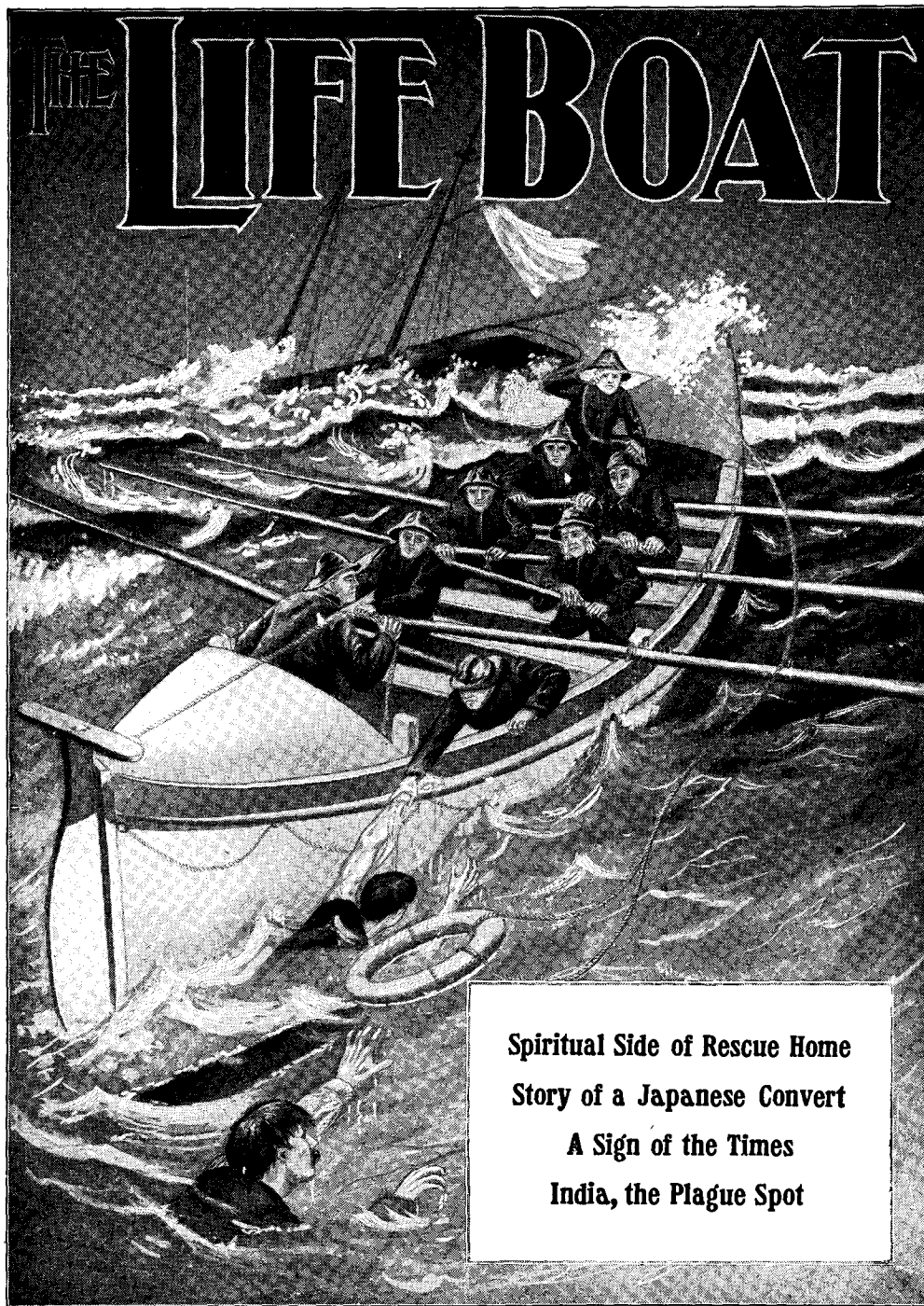


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Volume Seventeen  
Number One

Windsdale, Ill.

January, 1914

"Dietetics in Past Ages"—by the Editor

## "Sow Beside All Waters"

*Pearl Waggoner*

ON THE barren, stony soil,  
Sow the gospel seed;  
Sow with unremitting toil,  
Sow mid thorn and weed.  
Sow in hearts where it seems in vain,  
Deeply dyed with sin's dark stain;  
Sow in hearts laid low by pain,  
Sow in hearts that bleed.

In the sunshine or in storm  
Sow, yes, sow it still;  
In the evening as at morn,  
Every moment fill.  
Sow, for harvest time is near  
When the Reaper shall appear;  
Sow though skies be dark or clear,  
Sow when winds are chill.

Sow beside the water's edge,  
All along the way,—  
In the highway, by the hedge,  
Sowing day by day.  
Sow though weary be your feet,  
Sow, for swift the moments fleet;  
Sow in field, in lane, in street,  
Sow, yet ever pray.

Where a human soul doth live,  
There with patience sow,  
Trusting God the rain will give  
Causing it to grow.  
Sow where seed was sown of yore,  
Though no sign of fruit it bore;  
Sow where none have sown before,—  
Sow where'er you go.

Sow wherever hearts are sore,  
Where in gloom they weep;  
Sow the seed yet still the more  
Should other sowers sleep.  
Onward let your watchword be,  
Sowing for eternity;  
Golden grain you soon will see,  
And with gladness reap.

# THE LIFE BOAT

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

One Dollar a year

Ten cents a copy

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Volume XVII.

HINSDALE, ILL.

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JANUARY, 1914

Number 1

## Dietetics in Past Ages

David Paulson, M. D.

THIS generation is witnessing a craze, almost similar to the spirit of the crusaders, to excavate and explore the ancient cities that were buried ages ago in the Nile valley of Egypt and the sandy plains of ancient Babylon, Persia and Palestine.

We are thus brought face to face with tangible and positive evidences of a marvelous civilization, in many ways not inferior to our own and in some respects superior, thus abundantly confirming what the Bible has always maintained; that man, instead of progressing up from the monkey or ape, has in reality been *degenerating* from his divine birthright when he was created in the image of God.

The spade of the excavator, instead of contradicting the Bible records, has abundantly confirmed even those which the infidels and scoffers were subjecting to absolute ridicule a generation or more ago. It is gradually dawning on the minds of the best historians that the Bible is the choicest and only reliable history of the human race. Hon. C. S. Lobingier, judge of the court of First Instance of the Philippines, recently gave an address in Manila, entitled, "The Bible as a law book," in which he said, "The jurist who studies well this work in time comes to see in it a great law book." He also stated, "It has been well said that the Bible contains the truest his-

tory, the profoundest philosophy and the sublimest poetry."

It has been a peculiar personal gratification to discover that the Bible is also an exponent of the essential principles of health. But I will consider in this article only a few of its many helpful dietetic suggestions.

The first impression one receives in studying the diet of Bible times is that it was extremely simple, wholesome and nutritious. Hastings, in his Bible dictionary, says that the people were almost exclusively vegetarians. Flesh food was only used on special occasions.

### The Food of the Humbler Classes

One of the most charming stories in the entire Bible is that of Ruth clinging to her mother's people and her mother's God rather than to her heathen father's kinsfolk and their false gods, and how in order to support herself she went out in the field to glean after the reapers, from whom she received not only kind words but also an invitation to participate in their humble noonday meal, which consisted of parched grain and sour grape juice. (Ruth 2:14. R. V.)

When in old Mexico I saw natives roast kernels of grain and eat them just as Ruth did more than thirty centuries ago. Lev.

2:14, R. V., speaks of grain parched with fire and also the bruised or crushed grain. From crushed barley grain were made cakes of barley bread which are frequently spoken of in the Bible, and which formed the food of the poorer classes. The grain was crushed on a flat stone by another round stone somewhat similar to a rolling pin. Then it was moistened with water and made into little cakes, placed in pans and baked on a hot iron (Num. 11:8) in the open air with a little charcoal or other fuel beneath it, as one can see women do in old Mexico and in oriental countries even down to this present time.

When Elijah awakened from his sleep after a most tiresome and discouraging journey, he found a cake baked on just such coals. (1 Kings 19:6.)

#### No Mortgage on Millstone

In these days when we hear so much about "social justice," it is very interesting to read that it was ordained in the law of Moses that "No man shall take the nether or the upper millstone to pledge: for he taketh a man's life to pledge." Deut. 24:6. Human life was considered a sacred thing and no creditor could secure a mortgage on the absolute necessities of life.

The Lord arranged Ezekiel's diet for three hundred and ninety consecutive days. It consisted of bread made from a *mixture* of ground wheat, barley, peas, lentils, millet, and fitches, another name for cummin which was evidently added for flavor. (Ezek. 4:9.) We are gradually learning that it is not well to live for any considerable length of time upon a too exclusive dietary, as the system is very likely to suffer for the want of some essential mineral elements, and sometimes from deficient amounts of the ordinary nutritious substances. But a bread made from these different grains would be likely to avoid this danger. Children often develop rickets simply because their food does not contain enough lime to form solid bones.

#### Eating Up One's Birthright

In olden times the oldest son not only became the priest of the family but he also inherited many other enviable privileges, including choice property rights.

One day Esau came home faint, tired, weary and disappointed at the failure of his hunting expedition, and he almost irresistibly craved the lentil broth that Jacob was preparing. (Gen. 25:29-34). Jacob was always on the lookout for a good bargain and this was no exception, so he suggested that Esau trade him his birthright for a meal of victuals.

Some of us have discovered to our sorrow that high ideals are not likely to grip us as hard when we are weary, worn, and disappointed. Many under such circumstances have bartered away their birthright just as Esau did. They have yielded to temptation and eaten things that did not harmonize with their principles. They have been tempted to partake of the intoxicating cup or to indulge in practices that lower them to the level of the beasts. Paul said, "Looking diligently lest any man *fail* of the grace of God; . . . as Esau, who for one morsel of meat sold his birthright. For ye know how that afterward . . . he found no place of repentance, though he *sought it carefully with tears.*" Heb. 12:15-17.

