

Volume Sixteen Humber Two

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Binsdale, III.

February, 1913

"Now is the day of salvation"-2 Cor. 6: 2.



THE LIFE BOAT

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

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Harmless Remedies for Simple Disorders

Mary W. Paulson, M. D.

A TTACKS of sick headaches are common, and the one afflicted is very likely to either patronize the patent medicine bottle or send at once to a drug store for a dose of headache powder. We have all read in the newspapers where too large a dose of headache medicine was taken and the patient died as a result or became a lifelong sufferer. These remedies relieve the headache for the time being and that is the real reason so many people insist on taking them.

Hot and Cold to the Head.

Again and again we have seen such patients secure relief more promptly by applications of hot and cold to the head than they could from any medicine, the unfavorable after effects of which it is not always possible to control.

Hot and cold to the head is best given with the patient lying down, well covered up, and it is most effective if the patient's feet are in hot water. Do not try to cure a headache while the feet are cold. It is not sufficient to sit with the feet over the register. It is a great deal better to take a hot foot bath.

Then put an ice bag to the back of the head. If you do not have the ice bag take several thicknesses of newspaper and wrap around a cake of ice. If you do not have ice merely fill a fruit jar with cold water to take the place of it, or use a towel wrung out of cold water. Then take a Turkish towel and wring it out of hot water; put it over the forehead, ears, and bring it around and cover all the face except the nose. This relieves the internal congestion and generally gives prompt relief from the headache. Sometimes, however, headaches are so severe that it is necessary to persevere with the treatment for half an hour or even longer.

It is extremely important during this treatment to have a cold cloth on the throat and sides of the neck. This contracts the large blood vessels and helps to diminish the congestion which is partly responsible for the sick headaches.

What to Do for Grippe.

This is the time of year when grippe and serious colds are extremely common. If these minor disorders are not cured promptly they are very likely to lay the foundation for pneumonia, tuberculosis, pleurisy and other serious diseases. The grippe can nearly always be cured in a day if the patient is given vigorous treatment the very *first* day.

In a mild case give a hot foot bath. When a hot foot bath is suggested people usually bring out a shallow tub and then the feet are placed in a little warm water. But a hot foot bath should come up at least above the ankles. It is better still if the pail is deep enough so the water can come up nearly to the knees. Wrap a blanket around the rest of the body and drink an



The ideal treatment for a light cold or grippe.

abundance of very hot water or hot lemonade until you get up a good perspiration. Then get right into a bed that is well warmed with hot water bottles.

Precede this treatment if possible by a good thorough-going enema. If not, take a good dose of some effective laxative. In severe cases it is better to take a good vigorous hot blanket pack instead of the hot foot bath.

"That Cold on the Lungs."

What shall we do to break up a cold on the lungs? Before going to bed apply several hot fomentations until the chest is red. Then take a piece of old muslin, cut something like a vest, wring it out of cold water and put it on next to the skin. On this place a layer of mackintosh or several thicknesses of newspaper or anything that will exclude the air and retain the moisture; then a good thick layer of ordinary cotton batting, and on the top of that pin snugly dry flannel. It must fit tightly above and below and around the shoulders so no air can get in under to chill the patient. That is very important. If it is put on right, in a few moments it will warm up and remain warm all night.

Then in the morning give a cold mitten friction and oil the chest. If the patient can stay indoors the next day and go through the same treatment the following evening he is more certain to have a complete cure.

HOPE FOR THE INVALID.

To the "Shut-Ins" from a "Shut-In."

F. B. UNDERHILL. Montrose, Pa.

I feel impressed to call on you again through THE LIFE BOAT, for if what I write is a comfort to only one, that will be worth while to make one more happy. I hope you are already happy in Christ.

I want to speak of a man that was afflicted in the days of Christ. There was a pool at Jerusalem into which an angel went at a certain season and troubled the water. The first one to get in the water after it was troubled was made whole of whatever disease he had. Do you suppose if there was such a place nearby now that we would all be made whole? No, for God has places today where He does heal through water and human agents. And they were not all healed at that time in the water.

There was a certain man who had an infirmity for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, He said to him, "Wilt thou be made whole?" The sick man answered, "Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. Jesus saith unto him, Rise, take up thy bed, and walk. And immediately the man was made whole, and took up his bed and walked." John 5:5-9.

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Can you find much comfort in the above Scripture? We are to find comfort in all Scripture, and can do so. For God is the God of all comfort. (2 Cor. 1:3.)

What can we learn of this man's life when there is so little said of him? It is like all other Scripture-much is told in a few words. No doubt this man's face revealed his feelings to every one, and when Jesus saw him and knew his mind and condition He knew he was forsaken by all. "I have no man, when the water is troubled, to put me into the pool." We learn by that that he was able to get to the pool only with the help of some one; but he had no friend. Had he had a friend who could have helped him in he would not have had to stay there such a long time, and others would not have gotten ahead of him. He was without money, or he could have hired some one to help him into the water when it was troubled. He was very feeble, for when he tried to get to the pool he was so long in doing so that some one else got there first.

By this we find that he was sick, without money and friendless. Even if he had friends before his sickness thirty-eight years of affliction were enough to make him lose his friends. Jesus knew that He had the remedy with which to cure him, so gave it to him in the word "Rise." That is the way with some of the rest of us. We have lost all with the exception of Jesus our Saviour. Our way of taking this remedy is in the spoon of "Faith," the bottle that holds it is "Prayer," and the money that buys it is the "Word."

From God and His Word are derived the only hope and comfort we have. We should feed continuously upon His promises. We should not live by bread alone but by every word that proceedeth out of the mouth of God.

Have we faith enough to take His remedy, or are we lacking in faith because of our unbelief? Should Christ say unto us, "O ye of little faith," can we reply in the words of the man that was lacking in faith, "Lord, I believe, help Thou mine unbelief"? God, help us to believe more fully in Thee!

Let us study the Word and let His Spirit come and teach us all things and give us wisdom and understanding, for the Spirit can comfort us at all times and reveal God's truth to us.

Christ suffered in our behalf; He has trod the road before us, and if suffering will bring us on His track let us get in sight of Him that we may follow Him and not get lost and follow another.

"Behold the Lamb of God, which taketh away the sin of the world."

SOLACE.

S. JACOBSON.

Oh, my brother, do not be discouraged Tho' you've fallen; He will help you up.--Ps. 145:14. Ne'er we'll enter through the shining portals If we fail to taste the "bitter cup."--Acts 14:22.

Oh, my sister, do not feel forsaken—Ps. 34:18. Tho' you've stumbled on life's rugged way.—Ps. 26:56. Others by their friends have been abandoned;—1 Kings 19:10. Trust in God; His mercy's sure today.—Isa. 54:5-10.

Life was lost through failure to obey Him,—Rom. 6:23; 1 John 3:4. So we must proceed to mend our ways—Eze. 18:31. Keep His precepts, all of which are perfect,—Ps.

Keep Hi 19:7

He's promised to prolong our days.-Prov. 10:27.

Friends and relatives may all despise us,-Micah 7:5-7. Vet the Lord will never once forsake.—Isa. 49:15. y His counsel He will guide, uphold us.—Ps. 73:24. And, at last, us to Himself will take.—John 14:1-3. Ву

STOPPED USING TOBACCO.

(From an inmate of the Clinton Prison, N. Y.)

"I now take the pleasure of writing you a few lines to let you know that I am well and in the best of health. Through the help of my heavenly Father I have gained six pounds since I have stopped using tobacco, and I feel a better man in every way. Thank the Lord Jesus Christ for it!

"I am studying my Bible all the time and praying to become a better man in here, and I know that the Lord will help me to become a better man.

"I received my LIFE BOAT and I thank you for the good that they are doing for me and others in prison, and on the outside. I remember you in my prayers night and morning, and may the Lord bless you all in your good work. If it was not for the Christians in this world, what would become of us?"

Still Telling the Old, Old Story

Tom Mackey

11 Union Ave., So., Portland, Oregon.

[We are glad to publish the following from the pen of Tom Mackey, the man who was so wonderfully saved and transformed nineteen years ago and who has been remarkably used by God in establishing missions and reclaiming lost souls all over this country.—Ed.]

Y OUR letter was good news, like water to a thirsty soul. Well, I am still this side of the grave, and yet I am not keeping still, but working, watching and waiting for Him to come.

Every evening I preach the glorious gospel on the street corners, telling the old, old story of Jesus and His love to me when I was a poor old slave to Satan, sin, and sorrow. He came to me in the person of a believing witness, and I want so to live that I can convince other slaves to sin that there is a way out and Jesus is "the Way," —in fact, the only way.

It will be nineteen years this January fourth. My what a change! The inspired Paul said, "If any man be in Christ," any man can be in Christ if any man wills to be. "As many as received Him, to them gave He power to become the sons of God." John 1:12. How simple! and yet how hard some make God's free grace, "for by grace ye are saved."

I am pressing on. The fight will soon be ours. He knows and will keep all that I have committed unto Him against that day. In 1894 God began a good work in my soul and trusting in His merits I have nothing else to do but *trust* and *obey*. Knowing God's mercy to me I wish to show much to others.

