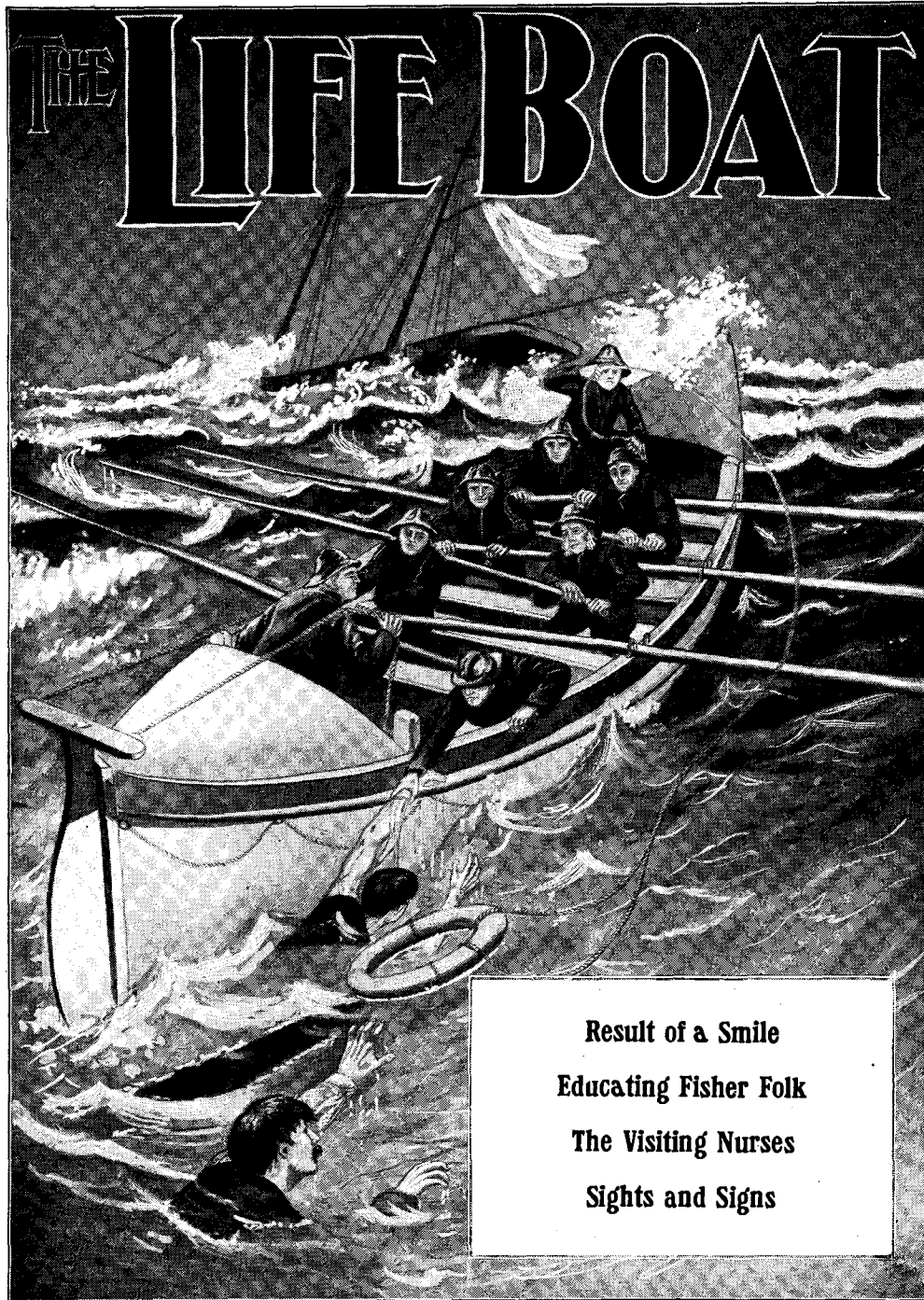


"The Home of Freedom"

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



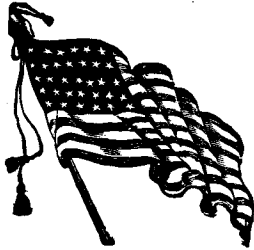
Result of a Smile
Educating Fisher Folk
The Visiting Nurses
Sights and Signs

Volume Sixteen
Number Seven

Binsdale, Ill.

July, 1913

"Essential Health Requisites," by the Editor



The Home of Freedom

Pearl Waggoner.

Where is the place where freedom dwells?
The prisoner replies:
"Out from the prison walls away,
Out in the light of unbound day,
Under the sun-lit skies."

Where is the home of liberty,
And where the life that's free?
Quickly there comes from sailor's lips:
"That is the life on mighty ships,
Out on the boundless sea."

Where is the home of liberty?
The question comes once more;
Many respond, with conscious pride,
"Here, where our fathers lived and died,
Here on our native shore."

Yet from the world of busy men
There echoes back a sound
Like as of cries from hearts oppressed,
Toilers who know no peace nor rest,
Lives by oppression ground.

Everywhere, lo, we see men bound
By bonds of slavish fear,
Bound as by cords by habits strong,
Following blindly in the throng;—
Freedom abides not here.

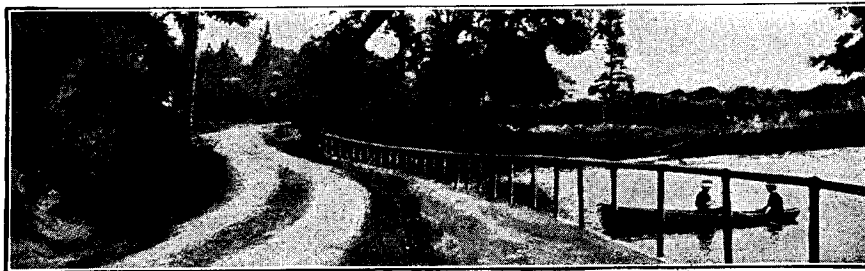
Where is the home of liberty,
And where IS freedom found?
Not on the wide and foaming sea,
Not in the land so-called the free,
Not in a spot of ground.

For it is not confined by space
To some one favored spot;
He who would make of it his goal
Needs must possess it in his soul,
Else he will find it not.

Not though he leave the city's life
With its ceaseless grind and toil;
Not 'mid the mighty, green-swathed hills,
Not by the forest's singing rills
Found on our Freedom's soil.

Whether behind or out of bars,
No matter what the shore,
Simply the one whom Christ makes free
Knows what is meant by liberty,—
Freeman for evermore.

For it alone is found in Him
Who frees from fear, from sin.
There is the place it has its start;
Here is its home: in every heart
Christ is enthroned within.



THE LIFE BOAT

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

One Dollar 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. :: JULY, 1913

Number 7

Essential Health Requisites

David Paulson, M. D.

It is more and more evident that there are but few *natural* deaths. Life is cut short by avoidable causes. On this point Dr. Gould, who was formerly president of the American Medical Association and the author of our great medical dictionary, said in a paper read before the Wisconsin State Medical Society:

"We know how to lengthen the average of human life by many years, with an appropriate reduction of all the suffering and expense, but we are powerless to do it because, simply, of sin. There is no doubt that sin alone prevents a reduction of the death rate and sickness by one-half, and a lengthening of life to fifty or sixty years. . . . We can never cure a much greater proportion of the sick until we have better bodies and souls in the patients."

During the great anti-slavery agitation Charles Sumner stood up one day in the halls of Congress and said, "I desire to speak today of some laws greater than any passed in this capital or this country, older than America, older than India—I mean the laws of God."

We shall make but little progress in this campaign for better health until our souls are gripped with the great truth that the laws of health *are the laws of God*, that sickness and suffering are directly or indirectly due to the violation of these laws, that ill health does not rain down ready-made from heaven, that we make ourselves sick, that "My people are

destroyed for lack of knowledge." Hos. 4:6.

When the driver of an automobile exceeds the speed limit he is generally arrested. Likewise nature arrests by sickness and suffering and premature death those who exceed her speed limit. To get well and to stay well it is necessary to lay the ax to the root of the tree, to acquire and practice certain essential requirements.

Will to be Well

In every community there are plenty of sick people who could get well if they *would*. The determination to be well is an enormous factor. A few years ago I had a man under my care who should have died, but he *would not* and he recovered and is alive today. His determined will saved him from an untimely grave. No one can predict in advance what obstacles a determined, persistent will may enable a man to surmount.

A study of this question is one of the inspiring pages of history. And it is of particular importance to the Christian, who when he finds his own will faltering and insufficient can read in his Bible that God is willing to come in and brace him up and work through him "both to *will* and to *do*." Phil. 2:13.

The engineer who built the first Brooklyn bridge met with an accident in its early stages and the lower part of his body became practically paralyzed. Instead of settling down, whimpering and whining over his disaster,

having a nurse or two to fan him and bless him, he stuck to his job and completed that great enterprise. I never walk across that bridge but I think of that heroic man and feel inspired to do more with the health, strength and opportunities God has entrusted me with.

It is a tremendous stimulus to our will to remember that in the struggle for health God is willing to meet us more than half way. It is marvelous what nature will do for us in the restoration of health. In my early medical experience I saw a surgeon perform an extensive abdominal operation. In closing up the wound he did not make the two sides match so he had to take in a tuck. I said to myself, "What a horrible-looking thing that is going to be; how fortunate it will be covered with clothes!" A few weeks later I had the opportunity to see the final results. To my surprise nature had completely corrected the surgeon's blunder. That is what nature is constantly doing with our blunders and mistakes. If it were not for that I fear our life's work would present a sad showing.

Troublesome to Get Well

It requires a great deal of trouble to get well and that is the reason some people never recover. There are many who prefer to die comfortably. You know the old-fashioned repentance was a *painful* process. People had to confess their sins and go to their neighbors and make right their wrongdoing, before they could be right with God. The new revivals have a new kind of repentance: all that is necessary is to sign your name to a card. It is so much more convenient.

But nature has no new method for getting permanently well. It means reform, sometimes *painful*, reform. A great many people prefer to keep on sinning, swallow a few drugs that keep them comfortable, die years before God intended, and have it said at their funeral by some ill-advised minister that it was a mysterious dispensation of providence.

When I was a medical student in Bellevue Hospital, New York, the pugilist Fitzsimmons was preparing himself for a great prize fight. He used to run around Central Park every morning to improve "his wind," but I never saw any preacher, lawyer or business man do the same to improve his health.

Catching Health

It was Ingersoll who said if he had made the world he would have made health catching instead of disease; but that is because he did not have sense enough to know that in general health is really more catching than disease. Men indulge in midnight suppers, drink liquor, smoke tobacco, violate every health law they conveniently can year after year, and finally *succeed* in catching rheumatism, nervous prostration or indigestion; while a few weeks of proper care will generally enable them to catch a fairly good crop of health. In order to catch smallpox it is necessary to get within twelve feet of the patient. In order to catch health there are also some things to do. And one of the most important of these is the breathing of pure air.

No Fresh Air Trust

No one has a corner on the air market. It is amazing what can be accomplished by pure air alone. Every three years they used to import fifty monkeys for Lincoln Park, Chicago, to replace those that had died of tuberculosis. Five or six years ago they discovered that several monkeys that had been thrown out on a snow bank recovered. That led them to ventilate the monkey house and now the indications are the monkeys will die of old age.

We insist on drinking pure water, but most of us are perfectly willing to breathe impure air. The spread of the outdoor sleeping idea is a most gratifying sign of the times. The old Indian chief said his people had been killed by "too much house." That is what is killing thousands of people who are not Indians. If you can't move outdoors move more of outdoors indoors.

