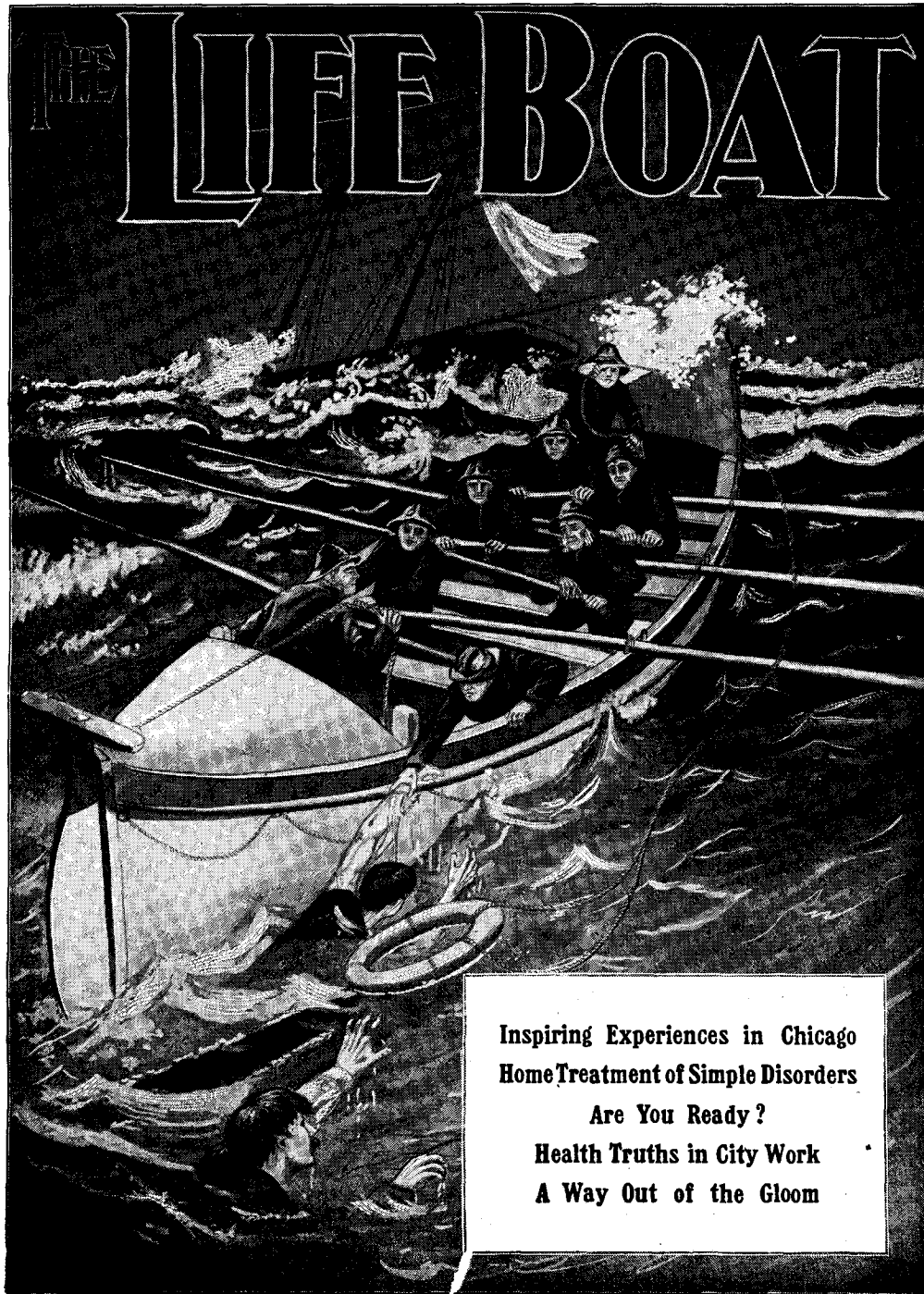


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**Volume Sixteen
Number One**

Winsdale, Ill.

January, 1913

The Christian Conservation of Health—By the Editor.

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HINSDALE, ILL.

:: JANUARY, 1913

Number 1

Christian Conservation of Health

David Paulson, M. D.

I AM convinced that the Bible contains the keynote of physical moral reform. Almost the last words in it are these in 3 John 2: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." But would it not be tantalizing if we were not told how this wish could be realized? Suppose a clock maker should make a clock and neglect to furnish a key to wind it, or directions how to run the clock? Does it seem reasonable that the Creator would put together this wonderful human machine and then fail to give instruction in the Bible how to preserve it in running order?

Thirty centuries ago God declared that He was the healer of the sick (Ps. 103: 2, 3), and modern science shows that this healing force is working within the body. No intelligent physician believes today that *he* really heals the sick. He can set a broken bone but a greater power must *heal* the fracture. Yet if the doctor should fail to do his part there would probably be no satisfactory union. So there is a beautiful blending of the human and the divine not only in spiritual transformation but also in physical restoration.

Moses, the First and Greatest Health Officer.

Moses was the greatest health officer the world has ever seen. He was the creator

of sanitary science; for the tap root of all modern sanitation can be found in the books of Moses. Quarantine is still the best thing to do in contagious diseases. He established house disinfection, and the destruction by fire of contaminated material, just as we do today.

The Lord through Moses enunciated the great principle that health can only be maintained by obedience: "If thou wilt diligently give ear to His commandments, and keep all His statutes [including of course the laws of health], I will put none of these diseases upon thee, . . . for I am the Lord that *healeth* thee." Ex. 15: 26.

If a man expects to take a trip in a flying machine he must obey the laws of the air. It is just as necessary for us who walk on earth to obey the laws of health; for the same divine finger that wrote the ten commandments on the two tables of stone, wrote these laws in our bodies. It is a *religious* duty to obey the laws of health.

Now observe what the Bible declares will happen if we violate these laws. Deut. 28: 15, 22: "If thou wilt *not* hearken unto the voice of the Lord thy God, to observe to do all His commandments and His statutes [including the health laws] . . . all these curses shall come upon thee. . . .

The Lord shall smite thee with a CONSUMPTION [literally, emaciation, loss of flesh], and with a FEVER." In other words typhoid fever, common colds, pneumonia and all the other infectious fevers are due to violation of physical law either immediate or remote. "And with an INFLAMMATION." Inspiration declares that the diseases that end in "itis," such as gastritis, peritonitis, appendicitis, neuritis, which are inflammatory diseases, result from disobedience to God's principles. "And with an extreme BURNING," or irritating tenderness, such as gastric ulcer, mucous colitis, etc.

All this sounds wonderfully modern. It might as well have been written in the year 1912. Medical science has made such advancement that there is scarcely a medical book written twenty-five years ago that is anything but a curiosity today. But the Bible, like sunshine, is just as modern today as it was twenty-five years ago.

There Is A Reason.

Modern physicians are coming to realize what God declared thousands of years ago, that disease does not rain down ready-made from heaven, that it is the result of violation of nature's laws.

Dr. Pearsons, the great philanthropist, told me that when a student he went with an old doctor to see some cases of typhoid fever. While the doctor was bleeding the patient—they knew nothing better to do in those days—Pearsons took an inventory of the premises. He saw that the cellar under the house was filled with indescribable filth. He observed that the well was located between the barn and the house, draining some of the sewerage from both. Such a well never runs dry. On the way home young Pearsons asked the old doctor, "Where do you think that typhoid fever came from?" The doctor, rolling his eyes upwards and lifting his hands reverently, said, "From heaven." Young Pearsons declared, "I don't think so; I believe it came either from the basement or the barn yard."

We no longer believe that either health or sickness are arbitrary things; they are dependent upon the obedience or disobedience

of either our parents or ourselves.

Sowing and reaping is also a New Testament doctrine. In Gal. 6: 7, we are assured that "whatsoever a man soweth, *that* shall he also reap." Men do not plant pumpkin seeds and then harvest corn. Show me a man that is sowing into his soul a crop of spiritual truths and I will show you a man who has spiritual truth bubbling from his tongue. Again show me a man that is personally sowing for disease, and sooner or later he will reap his crop.

The discouraging thing about planting good seed is the length of time we sometimes have to wait for a crop. But the Bible admonishes us not to be "*weary* in well doing; for in *due season* we shall reap, if we faint not." Gal. 6: 9.

Another Titanic Disaster.

There are three million people sick in this country today. The sad thing about the Titanic disaster was the fact that it could have been avoided. But there are more people dying deaths that could be avoided, every single day in this land, than went down on that ill-fated ship.

What does this mean? Simply this: "My people are destroyed for lack of knowledge." Hos. 4: 6. They are not destroyed by the will of the Lord. They are destroyed by ignorance.

As soon as the people begin to appreciate this they are certain to demand that the doctors, instead of simply making their living trying to patch up avoidable ills, shall teach them how to preserve health. The great corporations have seen this great truth with reference to their business: they are employing lawyers to keep them out of court, to show them how to carry on their business so that they will not violate the law. The doctor of the future will make it his business to teach humanity how not to be sick.

A Blessing From the Curse.

While God does not cause sickness, He does work *good* out of sickness. When a mere youth, I was dying of diphtheria and knew it. I had been brought up in a Christian home and had "said prayers" but when I was brought face to face with eternity

it would have been as easy for a plank to reach across the Atlantic as to have made my Christian experience bridge over to that better world. In the agony of my soul I asked the Lord to raise me up—which He did in His great mercy. That changed the entire current of my life. That sickness proved a great blessing to me. But I would advise each of you to permit God to do for you now while in health what I only secured when looking into an open grave.

This generation needs Paul's robust variety of Christianity: "Every man that striveth for the mastery is temperate in *all* things. . . . I keep under my body, and bring it into subjection." There was a little girl who prayed that the Lord would help her to keep her head above her stomach. She was only stating in a childish way the great truth that Paul expressed. "Lest that by any means, when I have preached to others, I myself should be a castaway." 1 Cor. 9: 25, 27.

That is the variety of health reform we can never get by merely voting for sanitary regulations. Paul wanted his Greek converts to understand that their bodies were the temple of the Holy Spirit and hence they were to glorify God in their body, and in their spirit, which were God's. (1 Cor. 6: 19, 20.)

That puts religion right into the body. That makes the health question a gospel question. It teaches physical religion as well as spiritual righteousness, the sacredness of the laws of the human body as well as spiritual laws. It shows us how to eat and drink to the *glory of God* (1 Cor. 10: 31).

Solomon stated that even more practically: "When thou sittest to eat with a ruler [and why not also when you are sitting down to eat with a neighbor or friend?], *consider* diligently what is before thee." In other words, take a careful and intelligent inventory to see if you can glorify God in partaking of it. "For thou putteth a knife to thy throat, if thou be a man given to appetite." Prov. 23: 1, 2, Jewish version.

