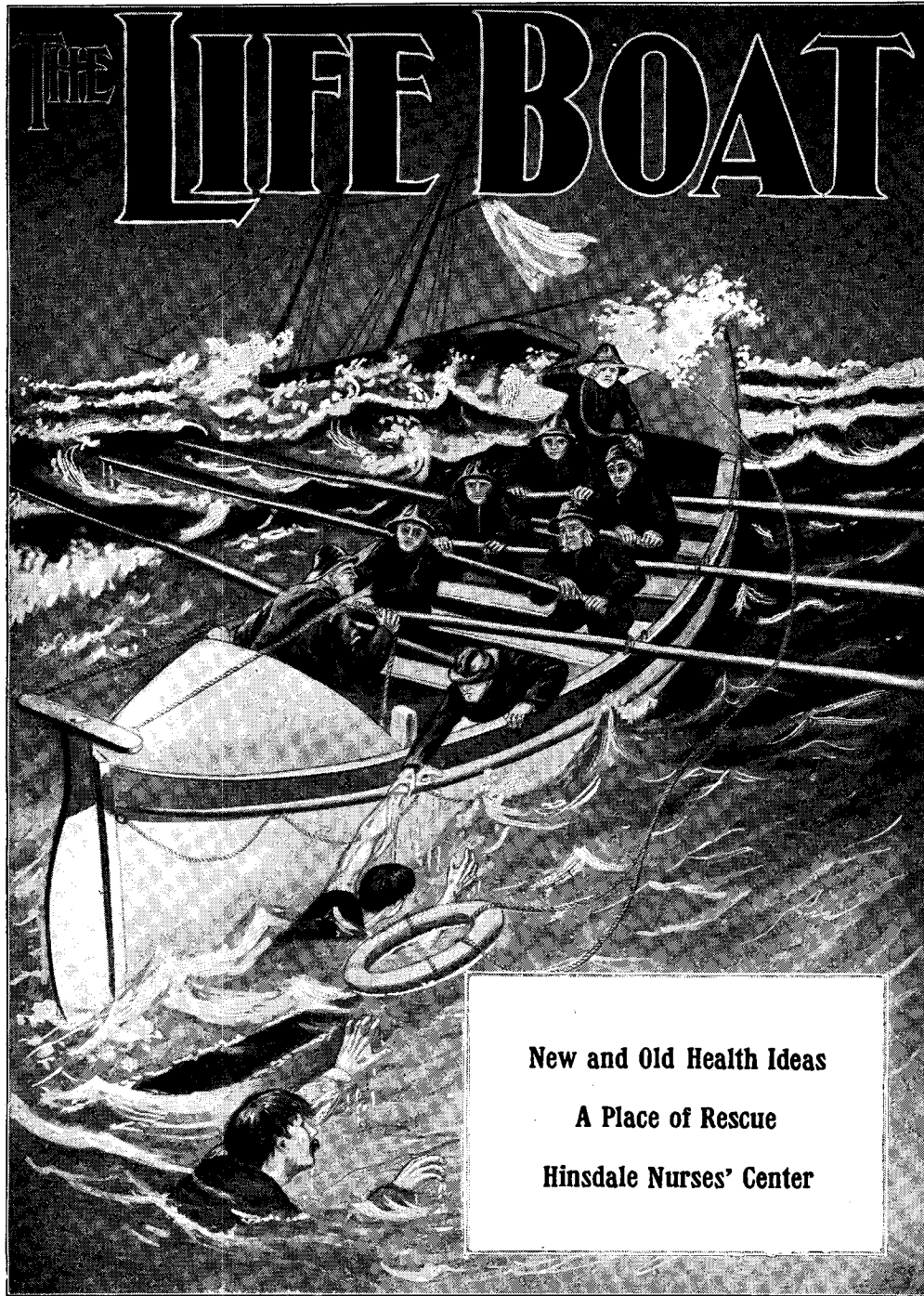


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**Volume Sixteen
Number Four**

Hinsdale, Ill.

April, 1913

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THE LIFE BOAT

An Illustrated Monthly Journal Devoted to Charitable, Philanthropic,
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50 cents a year

Ten cents a copy

Entered as second-class matter, July 17, 1905, at the Postoffice at Hinsdale, Ill., under Act of Congress of March 8, 1879.

Volume XVI.

HINSDALE, ILL.

:: APRIL, 1913

Number 4

New and Old Health Ideas

David Paulson, M. D.

THE best men in the medical profession are receiving a larger vision of the science of healing. Dr. Cabot of Boston, an author and physician of international reputation, speaking of some of the weak things in ordinary medical practice, said:

"The remedies are two: more science and more Christianity. . . . We need the Christian spirit to make our treatment effective. . . . Individuals must co-operate with us if we are to help their stomachs, their tubercular lungs, their chronic joint troubles. The patients need heroism often if they are to overcome their troubles. They will not get it out of drugs or physical therapeutics. They must get it from their physicians. A physician who goes stale when he comes to treatment is nearly useless, and we all go stale without Christianity."

In these remarkable words he has well stated the new attitude toward spiritual things from the physician's standpoint.

The New Surgery.

The new type of surgeons are receiving new light. Dr. Robt. T. Morris, the famous New York surgeon, says that our faces are now turned toward the natural protective forces of the patient. In other words, the new idea is to perform the surgical operation as skillfully and as daintily as possible, with the least possible damage to the patient and in the least time possible so that the patient

shall be exposed to the damaging effect of the anesthetic the shortest possible time, and then begin as soon as the patient leaves the operating table to give such treatments as will rally his life forces in the most acceptable manner.

We now know that it is the white blood cells in the man that have to repair the surgeon's wounds and cure the man. Metchnikoff has shown that opium, like alcohol, retards the action of these white blood cells. So instead of keeping the patient practically drunk by opium for several days and nights, thereby greatly lessening his chances for a speedy recovery, we relieve the pain by fomentations, hot packs, arc light, and other physiological measures.

Years ago in our Chicago work drunken men would stumble into our dispensary. We would put them under the cold spray and in two or three minutes they would come out perfectly sober. Ether and chloroform anesthesia are only other forms of drunkenness; so as soon as the patients leave the operating room we begin to give them cold mitten frictions to hasten their coming out from the anesthesia.

The Life-Giving Breath.

Another of the new ideas in medicine is the tremendous healing possibilities of fresh air. A few years ago when a doctor decided a patient had consumption it was nearly equivalent

to signing his death warrant. Now curing tuberculosis in the earlier stages is almost as simple and certain a proposition, if the right thing is done, as recovering from scarlet fever or measles.

What has wrought this great revolution is moving the patient outdoors so he can breathe heaven's pure air twenty-four hours a day. And the great truth is just dawning on the minds of physicians that fresh air is as important for neurasthenics, dyspeptics, fever patients, and even fresh surgical cases, as it is for the consumptive.

But in order to secure the best results from fresh air it is necessary to take plenty of deep breaths. On this point Dr. Gulick has well said:

"After each meal breathe as deeply as you can ten times in succession, then breathe normally for a minute, then take ten more deep breaths. Increase this by one round every

stimulate the circulation of the blood in the head, increase activity of the internal movements, and it costs no money. . . . Bilious people sometimes cure their troubles completely by simply taking deep breathing exercises three or four times a day."

You ought to practice deep breathing until it seems as natural as saying your prayers, and then you are not far from the kingdom of health. Active exercise creates a bodily demand for air, and hence the two should naturally be combined. Vigorous walking, with the chest high, the back of the neck against the collar, is the most simple but effective form of exercise.

The Work Cure.

Another brand new idea in medicine is the work cure instead of the rest cure. In fact, the rest cure has been overdone. Hundreds and probably thousands of semi-invalids have been *hypnotized* into useless, good-for-noth-



Taking the work cure at the Hinsdale Sanitarium.

day until you take from three to four hundred deep breaths daily as a regular habit. It will improve the action of the diaphragm,

ing lives by the constant advice to "be careful not to overdo"; "Now be still and let others do the work for you." And as a con-

sequence they are literally rusting out from inactivity and from too much leisure time to think of their few real and much larger number of *imaginary* ills.

Mark Twain said that one of the few times in his life when he felt really good was when he was a boy and had scarlet fever, and even his sister had to be good to him. He was the "center of the stage." Some seriously sick people receive altogether too little attention. A much larger number receive altogether too much attention for their own good.

The new way is to encourage such people to earn their health by the sweat of their brow in useful and pleasant and appropriate work--in summer time raising flowers, working in the garden, and even more vigorous labor.

Dr. Marcus Paterson, over in Brompton Hospital, England, has during the last few years completely revolutionized the treatment of tuberculosis by putting the patient on a graduated work cure.

How to arrange suitable work for the patients during the winter season has been quite a problem. But the new box furniture idea which has been developed the last few years seems to providentially fill this need. Book cases, flower stands, writing desks, and nearly a hundred other handy and useful pieces of furniture can be constructed from ordinary grocery boxes as a pleasant task by almost any patient. We hope to have this plan in full operation here before another winter. The patients will become so interested in doing this they will forget half their troubles.

An Old Idea That Seems Almost New.

Sylvester Graham stated the following principle in 1830: "At least ninety-nine cases out of a hundred of *chronic* diseases may be removed, and health restored, by correct regimen alone, without the use of a particle of medicine, or, at most, a single dose or two. What, indeed, as a general rule, is chronic disease but the continued result of the continued action of disturbing causes. Remove the cause or causes, and the result will disappear; and these causes are found for the most part within the horizon of our dietetic habits."

He said it was the physician's duty to teach mankind the laws of health, to guide their fellow men in the way of health. We now

know that the real reason people inherit the same diseases as their parents is because they inherit their parents' wrong habits. Disease, in a broader sense, unless diligently cultivated, does not run in families.

An old friend of mine belongs to a tribe who die from Bright's disease, heart disease or apoplexy when they reach the age of fifty or sixty years. All of his eight brothers promptly died at the appointed time in this way. Their friends naturally considered it the will of the Lord, a mysterious dispensation of providence. This old gentleman when quite young came in contact with correct health principles and religiously accepted them. He and his brother buried their pipes in the corn field. His brother, however, dug his pipe up again the next day and resumed the habit. My friend did not; he denied himself the use of juicy beefsteaks, tea and coffee, overeating and a riotous life, and today at seventy-six is hale and hearty, with soft arteries and a sound brain.

Mr. Edison as a Health Reformer.

Mr. Edison is best known as the electric wizard; but from a health standpoint he is an equally remarkable man. He himself has told us the secret.

His great great grandfather read the life of Cornaro, the Italian nobleman who was doomed to die at the age of forty, but by adopting simple, abstemious habits of life had lived to the advanced age of a hundred. Edison's great great grandfather, by carrying out the principles he obtained from this book, lived to the age of one hundred and two years.

