for some of the weak, beggarly spiritual work that some are inflicting upon their fellow men.

When Christ sent forth his disciples to be witnesses unto Him in Judea, Samaria, and then unto the uttermost parts of the earth, He told them to begin at Jerusalem. That is

always the place to begin. One of the most pathetic statements in all the Bible is found in Song of Solomon, chapter one, verse six, and it is equally true of many modern shepherds who are such wretched failures: "They made me the keeper of the vineyards; but mine *own* vineyard have I not kept."

Lot was a shrewd and successful business man and yet by no means entirely devoid of spiritual sense and aspirations. (2 Pet. 2:7, 8.) But he was too busy to give his children spiritual instruction and as a consequence he left most of them in Sodom and left *all* of his business there.

The world around us has become another Sodom (Luke 17:28-30), and unfortunately too many of those who know or should know this are actually belonging to Lot's church. They are the same kind of business men and they have the same kind of religion.

Wherever Abraham pitched his tent he built an altar and offered sacrifice upon it every morning and evening. If you are a child of Abraham the sweet incense of prayer is ascending from your home morning and night, and in return upon your family are descending, as the dew of heaven, divine mercies and blessings.

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.

HERE AND THERE.

Mrs. S. D. Burgeson of Berrien Springs, Mich., is taking a course of treatments at the sanitarium.

Miss Olive Stevenson, a senior nurse at the sanitarium, is spending one month at the rescue home assisting the matron in caring for the sick and in other ways helping to attend to the work in the home.

A pair of twins were born in the rescue home recently—two beautiful little girls. We trust that our friends will remember in prayer their young mother who to a certain extent has a double responsibility in raising these two fatherless children.

Every Monday evening Dr. L. H. Wolfson conducts a question box lecture in the parlor for the sanitarium guests. On Thursday evening of each week Dr. Mary Paulson lectures on some vital health topic such as "Colds, Their Cause and Cure," "What to do for Pneumonia," etc.

The extreme cold weather has somewhat dampened the ardor of the fresh air enthusiasts, yet in spite of the zero temperature almost any day some hero or heroine may be seen sitting out on the sanitarium veranda well wrapped up and apparently hugely enjoying the bracing air.

Notice the special February offer on page 56 of a new cook book free with two new subscriptions at fifty cents each.

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The Life Boat

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

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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.

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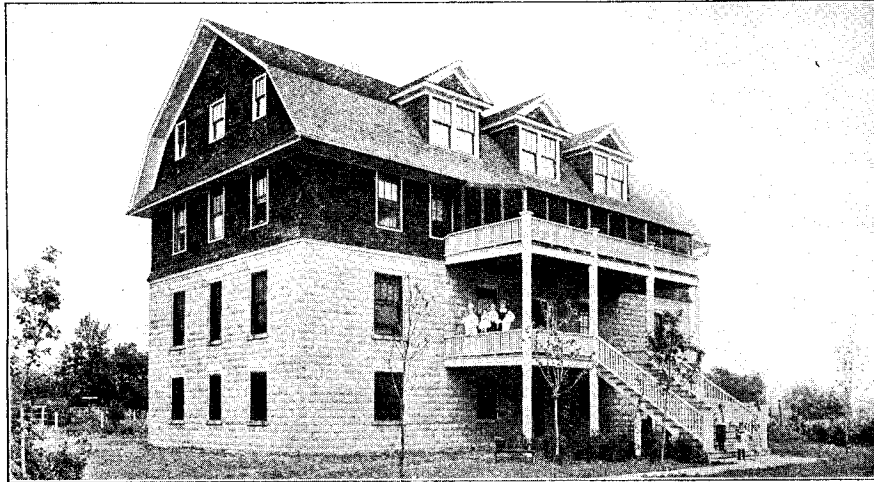
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Address for further information