When the Lord told Adam and Eve to earn their bread by the sweat of their face He pronounced a blessing instead of a curse. Today steam and electricity are doing the world's work and humanity is falling into decay. Sedentary habits are promoting a thousand ills from which our forefathers were exempt. Those who have no other opportunity for exercise should determine to take each day a brisk walk with head erect, chest up, practicing deep breathing.

That Dash of Cold Water

You remember one evening when worn out how completely you relieved your brain from

that sense of fatigue by merely bathing your face in cold water. Bathing the skin over the liver does the same for that organ. Putting cold applications over the heart improves the pulse beat almost immediately. The fact is, a short application of cold water, especially if it has been preceded by a short hot application, is an eye-opener to every cell in the body. It is even more than that.

A few days ago I had this experiment performed: A blood count was made of one of the nurses, then a hot and cold spray was administered, then this blood test and count was repeated and it was found that the blood color, the red cells and the white cells had increased in amounts varying from five to twenty per cent. This improvement persisted for some considerable length of time.

How do we account for this amazing change? Simply this: Under ordinary circumstances much of the best part of the blood is collected in the spleen and other internal organs off duty accomplishing nothing. The reaction following such a short cold treatment brings out the reserves and gets them into active circulation doing good. That is why hydrotherapy has so completely revolutionized the treatment of pneumonia, typhoid fever and other acute and chronic diseases.

Common Sense Eating

Some of you may already have discovered how difficult it is to have a peace in the head that passeth all understanding and at the same time to have a war in the stomach that is beyond all description. From the standpoint of health it is a thousand times more important what kind of climate we have on the inside than what kind of climate we have on the outside. We are living in an age of dietetic fads and treatments, which prevents many sensible people from making any reforms at all.

But righteous eating is of vast importance. On this point the editor of the *Ladies' Home Journal* has well said: "When the mind is supposed to be tired it is generally the stomach that is fatigued. In nine cases out of ten it is an overfed stomach, struggling with a lot of refuse and poison that it can not get rid of, thus depleting or overloading some vital organ of the body."

And another writer has said: "People who

have heart-burn, bad breath, colds, throbbing at the stomach, pain in the side, headache, are all our meat-breakfast friends; there are no exceptions. All these pleasant symptoms just named are the result of food poisoning."

The Body a Laboratory of Poison

This is because the body is constantly manufacturing toxins, or what we doctors call "auto-intoxication." I have seen a small quantity of kidney secretion from a patient suffering with spasms injected into the blood-vessels of a rabbit produce the same result in the animal in a few minutes. I have seen the kidney secretion from a patient lying in a stupor produce similar stupor in a rabbit. The patients were suffering from these conditions because there was a poison accumulating in the blood producing these symptoms. The kidneys were endeavoring to subtract these poisons from the body so as to save the life of the patient. And when it was injected into a rabbit it produced the same effect.

Similar experiments have shown that the kidney secretion frequently contains several times as much poison when the patient is living on a meat diet as when he is living on a non-flesh diet. Metchnikoff, of the Pasteur Institute, has well-nigh demonstrated that premature old age is largely due to the absorption of poisons from the alimentary canal, resulting largely from an unsuitable dietary.

Cancer is enormously on the increase. In some parts of the country next to consumption and pneumonia it destroys more of the lives of mature women than any other disease. The conviction is gradually spreading among thoughtful physicians that there is a close relationship between meat eating, a too rich dietary, and cancer.

It is important, and especially in the summer time, to eliminate flesh from our dietary and use a larger amount of rice in its various forms, the various cereals, garden truck, fruits, etc. We have become a nation of sugar fiends. The mania for artificial sweets is a sign of the times. Literally saturating the system with cane sugar as so many are doing, is a menace to health. Mustard, pepper and fiery condiments are unnatural and unphysiological. They promote catarrh, hyperacidity of the stomach, and in many instances lay the

foundation for gastric ulcer. We should refrain from eating those things which taste hot when they are cold. God has put a flavor in every food just as He has put a fragrance in every flower, and it is folly to add these wretched and unphysiological flavors to our food.

Dr. Evans, formerly health commissioner of Chicago, says regarding the milder table stimulants: "Tea and coffee are both stimulants the same as alcoholic drinks are stimulants. I have no sympathy for the tea soak or the coffee soak. They have very little right to throw a brick at the whisky soak."

There are many who are just as miserable when deprived of their accustomed cup of coffee as others are when deprived of their usual glass of brandy. Tea and coffee are *drugs*, not foods, and should come from the drug store instead of the kitchen.

Take Time to do Nothing

We have heard so much about the virtues of the strenuous life that we have almost come to believe that it is a sin to come apart and rest ourselves a while. The streets of our cities are filled with people whose nerves are worn to a frazzle, who are draining their last atom of nerve energy to keep up with the frantic procession. Such people need to be convinced that they will save time by taking time for wholesome and harmless recreation.

Very often the best and most profitable diversion is in turning aside from the wearing grind of daily drudgery to extend some helpful ministry to needy humanity. Instead of chasing to theaters to over-excite the already feverish mind, hunt up the poor, the sufferer, the outcast, the downcast and downtrodden. By some little kindly act, by some loving ministry, shed sunshine into their lives. Strange as it may seem, you will come away from such an experience refreshed and rested. You will find such service both a *stimulant* and a *tonic*.

DO IT NOW.
 "Do all the good you can,
 At all the times you can,
 To all the people you can,
 In all the places you can,
 In all the ways you can,
 As long as ever you can"—
 And say nothing about it.
 —Selected.

THE WORK CURE

DR. L. H. WOLFSEN.

One of the leading educators of California was asked if he had noticed that the men who are leaders in the world's work have not completed the entire school curriculum, have not put in the years in school that our primary, grammar, high school, college and university courses require.

He said that he had noticed that very thing, that with some students their great energy and ambition took them into the activities of life before their course was finished, and being very much interested in their work, they naturally made a success of it; and others, while not spending the full time in school, were yet students of nature and learned from her great book.

"Is it not a fact," resumed our inquirer, "that many of our college-bred men are like a boat that is all cargo and very little floating capacity, and in order to navigate the cargo must be lessened or carrying capacity increased?"

In other words, is not the mental being developed out of proportion to or even at the expense of the physical?

None of us are any too wise. Nor is it wisdom to spend time poring over books, often in ill-ventilated rooms, that should be spent in developing the physical by outdoor exercise or useful work. For, while it is possible to develop the muscles by useless movements called gymnastics, how much better and more natural it is to do the same thing by useful work, if it can be entered into as a pleasure and not as drudgery. Many prefer some game; and there are games that afford the necessary amount of exercise and some food for the wits as well. But there is a moral element that enters into useful work that can not seem to find any place in useless maneuvers.

The Lord's instruction to Adam as to how he should earn his bread was not intended as his punishment but as the best way out of an evil situation into which he had drifted. It was a prescription, if you please, for the diseased condition that the Lord found in him, and being the Great Physician, He was able to make an early



A HINSDALE SANITARIUM PATIENT WEAVING A SOFA PILLOW AS A HEALTH MEASURE. A DEPARTMENT OF WEAVING IS BEING INSTALLED IN THE INSTITUTION.

diagnosis and use some preventive treatment before all the impending damage to soul and body had been fully completed. Adam acted upon the advice of his Physician and lived and enjoyed reasonably good health for over 900 years, and his progeny did likewise with astonishing results for many generations.

The old prescription seems to have been lost sight of and every new thing under the sun brought in to try to replace it, with the baneful result that the life of man is but a few days and full of trouble.

But the old prescription still holds good, and can never be displaced. It is laid in the rock and we must come to it. It can not be changed to suit our foolish whims. We must sow if we would reap; but after sowing for disease for a score of years we must not expect to reap a crop of health. Any case of tuberculosis, Bright's disease, rheumatism, cancer, etc., may be cured if we start in time instead of waiting until it is time to begin digging our grave

before we think of sowing for health. We must begin the struggle for health before we begin to go into decline if we expect the best results; but even to the last the old prescription holds good and brings the best results: "In the sweat of thy face shalt thou eat bread all the days of thy life."

SENDING HER MONEY INSTEAD OF HERSELF

Sherwood Eddy, in *India Awakening*, tells of a poor girl who has worked for years as a stenographer. She offered to go to the foreign field, but was rejected on account of ill health. Since then she has been saving her money, supporting native workers at thirty dollars a year. There is a community in northern India where there are more than a thousand souls who have been brought to Christ by this one frail girl—a thousand who have passed out of darkness into His marvelous light because one girl cared! How many are in the light because of what *you* have done?

The Result of a Smile

M. D. Wood,

Kalyan, India

[About a year ago I met Brother Wood out in Lincoln, Neb., when he was back to this country on a furlough. I was much impressed with him and some of his experiences in the foreign land, so a few months ago I wrote and asked him to write me some recent experiences for *THE LIFE BOAT*. I was certainly abundantly rewarded when this delightful article came from him, which I am sure will prove an uplift and inspiration to thousands of our readers.—Ed.]

SMILES do not cost much, but they pay. The following experience will illustrate the above statement, I am sure. Five months ago we were total strangers in Kalyan. The Lord, through our mission committee, sent me to this part of India to open up a hitherto unoccupied field. At first we only planned to

time the people stared at me, and stood aghast, making all sorts of remarks, as we drove on our way. But now they count us as a part of the residents of their town, and the novelty of white folks in their midst has somewhat worn off.

About a half mile from our home, on the



begin a medical dispensary and a few village day schools for the depressed classes. Christian missionaries have never lived here, and from the first we observed the people of all classes were quite shy of us. Not so today, for after five months of residence in their midst, we have many, many friends among Hindus, Mohammedans and Parsees.

Every day I have occasion to drive from my home, a distance of two miles, to our mission school and medical dispensary. For some

Monbad Road, we frequently saw a little Mohammedan boy. An old man and woman usually sit in the yard where this boy lives, making bamboo baskets for sale. I suppose the little lad, whose name is Jaffa, wondered, as every body else did, why white folks had come to their town to live. So I purposed to teach him why.

One day while passing the home I playfully smiled to this little boy and said, "Salaam." At first he could scarcely believe that a big

white man would condescend to notice a little Kash Mohammedan boy. He was half afraid and wondered if I really meant to greet him. The next day as I passed he stood in the yard as usual, and I said, "Salaam," and smiled. Now he gained confidence and returned the compliment in a polite manner. Thus, day by day, for several weeks we kept on smiling to each other. Jaffa knew I would pass each morning about nine and return about eleven, and after a while I learned from his deportment that he was watching for his smile and "Salaam."

No matter how busy I was in conversation, or how much of a hurry I was in, I took pains to look out for Jaffa as I passed. If he was in the house and heard the carriage wheels he would bound like a rubber ball out of the front door and put his hand politely to his forehead and say, "Salaam," and then walk off in a lordly manner, as much as to say, "Everybody can't have the notice of white folks and a big 'Sahib' in a carriage, but I do."

It was amusing to watch the development of our mutual friendship growing up from a smile only. Well, to tell the truth, I learned to love the little fellow, and I think if he could tell how he felt he would have said he loved me too.

Real Love Costs Something

Real love always costs a person something, you know. I began to feel I wanted to give him something and to hear him speak, for, as you know, I had never spoken another word but "Salaam" to Jaffa. While in town every day I do my marketing and return. One day I had a bit of muskmelon, and as I approached the home of Jaffa I held up a melon to him and beckoned him to come and get it. He ran up, and putting up both his little hands, bowed and turned to go inside with a lordly air. It did me good to watch him.

The next day on my return from town there he stood like a sentinel. I could not disappoint him, so I gave him a large sweet potato. In he bounded to tell whoever was in the house. The next day I gave him a few peanuts, then a large tomato, etc., and so day after day I planned to give him a taste of something good. His smiles and "Salaam" always paid me, I assure you.