Thousands of our fellowmen have traded off their birthright of health and happiness for the *gratification* of appetite just as certainly as Esau did, and are today, like Esau, regretting the transaction with tears. Are you who read these lines selling your birthright in any particular? If so, read the story of Esau, for we can find Esaus in any community and in almost every church. Unless the Lord is helping us there is something of Esau in each of us.

#### Dairy Products in Bible Times

Curdled milk (Job. 10:10), or what is now known as kumyss, was a very common and wholesome article of food in Bible times. So was also fresh, or what is now known as cottage, cheese. Butter was not ordinarily used. What is translated butter in our English version is generally curdled milk in the original.

Palestine was a land that "flowed" not only "with milk" but also "with honey," for the wild bee was everywhere, and so honey was abundant and a common article of diet. As more than half of it is natural

sweet it is a wholesome food when used in moderation. On this point the wise man said, "Eat thou honey, because it is *good*." Prov. 24:13. That is, provided it is not used in excess, for "It is not good to eat *much* honey." Prov. 25:27.

#### Flesh Food as an Article of Diet

The divine dietetic program for Adam and Eve was the natural products of the earth. (Gen. 1:29.) After the flood when sin had disarranged everything, man was permitted to eat animal flesh just as divorce was permitted, but "from the *beginning* it was not so." Matt. 19:8. While the children of Israel were permitted to eat flesh they were not allowed to eat all kinds of animals. There was a distinction made between the clean and the unclean. Lev. 11 and Deut. 14. It is extremely interesting that those beasts and birds that lived on flesh were considered unclean. It is well known that the flesh of such animals tastes strong. That should be a good hint to carnivorous men.

Gautier, the eminent French authority on dietetics, has well said, "Exaggeration in meat diet is not favorable from any point of view. It makes individuals more aggressive, more headstrong, and the intelligence less keen. Do not let us sacrifice to the worship of meat! The well-to-do classes are only too carnivorous. . . . A diet, the exaggeration of which is the origin of so many physiological and morbid disorders, could not be favorable to the good development of the family or of the race."

The Bible also gave permission to eat grasshoppers. There are some today who can sit down and pretend to relish frogs' legs and slimy oysters who would feel creepy about partaking of the cleanly grain-eating grasshopper. It only shows how custom can pervert not only our appetites but also our senses. But back of this provision was another wise reason. Those grasshoppers used to come in such swarms that they ate up every green thing, and then it was that the people could in turn *eat* the grasshoppers and thus be preserved from starvation.

#### Some Wise Restrictions

Most of us who have grown up in the

country can remember cattle that have been nearly killed by some other animal speedily butchered and sent down to the meat market, but God provided that "Neither shall ye eat any flesh that is torn of beasts in the field; ye shall cast it to the dogs." Ex. 22:31. Nor were they to eat of any animal that had died of itself. (Lev. 17:15.)

#### Blood, a Filthy Food

Modern scientific research shows clearly that the kidneys do not *manufacture* their excretion. They simply *subtract* this substance from the blood. *All* that the kidneys eliminate every twenty-four hours was carried to them through the blood stream. So any one who eats blood partakes of a certain proportion of this loathsome poison.

While the Lord gave Noah permission to eat flesh he absolutely prohibited the blood. (Gen. 9:4.) Again it was said to the children of Israel that, "Whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth *any manner of blood*; I will even set my face against that soul that eateth blood, and will cut him off from among His people." Lev. 17:10.

Today we can go by any butcher shop and see fowls and game hanging up there till they turn black, containing all the blood with all of its filth. Think of up-to-date homes that contain pianos, phonographs, and have costly paintings on the wall and yet such enlightened people can sit down to a table and eat flesh that is *saturated* with such filthy and loathsome toxins. And then stop and think how much *progress* we have really made in thirty centuries!

While the ceremonial features of the law of Moses ended at the cross, this question of eating blood was *prohibited* even in the Christian dispensation. At the first General Conference of the primitive church it was unanimously ordained that the Gentile Christians should be asked to *abstain* "from blood and from things strangled (as they would contain *all* the blood), and from fornication, from which if ye keep yourselves, ye shall do well." Acts. 15:29.

Even ordinary meat is saturated with blood. That which was contained in the

blood vessels, of course, ran off when the animal was properly killed, just as the *surplus* of filthy water will run out of a sponge, but what can be squeezed out of the sponge is just as filthy as what ran off.

Tie a little piece of meat under a water hydrant for several hours so that the water washes all this filth away. The fleshmeat will finally become almost as white as yarn and practically as *tasteless*. In other words, what makes people smack their lips when eating juicy beefsteak is not the nourishing part of the meat; it is the waste products. That is why orthodox Jews to-day will not eat meat that is sold in the ordinary butcher-shops, and in that respect they are right.

#### Voluntary Suicide

When a man hangs himself from a beam till he is dead, the coroner's jury pronounce it a case of suicide. When his neighbor spends five years eating and drinking in such a manner as to destroy himself, then it is often considered a "mysterious dispensation of providence," even in the face of this Bible admonition, "When thou sittest to eat with a ruler, *consider* diligently what is before thee; for thou wilt *put a knife* to thy throat if thou be a man given to appetite." Prov. 23:1, 2, Jew. Ver., margin, R. V. It is particularly the dainties, the fancy desserts, the "goodies" that deceive our appetite at the expense of our body, that we are warned against. "Be not desirous of his dainties, for they are *deceiving* foods." Verse 3, Spurrel's trans.

In foods as in other things, there are many things that are lawful to us that are not expedient, especially if we are brought under their control. (1 Cor. 6:12.) How often I am asked, "Do you think there is any harm in taking a little stimulant?" I know too many men and women who are brought under bondage by it to make it safe for me even if it might not become my master. All about us are men who are slaves to tobacco. For their sakes if for no other you and I must leave it alone. I have seen women who are just as abject *slaves* to tea and coffee. Paul felt so deeply over this cheap grade of Christianity that had already begun to exist in his days that

he wrote to his Philippian brethren with tears that there were some whose *end* will be destruction and whose God is their *stomach*. (Phil. 3:18, 19. Emph. Diag.)

Everywhere you can see professing Christians worshiping their appetites just as certainly as the poor heathen are worshiping false gods. Their God is their stomach and they "mind earthly things."

#### LIVING EPISTLES IN THE OMI MISSION

WM. MERRELL VORIES

Hachiman, Omi, Japan.

The picture of the three young men illustrates the work that is being done among the students in Omi. When we wish to persuade any one of the truth of Christianity, it is our practice to bring such people into contact with some of the fruits of the work. If we can get one who has any interest at all in the subject to spend a few days or weeks with us, observing the lives of the workers and the different activities of the mission, we find the result far better than argument in convincing them of the power of Christianity.

Each one of these three young men has had an interesting history. The one in the center of the group is one of those who originally tried to break up our Bible work among the students. The first time he attended a Bible class he came with the purpose of starting a riot. He had been drinking heavily in preparation. He was quite astonished at the friendly reception he received and found no good excuse for starting the riot he had proposed, so he sat and waited for an opportunity. As he became more and more interested his purpose changed, and at last he decided to enroll as a regular member of the Bible class. It was not long till he had a new vision of life, had reformed his own bad habits, and became a member of the Christian group. Today he is treasurer of the mission and one of our most valued workers.

The young man on his right was also a student in the provincial academy when I first went there to teach. Because of his bad habits and general lack of interest

in his school work this young man dropped out without graduating.

For some years we lost sight of him. Finally his uncle came to us saying that he was going rapidly to destruction and asking us to please take him as apprentice in our architectural office and try to influence him to give up his bad habits. At first he was not a very willing subject, but gradually he began to try to do the work, and the influence of the other young man, of whom I have just spoken, began to tell upon him. Within two years he was not only thoroughly reformed, but had joined the church, was teaching a Sunday school class, and finally entered the evangelistic services of the mission.

The third young man of the group was also one of the former students. Being from a wealthy family, he had been accustomed to having things easy all his life, and when he finally displeased his father and had his allowance cut off, not having any experience in earning his own way, he drifted into dishonesty and was at one time in prison. This young man also has become a man of good character and faith and has become a voluntary worker in the mission.

This spring when three of the officials of our province came to us with the request that we should take their sons into our dormitory and keep them during the years of their youth, training them up into Christian manhood, we asked them why they made this request, and were told that the fathers in each case had been observing the effect Christianity had had upon the young men such as the three we have just incided, and it was because of what they

had seen of the transforming power of Christianity that they asked us to train their sons as Christians.

### "PASS IT ON"

(From the Indiana Reformatory.)

"Many thanks to you once again for THE LIFE BOAT, which I received last Sunday morning. I can surely say it was a great blessing to me and my fellow inmates, who get it when I have read it. I felt very much like this: 'Have you had a kindness shown? Pass it on.'"

I hope you will send me some kind message again. I will wait patiently on the Lord for all things, and cling to His everlasting love and tenderness. I

must not expect too much from you for

I know you are a busy man.

I am longing to know what work the Lord has for me in his vineyard, that someone may be saved by grace through all eternity.

He has brought me out of the pit and the mire and set my feet upon the Rock to stay, and put a new song in my soul.

"I would like to be with the good friends that I hear so much about in THE LIFE BOAT. I do love to hear from you. Will close with all good wishes for greater blessings from the Master."

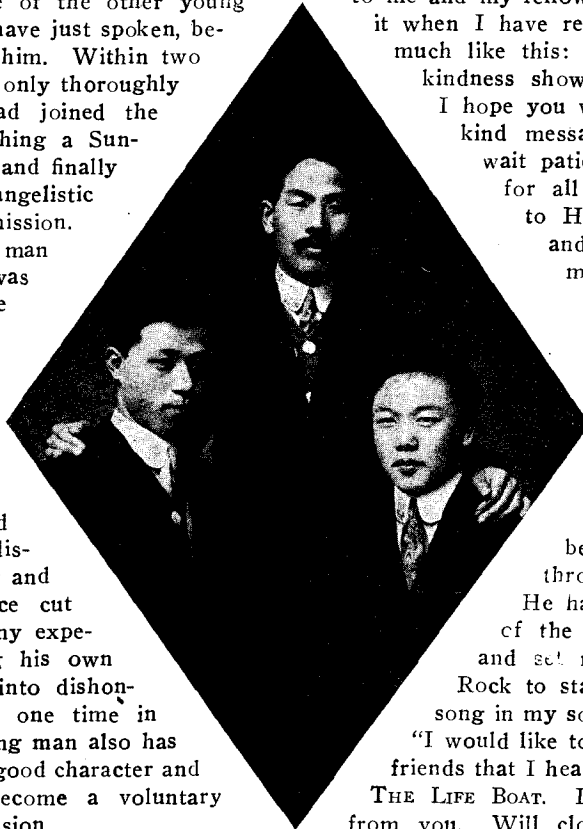
In prayer it is better to have a heart without words, than words without a heart.