Two weeks ago today, I had the pleasure of hearing Luther Warren in the big tabernacle. It brought my mind back to 1926 Wabash avenue, 1897-1898, when the old Star of Hope mission on the West Side of Chicago and The Life Boat mission on the South Side all were doing the work of proclaiming the glorious gospel of Christ.

I put in ten months in Salt Lake, Utah, ten months in Seattle, Wash., and now I came here in May, and will stay until May, 1913, God willing. "Praise God from whom all blessings flow."



Reproduction of a recent photo of Tom Mackey, who is now engaged in evangelistic work in Portland, Oregon. What the Lord has done for Tom Mackey He can do for anyone who will call ou Him. "Him that cometh to me I will in no wise cast out."

DOES NOT GIVE UP HOPE.

Will you help us to answer the cry of the prisoner? Such men as the one in the Dannemora, N. Y., prison who wrote the following letter are to be found in every prison. They are hoping against hope that some Christian people somewhere will bring them a ray of light. In May we want to issue another special prisoners' LIFE BOAT to be placed in all the prisons of our land. Will you help us do it?

"I received your interesting and welcome letter, and it really brought cheer to me. I received the paper also, which I enjoyed very much, as I do love to read Christian papers. lars a week. So going through this trouble puts me back where I started years ago. But I will not give up hope, and if you will help me to burn the bridge which I have crossed and build a solid foundation when I leave this institution I shall be very thankful to you.

"I am holding a responsible position here as head cook and have worked on the same job for nearly three years, from early in morning till late at night, as I am up here long before daylight. Every day is alike. Some days I do feel so downhearted. I tell you no one knows what it is and no one knows how it feels either until they



A group of Dannemora, N. Y., prisoners at Camp Comfort. Twenty-five prisoners were assigned to Camp Comfort to plant trees on the state lands six or eight miles from the prison. These men work more or less on their honor without any trouble occurring nor in any way abusing the trust placed in them. This experience was a part of the new prison idea of developing character by trusting men who give evidence of sincere repentance. Next May we shall issue a special prisoners' LIFE BOAT to reach just such men. Who will send two dollars to supply such men with a copy each?

"I think I stand a chance yet in this world. I am not a drinking man and never use tobacco. I am just a little past thirty.

"When I got into this trouble I lost everything I had in this world except my dear boy, whom I have in a home. I always worked hard and steady, making a good salary from eighteen to twenty-one dolget here. This is my first time and if God will spare me I hope it will be the last, as I have learned a lesson I will never forget."

When a man really determines to serve the Lord, he is never very choice as to the kind of work the Lord asks him to do.

How Shall We Recognize God's Hand in Our Affairs?

Eld. S. N. Haskell

[A few evenings ago Brother Haskell gave the sanitarium workers a wonderfully sweet and helpful study on "How to be Led by the Lord in Our Individual Affairs, and How to Recognize the Indications of His Providence." This is an important problem in the life of every child of God and is really the secret of success. We are glad to present the essential portions of this study to our readers and would suggest that all give it their most careful and prayerful consideration.—Ed.]

D AVID says, "Unto Thee lift I up mine eyes, O Thou that dwellest in the heavens." He then gives instruction how to do this: "Behold, as the eyes of servants look unto the hand of their masters, and as the eyes of a maiden upon the hand of her mistress; so our eyes wait upon the Lord our God, until that He have mercy upon us." Ps. 123: 1, 2.

God instructs His people in THREE distinct ways. (1) He reveals His will to us in His WORD,-the Holy Scriptures. (2) His voice is also revealed in His providential workings and will be recognized if we do not separate our souls from Him by working in our own ways and doing our own wills-the promptings of an unsanctified heart-until the senses have become so confused that eternal things are not discerned and the voice of Satan is so disguised that it is accepted as the voice of God. (3) Another way in which God's voice is heard is through the appeals of His Holy SPIRIT making impressions on the heart, which will be wrought out in the character.

Watching Closely for Indications of Providence.

Faith first grasps what God has said. It then looks for some *indication* of the fulfillment of His Word; for God's Word will be fulfilled in harmony with the faith of him who believes it. We will look for the fulfillment of His Word and watch as the servant watches the hand of his master, or the maid her mistress.

This is an Oriental custom. At one time when visiting the Kalè cave, in India, which was a long distance up on the mountain, hewn out of the stone, we were left at the foot of the mountain by the cab, and then were surrounded by a large number of guides. We selected a bright boy of about twelve years for a guide and paid no attention to the others.

He walked behind and watched every indication of our hand. We did not express ourselves in words in scarcely anything we desired, but he watched the motion of the hand. We then thought we would see with how small a motion of the hand he could discern our wants. While we stopped to rest on some of the logs by the way, in ascending the mountain, we would simply move one finger or a thumb in the direction of some flowers. In less than the time I am telling it he would run, get the flower, and bring it to me as I would sit and rest. Any motion of the hand indicating any desire I had was fulfilled without speaking. He had been educated to do this so he might be the guide of those whose language he could not understand.

So it is with God's providence. God speaks and we believe it. We should then look for its fulfillment, but before the fulfillment of the promise we look for an *indication* of its fulfillment.

As Stubborn As a Mule.

Another text, in the 32nd Psalm, should be laid by the side of this—the eighth and ninth verses: "I will instruct thee and teach thee in the way thou shalt go: I will guide thee with Mine eye." Then he adds these forcible words: "Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be *held in* with bit and bridle, lest they come near unto thee."

God would have character developed. No person is *forced* to do right or to do wrong. We are free moral agents. A horse is turned one way or the other by the bit and bridle, but God exhorts His people to have an understanding and be not as the horse or mule that have no understanding, but deliberately *choose* for themselves which road they will travel. *Then* He declares that He will instruct them by His eye and teach them in the way they should go.

This is forcibly illustrated in the case of Elijah's praying for rain, in 1 Kings 19: 41-46. Three years and a half before, Elijah predicted that there would be no rain for three years on account of the sins of Israel. He then placed, so to speak, the key in his pocket and went up to the brook Cherith. All the sacrifices of Israel's prophets and all their crying unto their gods could not bring rain; for Elijah's word had locked heaven; it was the word of God. No rain came.

Praying for Indications of Providence.

Finally, after three years and a half, the Lord told Elijah that there would be rain. On the strength of the testimony of God he sent word to Ahab that there was a sound of abundance of rain. Elijah's testimony was based wholly on what God had said: that there would be rain. But he did not simply fold his hands but went up to the top of Carmel and cast himself on the earth and put his face between his knees and began to pray. As he prayed he said to his servant. "Go up now, look toward the sea." And he went and looked, and said, "There is nothing." He then prayed again and asked him to go the second time, and the third time, and the fourth time, and the fifth time, and the sixth time, and he returned and said there was nothing. He could see no indication of rain whatever.

Elijah knew that rain would come and that there would be some indication of that rain before it appeared. He therefore kept on praying, and after he had prayed the seventh time the servant said, "Behold, there ariseth a little cloud out of the sea, like a man's hand." He then ceased to pray, and said, "Go up, say unto Ahab, prepare thy chariot, and get thee down, that the rain stop thee not. And it came to pass in the meanwhile, that the heaven was black with clouds and wind, and there was a great rain." 1 Kings 18: 43-45.

This is an illustration of the servant watching the hand of his master. Had Elijah folded his hands he would not have seen an answer to his prayer; but he knew there would be rain, and he knew there would be an *indication* of rain before the rain fell. God instructed him to *look* for this indication. There might have been a hundred little clouds of mist arise from the sea before this, but he looked for something in connection with what God had said. Heaven had been locked by the prayer of faith, and it required the same key to unlock heaven; and his faith grasped the testimony of God and it came.

The Lord instructed David to believe in His providences that indicate the fulfillment of His promise. David had gone up to Hebron. The Lord had anointed him king in Israel and the Philistines came up to seek him, and David heard of it and went out to battle with the Philistines. He asked the Lord if he should go up against the Philistines; the Lord told him to go, and they were delivered into his hand. Then they brake forth again and spread themselves in the valley. Then David inquired of the Lord the second time if he should again go up, and the Lord said, "Thou shalt not go up; but fetch a compass behind them, and come upon them over against the mulberry trees. And let it be, when thou hearest the sound of a going in the tops of the mulberry trees, that then thou shalt bestir thyself: for then shall the Lord go out before thee, to smite the host of the Philistines." 2 Sam. 5: 17-25.

God instructed David to look for some indication of his will when he should go up to battle the second time with the Philistines. So David instructs us in the Psalms that we should not be like the horse or the mule but we should look for some providence of God and understand what the will of God is.

The apostle Paul expresses the same sentiment in 1 Cor. 10: 15: "I speak as to wise men,' or men who *use* their judgment. "Consider," said the apostle, "what I say."

Our wisdom will be shown in watching for the providences of God and not being like a dumb animal that has to be driven this way or that or be guided by circumstances which we can not control. But before every person are two paths-one of obedience and faith and one of disobedience; and he who is wise will take the path of obedience and look for providences that indicate the fulfillment of the word of God.