If a man hangs himself to a beam the

coroner declares it to be a suicide. But if another man eats and drinks physical damnation to himself over a period of years the doctor calls it Bright's disease or apoplexy or some other similar medical term, and perhaps the minister who preaches the funeral sermon declares it to be a "mysterious dispensation of providence." Strictly speaking one committed suicide ignorantly as much as the other did it deliberately.

A Remarkable Course of Baths.

In the preservation of health we must appreciate the importance of little things. We have all read the interesting story about Naaman, the great Assyrian general. He came down to the prophet in Israel to be cured of his serious skin disease. Elisha prescribed a course of baths in the River Jordan. But Naaman despised the simple prescription, until one of his servants suggested that if the prophet had advised some great thing he would have done it; why not do the simple thing? As he went and took the baths he was restored.

God was ready to heal him but He could not do so until He secured Naaman's intelligent co-operation. Then he came back and professed his faith in the God of Israel. Remember Elisha did not preach to the sick man; he gave him the proper medical advice and God blessed the prescription and converted his soul. What a beautiful ideal experience, and how full of meaning to every medical worker!

Christian Psychotherapy.

Much of what we hear today about mind cure and psychotherapy is mere rubbish. But the Bible contains the fundamental principles of Christian psychotherapy. Solomon declared (Prov. 17: 22) that a "merry heart doeth good like a medicine: but a broken spirit drieth the bones." The red blood cell factory is located in the hollow of the large bones. When a person is passing through some great sorrow he soon becomes very pale and anemic. The broken spirit is putting the red blood factory out of commission, so that the red blood cells are not made as rapidly as they are consumed.

I am more and more convinced that when God created this human body He expected it to be happy and cheerful, for all the bodily functions are best carried on in this state of mind, and that is why the invalid needs not only physical treatment but also to accept the message: "Come unto Me, all ye that labor and are heavy laden, and I will give you rest." He needs to learn the joy of the Lord.

Some one asked a boy if his aunt was converted. He said yes. When asked how he knew, he said she became "sorry" then, and she had been sorry ever since. There are many people who believe that religion is a scheme to make people sorry in this world so that they can be happy in the next world. I have little faith in the brand of religion that goes about with the head bowed down like a bulrush. There is something missing in it. I believe in the kind that puts cheerfulness in the face, and this type of religion the Bible says is a good medicine (Prov. 22: 17, revised version).

"They that wait upon the Lord shall renew their strength." Isa. 40: 31. We ought to see more of that type of Christianity. That is not just sitting down and waiting for the Lord to come. The table waiters in our sanitarium *do* something. The happiest people are those who are doing something for the Lord.

"Is it not to deal *thy* bread to the hungry, and that thou bring the poor that are cast out to *thy* house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? *Then* shall thy light break forth as the morning, and thine health shall spring forth speedily." Isa. 58: 7, 8.

There are some who will never get well until they become enthusiastic over some one besides themselves. There was a woman who used to go out every day and weep on her husband's grave and no one could break the spell. She was rapidly going into a decline. Then one of her sisters died, leaving a four-year-old child for this sorrowful woman to bring up. That four-year-old child saved this woman. From that time on she had no time to go

out and weep on her husband's grave and in a few months her health had sprung forth speedily.

I believe it is our privilege to be filled with this variety of religion. And if any of you who read this are sitting down in a depressed and mournful state of mind, in a run-down condition physically, mentally and morally, ask the Lord to teach you how to wait on Him so that He may renew your strength. He may send you something to do that you do not like to do, but do it and the joy of the Lord as well as increased health will be your reward.

WHOSE BOY IS IN DANGER?

The following experience of a ship's surgeon as told by Dr. Cortland Myers of Brooklyn illustrates so beautifully the real secret of soul-winning work that we republish it here. Nothing but the love of Christ in the heart can give any Christian worker the same love for lost humanity in general that a father has for a son.

"On our last trip a boy fell overboard from the deck. I didn't know who he was, and the crew hastened out to save him. They brought him on board the ship, took off his outer garments, turned him over a few times and worked his hands and his feet. When they had done all that they knew how to do, I came up to be of assistance, and they said he was dead and beyond help. I turned away, as I said to them, 'I think you have done all you could,' but just then a sudden impulse told me I ought to go over and see what I could do. I went over and looked down into the boy's face and discovered that it was my own boy. Well, you may believe I didn't think the last thing had been done. I pulled off my coat and bent over that boy; I blew in his nostrils and breathed into his mouth; I turned him over and over, and simply begged God to bring him back to life, and for four hours I worked, until, just at sunset, I began to see the least flutter of breath that told me he lived. Oh, I will never see another boy drown without taking off my coat the first instant and going to him and trying to save him as if I knew he were my own boy."

Lights and Shadows at Christmas Time

Eva L. Borden

Los Angeles, Cal.

[Miss Borden, a Hinsdale sanitarium nurse who spent several years in visiting nurses' work in Chicago and assisted in the LIFE BOAT rescue home in Hinsdale, is now connected with a similar home in Los Angeles. Miss Borden presents to our readers a few thoughts and observations which have come to her during the Christmas season.—Ed.]

AND again the holiday season, and another Christmas eve! In the downtown district the streets are brilliantly lighted and the hurrying crowds jostle each other heedlessly as they make belated purchases.

The weary shop girls with flushed cheeks and unnaturally bright eyes wonder if the crush will ever cease. To them the season brings additional care and worry and little good cheer.

An old man slowly elbows his way through the crowd. With one hand he draws his thin overcoat closer about his stooping form for the icy wind seems to penetrate to the very bone.

Treasured carefully under the other arm he carries a small paper bag of candy—the result of careful economy and scrupulous saving.

In these days of competition an old man has but little place in the business world, and with small grandchildren to feed and clothe even a little candy is the result of many a sacrifice.

In front of a large department store the crowd thickens and grows more dense. The old gentleman is caught in the whirl, a rough elbow bursts the paper bag and the contents fall to the pavement to be ground under the feet of the passing throng.

He stoops to recover the sweets but is too late, and tears fill the faded eyes as he sees a vision of little, empty stockings and two disappointed tear-stained little faces.

His face loses its animated expression of a few moments ago, the bowed shoulders seem even more stooped and the faltering steps even slowed as he suddenly realizes that the night is bitterly cold and he must walk a long distance back to the tenement and go empty-handed.

A richly dressed woman, whose eye caught the scene, idly wondered why the old fellow should make such a fuss over a little heap of candy, and then she



Eva L. Borden.

promptly dismissed the incident from her mind.

Had she not already made out her usual Christmas check to be donated to charity, and did not that absolve her from all further obligation? Little did she realize that, "Tis not what we give, but what we share, for the gift without the giver is bare."

The night grows colder and the winds more chill when the stores finally close. One of the shop girls shivers as she steps out into the street. Her way home leads

through that part of the city where night is turned into day and sin is legalized. As the bright lights flash across her path and she hears the music as the doors open and shut, her own cold, bare room seems especially unattractive, and worst of all—nobody cares. What does Christmas mean to her?

The hour is late now and soon the chimes will ring out the midnight. Away from the pulsating, throbbing heart of the city, away from the lights and the music, the stars shine down upon an institution which shelters the wayward girl who is tired and sin-sick and anxious to take a new grip on life.

Within, all is dark and still, save in an upper room where a faithful physician and quiet, steady nurses watch the battle between life and death. And as the stillness is broken by a baby's wailing cry, the young mother, who is herself but a wee child, calls for her little one to be brought to her side, for mother-love has been in the world from the beginning.

Not daring to think of the future, memory carries her into the realms of the past and once again she listens to the words of the Book, "Thou shalt call his name Jesus: for He shall save His people from their sins."

Inspiring Experiences in Chicago

Ruth Stapp

2348 Park Ave., Chicago.

[We are certain that all will read this interesting account of work at the new Hinsdale Nurses' Center in Chicago. It is a beautiful combination of spiritual and physical uplift, of public and private work by nurses who are looking entirely to God for their own support and maintenance of their work, so that they can from actual *personal* experience consistently point others to the same never-failing Source.—Ed.]

WE ARE having splendid experiences in Chicago and the work instead of decreasing in interest is increasing. If we had nothing better that we could give to the people than silver and gold we might as well close up our work in there. But I am glad there is something besides silver and gold we can give them. They may want silver and gold but there is also something else they are longing for and we do not have that to give them unless we can get it from a higher source; and that Source has supplied our ordinary wants and has also given us something else to give to them.

We are now giving a number of treatments. There is one lady we have been treating for rheumatism who had been unable to get around for some time. She heard of us and wanted us to give her some of our sanitarium treatments; she said the last time Miss Hibben gave her treatments she felt more limber than she had been for years, and realized she was getting real benefit.

Another woman came to our place this

morning who was afraid she was coming down with pneumonia and wondered if we could not save her from the attack. We have been treating her off and on with other cases all day long, trying to get ahead, and I believe with God's help we are going to conquer that foe.

Helping the Sick and Suffering.

Then there is a little boy we have been treating. Last Sunday afternoon as we were just finishing our dinner there was a rap at the door and some one wanted to know if we could not come to the home as the little boy was very sick. We found the woman waiting for us, crying and wringing her hands. We went in and found the boy in a very sick condition. She said the boy's heart was about to "run away with him," and we thought no wonder, with the woman taking on like that.

So we had two patients: Miss Hibben quieted the mother while I treated the boy. The physician wants us to use our treatments with the boy; he recognized there was a lot in the hydrotherapy and preferred we use it on the boy. We not only

helped the boy in that way but gave some encouraging words to the mother that helped her.

Many of the treatments we have been giving, the people were unable to pay us anything for. Others give us some little bit, and we feel if they can pay, be it ever so little, it is best for them. Some give no more than a quarter for the treatment.

This evening there was a little girl over to our place to whom we gave a treatment. Her sister died a few weeks ago and the mother thought this girl was going the same way. She wanted to know if we could not do something to save this daughter and we said we would try. There are any number of cases where the people see what our treatment is doing and want to know if we can come and help them out too.

Clothing the Needy.

In so many places we find people in need of clothing, and during that cold weather we noticed it more than now. But we realized there was likely to be another cold spell and so have tried to supply the need of those we found.

One lady wanted to know if I would not go to the woman next door. She said they were destitute and were worthy. So we went there. We found six small children and the conditions just as she had told them, and we have been able to supply that family with clothing. There are a number of cases like that where we have been able to give clothing and words of cheer to their hearts.