\* \* \*

Cold prayers never bring warm blessings.

\* \* \*

He makes a poor business of life who lives for business alone.



## EXPERIENCES AT THE NURSES' CENTER

MILDRED KNOWLES.

[Miss Knowles and Miss Leffler are the two nurses who are now taking care of the Hinsdale Nurses' Center work. Their souls are watered as they go about relieving suffering humanity and bringing the gospel of peace and good cheer to sin-sick and discouraged hearts. These young women are looking straight to God to furnish means to maintain the work. Anyone who desires a part in this work may send their contribution direct to the editor.—Ed.]

As we go out in the morning we always feel our own weakness and have to ask the heavenly Father to go with us, and He certainly does go with us and blesses us. I want to tell of a few cases we have had to deal with. We had been attending for some time a woman with symptoms of typhoid fever. She was not able to pay us anything, but a week ago we went back to visit her and she gave us five dollars. That showed her appreciation of the work we did.

Then there is another case we have been treating for some time. Two weeks ago I gave a woman a massage to the limbs. When I went back her limbs were so swollen she could hardly walk, and she blamed the treatment. Of course it could not be that, but she wanted to blame something. She had been taking a heart stimulant and we believe it was that medicine reacting on her. We have everything like that to meet, but the Lord is blessing our treatments. Her husband has really not had much faith in our treatments, but the woman has tried to have and is still willing for us to go there.

I think I have been impressed the past two weeks as never before with the curse of drink. In reading children's stories as a child I never could realize the curse and wretchedness that drink wrought; but I have seen it the past two weeks. One Saturday night we were called to a home where Miss Stapp had been visiting for some time. This night a baby was born, and the husband was not there at all. The woman had no help and the house was in a wretched condition. Every cent the husband had went for drink. The woman had no clothes and nothing ready. When we left we told the patient she could have the window open in the bedroom; but when we went back we found the window had been shut. The woman had so many superstitious ideas.

And when the baby was born she wanted to give it gin.

There was another case of a patient in very poor circumstances. One morning as we were going out this woman came to us and wanted us to come right over as she thought her mother was dying. We went over but found the woman was hungry. That was what was troubling her more than anything else. The daughter is doing general work and gets fourteen dollars every two weeks, and they have to give thirteen dollars for rent and have this one dollar to live on, so they have to go in



GLAD TO "STAND IN THE CORNER" TO GET HIS PICTURE TAKEN.

debt. And that is the way they live. We have been able to help the mother quite a bit. One day we went over there and gave three treatments.

The woman who had the little baby appreciated our work so much that when we went back there she insisted on our taking a dollar. Everywhere they show they appreciate our work and everywhere there is need of it, and I am sure as calls come we must go out and answer them. From all over the city come calls for help and some one must go and answer them. We want to heed the Master's call, to do what He wants us to do.

### SPIRITUAL AND PHYSICAL MINISTRY

VOLBORG LEFFLER

2348 Park Avenue, Chicago.

Some of these dear souls expect a great deal of us and we see how unable we are to do anything of ourselves.

Just now we are studying the Bible with a woman who is greatly interested in its truths. She asked us to come and we chose Friday evenings for this study. I can assure you we look forward with joy to our little Bible study. She seems to enjoy it very much and always asks us to come again. We study one subject each evening. This is a new thing for her, and she says she gets more out of the Bible than ever before. The Lord certainly leads with His kind Spirit, and these little studies are more dear to us each time.

As I visited one old lady, who has improved greatly through the treatments given, we were speaking of some of these precious truths, and she said with beaming face:

"If I ever get well I will be so thankful to the Lord, to you girls, and to all who have been so kind to me; and then I can work again and support myself."

She is over seventy years of age and has no home and no one to care for her except a kind woman, who has taken her in. Think, at this age, to look back at a life spent in hard toil and all her strength exhausted in raising a family of fatherless children, and then to have nothing as a reward here on earth. Then, "How beautiful upon the mountains are the feet of him that *bringeth* good tidings of good." Is. 52:7.

"Work . . . while it is day: the night cometh when no man can work." John 9:4. This is a truth that should inspire us to put forth our greatest effort in helping those who are in need. How much easier this would seem and how much more we would realize its importance if we always remembered that our angel is continually by our side to give the needed strength. Christ says, "Lo, I am with you always, even unto the end of the world." This promise is a source of strength to us as we visit those who so much need a helping hand. We believe that this promise includes all things, and we go to Him in prayer for spiritual, physical, as well as financial help, knowing that Christ is interested in his own, and He says that whatsoever we ask in His name, that shall we receive.

When sometimes the work seems strenuous and the results small the question will come, "does it really pay?" Then we must remember the Bible value of a soul is that of heaven and earth.

### SPECIAL NOTICE

Those desiring to send new or cast-off clothing to the Hinsdale Nurses Center work are requested to ship same, freight prepaid, directly to the LIFE BOAT, Hinsdale, Ill. We cannot be responsible for goods sent to the Chicago address. Hence, we trust our friends will note carefully these instructions.

### "INASMUCH"

Lines to a Sanitarium Nurse.

EVA M. DAVIS.

Only a cluster of autumn leaves,  
Red and yellow and brown,  
Plucked on a bright October day,  
Ere the wind sent them whirling down.

But loving thoughts had guided the hand  
That picked the flowers that day;  
And as I looked at their beauty fair,  
A low voice seemed to say:

"The loving thought and the kindly deed,  
The gentle tone and touch,  
Still, as of yore, bring the blessedness  
Of the Master's 'Inasmuch'."

Another man's burden is the Christian's best badge.

**BLESSED EXPERIENCES**

MRS. D. K. ABRAMS,  
3508 Rhoades Avenue, Chicago.

I was recently called by telegram to come to my mother and aunt in an adjoining state, who are very feeble. During a two weeks' stay with them I prayed most earnestly that the Lord would show me something to do that would best please Him, and be to His honor and glory.

I wrote a friend of mine that I expected to be with my mother for a short time and would like to see her, so she wrote me to come. I prayed over it, but could not see any light in going, as I was short of money, and I thought of the time I would waste in going. How the devil worked to keep me from going, for he knew God had a work for me to do down there in that place. I received another letter to come, and that my friend would be disappointed if I did not come, so I went.

While eating dinner at her home, she prevailed on me to give a talk to the mothers and young women of her town and tell them about the rescue work in Chicago. You can imagine my surprise at being asked to do such a thing, and, to tell the truth, I did not want to do it; but I prayed over it. And while praying, a text of Scripture came to my mind and some of the experiences the Lord wanted me to tell to the people.

My friend and I called on the different ministers of the town and their wives, and I told them about the work the Lord had called me to do. They were interested. I showed them a copy of the LIFE BOAT and told them what its mission is; that it is to uplift the fallen. They all said they thought there was need for such a meeting and they would be glad to announce it in their churches.

The Lord gave us favor with the ministers and their wives, and we thanked Him for it. But all at once I got to thinking about who would lead the meeting. Mr. Rogers, the Methodist minister, could not be there, as he had an appointment to fill, and as I had never led a meeting, I began to feel shaky.

I prayed again, and the Lord was with me in mighty power. Words came to me faster than I could give them, and I never

felt the Spirit's presence with such power. Hearts were touched and tears were shed. I talked for one hour and fifteen minutes and could have talked longer. Some came to me after the meeting and said they did enjoy my talk. My friend took up a collection for the rescue work.

This friend of mine has been teaching a Sunday school class of women for almost a year in the Methodist Sunday school. They love her, and she is letting her light shine as a teacher. I had the privilege of being in the class she taught the Sunday I was there. God is giving her wisdom in teaching the truth to her class. She invited her class to take dinner with her, and she gave them a Bible reading and they had testimony meeting.

I praise the Lord for the opportunities He gives us in working for Him. I have thought since of the many isolated brethren who don't have church privileges of their own, who could go in and work in the different churches for the salvation of souls. This woman is certainly doing a work many others could do, and how happy they would be in giving the truth to others! This teacher writes me that she has presented each one of her class with a chart containing the law. She also wrote that a woman had just called over the telephone and asked where to find the Ten Commandments. She says they often have telephone calls asking where such and such a Scripture is found. She is so glad she can do something.

My prayer is that others will be inspired by the work this teacher is doing and do likewise, for soon the work will be finished and Jesus will come to claim his own. Pray for this teacher.

**FEELS PRETTY MUCH ALONE**

A prisoner in the Indiana state prison writes:

"I feel pretty much alone and I assure you a letter cheers a man in here. I wish I could tell you how I enjoyed THE LIFE BOAT; it deserves the greatest success, as do all connected with it.

"I mean to do better. I have made up my mind to be a different man, for Christ has made me whole, and with His help I will win every battle. Let me hear from you often."

# Story of A Japanese Convert

In the Omi Mission

E. V. Yoshida

Hachiman, Omi, Japan.

[Some months ago we had the pleasure of a visit from Wm. Merrell Vories, founder of the Omi Mission and author of the book, "A Mustard Seed in Japan." Our readers have enjoyed reading a report of his talk given before the Hinsdale family, which was published in the November and December numbers. More recently, Mr. Yoshida, one of his most promising converts, also visited Hinsdale, and we are glad to publish this month the story of his conversion, from our stenographic notes of his talk.—Ed.]

I WAS brought up in a home where there was no religion. My people believed in Buddhism, Confucianism and Shintoism all together. That means that they didn't have anything straight; that means no religion.