We are surrounded by circumstances, some favorable and some unfavorable. But how can we know what circumstances are God's providences? It is those circumstances which are in harmony with the fulfillment of His Word; and then there come a sweet assurance of the Holy Spirit that we are in the right path. Thus in these three ways will be seen the manifestation of the wisdom of God to those who are wise to look for the fulfillment of His Word and relate themselves accordingly.

Shaking Old Heathenisn

Dr. Riley Russell

Soonan, Korea.

[About a year ago the Hinsdale sanitarium family contributed seventy dollars to help furnish medical equipment for Dr. Russell, who is a medical missionary in Korea. This letter is convincing evidence that it was a good investment.—Ed.]

• ODAY the wind from the region of called to see a young girl who the people Manchuria and Port Arthur is sweeping Soonan and it makes us realize that winter is here in earnest. We had quite a snow last night which helped it out.

said was dying. From my saddle bags I brought forth a small knife which gave her relief in a few minutes and the girl and her mother walked twenty miles and back



Picture of Dr. Russell and group of native helpers taken in front of the twenty-dollar dispensary building in which more than five thousand patients were treated last year.

I had a call this morning about daylight to go and see the wife of the magistrate's servant.

About two weeks ago while coming home from a fifty-mile horseback ride, I was

to express their appreciation.

The woman said, "This, our girl, was the same as dead, but because a missionary came she is now alive and well." She said, "No one but a missionary could possibly

have known how to cure her." Some of these little things shake old heathenism.

We have had more than 20,000 patients so far in our little twenty-dollar building.

tizing ninety-two precious souls into Christ's kingdom (this year), and we have organized two churches in my part of the territory. God is calling the earth from



Corner of laboratory showing remedial supplies for the treatment of eye, ear and skin diseases.



Two iron kettles, for fomentations heated by charcoal, also treatment tables. All home made.

We have had 5,126 during 1912 up to date. I have spent most of the past year out in the field, have ridden nearly 1,000 miles on horseback, have had the privilege of bapthe United States to the Orient. Ps. 50:1-6. From your donation I have bought: saddle and saddle bags and house outfit, fomentation tanks, fomentations and bath tubs.

THE LIFE BOAT.

Somebody Cares

Mrs. Elsie D. Whisler

Matron, Life Boat Rescue Mission, Hinsdale, Ill.

A FRIEND remarked to me a few days ago: "I should think you would lose your sympathy for these girls when you are with them all the time." I am glad that

Christ never loses His sympathy for us when we make mistakes. He pities us, and I believe that we should feel much the same way toward our unfortunate sisters. Most of them are discouraged and disheartened and need all the sympathy and love we can give them.

Just recently I received a letter from a girl saying if we could not help her she must soon end her life and yet, she said, "1 am so young and life means so much to me that I feel that I can hardly give it up."

Some of the letters we receive from girls in different parts



Who can help but love her? Mother has a good position.

Just eighteen months old now.

of the country would surely touch the hardest hearts. Another girl who was cared for in the home told me that before she knew of this place she had planned to take her life and was just putting it off

I fell. For some time it seemed the world was cold and cruel, no one cared. 'It was your own fault, now pay the penalty,' was so often thrust upon me. But I was placed in this home that had been built by those

a day at a time thinking that something might open up for her, and while living in this awful suspense some one told her of this home. This girl is now happily

married and in a home of her own.

The following is from a girl who is now in the home:

"Dear readers of THE LIFE BOAT: - There is so much being done for me and in such a kind, loving way that it is hard to express my gratitude or appreciation of it all; but one way is to thank those who have made this home possible and have kept it up by their contributions and prayers.

"My story is like that of many-other fallen girls, yet it is still sad, no matter how old. I had high ideals and ambitions and was striving to attain them when

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"As bright as a dollar." A Home baby.

who had the love of Christ in their hearts and wanted to give us girls another chance in life.

"At once things began to change. I saw that people did care and cared enough to do all they could for me who had fallen so low. For all the comforts and the life that surround me here I am truly thankful and hope to go out from here a better, stronger girl. It seems impossible that it should be any other way after being treated as we are here, with such consideration and love.

"We girls do appreciate what is being done for us and will go out from here trying to make life what it should be, thus proving to you that we appreciate it."

A MESSAGE TO UNFORTUNATE AND DISCOURAGED YOUNG WOMEN.

CAROLINE LOUISE CLOUGH.

I feel impressed to write you this morning just a word of cheer. It is barely possible that no one has spoken a kind word to you in a long, long time or taken you by the hand and looked straight into your eyes and said, "My dear girl, I have faith in you."

It may be that your friends, including even your own mother, have said, "I told you so. You are getting just what you deserve." Perhaps your former associates shun you now.

It may be that when you stop to look within at your own heart and back at your past life you yourself will feel like saying, "I deserve all I am getting." That is just what I want to talk with you about. There is a way that you can get better than you deserve, a way that you can save yourself from reaping a harvest of evil from your abundant sowing, and that is by coming to Christ, who is still your best friend. Confess it all to Him and He will transform your life.

"If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9.

Don't think for one moment that you have to wait until the Lord gets ready to save you, as a young woman told me not long ago. God says "I have blotted out, as a thick cloud, thy transgressions. . . . Return unto Me for I have redeemed thee." Is. 44:22. 'Behold, now is the accepted time: now is the day of salvation." 2 Cor. 6:2. "Him that cometh to me I will in no wise cast out." John 6:37.

Now my dear sister, these promises are all for you. I have faith in you and I know you can redeem the past and be a blessing to those about you if you will open your heart's door to Jesus, your best friend. I would like to correspond with you. Address me, Hinsdale, Ill.

AN ANSWER TO PRAYER.

"I had a little of the Lord's money on hand and asked the Lord to show me how to use it where it was most needed, and the very next day your letter asking for a little help for your work came. I enclose five dollars for coal for the rescue home and two dollars for the nurses' work in Chicago."

Pioneer Work In Needy Chicago

Ruth Stapp

2348 Park Ave., Chicago.

[Several months ago a group of the Hinsdale nurses who are still in training opened up a center in a needy portion of Chicago. In order to be of the greatest help to the people, they are operating this center entirely on a faith basis so as to be able to teach the people they come in contact with, not only by precept but also by example, to look to the Lord for help. All will read this report with deep interest.—Ed.]

I N one family we are visiting in which there are six children, the father is a habitual drunkard. The two oldest girls, one seventeen and the other nineteen, are earning the living for the family, on five dollars a week each. One week one of the girl's wages goes on the rent, the next week on the furniture which is not yet paid for. The husband and father had been earning a little, but at present he is

and there seems to be an attempt on the part of all, except the husband, to help themselves. The daughters have shown a good spirit in standing by their mother in her trials and sacrificing their wages and their opportunities for an education to help her and the younger children. They appreciate everything we have done for them. In another home we found a family of six

children, the oldest but eight years. The



Rear View of house in which a family lived until house was condemned recently because of unsanitary conditions.

not able to work on account of an accident received while under the influence of liquor.

The mother is a very energetic woman and makes good use of anything that is given to her. We have provided some clothing which she has made over. We have reported their need to the county, who are helping them in other ways.

This home, though poor, looks very neat

children were imperfectly clothed and imperfectly fed. The oldest child was being cared for by other people on account of this condition. The mother has no ambition whatever to keep the home neat.

The house in which they were living was condemned because of its unsanitary condition, and so they moved next door which, by the way, was not much better than the

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house they left. I endeavored to get the mother to treat her children better and I noticed that she has made an attempt to improve the looks of her home.

One morning we received a request to call on a woman who was suffering from

member and we wrote to her minister for aid. We are waiting now to hear from him before appealing for more help.

One day she made the remark that she had been praying for some one to read the Bible to her and she said she believed



Row of tenement houses whose fairly decent appearance from without hides the abject poverty, which is invariably found within.

pneumonia. We started to treat her and kept up treatment for several days and left directions in the meantime in regard to her diet. In about a week's time she was able to be up. She made the remark that she knew what a doctor's bill would have been and she said that we had been able to pull her through this serious sickness and she wanted to pay us all that she could. She brought us a dollar bill at one time and came later and brought another.

Narrow Quarters and Pinching Poverty I was going down the street when a woman stopped me and wanted to know if I could not help a poor lady along. I asked for her address, which she gave me, and I went to see her in a few days. We found her living in one room about eight by ten feet. She has been an invalid for eleven years. The little money she had was all used up, and she wanted to know if we could help her in any way.

We found out that she was a church

that we were sent in answer to her prayer. Every time we go she wants us to read to her and we have prayer together.

Help for Every Emergency

Just now there is much sickness in that district; and in that way the Lord has helped us as well as in other ways. Emergencies come up where we would not know what to do except that the Lord is there to help us; it seems when emergency comes then help comes. We have an opportunity to demonstrate our treatments in homes, and other homes are being opened up for us to talk to them about these principles.