There was one colored family where we were sent. A minister met us on the street and wanted to know if we were not visiting nurses, and would we go to a certain place. We found the man dying of tuberculosis and the family in need of clothing, and we supplied their wants as best we could.

There was another colored family we visited and found in a destitute condition. About the only thing we could do was to give a word of cheer. But the woman said, "Oh, won't you come back? I want somebody to talk to; and won't you bring us something to read?" We want to get more

tracts and more books that we can leave. We want to get some copies of "Ministry of Healing" that we can loan to the people. We have had some books out in some of the homes. We had "Daniel and Revelation" out in one home and the same woman is reading "Controversy" and is very much interested. They really want literature of that kind.

Humble Cottage Prayer Meetings.

Then we feel that we are helping them in a spiritual way. We have been having cottage prayer meetings in our rooms. We hold prayer meetings there and some of our friends around come in. One of the ladies made the remark: "I am so glad I came. *This* is the kind of a prayer meeting I want. I want something that can help me to live better—not just a theory but something I can *actually* grasp."

We took for our subject the first night, "Faith in God." They were poor working people and we realized their life was a struggle and wanted to show them the real *source* of their strength. We brought out how Christ had been a personal friend to *us* and He would be a personal friend to them, and we tried to show how prayer was not a form—that Christianity was an actual thing—it was not just a make-believe

Simple Answers to Prayer.

We had one experience afterwards that I think perhaps was given to us to make us see the real value of our prayer meetings and encourage us in the work. One morning before we started to our work we felt impressed to go and see a certain lady. She invited us in and then apologized for its being so cold, saying her son did not draw his wages until the next night and they did not have any coal. Somehow we felt impressed we should loan her enough, and so we loaned her enough money to get a little coal for the time being. She said, "You know that I prayed all day yesterday that something might happen that we might get coal." It was during that bitter cold spell we had recently.

She led us to think she had gotten the idea of looking to God from our prayer

meeting, and we believe we were sent as an answer to her prayer. She said, "I will bring you the change tomorrow morning;" and the next morning she came with the money and handed it to us and thanked us for it, and had a package of vegetables with it as interest on the money.

There was another woman who spoke of the prayer meeting afterwards and said it was what she was seeking for. She was not a Christian woman, makes no profession of Christianity at all, and we hope to be able to help her to gain something that she has not.

Just yesterday I was treating a lady on Madison street and she said, "I heard you had a cottage prayer meeting at your place the other night." Then she said, "I am glad to hear it; there is no way you can succeed but with the prayer meetings."

A Practical Health Meeting.

We had another interesting experience. We were invited to give a health talk in a home Friday afternoon. The lady said she was to have a number of her friends there and suggested that we give them a talk along health lines, with some demonstrations. We felt it was a call we should not reject but we did not just know what we could say. We thought as it was coming the time of the year when plenty of people were having colds, we would begin on that subject. Just as we had started she said, "Excuse me, ladies, but I know what these people are saying is true, because my little boy had the croup and Miss Dean came in and cured him in an hour, so I know what they are saying is true."

We found when we got started talking there was plenty to say. When we were through some said, speaking of a woman who had not come, "My, won't she be sorry she did not come!" And another said, "Will you tell this again if we get all our friends together?" So I suppose we will have it to give again one of these times. Another woman said, "I would like to have you come to our rooms and show some of my friends these things. They can't afford doctors' bills all the time, and if you can show them a few things it will cer-

tainly help them." We told them we would tell them all we could if they would get their friends together.

"Come Over and Help Us."

We feel our work is not simply to give the treatments, but to show other people how to live and *how* to help themselves. We can not possibly meet all the calls, but if we show them how to help themselves we shall not have so many calls ourselves, and I feel our greatest work is to teach people how to live. That is what we are trying to do. Our work is growing every day.

Yeesterday morning we were just ready to start out and make a call when the postman brought us a card which said, "Will you come right away? Mother and daughter are very sick." We are daily getting such calls through the mail—"Will you come here?" "Will you come and help us?" And we feel it is a call from Macedonia, "Come over and help us."

Is It Safe to Trust God?

We have certainly proved that God is our help and our strength, and there is no other strength. We believe that God can *supply* all our wants and are looking to Him in faith to supply them. We have found several places where we can tell the people we are looking to God for all *our* help. A number of people have come to us and told us of their condition and it did not seem we could help them all we wanted, and then we told them when *we* did not have all we needed how we looked to God in prayer. He is the owner of the universe and why can't He supply our needs?

One lady, after I told her we did this, would not believe me, but I said, "*We do*; if we need anything we look to Him in prayer and God supplies it." And so far we have not a debt and are going on with the work. She said, "Well, if He can do that for you, why can't He do it for *me*?" And that is one reason we want to live this way; we feel it is an *example* to those around us. If they hear that we are being supplied from Heaven, why can't they *also*?

And they are beginning to grasp that idea and look to Heaven for help.

Old Verses With a New Meaning.

There are a number of verses that have been a help to me—one verse (Ps. 85: 11), where God says He will not withhold any good thing from them that walk uprightly. That does not say He is going to give you everything you *want* but any good thing. And in another place it says He knoweth the things we are in need of (Matt. 6: 32) and that He pities us like as a father pities his children (Ps. 103: 13); and why won't He supply our needs?

These verses certainly have a new meaning to me. We have not only been able to give other people help by putting our work on a faith basis but it has helped us. I feel it is a blessing that I can know God is providing for my needs, and I would not have it otherwise. I am sure there is a great blessing to any one who will take up that kind of work.

HEART TO HEART WORDS FROM THE RESCUE HOME.

ELSIE D. WHISLER.

Matron, Life Boat Rescue Home, Hinsdale, Ill.

I must tell you of a little experience that has helped some of our girls to realize that God hears and answers prayer. A party who had made arrangements to place a young girl in the Home sent a telegram saying that the girl would arrive in Chicago on a certain day, but did not say what time or over what road she would come. I did not know the girl or even her name, but after looking up the probable route and time of her arrival, I asked the Lord to help me find her, which I know He did as we came together in a rather unusual way.

When I came home and was telling some of the girls how I found this girl one of them said: "That must have been in answer to the prayers that were offered at morning worship while you were gone." She said they had prayed that I might be able to find the girl all right so that she would not be left alone in Chicago, as she is so young and not used to traveling alone.

A little girl nine years old, who lives

way up in British Columbia, raised chickens last summer and sold them and sent \$2.50 to the home to pay for a ton of coal. This must have been quite a sacrifice for a child of that age to make, and it is a good example for other children as well as older ones to follow. This little girl will undoubtedly receive a hundredfold in the blessing of the Lord for the offering she



Little Eddie, whom nobody wanted because he had red hair. He has now found a home and everybody loves him.

has made. The hearts of our girls were touched when I told them of her gift.

Some one visited our pantry one day when we were all upstairs, but not in the usual way. We found that our supplies had increased rather than diminished, which is usually the case when a stranger visits your pantry. Our friend left some vegetables, canned fruit and jellies. We would not object to more such visits.

We just received the following from a girl who left the home about a year ago, but it seems she has not forgotten what was done for her while in the home. She writes:

"I have just finished reading your article in the last number of *THE LIFE BOAT*. You need not fear that the girls fail to appreciate what is done for them. I think I can safely say, from my own experience, that



Nearly a year old and happy.

we all do feel very thankful for what is done for us, and we all go forth from the Home resolving to live a better life and do all we can to keep other girls from falling as we have done. I can not be thankful enough for the blessings I received during my stay in the Home. The worship hour was such a benefit to me and the songs we sang gave me new hope. I think of the girls who are there now and wonder if they know that Christ's people are their friends and are praying for them. I feel that I am not doing anything in Christ's work, but am praying for those who are in His field laboring for Him. I do want to be used in some way to further His cause. I am working for a lady who is a Bible student; she is such a help to me."

We are constantly in need of means to keep up expenses; kindly remember us when sending out your Christmas presents.

OUR THANKSGIVING DAY.

ANNIE J. DICKINSON.

[Miss Dickinson, who lives at the Rescue Home and helps to furnish a motherly influence for the girls, gives an interesting glimpse of the Thanksgiving occasion there.—Ed.]

The day came to the Hinsdale Home with little thought of preparation or awakened interest. To the old lady of the home it brought memories of early days, of Thanksgiving preparation in the old New England kitchen, the roast fowls, chicken pie, also pies mince and pumpkin baked in the great brick ovens while we watched and meddled with childish delight. Then the early attendance at the church service when the day arrived, followed by the festive dinner, where parents and wee ones with grandparents and other relatives gathered around the board.

Then the moving westward, the mother left alone in the struggle to make a home for her little brood on the wide prairie land. No matter how great the pressure of care or how straightened the means, Thanksgiving was celebrated in that humble home with true patriotic ardor not as a day for wordly trifling but heartfelt thankfulness and rejoicing to the God who had made of a little handful a mighty people.

How much did our Home family understand why we celebrate Thanksgiving day? At morning worship a short but interesting account was read telling of the Pilgrim band planted on the bleak New England shore, exiles for the gospel's sake, enduring that first winter's hardship, many of them, even unto death.

After worship there came a phone message that through some one's thoughtfulness means had been provided to furnish a Thanksgiving dinner at the Home, so there was great flying around on the part of the matron and her helpers, resulting in a very good dinner at the usual hour in spite of the fact that there were only the narrow capacities of the gas stove to depend upon, for unfortunately, through some changes lately made, we have lost the steel range,

but live in hopes that in some way the loss may be made good.

At dinner we read the story of the first Thanksgiving kept by that Pilgrim band whose hearts were so full of gratitude under circumstances that would appall the stoutest hearts today. Surely, it becomes us who reap the rich fruitage sown in tears and sufferings manifold, to reverently mark the festival handed down to us.

We of the rescue home have much to be thankful for. The cry of the furnace has been heard; repaired and renovated it gives us comfortable heat. Offerings for coal to satisfy its demands are coming in. And even the call of the mite box has met with occasional response. Peace and unity prevail in the Home family and we can say with sincere hearts, what shall we render unto the Lord for all His benefits?

TO GIRLS IN TROUBLE

We will be glad to correspond with any girl who is in need of a Christian friend. We have seen many a broken-hearted young woman get a new start in life and many a life saved. Write to Dr. Mary W. Paulson, Hinsdale, Ill.

LEFT ALONE WITH TWO SMALL BABIES.

From a letter written to Nellie M. Butler by a prisoner in Canon City, Colo.:

"Your letter received some time ago, and was glad to hear from you. I would have written you sooner but I don't have the privilege to write very often.