Mind you, Mohammedans are taught to hate Christians and have little or nothing to do with them. But love *kills* hate and smiles melt away distance and help one to forget everything else, and life becomes, oh, so happy where love and smiles exist. Jaffa was glad and I was happy and we too were one.

One day I stopped and talked with Jaffa. He said he had no folks and no mother. How badly I felt and how glad I was I had been kind to this motherless and fatherless lad, and he a Mohammedan, too.

Jaffa said he had a big brother and that he was a carpenter. One day I saw him, a man about thirty years of age. He smiled too and acted like a friend. Then Jaffa said he had another brother about thirteen years of age. Jaffa is about seven years of age.

One day Jaffa sat crying in the doorway and I stopped and asked why he cried. He had a bad toothache. Now I knew just how hateful that was, for when I was a little fellow my teeth ached too and I scarcely knew what to do. So I told Jaffa to jump right into my carriage and come home with me. Do you think he was afraid? No, no. Love and smiles had built up a strong bridge of confidence and he trusted me fully. We cleaned out the decayed cavity, filled it with cotton and he went home happy. Since then he often runs down to my home and stays half an hour or so and talks to me as all little boys talk to those they love.

One day I asked him if he ever went to school and he said he had been a few times. Then I told him of my school in town and I offered to take him and his brother. They said they would ask their big brother and let me know. So in a day or two they did not wait for the carriage, but both trudged off on foot a mile and a half to get to the mission school and surprise me by their presence. How glad I was to see them there. Not only that, but the next Sabbath they were in Sabbath-school too, and have been ever since. Now seven days a week they hear the Word of God and are storing its precious thoughts away in their hearts and minds. Oh, yes, it *pays* to smile at all times, my friends.

When any are ill in Jaffa's family they call in and we treat them. The boys both feel they belong to us and we are theirs now. If

we see them in town, we always stop and take them in till we get to their door. Christians may *win* their enemies by love and smiles every time. Just try it if you have any enemies.

These boys with others bring their weekly offerings for the Lord to the Sabbath-school. They were so proud a few days ago when they got one of their Hindu neighbor boys to attend our school. He is a bright little fellow.

So with the smiles of those three little

boys as well as the carpenter brother and the basketmaker and his wife we have six friends out of that one group. Yes, it pays to smile.

And I shall keep right on smiling, too. A few days ago I gave Jaffa a little red coat and a pair of pants and his face shone like the sun as he walked to school in them. Now he always looks for a pat on the cheek when he sees me at school. I am persuaded that smiles cost nothing and yield precious fruitage.

AN ENCOURAGING WORD FROM DARK EGYPT

F. H. PIOTROWSKI

Assiout, Egypt.

THE LIFE BOAT has become an indispensable messenger of many good things to us and others in this hard Moslem land. Even now Pharaoh does not want to leave the people go; but the Lord is beginning to lead His

IN THE VERY HEART OF AFRICA

A. A. CARSCALLEN,

British East Africa.

[Brother Carscallen has just returned for a brief furlough after years of successful work near Lake Victoria, British East Africa, right over the very equator. He stopped off at Hinsdale and gave a most interesting talk to the workers and patients, from which we cull the following.—Ed.]

"Ethiopia shall soon stretch out her hands unto God." Ps. 68:31. That is true today.

Why, these people will come running thirty, forty and even hundreds of miles to our mission station to beg of us to come out and start a school. They bring a message that the chief has sent them. They can not be made to understand that our workers are limited; if we can't help them they think it is because we won't.

It is wonderful how God helps us in our work for them not only educationally but medically. We bow right down before the natives and ask God to bless what we do for them, and when a man goes away from us he goes away feeling that God has blessed the treatments. Then people from his neighborhood come and tell us that they are a brother or sister of this one and also need help. The

Word of God is going out through all that country.

I first went out there as a pioneer; I was all alone. One time I was two months out there without seeing a white man. I was set right down amidst a people who had no written language, so of course I had no books. I knew no vocabulary; a



MISSIONARIES OF THE CROSS IN EGYPT WHO APPRECIATE THE VISITS OF THE LIFE BOAT.

people out the second time with a strong arm, according to His promise for these last days.

Every man is a servant. Every life is a service. The Christian, therefore, does not cease to be a servant; he only changes masters. His life is no longer negative, but positive in growth and service.

grammar had never been written; they could not help me and I could not help them. Suppose one of you were planted in the heart of Russia today; you would buy at once a Russian-English dictionary.



A. A. CARSCADDEN.

But when I went to Africa I could not do that. I would listen when the natives talked, then I would write down what I thought they meant by a certain word; and the next time I heard it perhaps it would not fit at all. Sometimes I would have to guess ten times before I got the meaning. In that way I worked up the language. Then I began to study out the grammar.

By and by I succeeded in translating one hymn into the language. We had to sing that to begin the meeting, after prayer, and at the close of the meeting. They thought there was only one hymn in existence; and as far as they were concerned they were right. But now we have a little hymn book containing seventy-nine hymns and we have three gospels translated.

The people were steeped in superstition and had the idea if any one was converted and baptized he would die. But by and by we were able to baptize sixteen, and the natives noticed that instead of dying they soon began to do better.

Then the girls came and wanted to go to school. In some cases they were persecuted by their parents; but we finally

won out. One of these girls is now a teacher in the mission. I do not think there is any European girl who could do any better.

Now we have fifty-six who have been baptized. We feel very proud of that after six years of school work.

When I came to go away the tears just flowed down the cheeks of those natives. They said, "We don't want you to go away and leave us; we will miss you so." It was the hardest thing I ever did. I love those people.

I am sorry that there are not more of our people right out in that country. For Africa is really a wonderful land, and in many ways the natives there are a wonderful people. And I do not believe the Lord will come until all these countries are prepared to receive Him.

MAKING PROGRESS

A prisoner in the Southern Illinois Penitentiary writes:

"You ask me to tell you something more of my spiritual condition, so I will tell you honestly and candidly. I am growing spiritually, for when I first made a resolution to become a better man one of my greatest sins was the use of profane language. I could hardly talk with a fellow-prisoner without swearing. But when I made a vow to God that I wanted to live a better life and asked him in prayer to help me, He did. Although I was weak at first and in an unguarded moment fell and would swear, my conscience hurt me; but every night I would go to God in prayer and ask forgiveness, and now I find it much easier and the temptation much less.

"I do hope you and all of your co-workers are meeting with success in your good work, and I hope that I will receive THE LIFE BOAT yet, as it is such a comfort to hear of the good you people are doing for fallen men and women. If you could spare the time to write me a good, cheering letter I would be glad indeed, as it is monotonous in here behind prison walls. I attend church at chapel every week. We have a good chaplain. Pray for me when it is convenient."

Educating the Fisher Folk

Mrs. N. P. Geffroy,

St. Paul's School, Beaufort, N. C.

[We recently learned of a most interesting and inspiring educational effort for the poor neglected fisher folk along the coast of North Carolina, which has been built up by the untiring efforts of one lone woman. We wrote Mrs. Geffroy to learn more about her work and received the following interesting letter in reply.—Ed.]

I HAVE just finished reading the copy of THE LIFE BOAT so kindly sent me and I conclude our work is much the same, save perhaps that we try to get the material before hope and ambition have been crushed and before the boy or girl becomes desperate and is led into crime and misery.

A very large majority of the school population of North Carolina is dependent upon the small country public schools for its

cation; while religious training is forbidden by law.

A very large majority of the children of the South are utterly unable for lack of means to attend any private school, and some of these children are from the best families of our land.

The people in our country are fisher folk. The time was when they could make a living, but the fishermen have increased



MRS. GEFFROY'S SCHOOL BUILDING AND HER FAMILY OF CHILDREN.

education. Such is the poverty of the country that the taxes for public school purposes when divided between the two races, do not enable the trustees to employ thoroughly competent teachers and to continue the schools longer than three or four months in the year. Thus it is impossible for children even with talent and ambition to secure more than a mere rudimentary edu-

until our water can not support them. They once had their own salt works, made their barrels, caught the fish, and sent them by some passing boat in exchange for merchandise. Until a few years ago we were cut off from the rest of the world, having neither railroad nor steamboat connection.

Through the inspiration of my mother's work among these simple folk I was led

when but a mere child to begin an educational work. I hired a teacher for five dollars a month and we opened our school in a room in a tenant house. At that time there was only a two months' public school in the town. This really did little good, for what they learned, if by chance they did learn, was forgotten before the school opened again the next year. Now we have a seven months' school each year. The parents did not value education because they felt it would make their children superior beings to themselves.

A friend gave me five hundred dollars to put up the first little school building. Now this is the home of our printing and carpentry departments. The children come to us without previous training, many of them having never seen a dining room or table. They do not know the names of common furniture used in every day life. Now our boys and girls, under a trained teacher, are taught to do the things needful to make them real home makers.

We live as one large family. We have 275 pupils of all ages from five to twenty-five years, yet I would defy any one to find a happier home life. I will not keep any pupil who uses tobacco in any form. They are taught to be careful of their health and we rarely have any one sick.

Our boys are trained in the printing office and when we put up our building they did the work, put in the lights, wired all the building, did our own plumbing, and put in a hot air plant. The girls do the sewing; they cut, make, and mend the boys' clothing as well as their own. We know not "can't." We give them the best for we know they can not rise above the model we give.

The object of our school is to promote the spread of practical Christianity and to teach young people of small means to use heart, mind and hands. We are trying to make good men and women.

To tell of our trials and difficulties would fill pages, and yet through all God has been with us, blessed our efforts, and given us most wonderful results. I have never known from one month to the next how I would be able to meet expenses, so that

what has been done is a proof of God's love and care and it has made more evident the great need of work to be done.

We have a struggle to meet expenses as about half of our students have nothing to pay and I have had to furnish board, books, and clothing; yet I have not a pupil I would willingly see leave for they are doing all they can and some day will be able to extend the generous aid received to some other of God's needy ones.

My desk is full of appeals and I try to keep in touch with all the children that appeal to me, and place them in homes in the town where they can work for their board and attend our school, when I have no room in our building for them.

FLY TIME

DR. ORA BARBER,
Hinsdale, Ill.

Shall we continue the war against the house fly? Is it worth while to spend our time with the swatter? Are we able to lessen the number of flies that swarm about us all through the summer months? To each question there is but one answer: We must go on with the war. It is worth while. We are able.

Why are flies dangerous? Why should we exterminate them? Because they are carriers of disease.

Practically all diseases that come as a result of germs in the food we eat may be caused by flies. The flies carry the germs on their feet from the source to the food. Typhoid fever, cholera, cholera morbus, summer diarrheas, etc., are largely carried from one to another in this way. Obviously, the proper care and disposal of excreta from the patient would prevent much of this.

Green vegetables and fruits over which flies have crawled should be carefully washed, thus preventing some of the bad results which might otherwise follow.

We are all willing that the fly should go. How is the pest to be exterminated?

In the first place, the *cause* must be taken care of. The breeding places in dirt and filth must be removed. The garbage cans must be closely covered and regularly emptied. We must *prevent*. We must remove the things which attract. In this way the number of

flies outside our doors may be lessened, and as a natural result the number inside will be minimized.

There are many ways by which these may be killed. The swatter is a good thing, and the children can use it to good advantage. Fly poison may be used, and the best results

are obtained by placing it in a light window, at the same time darkening all the other windows of the room.

Let us be vigilant; let us be in earnest. Let us go at this work as though our life as well as our health depended upon it. Results must certainly follow if we are faithful.

Experiences of Hinsdale Visiting Nurses Among Chicago's Sick Poor

Ruth Stapp

Hinsdale Nurses' Center, 2348 Park Ave., Chicago

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy re-reward. Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, Here I am." Isaiah 58: 6-9.