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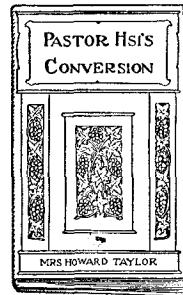
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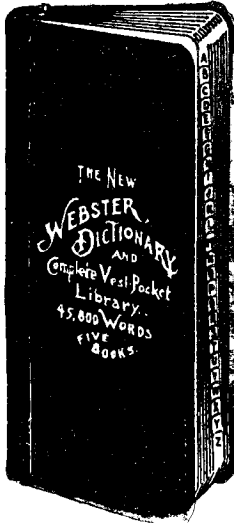
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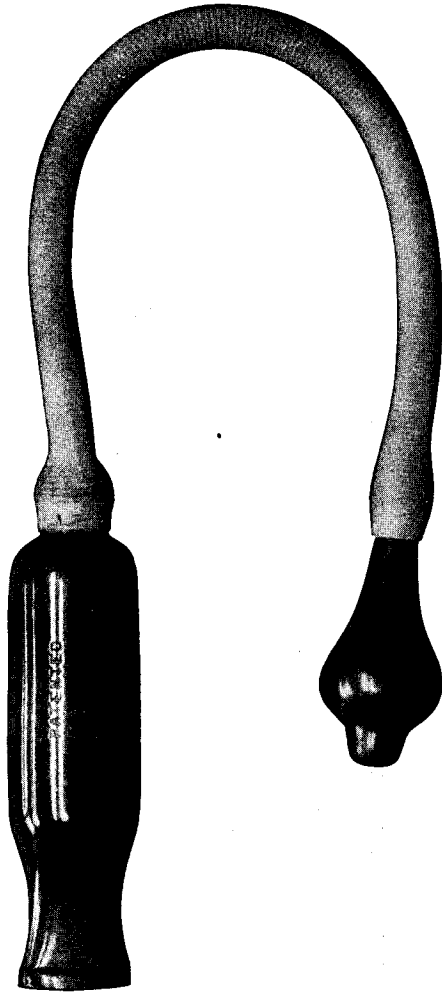
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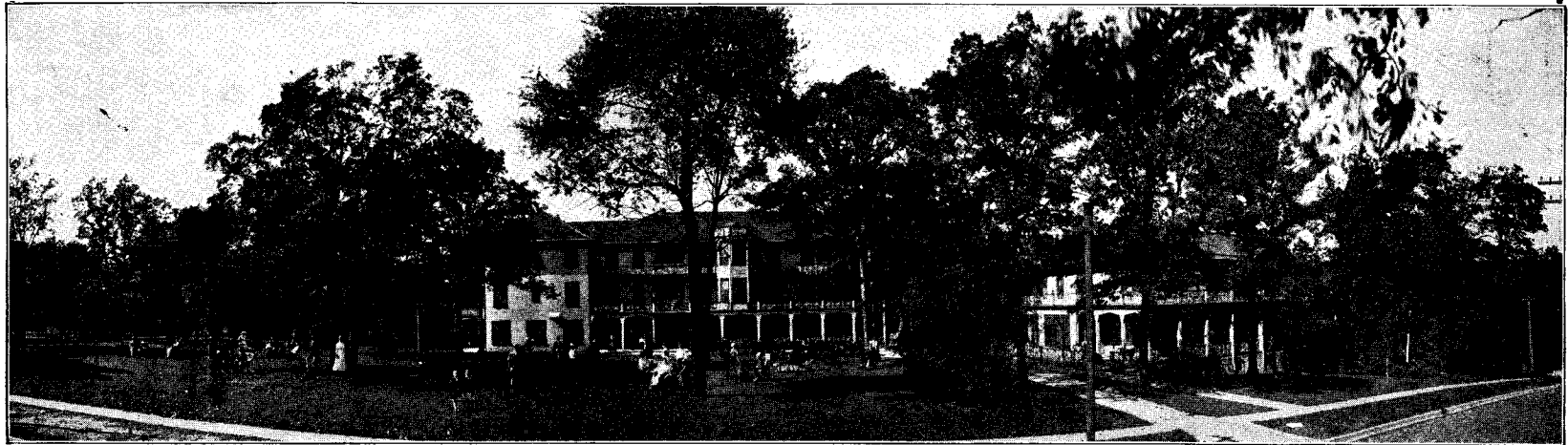
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