Edison's great grandfather studied the same book and lived to be one hundred and three years old. Edison's grandfather adopted the same principles and died at the age of ninety. Edison's father followed in his eating and in all his daily life the example of his father, and attained to ninety-four years, passing away without any apparent illness.

Edison determined "what was good enough for his ancestors was good enough for him," and so adopted the same principles, with the result, as stated in a recent number of the *Ladies' Home Journal*, that he has been sick just four times in sixty-five years.

Quoting further from the same article are the following sensible words:

"An excellent rule that Mr. Edison follows is to eat nothing when he does not feel altogether well. . . . Indeed, as he well says, so-called civilized man seems to be the only living creature that habitually eats when sick; and man would probably not eat were he not urged to do so by anxious relatives and officious nurses and doctors who fear that their patient will lose strength if his stomach is not kept stuffed with foods."

Sane and Sensible Fasting.

There is absolutely no sense in going without food for several weeks, for in that case one is simply living on his own tissues. He is really *eating himself*. When he has lost fifty pounds by such a prolonged fast he has been consuming that much of his own flesh.

But when an overfed individual has clogged his system with waste matter and saturated it with toxins, it is a splendid thing to go without food for two or three days until nature has had a chance to burn up this excess of rubbish. Even a bone has no attraction for a dog when he is ill. That is because he has dog sense.

A pleasant way to fast is to live exclusively upon fruit, eating it three or four times a day until the tongue is cleared off and the bilious feelings have disappeared.

The Food Drunkard.

More than sixty years ago Dr. Combe wrote: "Almost every malady to which the human frame is subject, is, either by highways or byways, connected with the stomach, and I must own, I never see a fashionable physician mysteriously counting the pulse of a plethoric patient but I feel a desire to exclaim, 'Why not tell the poor gentleman at once—Sir, you've *caten* too much, you've *drunk* too much, and you've not taken *exercise* enough.' That these are the main causes of almost every one's illness there can be no greater proof than that those savage nations which live actively and temperately have only one great disorder—death.

"Intemperate eating is infinitely more common than intemperance in drinking; and the aggregate of the mischief it does is greater. For every reeling drunkard that disgraces our country, it contains one hundred gluttons. Like the ox in rich pasture ground, or the swine at his swill-trough, men stow away

their viands until they have neither desire nor room for any more."

Holiday Funerals.

An editorial in the Chicago *Daily News* comments on the results of Christmas dinners:

"The mortality among children between Dec. 24 and Jan. 5 always is higher than at any other period. This is because mothers permit them to indulge in all sorts of foods, restraining them in nothing that will add to their holiday delights, little thinking that the sauce of tonight may call for the soothing syrups and bismuth powders of the morrow."

It is not reasonable to suppose that the destroying angel is necessarily more active during this time. The real reason is that the ordinary wrong habits that are practiced during the year are simply *exaggerated* during the holidays and thus bring a larger crop of disastrous results.

Physiological Suicide.

It is amazing the number of influential men in our country that die for exactly the same reason that so many children die directly after the holiday season. Commenting on Harriman's death, Edison said:

"If Harriman had lived right he wouldn't have found it necessary to lie awake with his troubles at night. Why did Harriman have to think out all his problems in bed? Because he ate too much. I eat only one-fourth as much as he did, and I eat as much as I want to. The result is I am asleep thirty seconds after my head hits the pillow. Harriman over-ate, and by over-eating poisoned his lower intestines."

After Paul Morton, the other famous railroad man, died, newspaper reporters interviewed his brother, who explained that the doctors said Paul Morton had "auto-intoxication; and auto-intoxication is a condition in which the body does not rid itself of the toxins it secretes and so poisons itself."

The Wealth of Health.

A few years ago it was currently reported that Rockefeller had offered a million dollars for a new stomach. But by and by a sensible doctor got hold of him and taught him some sensible health habits. Today he is hale and hearty, the only sound man left of the original Standard Oil leaders. And this

is the kind of advice his family physician gave him which resulted in this marvelous change:

"Fresh air, and plenty of it; moderate exercise, and plenty of it; simple food, in moderate amounts, well masticated, with a mind free to enjoy the things that can not be bought and yet which are freely given to men and women—air and sunshine—will make any man young again and full of desire to

matter. Young persons have a capacity for eliminating three or four times as much as they are manufacturing. That is why a young man can smoke tobacco, drink beer, eat juicy beefsteaks, without any apparent harm. But as he grows older his capacity for eliminating poisons decreases, and if he persists in taking in poisons he is soon setting his face toward the undertaker and the graveyard.

Senator Depew, formerly president of the New York Central Railroad, said on his seventy-fourth birthday:

"I date my freedom from almost chronic rheumatism from the day when I stopped eating meat. And sleep, digestion, and clarified vision such as I had never known before have kept increasing as I dismissed flesh and fowl for vegetables."

Hillis, the great Brooklyn pulpit orator, says: "As to health and mental fertility, every scholar and distinguished author knows that if he wants to do really great work he must confine himself to wheaten bread, a glass of milk, and simple food."

General Booth almost up to the time of his death was directing the vast activities of the Salvation Army in all parts of the earth. He not only was a strict vegetarian but a man of the simplest habits of life. His diet consisted mainly of toast, hot milk, vegetable soup, roasted potato, plain milk pudding, and stewed fruit.

May We Look for Divine Aid?

I am more and more convinced that it *requires* the same moral courage to live in harmony with nature's laws as it does to observe the moral law. Thousands of people expect the Lord to help them to keep the spiritual law, and are carelessly permitting the devil to cheat them out of the blessing of observing physical law.

I believe that we should have health revivals as well as spiritual revivals. A man is not fully converted until he is obedient to physical as well as spiritual law; and hence no one except a Christian can be in the fullest



The late General Booth and his son, Bramhall, with two other friends.

live as long as the natural course of human machinery will permit him to live.

"Liquor and tobacco should be eschewed. The body can stand only a certain amount of poison, and the natural waste fills this amount.

"As far diet goes, the older a man grows the less meat he should eat. . . . Butter-milk and clabber are excellent for the body, and he is a wise man who makes these a part of his daily diet."

The body is constantly manufacturing waste

sense of the word a genuine all-round example of health habits. I believe we have just as much right to ask the Lord to bless us when we endeavor to adopt health principles as we have when we try to cherish spiritual principles.

OUR ONLY SAFE GUIDE.

ELD. S. N. HASKELL,
So. Lancaster, Mass.

When we search the Word we are searching Christ. When we take the Word in the heart and manifest it in our lives we are taking the righteousness of Christ in our hearts, and that is emphasized in our lives. So it is Christ in us, the hope of glory, when we take the Word. So the Word becomes to us the living Christ as we take it in the heart, and that will be our strength.

We have only one infallible guide,—the Word of God. To take that Word is the counsel of our life. "Wherewithal," says David, "shall a young man cleanse his way? by taking heed thereto according to thy word." For by taking the Word we take Christ Himself and He becomes the strength, the victory, the salvation and everything.

We have instances all through the Bible where individuals have stood all alone on the Word of God, and when they stand there on the Word of God He *always* vindicates them. And the highest education any person can ever obtain is an education to learn to believe God, because God says so,—not to believe God because we can see it is true, but to believe God because He says so; and when He says so it is *true*, because He says so.

It does not make any difference whether we can see ahead in this world any more than Moses could at the Red Sea. He did not see any indication he was going over that Red Sea. So he offers his prayer to God, as you find in "Josephus":

"It must be Thy work altogether to procure deliverance to this army, which has left Egypt at Thy appointment. . . . The sea is Thine, the mountains also that enclose us are Thine; so that these mountains will open themselves if Thou commandest them, and the sea also, if Thou commandest it, will become dry land. Nay, we might escape by a flight through the air, if Thou shouldst de-

termine we should have that way of salvation."

Don't you see the Lord would not any more let His servant be disappointed after that than nothing at all. The waters congealed on either side, and I suppose it was the coolest walk Israel ever had.

So as we educate ourselves to believe the Word, to study the Word, to think on the Word, to meditate on the Word, and let the Word itself have its full bearing on our mind, we will find we have a wonderful guide. No person ever did it in this world without experiencing the power of God in the soul. That is why I feel such a burden at the present time in all my teaching to get people to take the Word and believe it because God says so, not because you can see how it can be fulfilled.

Do you want to know how you find God? It is by *believing* the Word. I do not care who the man is, nor under what circumstances he may be placed: if he will always believe the Word God will *care* for him; and the greatest victories that have taken place have been when somebody believed the Word.

ALWAYS LOOKING FOR IT.

Will you help us in May, to supply not only this prisoner but hundreds of others, with the special prisoners' LIFE BOAT?

"I am a reader of THE LIFE BOAT and I can assure you it is a pleasure to me. I always look forward for the time to receive it. I have passed it among my friends and have succeeded in getting one of our Bible class members to subscribe for it. THE LIFE BOAT certainly has my best wishes for success; may God bless it and all of its subscribers."

AN ANSWER TO PRAYER.

"My income comes from room renting, so I told the Lord if He would send me four roomers I would give four dollars to the rescue home, as those that I had previously had left. Within a week I had four new roomers."

The wrong road never yet led to the right place.

A Place of Rescue From Sin and Its Results

Mrs. Elsie D. Whisler,

Matron, Life Boat Rescue Home, Hinsdale, Ill.

THE following is only one of the many letters we frequently receive from girls in different parts of the country. This young woman writes:

"I was perfectly discouraged until, by chance, I found a copy of THE LIFE BOAT, and it gave me a little courage; but I am almost crazy when I think of my future.

"the Lamb of God, which taketh away the sin of the world." There they can find peace that the world can not give nor take away. The world has taken away much of the joy and peace from many young lives and given in return only sadness and heartache. It is the work of the rescue home not only to carry these girls through this trying experience,



Dr. Barber, Miss Sutton and Mrs. Whisler with the seven baby boys now in the Home.

Sometimes I think I can not endure it and that it is no use for me to live. If there was only some one to whom I could confidentially tell my troubles it would be more bearable, but my friends would only turn me out if I should tell them. If I could only come to your wonderful home! I can neither sleep nor eat; I will not be able to hold out much longer as I have not much strength left."

Such girls as these need sympathy more than censure. They need to be pointed to

but to rescue them from sin in all its forms.

"Except the Lord build the house, they labor in vain that build it; except the Lord keep the city, the watchman waketh but in vain." Ps. 127:1. I realize more and more the truth of these words here in the home. Unless the Lord is with us and helps us, our labor is in vain and we will surely fail to accomplish the work for which this home was established.

I hear from a number of girls who are now

living helpful Christian lives as a result of their stay in the home. I just learned that one of our girls is connected with a good work similar to what the Hinsdale nurses are doing in Chicago. She was converted while in the home. Another one who was converted shortly after leaving, is now in school preparing herself for the Lord's work.

We now have six little baby boys. One is for adoption.