Our treatment outfit consists principally of fomentation cloths and massage cream, and we buy salt for salt glows, and that is the way we manage. We have started on meager beginnings, but if the Lord wants us to have more I believe we can have it in the future.

While these features of our work are im-

portant, still I feel the greater part of the work is to help the people spiritually. They are really hungering for something. It is surprising how they are wanting something they have not. Many of them know the "historical Christ" as well as we do, but they do not know the *living* Christ. They want something that will help them God saw the work to be done and put the burden in some hearts to do it.

We nurses had gone into the city several times to spy out the land and see where would be really the best place to start such a center. We were undecided what to do, so just decided we would leave it as a matter of prayer—leave it open.



Two bright little school girls in the neighborhood who thanked us kindly for taking their picture.

for every day in the year, and we are trying to live in our daily life so they will get something from us that will help them.

Feeling that we were working among people that had a hard time to get along we wanted to show them the source of their real strength and we felt the best way was to put our work *entirely* on a faith basis. If they see that we are looking for God to help, and He is supplying our wants, then why shouldn't they do the same? And it is *working*. It is helping us and helping them, and we have been really bountifully supported in the work and it has all come in answer to prayer. I have had some say, "Well, if you can pray for money for your work we can pray for our daily needs."

How It Was Started.

Many times the question has been asked me, "How did you ever come to start a center like that?" It just *started*, that is all. While we were praying a letter came from the lady where we are now staying, saying she had some rooms she wished to rent for some kind of missionary work. We went immediately to see her and later Dr. Paulson and Dr. Kress came with us, and we all felt impressed this was the place to begin, so we started.

I think this is one of the first lessons we have to learn—that when we pray for an opening we must not *dictate* the place we go. We must rely upon God to give it to us; and since then we have felt many and many a time this was the best location. Influential people have told us, "You certainly are in the right field. People who want to do that kind of work generally go right to the slum district, and this is an *unoccupied* field."

Our district is on the west side of Chicago. We are working among a working class of people—people who are really struggling for existence. They are mostly Americans, a few Germans, quite a number of colored people, but all a class of working people: a part of the city that has never been operated.

We are living among these people. To win them we want to be as one of them. We live in just a flat under very humble conditions, but we are getting along splendidly and the Lord is blessing us in our work.

I want to say one word of what this has meant to me personally. The Lord certainly has blessed me in this work. I feel I have had a closer walk with Him and realize more than ever the power of prayer, and it is a blessed experience. I feel truly that there is a great power in prayer, and the Lord is proving it to us.

VARIED EXPERIENCES IN CHICAGO. MILDRED KNOWLES.

[Miss Knowles came all the way from Nova Scotia to Hinsdale to secure her nurse's training because she had a burden to fit herself for city work. She went with Miss Stapp when the Chicago center was first opened. Since then three other nurses have had from four to six weeks' experience each in this work. Now Miss Knowles has returned for another few weeks' experience in the same field.—Ed.]

I have been so encouraged in coming back the second time to this work and finding the development of the work in two months' time. When I was here first our time was spent in visiting the people simply to introduce the work, but now our time is wholly taken up with calls for help in treating the sick.

Through a deaconess we called on a woman who had been suffering for a number of years and wanted help. She has two small children and has had considerable trouble with the older boy on account of another little boy about ten years of age, who goes to the same school and who has such an influence over her boy that he stays away from home sometimes all night. One night she knew that he had been sleeping in a hall way.

About three days ago her boy was with a crowd of boys that went down Madison street stealing things. They were all under ten years of age. Her little boy declared that he did not steal anything although he was with the crowd.

The mother is nearly frantic and no doubt this has caused a great deal of her sickness. Yesterday she went down to get a permit from the Board of Education to transfer her boy to another school so he can be away from the influence of this bad boy.

Since I have begun to treat her she has had no severe attacks. She is also inquiring about the way to salvation.

We find colds are very prevalent, but the Lord has surely blessed our treatments and we are of good courage.



Miss Stapp and Miss Knowles standing in front of their Hinsdale Nurses Center.

THE HUMAN TOUCH.

PEARL WAGGONER.

Amid the throng that followed Christ, One day in ancient Galilee. A woman longed to reach His side, And knew that she would strengthened be; She came—she touched His garment's hem; He turned, and words of comfort said, And in the place of trembling fear She left with hope and joy instead.

If you're abiding in the Lord And in His presence daily live, Would it be strange if some should yearn For just the help which you could give? Would it be strange if some should feel The inspiration of your life And long to nearer come and gain More strength with which to meet earth's strife?

There's bound to be a drawing power If Christ in you is lifted up,— Which means, in turn, a work to do: But surely you accept the cup? It takes some time to turn aside. Some sin-sick, weary soul to win. And patience if you'd plant in lives Around you flowers, where thorus have been.

But not the wanderers alone, But some who know and love Him too Might come to know Him better still Because of contact close with you. And yet you go your busy way And hold yourself aloof,—apart; What gain is it to feed His sheep While letting starve one hungry heart?

What though they know the Source of strength And on your help need not depend: Might it not be they see in you A likeness to your nutual Friend And for your converse long at times, To give life's pathway added cheer? What harm can do a friendly touch To those with whom you travel here?

The way at best is none too smooth, The Master even knew its pain And for a human comrade yearned; Must some one near yoo long in vain? And when of old one at His feet Her heart's rich treasure sought to pour, She met with no repuise; not once Did He a loving sonl ignore.

Although in some your life has drawn You like not many faulty ways, It can not hurt you to be kind,---And yet to them it more than pays; And then the way is all so short,---'Twill be for such a little while! Can you not bear with them till then And not begrudge a cheery smile?

To soothe a heart that's aching sore 10 soothe a heart that's aching sore It does not take so very much: A look of sympathy. a word, A moment's time, or just a touch.
'Twould make the heart grow light again, And it, in turn, would pass on still The impulse gained, till many lives With cheer your simple act would fill.

And if the Saviour dwells in you, If Him to pattern is your joy, Can any touch, from any soul, Have power to fret you, or annoy? Take time, amid life's throng and press, To stop and answer to the touch! Those doing hare the little things Will be the rulers there o'er much.

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ESTABLISHING A NEW CENTER.

CARL MEVES,

Marion. Ill.

[Brother Meves graduated last fall from the Hins-dale nurses' class. Shortly afterwards he left for Marion to establish a new medical missionary center. The Lord has gone out before him in a most encour-aging manner. We quote the following extracts from a personal letter. Since this was written Dr. Wolfsen has visited him, giving helpful counsel, suggestions and encouragement.—Ed.]

I left Chicago with rather a peculiar sensation, not knowing what trials and perplexities I would have to meet. Most of the way over to Marion I spent in prayer and meditation. The week of prayer readings gave me considerable encouragement. I can say that I prayed earnestly that the Lord might clear the way and give me the assurance that I was in harmony with His divine will. It was not until evening that I felt assured that God was going before me.

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The first night I stayed in a hotel. The next morning I went to see one of our old patients. He was very glad that I had come. After talking things over with him about the treatment rooms, we went out to see some rooms where I could locate. I was introduced to a number of men we met on the street, some of them the leading men of Marion, and I used my opportunity to tell them of my work that I was planning to do. A number of the people 1 met promised me that I would get all the help I needed.

In the afternoon I met the doctors. They received me cordially, and gave me to understand that Marion was in great need of treatment rooms. They want me to call on them again.

Next I called on the bankers and other leading men. Marion is a ripe field and l am doing my work in due season. There is no question but that the Lord will do a good work in this town, if I and my future co-worker will keep in touch with heaven.

It was suggested to me to meet with the Board of Trade and bring the proposition before them. An appointment was made with the president of the Board of Trade. who is the owner of the biggest mine that is around Marion, and I presented my proposition to him. I asked the Lord to direct me in what to say to these men.

He gave a willing ear to all that I had to say to him. He then discussed with me the matter in a friendly way. He seemed to be interested in it, and told me that he would bring it before the open meeting. I gave him to understand that I was not seeking for donations, but only for co-operation and accommodations. He thought that it would not be hard for me to collect the desired sum to establish a treatment room. He then introduced me to some other men, with whom I also had a chance to talk. The result of my seeing these men was that I got a list of names on whom to call and endeavor to sell treatment tickets.

One man has promised me fifty dollars to help me get started. Others have done about the same thing. I have found a splendid place for a treatment room location—a vacant store room.

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Colds, rheumatism, apoplexy, malaria and stomach disorders are very common down here. There is much work to be done in this town in medical lines, as well as spiritual lines.

Frequently I have been asked about different things in the line of healing. Many a time I could give an encouraging word to sinsick souls, and I experienced that the Lord was leading me in bringing a message to the people.

I have been out treating the sick poor. It did me so much good when I would go back and find that same patient better, both physically and spiritually. I feel that I don't realize enough what it means to be entrusted with such a mighty message that will heal physically as well as heal sin-sick souls. I rejoice to be in this forward movement in which God's people are now engaged.

I have sold nearly \$450 worth of treatment tickets and am still hoping to get the full amount by next month sometime.