My father was one of the first agents of the Standard Oil Company and he knew something about Christianity. He said, "There is no money in Christianity. Christians are most too honest." It was pretty bad, the atmosphere where I was brought up. It is changing now.

I graduated from the public school in the city where my people lived. They thought it would not be good for me to be brought up in the city, so they sent me to a government school in the little back town of Hachiman, Omi, a very old and dead town.

Then came Mr. Vories from America to teach us English. He was the only American we knew and we just stared at him. He looked very young. He was smiling, and said to us, "Now boys, I am feeling pretty lonely here and I wish you would come over and see me." We knew enough

English to say "all right" and we all said, "all right."

We used to go around to see him and he gave us interesting times.

## Thought I Was Trapped

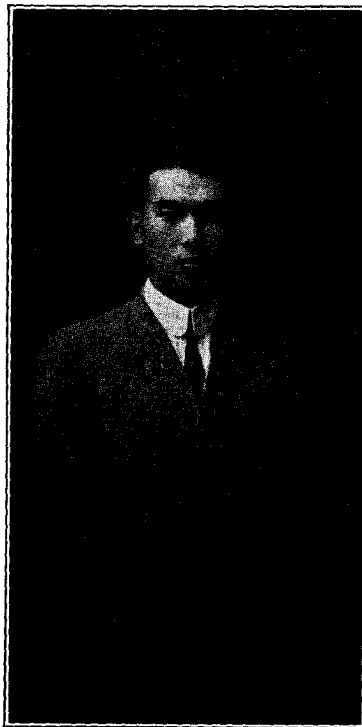
One day Mr. Vories said, "Let us have a Bible class." I said, "If a Bible class is just as good as these games we will come sure."

He began to teach Christianity. And then I thought I was trapped, I wanted to get out.

I said to him, "Mr. Vories, I don't like to study anything about Christianity. I am the only son and I have to inherit my father's property, therefore I will not be a Christian, but if you will promise me that you will not urge me to become a Christian, I will come to Bible class."

He said, "I'll not say a word."

One day he said to me, "Yoshida, will you come and live with me?" I said, "all right" and went. The place he had for me was a dark hole in the attic, and the house was three centuries old, but those Bible classes began to have a marvelous effect upon the students.



MR. YOSHIDA.

They began to have prayer meetings. I said, "All right, I am going to the prayer meeting and learn some of those old English words like 'thou' and 'thee' and 'thou art.'" Those prayer meetings were all right. Many of the boys became converted. They began to be good. I was standing aloof.

I said, "What is the use of becoming a Christian, anyway? Christianity is such a small thing, just being carried on in the western world alone. We have Buddhism in our orient."

I began to study what Christ taught us in the sermon on the Mount. I thought it was pretty deep, a little deeper than Confucianism. Christianity seemed to be one of the leading religions and then I began to see what a great *man* Christ was. But one writer said that Christ may not have existed at all. So I was mixed up every way. I did not know what to do, but I was watching my friends and they were getting better.

#### How My Roommate Bothered Me

I had a roommate in this little dark hole in the attic. He was a great big fellow—the worst student in school—but as he came in touch with this man Mr. Vories he began to change, and I allowed him to come into my room. He prayed in the evening. Well, as far as prayer meetings were concerned, I had some pleasure in listening to the old English words, but when I saw a man praying right *next to me* I didn't like it. He didn't mind me at all, of course. He prayed just the same. I went up and punched him.

He said, "What are you doing?"

I said, "I hope you'll not pray before my eyes."

One day, when I was fully decided he should stop praying before me, he said to me with a very serious look, "Now, Yoshida, you don't know what you are doing. You wait, I am going to pray for *you*."

I said, "All right, go ahead."

One morning early I found this man praying in a dark corner of our room in a little closet. There was a curtain hanging and I looked through. I saw him praying and shedding tears, and I began to think that prayer was a genuine thing, that it was

personal communion between God and man. He kept on every morning, and of course I could not punch him, so I just left him alone, but as he went on *persistently* asking God for me to give my life to Him, I began to think.

#### Began to Clean Up

It worked on my nerves, as you American people say. One day it came to me like a thunder bolt: "Why, I am so bad, so wicked!" It came to me very strongly that I should try Christianity. It was the first time in my life that I had the garbage can of my character opened. It was very bad, and I began to clean up.

When I went home I faced rather a funny situation. My people laughed at me.

Some one said, "Give us a sample prayer."

Another said, "Sing us some Christian songs that we may drink and have a merry time." I really hanged my harp on a willow that day. I felt just like the Psalmist when he wrote the 137th Psalm.

Mother came to the rescue. She said, "Well, I will let you go this time. If you study Christianity and do it seriously you will become a good Buddhist."

It was a challenge. I said, "If you study Buddhism you will be a good Christian in two or three years. Let's try."

Everybody stopped mocking me.

I went back to my school, met Mr. Vories again and told him what happened, and I began to study seriously what the Bible taught.

#### Persecutions Helped the Most

The things that impressed me most and helped me most were the persecutions that we received from others. It was a good thing to shed blood for the Lord. When a man slapped me on the face, and blood came, my heart began to boil and I wanted to kill that man, but Christianity stopped the passion of anger. One of my Christian friends was cast into the river one night. Yet we had very happy times.

Mr. Vories lost his health with the second year of his stay in Japan. We all expected him to die. It was finally decided that he should come back to America. But he told me, "I am coming back to you."

They carried him on a stretcher to the boat. When he found they had bought a one-way ticket he said, "Go and change my ticket to a *return* ticket. I am coming back here by all means." Slowly the man took the one-way ticket, borrowed money, and bought him a return ticket. That is the spirit Mr. Vories had. He decided right at the gate of death that he was coming back to Japan and die there.

But marvelously the Lord restored him to health and in six months he was back there leading us, and I tell you we were happy when he came back. We went on with all our might. And then the awful check to our work came. The Buddhist people saw us growing in strength and they began to stop the Christian influence. Mr. Vories was discharged from the school. He had just built our large new building and he didn't have a cent left.

#### Manna in the Twentieth Century

At that time he said, "God has sent me here and I see great fields without any missionary, and why should not I become a missionary?" I told him it was a most foolish thing.

"How are you going to live?"

"Manna from heaven will come."

I said, "No manna in the *twentieth* century."

He said, "Now let us pray."

Then we just knelt down and prayed hard and asked God to send us manna. When we arose, I said, "I don't think manna is coming in the twentieth century."

He said, "Wait. Will you stay with me if I stay here? If I have rice and salt I will get along some way. Will you stay?"

I said "Yes," I knew rice and salt would not cost more than five dollars a month and I could supply that.

That marvelous manna came in a strange envelope. An unknown American man traveling in Japan sent twenty-five dollars every month for two years. We two lived alone in that great big building and we did everything. We were kings inside of a castle. We found there were more than twenty-seven hundred Buddhist priests working against us. Two men and one Y. M. C. A.

building against all those Buddhist priests and temples was quite a match.

At the end of a year we separated. God was back of him. It means much if God is back of you. He began to get jobs as an architect and he began to earn money.

I went back to my business of catching whales. For three years I was away from this man Vories, but he used to come into my dreams. I could not get away from him. I always thought of him and never did I get a vacation but I would run up and see him.

His work began to grow. He gathered around him some Christian boys who might do some good for the province of Omi, with eight hundred thousand people.

One morning, three years after I left him, a voice came to me very strongly: "Don't you see an American who loves the Japanese working for your people with all his might? Are you not a Japanese?"

I said, "I am."

"And are you going to make money with this thing before you?"

I had to decide it, so I began to think. I didn't like to be a missionary. I didn't like to be mixed up with missionaries, but when it came down to that point I decided that I must *walk with God*. But when I came to this missionary work I found my life work there.

That was God's way in leading me to become a missionary. Now I am perfectly satisfied and I would not change my position for anything. There is a great difference when you throw yourself right into the work for God.

My mother, when she heard the heroic call of an heroic man, she joined our mission last year and is now studying in a Bible school.

Our work has been founded all on prayer. We do not argue, but we *live* our religion with all our might. And thus we are convincing people, because they see us work with our hands.

Now it is high time that Christians in America should pray. Prayer is like the wireless system. It can be caught up in Japan when Christians pray over here.

I am going back next February. I hope you will remember us in your prayers.

# "THE WAY OF THE TRANSGRESSOR"

BY A LIFE-TERM WOMAN PRISONER

[Just a few weeks ago we received a letter from a young woman inmate of the Vermont state prison, who was at that time a total stranger to us. Among other things, she wrote: "I have given my heart to the Savior and He keeps me from day to day, and although truly repentant for the crime I committed, in losing my freedom I have found the pearl of greatest price. There are eleven girls here besides myself, and I am doing all I can to point them to the Lamb of God. I am, with God's help, going to write a story of my life, entitled 'The Way of the Transgressor.' I am eager to do anything in my power to lead some poor, downhearted souls to Jesus and show them what He has done for me." And we are glad to present her story this month, knowing that the Lord will use it to His glory and for the salvation of souls. If there are other women prisoners who would like to correspond with some Christian woman, they can address Mrs. C. L. Clough, Hinsdale, Ill., who will be glad to get acquainted with them.—Ed.]

I was born in the pretty city of Wilmington, N. C. My mother was a good woman, also my grandmother, but I can not speak of my father, as I have never seen him. My mother was married again when I was five years old.

I was petted and pampered, as I was the eldest grandchild and the only girl for a long time. When I was eleven years old my mother died and I was left with my grandmother, who died a few months afterward. From then I was cut adrift; in other words, thrown on the world, for it seemed at times no one cared for me, and I saw many days that I was hungry and did not have sufficient clothes; but I still tried to be a good girl, as I had promised mama.

After some time I met a young man that expressed his sympathy for me and offered to make me his wife. And although I did not love him, as I know now, I became his wife when I was only fourteen years of age. We lived together about two years and I found that I had gone from bad to worse, and finally we separated. I still worked hard, and after my husband saw I meant to do right, he persuaded me to come back to him, which I did, but it only lasted for a while.