The girls have pieced a very pretty quilt out of plain white blocks set together with nurses' uniform goods, which they want to sell to help pay for some new curtains for the parlor. We also need some towels, dresser scarfs and bedspreads. Remember us in your prayers.

A Profitable Vacation

Ruth Stapp

2348 Park Ave., Chicago.

[During the past month Miss Stapp has enjoyed a much needed two weeks' vacation at her own home. While there the Lord gave her many opportunities to bless their young people by presenting her Chicago experiences to them, which will no doubt result in bearing much fruit.—Ed.]

When I first started home I was determined I would make these two weeks a profitable experience, so started out with the prayer that if God had a mission for me He would give it to me. When boarding the train I met a gentleman who wanted to know if our sanitarium building was a hotel. I told him no, it was a sanitarium, and then I had occasion to speak to him about its work and the rescue home and our work in Chicago, and gave him a LIFE BOAT. I noticed on the way in to the city he was reading it all the time. When we arrived in Chicago he came back and told me he appreciated it very much and was interested in that kind of work.

On the way home I kept praying the Lord would give me something to do. The first thing on arriving home my mother told me there was to be a missionary meeting at our home, and she was supposed to lead, and that the topic was medical missionary work, and wanted me to talk. I said I could say nothing except on medical missionary work in Chicago. So I had opportunity to speak to a whole house full of young married women about our work, and all seemed very much interested in it. And then after our meeting was over the Sunday school teacher of a large class of young women said, "Won't you talk to the young women Sunday morning about your Chicago work?" So Sunday morning I had a chance to tell of our work to about

twenty young women between the ages of twenty and thirty, and after it was over a number came to me and said, "Why can't we do something that way?" I said, "Certainly you can if you want to. This is just the place for such work; there are great opportunities." So they said, "Let us organize and do something."

They met at my home,—about twenty young women, and organized a circle they called "The Helping Hand," and they have divided up into bands. There is a musical band whose members are to hunt out all the sick in the city and the old folks who can not get out. They will spend at least one evening a week singing in these homes. Then there is a sewing committee and they are to find those that can not go to Sunday school because they have no clothing and hunt up clothing and supply them. And then there is a floral committee to take flowers to the sick, and a visiting committee and various committees of that kind. Every one is on a committee and every one has some work to do, and they planned for their first week's work this week. They have already found several families and have begun to work for them.

That Sunday night I had an opportunity again to speak to another class of young people at the young people's meeting. There were both young men and women, and I told them some of our experiences and they seemed particularly interested in how the Lord was

helping us in our work. That was what appealed to them. I am sure they gained some points on how they could also look to the Lord, and I was glad in telling it to them, too.

Although I enjoyed my vacation and realize that there is a great missionary field there, yet I feel that my call is to do city work and am glad to be back at that work again.

Helping People Who Need Us

Ellen Erickson

[Miss Erickson is a member of the same class with Miss Stapp, and is now spending a month with her in the nurses' center work in Chicago, and is having some wonderful experiences.—Ed.]

THE first day I was in here Miss Stapp took me around to a number of the patients she had been caring for and bringing clothing to. One home especially impressed me, where she had not been for some time. It was a little house of only two rooms; the family lived in just one room and the room adjoining was for rent. They had in this room one bed, a little round laundry stove, a commode and one chair. The man was very poorly clad—had hardly enough clothing on to keep his body covered, and was out of work. The woman scarcely had any clothing either.



Miss Erickson and a couple of school girls. Photo taken near the Nurses' Center.

All they had on the bed was one dirty comforter and a pillow without any pillow slip.

In the bed lay a little baby which they said was six months old. It had recently had an attack of pneumonia, which had left it in

such a condition that it will never recover. Miss Stapp wanted to give the baby treatment but the mother did not think it was sick and would not allow anything to be done for it. She said the baby never cried, so she just thought it was naturally good; and there the poor little thing was too weak to cry. It shows what utter ignorance the people really are in. They do not understand anything about their bodies or about taking care of their health.

Another home we visited was where an old colored woman lived with her little grandchild. The mother of this child was dead and the old grandmother did washing for a living, and wherever she went to wash she had to take this baby with her. I remember one of the first things that attracted my attention in this colored woman's room was the picture on the walls of Jesus and two little girls, one of whom was colored. Jesus had His hands on the head of each little child and at the bottom of the picture were the words, "Jesus died for both." That made a wonderful impression on me; yet how true it is that Jesus died for all humanity, white, black, red or yellow! The woman seemed to be happy in spite of her miserable circumstances, and I learned that she was a Christian and that she got her comfort from the Lord.

A Thank Offering of a Loaf of Bread.

One woman who has been having treatment and who could hardly walk when Miss Stapp first found her has been getting better right along and now has the use of her limbs. Once every week when we go there to give her treatment she has a loaf of bread for us. That always reminds me of the instruction which Dr. Paulson has given us when starting out in medical missionary work; to look for

some one whom the Lord may impress to give us "two loaves of bread." 1 Sam. 10:4. While we only get one loaf it is large enough for two and it comes once every week, so we thank God and take courage. This woman has been in better circumstances, but for some time her husband has been out of work and she feels sorry that she can not pay us cash for our trouble. She has promised that when her husband gets work again they will remember us.

One day we just had one regular treatment to give, so I thought I would go out and sell THE LIFE BOAT magazine; by doing so I found a good many people who needed help and was given addresses of different ones to

call on. I was out only about an hour and a half, but sold fifteen copies. I had several good talks with the people about our work and they were very much interested and were glad some one was in the community doing that kind of work.

Our minds are sometimes directed to this work of helping the needy, but it is only by *doing* it that we get the blessing out of it. Many of these people do not have money or friends and they really need us more than other people do.

I am glad the Lord put it into my heart to come in here and do this work for a time. I have received a rich blessing which I would not want to sell for anything in this world.

A Glimpse of One Week's Work at the Nurses' Center

Mildred Knowles

IT has occurred to me that possibly THE LIFE BOAT readers would like to accompany us on our daily visits for a week; so I will try to give you an idea of what one week is in this work.

Our week always begins by attending the Harrison street police station services on Sunday morning. This in many ways is one of the most interesting experiences of the week and is looked forward to and planned for. We receive many blessings from it ourselves.

After the jail services we sometimes attend the Pacific Garden mission converts' meeting, which is always an inspiration. As we are not yet graduate nurses we have to spend nearly every afternoon at our studies and class work; so we have only forenoons and evenings to devote to the work.

The first thing Monday morning was a call from a woman living upstairs who was in great pain and thought she was going to die. After reassuring her that she was not, we succeeded in getting her into bed and giving her treatment which greatly relieved her, and in about an hour's time she was feeling all right and was up.

We then visited and treated our regular Monday morning patients, and also called on several other families where there was sickness.

Tuesday morning brought the usual round of calls and in some of the families we found that with the new day had come a new difficulty, which we were often able to relieve. In one place we left a copy of the book, "Ministry of Healing," which the lady appreciated very much. At another place we treated a sick person. And so the morning went. In the evening we called on a young girl who, when we first came in touch with her last fall, was in a serious condition on account of poor circulation. She was so bad that even certain parts of her body would become almost black. God has wonderfully blessed our treatments and the girl is practically well and is working again. She has no relatives living, so is entirely dependent upon her own resources.

Wednesday morning four families were visited. At one place was a woman who had had a surgical operation on her eye, which Miss Stapp had been treating regularly. The eye was much better.

Then we went to see a woman who was paralyzed in the lower limbs. She is one of the most pleasant women, and yet she is unable to get out of her room and can simply move herself from her bed to a chair. Everything is so cheerful in her home. She has a little bird who is her only companion during the day. In the last few weeks the bird has

neighbors he promptly makes way with it himself. One of our first patients called on us also.

So we are kept busy day after day looking after our sick and needy ones. They tell us of others of their friends and urge us to call on them. So we come in touch with new people without having to hunt them



This district, although not the slums, is teeming with life. The poverty and want is hidden only by brick walls. Inside, our nurses often find aching hearts and faces pinched with want.

gone blind, and it seems to me that its singing is much sweeter than it ever was before.

In the evening we called at several more homes. In one place we treated a woman's sore feet, in another we found two sisters, one of whom was very ill. The doctor said it was typhoid fever; so for nearly two weeks now we have been treating this woman every day.

Thursday morning our regular week's cleaning is done before we start out to call on the sick. This done, our sick families are then attended to.

On Friday we carried some clothing to some destitute families. One woman who was found in a starving condition some weeks ago was glad to get a good coat.

In the evening we received a call from some little children living near by, of whom Miss Stapp wrote last month. They announced that they had come for supper and to spend the evening with us. The supper is the important thing for them, because it is told of the father that he will not work and provide for his children, and worse still, when any food is brought in by kind-hearted

up; and we keep in touch with the old ones. We receive pay from those who are able to pay something; even though it be nothing but a quarter, it is what they can afford to give, and it helps a little toward paying our expenses.

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."

"I am so well pleased with my little paper, THE LIFE BOAT. It is just full of the kind of pieces that I like to read."

Hinsdale Extension Work

John Walker

[From time to time members of the Hinsdale family engage in field missionary campaigns. This is even a more important part of their training than what they receive at the institution, as they are thrown more on their own resources and consequently must learn to lean more heavily on the Lord; and what is equally important they are carrying the gospel for soul and body to many who perhaps otherwise would never have a chance to receive it.

We are sure all will be interested in the following experiences of Brother Walker, who was recently out for a two weeks' campaign with two other workers.—Ed.]

IN our recent field campaign Brothers Tyrer, Adson and I visited nine towns. We had in mind a good many things; first of all, we wanted to come in personal contact with the people in their own homes, and we used THE LIFE BOAT magazine and sold as many as we could. We never went away without leaving something for the people.

After we got into the homes we told about the work we were engaged in, how it had grown from a small beginning, and some of the blessed experiences we were having. The ministers and physicians especially were intensely interested; they would sit down and talk with us for half an hour. The ministers were more interested in the Rescue Home work than our work in Chicago. They were also anxious to know what provisions we had for caring for the sick poor. For instance, they would tell of some woman in their parish—the husband, a workingman, earning only two dollars a day—who wanted to come and take treatment at our institution and get away from the youngsters. We would tell them about our ward plan.

Whenever we met any nurses in these towns we had most interesting talks. They were anxious to know about our treatments for the sick,—how they could secure the same results from sanitarium treatments that they had been taught to expect from medicines.

The business men showed a great interest, especially in Dixon. In one office I stepped

into, the look of the place was anything but favorable for a sale, the way business was being pushed,—such a rush; and yet I sold two papers, just mentioning the name LIFE BOAT, in that one office.

We were conscious of the fact, at every step, that we must have angels to go before us to prepare the hearts of the people and open the doors and when we got to the doors

to give us something to say. If we drifted out of that state of mind so that we did not recognize this we might go three straight hours and not do a thing.