I have a special burden about the work down here, and I feel that I can't leave this field unless I am wanted some other place. I realize that only by a steady motive and an undying interest in souls to point them to the Mighty One, who can save, will I succeed in my undertaking.

LIKE MEETING AN OLD FRIEND.

(From an inmate of the West Virginia Penitentiary.)

"I am very glad to have the privilege of writing you a few lines, and to express my gratitude for the dear LIFE BOAT. I have just received the November number and it is just like meeting an old friend. I liked and enjoyed reading the October number, and also your lecture on Truth and Poetry about Sugar and Sweets; also D. H. Kress's article on Reaching the Masses in the Large Cities. I wish to thank you for the same.

"I have been a reader of THE LIFE BOAT since July and I am sure that I could hardly do without it. I wish that it would come twice a month. After reading it I send it around to the other boys, and they pass it on.

"I am not sorry that I am in prison for I know that it is making a better man of me. I was left an orphan when but eight years of age and since that time I have had to shift for myself. I am but twentyone now, and life is still before me.

"When I get out I am going to lead an honest Christian life, for I am sure that there is nothing for a man when he goes wrong, but everything to gain when he does right.

"My prayer is, may God bless you and help you in your good work, and may the dear LIFE BOAT live forever."

FROM A PRISONER WHO UNDER-STANDS HIS BIBLE.

(Canon City, Colo.)

"I was glad to hear from you. It is always a pleasure to me to receive a letter from the outside and especially from those who know and believe the truth, for it is very, very encouraging to me. I have read all the tracts that you and Dr. Paulson have sent me, and passed them on. Dr. Paulson's booklet on health helped me a great deal on that line, and I have been looking for THE LIFE BOAT very anxiously. I think it will reach us in due time. Please thank the good sister for me that prayed for so good a number of them, and we will pray that God will touch the hearts of some here, and that the Lord's Spirit will be felt here through THE LIFE BOAT.

"You say that the end is drawing very near. Yes, and those that understand the prophecies and believe them, can not believe otherwise for the whole trend of great events that are taking place today corroborates the prophecies. Look at the trouble Mexico has been having and at South America and China, and look at the events in our own nation, and now the Balkans. The time for the "Sick Man of the East" to come to his end, when none shall help, is already upon him. So we can see that the time is also drawing very near, of

which Christ said, "Look up and lift up your heads; for your redemption draweth nigh."

"I had a good visit a week ago last Sunday with a dear brother and sister that live in Colorado Springs. They hold services at the jail every Sunday morning in that city.

"You will be glad and feel happy with me to know that four months from today, God permitting me, I shall leave these prison walls."

Side Lights on the Recent Convention

David Paulson, M. D.

THE Hinsdale mid-winter convention was a most encouraging success and God set His seal upon it in a very remarkable manner. For instance, a lady physician who had been completely backslidden for several years, came more than five hundred miles to attend this convention with the thought in her mind that perhaps the Lord had something for her on this occasion. During the meetings and as a result of personal efforts she secured a clear-cut experience and she wrote me just as she left, among other things, the following:

"Some little time before I came here the verse in the Bible, 'And they shall wander from sea to sea,' and from one end of the earth to the other, 'to seek the word of the Lord, and shall not find it,' impressed me. I thought perhaps I had better begin to wander *before* probation closed. I longed again to hear an earnest prayer. I saw a recent number of THE LIFE BOAT and noticed the announcement of the convention at Hinsdale. I collected some money due me and came.

"The Lord gave the workers here enough of His spirit to help me out of my condition of absolute despair. I *must* stand alone with God. I can not lean on a human being. I have again taken the Bible as my guide. It is His Word even if I can not understand some of His doings. I can not let Him go until He bless me and make me a blessing to others." \cdot

Another case was a young man who left our work about two years ago and who has been drifting along in a backslidden condition working for the world.

He wrote me a letter the last day of the convention. Among other things he said, "I realize I have wandered far from God, but now I am coming home. Satan has had a mist in front of my eyes so I could not see clearly, and this kept me drifting away. I realize I must be born again and begin as a little child and begin over again. I am ready to make a new start and begin at the bottom of the ladder. I would rather be a doorkeeper in the Lord's house than a rich man's son in Chicago. I do not feel too big for the call-force or anywhere else where you can use me." This young man is already back in the sanitarium work.

Eld. Haskell told me of another case that was convincing evidence to him that God had put His seal on this convention. A Christian woman from Chicago who had been injured in an accident quite a time ago and from which she had not recovered. was prayed for by him and was restored, and went back to her work in Chicago rejoicing.

One of our patients who as a child was brought up in a Christian home but who has been absolutely a man of the world for years, attended all the meetings and took a decisive new stand for God.

Every session of the convention was deeply spiritual and intensely practical. Eld. Haskell's studies on how to study the Bible, and Mrs. Haskell's studies on the Sanctuary question, were both a revelation even to those of us who had been long in the way. Bro. O. A. Olsen's early morning devotional meetings were a rich spiritual feast to our entire family as well as to our many visitors.

Space forbids me speaking in detail of the valuable work of the other speakers. The added impulse that this convention has put into our movement I confidently believe will be felt to the end of time.

The last evening Eld. Haskell conducted a short study on the book of Revelation, at the close of which he suggested the idea of our workers taking sets of eight of his books, "The Story of Daniel" and "The Seer of Patmos." It was good to have seen those books eagerly taken by our young people until they were all gone—twenty sets in all—and they were calling for more. Even our call boys each took a set. Some of them had half of them sold before they went to bed that night. Their eagerness and enthusiasm were a surprise to all of us.

Perhaps the most interesting single feature of our convention was the report of the work God was doing for our nurses in establishing the new missionary center in the needy part of Chicago. Leading workers who were present were most intensely interested in it; they thought they saw in it a gleam of light on how to get a hundred workers into our large cities where as yet there is but one, and yet without materially increasing the expense. These nurses have launched out; looking straight to God for their support, and He is going wonderfully before them.

Brother and Sister Haskell will continue with us for some time. Sister Haskell conducts a study every morning for our entire family and either she or her husband another study practically every evening. They are going to teach the Bible two afternoons in the south side six months' class in the city. Their coming here has certainly been a Godsend to our family. Our workers are giving convincing evidence of acquiring a new experience, and getting a more intelligent grasp of what it means to be Bible Christians.

I fear we have all lived too near the lowlands. The daily, yes, hourly conflict with self, in the strength of the Mighty One, has not been carried forward in our lives as decisively as it should have been. We are all of us earnestly and sincerely seeking at the foot of the cross a new, yes, a divine experience in our lives, and I believe God will be pleased to gratify the earnest desire of our hearts.

Some of our workers are getting hold for themselves of the foundation principles underlying the sanitarium work. It seems as though years of sowing are all at once beginning to bear a gratifying harvest here in our midst.

APPRECIATED HINSDALE CONVEN-TION.

"I never can thank God enough for the privilege I had in attending the convention at Hinsdale. It was *the best I ever* attended and it has just inspired me to greater activity and earnestness, more prayer, and more of a determination to use the talent God has given me so He won't have to take it away from me and give it to another."

BRIGHTENS UP THE WAY IN A MIN-ING CAMP.

"I can hardly wait until THE LIFE BOAT. for which I subscribed, gets here. I have been passing my copy around among my friends. One sister has become interested in your first article on health and I hope to interest others also. This is a small mining camp and it is very hard to get subscribers, as most everybody is poor. But since I became acquainted with THE LIFE BOAT it has been welcomed and I can always get a blessing from its pages. It seems to brighten up the way and helps me to take new courage.

"I feel lost without it, and hope it will soon return full of good food for the soul."

Character is power; it is the best kind of capital.

Inspiring Incidents Related at the Convention

HOW TO PRAY WITHOUT CEASING. Wessells for one thousand dollars, to build

O. A. OLSEN.

A minister was once asked to discourse on the text, "Pray without ceasing," before a conference of ministers. He was much concerned as to how to explain that text, when one morning, while busy in his study, the maid entered. It occurred to him to ask her how she would explain it.

"Oh," she said, "That's easy. When I wake up in the morning, I say. 'O Lord, wake me to know Thee.' When I go to dress, I say, 'Lord, clothe me with Thy righteousness.' When I go to wash I say, 'Lord, wash me clean from all my sins.' When I build the fire, I say, 'Lord, build anew the fire of Thy love in my heart today.' When I sweep the floor I say, 'Lord, cleanse me from every defilement.'"

So all through the day this young woman had made each humble task a call to prayer.

PRAYED FOR MONEY TO BUILD A CHURCH.

MRS. S. N. HASKELL,

Up to the time of my marriage I knew nothing from personal experience about praying for means to carry on the work. I knew how to ask the Lord to forgive my sins, and to bless my efforts to save souls, and that was all. But when we were first married we needed a church building in Avondale, Australia, and Eld. Haskell said he was going to pray for the money. I was rather skeptical about the results. One day he said, "I am going to write to Sister Wessells in Africa to send us a thousand dollars." I said, "That is foolish." But for six months every morning and evening he prayed that the Lord would send the money. I often woke up at night and heard him praying for this money.