THESE verses have been a great source of help and strength to me this past month. We have chosen this kind of a fast, and are trying to break the yoke of sickness and disease and the misery and heavy burdens which sin has caused. We want to relieve the oppressed and help them that they may know only that yoke of which it is said, "My yoke is easy, and My burden is light."

The past week we have given out over one hundred and fifty articles of clothing to those in need, and have supplied food to some hungry ones. We believe that if we are faithful to carry out our part the Lord will fulfill His promise to hear us when we call. He has never yet failed us.

Help in Time of Need

A few days ago a minister called at our place and asked us to go see a needy family. We found a middle-aged woman with three children, and soon expecting another, without a home and deserted by her husband. She had temporary shelter with some Christian people, but they were unable to keep her longer. The mother is a hard-working woman and expects to support herself and children as soon as she is on her feet again. But she needed help just then. We searched for a home for the children and finally found a

place for them to stay. Then the mother was taken to the hospital and given clothing for the little one. A woman who in spite of sad circumstances will brave the battle, I believe



A NEIGHBOR YOUNGSTER ENJOYING A RIDE.

deserves help, and I am glad we could give it to her.

Not far from our home lives a Quaker lady. She and her husband are strangers in the city and thus it happened that they did not know where to seek help when sickness came into their home. Neighbors sent us to them. We found her suffering dreadfully and without

matism. Severe as is her physical suffering it is nothing compared with her mental suffering. Her husband is a drunkard and cruelly treats her so that every minute she is near him she is afraid of her life. As she has been practically unable to walk, it has been impossible for her to protect herself from him. We are doing all in our power to relieve her suffer-



PLAYING POLICEMAN IN MISS STAPP'S PARISH.

any one to care for her, as it was necessary for her husband to be gone all day that he might earn enough to supply their wants. It was not long before she responded to our treatments and was on the road to recovery. We gave her regular treatments until she was able to care for herself. Many were the good talks we had with her about spiritual things. Now she is anxious to be doing something definite herself and is asking to make over clothing for poor children or to care for some old person. She has read "Ministry of Healing" and is reading "Christ's Object Lessons." I believe she will be used as a mighty power for good.

In Need of Spiritual Consolation

For the past three weeks we have been treating a lady who is suffering from rheu-

ing. So many times she has sobbed out her grief to us and we are constantly pointing her to a higher Power who alone can heal all our sorrows. Lately I notice a new expression on her face and I believe she is getting more than mere treatments.

The awful curse of drink has been deeply impressed upon my mind lately. So many hearts and homes have been ruined by its power until I feel we as Christian people should make a stronger fight against this terrible traffic.

A Hard Struggle With Poverty

Some time ago we were called to the bedside of a young girl. She had been the main support of a large family for four years and had overtaxed her strength until now she was bedfast. It was a pitiful story of a struggle

with poverty. I think I never met a more noble, self-sacrificing girl in my life. She has two brothers who should be putting their shoulders to the wheel and lessening her burden but who have allowed the cigarette habit to master them until their lives are saturated with its influence. They are only young boys, but unless something is done soon they will be of little use to the world. We are giving the girl treatments and hope to be able to help the family in other ways.

It is hard to believe that there could be those who are suffering from hunger in this great country of ours. Just recently a lady came to our place for treatment. Something told me that she was hungry and I asked her if she had anything to eat that day. With tears in her eyes she said, "No, child, we have nothing in the house." I am sure from the way the simple food disappeared that her words were true.

We are glad we can tell these people of one who never fails in providing for his children if we only put our trust in Him. We are entirely dependent on that power for our own support and He has never failed us. We believe that the Lord gave us this work to do and that He will care for us. Of course there have been times when our faith has been tried, times when we have wondered where the next meal was coming from, but always before we suffered from want our prayers were answered and some one was impressed to send us help. We want our effort to testify to God's goodness and love for humanity.

IN HARRISON POLICE STATION

MRS. MYRTLE GLANVILLE.

The Harrison street police station is a dingy place, devoid of all that would make life worth living; poorly ventilated, and poorly lighted. We find sometimes as many as five or six men crowded together in one little cell, with only two benches to sleep on.

As The Life Boat workers enter the outer corridor for their regular Sunday morning services, they kneel in prayer, asking that God may bless all efforts and guide and direct the work, and that He may enter the hearts of these unfortunate ones and dwell with them.

Then the true service begins. With the aid of a small organ, we sing several songs, asking the men to join with us in singing, which they often do; and we are always pleased to hear their voices united with ours. The selections are often the choice of the men.

After the song service, a chapter from the Word of God is read, and then one of the visiting party gives a short talk, appealing to them to try for a higher life, and pointing them to Christ.

The men as a rule are respectful and quiet and listen attentively, and seem to realize that we are sincere in trying to do what we can for them. Once in a while we find loud and unruly ones, but we are not discouraged by that, for that is the exception.

Then, asking all those who wish our prayers, we kneel again before the throne of grace, and after passing out a few leaflets or tracts or the gospel of St. John we leave this part of the jail and go up to the third floor to hold services with the young girls.

Here we find better conditions, as the girls are together in one large room. They have clean beds to sleep in, a reading table, a dining table, and a kitchen range on which to cook their meals. The girls in here are quite young, being in their early teens. Once in a while we find a poor unfortunate mother with her two or three little ones, who is being held awaiting trial.

After the song service each worker speaks a word for Jesus, telling what He has done for us, and when prayer is said, and the literature distributed, we leave for a room just in the rear of this one we have just left. Here we find the older women, three or four in a cell, and the same program is repeated.

Not long ago, after we had held service here with these poor women, we passed around out of sight of them, preparing to leave, and they, thinking we had gone, began speaking. One woman said to another: "Those people are right. We wouldn't be here if we were living as they are. Now you didn't enjoy doing what you did, did you? You are young yet and have

life before you; you are going to live better when you get out of here, aren't you?" And the second woman, of perhaps twenty-six years, said she was not happy living the life she had been living, and wanted to live a better life and go to work, and

intended doing so when she got out of this place.

We can only hold our little services with these women and then leave all in the hands of the Lord who knows each heart. This is certainly work in the highways.

What Becomes of the Girls?

Elsie D. Whisler

Matron, Life Boat Rescue Home

SOME one asked me today, "What becomes of the girls that go out from the rescue home?" In answer to this question I said we do not feel that our work for these girls is done when they leave the home; it goes on just the same, though in a more obscure way. We keep in touch with most of them and write them encouraging letters from time to time, and as we gather in the parlor for morning and evening worship we do not forget to pray for the girls who have passed through this home, as well as in our private prayers. This very fact has been a help to many a girl when she was passing through some hard trial or temptation—just to know that she was being remembered in prayer by those who have an interest in her welfare and her soul's salvation.

Different ones have told me that they could not get away from the influence that this home has had over them. I just had a letter from one girl who left here nearly a year ago. She was a very wayward girl; she was brought here, against her will, by her friends who were anxious to see her lead a better life and thought this would be a good place for her.

She was not satisfied, however, though we did everything we could to make her happy and help her to see the better way. But she seemed determined to walk the downward way in spite of tears and pleadings and prayers and all the kindness that were shown her by both the girls and workers. She finally went to the city, where she worked for a little while, then for months we did not know where she was or what she was doing. We had not had a line from

her from the day she left until last week. Then I received a letter expressing her gratitude and appreciation for what we did for her while here. She has not yet given her heart to God, but I believe that the seeds of truth that were sown in her heart will



MISS SUTTON AND MISS KNOWLES WITH A RESCUE HOME BABY.

yet spring up and bear fruit unto eternal life.

I am glad the cases that seem the most difficult and even hopeless to us may be only the "marred vessel" in the Potter's hand and may yet be transformed into chosen vessels for the Lord. "Man looketh on the outward appearance, but the Lord looketh on the heart."

We need new sash curtains for the girls' rooms very badly. Who will send fifty cents to pay for a curtain for one window? We are still using the curtains that were here when the home was first opened.

ABOUT TO END IT ALL

CAROLINE LOUISE CLOUGH.

The following touching letter was recently received from a poor, heart-broken young woman who was left to fight life's battles alone in a large city and was tempted and fell. She is now in our rescue home, where everything is being done to prove to her that God still loves her. I do not know the name of the person who brought her a copy of THE

representative's words seemed like one ray of light in the dense blackness, and I hope they may prove a Godsend, as they seemed at the time.

"I am without home or friends and have lost the work I formerly had, because of my condition. I secured another place, however, for four dollars a week, but it is only a question of a few days at most when I will be obliged to give that up also. I will end it all then, as I have been tempted to do so many times. My grandmother died a short time ago or maybe I would have been more fortunate. Please help me."

I shall personally be glad to help any young woman in need of Christian help and advice. Address me at Hinsdale, Ill.



ENJOYING THE SAND PILE ON THE REAR LAWN OF THE RESCUE HOME.

LIFE BOAT, but I do know that good was done and I trust that through our earnest prayers a soul may be saved for the kingdom who might otherwise have had a tragic ending and been lost at last. She wrote:

"I am an unfortunate girl of eighteen years. I had the fortune of meeting one of your representatives the past week and talking with her of your home. She gave me your name and I am taking the liberty of writing to you asking for admission. I am not a bad girl, but I have met with a great misfortune, and words are inadequate to express the grief and sorrow which I have undergone. Your

OUR FATHER KNOWS

The following incident which we culled from an exchange illustrates so beautifully the childlike trust which it is possible for us each to have in our heavenly Father that we reproduce it here:

"A gentleman was one day opening a box of goods. His little son was standing near, and as the father took the packages from the box he laid them on the arm of the boy. A young playmate was standing and looking on. As parcel after parcel was laid on the boy his friend began to fear that the load was becoming too heavy, and said, 'Don't you think you have as much as you can carry?'

"'Never mind,' said the boy in a happy tone; 'father knows how much I can carry.'

"'Brave, trustful little fellow! There was no danger, he felt, that his father would lay too heavy a load on him. It is such a spirit of loving trust in Him that God desires all His children to possess.

"This kind of boy will get far more out of life for himself than the other."

Satan may hedge us in and hinder our movements, but he can not roof us in and prevent our looking up to Him from whom cometh our help.

"Fearful Sights and Great Signs"

J. N. Loughborough,
Lodi, Cal.

[Brother Loughborough, a veteran minister of the gospel, recently visited Hinsdale and gave the workers some inspiring gospel studies. Among other things he exhibited a large number of charts prepared by himself from original data, illustrating some of the remarkable phenomena that had occurred in different parts of the heavens in recent times. In a most convincing manner he demonstrated that prophecy had pointed out that such phenomena must occur in the last days. We quote the following from one of these talks.—Ed.]

IN ANSWER to the question, "What shall be the sign of Thy coming?" our Saviour replied by saying, "*Fearful sights and great signs* shall there be from heaven." Luke 21:11. From this the conclusion would naturally be drawn that as the proclamation of the Lord's coming was being given, signs and wonders in the heavens would be multiplied.

That such has been the case is shown by the many wonderful and unexplainable sights that have appeared in recent times in the heavens, as related by the individuals themselves who observed them. Years ago I began to gather authentic information concerning these and have had them painted on charts so as to be able to present them to the people.

I showed these pictures one time at Long Beach, Cal. It had been advertised through the papers that oil paintings of wondrous signs in the heavens were to be exhibited illustrating the Scripture predictions.

Prof. Larkin of Mount Lowe observatory,

in charge of the telescope there, read about it and came forty-five miles to see those pictures. After I had spoken and the meeting closed he came up on the stand to talk with me, and this is what he said:

"I saw that notice that you were going to show these charts. I came from Mount Lowe to see them. I was wonderfully interested in them. I am the man in charge of the telescope at Mount Lowe observatory. There is not an astronomer on the face of the earth that can *explain* those pictures."