One particular instance in Rockford: I went out in the morning and felt I was going to be able to do something that day, but worked pretty near all morn-

ing without doing a thing. I took half an hour off and did not look at anybody for a while, looked over the situation and had a little silent prayer, and then worked the opposite side of the same street I had worked in the morning, and had a wonderful time and everything came my way.

Trying Something We Cannot Do Alone.

The worker will find that when he gets out and gets to doing something that he *can't* do merely in his own strength as he can the ordinary routine work of the institution, he is *driven* to his knees. It gives him more faith and I think broadens his horizon wonderfully. The things that seem hard to us when we are in the institution look *easy* to us



John Walker, Austin Tyrer, Ben Adson.

when we are out in the field. We come back with determination to do them better than ever, and they are easy now because of the comparison that has been made in our minds.

One of the verses that helped us when we were out, when we met things that seemed really difficult, was Isa. 41:10: "Fear thou not; for *I am with thee*; be not dismayed, for I am thy God: I will *strengthen* thee; yea, I will help thee; yea, I will *uphold thee* with the right hand of My righteousness." We do not realize the value of such a verse when we are around among our friends and everybody treats us as nicely as they can all the time; but when you get out in the world among people where you have to *manufacture* the interest as you go along, then it seems good to know such a verse. Another verse that seemed good to me was Ps. 37:23: "The steps of a good man are *ordered* by the Lord."

Taking Advantage of Little Incidents.

One day when it was snowing so hard that I could hardly see a house a block away and I had worked quite a time without any success, I was almost tempted to quit for the day. I happened to step up to the next house just after the postman had left a paper in the mail box. The end of it stuck out so I could read the first word of the title, "Gospel." I pulled it out a little more so I could read the entire name, "*Gospel Messenger*."

Just then the lady came out for her mail and I said to her, "You know that *Gospel Messenger* looks good to me." She said, "What do you know about the *Gospel Messenger*?" I told her I knew a good deal about it; knew that it was printed in Elgin, had known some of the missionaries those people had sent to China, that we had some of their folks as patients at our place now. She said, "What place?" And I told her the Hinsdale sanitarium. She invited me in and was anxious to know all about our work. At the next seven places that I called I sold nine papers and had good experiences. It seemed as if the tide turned with that experience about the *Gospel Messenger*.

One day while we were on the train I heard a man saying in the seat back of us, "Where is Mr. So and So now?" The other man said, "Well, he thought he could make a *better* proposition up in Maine and so he quit

our company." I could not help thinking how once in a while some such proposition is put up to us, and we may be tempted to think how nice it would be to accept it. Then it is well for us to remember that we are to let every stroke tell for eternity; that if we will cling to the work God has given us to do our hearts will be thrilled with satisfaction and we will find eventually that our reward is abundant.

Really the biggest difference between an unconverted man and one who is living right close to his Maker is that the unconverted man is *filled* with selfishness and heartlessness. It made me feel badly to have so many say to me, "Well, nobody ever did anything for me; I guess I do not need to do anything for anybody else."

I am thoroughly convinced that this field work can not be done by proxy. We can't absorb the experience of somebody else. We must each have a part in it for ourselves. We must be willing to be pressed into service, and not measure our time by the eight-hour system. We must be *heart* missionaries.

"PROVE UP ON THE LORD."*

J. B. BLOSSER.

Lake Union General Canvassing Agent.

It is the best Christian that makes the best canvasser. I remember in Oklahoma a few years ago a colored lady came to me and said, "Brother Blosser, I want to go canvassing." The race prejudice is quite marked in that territory and it was a question in my mind whether she ought to go or not. I said, "Well, you pray about the matter and I will, and we will talk about it later."

A few days later she came to me and said, "Brother Blosser, I am just sure the Lord wants me to canvass." I said, "All right, I will not say No." She began canvassing and was soon sending in reports which showed that she was doing as well or better than any canvasser we had.

I made her a visit at her home and she did the most of the talking; in her talk she said, "Brother Blosser, I want to tell you the secret of canvassing. You have got to prove up on the Lord." Down in that country they take

*Remarks at the Hinsdale Canvassers' Institute.

claims and then prove up on them. In the same way many people just have a claim on the Lord and are kind of hanging on. You want to prove up, and then you can canvass.

This woman kept on and the Lord blessed her work and three churches have been organized around where she sold books, through the interest awakened.

Carrying Good News to the Fallen

Caroline Louise Clough

TO step up to some of these poor souls behind the bars in the Harrison street police station, where we carry the gospel every Sunday morning and tell them that God loves *them* in spite of all their sins and mistakes, and then act as though you had some of God in *you*, is like introducing them into a new world; and incidentally *you* get a blessing out of it.

Think of the ignorance concerning spiritual things among these folks; think of the cuffs and kicks they have received. Is it any wonder their star of hope sank low behind the dark horizon of their evil environment long before it had reached its zenith!

We do not deal with men and women possessing all their normal faculties. No, no, we find but the fragments of yesterday. Pass along with me from cell to cell in the drunkards' row and you will be surprised at the hopeless, helpless, shiftless, soulless faces that greet you. Not all are in this condition, thank God. Yet I know that even the worst have hope in Christ. How the Lord can take human wrecks and make them fit to dwell with him forever is more than I can understand, but I know He does it, for I am personally acquainted with just such modern miracles.

I thank God for the opportunity of bringing the saving gospel, week after week, month in and month out, to these benighted souls. Of all this vast army I hope to meet some on the other shore who will step up and shake my hand and say, "Thank God, you were the first one to direct my feet toward heaven, when I was behind the bars in the old Harrison street police station."

God is the great Master worker,—we are simply poor, weak channels. As I look back over the six years in which I have been engaged in this work I know there have been

many times when the channel was not perfect and hence the blessing was lost. How I regret it! Now I know that no Christian worker can expect to accomplish anything for God unless completely hid in Christ. "Whenever man accomplishes anything, it is by co-operation with his Maker, but in the saving of the souls of men, *God does all the work*, making men His instrument." This is one work in which we can confidently expect God to answer our prayers. When we pray for God to bless us financially, or to help us put through some selfish scheme, we can not always be sure that it is God's will; but when we pray for the salvation of a poor, lost soul we may know absolutely that we are meeting the mind of God.

Our readers will be glad to know that we have begun regular services in Chicago's next largest police station on Desplaines street. Mrs. Swanson, who has withdrawn from the work for a time to enjoy a much needed rest, has consented to take charge of this new effort. She is assisted by the young people's missionary society of the south side church.

To give a glimpse of how the work has started we have culled the following report of the first service from a personal letter. I trust our readers will remember in prayer each Sunday morning these efforts to reclaim lost sinners.

OUR FIRST SERVICE IN THE DESPLAINES STATION.

MRS. HANNAH L. SWANSON.

1924 Lawndale Ave., Chicago.

Our first service at the Desplaines street station was a very interesting one. Five young people came from the south side to assist in the service, who had never been in a police station before, and with Sister Kershaw and myself we were seven workers in all. I

think there were about seventeen men and two women behind the bars.

We knelt in prayer as we always did at old Harrison street, then sang several selections. The singing was very good, the prisoners selecting some of the songs. One of those called for was, "Stand Up, Stand Up for Jesus."

After the reading of the Word, Brother Wright gave a very impressive talk. I then told them that Jesus was the One that "lighteth every man that cometh into the world." I asked them if they thought they could sweep darkness out. They said No. I told them that to get rid of the darkness they must let the light shine in. I understood that perhaps some of them did not know how to do this and I asked how many longed to get out and be free. Of course they all did. I then quoted Jer. 29:13: "And ye shall seek Me, and find Me, when ye shall search for Me with all your heart."

I then gave the invitation, and I think all but two raised their hands for prayer. We prayed with one young man after the meeting was over. He knelt with us and seemed very much impressed.

The women were both drunk. We sang for them, "Nearer, My God, to Thee." Then one asked if we would not sing a Presbyterian song, so we sang, "Holy, Holy, Holy, Lord God Almighty."

The matron said the case of one woman was very sad; she came here from another state and got drunk. She was in the Union station, with her ticket, but began to sing ragtime songs and made herself ridiculous in other ways, so was arrested.

I think we as workers felt the presence of the Lord. One of the workers said she

never seemed to realize the sinfulness of sin so much. I want to be filled with the Spirit as we work in this place.

THE MATCH DROPPER.

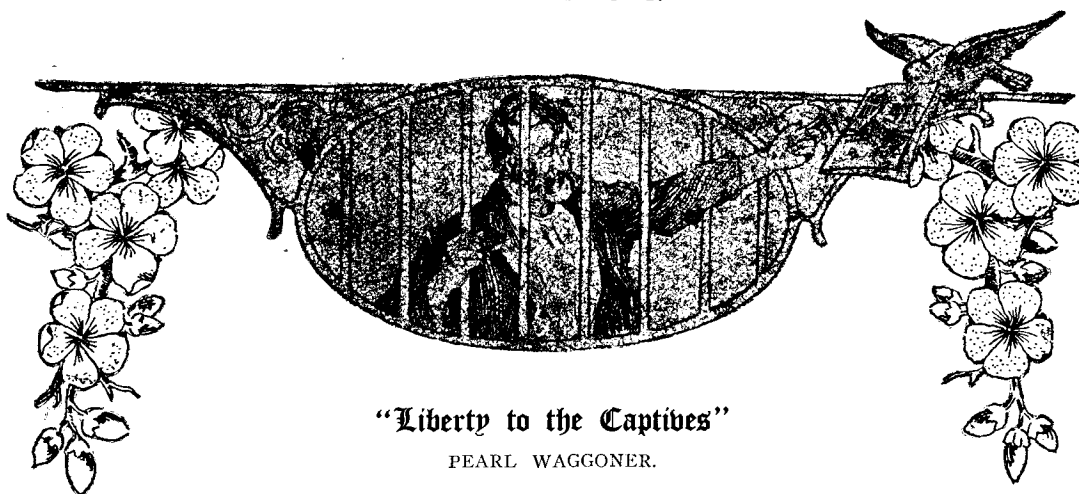
(Written by a Prisoner.)

The match dropper is a constant menace to life, property and liberty. Now he lets the little brand fall into a street or to ignite trash in a shop or factory for later conflagration, costing a vast sum. Again he tosses it from a window, to drop upon the hat of a woman passing below, causing her to be badly burned. Sometimes he sets fire to his own premises by flipping his fire into a waste basket or pile of papers. He never cares or looks where the spark falls, until later, when he realizes that his single act of carelessness has destroyed great values or taken human life. Every match dropper is a potential firebug and should be treated as a dangerous person.

But some Christians are match droppers in another sense. What a host of unkind and careless words are dropped which cause things to be set on fire! The match of sinful gossip, the match of suggested allusions, the match of *exaggerated statement*, the match of *glib talk*, the match of depreciating references, the match of white slavery, and the match of unkind speech; how much those matches burn up!