Afterwards I left Wilmington and came to New York City. I had never been to a ball, theatre, or in a saloon, but of course those were the first things offered me, and, strange to say, I never met one Christian that spoke to me of a better life. In a few years I was surrounded by a host of

friends: but soon sickness came and there was no one to help me. For many days I went hungry and without shelter and my friends would all say, "I wouldn't work, you are foolish." But I still tried to get a position, until finally I came to what I thought was the last hope.

Oh! girls, think of a poor discouraged woman when everything and every one seems to be against her! If we only knew the solace that Jesus brings we would be spared so many hours of sorrow. After getting well, I don't even remember of thanking God for sparing my life.

It was some time afterwards when I met my second husband. I was working at a club room as an entertainer. My conscience had pricked me on several occasions and I had made up my mind to live an upright life. So I told him of my intentions and in a few months we were married and lived happy for a while, but then came the awful truth,—another woman had taken my place. I worried until I was ill, as I felt I could not live without him. I cried and even got on my knees to him; but to no avail. My last resort was whisky, and on the fatal night of Sept. 9, 1912, under the influence of whisky, I committed the deed that brought me here. Twenty-six years old with a *life sentence!*

My first prayer since I was about fourteen or fifteen years old was on the day following that awful deed. I was then a fugitive from the law and something seemed to say, "pray." I prayed, but God did not see fit to answer that prayer, for the evening paper told of her death. I shall never forget how I felt when I read that account, but I still prayed.

I was arrested that night and taken to jail with no one to comfort me; but some mysterious Being kept me up and it was during my stay there that I accepted Jesus as my Saviour. I remember the day well. I sat looking at a picture of Jesus and I prayed continually for two or three days and these words came to my lips, "Christ shall be magnified in my body, whether it be by life, or by death." Phil. 1:20. I prayed, "God's will be done," and it was a wonder to many that I was so cheerful,

but I knew I was trusting a sure Captain who had never lost a battle.

When I received my sentence and was sent here I asked God's help to keep me and use me as an instrument in His service, and that is still my prayer.

Oh! that I could help some poor girl to see the danger signals and lead her to the Lamb of God that takes away the sins of the world, for I have seen and can say truthfully, "the way of the transgressor is hard." For what does it profit you to gain the whole world and lose your soul? When you are dead and gone where will be the clothes and money for which you have sold yourself? Dear sister, just think for a moment where you will spend eternity.

Our Father has said, "Him that cometh to me I will in no wise cast out." John 6:37. That means you. He is waiting to save, though everything seems against you. It matters not how low you have been, for if he saved me, the chief of sinners, he will save you. As I sit here and write these lines, although a prisoner, my spirit is free, and I thank God that through this hard experience I was brought to see my lost condition, and "He knoweth the way that I take."

May God bless these words, and I pray they may be the means of helping some storm-tossed soul on life's rugged sea to the Haven of Rest.

### "NOT ENOUGH OF IT"

(From the Clinton Prison, New York.)

"Your letter received, also the tract. I am studying my Bible faithfully every evening.

"Will some kind reader of the LIFE BOAT who has the book written by Gipsy Smith and has finished with the same be kind enough to send it to me and I shall appreciate it ever so much.

"I received the November LIFE BOAT. I could read such a magazine every day. I don't like fiction. A young man asked me if I had any reading matter; I said yes, and handed him my Bible, telling him to read a few verses about Joseph and his brethren.

He said 'Take it away; the world has had too much of that.' I replied, 'No, the world hasn't had enough of it; if it did, you and I wouldn't be here today.'"

### READY FOR MORE LIGHT

(From the California Penitentiary.)

"I received the book you sent me, also the copy of The Life Boat, and find them very interesting, but you have no idea how much I would appreciate a Bible of my own, so I could read the blessed teachings of Jesus Christ myself.

"I fully realize that man has not the power within himself to overcome his many weaknesses, but we must have something to read that will teach us how we must act to gain power enough to become acquainted with the prevailing spirit of God.

"My past life has been defiled in the pursuit of pleasure that created excitement. In order to thoroughly overcome and kill such evils, that I know are still lurking within my heart, it will be necessary for me to knock at the door of Divine knowledge for enlightenment.

"There can be no more direct way to such knowledge than a study of the Bible, because it is the only book from which I can get first hand experience, that will have a tendency to strengthen my character, and allow me to live in conformity with truth.

"I would much rather make progress slowly than I would to rush ahead, helter skelter, not having a satisfactory destination in view.

"I have resolved to strive diligently to reach a higher state of spirituality, and as I have no Bible I can not study the Master's work in a direct way, and I will not under any circumstances profess to believe until I am convinced that I really possess an understanding of His humble teachings.

"I honestly believe that I can become a conscientious follower of the Saviour, otherwise I would never have had the inclination to open up a correspondence with your organization. I leave my teaching entirely in your hands and will abide by your directions."

## Spreading the Gospel of Health Reform

W. R. Glanville,

Hinsdale, Ill.

[From time to time, as the opportunity presents itself, a group of the Hinsdale workers get out and visit the people in the nearby cities and towns, taking with them copies of the LIFE BOAT magazine and other health and soul-winning literature. They usually return with their hearts all aglow and their souls afire with missionary zeal. Their reports, which are usually given at the young people's meeting or at the morning worship hour, are a real inspiration to the entire family. As we consider the LIFE BOAT readers members of our larger family, we are passing on to them reports of a recent health and soul-winning campaign in Aurora and Joliet.—Ed.]

HEALTH reform is a very important part of the gospel, and when we are teaching it we are truly doing Christ's work.

During a two days' canvassing campaign in Joliet, Ill., I had a very interesting experience with a family consisting of the father, mother and three children. The father was about thirty years old and the mother about twenty-six, the children ranging from a baby boy eighteen months to the oldest girl, six years. They were a happy family, the parents being well educated and well-to-do people.

I had interested them in the book, "Practical Guide to Health," and had, of course, in my talk, dwelt on foods and food combinations. They were deeply interested and called my attention to the oldest girl, who had a very inflamed condition of the eyes. They had taken her to an expensive eye specialist, who told them the trouble was the result of feeding her too much sugar. I called their attention to Dr. Paulson's article in the November LIFE BOAT on the "Curse of Unnecessary Sweets."

In the course of our interesting talk I brought out strongly the evils of tea, coffee, meat and tobacco. The mother confessed she drank too much coffee and ate too much meat. The father confessed he had been having too much protein in his diet, although he did not eat much meat nor care for coffee. He also used tobacco both to smoke and chew.

They both had realized for some time that something was wrong with their method of living, but were at a loss to know just what it was.

When I had finished my talk on the evils of tea, coffee and meat the husband said,

"I'm glad you came; that is just the kind of a talking to my wife needs," and when I started in on tobacco, she said, "Give it to him *good*, he needs it."

After I had talked with them for about two hours and had sold the book, the wife turned to her husband and said, "If *you* will give up tobacco, I will give up tea and coffee." He replied, "Give up meat also and I'll do it." She agreed and so they promised each other in all earnestness.

I have reason to believe they both will keep their promise, as they were deeply interested in health reform, not only for their own sakes, but because they want to rear their children in the best possible way to produce health, happiness, and minds not hampered by bodily disease.

I believe God will bless them for their resolutions and also believe God will bless us richly for sowing seeds of health reform, for it prepares the mind for the indwelling of spiritual things.

### HOW A KIND WORD HELPED

WILDA SMITH

The experiences that I had while out in field work were worth much to me. I did not go out for the money that I could earn but I wanted to see if I could not be of some help to somebody, as I had become tired of just working at mechanical things.

While going from door to door I came to a modest-appearing house with a doctor's sign hanging out. The woman who came to the door was the doctor. She had a pleasant face and listened to my story, but did not encourage me in the least. She said she was doing all the work in that line that her time and her means would allow. Just as I started to leave I turned

and thanked her for her encouragement and good will, and said, "You know that is a good deal."

That seemed to impress her and she immediately opened the door and invited me in, took a paper, and showed me her laboratory and microscopical work, and told me of an unfortunate girl that she was helping and who is now trying to do what is right. She said she was interested in Hinsdale, and I invited her to come and visit us.

At one home an elderly woman came to the door. Her manner was rather cool. She did not even invite me in. She said, "Yes, it's a good work. I will pay for the paper, but you can give it to somebody else." But something I said awakened her interest and she discovered that she had met some of my church people and we had a good visit together. I learned that she had just buried her eldest son.

Another woman said she did not have time to listen, but as she stood in the door I kept on talking and finally she said, "That is a good work." Then she told me of a wayward girl that she knew of and had been helping and asked if there was anything we could do to help this girl. She bought a copy of the Life Boat and said she would give it to the girl, as she thought it would do her good.

### FOUND IT EASY TO INTEREST PEOPLE

MR. AND MRS. F. H. CHAPMAN .

We enjoyed our two days' experience selling LIFE BOATS very much. This line of personal work certainly brings one closer to the Saviour.

We found it an easy matter to interest people in real live missionary work such as is being carried on here at Hinsdale. Some were so interested that they purchased more than one copy of the LIFE BOAT.

Success can not be measured by the number of magazines sold, though we succeeded in selling about one hundred and twenty-five copies. We feel that the *real* success comes when the magazines are read and hearts are touched. We are thankful for the privilege of having a part in this work.

### CHANGED HIS HEART

(From Boise, Idaho, State Prison.)

"I received the Bible you sent me and it is appreciated very much. I offer my humble prayers every night and morning for God's blessing on your work and efforts to send literature to such as me. May God bless and reward you.

"I am a very poor student in Bible study because I can not pronounce the hard words. But I am very grateful for what you have done for me. I will kindly ask you to send me the LIFE BOAT, as I like it very much and can give it to others here who will appreciate it.

"Oh, dear friends, pray for me that I may prove strong and worthy. If I ever can pay you for the Bible I will be glad to do so, for I realize in your work you must have heavy expenses.

"May God bless you and all your workers, for I know that you do all you can to help poor outcasts like me. Your magazine does lots of good in these places. I do hope and trust that I may become a good upright Christian while here and go out into the world a strong servant for God, if God allows me to have my freedom again.