"You asked me my wife's address. I will send it and you can write her if you wish, for I know she needs all the encouragement she can get. She has two little baby boys to take care of and to teach the love of God. I pray she may teach them to live according to God's Word and commandments so they may never have to go through the trials of their father. Sure as they are taught to do the right way (and that's God's way), they never will have such trials and tribulations to contend with. If some one isn't willing to give a friendly hand to those women who have got to struggle with their innocent babies and have no one to look to for advice, it is

likely their children will get on the wrong path too. If you wish to write my wife I assure you I would appreciate it very much. I am still trying to serve God and live according to His Word. And I am confident that God is helping me so to live. I feel sure God will help all those who ask Him."

IN NEED OF GOOD ADVICE.

The following letter was received by Mrs. Whisler from a poor unfortunate boy in the Rhode Island state prison. It is true there are many lonely hearts to cheer while the days are going by:

"As I was reading in THE LIFE BOAT some time ago I observed an article which read, 'If you have no one else to write to, write to us.' So as I am friendless I thought I would write you and ask your aid and advice that will help me to fight life's battles with renewed energy for peace, honesty and good will. I am a boy eighteen years of age serving a three-year sentence. I have sinned and done wrong deeds, but I confess my sins and ask to be forgiven by man and God. I have relatives but they do not write to me because I am a prisoner. You can not imagine how I feel with no one to write to me or cheer me on to a brighter and happier life in the future. I sincerely hope you will answer my letter and write me many more."

"WON'T YOU BE MY FRIEND?"

The following touching appeal is from a poor Indian inmate of the Federal prison in Kansas. Any one desiring to furnish this man with good literature can do so by addressing THE LIFE BOAT:

"There is nothing so beautiful under the diamond-set dome of high heaven as the heart that is enwreathed with hope even when alone and without friends, soul sapped by sorrows, saddened by the fading memories of once loved ones, numbed by loneliness, and trembling under the cold, stern frowns of misfortune, shut off from liberty and all chances and opportunities for a better life, condemned to a sunless cell of miseries to spend many a profitless year of an earthly existence in penal ser-

vitute, stretched out on a bed of straw, ruminating and living on the cold, moldy alms of a sweet, sweet past, with no one to comfort, no one to write him cheering letters, and yet the hopeful heart still retains its calm and greets the world with a smile.

"It has been my misfortune to spend fourteen long years behind these cold, gray walls in the prime of my youth when liberty and the chance of obtaining an education are the most needed of any time in life. Thus I have been denied the love of a mother, the association of friends, the uplifting influence of good society and all of

the essential virtues that go to build up a noble character.

"I have read as many authors as my very meager circumstances and deplorable lot would admit of and I have a very ardent and sincere desire to make my future life a life of help to all humanity if I could only be at liberty where I could expand my energy to this much desired end. And if the kind-hearted, liberty-loving Christian people will assist me in this burning desire that fills my heart for larger things in this life, they will never be sorry for their helping hand extended to me."

"Health Weeks" at Downers Grove and Wheaton

David Paulson, M. D.

W E HINSDALE people have always felt it not only a duty but a privilege to share, from time to time, with others some of the good things the Lord has entrusted to us. Health lectures, gospel of health campaigns and other lines of aggressive field work have always been a part of our program.

The latest of our experiences in this line were "health weeks" in the adjoining towns of Downers Grove and Wheaton. For the benefit of others who are interested in similar efforts, I will relate our experiences in some detail.

I first of all called upon the superintendent of public schools in Downers Grove, whose wife is president of the Woman's Club. They were both deeply interested and promised active co-operation. I next met the pastors of the Methodist, Baptist, Congregational and Evangelical churches. They most kindly and courteously arranged for a union service on the following Sunday night to be held in the Evangelical church.

The pastor of the Methodist church consented to the use of their church for the afternoon sessions, and he also suggested the serving of a twentieth-century dinner

under the auspices of the Ladies' Aid Society on Wednesday evening.

Neat programs of the occasion were printed and Hinsdale workers took them to the homes of the people and explained more in detail the opportunity that this health week would afford to the citizens of the town. Our young people were gratefully surprised to find that everybody, without exception, received them kindly and seemed deeply interested.

At the union meeting the church was crowded to the doors by an earnest, serious audience. The afternoon sessions were attended by fully three hundred people, who gave the closest attention to the principles that were taught and illustrated by various demonstrations. There were nearly four hundred tickets sold for the hygienic dinner.

At the conclusion one of the pastors explained to the people that we had come to their town without money and without price to carry on this work for the public, and he suggested a vote of thanks, which was most heartily responded to. I told them that we deserved no thanks, that it was just as much the duty of the Christian physician to hold health revivals as it was for the Christian minister to hold spiritual

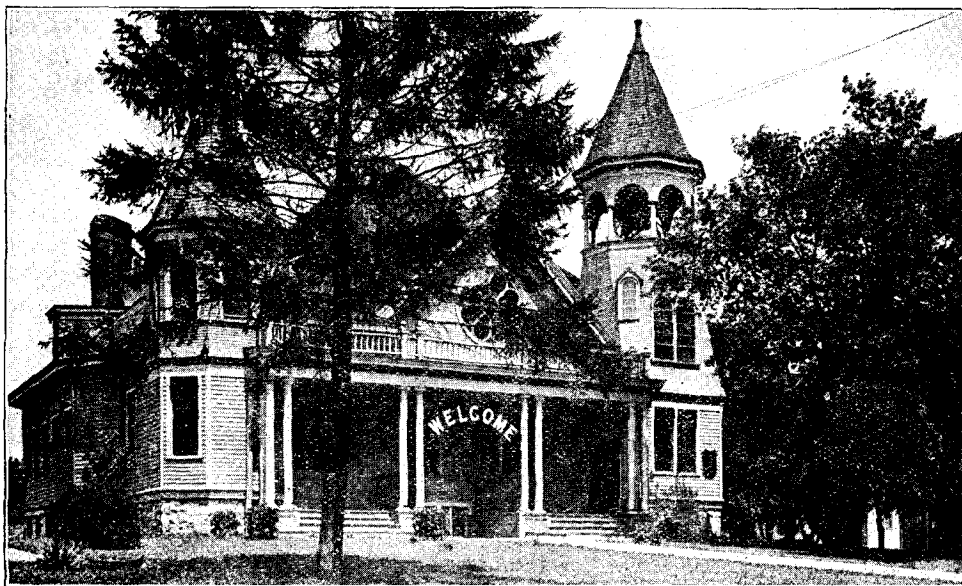
revivals. They expected their ministers from time to time to conduct stirring revivals and they did not especially thank them for it as they felt it was a part of the minister's duty; so we had only done our Christian duty in having had this health revival week in their midst.

To give the people an opportunity to still further study the gospel of health in their own homes our workers afterwards called on them and took orders for the book "Ministry of Healing." The people seemed very glad to get this valuable book

was most heartily in favor of such health educational work for the people.

I then called on the pastors and various other leading citizens and as a result arrangements were made to hold a union meeting in the Gary Memorial Church, which was built by Mr. Gary, the head of the steel trust, at the cost of a hundred thousand dollars and is a magnificent structure.

It was also arranged to hold the afternoon sessions in the Baptist church. The following program was printed:



The First Methodist Church in Downers Grove where the afternoon health sessions were held.

so richly laden with inspiring, practical health truths.

The Wheaton Health Revival.

The wife of County Judge Slusser, who resides in Wheaton, learned about the Downers Grove health week and sent word to us that she earnestly desired that a similar work should be done in Wheaton. So I called upon her. She is prominently connected with the Parent-Teachers' Association of that town and gave me many valuable suggestions, among others that I should call upon Dr. Raach, the health officer, and enlist his interest. I found that he

Sunday, 7:30 p. m.: Union meeting held in the Methodist Episcopal Church. Lecture by Dr. David Paulson—"The Christian Conservation of Health."

Monday, 3:30 p. m.: "Physical Culture," by Mr. F. C. Berry. "Accidents and Emergencies with Practical Demonstrations," by Dr. David Paulson.

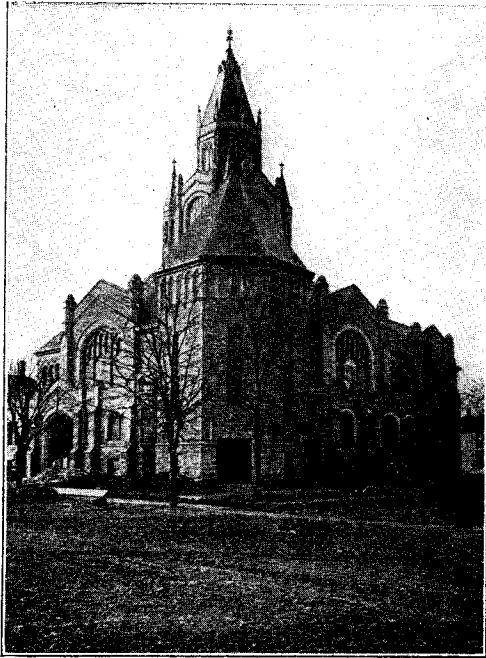
Tuesday, 3:30 p. m.: "Physical Culture," by F. C. Berry. "The Home Treatment of Simple Disorders," with demonstrations by trained nurses, by Dr. Mary Paulson.

Wednesday, 3:30 p. m.: "A Balanced Bill of Fare, with demonstrations, Includ-

ing Foods for the Sick," by Dr. Laurretta Kress, Chicago.

Thursday, 3:30 p. m.: "The Newer Science of Digestion," by Dr. David Paulson.

These programs were taken by our workers to the homes of the people, not merely slipping them under the doors, but personally explaining the work in detail. We endeavored to have these workers feel that they were engaged in a work for



The Gary Memorial Methodist Church in Wheaton, where the union health meeting was held.

Christ and that they must approach the people in such a spirit of consecration that they could unconsciously carry the peace of God to the homes of the people. I am glad to say that our nurses took hold of this work most enthusiastically and were much encouraged by the more than kind reception that they received at the hands of the citizens.

Sunday night was very cold—the first real winter night of the season; yet the janitor estimated that there were between eight and nine hundred people present. I had earnestly prayed that the Lord would help me to present the gospel of health in

such a manner that it should not only be instructive to the people but also a spiritual uplift. I have every reason to believe that God answered my earnest prayer.

At some of the afternoon sessions the Baptist church was full, and there was always a splendid audience. When it is taken into consideration that it was just before Christmas when the people were busy shopping and otherwise engaged it was certainly gratifying to us to find present at these meetings the superintendent of public schools, physicians, pastors and the most influential people of the town. We had these meetings opened with prayer and sought to present our instruction in such a way that it should render glory to God.

Some Instructive Lessons.