I replied, "Professor, there is no way to explain them, only that they are produced by the power of God in fulfilling His Word." His reply was, "That is all the explanation that can be made."

The prophet, speaking of the

last days, says: "And I will show *wonders* in the heavens and in the earth, blood and pillars of smoke." Joel 2:30. From the Edinburgh Encyclopedia, published about the year 1804, I quote the following paragraphs concerning the phenomena:

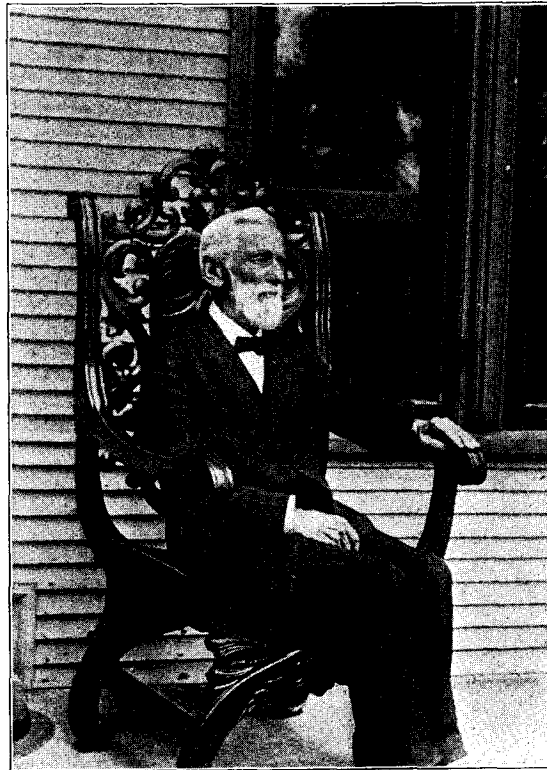


PHOTO OF ELD. LOUGHBOROUGH, TAKEN AT THE
SANITARIUM.

"The most unaccountable of all the circumstances respecting the aurora borealis is that it is not much more than a century since this phenomenon has been observed with any degree of frequency in our latitude.

"It appears, then, to be certainly established that the aurora was of rare occurrence in our latitude till about a century ago; for it can not be supposed that so beautiful and striking a phenomenon would have passed unnoticed and unrecorded during the two preceding centuries, while men of science, and particularly astronomers, were so busily employed in examining every remarkable appearance of the heavens, or that the philosophers of Greece and Rome would have remained silent concerning so beautiful a meteor, had it been in any degree familiarly known to them. It is in vain to account for their silence by saying that they inhabited latitudes which are scarcely ever visited by these appearances, for the Romans not only visited, but long resided, in the north of Germany and Britain, where the aurora is now frequently seen in great splendor."

The Aurora in London

A most graphic description is given of a display of the aurora as it appeared in Great Britain from 10 p. m. Sept. 11, to 4 a. m. Sept. 12, 1839. The account was written by an eye-witness and published in the *New York Christian Advocate and Journal* of the same year:

"Between the hours of ten on Tuesday night and three yesterday morning, in the heavens was observed one of the most magnificent specimens of those extraordinary phenomena—the falling stars and northern lights—witnessed for many years. The first indication of this singular phenomenon was about ten minutes before ten, when a crimson light, apparently vapor, rose from the northern portion of the hemisphere, and gradually extended to the center of the heavens, and by ten o'clock, or a quarter past, the whole heavens, from east to west, was one vast sheet of light. It had a most alarming appearance, and was exactly like that occasioned by a terrific fire. The light varied considerably; at one

time it seemed to fall, and directly after rose with intense brightness. There were to be seen with it volumes of smoke, which rolled over and over, and every beholder seemed convinced that it was a tremendous conflagration.

Calling Out the Fire Brigade

"The consternation in the metropolis was very great. Thousands of persons were running in the direction of the supposed awful catastrophe. The engines belonging to the fire brigade stations in Baker Street, Waterloo Road, Watling Street, Farringdon Street, and likewise those belonging to the West London station—in fact, every fire engine in London—was horsed, and galloped after the supposed scene of destruction with more than ordinary energy, followed by carriages, horsemen and vast mobs. Some of the engines proceeded as far as Highgate and Holloway before the error was discovered. The appearance lasted for upwards of two hours, and toward morning the spectacle became one of more grandeur.

"At two in the morning the phenomenon presented a most gorgeous scene, and one very difficult to describe. The whole of London was illuminated as light as noonday, and the atmosphere was remarkably clear. The southern hemisphere at the time mentioned, although unclouded, was very dark, but the stars, which were innumerable, shone beautifully. The opposite side of the heavens presented a singular but magnificent contrast. It was clear to extreme, and the light varied and was very vivid. There was a continual succession of meteors, which varied in splendor. They appeared to burst. The effect was electrical. Myriads of small stars shot out over the entire hemisphere. The colors were most magnificent.

"At half past two o'clock the spectacle changed to darkness, which, in dispersing, displayed a luminous rainbow on the zenith of the heavens and round the ridge of darkness that overhung the southern portion of the country. Soon afterward columns of silvery light radiated from it. They increased wonderfully, intermingled among crimson vapor, which formed at the same time, and, when at full height, the spectacle was beyond

all imagination. Stars were darting about in every direction, and continued until four o'clock, when all died away. During the time that they lasted, a great many persons assembled on the bridge over the Thames, where they had a commanding view of the heavens, and watched the progress of the phenomenon attentively."

Various indeed have been human speculations as to the cause of the aurora, or northern lights. After advancing different theories, all are obliged to admit "the cause is *unknown*." In the face of this, the student of the prophetic word declares: "This phenomenon is produced by the direct power of the Lord in the fulfillment of His prediction made through the prophet Joel (Joel 2:30), and is a sure token that we are nearing 'the great and terrible day of the Lord.'"

History in Advance

Prophecy has been defined as "history written in advance." This being the case, and the prophecy proceeding from the divine mind—from One having power to *foresee* the future—the events of the real history would most surely fit the prophecy.

Prophecy occupies a very important place in the Scriptures of truth, and it is surpassingly strange that so many people give little or no attention to the study of the prophetic portions of the sacred Scriptures.

The uninformed say they are unlearned, and therefore can not understand the prophecies. On the other hand, many of the educated, and some of them even among the ministry, say the prophecies can not be understood.

It is not that prophecy has some deep, hidden, mysterious meaning that a failure is made in understanding it. The apostle Peter has said of it, and of understanding it: "Knowing this first, that no prophecy of the Scripture is of any private interpretation. For the prophecy came not in old time by the will of man; but holy men of God spake as they were moved by the Holy Ghost." 2 Pet. 1:20, 21.

It is plainly implied from the above language that what is most essential to an understanding of prophecy is the reception of the *Spirit* which spake through the prophet. Of that Spirit, promised to all who seek it, it is said, "He will *guide you* into all truth."

BROUGHT JOY TO HIS HEART

The following letter was written to one of the Life Boat workers by a prisoner in Rhode Island:

"I hope you will pardon the liberty I am taking in writing you, but I just can't help it.

"As I entered my little room a few nights ago I noticed something on my table that brought joy into my heart; it was *THE LIFE BOAT*. I glanced through the pages quickly, not reading it, you know, but I always do that before reading a book. Anyway I saved those two *LIFE BOATS* for my Sunday medicine. I do not read very much, unless it is something real, something I can understand. Although I plead guilty of reading one or two novels, still I can truthfully say, if I had had a *LIFE BOAT* I would have surely passed them by.

"But now about myself: I am a young man (if you call thirty young), brought up by honest parents who taught me everything that was good, and, above all, I was taught to always tell the truth, even if the truth would crush me.

"Now I admit I have not lived up to the teachings derived from my dear parents; not that I have forgotten them—no indeed, for I can see every sentence they have ever uttered for my welfare.

"Did you ever close your eyes and see things that have been and are still very dear to you? Try it, think of some who have departed from this life, how they looked the last time you saw them—don't they look just the same? Of course they do. Well, I have not forgotten those sentences, but I have neglected them. I am taking my punishment, and am proud to say I have not laid aside *all* my loving parents taught me, and that I have put one over on Satan.

"I should like very much to get a cheerful letter from you, also *THE LIFE BOAT*, for I find in it plenty of material that is beneficial to the soul.

"It's the 'old homestead' that I long to see,
With its familiar faces smiling at me;
May they never know their son has gone bad—
Those two loving souls—mother and dad."

Promise—prayer—performance are three links in the chain of blessings. If the middle link is missing, we have no right to expect the third.

Responses From the Prisoners' Number

Splendid reports are coming in from the prison officials after the distribution of the special prisoners' LIFE BOAT. This number has met with a hearty response by the prison officials as well as the prisoners, as the following letters will show; also abstracts from letters from prisoners which appear in this number:

"I doubt not but their influence will be felt for good by many of the men."

W. S. LOVELL,
Supt., Vt. State Prison.

"I am sure many of the inmates of this institution will be benefited by this number."

M. F. AMRINE,
Supt., Kansas Reformatory.

"The issue is always prized by the inmates here. Accept our thanks for your kindness in forwarding the same."

F. H. PIERCE,
Chaplain, Clinton Prison, N. Y.

"There is nothing that seems more welcome and appreciated by prisoners than this LIFE BOAT, which is a life boat indeed to many men."

"Thanking you over and over again for THE LIFE BOAT, I remain,

I. VILLARS,
Chaplain, Penitentiary, Joliet, Ill.

"These copies were distributed among the men and I trust they will be effective in raising their ideals to a true and better viewpoint of life."

F. S. TALCOTT,
Warden, N. Dak. Penitentiary.

"I am much pleased with the matter it contains. I have looked it over and feel sure it will be helpful to the boys. I assure you I thank you for your interest in our institution."

E. M. LAWSON,
Supt., Industrial School, Mich.

"They have been distributed as far as they would go, and I am sure they will do a lot of good and be greatly appreciated by the men here. We will be more than glad to receive like contributions in the future, providing no expense to us is attached to same, as there are no funds provided for this purpose."

ARTHUR COPELAND,
Chaplain, Auburn, N. Y., Prison.

"The publication has been distributed among

the inmates, and appears to contain matter of much interest to them. I certainly trust that you may meet with much success in your work, because if there are any who need assistance it is certainly those who are or have been under the ban of the law."

A. F. STEWART,
Warden, Colo. State Reformatory.

"We distributed them on a rainy day and the men accepted and read them with avidity."

"THE LIFE BOAT is continually improving; we comment particularly on 'Ben Hazard's Guests'; also the general make-up, illustrations, and subject matter are excellent."

T. E. DUFFIELD,
Chaplain, Pennsylvania State Prison.

"Your favor of May 23 was duly received, and the two hundred and fifty copies of the special prisoners' number of THE LIFE BOAT also came to hand. We will make the best distribution of the same possible."

"Our prisoners are very glad indeed to get THE LIFE BOAT, and especially this special prisoners' number."

"There is little doubt but that a great deal of good is accomplished by them."

JOHN E. HOYLE,
Warden, State Prison, San Quentin, Cal.

"Yours at hand, and will say that gladly will I receive your LIFE BOATS; I have been looking for them and my boys have asked repeatedly, 'Chaplain, when are THE LIFE BOATS arriving?' Well, I was very glad to be able to tell them that they would have them shortly. This prison number is the best little magazine I can place before my men and women, because I am always so glad to know that it preaches Christ, and presents in no uncertain tone the saving power of the Son of God, through the effectual operation of the Holy Spirit."

"May God's blessing rest richly upon you in this your labor of love."