As the six months went by he began to draft plans for the church. One morning Sister McInterfer came over to our house with her face shining and said, "What do you think? We have a draft from Sister Wessells for one thousand dollars, to build a church." I was surprised, but Eld. Haskell simply said, "Well, I knew it would come."

THE INFLUENCE OF A SONG.

ELD. G. E. LANGDON. 3645 Ogden Ave., Chicago.

One Monday morning before a judge were a company of young men who had been arrested. The judge sat there and looked at them. He scanned each face. He said, "Boys, men," he could not call them gentlemen, "I have been wonderfully troubled this morning. I do not know why it is but there has been such a trouble coming over my mind as I came to meet you this morning that I do not know yet what to do. Now, here are some of these boys that have just started out for the first time, this is the first offense. I do not know what to do with them. How gladly I would turn them back to their homes innocent and good as they left! Here are some old men, hard-hearted. They have been before me again and again. How I wish 1 could turn the course of their lives back as they began."

Just then some melodious strains came down through the corridor and each one began to listen. There was a convict who had forged a check. He was a beautiful singer and had been two years in jail. But he had been a repentant sinner and had found the gospel and it had made a new man of him. He began singing. He did not know who were hearing him, he did not know that anybody noticed him. But there stood that judge at the bench and those prisoners at the bar before him, who listened as they heard the words:

"Last night I lay a-sleeping, There came a dream so fair: I stood in old Jerusalem, Beside the temple there. I hear the children singing, And ever as they sang, Methought the voice of angels From heaven in answer rang."

Those words came down to those men and it touched their hearts; there was a melody there, a spirit there that seemed to touch them. He went on singing that beautiful song and not long were there dry eyes, and soon the tears began to run down their faces. By and by one boy said, "Oh, my mother!" He thought what that mother had tried to do for him, of her prayers; and then those hardened men began weeping and burst into sobs.

Finally the music stopped and the judge himself was weeping. He said, "Men, I have no heart to do anything with you this morning but to let you go—that is the way I feel, but it never would do. I want to know how you men feel." They said, "Well, it seems as if we had gone back into our homes once more. We have had a miserable and wasted life. Oh, would to God we were what our fathers and mothers tried to make us!"

Some said, "It is too late," but others said, "Judge, if you will let us go this time we will be different men the rest of our lives. Will you?" He said, "I do not know," but finally he was persuaded to let them all go. Some of them became men of God—converted men; but some of those old, bleareyed fellows came back again. But there was a wonderful good done there.

That man did not know what he was doing, did he? You can't tell what good you will do in this life if you stand for God, until you meet with Jesus face to face and He says, "Well done, good and faithful servant."

HOW THE LORD WENT BEFORE ME.

CLARA MEISTER.

Hinsdale Sanitarium Nurse.

The first house I came to when I started out was a place I had previously visited when I distributed programs for the "Health Week," and I was received very cordially. The woman had me sit down and remove my wraps and we talked about the health week. She said she was sorry that it was over because it had been such a great source of help to her.

She was very enthusiastic and said she would like to co-operate with us in this great work. So I showed her the book, "Ministry of Healing," and told her how she might co-operate with us in purchasing a copy. She immediately gave me her order and also said she wanted another book for one of her friends.

Before I left, to show her appreciation of my coming, she gave me a glass of grape juice, saying, "Probably this is not as good as you get at the sanitarium, but it shows my gratitude to you for coming in." Then she told me that she would like to help, saying, "I have friends whom you can not reach at all, and if you let me, I will help you sell the book, and will help your work in this way, for I feel it is a noble work."

The Lord went before me for I took an order in six houses in succession after that. The next day the Lord certainly was very near me, while canvassing. I met people who had attended the health meetings, but who felt that they could not take the book on account of financial embarrassment. I thought it probably was because I did not present the book as I should, so I prayed to the Lord that He would show me *just how* to bring it before the people and that He would show the people the importance of having this grand book in their homes.

The next house I came to, the lady seemed very indifferent at first. But when I began telling her of what we were doing in Chicago, also about the rescue home work and what the Lord had done for us along these lines, she immediately said. "I want to help you with this work." She stepped off in another room and returning, handed me a dollar bill, saving, "Here, take this to help the work." Then as I showed her the book, she said, "I feel that this is certainly a good thing and I want to take one of your books. Could you also bring one for my friend?" I told her that I could. She gave me the address of the friend and told me to send the book. So in that house I took orders for two books and received one dollar for the rescue home. The Lord certainly impressed her heart.

I am glad to say that in all the places that I visited there was no place where a cold answer was given me, but each one received me very cordially and all said that they certainly would have taken the book had it not been that financial circumstances were such that they could not.

That same day I took orders for twelve books. In the forenoon in two hours and a balf's work 1 took eight orders, and four orders in the afternoon. This showed me that Christ's strength was certainly made perfect in my weakness.

The next morning I went out and delivered two books, but was detained so long at the houses where they wanted to talk to me that I only got in two hours of canvassing. But in spite of the rush of getting ready for Thanksgiving the next day, I took four orders that morning.

FOUND THERE IS ONE WHO CARES.

(From an inmate of the N. Y. State Prison.)

This prisoner has already seen the light through reading one copy of the special prisoners' LIFE BOAT. We shall issue another special prisoners' number in May and will appreciate your assistance in sending it to all the prisons in this country.

"I am in prison, and for the first time I have seen THE LIFE BOAT, which I have read from cover to cover. While reading I came to a paragraph headed, 'Write to Us,' so I will take the liberty to write to you, as nobody else on the outside seems to care enough for me to answer my letters.

"I have written to my sister and have received no answer for almost six months, also my cousin does not answer my letters, so here I am waiting, always waiting for a letter from some of my relatives, only to be disappointed when there is nothing for me.

"It is true that I have sinned, but now while in prison I am going to follow another path than the one I did, as it does not pay. 'The wages of sin is death.' Now I will try the other and take Him for my friend who said, 'Take up the cross, and follow Me,' for He is a friend that sticketh closer than a brother to such as I am.

"Sometimes I wonder if there is anyone who cares for me, but since I have read THE LIFE BOAT of May, 1910—the first one I ever got hold of—I stopped to think, and I said, there is One who cares. So if you think that I am worthy to be written to, in Jesus' name I ask you to write; for I am looking for more light as it is all darkness round about me.

"I am a Volunteer Prison League member and therefore one of 'the Little Mother's' (Mrs. Maud Ballington Booth's) boys. She is a veritable sunbeam in the midst of clouds that hang over us, and when she comes and speaks to us the clouds sail harmlessly by. God bless her and all who are doing what they are for the men behind the bars."

FOUND IT A GUIDING STAR.

We cull the following from a personal letter written to a LIFE BOAT worker by an inmate of the Stillwater, Minn., penitentiary. In May we shall issue another annual special prisoners' number and send it in quantities to the leading prisons of our land so that every inmate may have an opportunity to read it:

"I am writing to you today to let you know that I received THE LIFE BOAT and love to read it. I suppose you do not remember the letter you wrote to me a long while ago, and probably you think that I have forgotten all about your nice letter. No, I have not. I have found in THE LIFE BOAT a guiding star. I find in your articles that you use kind words and encouragement, and that they are full of the love of God. I look for your writings in THE LIFE BOAT, the first.

"A great person, a genius, is one who uses the Word of God, the sword of the Spirit, to fight his battles. God does not want brute force. He wants kindness and love. While he was on earth here Christ taught His children how to pray and went with them, and worked with them, and told them what was to come.

"Now I will close and thank you for your love and kindness to every one. And I would like to tell whoever reads these few words that it is best to seek God and pray to Him, and study the Bible and have faith in Him like Abraham. So let us study the Word of God."

Be greater than your calling.

Don't wait for your opportunity; make it.

A kind heart is a fountain of gladness, brightening everything in its vicinity.

Take THE LIFE BOAT with you for 1913. Only fifty cents a year.

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Sunday Legislation or Sabbath Observance What It Is and What It Is Not*

Dr. D. H. Kress

1616 Millard Ave., Chicago.

A LL Sunday legislation is based upon a wrong conception of what Sabbath observance is.

The Sabbath was never intended to be merely a day of physical rest or idleness. Idleness is a curse on any day of the week, for the devil always finds something for idle hands and minds to do. The day upon which most people are idle is the day upon which the most sin is committed as a rule. The day is usually given to excesses in eating and drinking and in gratifying the baser passions. To compel men to rest, or to *enforce* idleness, is therefore not a blessing to mankind, and is a hindrance rather than a help to the cause of Christianity.

Some years ago, a patient of mine, who had in his employ a great number of men in building railroads, said to me, "I find it necessary to employ my men seven days of the week." I inquired of him why this was so, to which he replied, "If I give them a day off, they get drunk and many of them can not work the next day, and some are of very little use the remainder of the week." It was this incident that led me to investigate more fully the real *purpose* of the Sabbath day.

The Sabbath law demands that six days we shall labor and do our own work. On the Sabbath day our work should cease. This does not mean that men should be idle upon that day. While they should cease from *their* work they should actively engage in the work of blessing the unfortunate and the needy.