I have had experience with some of those match droppers: they not only destroy property, life and liberty, but the dearest thing in the world—that is, a human soul. Such match droppers are likely to cause a man's belief, his hope, and all, to get rickety; and there is where his soul gets lost. He may think the world is down on him, or may think God has forgotten him.

After May first The Life Boat will be one dollar a year. Until that time subscriptions will be received at the old rate of fifty cents a year. Let every one subscribe now and save half a dollar. Think of receiving this magazine an entire year for only fifty cents!



"Liberty to the Captives"

PEARL WAGGONER.

It is simply to the *captives*
 God would liberty proclaim;
 'Tis the weakest ones, the fallen,
 Lost to hope, or crushed by shame,
 Who are needing most salvation
 And the strength of Jesus' name.

Who most needs the skilled physician,—
 Is it but the strong,—the well?
 Who most needs to be uplifted,—
 Is it he who never fell?
 And have many farther fallen
 Than the one in prison cell?

That some others made a misstep
 It is naught to you, you say?
 You are not your brothers' keeper,—
 Caused them not to go astray?
 Yet with less of light to guide you
 You too might have lost the way.

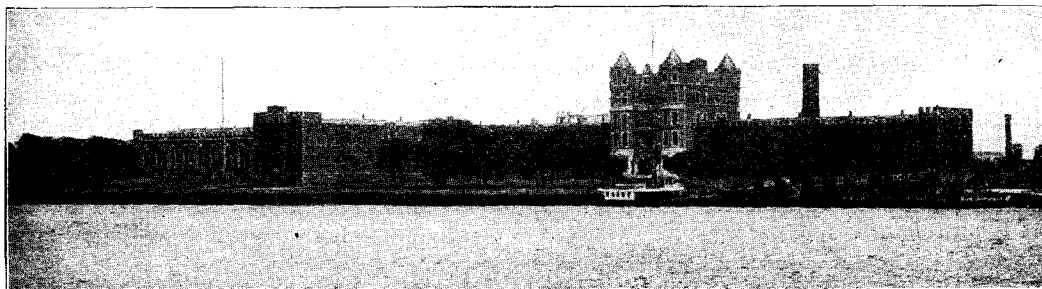
Save for those who helped you onward,
 Save for God's sustaining grace
 And His mercy which has kept you,
 You might fill the convict's place;
 While *he* might, with *your* surroundings,
 Look the whole world in the face.

Those who know at all God's goodness,
 Those in whom His Spirit's found,
 Must "the opening of the prison"
 Help proclaim to those who're bound.
 And dare any place a limit
 To the gospel's saving sound?

There are jewels e'en in prison;
 Think of Joseph,—John,—and Paul,
 Who, although of old imprisoned,
 Answered to the Spirit's call;
 And the God who chose and used them
 Still is seeking, loving, *all*.

Oh, the prisons hold so many
 Captives who are bound by sin;
 Coldness and mistrust around them,—
 Longings and regrets within!
 With one God,—the selfsame Father,
 Are we not somewhat akin?

With the gospel which has saved you
 Do you dare to selfish be?
 And it is the saving gospel
 Which alone can make them free.
 Give! and pray! Then list the whisper:
 "Ye have done it unto *Me*."



BLACKWELLS' ISLAND PENITENTIARY, N. Y.

Who will help us furnish this and a host of other large prisons in this country with the May special prisoners' number of *THE LIFE BOAT*? Four dollars will send one hundred copies.

A Heart-felt Plea From a Prisoner

(From the Missouri State Prison.)

"I T certainly gave me great pleasure when I received your welcome letter and heard you were going to publish again this year a special prisoners' number for the men and women who are incarcerated in the different state prisons.

"How little the people on the outside realize the pleasure it gives us whenever we are remembered either personally or as a body. The man behind the bars, to the general public, is a nonentity, a blight on the state. Little do they realize that we may have fallen through environment, unseen circumstances, or a sudden temptation that comes when *hope* is *weak*, *body worn*, every sentinel against sin for the time withdrawn, and Satan's victory was an easy one.

"But we who have Society's 'mark of Cain' upon us are human, and no one in any other walk of life appreciates more the little deeds of kindness and remembrances than we of the 'submerged tenth.' Little does the outside world realize the thoughts which we think,—deep thoughts on the larger and better things of life.

"And, as is always the case, when one commences to analyze himself he turns to the greatest of all thoughts, the soul's ultimate salvation. Then it is we can see ourselves as we really are, with no glamor or distraction of worldly things to interrupt us; nothing but our thoughts. It is then we begin to inquire into religious things, and once started, we find such help in the spiritual world, that we continue our search hungrily for such helpful thoughts as: 'I can do all things through Christ which strengtheneth me,' 'I will not leave you comfortless,' 'Come unto Me, all ye that labor and are heavy laden, and I will give you rest.' Could there be any more helpful words than those?

"In this place there are a number of men who I believe are as true Christians as any on the outside. In here it is far from being easy to live and let it be known that you are on the Lord's side. But I know that deep down in their hearts those that scoff at us

have a profound respect for us and our convictions.

"We try as best we can to pass the great and only truth along; and while we may not be able to go into the uttermost parts and preach, yet in our small way we try to follow Christ's word to do missionary work. It is a great help when we have such tracts and magazines as THE LIFE BOAT, and I wish that every man and woman in here and elsewhere confined could receive a copy. The great and hardest thing is to get them interested, and the best way is to put some tangible word, like THE LIFE BOAT, in their hands.

"May God bountifully bless it and its work; may it open many eyes to its great work, and cause ready response in financial assistance as well as in prayer. May it cause many poor men who are now in Egyptian darkness to see the 'great light' and realize that the only life is the life with Christ.

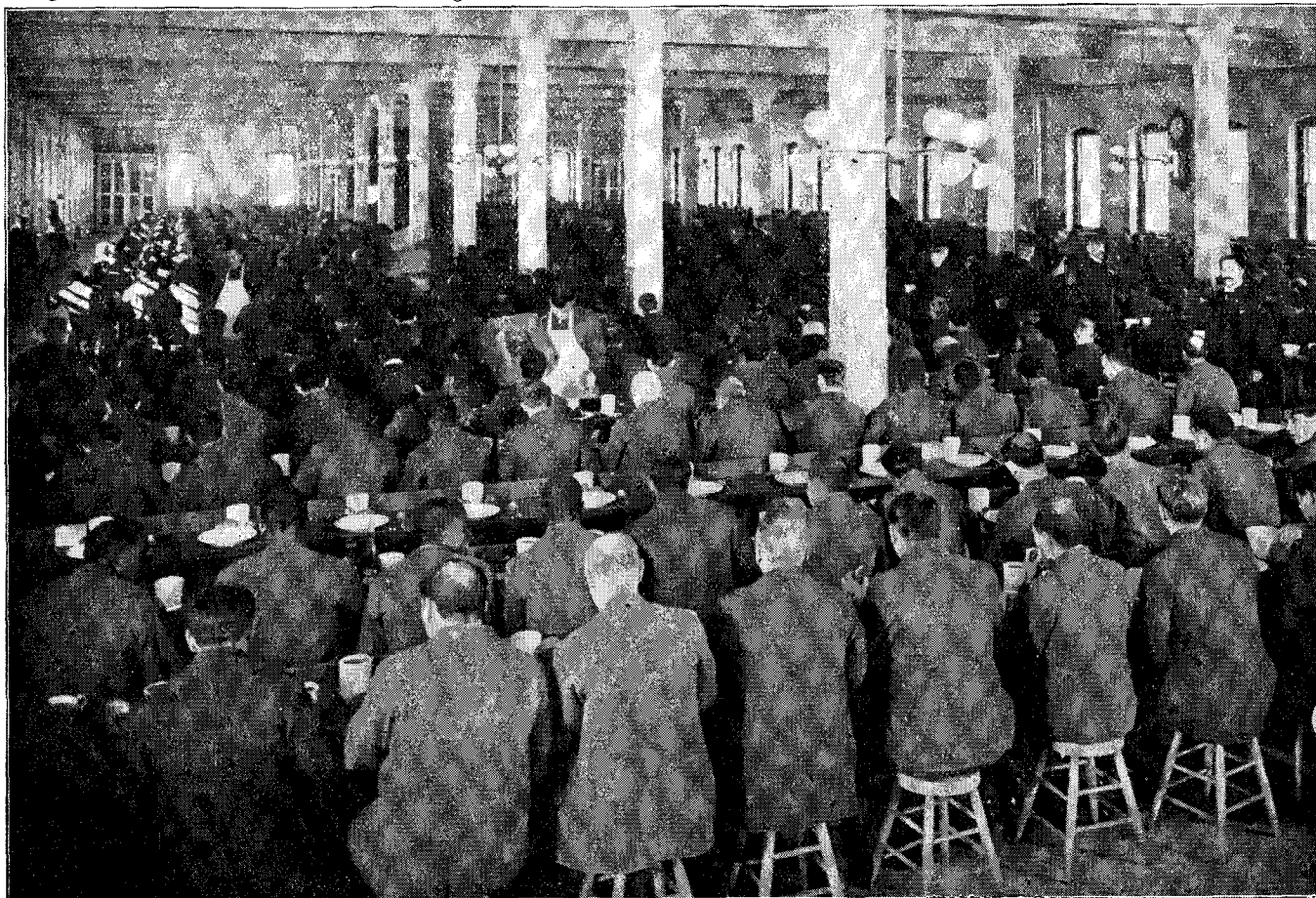
"The men who are detained are as much God's children as any, and their appreciation is greater and keener than others. They are in more need of your help than those who have never slipped on the steep path of life. Pray for us; there is great power in prayer, and I wish as the special prisoners' number is read that a special prayer might be said for us."

FOUND IN A WASTE BASKET.

"Enclosed find two dollars to use to send the prisoners' numbers of THE LIFE BOAT to some prison. THE LIFE BOAT is very dear to me; eleven years ago I found a copy in a waste basket at the place where I was working, and it was the means that led me to God's wonderful truth."

"I must say THE LIFE BOAT is one of the *best* papers I have ever read. I wish it was twice as big as it is. I read it through the first time I get a hold of it."

In the kingdom of God there are no dead.



Underwood & Underwood.

DINNER TIME AT THE SING SING STATE PRISON, N. Y.

These men all enjoy reading THE LIFE BOAT. Will you help us furnish the Special Prisoners' number in May to your state prison?
Four dollars will send one hundred copies.

"WRITE SOON."

BY A PRISONER.

Long parting from the hearts we love,
Will shadow o'er the brightest face;
And happy they who part and prove
Affection changes not with place.

A sad farewell is warmly dear,
But something dearer may be found,
To dwell on lips that are sincere,
And lurk in bosoms closely bound.

The pressing hand, the steadfast eye
Are both less earnest than the boon
Which, fervently, the last fond sigh,
Begs in the hopeful words, "Write soon."