In this field campaign there are several texts of scripture that have been impressed upon us in a new and illuminating manner: First, in whatsoever city or town we enter to conduct a health week, to first of all inquire "who in it is worthy" (Matt. 10: 11), then go and call upon such personally, explain our object and if possible secure their active co-operation.

Second, to keep our eyes wide open for some special ones whom the Lord is impressing to give us "two loaves of bread." 1 Sam. 10: 4. I am inclined to think that in every enterprise undertaken under the direction of God's Spirit He has some one ready to give us special encouragement.

Third, we are not prepared to meet the people and do them any permanent good until we have been up on the housetop praying as Peter did of old (Acts 10:9).

Fourth, that in an effort of this kind we can't send some one else with our staff (2 Kings 4: 29-35). Elisha told Gehazi to take his staff and go and lay it on the face of the dead child. Later the servant returned and admitted that nothing had happened; so Elisha went *personally* and stretched himself on the child until it was warm, and then life returned. To organize an effort of this kind we can not send some one else; we must go ourselves. You who read these lines, do not try to farm out to somebody else the missionary work the

Lord wants you to do. "Somebody else" won't succeed or God would have laid the burden on them in the first place instead of on you.

REMARKABLE EXPERIENCES.

J. B. BLOSSER.

[Brother Blosser, the Lake Union general canvassing agent, conducted recently a "Ministry of Healing" institute for the Hinsdale sanitarium workers. During this time he related the following encouraging incidents.—Ed.]

It is our privilege to believe that God is guiding us in our work. A lady over in Australia, about the time our work first opened up there began praying that God would give her light; and the Lord gave her a dream in which she saw a man coming along the road on a bicycle. He left the bicycle in the road, came into the house, and he had a book explaining the prophecies of Daniel and Revelation. It made a wonderful impression on her mind and she dreamed the same thing again. Then she told it to her daughter and her neighbors.

Of course they talked about it, and one day the daughter looked out of the window and saw a man come along the road on a bicycle and start toward the house, and she said, "There, mother, is your canvasser." "No," she said, "that is not him." Another day the daughter saw another one: "There is your canvasser, sure enough." The mother looked and said, "No, that is not him."

Finally one day the lady herself was looking out the window and she said to her daughter, "There is the man I saw in the dream." She met him at the door, and he had the book "Daniel and Revelation." Do you think he had any difficulty getting in? She invited him in and looked at the book, and he had no more than started showing her the book when she interrupted him and told him the dream. She said, "You have got to come back here and stay all night. I want to get the neighbors in and have you explain these things more fully to them and to me."

He simply had to come back that night,

and when he got back there the room was full of people; they had all heard about the dream, and now that the man had actually come, it created quite an excitement in the neighborhood. The young man explained some things about the prophecies and they wanted him to come back the next night; more were out the next night than the first and there was intense interest in these lines of prophecy. He had to write for a minister to come, and as a result a church of forty was organized.

The Christian worker conquers on his knees. An old brother in southern Illinois wanted to go out canvassing. He was illiterate and lacked polish. His little buggy was so rickety you could know he was coming long before you could see him down the road, by the rattle. He wanted to go out canvassing but the brethren did not encourage him in the least. Finally they thought the best way to dispose of his case would be to let him try it and that after a little experience he would change his mind. They gave him a prospectus and the territory, and to their amazement he sent in reports as well as any canvasser in the field. They could not understand it, how a man of his appearance could interest the people in the book.

One night one of my friends slept with this man, and in the night he was awakened by hearing a voice in the room. He felt over and found his bedfellow was gone, and found it was the voice of prayer. It was this old fellow out on his knees in the dark of night telling the Lord how unfitted he was for the work and asking the Lord to send the angel of the Lord before him to *prepare* the hearts of the people.

He said, "You know, Lord, where I am going to go tomorrow and how I can't impress those people as I should," and went on telling the Lord all about it and asking Him to bless him in the work; and praise would sometimes ascend from his lips and then earnest intercession would take possession of him.

Now why was he having success? He was taking his orders on his knees. Souls

will be won,—saved in the kingdom, from his efforts. That is the kind of workers God can use. If you will do likewise you will find a place in His work, and there will be a satisfaction in it here and a reward in the next world.

FOUND THE BEST REMEDY.

This letter from a prisoner in Eddyville, Ky., gives us just a peep into the many sad lives that are found behind prison bars. In the month of May we shall issue another special prisoners' number of THE LIFE BOAT to be sent to all the leading prisons of this country with the sweet gospel message for just such lonely hearts as this one:

"I have just read the sweet little LIFE BOAT that was passed to me by a fellow convict, and I must say that this little paper is worthy of its name. Since reading it I feel much better to know that out in the cold wide world there are some good Christian people who do love and care for the unfortunate woman and the man that has fallen.

"I was sentenced to prison when I was a boy only eighteen years of age. I committed my crime at the age of sixteen. I have now served over eleven years of a life sentence.

"For a long time I had no faith in Christianity because the men that gave me this life sentence dealt unfairly with me. As they were Christians I expected a fair deal from them, but failed to get it, and then I lost faith in Christianity. But in later years that evil veil has been raised from my eyes and I have learned the good of true Christian people. Ten years ago I read THE LIFE BOAT, got angry and tore it up. Last night I read it and cried like a child.

"Not long ago my only brother was murdered, leaving our dear mother adrift in the world. Shortly after my brother was buried mother visited me in this sad, lonely and dreary old prison. She knelt and prayed with me. Her grief for the murdered child was greater than I can tell you in words. I did all I could to comfort her.

"This is the first time that I ever knew

and felt the true comfort of being a Christian. In time of trouble we try everything on earth and make all kind of excuses, but when all we do has failed to give us comfort and relief I have found that believing in God and trusting Him is the only and best remedy for a worried spirit and broken heart.

"I have a little Bible that I read very often. One word I find that seems to fulfil the entire Bible is the command to do unto others as you wish to be done by. I have made a practice of this for seven years. Doing this I have not had a black mark against me. Before I adopted it I was always in trouble. I also find much joy in helping the sick inmates of the prison. I am proud to say that I am loved by all of my fellow convicts and believe that I have the good will of every prison official. May I have the prayers of you good Christian people.

"Being in prison makes a person think of the right way to live,—that is, if he is not in prison too long. Let me kindly ask all of you good Christian people to remember the men behind the bars. Visit them whenever you find it convenient; because the man behind the bars feels that the world is cold and against him. This thought makes him grow cold and hard-hearted. I believe from personal experience that there is some good in each and every man, and that good can be found only by Christian people helping him. Then when the man leaves the prison he is greatly impressed to do good. May God be with you good people and help you to help those who are in trouble and distress. I hope that my darkest and saddest prison hours will be bright and happy ones for THE LIFE BOAT and its leaders. Remember us poor unfortunate devils behind the bars."

"THIS IS A LAW, that thought without subsequent action is useless. SO DO THE THING. It is better to be partly right in practice than perfectly right in theory. Better, Action that is sixty per cent Right than inaction that is one hundred per cent perfect. Don't think too long without acting. DO IT."

The Home Treatment of Simple Disorders

Mary W. Paulson, M. D.

WE CAN scarcely enter a home without finding some one ill: possibly they are not sick in bed, but there is something wrong with them. It may be that "tired feeling," or a backache, or a headache or indigestion, or a torpid liver—there is always something that the majority of people are complaining of.

I do not believe that all this is necessary. Many times these simple disorders could be relieved by a proper diet, or by looking after elimination, securing proper hours of sleep, etc. Possibly some of us would have been better off if our parents had known how to take better care of us when we were young. But that does not relieve us of doing all we can for ourselves.

The Home Nurse.

The mother is the natural nurse in the home. It is very strange that in the training of the young girl she is not taught how to take care of simple disorders. Most girls will become mothers, and that duty is undertaken without knowing how to care for the child placed in their hands. They know how to dress the child and may know how to feed it, but if there are any little disorders that simply need a little intelligent attention to prevent future disasters they do not know what to do.

The natural nurse is the mother, and therefore she ought to have some training. She does not grow into it. When the child is very ill of course you are obliged to call in a trained nurse; but not so in the ordinary ailments of the child, day by day. And if you knew how to care for these ordinary ailments the child would rarely become seriously ill.

*Abstract of lecture given with practical demonstrations during the Downers Grove "Health Week."



Most of you have sewing machines. If something simple is wrong with it so that it is not working well, you go to work to clean it and fix it up yourself. But if your body is not working satisfactorily you call on the physician. You can't do that yourself. Yet if there is something seriously wrong with your sewing machine that you are not a good enough mechanic to take care of, you call in an expert and he repairs it. And so in disease you need to call in the physician when you need extraordinary work done for yourself.

Nature's Pain Killer.

There is one thing the human body seems to be heir to, and that is pain. There are different ways of relieving pain. The easiest way is to swallow some kind of dope. Now after swallowing something inside, it is not as easy to take care of its after-effects as if it was applied to the outside, and pain relieved like that today will often come back tomorrow. We must first know what is the *cause* of our aches and pains before they can be permanently removed. But everybody cries out, "Relieve my pain!"

The use of hot and cold will relieve most pains. A hot fomentation costs very little money. You only need two pieces of an old half woolen blanket, and then hot water. It costs only a little bit of time and effort. I will admit it takes more time than it does to swallow a pill, but you can take care of it a great deal better than you can the pill, and what is more, you will not find yourself becoming a chronic invalid as you will by becoming addicted to the pain-killer habit.

Not only is a fomentation good for pain, but it will also relieve congestion. Inactive

livers are congested, and the fomentation will get some of the blood out of the liver into the skin. When a child has caught a cold on its chest and is coughing, there is internal congestion in the mucous membrane in the bronchial tubes, and the fomentation draws the blood out into the skin and so relieves the congestion. The skin very soon becomes red, showing the blood is brought out into the blood vessels of the skin. If a boy has been eating green apples apply something hot to his stomach right away. But remember it will do no good unless it is steaming hot.

While applying the fomentation it is well to keep the head cold with a cold compress.

A Home Treatment Outfit.

There should be in every home a treatment outfit. In most homes you find somewhere a medicine shelf, and it is surprising how many bottles there are in this medicine closet, that cost a dollar or even a dollar and a half. The following suggestive outfit costs very little. The hot water bag will cost the most but it will last a long time if it is properly taken care of: Two fomentation cloths, spine bag, combination hot water bag, ice bag, foot-bath tub, clinical thermometer, water thermometer, Turkish towels, fomentation pail, friction mitt.

In case of severe pain when no fomentation is at hand take a towel, wring it out of water and put a hot water bag on it. However a fomentation is better because it will cover a larger area. When you take it off cool off the part with a little cold water or alcohol.