What Is Real Sabbath Keeping?

The fact is, the Sabbath day is not kept *holy*, if it is not set apart by the individual to holy and beneficent purposes and deeds.

It is possible to rest on the Sabbath and be a Sabbath desecrator, and on the other hand it is possible to work hard in ways

*Paper read on religious liberty day at the recent Hinsdale Convention.

God has pointed out upon that day and yet be a true Sabbath day keeper.

Here is where the Jewish nation erred. They taught that the day was to be one of physical rest; a day to be spent in the synagogue and the home. Jesus on the other hand by *precept* and *example* taught that it was "lawful to *do well* on the Sabbath day" and that "the Sabbath was made for man [to minister to his needs] and not man for the Sabbath." Mark 2:27.

The time to rest is during the hours of sleep. It is then that the depleted energy is to be replenished. He who observes a proper period of rest out of each twentyfour hours of the day, will not feel the need of one day in seven for physical rest, and he who enters upon the Sabbath day physically or mentally exhausted is in *no* condition to keep the Sabbath day holy.

The Sabbath day is to be a day of worship, but not as the Jewish nation understood it, for the priest and Levite passed by the injured man by the wayside on their way to the temple. The Samaritan who ministered to his needs was the *true* worshiper, and not those who assembled in the synagogue. To bless the needy is the truest and most acceptable worship that can be rendered on the Sabbath day. "The Father seeketh such to worship Him."

The controversy which existed between Jesus and the Jews, was not in regard to which day was "the Sabbath of the Lord." for all were agreed concerning this; it was regarding the *proper* observance of the day.

Worshiping Upon the Sabbath Instead of Worshiping the Sabbath.

The Jews spent the day in the home and the synagogue. They demanded of every one else that the day should be kept as a day of physical rest. They worshiped the day instead of worshiping *upon* the day. That which God designed as a blessing, not merely to them, but through them for the entire world, was by them converted into a curse to mankind.

Jesus spent the day in arduous labor, apparently working harder on that day than upon any one of the others.

It was on the Sabbath day when Jesus made an ointment of clay and opened the eyes of the man who was born blind. "Therefore said some of the Pharisees, this man is not of God, because he keepeth not the Sabbath day."

It was on the Sabbath day that Jesus healed the impotent man at the pool of Bethesda, and commanded him. "Rise, take up thy bed, and walk." The Jews said. "It is the Sabbath day; it is not lawful for thee to carry thy bed." *"Therefore* did the Jews persecute Jesus and sought to slay Him. because He had done these things on the Sabbath day." John 5: 16.

Had He remained idle on that day, they would not have molested Him. He was persecuted because He went about doing good on the day. Merely to get people to abstain from physical toil and spend the Sabbath in idleness does not disturb Satan very much. But when Sabbath keepers engage actively in ministering to the needs of mankind, physically and spiritually, this will disturb him, and will again lead to persecution.

On another Sabbath day, the disciples who accompanied Jesus in His work, being wearied and hungry, in passing through a corn field plucked the ears and did eat. The Pharisees said, "Behold Thy disciples do that which is not lawful to do upon the Sabbath day."

Healing a Chronic Case On the Sabbath.

On still another Sabbath a man with a withered hand stood before Jesus. It was a *chronic* condition. There was no *immediate* need that he should have attention. He could as well have been put off until the next day. The Pharisees knew this and felt they had a strong case. They asked the question, "Is it lawful to heal on the Sabbath day? that they might accuse Him." Jesus replied, "It is lawful to do well on the Sabbath day," and He healed the man. "Then the Pharisees went out and held a council against Him, how they might destroy Him."

Jesus was crucified, *because* He kept the Sabbath day, by a people who considered themselves Sabbath keepers and Him a Sabbath day desecrator.

A great master mind instigated the law demanding physical rest on the Sabbath day. His purpose in it was to destroy Christ, the only true Sabbath keeper.

When Jesus was accused of working on the Sabbath. He made no denial. He justified His course by referring them to nature. and saying, "My Father worketh hitherto. and I work." "Whatsoever He doeth, that doeth the Son likewise."

God's blessings are constant. Angels of God are constantly going to and fro ministering "for them who shall be heirs of salvation." They do not cease their work on the Sabbath day. The demands upon them are greater on that day than on any of the others, for more favors are asked of God upon the Sabbath day than on other days of the week. God does not wait until the close of the Sabbath to grant these requests. Heaven's work never ceases, and man should never cease from doing good.

He who was accused of being a Sabbath breaker, was in reality the only Sabbath keeper, the true representative of the Father, the One who came "to magnify the law and make it honorable."

The Jews, who claimed to keep the Sabbath, brought it into dishonor and disrepute. They had the Sabbath underneath their feet. All their fastings, and prayers in the temple, could not take the place of the service which God designed they should render the needy on the Sabbath day. He called upon them to deal their bread, physical and spiritual, to the hungry, to bring the neglected ones to their homes, to cover the naked, etc. Isaiah 58. This was a work that was in keeping with the Sabbath commandment.

"Then shalt thou call, and the Lord shall say, Here I am." "Then shall thy light rise in obscurity," and "thine health shall spring forth speedily." Isaiah 58: 8-14. "In blessing," the Lord said, "I will bless thee." Thus the Sabbath day would be a blessing to all mankind.

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ONLY TWO LETTERS IN TWO YEARS.

The following letter was received from an inmate of the Indiana state prison:

"If you will allow me to call you friend, I take this opportunity of addressing you, feeling that right now is a critical period in my life where a word of cheer and comfort from a sincere Christian would help drive away the sad and weary moments that are continually before me.

"Please pardon me for writing to you as a stranger, believing you will not take offense at my boldness, but give me a response at your earliest convenience.

"I am serving a sentence of one to fourteen years. Since my incarceration, I completely lost all my friends, and it seems as if my last hope is beyond recall.

"My greatest pleasure is to write and receive letters, especially in the position I am at the present time. If your time and labor detains you from writing frequently, please pass my name to some that are willing to correspond with me, and your kindness I shall greatly appreciate. May God bless and prolong your life is a prayer from an unknown friend."

Upon receipt of the answer to above letter the same prisoner again writes:

"Your message of benevolent kindness, has certainly rekindled my aching hear't with joy and happiness; your cheering lines installed energy and faith in my soul, showing I have one friend who is willing to greet me with a word of cheer and comfort, in my hour of need.

"I hardly know how to express myself, but I extend many hearty thanks for your generosity in devoting your spare moments in corresponding with me; you can not imagine the sensation that ran through me on receiving your kind and welcome letter.

"I have been confined in this institution thirty months, and have received two letters during that time. My people are all dead and other people don't seem to care for me while I am in trouble. Now you can judge for yourself what encouragement a man has while under incarceration here. But since you have informed me that you would be a friend to me while in this unfortunate trouble, and write to me when your time is not occupied with your daily duties, I shall always remember you and may you be richly rewarded in the next world for your liberal and sympathizing kindness. May God bless and prolong your life is my sincere prayer, and may you have a bright and happy year."

WHOSE IMAGE AND SUPERSCRIP-TION?

O. A. OLSEN.

Christ asked the Pharisees when they showed Him the tribute money, "Whose is this image and superscription?" They said unto Him, "Cesar's." Then He said unto them, "Render therefore unto Cesar the things which are Cesar's; and unto God the things that are God's." Matt. 22: 20, 21.

Let us carry this thought a little farther and ask ourselves, "Whose image and superscription do I bear?" Now that is a fair question; that is logical, that is true. If my life bears the image and superscription of the world—the world's plans, the world's ideas, the world's dress, the world's decorations—if we carry this superscription—then it is manifest; we can not hide it. Or do we bear the superscription of the divine Master?

It was said of Peter and John when they were called before the council, the council knew them to be ignorant men, untaught and unlearned, and so they expected these men would stand there confused when called into the presence of these great men of the Sanhedrin. Instead of that, Peter and John came forward and spoke with freedom, with composure and self-possession. They talked with such earnestness that it stunned the assembly, who took note that they had been with Jesus.

There was something so different from their former life: where had they gotten it? They had been in companionship with the Master, had acquired the same ideas, the same love, the same grace, and something of the same power; and now these men of the Sanhedrin although they were filled with rage against them could but admire them. They saw the superscription of the Master upon Peter and John. There was something in their conduct, attitude and life, in the way they spoke and the manner in which they behaved themselves, that resembled the Master.

The world has a right to see the same reflected in us. It is said of those who shall be prepared to meet the Master when He returns to this earth, that the Father's name is in their foreheads. Does that mean a literal name, with letters spelled out? Or is it not the very character of Christ?

When Moses returned to the congregation after he had been with the Lord in the mount forty days and forty nights, his face shone. What did that shining come from? He had been in the presence of God and the glory of the Lord was reflected on his countenance.

"Those who are distrustful of self, who are humbling themselves before God and purifying their souls by obeying the truth —these are receiving the heavenly mold, and preparing for the seal of God in their foreheads."