"Write soon." Oh, sweet request of truth!
How tenderly its accents come;
We heard it first in early youth,
When mothers watched us leaving home.

And still, amid the trumpet joys,
That weary us with pomp and show,
We turn from all this brassy noise,
To hear this minor cadence flow.

We part, but carry on our way
Some loved one's plaintive spirit tune,
That, as we wander, seems to say—
Affection lives on faith—"Write soon!"

FILLED WITH GOOD THINGS.

(From the Indiana State Prison.)

"Since writing to Mrs. Abrams some months ago (which letter found its way to your desk) I have not written to any one; in fact, that was the first letter I had sent to any one in several years.

"I find prison life to be swiftly destructive of whatever good there may be in a man, unless he has some friends to look to for a word of cheer and a kindly deed.

"Personally it is by choice that I have been friendless and alone. I do not believe it would pay me to accept favors from my former associates, knowing that upon my release they would expect me to go right back to a life of crime in order to repay them for their help at this time. I prefer to fight it out alone, and try to form new acquaintances

upon my release who will tend to elevate my future.

"I shall not attempt to tell you how I look forward to the new life, and what my hopes for the future are. I am making a study of the Scriptures, and the old Book is just filled with good things. I've heard it preached all my life, but you see I did not have the desire for better things.

"I once heard a preacher ask another who I was, after I had sung a solo, and he said, 'Oh, that's ———. He will help me with the musical part of the service and lead the choir, but he's a hopeless case.'

"You see that man gave up without trying what a little personal work would do. That's just the trouble with so many of them today; they spend an hour on Sunday telling about God's great love and what he will do for us if we follow Him. But for the rest of the week you could not find that same preacher with one of Mr. Burn's sleuths.

"Every time I walked by the old Life Boat mission on State street, and heard the singing, I used to think the same thought, and felt like shaking hands with the workers who went out into that slum district, not to preach at those poor souls, but who by their kind deeds and acts do more good than all the high-browed sermons ever written. The Bible says, 'By their fruits ye shall know them.' And words spoken and not followed up very seldom do more than make a ripple upon the surface.

"What is wanted nowadays is a great big splash, and that can be done only by the kind of work you people are doing. Trusting you will long continue in your work, I pray for you and ask an interest in your prayer."

A TELLING TESTIMONY.

(From the Dannemora, N. Y., Prison.)

"I thank the Lord Jesus Christ for the power to write this letter about the little LIFE BOAT that has made me what I am today. The world should help THE LIFE BOAT for what it is doing in prisons. What would I have been if not for THE LIFE BOAT people!

"THE LIFE BOAT has made me a God-fearing man in here, and on the outside world I will meet good Christians that will do something for me and help to keep me out of state prison for the rest of my life. It has taken

away a good many bad habits from me. It has led me to give up tobacco and every other bad habit. It has made me what I am today, a whole, clean man.

"I hope the Lord will bless each and every one that reads this letter, and that they will help THE LIFE BOAT by sending a little money to help make it go all around this world to poor downfallen fellows like me. This is my prayer. May the Lord Jesus Christ, and every one that reads my letter, help THE LIFE BOAT, for it is worth helping."

A PRISONER CONTRIBUTES TO THE PRISON NUMBER.

The following letter is from an inmate of the Colorado state prison. Will you help us send the gospel to these men in prison who have never had a decent chance? Four dollars will send one hundred copies of the May LIFE BOAT to your state prison:

"The announcement that the May number of THE LIFE BOAT will be a prisoner's number is especially gratifying to those of us who live behind the bars, and I am sending one dollar for a contribution to THE LIFE BOAT that its circulation may be a little larger to those that are behind prison bars.

"I often wonder whether free men and women realize how greatly convicts appreciate the efforts in their behalf. When the world learns that convicts are men with the same hopes, fears, temptations and weaknesses that assail all of the human race, and that they, in nine cases out of ten, are *unfortunate* rather than vicious, the greatest forward step in years will have been taken in the prison question.

"I know scores of men who, though they are behind the bars today, would make honest, upright, God-fearing citizens if they could be given the chance. They have never had a decent chance from boyhood, and through lack of home training and education have drifted through life, hopeless and desperate. But give these men an opportunity to reform, to do honest work and regain their lost self-respect, and you will find the great majority

answering the call of righteousness and sticking to it.

"In closing I wish to thank you for the uplifting influence of THE LIFE BOAT, and I speak for many besides myself."

IN TROUBLE AND NOT ACQUAINTED WITH GOD.

(From the Connecticut State Prison.)

"It is a pleasure to have this opportunity of writing to you. I have often wondered what can be any worse for a man, when trouble has come upon him and his friends have forsaken him, than to know nothing of God as a personal Saviour. Can there be any condition worse for man?

"I want to give you my greatest reasons for liking THE LIFE BOAT. First, by extending a helping hand, it gives courage to many who are down and are trying to rise. Second, it banishes that saying on so many lips: 'Nobody cares.' Third, it points men to Him who will be their Friend for all time if they will let Him. Fourth, it brings before a man things that are worth the while to strive for.

"It is a pleasure to read of men in like condition striving to get back to a life worth while. So I feel I am justified in saying that the man that is friendless and penniless and even Christless has no excuse to make for his failure to make use of the many ways God has given. Here in the inside world, shut away from all the old things that went to make life in the past, God has left us a chance to start right. I am trying each day to get in touch with Him. I find so far I am better spiritually, morally and physically, and I feel better. I ask your prayers that I may find strength each day to do His will."

TRYING TO RISE FROM DISCOURAGEMENT.

The following abstracts are taken from two letters written to a LIFE BOAT worker by a prisoner in Dannemora, N. Y.:

"I received your Christmas letter Christmas day. It was extremely good of you, who, while in the stress of a busy life, can find

Now is the time to subscribe for The Life Boat while the price is only fifty cents. After May first it will be raised to one dollar a year.

the time to write and cheer one who has such a little to expect and no call on any one. To tell the truth, I had wished heartily that I might receive a letter from you, but did not dare to expect one. Therefore I was most pleasantly surprised and gratified.

"It seems as though God has been very good to me, who deserves such a little. I often wonder why I did not come in contact with people like you when I was in the street. You may think it strange, but I never met any one as disinterested as you in all my life. Probably it was my own fault. I only know that it is a fact.

"Things don't look the same to me any more. I would not give up my faith for all the gold, liberty, power in the world. 'For what shall it profit a man, if he shall gain the whole world, and lose his own soul?' These words are constantly with me.

"Ofttimes I feel downhearted and discouraged, as though I had built a house, then suddenly, without a word of warning, it collapses and I am left bruised and bleeding among the ruins, with no material or resources to raise another structure.

"This frame of mind I believe is the most miserable that a prisoner has to contend with. At such times I take out your letters and read them over; I am encouraged, inspired as it were, to fight on. Then, too, I pray continually, until the impression comes to me that perhaps God has spared me for some good purpose. Especially is this so when I read that part of the scripture you quoted where it says God has promised to restore the years that the locust hath eaten. These words fit my case so nicely, it does seem that they were ordained especially for me.

"I do not know if every good Christian at times gets discouraged a little. I only know that I am trying to live right in the sight of God and man—that at times I do become sadly disheartened. I do pray earnestly to overcome this unchristian feeling, for in my heart I know that I do want to be, and pray to be, a good Christian.

"I happened across a LIFE BOAT and read it through from cover to cover. I derive much spiritual inspiration from its teaching. I found it exceedingly interesting and instructive, and I was glad to note that there were

prisoners in similar institutions trying to follow in the path of right; it was encouraging."

WORDS OF APPRECIATION.

(From the So. Ill. Penitentiary.)

"It affords me pleasure to answer your card of recent date. I hope that in the coming year you may realize that all the many kind acts and cheerful words you have bestowed upon me since first I wrote to you and you so freely gave me a helping hand, were not lost. How can I ever repay you for such kindness?

"But I will promise you this much: By the help of God I will be a man when I leave here so as to prove to you that all you have done for me while here has not been in vain, and that in the future, by me doing what is right, you may be led to give your help to some other boy that is in or may get in my present circumstances and condition. For it is up to us boys when we leave here to make good on the outside; then Christians like you will have faith and be willing to help the man behind stone walls.

"I have received all of those papers and Christian books you sent me and they are highly appreciated. May God keep you safely through this year and years to come."

POINTED PARAGRAPHS.

What is in a man is not nearly so important as what the world can get out of him.

The best preparation for the future is the present well seen to, the last duty well done.

A man with a high aim in life seldom carries a gun.

If you would win life's battle you must be a hard hitter and a poor quitter.

What we think about the things that are greatest will determine how we do things that are least.

It matters more which way one's face is set than how fast one proceeds.

The way to do a great deal of good is to do at least a little of it every day.

Practical Lessons to be Learned in the Establishment of Missionary Enterprises

Mrs. N. H. Druillard,

Madison, Tenn.

[Mrs. Druillard has had a vast experience in the establishment of important missionary enterprises at home and abroad. At the Hinsdale holiday convention she gave the workers a most helpful talk from which we have abstracted the following practical principles.—Ed.]

YOU may find it is much easier to give your life for the cause you love than to live *day by day* for that cause,—to just keep everlastingly at it when it is unpopular and you have to meet with ridicule. You know ridicule just wears you right down to the bone. You have to be misunderstood; and just to steadily *live* for that work which God has given you to do may be harder than it is to die for it.

Have You Had This Experience?

The main thing I want you to remember is this: that one must really and truly believe, in establishing any missionary enterprise whatever—be it ever so great or ever so small,—that *God* wants that work done and that He wants it done *now* and that it will be done now; and more than all that, that *you* are the person He has selected to *do* that work. That is what you must believe, and if you do not believe that, do not try it.

You may say that is conceited; but I do not consider it conceit at all. It is the *only* thing that will save you from discouragement or keep you from defeat and despair. When you are discouraged you will be defeated anyway, and it keeps you from despair if you thoroughly believe this.

You may say you have never had a call, that you do not know what work the Lord would have you do. Some of you may say, "I have been praying and do not know." My advice is to begin at once and say to the Lord, "Here I am, Lord. I give myself to You and I want You to *show me* what to do." And then you study the Bible, and study the work, and do not begin to back out of what God tells you to do, but stick right by it and God will reveal it to you so plainly that no one can make you doubt it. I hope every one of you will get your commission from the Lord and then be sure the Lord has elected you

for that work. If the work is to be done and God wants it done and you are selected to do it, won't it be done? Of course it will.

Some Financial Suggestions.

A great deal of the trouble has been that it has been hard to meet the financial obligations, and then again to be sure that we were in the line of duty.

You know the Lord has said to cast "all your care upon Him; for He careth for you." "Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass." "Cast thy burdens upon the Lord, and He shall sustain thee." "Ask, and it shall be given you." If we do as God wants us to do there will be plenty of money. Restriction of means comes to us to prove us, and God does it for our good. We often think we need things when we do not; we only *want* them.