A. M. VAN DER WART,
Chaplain, Penitentiary, Albany, N. Y.

DISPELLED GLOOMY HOURS

A prisoner in the Auburn, N. Y., state prison writes:

"I hope that you will believe me when I say that your letters and *THE LIFE BOAT* which you sent me helped to dispel many gloomy hours. Before I received them I spent my spare moments in solitary reflection on the past, but having heard through the first copy of *THE LIFE BOAT* that you with others were interested in unfortunates such as I am, I take no more thought of the past, but am looking toward the Light that is brighter than day, and some day I hope to rest in His arms."

GOT BY CHANCE

A prisoner in Clinton prison, Dannemora, N. Y., writes:

"I have at this minute a *LIFE BOAT* magazine which I got by chance. After reading it I came to the conclusion that it is one of the best little magazines I have ever read. It would be my delight if I could get it during the year. It is a clean little magazine with a moral in every story, especially last month's issue. The story of Mr. Mackey and Mr. Lane is enough proof that crookedness doesn't pay. My future shall be different. The magazine is a spiritual adviser."

HAS BLUE SPELLS

[From the Indiana State Prison.]

"I always am glad to receive your letters. I am getting on some and am satisfied I am in the right way; but I have blue spells and I think they get longer and longer, and that is rather discouraging when I think they ought to shorten up. But I believe it is self-condemnation that causes what I call the blues.

"Jesus says in John 14:14: 'If ye shall ask anything in my name, I will do it.' And I think, with the old song we used to sing when I was a boy, 'Oh, why do I languish and pine, and why are my winters so long?'

"It is a sure thing the natural man cares nothing for us, only to get what he wants. So one has to fight his own battles, just at the time our friends can not help.

"You will write something to me and seemingly it doesn't stick; but it does, and

after a time it comes up in full force and then it is not early forgotten. Cast your bread on the waters and it will return after many days. Please write when you can."

"THE WORLD IN CHICAGO"

DAVID PAULSON, M. D.

During the month of May there was held in the great Coliseum a monster exhibition of missionary enterprise in all lands. Twenty thousand young people connected with the various churches in Chicago and within a radius of fifty miles had been training for nearly a year to act their part in this mammoth missionary show.

The customs, habits, dress, home life of the people in every corner of the earth, were here re-enacted. Missionaries who had served long years out on the frontier were in charge of many of the booths and exhibits and thus were able to give instructive and illuminating information at first hand.

There were Kaffir boys from South Africa who only a few months ago were raw heathen, who had been brought over for this occasion to illustrate their native customs, and, what is vastly more important, demonstrate what a transformation had been wrought in their lives by a few months of Christian training and Christian influence.

The Indian section in this exhibit was, to my mind, the most pathetic of all. Thirty centuries ago India had a blazing civilization which was the envy of the then known world. Today it is heathen darkness, degeneration and groveling in the dirt, a land of beggars, disease, dirt and desolation, where the condition of women has reached almost the very depths of despair.

There was exhibited in this section a bed of spikes on which a "holy man" had lain, almost stark naked, for fifteen years in order to purify his soul.

In this country the devil comes to us in the most refined guises, offering to people various fascinating and captivating errors, high-toned cults and attractive "isms." But in the darkness of heathen lands the devil throws off his mask and he comes out boldly in his real devilish character. The worst things that come from the devil have to be earned. The best things that come from Christ are a *free gift*.

In the Korean section I was surprised to find a representation of a suspension bridge not unlike the one first swung between New York and Brooklyn, which was built in Korea four hundred years ago and over which an army of fifteen thousand men had crossed. Surely there is nothing new under the sun.

The reproduction of dispensary work in heathen lands was intensely interesting. There was a representation of how the heathen medicine men try to drive out disease by their horrible incantations and dreadful procedures. Then the Christian nurse in her full uniform, with Bible in one hand and healing remedies in the other, comes in, ventilates the room, makes the patient comfortable, administers the necessary relief, points the sin-sick soul to the great Healer. In medical missionary work the trained hand, the converted heart and disciplined mind are a combination that is certain to win its way whether in this land of enlightenment or in the depths of darkest degradation.

The Palestine section was a spot where we all loved to linger. There we saw the thrashing instrument with sharp teeth, the primitive plow similar to the one which Elisha left to follow his saintly master; the potter's wheel similar to the one that the prophet saw when he described a vessel made and marred in the potter's hands (Gen. 18:3, 4). And the potter took that *same* clay and made of it again a vessel as it pleased him. In that symbol is locked up the great secret of the gospel taking our blasted and ruined lives and *remaking* them into fit vessels for the Master's kingdom.

Here was exhibited the tabernacle in the wilderness in miniature, and a tomb with the gravestone rolled in front of it. We understood better many of the gospel lessons as we secured a more intelligent understanding of Palestine ways and customs.

No one can minimize the enormous educational advantage of such an exhibit. Yet all that alone will not make a missionary. It will not put the spirit of sacrifice into the human heart; that is the gift of God. One can only secure it as he falls on the rock and is broken. May God help each one of us to secure that larger vision day by day.

This great missionary exhibition was in itself a convincing sign that this old world is

in its *eleventh* hour. Christ himself told His disciples, in response to their question, "What shall be the sign of Thy coming, and of the end of the world?" "This gospel of the kingdom shall be preached in *all the world* for a witness unto all nations; and *then* shall the end come." Matt. 24:3, 14. That has practically been accomplished in this very generation in which we are living, and unless Christ's own words have to be revised we should be preparing to meet our Lord.

A FABLE WITH A MORAL

ANNIE J. DICKINSON.

Once upon a time—so the fable runs—there was a donkey which, sleek and well fed, stood in his comfortable stall enjoying himself as only a donkey can. A motherly old hen, weary of scratching for her chickens twelve, ventured in at the open door with bustle and cluck and saw that she and her brood might share the grain that fell from the donkey's manger. The donkey looked down upon his guests with scorn, but bade them eat what they could so long as it did not interfere with his pleasure. As he ate he grew gay. "Now I must dance," said he; and dance he did with lumbering tread. The chickens fluttered and peeped and the old hen with many a cackle begged the beast to desist from his prancing and have mercy on her stricken brood. But the donkey only threw his head the higher and danced the harder, and as he danced he sang. This was the chorus of his song: "Let every one look out for himself and God look out for all."

Dear friends, you may laugh at my story and think it small, but it has a moral. As we enjoy spiritual luxuries are our ears open, our eyes discerning? Do we see the world's need? Do we heed the cry of souls hungering for the Bread of Life? It may not be ours to set forth feasts for famished multitudes, but we can, the least of us, help to scatter crumbs which God will surely bless to nourish some hungry soul.

"The Father's house has bread to spare,
At His wide table all find room;
But whether high or humble there,
He gives it to us crumb by crumb."

A CONSTANT REMINDER OF SPIRITUAL TRUTH

PROF. W. W. PRESCOTT.

[A few weeks ago Prof. W. W. Prescott gave the sanitarium family an interesting Bible study showing that it was impossible to have implicit faith in redeeming power if one had lost faith in creative power. He showed that it was just in proportion as creation was being explained away that humanity was losing its vital faith in personal redemption. The following helpful suggestions for connecting spiritual truths with the simple operations of nature are abstracted from this talk.—Ed.]

God designs through the revelation of the written Word to put upon every created thing and upon every operation in nature a gospel lesson. I think you would find it very interesting to take the Scripture and write out the texts that connect the creative work and the operations of nature with the gospel of salvation.

You go out at night and you see the stars and the planets in their place, and then comes this scripture: "He calleth them all by names by the greatness of His might, for that He is strong in power; not one faileth. Why sayest thou, . . . My way is hid from the Lord?" Isa. 40:26, 27.

Just as long as the stars remain in their places and the planets in their course, and the earth remains where it is, just so long you may *know* that the power of God is being revealed and that that *same* power is promised to uphold us and to save us from falling and to save us from anarchy and chaos in our experience.

When they see the snow most young people say, "Now for some coasting!" How many of you connect that scripture, "Though your sins be as scarlet, they shall be as white as snow?" I believe in all these operations of nature, in the growth of the trees and the grass, in plowing and sowing and reaping, there is a lesson which the scripture has connected with the gospel experience. They are intended to be reminders to us constantly of the God of our salvation. They are intended to speak to us the very interpretation put upon them in the Word of God.

Just so long as the earth remains, seed time and harvest, cold and heat, etc., just so long as night and day come and go, just so long His covenant of salvation holds. The same God is the God of our salvation, the same Son of God is the Mediator with the Father, and our confidence can rest just as certainly upon

Him as we can be convinced of the creation of nature.

LOYALTY TO CHRIST AMIDST HEATHEN DARKNESS

W. C. HANKINS,
Kulangsu, Amoy, China.

After we had been in China a few months there was a young man came to us by the name of Tan-Hu. This young man was very desirous of learning the gospel truth that we were teaching and came several times from the interior. I think it took



W. C. HANKINS.

him a day each time to reach us, in order to study with us. He finally decided to become one of us and help us in teaching his own people.

He went down with some of our workers to a general meeting at Canton, and while there he was baptized. When he returned we sent him to work in a little village near his old home. He did faithful work there for some months, but one day a neighbor family with whom he was intimately acquainted took down with the plague and he went in and nursed them. They both died, as it was the incurable form of the plague, the pneumonic form, which is very catching, the result being that after they had been dead a few days he also came down with the plague.

When he found that he could not live he called in his father and mother, brothers

and sisters and wife, and told them that he was going to die. But he said: "Jesus is coming soon and He will resurrect me and take me home to live with Him. What I want is to see all of you when I am resurrected, that you may have a home with me in the earth made new." He urged them to get ready that they might be ready to meet Jesus when He came, and told them to keep God's commandments and purify their lives in every way. He especially urged them that they should keep the Sabbath, and study the Bible to know more points of truth that they had not yet learned.

Then he died, and the broken-hearted father and wife followed him to his grave. The next week word came to us of his death. But the old father said to himself, "My son's work must not stop; he is dead, but *I* will carry it on." So without consulting us or asking whether he would receive any pay for work done he went over and took up his son's work, and from that time to this has been one of the most faithful, whole-hearted and consecrated workers that we have in our field. He is truly preparing to meet Jesus when He comes, and no one who sees his life or looks at that strong, dignified face can help but realize that that coming and the nearness of His coming is a very precious belief to him.

The young man's wife also began to follow in his footsteps, and for many years has served the Lord either as a language teacher, Bible woman, or school teacher. Thus while our brother is dead he liveth and his works follow him.

This incident also brings to my mind another case—a young man that we employed as a chapel boy in the village of To-Kang. This young man was a heathen and totally uneducated, but from the very first he showed some of the characteristics that go to make up a true Christian. Whatever he did he did well. If he was scrubbing the floor he scrubbed it clean. If he cooked a meal he cooked it well. It was always clean and appetizing, and we were always glad when our work took us to the chapel where he prepared the meals.

He was faithful in every detail, and it was not very long after he came to us before he began to make an earnest inquiry into the truths of the gospel. He could not read, so although he was about twenty-five years old he began to learn to read the Bible, wishing to prepare himself for baptism that he might unite with God's people. He wanted to be able to read the Bible for himself so that he might not base his faith upon the teaching of any man but upon the Word of God alone. This young man endeared himself to all who came in contact with him, and when he accepted Christ he was a true Christian.

But one day before he had a chance to be baptized, after he had announced his intention of joining the church and being a Christian, he too was stricken by the plague. Before he died he called in his family, all of whom were heathen. He too told them that Jesus was coming soon, and begged them to get ready to meet Him, to turn away from their idols of wood and stone and the worship of the spirits of the dead and serve the living God. He asked them not to use any of their heathen rites in burying him, but that they might bury him after the manner of the Christians.