Fomentations are very good if you have a backache or a misery up and down the spine, or if you have that tired feeling in your spine; also when you can't get to sleep at night, the hot fomentation to the spine is very restful and beneficial. Sometimes you are nervous; you will feel as if you are almost going into convulsions. At such times a fomentation to the spine will straighten out the twisted-up nerves. That is a great deal better than taking morphin and other similar drugs.

The value of these fomentations is esti-

mated by the redness of the skin they produce; but do not burn the skin. You are not apt to do this if you put a dry flannel underneath. Each fomentation should be left on about five minutes, and by the time it becomes comfortable it is changed again. It is usually necessary to repeat it three times.

You can fill a spine bag with hot water—not too hot—and put a towel around, and then you will be likely to go to sleep even if you are very nervous or if you have pain or have a cold coming on.

Always dry the skin thoroughly after the treatment is over. That is why the hot water bag is very beneficial for sleeping purposes; it does not get the skin wet.

Natural Tonic.

So many people want to know what to take for that tired feeling; they want a "tonic." The best tonic we can get is something that will increase the circulation of the blood, tone up the nerves and thereby increase our appetite and increase our muscular powers, such as outdoor air, outdoor exercises, and short applications of cold water. I have known little children who started out with a tendency to colds who became healthy simply by the use of cold mitten frictions each morning.

For older people it is best to precede the mitten friction by a short hot bath or a hot foot bath or hot applications to the spine. You should not have goose flesh on the body after the treatment. There should be a good red glow all over the body.

The benefit of the cold mitten friction is ascertained by the redness of the skin that follows it. If there is goose flesh afterwards the treatment either was too slow or too long or should have been given in a warmer room. If you are troubled with neuritis or neuralgia or acute rheumatism I would advise you to be careful about using the cold treatment.

These vigorous frictions with a mitt dipped in cold water are a splendid preventive of colds. Many people who practice this never catch cold where heretofore they were catching colds all winter long. For a cold is simply an internal congestion.

"HE GOETH BEFORE."

PEARL WAGGONER.

Each dawning year, each opening month,
 each rising, setting sun,
 Contain a record of their freight, now
 veiled in mystery;
 We can not read the pages till they open
 one by one,
 Nor knows what waits—the mountain peak
 or lone Gethsemane.

Yet lieth comfort in the thought, although
 our sight is dim,
 Whatever vista ope to us, whatever day
 shall dawn,
 Although within the Garden it should lead,
 'mid shadows grim,
 Yet Christ Himself has entered there—"a
 stone's-cast farther on."

Still farther in the shadows He has been
 than we can go,
 Still deeper tasted every cup that we are
 called to drink,
 Still more of struggle had and grief, than
 human heart can know;
 He's known and conquered all; then is
 there aught from which to shrink?

So let us not look forward with misgiving
 or with dread,
 For naught can come but as a God of love
 permits or sends;
 And even though a storm should break, or
 skies be gray o'erhead,
 Yet over all the bow of God's eternal good-
 ness bends.

In darkest hours, when grief assails, may
 then we call to mind
 God's guidance in the bygone days—His
 present love and care;
 In each experience may we the hidden
 blessing find,
 In every difficulty see a call to deeper
 prayer.

And if surprises glad and sweet be shed
 upon our way,
 Of Him who is the Giver may they never
 hide the view;

If smooth or rough the path we tread, may
 yet we find a stay
 Remembering at all times Him who led us
 hitherto.

Then onward, upward, higher still!—be this
 our constant aim,
 Forgetting failures now behind, our eyes
 toward the goal,
 Our hand in His who loves us, who is ever-
 more the same,
 Whose power is strong to help as long as
 ceaseless ages roll.

NEVER STARTED RIGHT.

The following letter was written to one
 of the workers by a prisoner in Danne-
 mora, N. Y.:

"Pardon the liberty I take in addressing
 this letter to you. I have ever since I have
 been in this institution desired to corres-
 pond with some Christian out in the world
 and I believe God has been instrumental in
 directing my attention to you. I have
 neither father or mother, kith or kin, to
 take an interest in me. I was thrown on
 the world when I was in my teens and be-
 ing without family or Christian influence
 I drifted like chaff in the wind, and I was
 lost.

"As I sit here and view the past with
 calm and dispassionate judgment I realize
 that I never even started in the world right
 and I must have inadvertently ended bad,
 either this way or some other way. But
 I thank our Lord that I have come to a
 full realization of my sinful life and am de-
 termined with the grace of God to live
 down the past by devoting my life to His
 work. I am studying the works of God
 with a view of becoming a missionary, for
 I am resolved to devote my life to saving
 souls, for I know there are thousands of
 souls who are going heedlessly and reck-
 lessly to perdition.

"You would be conferring a lasting favor
 and one that would be fully appreciated if
 you would send me a Bible and a diction-
 ary. I have eight years here and during
 this time by the mercy of God I wish to
 prepare myself for my work."

A MESSAGE FROM KOREA.

MRS. DR. RILEY RUSSELL.
Soonan, Korea.

[We publish the following message culled from a personal letter written to Dr. Ora Barber of the Hinsdale sanitarium, knowing that our readers will be deeply interested in it.—Ed.]

I have been greatly interested in the Korean children ever since I came and have started a small work for little girls. If I was better equipped I could do better for there is so much material to work on. So this fall Dr. Russell and I have fixed up a plan that I am trying to carry out. I want to raise about five thousand dollars and build a house and workshop and get enough land to raise mulberry trees and cotton. Then I can keep a large number of girls and they can be almost self-supporting, for from the leaves of the trees they can feed silk worms; silk making and cotton spinning and weaving are very good ways for women in this country to make a living.

The conditions here are something the same as in India for little girls are married when mere children. The little girls of the



Four little Christian Koreans who are being educated by Dr. and Mrs. Russell.

poor, and the orphans, are often sold as slaves and the misery and suffering of the poor little things is great.

I will send you a picture of four of my girls. They are all in school, can sing and read and are trying to be true little Chris-

tians. The two larger ones are baptized church members. The third one was sold some time ago but her father becoming a Christian repented and appealed to us to help him redeem her. This has been done and the child is still in our school. The little one at the end is a cute little mite. She is the one that fears her father will beat her stepmother to death and then sell her to buy another wife.

I wish you could see these little girls in Korea. When they have a chance they are as bright and lovable as any girls at home. They learn very fast and are good students. My largest girl has been taking lessons on the organ for a year and can play hymns quite well. The second has a nice voice for singing and a good ear for music. I want to start her in on the organ as soon as I can make arrangements.

We like Korea and do not want to work anywhere else. Dr. Russell is out in evangelistic work most of the time. I am not afraid to stay alone for we have two nice Korean boys, students, who help me with my house work, and the girls are here out of school hours.

A WAY OUT OF THE GLOOM.

CAROLINE LOUISE CLOUGH.

"Won't you sing that song, 'Nearer my God to Thee?' My mother used to sing that when I was little."

A poor wreck of a man in a dark, dingy cell had been chattering away incessantly, seemingly unconscious of his surroundings or his miserable plight. "Every man's hand against him and his hand against every man" seemed to be his guiding star, and he acted accordingly.

When we passed out the song books the above request startled us, but the old familiar song soon found its way beneath the wild-eyed, sin and dirt-begrimed countenance, down to that heart of stone, and sweet memories of mother were awakened.

There is a little spark of good in even the most abject slaves to sin, and yet in no place are the fearful ravages of the devil more apparent than right in the Harrison street police station where we hold services every Sunday morning.

"There is nothing but broken hearts in here," said a woman one morning as we approached her cell. And it is true, the cold, dingy, dreary walls are mute listeners to many a cry of despair from broken and aching hearts, and in many cases they are no more unfeeling than the stony hearts that have helped to kick the poor sinner down to such a place.

On the wall of that very cell that has closed its iron jaws on hundreds of broken-hearted women there was found one day these words written, "O God, have mercy on me." Did the Lord hear that cry? Yes, "For He hath looked down from the height of His sanctuary; from heaven did the Lord behold the earth; to hear the groaning of the prisoner; to loose those that are appointed to death." Ps. 102:19, 20.

And what has caused these broken hearts? Surely not the prison cell? Oh, no. The one word, sin, is responsible for it all. It is because the devil, who is the originator of all sin, is getting control of the hearts and lives of the people.

The time has surely come when that wonderful prophecy foretold by John the Revelator in Rev. 12: 12 is being fulfilled before our very eyes. It says, "Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time."

There never was a time in the history of this old world when the devil could so quickly and so effectively capture the hearts of men and make them do his bidding as at the present time.

Look at the thousands of young women all about us who are going down to destruction almost in a day whereas a few years ago the devil would work for years to wreck a human soul. Then again we are startled nearly every day with some new revelation of corrupt politics and corrupt police control. It reminds us of that text which says, "Judgment is turned away backward, and justice standeth afar off; for truth is fallen in the street, and equity can not enter." Isa. 59:14.

What does it all mean? are we not nearing the end of all things,—the time when

our Redeemer has promised to come to earth and gather His loved ones home? What are we doing to get ready for this event? Are we in season and out of season striving to get rid of every trace of that horrible monster, sin?

I thank God for the power of an endless life which we can have in Christ Jesus our Lord who gave His life for us that we might be redeemed from this present wicked world and all that pertains to sin, and transformed into His glorious likeness and saved for evermore.

ARE YOU READY FOR CHRIST'S RETURN?

G. W. SHONE.

Cape Town, South Africa.

Christ's second coming is the most important event that ever has happened, or ever will happen in the history of this world; and but very few people have any conception of the preparation needed by those who expect to meet Him in peace.

When the Lord returns to this earth for His waiting people, His reward is *with Him* to give to every man according to his works (Rev. 22: 12). From this it must be evident to all, that an investigation of the cases of those who claim to be His people, must precede His coming, in order to ascertain who are worthy to have a part in the first resurrection (Rev. 20: 6), which event is coincident with the second advent (1 Thess. 4: 15-18). The apostle Peter speaks of this investigative judgment in these words: "For the time is come that judgment must begin at the house of God; and if it first begin at us, what shall the end be of them that obey not the gospel of God? And if the righteous scarcely be saved, where shall the ungodly and the sinner appear?" 1 Pet. 4: 17, 18.

If the righteous *scarcely be saved*? Then it will be no easy matter to pass in this examination, when the very thoughts and intents of the heart are to pass under the close scrutiny of the Judge of all the earth.