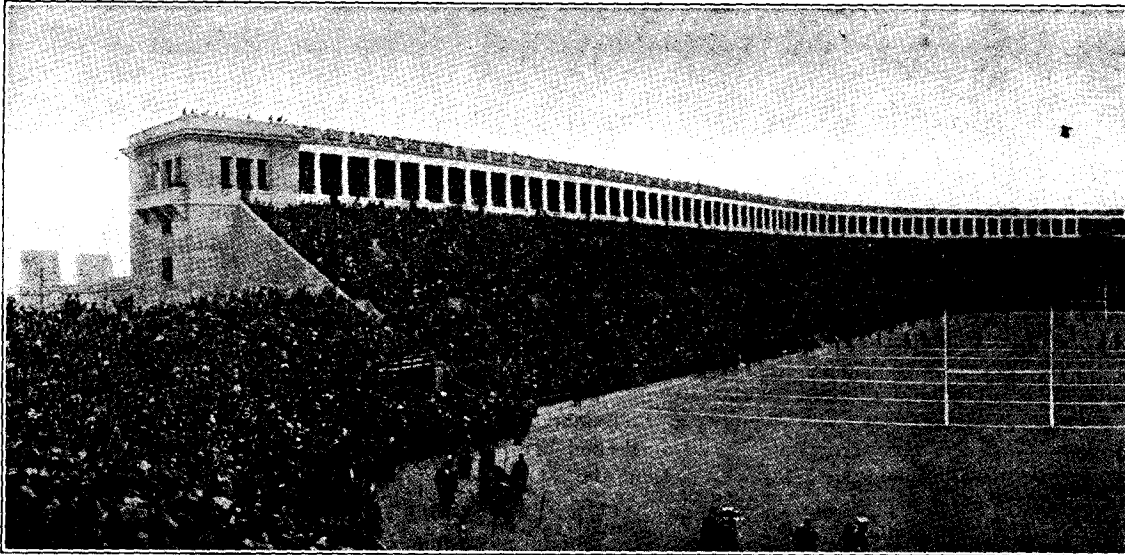
I am very weak and I often make mistakes, but I guess if we did not make mistakes we would not need a Saviour to help us. But praise His holy name, He has changed my heart and my thoughts and desires since coming here. I will admit that I am receiving just punishment, although my charge was not serious.

Any Christian literature you can have sent will be gladly received and well used.

### INSPIRED BY READING IT

(From the Illinois State Penitentiary.)

"I received the July number of THE LIFE BOAT and read it very carefully and enjoyed reading it. It is a great pleasure to me to sit in my cell and know that God will help me, even though I am a sinner. I know that He will help me just like He has helped those that I have read about, and I do hope that you will continue to send me THE LIFE BOAT; it has been a great help to me towards my taking different steps in life."



A REMARKABLE PHOTOGRAPH SHOWING 47,000 PEOPLE

## A Sign of the Times

David Paulson, M. D.

NOVEMBER 22nd a great football game was played between Harvard and Yale. This contest attracted 47,000 people. It is claimed that no other athletic event in this country to which a paid admission was required ever drew such a multitude. This country has gone football crazy. Religious services will only bring out a handful of the faithful, while a mere exhibition of human skill will draw tens of thousands.

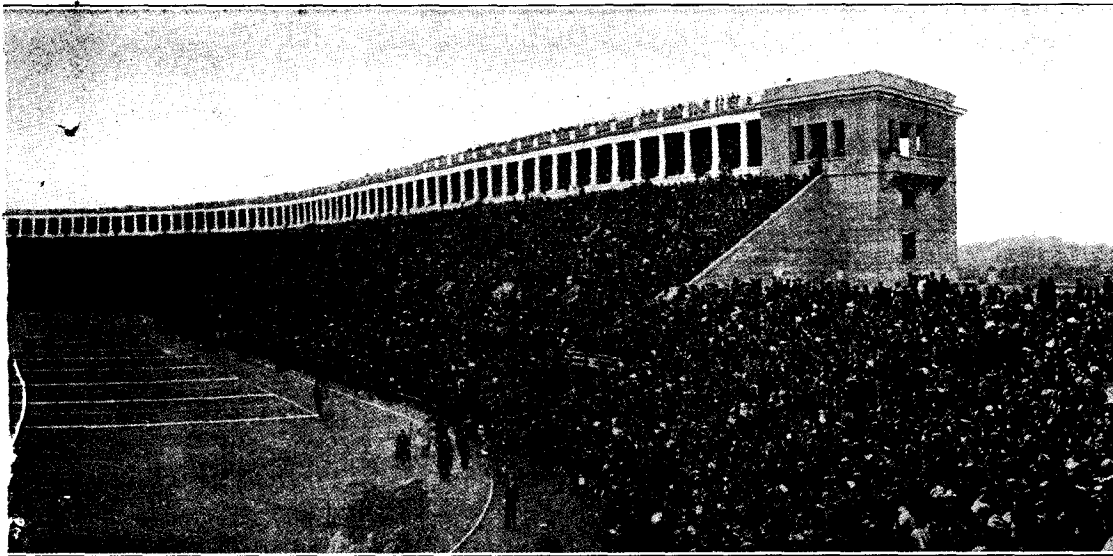
It is said that the newspaper accounts of these Yale-Harvard football games for the last twenty-five years, if placed end to end, would reach from New Haven, Conn., to Australia. Paul declared that it would be a sign of the "last days" that men should be "*lovers of pleasures* more than lovers of God," yet this very class of people would have "*a form of godliness, but denying the power thereof.*" Today we see a perfect frenzy for pleasure measured over against a feeble, waning piety. "*From such turn away.*" 2 Tim. 3:1-5.

The sin of ancient Sodom was, "Pride,

fullness of bread, and prosperous ease," and indifference to the "poor and needy." Ezek. 16:49. R. V. And Christ declared that as it was in the days of Lot, "they did eat, they drank, they bought, they sold, they planted, they builded;" (intense commercial activities) "*even thus* shall it be in the day when the Son of man is revealed." Luke 17:28-30.

This is a picture of the generation in which we are living, the very time of which Christ spoke, when he said, "Because iniquity shall abound the love of *many* shall wax cold, but he that shall *endure* unto the end the same shall be saved." We see fulfilled before our very eyes, and for the *first* time since Christ spoke those words, "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. 24:12-14.

The next thing we may look for is "The day of the Lord *will come* as a thief in the night; in the which the heavens shall pass away with great noise, and the elements



WITNESSING THE YALE-HARVARD FOOTBALL GAME.

By Courtesy of Current Events Pub. Co., New Haven, Conn.

shall melt with fervent heat, the earth also and the works that are therein shall be burned up. Seeing then that all these things shall be dissolved, what manner of persons *ought ye to be* in all holy conversation and godliness?" 2 Peter 3:10, 11.

Instead of being contaminated with the prevailing iniquity and hypnotized by the spirit that is now dominant in the world, we should, "seeing that ye look for such things, *be diligent* that ye may be found of Him in peace, without spot, and blameless." 14th verse.

Just as certainly as this old world is nearing its end, just so certainly God is preparing a remnant who are having just such an experience. Do *you* belong to this class? If not, why not? Join it today or you may be among those who shall finally say "The harvest is past, the summer is ended, and *we* are not saved." Jer. 8:20.

### STILL STRUGGLING ON

(From the Indiana Reformatory.)

"I find it hard to live for the Lord in here. At times I almost give up the attempt amidst the trials and temptations among the boys here. But I stop to think of the way the Lord Jesus was tempted of the

devil in the wilderness and upon the mountain top. I feel that my surroundings are nothing as compared with the life of Jesus and His ministry. I still struggle on for through Him I shall win and be the victor in the fight. I am praying for word from you. I will wait patiently for it in due time."

### THE SHIP OF MY SOUL

[Mrs. Thos. Kelley, of Morse, Sask., Canada, sends the following lines which have been of much help to her, hoping they will be a similar help to others.—Ed.]

"Master, come Thou to the ship of my soul,  
Enter the vessel and take the control.  
High are the billows and wild is the gale,  
Broken the mast and tattered the sail;  
Over the side pours the weight of the wave—  
Save me, Thou Master of mariners, save!

"Hatred is blowing a blast from the north,  
Passion is flinging its hurricane forth,  
Anger is foaming, and ceaseless unrest  
Rages and tosses from east to the west.  
Nothing but madness and terror and strife  
Lash in their fury the sea of my life.

"Long at the helm I have battled alone,  
Turning the vessel in courses unknown.  
Long have I drifted, the sport of the deep,  
Here where all demons their harvestings reap.  
Where is my helper? Oh, Master, 'tis Thou.  
Rescue me, Jesus, and rescue me now!

"Stretch forth Thy regal, omnipotent hand,  
Speak to the tempest Thy word of command,  
Bid all its frenzy and turmoil to cease,  
Pour on the ocean Thy Infinite peace.  
Be Thou my Master and ever control,  
Jesus, my Master, the ship of my soul."

# India, The Plague Spot of The Earth

John L. Shaw

Foreign Mission Seminary, Washington D. C.

[Prof. John L. Shaw, who has spent a number of years working for lost souls in India, stopped off in Hinsdale recently and gave our nurses an interesting and inspiring talk, a part of which we reproduce herewith from our stenographic report.—Ed.]

I AM glad that there are a number of young people here who are being trained for the Lord's work. Medical work appeals to me.

We have a large number of sick in India. You scarcely go into a house in India but that you find some one sick, or lame, or has leprosy or some other loathsome disease. It is the great land of disease. It offers a wonderful field for medical missionary nurses.

In only one year we treated 42,000 cases in our various dispensaries. Think of it! We do not have quite so elaborate facilities for treating the sick as you do here. One of our dispensaries cost us only about seventy-five dollars. It consists of two rooms,—a place where we give fomentations, and a little place for keeping our medicines. But in that little dispensary we can treat fifty cases a day, and you would be surprised at the cases we get there.

This time of the year people come in who get burned. In their homes they do not have bedding enough to keep them warm so the only thing for them to do is to shut up the house and put a little charcoal fire underneath the bed. Oftentimes they fall to sleep and wake up, burning. We find people with great sores that have been caused by burns in the winter time. We have many cases of that kind.