I believe we must come back to more simplicity. God wants us to work with consecration and simplicity. And if we can firmly believe that God has a word to do and that He has set us to do that work, we will not be afraid to start out if we haven't a cent; we know God will help us.

It is simply impossible for us to work in this way unless we take the Lord in as a partner.

Wants vs. Needs.

We will find many things we want, but we must learn to listen only to the demands of *real* necessity. Make the best use of what you have on hand. Never go dirty; wash up and be clean if you are in ever so dirty a place. Never go ragged; patch and darn. Never go slipshod. There are none of you, if you have the money, but can go down to the city and buy the prettiest things there are to buy. Of course, you can buy; but the thing to do is to make the best use of what

you have on hand. When you wash your faces do it yourself nicely, and don't tear them. Wash out your ribbons and put them away; and darn the rent in your dress.

Whatever you do, keep a good dress for Sabbath. Keep a good suit in which to look neat and tidy. Comb your hair some way becoming to you, if there is not a person in the world you have seen comb it that way. Do not strive to follow the fashions, especially the fashions as they are now. Be yourself. Have a clean, neat dress; have a work dress. And then keep your shoes tied, and keep brushed up. Keep neat and clean and learn to do with what you have. Take your wardrobe and darn and patch, and you will look neat and nice; and it does not take so much money after all.

CHRIST AND THE LAW.

F. B. UNDERHILL.

Montrose, Pa.

The Lord is well pleased for His righteousness sake; He will magnify the law, and make it honorable." Isa. 42:21.

He will magnify the law, will make it clear and easy to be understood. Take a magnifying glass and look at any object and it will look larger and plainer; and that is what Christ did to the law. In Matthew 5 He taught and made plain what people did not understand before. He taught the law by precept and example and commanded us to keep His commandments, even as He had kept His Father's commandments, and abode in His love (John 15:10). He said, "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil." Matt. 5:17.

Some claim that Christ did come to destroy the law, or changed a part of the law at least, but Christ says He came to fulfil. What is meant by the "but to fulfil"?—To keep, obey, and do as the law says. God gave us the commandment to obey Him, and if we do as He says we will fulfil the law.

The word "fulfil" with the same meaning is in two other Scriptures. In Matt. 3:15, when John had refused to baptize Jesus, Jesus said, "Suffer it to be so now: for thus it becometh us to fulfil all righteousness." That was a command, and John did it to fulfil the

command. He did not destroy or change it, to fulfil the command. It can not be destroyed, for God is righteous, and to destroy all righteousness would be to destroy God. Also in James 2:8 we read: "If ye fulfil the royal law according to the Scripture, . . . ye do well."

So to fulfil the law is to do as the law requires us to do, and not change it, for God does not change. He says, "For I am the Lord, I change not. Mal. 3:6. "Jesus Christ the same yesterday, and today, and forever." Heb. 13:8. Jesus Christ is the same yesterday (from creation to His first advent), and today (from His birth to His second coming), and forever (throughout eternity). So Christ is the same—past, present and future.

Even the death of Christ is proof enough that the law could not be changed. If salvation could have been provided for us by changing or doing away with the law, He need not have died. But Christ had to give His life in order to provide salvation for us, for man had sinned by not doing as the law says.

"Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven (the worst of sinners); but whosoever shall do and teach them (to be obeyed), the same shall be called great in the kingdom of heaven" (the most righteous). Matt. 5:19.

"For verily I say unto you, Till heaven and earth pass (which they have not yet), one jot (a letter) or one tittle (a smallest part of a letter) shall in no wise pass from the law, till all be fulfilled." Matt. 5:18. Heaven and earth shall pass away but His word shall not pass away, says Christ.

It will not do to keep four or seven, or even nine of the commandments and disobey in one commandment. "For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all." James 2:10. By offending in one point we become a transgressor of the law. "So speak ye, and so do, as they that shall be judged by the law of liberty." James 2:12.

"But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work,

this man shall be blessed in his deed." James 1:25.

"To the law and to the testimony, if they speak not according to this word, it is because there is no light in them." Isa. 8:20.

"Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city." Rev. 22:14. May we all enter that city where sin and suffering never enter.

A WONDERFUL TRANSFORMATION.

A. P. SQUIRES.

I was born in Berkshire, Mass., in September, 1831, and was left an orphan at the age of four without friends and without money. I had to earn my own living among strangers from the time I was seven years of age.

My parents were godly people and when I grew up I married a godly woman, but I had no time for religion myself and I never wanted to be spoken to about it. God prospered me nevertheless in all my business transactions until I had one hundred thousand dollars which I had earned. Yet I would not yield and give my heart to God.

I went on sinning more and more until my money was all taken away from me. I got to be a "high roller," which, in the language of the street, means that I was out all night long drinking and carousing in sin. I would take young men to my house and teach them to drink. I am ashamed to confess that I helped to put many a young man into a drunkard's grave.

I finally wore myself all out and was a miserable wreck. I came to Chicago in that condition and began to gamble. My beautiful home which cost forty thousand dollars was gone; my nerve was gone; my spirit was broken; I had lost my manhood and was ready to end my life.

But God answered the prayers of my good people. I was walking down Van Buren street in Chicago when I came to the Pacific Garden mission and Mrs. Clark, who was standing outside, persuaded me to go into that mission. Once inside I heard the testimonies of men who had been down where I was, and it set me to thinking.

When the invitation came for those who wanted Jesus to raise their hands, that hit me. My hand went up. I was ready. I was sick of the old life; I needed Jesus and the Lord took me in.

After my conversion I went back east to my wife and started life anew. This time I began to build my career with God as my partner and my life has not been a failure since then. While I once was a man of influence and could command a hundred men yet I was a sinner, and sin gradually made inroads into my character until I sunk to the lowest depths and became nothing but a cheap clown in a circus.

When converted I promised the Lord if He would give back to me my former Yankee vim and courage and put me where I once was, I would go out and tell the world that the blood of Jesus Christ would take away the appetite for sin. I said I would take God at His promise; and God took me at my word.

My son wrote for me to come down to Kentucky and start in business there, which I did. As yet I had not had an opportunity to speak for God in a public way, but one evening when I was in Tennessee I went to a prayer meeting and as the minister failed to come I was asked to lead the meeting. Forgetting my promise to the Lord, I refused. Oh, the misery of that moment! I felt my Christian experience vanishing—all heaven seemed dark above my head. I was asked a second time. Then I heard a still, small voice which said, "You promised to tell the world about Jesus." I said immediately, "I will do it." I asked for a Bible and stood up. I asked the congregation to pray for me and then I opened the Word to John, the fourteenth chapter.

From that time on I was called here and there to preach the gospel. I promised the Lord that I would not accept pay for doing this work. I wanted to preach a free gospel, so I secured a position as a traveling salesman. I have been traveling in thirty-four different states and have attended services in the jails and missions everywhere. I have given a free gospel to hungry and needy souls.

No matter how much I may be able to

do I don't think I can do enough to offset the wickedness of my earlier life. I am an old man now, and have been a Christian for thirty-two years, but I still think there is plenty for me to do. As long as I live I will plead with men to give up their evil ways and repent.

WHICH PILOT HAVE YOU CHOSEN?

NELLIE JEFFERS.

Some one has likened our souls to a ship and our ambitions or desires to the haven toward which the ship is sailing. This is indeed a good comparison and one from which we might learn many lessons of truth. When a ship leaves port she sets sail for some distant port or haven; she has some object in view to attain. So it is with ourselves. We are sailing for some haven, known or unknown. We may not be aware of this, but each day is bringing us nearer and determining in what haven we shall anchor.

As the ship sails the sea she is subject to all the storms that sweep over the deep and so may be turned away from her chosen course, but when the storm is over and the sky is again clear she seeks her straight course. In order to keep a straight course she must be provided with a pilot who knows the sea, who has sailed that way before. So it is with us. No matter what course we take we have a pilot on board. We may not be aware of it and may think we are managing our own craft, but just as surely as we live from day to day, someone is planning for us and guiding us.

There are two pilots who are interested in the affairs of men. One leads through the easy and what seems to us to be the most pleasant way, but the haven he takes us to is not the one where we desire to anchor. The voyage with this pilot is, from a human standpoint, a most pleasant one as there are many kinds of entertainment by the way, where the traveler may enjoy himself. When trouble comes, however, this pilot offers no help except to lure the traveler farther on in the way he has marked out for him.

How different is the other Pilot who is

interested in the affairs of men! He is waiting and anxious to come on board and direct our course. The way He leads may not seem so pleasant at the time, as we look at it from a human standpoint, but the haven toward which He sails is a most desirable one to enter. Many a storm-tossed soul has found refuge in that haven after taking the Heavenly Pilot on board.

When storms arise on the sea of life, if we have this Pilot on board He will direct us in the right way and speak comfort to our troubled hearts, such as no other pilot can give. He assures the troubled ones of safety if they only put their trust fully in Him and rely upon Him. He has traveled this way before and knows the many dangers that beset us and has met and conquered them, so He is able to pilot us safely over no matter how severe the storm that may arise.

The thing for each one of us to decide is, toward what haven are we sailing, and which pilot have we on board? Is the Heavenly Pilot steering you toward the haven of rest and peace, or are you letting the other pilot lead you hither and thither only to finally bring your soul to destruction? They are both on hand waiting for permission to come on board and take charge of your life. Which will you choose? Let Jesus come on board and help to fight the battles of life for you and guide you to the haven of rest and peace, for He is longing to do this for every storm-tossed and troubled soul.

OPPORTUNITY FOR TWENTY YOUNG PEOPLE AT HINSDALE.

June 18 there will be organized another three years' training class for medical missionaries at Hinsdale. This course of training not only includes the highest class of instruction in the theory and practice of nursing, but it also includes from the very first year personal experiences in field work, city work, rescue work and the science of establishing new centers.

Only those are accepted who have definitely and decisively dedicated their life to earnest, aggressive medical missionary work. No others should apply, but those who have done this should not permit the dozen and one obstacles that the enemy is bound to put in their way, to prevent them from coming. Do not be one of the ten spies, but be a Caleb and Joshua and you will find wonderful blessings springing up in your pathway.



Editorial Department

Conducted by Dr. David Paulson



DID YOU EVER VISIT A PRISON?

It is a remarkable fact that nearly all of the great religious reformers were interested in prison work. Some of John Wesley's first Christian work was visiting prisons and taking the gospel to the prisoners.

Shortly before D. L. Moody's death I heard him say that he had discovered that the prisons of America were the best mission field in the world, and that he proposed to devote much of his future time in visiting them and sending gospel literature to prisoners.

A short time after his death the first special prisoners' number of *THE LIFE BOAT* magazine was issued and put in the hands of thousands of prisoners. During the intervening fifteen years we have issued similar annual special prisoners' numbers.