The prophet Zephaniah looking forward in holy vision to this momentous event, and the closing of human probation, penned

the following: "Gather yourselves together, yea, gather together, O nation not desired, before the decree bring forth, before the day pass as the chaff, before the fierce anger of the Lord come upon you, before the day of the Lord's anger come upon you. Seek ye the Lord, all ye meek of the earth, which have wrought His judgment; seek righteousness, seek meekness, it may be ye shall be hid in the day of the Lord's anger." Zeph. 2: 1-3. "It *may be* ye shall be hid,"—these words convey the same idea as expressed in Peter, "if the righteous *scarcely be saved.*"

"Nothing short of a character formed after the divine Pattern will pass the test of the investigative judgment. Without holiness shall no man see the Lord. The victory must be gained over all sin, over every wrong thought, word, and action. The life must be in perfect harmony with the divine standard which shall be the rule of the judgment (Eccl. 12: 13-14). God's law of ten commandments must be lived, or in other words must control and mold the life of all those who expect to meet the Saviour in peace. One sin was sufficient to bring death to our first parents and to deprive them of the right to the Tree of Life; and one sin will keep us out of the kingdom, and will prevent our partaking of the Tree of Life. "Blessed are they that do His commandments, that they may have right to the Tree of Life, and enter in through the gates into the City." Rev. 22: 12.

Today, not only is the law of God lightly esteemed by a large proportion of professing Christians, but the Bible, given by inspiration of God for the instruction and edification of His people—a lamp to lighten their pathway to the Holy City (2 Tim. 3: 16, 17; Ps. 119: 105), is treated as though it were the production of finite man, yea, the writings and teachings of men are placed in authority above the inspired record. We have reached the time when men have turned away their ears from the truth (God's Word, John 17: 17), and are turned to fables (2 Tim. 4: 4), and the blame is largely due to the teaching of those who

are supposed to lead the flock of God to the kingdom of heaven.

The Lord has magnified His Word above all His name (Ps. 138: 2), and men will have a terrible account to render at the bar of God for the contempt with which they have treated the Bible. The result of the attitude taken by those who should stand stiffly for the Word of God, is that faith, the basis of which is the Word of God (Rom. 10: 17), is a rare article in these days; and this is a sure indication that the end is near according to the doctrine of the Saviour,—“Nevertheless when the Son of man cometh, shall He find faith on the earth?” Luke 18: 8. Many will find out when it is forever too late, that they have not rested their hope of salvation upon the true foundation, because they have been trusting in their own wisdom and works of merit instead of taking the Word of God as their rule of faith and practice, conforming their lives to its teachings.

“Not every one that saith unto me Lord, Lord, shall enter into the kingdom of heaven; but he that *doeth the will* of My Father which is in heaven. Many shall say to Me in that day, Lord, Lord, have we not prophesied in Thy name? and in Thy name have cast out devils? and in Thy name done many wonderful works? And then will I profess unto them, I never knew you; depart from Me, ye workers of iniquity.” Matt. 7: 21-23. Men seek to evade the plain teachings of God's Word because these cut across the desires of the natural carnal mind. They prefer “to enjoy the pleasures of sin for a season,” to the reward awaiting those “who by patient continuance in well-doing, seek for glory, honor, and immortality” at the coming of the Lord.

This world with its pleasures is soon to pass away, but those who do the will of God, as revealed in His Word and Law, will abide forever and enjoy the pleasures of the new earth, where there shall be no more curse. If men and women could only realize what they are forfeiting by seeking satisfaction and happiness in a

course which ends in eternal loss, they would surely hasten to retrace their steps and follow in the pathway of God's Word. "In the way of righteousness (right doing) is life, and in the pathway thereof there is

no death." Prov. 12: 28. "O that thou hadst hearkened to My commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea." Isa. 48: 18.

The Health Truths in City Work

D. H. Kress, M. D.

1616 Millard Ave., Chicago.

WHILE we have reason to be thankful for the results that have followed the gospel efforts the past summer in the city, we are conscious that the city problem has not yet been solved, and the question naturally arises, are we adopting the most successful methods of reaching the people?

There always exists the danger of getting into a rut. The work then is done mechanically and results are not seen. The history of Israel is held before us in this respect. Their history has been repeated since, and there is a constant danger of its repetition in our work.

To Nicodemus, a teacher in Israel, who came to Him acknowledging that His mission was from above, Jesus said there was no salvation in the mere changing from one belief to another. "Except a man be born again, he can not see the kingdom of God."

The only thing that causes rejoicing among the angels in heaven is the *conversion* of men and women, and it is the one thing that should cause rejoicing among us.

Wherever in the past there have been true revivals the claims of the law of God have always been held before the people, and great reforms were made by converts.

Not As a Bait.

I am certain if we should make more prominent the work of reform we too would witness the power of God in our efforts and we would more fully appreciate *why* the principles of health should be kept at the *forefront*, not as a bait to attract people, that they may hear doctrines and accept them, but as an inseparable part of the gospel in the salvation and redemption of mankind.

It is a great mistake to receive into the church men and women who have habits that are antagonistic to the principles of the Bible. He who is truly converted will abandon every defiling habit and appetite.

When the truth is presented some may take hold of it who are uncultured and rough. They may be untidy in dress and careless in their conversation and surroundings. If they feel there is no need of reformation, be assured that the truth has not taken deep root in their hearts. The truth of God exerts a *refining* influence upon those who receive it. It corrects wrong habits.

The admonition has come, "Keep the work of health reform to the front. Show so plainly the value of health reform that a widespread need for it will be felt. Abstinence from all hurtful food and drink is the fruit of *true* religion."

Sometimes the impression is given that the health principles, which may be recognized as all right, are presented merely for the purpose of paving the way for the doctrinal subjects, or as a kind of a catch. While they do pave the way for other truths they are not to be presented with any such motive. If this is done health principles I fear will, in time, be brought into disrepute and may even be taken out of our hands and committed to those whose motives are purely to benefit mankind. The people need these truths and God will use the instrument nearest Him when this work must be done.

The work of our large cities is to be carried on in a way that will properly represent the sacredness and holiness of the truth of God.

Seeking To Benefit the People.

We should be conscious that we are here to benefit men and women; if we are, we need not be ashamed of the gospel we carry.

The Greeks said, "We would see Jesus." He is still the desire of nations, as He was then. I would propose that during this winter, in the halls we make prominent in our work the principles of health, by conducting demonstrations in cookery, by lectures and demonstrations in simple treatments.

These give us access to all classes because all classes feel the need of health. With these can be associated helpful Bible studies on practical themes, or evangelistic appeals. Then as the Lord leads an individual here and there to inquire in regard to other phases of truth we can single these out, visit them in their homes or our city mission rooms, and answer their inquiries. By following this plan we would, to my mind, combine the wisdom of the serpent with the harmlessness of the dove.

MEDICAL MISSIONARY WORK IN HONOLULU.

MISS BESSIE M. YOUNG.

Honolulu, Hawaii.

We cull the following from a personal letter from Miss Young, who was formerly connected with the Chicago medical mission and later spent a few years as a medical missionary in Japan.—Ed.

I have been in the hospital here now about two months, and like my work very much. It is so different from sanitarium work. There is plenty of emergency work and surgical work done here. Often we have those of all nationalities brought in with fractured skull from jumping from a street car. These poor unfortunates are maimed or injured for life just because of a little carelessness.

The other day a pretty Chinese woman was carried in by the police patrol. She was unconscious, having taken poison. Her husband, a white man, had been away for a week and in her discouragement she tried to end her life. In the arms of the policeman who came with her was her darling baby not more than a year old. After working with the woman we succeeded in

clearing out her stomach, put her to bed, and she is doing well.

These people need our sympathy, I realize, and I want you to pray for me that God may use me to be a real strength to those who come here. It may be that is just why God wants me here. Before coming here I sought the Lord for direction and guidance to be sure it was the thing for me to do. The way opened up and I see plainly a very good opportunity to help. I find plenty of chances to practice my Japanese language and to hand out Japanese tracts, as there are many Japanese here, both patients and helpers.

I often think of the dear Chicago days and of my many experiences there. I know that God is still blessing you in that work. There in Chicago one gets the real genuine article to deal with, and though I did not stay there as long as I might have yet I was very glad for the experience I did receive.

We hold services in the Oahu prison here in Honolulu. A company goes down every Sabbath afternoon. It is difficult to determine results of our work here, but our part is to sow the seed and wait patiently for the harvest.

WANTS GLOVES AND HANDKERCHIEFS.

A prisoner writes from Dannemora, N. Y.:

"I received your letter and was very glad to hear from you. I am still trusting in the Lord and am reading my Bible every day.

"I am not working up here at present; I was very sick, but am well now. I wish you would do me a favor and send me some handkerchiefs and a pair of gloves to keep me warm. I wear size No. 10.

"Here is a portion of the Bible I like. John 3: 16, 'God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.'

"Please answer this and oblige me. I got that reading matter you sent me and it was very good. Please send me some more."



Editorial Department

Conducted by Dr. David Paulson



THE LIFE BOAT FOR 1913.

THE LIFE BOAT has no fads to exploit, it has no theories to promulgate, so it does not have to tack to any popular prevailing breeze of public sentiment.

It has just one mission in the world and only one and that is to impart to suffering, needy, downcast, discouraged, sin-enslaved humanity everywhere—whether they reside on the boulevard or merely exist in the slums—the knowledge that Christ not only saves but saves to the uttermost all who will accept Him.

THE LIFE BOAT has carried this healing message on a fifteen-years' cruise and in spite of rough seas and hidden rocks it has proved a wonderfully good sailer because Christ has been its Pilot. It has been a labor of love from the start. Every number before it has been made up has been baptized in most earnest prayer by those who are issuing it.

We believe that the Lord will use THE LIFE BOAT during the coming year in an even more remarkable manner than in the past, and to serve this glorious purpose we earnestly rededicate our lives.

THE NEXT PRISONERS' NUMBER.

We want all our readers to remember that the May number of this magazine will be another special prisoners' number. The public were never so deeply stirred about prison reform, prison agitation, prison management and mismanagement as at the present time. We shall endeavor to crystallize in this special number some of this awakening into practical gospel helpfulness.

It is none too early to begin to talk this up with your friends, enlist their active interest and send in donations that shall make it possible to furnish the May LIFE BOAT to the prison population of the United States.

SPIRITUAL REVIVAL AT HINSDALE.

The week of prayer was a most blessed occasion for the Hinsdale family. Such confession and clearing up of sin and drawing near to the Lord and humbling of heart on the part of both helpers and managers, has never before been seen in Hinsdale. Undoubtedly the extensive field work that had been carried on previously helped to pave the way for it.

Our workers are beginning to appreciate that they have no message for humanity unless God has imparted one to their own souls. We have every reason to believe that the entire work has been lifted up on a spiritual level that it will never slip back from, even though some individuals may lose out of their lives this advance experience. There is a larger number of our young people than ever before who have grasped the thought that only as they are withstanding temptation in the strength of the Mighty One will they be permitted by God to have an active part in carrying on the most important features of this medical missionary work.