Then there is a worldly mold and there is a heavenly mold; there is a worldly superscription and there is a heavenly superscription. We will have either one or the other. Now is the time to prepare. The seal of God will never be placed upon the forehead of an impure man or woman. That means putting away everything that is vile, everything that is sinful. everything that is defiling. That is establishing the rule of Christ in the heart and living out the law in its holy character. This we can not do of ourselves, but the Lord has opened the way for help from heaven.

"Christ has made provision that His church shall be a transformed body, illumined with the light of heaven, possessing the glory of Immanuel. It is His purpose that every Christian shall be surrounded with a spiritual atmosphere of light and peace. There is no limit to the usefulness of the one who, putting self aside, makes room for the working of the Holy Spirit upon his heart, and lives a life wholly consecrated to God."

BIBLE VERSE SOCIETY.

This year we are to give our time and thought to the study of the work of the tlesh and the fruits of the Spirit.

Notice that the flesh works, but the Spirit produces in us fruits; note the radical difference and the results.

Booklets containing all the references for the year are for sale at five cents each. The general secretary, Alice Temple Benedict, 80 Main street, Cochituate, Mass., is always glad to hear from you.

List for February, 1913.

The Works of the Flesh. Gal. 5:20. Idolatry.

- 1. 1 Cor. 10:14.
- 2. Rom. 6:23.*
- 3. Col. 3:5.
- 4. 1 Peter 4:3.
- 5. Acts 17: 16.
- 6. Eph. 5:5.

The Fruits of the Spirit. Joy. Gal. 5:22.

- 7. Heb. 12:2.
- 8. Matt. 25:21.
- 9. Gen. 9:13.*
- 10. Luke 6:23.
- 11. Luke 15:10.
- 12. John 15:11.
- 13. John 16:22, 24.
- 14. John 17:13.
- 15. Acts 2:28.
- 16. Gen. 12:2.*
- 17. Acts 13:52.
- 18. Rom. 14:17.
- 19. Rom. 15:13.
- 20. 2 Cor. 8:2.
- 21. Heb. 13:17.
- 22. James 1:2, 3.
- 23. Prov. 10:22.*
- 25. 1 Pet. 4:13.
- 25. 1 Pet. 4:13.
- 26. 1 John 1:4.
- 27. Acts 20:24.
- 28. Jude 24:25.

*Golden Texts.

Nothing is politically right that is morally wrong.



Editorial Department

Conducted by Dr. David Paulson



REMEMBER THE NEXT PRISONERS' NUMBER.

Following our usual custom, the May LIFE BOAT will be a special prisoner's number. Thousands of prisoners in all parts of the country in the different state prisons watch for this number as we used to look forward to Christmas when we were children. We must not disappoint them.

THE LIFE BOAT is entirely a labor of love on the part of those who issue it and hence such a widespread distribution can only be made possible by our friends everywhere contributing the necessary money.

Four dollars will send one hundred copies to your state prison.

EFFECTUAL PRAYER.

How often we hear this scripture quoted: "The effectual fervent prayer of a righteous man availeth much." But how rarely the first part of the *same* verse is quoted: "Confess *your faults* one to another, and pray one for another, that ye may be healed." Jas. 5: 16.

The only people who can have the satisfaction of praying effectual fervent prayers, are those who are confessing their faults one to another, and then praying for one another—that is, for those to whom they have had to confess their faults.

If you have had no satisfactory answer to your prayers, determine by God's help you will live the first part of that verse, and you may be *assured* that God will fulfill the second part.

MINISTER YOUR OWN GIFT.

The Lord does not permit us to possess any great length of time an *unused* gift. It is a part of His program that we are to minister the gift we have to others, with diligence.

But instead of doing this, many spend their spare time thinking about what wonderful things they would do if they had the gifts that some other people have. A great deal of the discouragement in this world comes from people trying to minister some one else's gift instead of doing the work that God has given to them individually to do.

GOSPEL ORGANIZATION.

There is an amazing advantage, viewed even from the standpoint of *results*, in intelligent cooperation. One shall chase a thousand but if two kindred minds shall unite their forces and efforts they shall be able to put ten thousand to flight. Deut. 32:30. What a loss both in time and eternity for two such workers to cripple along singlehanded and alone when by sacrificing their little petty differences and uniting their efforts they can multiply at one stroke their usefulness *five-fold*!

We are living in an age when the very spirit of disorganization is in the air. Anarchy is threatening the state, disorganization the church and demoralization the family. And it behooves every child of God to carefully and prayerfully study the *foundation* principles underlying divine organization and unity of action.

Paul used the human body as a typical illustration of gospel organization, and some recent scientific researches shed fresh and beautiful light on this subject. Pawlow, the great Russian investigator, has shown us that the entire digestive processes instead of acting entirely independent of each other as was formerly supposed, are are in reality an "ordered march of events." The taste of the food in the mouth sends a message to the brain which then notifies the stomach to make a gastric juice suitable to digest the kind of food that is then being masticated. When the food reaches the stomach the pancreas and liver in turn receive similar notification from headquarters to make just the amount and character

of juice to still further carry on the work of digestion which has already been partially performed in the mouth and stomach.

No human scheme of organization can equal in completeness of detail and accuracy of results the digestive processes. But the important point to note is that each of these digestive organs which cooperate so beautifully are not managed one by the other but by the brain and nervous system.

That illustrates divine organization. The members of the true church of Christ are represented by these various digestive organs and other parts of the human body; but the head, the brain, is Christ. Eph. 1: 22; 4:15, 16.

Whenever men have produced a human substitute for divine organization they have always overlooked this fundamental fact. Christ taught the same beautiful lesson from the vine: "I am the vine, ye are the branches." John 15:5.

"The branches are all related to one another, yet each has an individuality which is not merged in that of another. . . . Each for itself must be centered in the vine. And while the branches have a common likeness, they also present diversity. Their oneness consists in their common union with the vine.

"This figure has a lesson, not only for individual Christians, but for the institutions that are engaged in God's service. In their relation to one another, each is to maintain its individuality. Union with one another comes through union with Christ. In Him each institution is united to every other, while at the same time its identity is not merged in that of another.

"All who take the Word of God as their rule of life are brought into close relationship with one another. The Bible is their bond of union."

"When we know what it means to be thus united with Christ and with our brethren, a fragrant influence will attend our work wherever we go."

Are you a subscriber of THE LIFE BOAT? If not, why not subscribe now while the price is only fifty cents a year.

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?

WANTED.

Twenty earnest, consecrated young people to enter the next Hinsdale Sanitarium nurses' training class in June. A wonderful opportunity for medical missionary training. Address Dr. David Paulson, Hinsdale, Ill.

NEWS AND NOTES.

Elizabeth Runck, one of the Hinsdale bookkeepers, recently spent a three weeks' vacation in her home in Republican City, Neb.

Dr. L. H. Wolfsen visited Carl Meves in Marion, Ill., recently, to assist him in starting a small medical missionary effort in that place.

The fourth annual Christian Workers' Convention, held at Hinsdale, December 27-31, was a profitable occasion. A more extended report of this gathering will be found elsewhere in this number.

Eld. and Mrs. S. N. Haskell, of Boston, Eld. and Mrs. O. A. Olsen, Eld. and Mrs. G. E. Langdon, Eld. K. C. Russell, and Dr. and Mrs. D. H. Kress, of Chicago, Eld. Wm. Covert, of Aurora, Ill., Mrs. N. H. Druillard and M. Bessie DeGraw, of Nashville, Tenn., were present during the convention and assisted in the program.

Γ,

Miss Thallie Halvorsen has recently joined the Hinsdale family and will assist in the office department; also Miss Amelia Eitel, of Baraboo, Wis., has joined the corps of workers.

Mrs. Hattie G. Emmons, of College place, Wash., visited Hinsdale recently, with her daughter.

Mr. and Mrs. Wiley Pleasant, former members of the Hinsdale family and now located at LaFayette, Ind., attended the convention at Hinsdale.

Frank Hall, of Kingston, Jamaica, has joined the family of workers.

F. M. Wilcox, of Washington, D. C.,

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spent a night at Hinsdale, while attending a conference in Chicago.

Prof. J. G. Lamson and wife of Nevada, Iowa, visited Hinsdale.

The Hinsdale Sanitarium has recently purchased a stereopticon and one thousand slides, from which lectures will be given from time to time in the large parlor.

Miss Hilma S. Peterson, a LIFE BOAT field worker, is spending a week visiting at the rescue home.

The Hinsdale Sanitarium has recently sunk a drive well, from which all the water for the institution is now supplied. The entire expense of this well was met by the workers.

WANTS A DICTIONARY.

(From the Connecticut State Prison.)

"I am taking the pleasure of writing you of my joy in receiving THE LIFE BOAT. Please send me a dictionary for it will be a help to me. I am trying to make use of everything that will aid me to get back in the right way of doing and living, and when I have done all I can then I have to reach out to a higher Being than myself for aid and strength. I find it is hopeless and an utter loss to try to go through life in my own strength and will."

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How many of the chains we bear have we ourselves riveted?



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N. W. PAULSON, . . . Business Manager

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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.

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Address for further information

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