And then we have all kinds of skin diseases. It is the greatest country in the world for skin diseases and troubles of that nature, also eye diseases caused by the glare of the sun. Our nurses have to treat these cases, dress the sores, and try to help the eye difficulties. This opens doors for missionary work. A nurse over there has a wonderful field for labor.

Sister Shryock, who has charge of a dispensary where are treated anywhere from

seventy-five to a hundred patients a day, has a number of native assistants whom she has trained to give treatments, and then as the people come she spends her time teaching them the word of God. You could drop down in one corner of India and do nothing but treat sores, but that is not our aim.

I was down in southern India where Brother James has a dispensary. There were many cases of cholera in the neighborhood and he saved one life after another,—people that ordinarily would die. I went down there to visit him and saw how the people came in and accepted the truth. They would say, "We believe in your God. Your God must be with you, because when you give treatment to the sick people they are raised to life."

I remember one case we had. One of our workers was taken with the Bubonic plague. Ninety-seven per cent of the people who have that disease only live a short time. As soon as she was taken with the plague the workers telegraphed me. I was a thousand miles away. They said, "We want you to pray." I announced it in the meeting. We asked the Lord to overrule, and He healed that woman. She was a very frail woman. We knew there was no human chance of her ever recovering. But that soul that was claimed by the hands of death, was raised up and was about her duty in a week's time. That is evidence that this work is something more than mechanical.

These people notice our lives and they watch us. When you get into a country like India it is not altogether what you do or what you say, but just what you *are*. I remember when I first went down to visit the Tamil people in southern India. They appointed some one to watch me. I

don't think there was any time when I was awake that I was not being watched. They watched me when I got up, when I prayed, when I ate my meals, and all the time.

It is the *life* that speaks, and that is the language that the native understands.

It is only as we are filled with the love of God that we can go out as medical missionaries and teach the people the principles of healthful living. If you can open up to them the Word of God and show that you have the love of God in your heart and that you are giving your life to the Master, there is something that appeals to the hearts of the people and leads them to believe in God.

### FOUND NEW JOY IN THE WORD

(From the New York State Prison.)

"I hope you will excuse me for being so bold in writing you these few lines, but I cannot help it; there is something telling me to do it. My cellmate was talking to me about you.

"He has also told me to ask our Chaplain for a Bible, which I have now received. The first night I had it, I opened it at random and the first thing that struck my eye was, 'In those days came John the Baptist, preaching in the wilderness of Judea, and saying, Repent ye: for the Kingdom of Heaven is at hand.' Matt. 3:1, 2.

"When I read this at first I did not know the meaning of it. But I reflected upon it, and it came to me gradually. From that time on I have made a study of different chapters, and have thought many times if I had only believed in God, I might be a better man today.

"I will make it a practice to read two verses of the Bible every day, and get down on my knees, and pray every morning and night.

"I will now close, trusting that God will have mercy upon a poor sinner."

"Unless evil habits are conquered, they will conquer us, and destroy our happiness."

### "WHERE IS OUR GOD OF OLDEN TIMES?"

CAROLINE LOUISE CLOUGH

We recently received an unsigned letter from which I quote the following:

"My husband is not converted. I have been praying very hard for him lately, but it does not help. God will not hear. I am very, very sorry. I can not believe in prayers any more. In olden times when God's people prayed, God always heard them, but He does no more. *Where* is our God and Father of old, the Lord of all power? Is there any among you that know how to pray like in the olden times when God heard and answered prayers? Will you pray then?—but not an ordinary prayer. It must be someone who knows God personally. I understand no more."

This letter, which is really pathetic, set me to thinking, and I can not let this challenge on my God pass by unanswered. It is true that there are very few manifestations of God's power among professed Christians today. But is God to blame? No, never. "Jesus Christ (*is*) the same yesterday, today and forever," and "Lo, I am with you alway, even unto the end of the world."

Let us look at some of the promises. Mark 11:24. "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them."

One woman had found this promise and had been praying for some selfish object. Not receiving an answer to her prayer she was about to give up her faith and curse God when she happened to meet a Christian minister to whom she told her experience. He immediately turned to 1 John 3:22, and read: "And whatsoever we ask, we receive of Him, *because* we keep His commandments, and *do* those things that are pleasing in His sight." She at once recognized that the difficulty was not with God but with *her*, and she began to make things right.

A few days ago a friend, as an accommodation, cashed a check for some one who was leaving the city. The check was sent to the bank on which it was drawn and

returned with the information that the person whose name appeared on the check had no credit in that bank. So it is with the great bank of Heaven. It has been said that, "Prayer is the key that unlocks Heaven's storehouse," but the *conditions* of answered prayer must be met. When these conditions are met, then we have a credit in the bank of Heaven and we can pass up our checks at any time and they will be honored.

We find in olden times as well as modern times that before every manifestation of God's power in behalf of His people there was a *putting away* of sin and a cleansing of the camp. The Lord says, "Your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear," Isa. 59:2. Also, "He that turneth away his ear from hearing the law, even his prayer shall be abomination." Prov. 28:9.

There is too much professing religion in these days and too little experiencing religion. No power in prayer means no God in the life. No Christ enthroned within means a heart stained with sin.

If you and I cleanse our soul temple from all defilement and "Keep His commandments, and do those things that are pleasing in His sight," how many, think you, will there be in this day and age of the world to hold up our God of olden times?

#### WANTS TO HELP OTHERS

(From the Clinton Prison, New York.)

"How glad and overjoyed I was to hear from you once more. Words cannot explain how good I feel when reading your kind and soul-touching letters. I earnestly believe that I am getting nearer to the Lord every day and that he will deliver me to the outside world some day.

"I will do as you say in your letter and lend the good text book to other men. I earnestly pray every morning and night to the Lord that he may lead me on the right road to a better life, and when I get to that path of righteousness I shall never leave it, but keep on and help others to find the same way.

"You have been very good to me in writ-

ing and sending me things that are dear to me. I wish to thank you very much for what you have done for me.

"I am studying faithfully, and please pray for me that the Lord may lead me to the outside world, where I can help others as they are helping me now."

Bind together your spare hours by the cord of some definite purpose, and you know not how much you may accomplish.

It is so easy to be bountiful with gifts: but the bounty of a little kindness is not so readily bestowed.

#### THE SPIRITUAL SIDE OF RESCUE HOME WORK

MRS. MYRTLE B. BRUNER.

Life Boat Rescue Home, Hinsdale, Ill.

[A few months ago Mr. and Mrs. Bruner, of College View, Neb., came to Hinsdale to secure a medical missionary training. Mrs. Bruner was immediately asked to assist the matron at the rescue home. She soon won her way into the hearts of the girls, and is now looking after the work while Miss Hibben is away on a vacation.—Ed.]

It is our plan to make this home not merely a place where the unfortunate may come for shelter and care in their trouble, but make it



ONE OF OUR MOST PROMISING BABIES.

a *home* in every sense of the word; a place where angels will love to dwell, where the girls may have the tender home influence

which so many of them have never known and which will help them to forget the past and press forward to the better and nobler things that are before them.

We feel that the Lord has been very near to us. We have been having some precious experiences. One of the girls, who had never made any profession, has been deeply interested in the Bible studies we have been having. A few days ago, after an interesting study together, I asked her how she felt about the things we had learned, and if she did not want to give herself to the Lord and His service.

"Yes," she said, "I do. From this time on I want to live for my Saviour, so that when He comes I will be prepared to meet Him." These confessions and expressed desires of some of the girls who now want to live better lives and are really beginning to do so, mean much to us who are in close connection with this work. We feel that this home and our lives are instruments in the mighty hands of God to rescue the fallen and help them to find that comfort and peace that comes to every true child of God.



MRS. BRUNER AND MISS ETHEL DEAN, THE NURSE, WITH FOUR OF THE BABIES WHO ARE ALMOST TOO SMALL TO BE SEEN.



ONE SWEET YOUNGSTER WHO SHOWS SHE IS HAPPY IN HER NEW HOME.

### GOD STILL FAR AWAY

(From the Illinois State Prison.)

"I wish to acknowledge receipt of your very kind and welcome letter and copy of the LIFE BOAT. I also have a letter from Miss Zada Hibben, for which please thank her for me.

"There have been so many radical changes here, and all for the better, that one can hardly realize that this is a prison.

"The report of the revival was a message to me. There seems so little hope when once one has left the path. And it is so hard to get back again when one has no anchorage. True it is that *God* is an anchor, but He seems so remote and far away at times, especially when we need Him most. Then comes the old cry, 'What's the use?' Things go wrong again. It seems that we are like the Ishmaelite: 'His hand will be against every man, and every man's hand against him.' Gen. 16:12. But I am trying and going to keep on trying to do right from now on."

### THE GOOD SAMARITAN INN

DAVID PAULSON, M. D.

During the past month the workmen have been busy putting the finishing touches on the Good Samaritan Inn. Treatment fixtures have been installed, plumbing repaired, floors have been painted, walls have been freshly papered, and already enough sick poor are waiting for its doors to open to nearly fill the building.

To those who did not have an opportunity of reading our article in the last LIFE BOAT, I will say that this institution is an original and unique plan for caring for the sick poor without destroying their self respect.

Rooms will be furnished for a couple of dollars a week; board at practically cost, on the European plan, so that each patient will pay only for what he actually eats and may select the simpler and most nutritious, and at the same time, the least expensive foods if he so desires.

Special efforts will be made to give the patient the benefit of the least expensive and yet at the same time the most effective treatments. Patients will be given the best that modern science has developed, coupled with loving care, and yet on such a simple and economical basis that the expenses will be within the reach of those who are in moderate circumstances.

For the benefit of the sick poor who have *nothing* to pay, we call upon those whom the Lord has blessed with some of this world's goods and who want to avail themselves of God's promise, "Blessed is he that considereth the poor: the Lord will deliver him in *time of trouble*." Ps. 41:1. We are calling upon such to endow a free room

an entire year for \$400, or \$5,000 will endow such a room, including, of course, board and treatments, for all time.