NOTICE.

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

THE HINSDALE SANITARIUM MID-WINTER MISSIONARY CONVENTION, DEC. 27-31, 1912.

During the holidays, when the vacation spirit is naturally in the air, the Hinsdale workers turn their attention in the most serious and earnest manner to spiritual things and the great missionary problems that confront them.

Each year there is held in Hinsdale dur-

ing the holiday week a most important medical missionary convention. Special attention is given to self-supporting work, the most successful methods of opening up new centers, and how to extend in a most practical manner various missionary lines of work.

Experienced workers gather from far and near and impart to the Hinsdale movement their best thoughts. God has always in a special manner blessed these occasions. The following is this year's program which will be in session by the time this LIFE BOAT is in the hands of its readers. We earnestly ask the prayers of God's people everywhere that this may be a Pentecostal season.

PROGRAM.

Eld. O. A. Olsen, Chairman.

FRIDAY, DECEMBER 27.

7:15 p. m. Opening Discourse, Eld. O. A. Olsen.

SABBATH.

6:45 a. m. Devotional Service.

10:15 a. m. Sabbath School.

11:15 a. m. Sermon, Eld. S. N. Haskell.

2:30 p. m. Social meeting led by Eld. Olsen.

7:15 p. m. Reports from sanitarium field workers.

SUNDAY.

6:45 a. m. Devotional Service.

10:00 a. m. Recent developments in the religious liberty movement. Eld. K. C. Russell.

11:10 a. m. To every man his work. Eld. G. E. Langdon.

2:30 p. m. How to study the Bible. Eld. S. N. Haskell.

3:40 p. m. The sanctuary and its importance at this time. Mrs. S. N. Haskell.

7:15 p. m. Practical lessons learned in the establishment of missionary enterprises. Mrs. N. H. Druillard.

MONDAY.

6:45 a. m. Devotional Service.

10:00 a. m. Combination of health and ministerial work. Dr. D. H. Kress.

11:10 a. m. Inexpensive medical missionary centers in the large

cities. Dr. David Paulson.

2:30 p. m. How to study the Bible. Eld. S. N. Haskell.

3:40 p. m. The sanctuary and its importance. Mrs. S. N. Haskell.

7:15 p. m. Self-supporting educational work in the southland. M. Bessie DeGraw.

TUESDAY.

6:45 a. m. Devotional Service.

10:00 a. m. The foreigners at home. Eld. O. A. Olsen.

11:10 a. m. Practical missionary methods.

2:30 p. m. How to study the Bible. Eld. S. N. Haskell.

3:40 p. m. The sanctuary and its importance. Mrs. S. N. Haskell.

7:15 p. m. Closing meeting.

Eld. O. A. Olsen will have charge of the devotional services each day.

ARE YOU A LEAN CHRISTIAN?

"And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: but I have prayed for thee, that thy faith fail not." Luke 22:31, 32.

This was spoken to Peter, who, no doubt, had just participated in a strife among the disciples as to whom should be greatest. Peter did not realize his sinful condition nor the import of Christ's words, for he immediately replied in a self-confident tone, "Lord, I am ready to go with Thee, both into prison, and to death." But it was not many hours afterward when Peter three times, and even with an oath, denied having any connection with his Lord. He was trusting in his own power to save himself.

The devil is still sifting people today and he has in his sieve every one who has ever professed the name of Christ Jesus. The large full kernels of wheat are not so likely to be sifted out as the small kernels and those that have not been properly filled out, which have in some way lacked nourishment.

At the time when those words were spoken to Peter he was like the withered kernel of wheat, and when the devil began shaking hard enough he slipped through before he knew it.

Did you ever meet any Christians like that kernel of wheat? There was something defective about their spiritual growth; perhaps they had forgotten to take nourishment from God's Word and to be refreshed by His Spirit through prayer. Watch them when they get into the devil's sieve; see how quickly they slip through.

Peter afterward became thoroughly converted and later on he exhorts us to "be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour." 1 Pet. 5:8.

WHAT TO DO WITH DISCARDED PAPERS.

Every copy of this valuable publication should be passed on to other families after it has served its purpose in the homes of its subscribers. The missionary possibilities of such literature in frontier homes is wonderful. It is a sin to destroy it when so much good can be done with it at very small expense. Write for full particulars and for the name and address of one or more families whose homes would be greatly enriched by your good literature. Address,

THE PAPER MISSION,
REV. B. A. LOVING, Supt.,
Woodward, Okla.

There has come to our desk a unique leaflet entitled, "Railway Guide. The Blessed Hope Railway." It is an explanation of the whole plan of salvation. Especially prepared to hand out to the unconverted. A sample copy can be secured by sending ten cents to W. L. Sims, 615 N. 10th St., Phoenix, Ariz.

Oxford Text Bible

FOR SIX YEARLY SUBSCRIPTIONS.

The Oxford Text Bible is just a little larger than the ordinary sized pocket Bible, being $5\frac{1}{4} \times 3\frac{1}{2}$ inches and $\frac{3}{4}$ of an inch thick. Contains six maps, is beautifully bound in French morocco, divinity circuit, round corners, red under gold edges. Furnished free for six subscriptions.

ITEMS OF INTEREST FROM HEAD-QUARTERS.

Eld. J. E. Jayne of Rome, N. Y., called at Hinsdale recently.

Judge Jesse Arthur and wife of Battle Creek, Mich., made a brief call at the sanitarium.

Miss Lillian Rigby of Bryant, Colo., and Carl Hamlin of Chicago, have recently entered the employ of the sanitarium.

J. W. Longacre of Elkhart, Ind., a warm friend of the Hinsdale movement, is now spending a few weeks at the sanitarium recuperating.

Miss Lucy Page Gaston of Anti-Cigarette fame has brought her mother, who is critically ill, to the sanitarium. We are glad to report, however, that Mrs. Gaston is improving rapidly.

The fourth annual Hinsdale Mid-Winter Missionary Convention will be held this year from December 27-31. A good attendance and interesting program are promised.

Two interesting and successful health institutes were held in the vicinity of Hinsdale during the past month. A report of the same can be found elsewhere in this number.

The work at the Hinsdale Nurses' Center in Chicago is growing rapidly. As this work is maintained entirely by faith, the nurses looking straight to God for their support, they will appreciate any little gift which might be sent in. Read Miss Stapp's article in this number.

The members of the Life Boat Rescue Home family wish to thank the many friends who have so generously helped to buy coal for the Home this winter.

Miss Hilma S. Peterson who has sold from a thousand to fifteen hundred or more LIFE BOATS each month for the last six months, visited Hinsdale and also attended the Harrison street jail service recently.

Mrs. W. A. Patten, formerly Martha Garthofner, who was connected with the Life Boat Mission and branch sanitarium several years ago, spent a few days visiting old friends in Hinsdale. Mrs. Patten and her husband are in charge of successful sanitarium treatment rooms in Excelsior Springs, Mo.

The Hinsdale sanitarium patronage has been unusually good for this time of the year. In spite of the fact that every one prefers to spend Thanksgiving and the holidays at home the house has been nearly full all the month.

Carl M. Meves, a member of the last nurses' graduating class, has recently gone to Marion, Ill., to engage in self-supporting medical missionary work.

Work, every hour, paid or unpaid; see only that thou work and thou canst not escape thy reward.

Agents Wanted—Elegant Scripture postcards, Lord's Prayer, illustrated hymns, birthdays and greetings, 10—10c; 100—90c assorted, postpaid. Bible mottoes, 2—12c; dozen—65c; 100—\$3.75, prepaid. Also beautiful yard-wide messaline silks, 89c per yard. Silk samples free. Waterbury Specialty Co., Pomona, California.

AGENTS WANTED.

We would be glad to correspond with anyone who would like to take up the sale of THE LIFE BOAT. Why not plan for a missionary campaign?

WHY NOT BE YOUR OWN EXECUTOR?

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

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

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

The Life Boat

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

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

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Single copies, 10 cents.

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Special discounts when a number are sent to one address.

Ten cents additional to Canada and foreign countries.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

LIFE BOAT MAGAZINE AGENCIES IN CHICAGO.

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

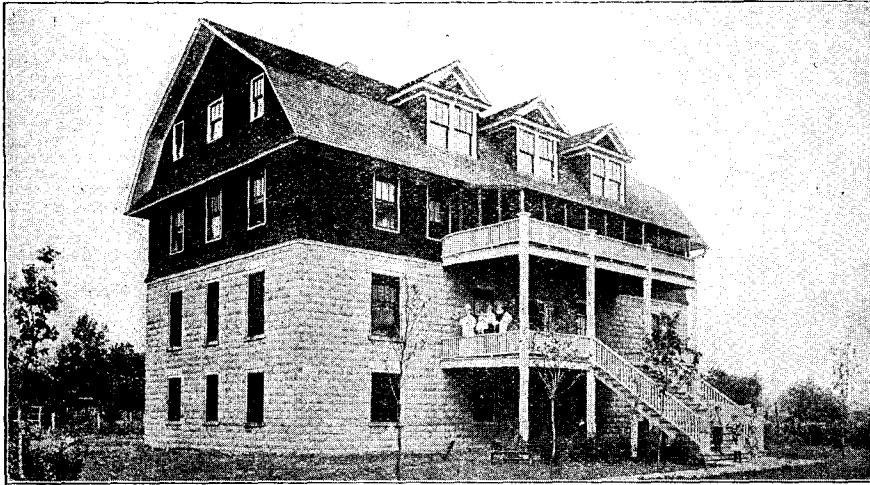
D. K. Abrams, wholesale nut store, 3529 Cottage Grove Ave. Phone, Aldine 743.

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

Hinsdale Nurses' Center, 2348 Park Ave.

THE LIFE BOAT RESCUE HOME

HINSDALE, ILLINOIS



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

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

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Address for further information

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

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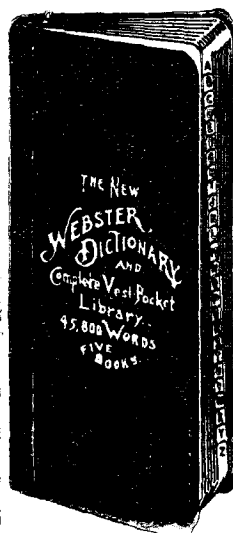
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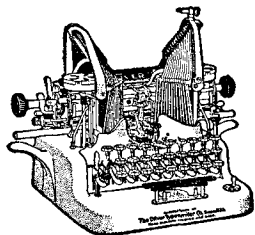
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