Thus in the land of Sinim, when the great Life-giver comes and calls for those who are sleeping in the dust to arise, in that great first resurrection when all who sleep in Him shall come forth to inherit life eternal, we expect to see these come from the land of Sinim (Isa. 49:12), and not only these but many more like them who have turned from the worship of idols to serve the living God.

A Request From a Chaplain of an Eastern Prison

"One of our inmates wishes me to write you and say that he would like to take advantage of your offer in the May issue of *THE LIFE BOAT*, a number of copies of which you so kindly sent us.

"This is the first copy he has ever seen and he is enthusiastic about it and says it has been a great help to him. He is looking forward to the next copy with eagerness. We would like you to write him if possible."



Editorial Department

Conducted by Dr. David Paulson



STILL OPPORTUNITY TO ENTER THE MEDICAL MISSIONARY TRAINING COURSE

As we go to press splendid young people are coming in to take the next three years' medical missionary training course that is about to be organized at Hinsdale. A few more workers who are at least twenty years old, who have had nine grades of school work, and who have a definite call of God in their hearts to be soul-winning medical missionaries, can be admitted the next two or three weeks. Such should write immediately.

WHY NOT?

Have a sincere *determination* to fit yourself to be a worker in God's vineyard. Earnest and prayerful study of the Bible, daily rededication of your life to God, a humble dependence upon Him for spiritual help, active co-operation on your part, are steps in the right direction. Occasionally to meet with some soul in whose religious experience you have confidence, and talk over some of these things and have an earnest season of prayer together, will be of the greatest possible service to you.

HE WAS A GOOD PREACHER

Jonah was a remarkable evangelist. As a result of his preaching, Nineveh, that wicked city, was stirred from center to circumference in three days' time.

What was the secret of it? Certainly not in Jonah personally, for he was a weak brother who had tried as hard as he could to run away from his job. The real secret is in the instruction he received, as found in the third chapter and second verse: "Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee." "So Jonah arose and went unto Nineveh, according to the word of the Lord."

When Jonah preached God's preaching, souls were converted. Jonah had a live ex-

perience. Every time he spoke no doubt he told his experience, and you may be sure the people listened, and a convincing power went with his message.

My brother, are you conscious that the words you are speaking to others are tame and lifeless? Go back to the Bible and on your bended knees discover the preaching that God bids you.

ARE YOU DOING THIS?

Do you feel your prayers are weak and ineffectual? In James 5:16 you may find the secret: "Confess your faults one to another, and [not until then] pray one for another, that ye may be healed. The effectual, fervent prayer of a righteous man [the kind of a man that is willing to confess his faults] availeth much."

Confession is getting to be a bit old-fashioned in these days, and for the same reason effectual prayers are becoming a memory instead of a present experience.

SAVED OR LOST

If some of our friends were in a burning building we would be more concerned about getting them out than we would be fearful about hurting their feelings the way we did it.

In our spiritual work there is great danger that we shall become more concerned about people's feelings than we are about their souls, and therefore let them drift along, complimenting ourselves on our great caution and splendid discretion until by and by they live to say, "The harvest is past, the summer is ended, and we are not saved."

One of these days these friends of ours are going to face eternity, and then they would have been thankful if somebody had said something that would have brought them to their senses instead of just talking to them good-naturedly about commonplace things and allowing them to drift along in their unsaved condition. A good many people have been good-naturedly anesthetized into the devil's

kingdom by well-meaning brothers and sisters who never knew the difference.

HOW TO BE SURE OF REWARD

We are to do good, "*hoping for nothing again*," and then it is that our reward shall be great. Luke 6:35. Christ had this higher motive. He healed the nine lepers who He knew in advance (for Christ knew all things) would not even come back and say "Thank you," much less be of any value to Him from an advertising standpoint. He healed them simply because He could not help it: He was Christ. Their *need* appealed to Him. Genuine love works neither for gain nor reward. But God has ordained that *great* results shall flow from every labor of love.

Many a man who has a high enough motive not to do some kindly thing to his wife just so she will have a better opinion of him, will yet turn right round and go out and do something for his neighbor from that low motive, and then wonder why it is so destitute of genuine results. It is a species of refined selfishness.

Christ did not heal the sick to give Him influence. He did it because He had a mission to the body as well as to the soul. It goes without saying that when we do these things from the right motive great results will follow, both in the building up of our institutions and in gathering people to the cause. But the moment we let this influence us in doing it, just that moment those results do *not* follow. They become utterly barren, because God does not add His blessing to that kind of a program, and we simply walk in the sparks of our own kindling and consequently lie down in sorrow.

As we enlist young people in campaigns of helpfulness because it is their Christian duty and privilege, just the same as it is to love their parents, they will have their Christian experience *enlarged*. They will learn to meet people in humble and lowly conditions, learn how to adapt themselves to unfavorable circumstances. The people will see that they have warm hearts, that they are helping their fellow men because the thing is in their souls—it is like fire in their bones, it can not be shut up—and the people will be anxious to get hold of that same spirit because they are

growing dissatisfied with the cold, indifferent species of religion that is being dished out to them.

But I say again, God is only blessing us when we are doing good hoping for nothing again, and when we are doing our work solely and purely for love of the Master. Then a flavor and fragrance goes with the work that makes men hunger for more, and ten men will take hold of the skirt of him that is a Jew, saying, "We will go with you: for we have *heard* [and they won't hear it unless it is so] that God is with you." Zech. 8:23.

God has given to every worker his work (Mark 13:34), some little piece of work to do to build up the kingdom. Let us hold before ourselves this prayer: "Let thy work *appear* unto Thy servants." Many young people slip along day after day with simply a hazy idea of what they ought to do, like sometimes a stereopticon picture is blurred on the canvas. All of a sudden the operator focuses it and then it comes out in all its beauty. We have a right to ask God to *focus* our life work in our mind and I believe He will answer that prayer. The next verse is equally good: "Establish Thou the work of our hands *upon us*." Ps. 90:16, 17.

Find out what preference each individual has; do this by personal work, and make a memorandum of it. Those who want to dig gardens for poor sick people have one job. Those who want to go off and visit some poor family and do some physical work in their home have another thing. Others may go out a day a month to sell magazines.

But the important thing is to visit the same people regularly. In a little while that establishes friendly connections and the way is open for more work. Young people can not be genuine Christians unless their hearts are enlisted in something of this kind. As they are drawn out in actual missionary work of this kind they find out whether they have any practical Christian experience or not. If not, it drives them to their knees.

We find in our work here that our workers can treat sick people and get along pretty well, in their estimation, without the Lord. But as they launch out in any of these lines they either make a flat failure of it and they

know it, or they look to the Lord and have a glorious experience.

There is about to be a great revival in our midst among God's children, and all these lines of work will slip into their proper places.

WHY WAS IT WRITTEN?

One reason why many people have so little comfort is because they are looking the wrong place for it.

Paul says, "For whatsoever things were written aforetime were written for our learning, that we through patience and *comfort* of the scriptures might have hope." Rom. 15:4.

If we will in a prayerful and earnest manner study what was written aforetime we will not only have learning but also patience and comfort.

SURRENDER TO GOD OR TO MAN

God wanted Ahab, the wicked king, to surrender to him, but Ahab refused. A little later Ben-hadad, the great king of Syria, came down to the kingdom of Israel with a vast army composed of thirty-two allied kings; and he besieged Samaria and finally sent in the following ultimatum to Ahab: "Thy silver and thy gold is *mine*; thy wives also and thy children, even the goodliest, are *mine*." 1 Kings 20:3. And Ahab, who had refused to surrender to God, was *compelled* to return this response: "My lord, O king, according to thy saying, *I am thine*, and all that I have." Verse 4.

If we do not yield to God, sooner or later we will have to yield to man. The noblest and highest thing that any human mortal can do is to say to God, "I am Thine." The smallest, the most contemptible thing that a man can do is to say the same thing to a mere human being.

Some men are reached by blessings, others by trouble. Ahab had both, and neither experience saved his soul.

CAN'T YOU DO LIKEWISE?

All over the land God is raising up LIFE BOAT workers, impressing people who have never tried such a thing before to send for a few extra copies of the magazine. They are taking them out to their neighbors and friends and are surprised to find

how willing they are to buy this paper and read it. Won't you set aside a few hours each week for this purpose? You will have blessed experiences. A letter written from Alabama states:

"I have just received my June number of THE LIFE BOAT and it always puts new zeal and revives a missionary spirit in the heart. I just read it and a thought came to my mind that I could help spread the good news by spending a little time each week selling the magazine.

"Please pray for me that I may bring one soul to Jesus this year if I live. May God bless the home and all its workers."

OUR PREMIUMS PLEASE

We want all of our readers to observe our splendid premium offers. Notice the valuable things you can secure for even one new subscription. A good sister out in Kansas, after receiving her premium, wrote:

"I received the Teacher's Bible, also the papers that you so kindly sent me. I am sure it is much more than I expected, and thank you very much.

"I am well pleased both with the papers and with the Bible. The one paper is certainly worth the subscription."

NEWS HERE AND THERE

J. N. Loughborough of Lodi, Cal., a veteran minister of the gospel, who has carried the good news of salvation into practically every country on the globe, spent a few days at Hinsdale recently.

A large delegation from Washington Conference visited Hinsdale on their way home. Among this number may be mentioned Eld. and Mrs. E. W. Farnsworth, Dr. Abbie Winegar-Simpson and daughter of Long Beach, Cal.; Dr. T. S. Whitelock and his wife of San Diego, Cal., and Eld. A. G. Christiansen of Los Angeles, Cal.

Dr. A. B. Olsen, medical superintendent of the Caterham sanitarium, England, and his brother, M. E. Olsen of the Foreign Missionary Seminary, Washington, D. C., spent the Sabbath at Hinsdale recently.

Prof. E. A. Sutherland of Nashville,

Tenn., is spending a few days in Hinsdale.

Dr. David Paulson spent the last week at the Washington Conference; he brought back an encouraging report of the meeting and told of inspiring experiences related by leading foreign mission workers.

The Hinsdale Sanitarium is enjoying an unusually large patronage and now has one hundred workers on its pay roll. The institution has recently installed a 2,000-gallon-per-hour water softening plant. This provides excellent soft water for all purposes.

As this number goes to press a new three years' nurses' class will be started. A number of students have already come and more are expected.

Eld. A. A. Carscallen, from the British East Africa mission field, who came to this country on a furlough to attend the Washington Conference, visited Hinsdale and gave an interesting talk to the workers at their Tuesday evening prayer meeting.

Dr. and Mrs. Paulson spent a day recently in Decatur, Ill., where Dr. Paulson by special request lectured in the large First Presbyterian church on the Gospel of Health.

Mr. and Mrs. Walters and daughter Wilma of Mt. Vernon, Ohio, are spending the summer at Hinsdale assisting in the work.

Dr. W. B. Holden and Eld. M. H. St John of Portland, Ore., and Dr. George Thomason of San Francisco, Cal., were among the number who recently visited Hinsdale. Eld. R. W. Munson's visit, who for fourteen years has been a missionary in Java, was appreciated by the Hinsdale workers, and his helpful talk will continue to be an inspiration to them.

Mr. Fred Green, business manager of Emmanuel Missionary College, Berrien Springs, Mich., looked in on the Hinsdale family recently.

Mrs. Whisler, matron of the Life Boat Rescue Home, has been assisting in the Harrison street police station services each Sunday morning. A number of new girls have entered the home and have taken hold with a spirit of enthusiasm in the work of the home, thus showing their

appreciation for what is done for them.

Excellent reports are coming in from LIFE BOAT workers in different parts of the country. One worker writes that he is getting other agents into the work and hopes to use ten thousand copies a month in his territory. The work is going forward.

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.

A NEW DICTIONARY.