The good that has thus been accomplished only eternity will reveal. Prison officials have expressed their great gratitude for this substantial help. Thousands of men behind the bars have had spiritual food put in their hands and have gone out from prison with new hopes and new aspirations in their souls. A goodly number that we happen to know personally have become soundly converted and have had a new song put into their lives.

Many prisoners committed their crime in the heat of passion or in a moment of thoughtlessness or while under the influence of drink. They now have time to think and reflect. They are crushed and humbled. They are receptive to the gospel.

Next month we shall issue another special prisoners' number. Will you help us to send it to every prison cell? Four dollars will put one hundred in your state prison. Two dollars will send fifty.

The best men and women in this nation are becoming convinced that the old way of dealing with the prisoners was wrong,—that we ought to try to reform them and restore them. Nothing will do that as successfully as the gospel, and *THE LIFE BOAT* contains the gospel. Will you help us to cast some of this

bread upon the waters? And God's Book has promised it will return after many days.

CHANGE IN PRICE.

The marked advance in price of paper, material and printing has compelled all magazines to increase their prices. *THE LIFE BOAT* has held out at the old price of fifty cents a year, a year or two longer than any of them. But we are now compelled to raise the subscription price to one dollar a year.

During the month of April subscriptions and renewals will still be accepted at the old price of fifty cents. This is the golden opportunity to subscribe for *THE LIFE BOAT*. You may say that you buy the paper from the agents that come around; but that is always more or less uncertain. Sit down now and send fifty cents for a year's subscription. It is the last opportunity you will ever have to secure this magazine at this price.

THE LIFE BOAT has a field particularly its own. It has absolutely no competitors. If you are interested in the kind of things you read in *THE LIFE BOAT* you must take *THE LIFE BOAT* in order to get them. Can you afford to miss its regular visits the coming year for fifty cents?

Now is the time to ask your friends to subscribe. If you who read these lines will co-operate with us the subscription list of *THE LIFE BOAT* magazine will be doubled before May 1.

ACCEPTABLE CONFESSION.

Remember when you kneel down and ask the Lord to forgive your sins, He can not do this if you refuse to forgive those who have wronged you. You may say that they have done you so much more harm than you have done them that it is their duty to come to you first. That is a suggestion of the devil.

"If you have committed one wrong and they twenty, confess that one as though you were the chief offender. Take them by the

hand, let your heart soften under the influence of the Spirit of God, and say, 'Will you forgive me? I have not felt right toward you. I want to right every wrong, that naught may stand registered against me in the books of heaven. I must have a clean record.' Who, think you, would withstand such a movement as this? There is too much coldness and indifference—too much of the 'I don't care' spirit—exercised among the professed followers of Christ."

Perhaps you have read over and over again the words, "As thy days, so shall thy strength be." Deut. 33:25. But somehow that promise does not seem to become a glorious reality to you. Just when you need strength the most you seem overwhelmed with the greatest weakness. Perhaps you have overlooked the fact that this promise applies only to those who are living the exhortation in the previous verse: "Let him be acceptable to his brethren."

ARE YOU ANXIOUS TO SEE THE WORK OF GOD REVIVED IN YOUR COMMUNITY?

Does it seem to you that the spiritual current is running low or even going the wrong way? Remember that God will not revive His work in your midst until you not only sincerely desire it but earnestly seek for it. And when you do that then "divine power is combined with human effort, and the work will spread like fire in the stubble. God will employ agencies whose origin man will be unable to discern," and you will soon see the ushering in of a mighty revival. Remember the darkest hour is just before the dawn.

A REFORM IN THE WHITE HOUSE.

We are glad to notice that the President and his cabinet have already taken their stand against the use of wines and spirituous liquors in the White House. We quote the following from a recent *Chicago Tribune*:

"The edict has gone forth that the Wilson-Marshall administration shall be a 'white ribbon' affair, with no wines or liquors served at any entertainment.

"Not only do the president and Mrs. Wilson and their daughters taboo the sparkling cup, but so also do the vice-president and Mrs.

Marshall, the secretary of state and Mrs. Bryan, and nearly the whole cabinet.

"This is one of the most striking social changes under the new administration, and, it is reckoned, will save hundreds of thousands of dollars annually to those who entertain frequently."

This is the first time the intoxicating cup has been driven out of the White House since the administration of President Hayes, and we trust the noble example of our nation's executive will be followed by many.

BETTER FOUND IN PRISON THAN NOT AT ALL.

The prisoner who writes the following has gotten hold of a great truth. It matters little *where* you find Christ, the important thing is to find Him. Who will help us in May to bring the gospel of Christ to the prisoner?

"It is a great consolation to the prisoner to know that there are good people in the world who sympathize with the unfortunate. I am thankful I have found the way to a better life notwithstanding the fact that I am in a State's prison. It is better to find Christ in prison than not to find Him at all, and God is able to forgive us in prison as well as in any other place. I consider it a privilege to stand up for God even within the confining walls of a penitentiary."

HAS BRIDLES AND CHAINS FOR SALE.

The following request comes from Deer Lodge, Mont.:

"I will drop you a few lines as I am a prisoner in the state prison of Montana and have been here for a long time. Now I am trying to raise enough money to secure my parole, as I have been here a sufficient length of time to do so. The only way I have of raising money in here is to make and sell bridles, and of course I have to have some one on the outside to sell those for me. So will you let me ship one to you to sell for me?

"If you will it will be of great assistance to me as I am only short a few dollars. I also make ladies' and gents' chains which I sell at from fifty cents to one dollar. The

chains and bridles are both made of hair and beautifully designed of all colors. The bridles sell from \$12.50 up.

"If you can assist me it will be highly appreciated, or if you would publish a notice in THE LIFE BOAT for me. That is about the only way I have of finding a buyer for my goods.

"If you should find it convenient to send me THE LIFE BOAT or any other reading matter it would be highly appreciated, as I have plenty of time yet to read anything you may send me. I have been reading THE LIFE BOAT now for several years and I find it very interesting. I am always watching and waiting to receive it. I take great interest in the work."

FROM THE INDIAN BOY AGAIN.

The following is from the prisoner in Leavenworth, Kansas, whose former letter appeared on page 11 of the January LIFE BOAT:

"I wish to thank you for the publication of my message, which found me friends and brought hundreds of letters to me from different parts of the United States.

"Letters dissipate the gloom of prison cells, making us to forget the follies of our dead past and live with a cheerful hope to an honorable future, and inspiring in our hearts ideas of a brighter life, till we see with clear eyes the wonders and unsurpassable beauties of this world. They create in our bosoms a wish to honor and respect our fellow men.

"Letters are my children, bringing me comfort and cheer and glad tidings from the outer world. Destroy them, you destroy so much of my life that the rest is not worth the living.

"Please give my sincere thanks to the readers of your publication, telling them there is a brighter day unfolding in the orbit and firmament of high heaven, and I will live to thank them even in the effulgent dawn of a sweeter life, for their sympathetic letters. My best wishes to THE LIFE BOAT and its workers."

Renew your subscription now before the price is raised.

THE SIGNS OF THE TIMES,

The *Signs of The Times*, which is published weekly, is a valuable magazine for those who are seeking to understand the Bible. Write for sample copy to The Pacific Press, Mountain View, Calif.

NEWS HERE AND THERE.

O. N. England, Ionia, Iowa, an old-time friend of THE LIFE BOAT and its work, visited the sanitarium and also the Life Boat Rescue Home.

Miss Thallie Halvorsen, one of the sanitarium stenographers, visited her home in Berrien Springs, Mich., this week.

Miss Kate Macey, formerly head nurse in the Madison, Wis., sanitarium, visited Hinsdale while on her way to begin a work in the Southern field.

R. F. Thompson, a nurse from the Boulder, Colo., sanitarium, called on his friend, Mr. Ben Adson, who is one of the recent graduates at Hinsdale.

Evangelist A. S. Magann, of Fairbury, Ill., who is now conducting a large revival effort in Harvey, spent a few days in Hinsdale recently.

Dr. and Mrs. David Paulson are spending a week in the South, visiting Berea College, Ky., and Chattanooga, Graysville, and Nashville, Tenn.

L. B. Hill of Nashville, Tenn., has recently connected with the institution with a view of entering the next nurses' class, which will begin June 18.

Mrs. I. E. Kimball, who, with her husband, is conducting a home for homeless and unfortunate young men in Tappan, N. Y., visited the sanitarium recently while returning from an extended visit in the West.

Eld. F. C. Gilbert, secretary of the Jewish evangelistic work, visited Hinsdale recently and at the Tuesday evening prayer meeting told some of the thrilling experiences he has met in his work of evangelizing the Hebrew people.

The Hinsdale family were glad to see once more the faces of Mr. and Mrs. H. C. Luckenbill and daughter, Zola, of Argenta, Ill., who were patrons of the institution several years ago. Since that time little Zola has secured

a host of subscriptions for THE LIFE BOAT among her friends and neighbors.

Miss Ruth Stapp, who is in charge of the Hinsdale nurses' center, Chicago, is spending a couple of weeks at her home in Arcola, Ill. Miss Mildred Knowles is looking after the work in her absence.

No less than eight babies have been born in the rescue home in the last four weeks; six of the eight are boys. Miss Lillian Rigby, a senior nurse, is nursing at the home this month.

There is still opportunity for more consecrated, earnest young people to enter the next three-year nurses' class, which begins June 18. Write at once for information.

THE LIFE BOAT agents are having remarkable success. Now is the time to enter the field. Who will enlist? Write for terms.

This world is an echo that returns to each of us what we say.

Idleness is the beginning of all evil.

Agents Wanted: Don't accept an agency until you get our samples and particulars. Lord's Prayer, Illustrated Hymns, Inspiring Scriptures, also Greeting Post Cards, 10-10c; 100-90c. Bible Mottoes, 2-12c; dozen-65c; 10 doz.-\$3.75 prepaid. These are soul winners. Address Waterbury Specialty Company, Pomona, California.

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.

Checks, drafts and money orders should be made payable to THE LIFE BOAT, Hinsdale, Ill.

Single copies, 10 cents.

Yearly subscription, 50 cents.

Special discounts when a number are sent to one address.

Ten cents additional to Canada and foreign countries.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

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.

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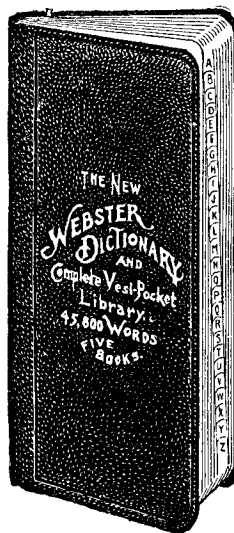
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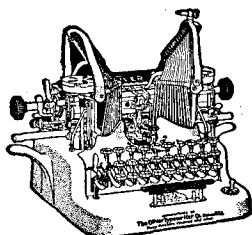
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Address for further information

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

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