The G. & C. Merriam Company of Springfield, Mass., have recently issued a WEBSTER'S NEW INTERNATIONAL DICTIONARY that is authoritative and up-to-date in every particular—just the thing for particular people. Read the advertisement on opposite page concerning it.

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.

WANTED.

To borrow several thousand dollars in sums of \$200 and upwards. Real estate security. Will pay six per cent interest. Address Dr. David Paulson, Hinsdale, Ill.

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.

Do not send currency in your letters, as THE LIFE BOAT will not be responsible for receipt of the same.

Single copies, 10 cents.

Yearly subscription, \$1.00.

Special discounts when a number are sent to one address.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

LIFE BOAT MAGAZINE AGENCIES IN CHICAGO.

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

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

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

Hinsdale Nurses' Center, 2348 Park Ave.

NOTICE.

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

Beautiful Scripture postcards put up in packages. Agents clear 60c on every 90c invested. Send in your order at once while we make this great offer. Handsome Bible Text Mottoes, \$3.65 per 100.

THE WATERBURY SPECIALTY CO.,
 Pomona, California.

"Here is the Answer;" in WEBSTER'S NEW INTERNATIONAL

THE MERRIAM WEBSTER

Every day in your talk and reading, at home, on the street car, in the office, shop and school you likely question the meaning of some *new* word. A friend asks: "What makes mortar harden?" You seek the location of *Loch Katrine* or the pronunciation of *jūtsu*. What is *white coal*? This New Creation answers all kinds of questions in Language, History, Biography, Fiction, Foreign Words, Trades, Arts and Sciences, *with final authority*.

400,000 Words.

6000 Illustrations.

Cost \$400,000.

2700 Pages.

The only dictionary with the *new divided page*,—characterized as "A Stroke of Genius."

India Paper Edition:

On thin, opaque, strong, India paper. What a satisfaction to own the *Merriam Webster* in a form so light and so convenient to use! One half the thickness and weight of Regular Edition.

Regular Edition:

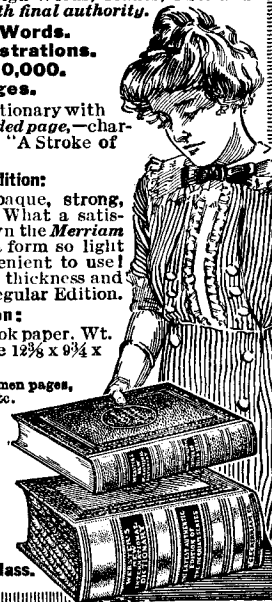
On strong book paper. Wt. 14¼ lbs. Size 12¾ x 9¼ x 5 inches.

Write for specimen pages, illustrations, etc.

Mention this publication and receive **FREE** a set of pocket maps.

**G. & C.
 MERRIAM
 CO.,**

Springfield, Mass.



Cheaper Rates at the Hinsdale Sanitarium

SPECIAL arrangements have been made on a simpler and more economical basis so that those who can not afford to pay the regular sanitarium rates can yet obtain sanitarium opportunities. Ward accommodations can be furnished to such at moderate cost. Board will be supplied at reasonable rates. Treatments will be paid for on the plan of short, simple but effective treatments at a small price, the longer and perhaps more luxurious treatments at a higher price.

If you have friends or neighbors who have been deprived of sanitarium opportunities because they could not pay the ordinary prices, suggest to them that they now write to the Hinsdale Sanitarium for full information regarding this new plan.

Have You a Camera?

Let Me Do Your Developing and Printing

21 years' experience has taught me how to turn out first-class prints with "a finish" to them.

Send me your films and be sure of the best results.

Quick Service Low Prices

A post card will bring you my price list.

L. C. HARNER, Photographic Expert
Specialist in Developing and Finishing for Amateurs
No. 1 So. Washington St., HINSDALE, ILLINOIS

BIBLE MOTTOES

We sell mottoes direct to the Homes.

Twelve—65c; twenty-five—\$1.25; fifty—\$2.25; one hundred for \$3.75; and three hundred for \$10.00. The more you buy the less they are. 100 post cards for 50c.

Finest Summer White Cooking Oil, 50 gallons for \$31.00. For less or by the quart, write us. Our trade is increasing every day. Pure vegetable oil, no odor and never gets rancid. Address

HAMPTON ART CO.

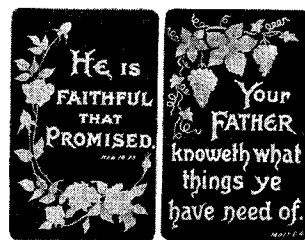
Lock Box 403 Nevada, Iowa

Beautiful Imported Mottoes

OUR high grade wall mottoes are inexpensive, cheaper grades are unattractive. Why spend your money for cheap oil paintings?

No two or three dollar picture of any kind can match these beautiful imported mottoes as works of art. They cost much less and their influence on the home is unquestioned. Below are specimens of our large assortment.

"My Help Series" No. 538. Size 12 x 7½ in. Here is a



No. 518

No. 513

"My Presence" No. 513. Size 12 x 9½ in. The texts on this motto are carefully selected and contain sermons in themselves. Fruit designs, all delicately colored. Price 30c each plus 4c for postage. Complete descriptive catalog of our stock sent on request. Special prices to agents.

MESSENGER PUBLISHING COMPANY
Dept. S. 22 Quincy St., CHICAGO, ILL.

When writing to advertisers, please mention THE LIFE BOAT

LOOK AT THIS

Fountain Pen—

And Just Think!

YOU can get one sent to you for only two new subscriptions to *The Life Boat* at one dollar each.

**Every Pen Is Guaranteed
14k Solid Gold**

"I use it all the time, am lost without it."

"The Fountain Pen we received as a premium for *The Life Boat* is a GEM."



A LIFE BOAT PREMIUM WATCH

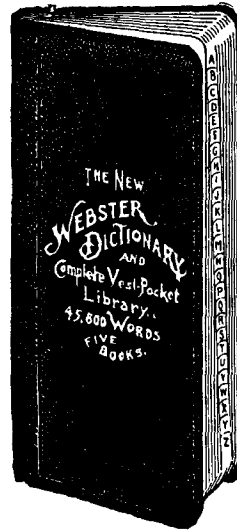


A beautiful gold or silver watch given free for only a little effort in securing fifteen Subscribers for *The Life Boat* at one dollar Each.

We offer a seven-jeweled Elgin watch, gold filled, ten year guarantee case, beautiful design. We will furnish the same style in coin silver hunting case. They give the best of satisfaction. You will be pleased with this watch.

"I have used a Life Boat Premium Watch for six years and find it eminently satisfactory."

A Dictionary Free



Every one should possess a copy of the New Webster Dictionary and complete Vest Pocket Library for ready reference. This book, compiled by E. Edgar Miles, is a wonderful combination of useful matter, in fact it is five books in one. It not only contains a dictionary of 45,800 words, but is also a Pronouncing and Statistical Gazetteer of the World, a Complete Parliamentary Manual, a Rapid Calculator, and Compendium of Business and Social Forms, and a Letter Writer and Literary Guide. It is by far the best pocket dictionary and reference book on the market. It contains only 192 pages and weighs two ounces.

For only one subscription to *The Life Boat* at one dollar we will send you one of these books bound in Morocco, stamped in gold, with gold edges and thumb index.

When writing to advertisers, please mention THE LIFE BOAT.

A Bible for You

The Psalmist says: "Thy word have I hid in mine *heart* that I might not sin against Thee." Ps. 119:11. Have you the Word of God in *your* possession? If not, you may have. Or, if your BIBLE is worn out, you may secure another without paying for it.

With a little effort you can secure any one of the Bibles described below absolutely free. They are not cheap Bibles, but are selected from the best series of Bibles manufactured, and by a special arrangement we are able to furnish them to you for yearly subscriptions to **The Life Boat** at one dollar a year.

Oxford Text Bible For Two Yearly Subscriptions at one dollar each we offer the **Oxford Text Bible**, which is just a little larger than the ordinary size pocket Bibles; contains six maps; size $5\frac{1}{4} \times 3\frac{1}{2}$ inches, only $\frac{3}{4}$ of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.

Genuine Oxford Teachers' Bible For Four New Subscriptions or renewals to **The Life Boat** we will send you a **Genuine Oxford Teachers' Bible**; printed on good linen paper, containing New Cyclopaedic Concordance, with all Helps, Index, Bible Dictionary, Tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles; minion type, size, $7\frac{1}{4} \times 5$ inches; bound in French Morocco, divinity circuit, round corners, red under gold edges.

Red-Letter Teachers' Bible For Five New Subscriptions or Renewals at one dollar each you can secure The International **Red-Letter Teachers' Bible**: Self-pronouncing; contains the words of Christ in the New Testament printed in red, and the Prophetic Types and Prophecies of the Old Testament which we refer to Christ, also printed in red. It contains the Combination Concordance, in which the Helps are all under one alphabet. This Bible is No. 39670, size $6\frac{1}{4} \times 9\frac{1}{4}$ inches. It is bound in French Morocco, has divinity circuit, round corners, red under gold edges and extra grained lining.

THE LIFE BOAT RESCUE HOME

HINSDALE, ILLINOIS



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

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

The institution has no endowment and beyond the mere pittance that some of the girls are able to pay, it is entirely dependent upon the generosity of those who become interested in its work.

Address for further information

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

Are You Contemplating Making Your Will?

OR

Are you interested in placing a part or all of your property so that you can receive a permanent annuity or income on it while you live?

In either case will you not generously remember the Life Boat Rescue Home? Full information regarding this work will be sent upon request.

For those who desire to remember this institution in their wills we give here with a proper legal form for a bequest.

"I hereby give, devise and bequeath unto the Life Boat Rescue Home, a corporation organized and existing under the State of Illinois, the sum of..... dollars to be paid out of real or personal estate owned by me at my decease, this money to be used for the maintenance of the institution known as the Life Boat Rescue Home for Girls, located near Hinsdale, Ill., and which is under the supervision of the aforesaid corporation."

THE HINSDALE SANITARIUM

Endowed by Nature

Equipped by Science



THE MAIN BUILDING OF THE HINSDALE SANITARIUM

VISIT HINSDALE FIRST

Do not go abroad for what you have at home. Were it possible for you to see Hinsdale as it is, you would come. So pleasant as to attract many guests who have no ailment. Patients are kept so busy getting well that they have practically no time to worry over their troubles. Pleasant, refined associates. Rates as low as ordinary hotel. Atmosphere delightfully different.

A suburb of Chicago—trains every few minutes—fifty trains a day.

Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis courts.

An outdoor gymnasium.

Musical entertainments and lectures.

No experiments or medical fads. Common-sense, honest treatment.

Electric light, private telephones in each room, a beautiful outlook from every window.

Open air treatment, Swedish movements, hydrotherapy, electric light baths and electrical treatments, massage, scientific dietetics, sun baths, and sensible health culture, cure thousands of invalids when ordinary means fail.

You will find any of these treatments not only beneficial but delightful and refreshing. We do not countenance routine of baths, the heroic reducing idea nor the starvation cure. Every case is decided on its own merits and treated accordingly. We rely on substantial, simple methods, offer all these features to be rationally enjoyed.

Let Us Send You the Book of Hinsdale Sanitarium

It is completely descriptive and beautifully illustrated. Once you read this book and note the location, the charm of Hinsdale and the ability of this institution to benefit the sick, you will realize that we offer you every possible means of restoring your health and of becoming completely rested, among surroundings that are ideal.

Write for our book today. It is free. We will be glad to send it by return mail.

THE HINSDALE SANITARIUM

HINSDALE, ILL.

CHICAGO OFFICE:

Reliance Bldg., cor. State and Washington Sts.

Hours:

11 to 12:30. Phone Central 4356