#### A True Picture

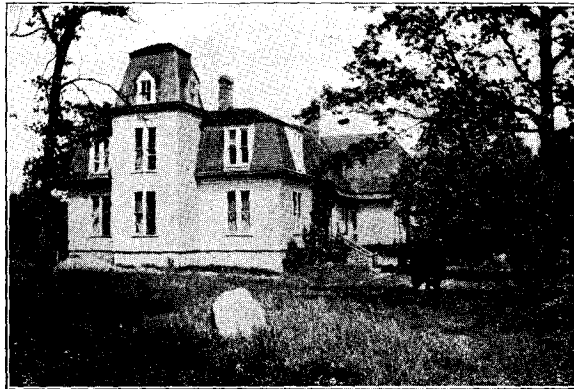
Think of the money that is frittered away in automobiles, in costly furniture that is blessing no one, in beautiful clothes that are not needed, and then think of a poor sick mother scarcely able to drag herself around, but who *must* keep on her feet for the sake of the two or three little children that are tugging away at her skirts. Perhaps her husband is away at work from early morning till late at night, he himself, possibly, in feeble health, struggling hard to make both ends meet. Then bear

in mind that perhaps a skillful operation with a few weeks' after care would almost give back to that woman the health and strength of her youth. Or if no surgical operation is needed several weeks of faithful medical care, and what is more important,

learning how to care for herself at home, would put the glow of health back again into those faded cheeks.

Here is a chance for somebody to do some missionary work that will bring genuine satisfaction in this life and a blessing in the life to come.

There is a debt of nearly \$15,000 on this Good Samaritan Inn building and the six acres of beautiful wooded ground surrounding it. It is, of course, not reasonable to suppose that the sick poor who come will be able to pay enough so we can earn off this debt. Either the Lord will put it in the hearts of some of his generous children to make it possible to pay off this debt, or else the



A VIEW OF THE GOOD SAMARITAN INN BUILDING BEFORE BEING REMODELED.

work of this institution will have to continue to be hampered with paying interest.

We invite our generous friends to seek God for wisdom regarding their opportunity in this respect. We ask them to come and investigate this work for themselves. Meanwhile, let the sick and suffering who cannot meet the regular sanitarium rates, write for further particulars regarding admission into the Good Samaritan Inn.

### A HINSDALE NURSE IN THE SUNNY SOUTH

ELMA F. JEFFRIES,  
Columbia, S. C.

It is now a year since our class of twelve graduated, and in some ways it certainly seems that long. For my part I can truthfully say Hinsdale is a dear spot in memory and I am afraid no other place will ever equal it.

The doctors allow me to apply hydrotherapy and massage and seem glad to have it used. In fact, I have used our sanitarium treatments for every case I have had. At one home when it seemed I was not going to be able to demonstrate our simple treatments as the patient did not need them, a boarder came in complaining of lumbago. So here was the opportunity for a little impromptu talk and object lesson. I have made it a rule to never leave a home without leaving some of the printed page, either a tract, paper or book. I have two copies of "Ministry of Healing" which are loaned and one patient liked it so much she ordered one, also subscribed for *Life and Health* a year, and bought another of our books. She wrote again this week, praising the book "Ministry of Healing."

One has many opportunities of explaining our reasons for healthful living. Just this week a patient's daughter put my lunch in the refrigerator for the midnight meal. She asked if ham sandwiches, codfish croquettes, iced tea and I don't remember what else, would suit. I was nursing her mother who was unconscious in uremia—probably from eating just such a diet all her life. Fruit and vegetables grow in abundance here when cultivated.

One dear old grandmother gave me her rem-

edy for malarial fever. It was a mixture of herbs and roots steeped in whisky. She said she had malarial fever so badly every time the wind blew from the east side of the river in her mountain home. A bright, apparently well educated man said he believed malaria was given by eating watermelon, and they continue to live in homes unscreened from the mosquito. All are not so ignorant concerning health ideas by any means, but there is much to be done.

I believe I will introduce my last patient. He is a beautiful little four-year-old, having such a wealth of yellow curls, and large brown eyes, but the little fellow lives in a miserable hovel, almost the filthiest I have ever seen. Yesterday one of the neighbor children came in to tell me "Jimbo" was very sick. I called on a doctor who lives near here and we hope to save his life. I've been over to see him this morning and he was cleaned up, the floor had been scrubbed, so there will be more sanitary surroundings when later I go to dress his foot.

I have certainly seen the extremes of life since coming here; one time my patient was in a cotton mill village, in the humblest of homes, and the next patient was in the home of the president of the cotton mill, a very palatial home.

I can say I long to do the work the Lord has for me, and not lose an opportunity of speaking for Him. It is so encouraging to know that the sanitarium family is praying for the "twelve" who were sent out a year ago.

### THE STERN DEMANDS OF DUTY

(From the Anamosa, Iowa, Penitentiary.)

"I have received *THE LIFE BOAT* for April. The more I read *THE LIFE BOAT* the better I understand what duty I have to perform. Duty is the predominant note of my life. I remember well when I was a little boy I thought the word duty meant no more than obedience to my parents. I thought that in a few years I would be old enough to be relieved from its bounds. But since coming to prison and after reading *THE LIFE BOAT*, to my surprise I have learned that I have not been released. Being from parental rule I find my-

self the servant to a still higher and more exacting master. With lash in hand Conscience demands my obedience to every known duty, and when I fail now to perform my portion of labor it does not spare the stripe upon my bleeding heart. I had succeeded in running away from my parent when I was a small boy, but could not avoid conscience.

"As long as there is life in us we shall have to be under this exacting discipline. Excuses will not be honored. Continually we hear the call of duty. It is our regard for duty that will decide our eternal destiny. At first thought it may seem cruel that we should suffer under such rigorous bondage, but if we give due reflection we find that our obedience to a good conscience is the only source of true happiness.

"Often when alone in my cell I ask the question of myself: What was the cause that brought anger between my parents and myself? The answer to this question is, my act of disobedience. And so only disobedience can separate us from our heavenly Father. As long as we obey Him we are in peace with Him and our hearts are free from condemnation. The moment we sin, the moment we neglect our duty, that moment we are separated from His holiness and His displeasure troubles our heart. I have found out that it is necessary for us to exercise obedience, not only while we are small boys but all through our lives. The sooner we learn to obey the better it will be for us and the happier our lives will be. The habit of being obedient, submissive, is one of the best habits that any young man can cultivate.

"The young man who does not learn obedience at home will surely have to learn it later under less favorable circumstances, perhaps as I did, in prison. I can truly say by my own experience, the young man who is disobedient at home to his parents and intends to be obedient to conscience and duty in later life, will find that his early disobedience has developed a disposition that will have to suffer many chastisements before it can be brought into perfect subjection. I pray that this letter will impress itself deeply upon the conscience of the young readers of *THE LIFE BOAT* and

serve them as a guiding post on their way through this deceptive world."

A still later letter states:

"I have enjoyed your letter of April first so much that I want to let you know of the delight it has given me. In fact it is the first letter I received since your letter of January 2. I was especially pleased with your remark that what we need today is experimental religion.

"The man who has gone wrong is not altogether ruined, but simply incomplete. Such an insight alters our whole outlook upon the world and the future. What a vista opening of the possibility of a man moving from the lower to the higher, out of shadow into light! We are in the making. Year after year passes and touches us into shape. What a challenge to the man (whether he is in prison or outside) to be a worker with God in the making of his life! Let me ask how we can make our lives rich, true, useful and full of beauty so that our days when strung together will make a crown of faith, hope and love?

"If we look into the story of great lives we see that each of them was at one time touched, quickened and awakened by a noble personality. Each great life had a purpose about which all its powers gathered and found unity, direction and focus. However broad our culture, however noble our sentiment, unless we condense it and give it a channel it will be ineffective.

"With the sense that there is something that God would have us to do and which we are set to do, comes the abiding sense that He is with us, working in us and through us to make His will prevail upon earth. The sense of God behind us, behind our life, behind our work, imparts a dignity, a worshipfulness, a joyous security and nobility to all that we do.

"In closing I will ask a favor from you and the members of *THE LIFE BOAT*, to pray for me that the Lord will give me strength and courage to stand up for Jesus when I am released from prison. Will you do this? I would like to have one more thing and that is a Bible; but as I have no money I do not know how I will be able to get one."

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Character is what we are when we think nobody is watching us.



## Editorial Department

Conducted by Dr. David Paulson



### ANOTHER SPECIAL PRISONERS' NUMBER

For fourteen years we have issued each spring a special prisoners' number of the LIFE BOAT. It has come to be such a well-known feature that in all the leading prisons of the United States it is looked forward to by the prisoners, just as children in the average family look forward to Christmas. Prison officials have expressed their deep appreciation for its value. Prisoners have written in their heartfelt thanks and have assured us it has been the means in the hands of God of turning their souls heavenward. It is a unique piece of missionary work that thousands of our friends have had a part in. We cordially invite you to again assist us in this labor of love.

The May number will be the next special prisoners' issue. Begin now to interest your children to put aside their pennies for this purpose. Talk it up with your friends and send us a substantial donation for supplying the prisoners in your state with this number.

### DID YOU DO IT ALONE?

Have you gathered quite a bit of property? Have you made yourself believe that merely your *own* wits and ability have accomplished this? In other words, are you deliberately saying in your heart: "*My* power and the might of *mine* hand hath gotten me this wealth. But thou shalt remember the Lord thy God: for it is He that *giveth thee* power to get wealth." Deut. 8:17-18.

The fact is there has been a hand of providence working for you, although you may not have recognized it any more than did Cyrus, the great Persian king, of whom God said, "I girded thee, though thou hast not *known me*." Isa. 45:1-5. God had a special purpose to work out through Cyrus' life. (Isa. 44:28.) He has a special purpose to work out through *your* life, and that is the reason he

has been especially working for you. You may say you have hustled for what you have, but that does not explain it all. There has been an unseen Hand at work in your experience, and some day, either during this life or in the life to come, you will appreciate that fact.

I suppose part of the time it was very difficult for Moses to see the hand of God in his sheep-herding experience, but nevertheless he so faithfully improved his opportunities that when he came to the Burning Bush he was ready for his life mission.

Are you doing the same thing? With this in view, take your Bible out of your bookcase and begin to study it prayerfully. The spirit of God will freshen up your old Bible for you in a wonderful way and it will open your eyes to little opportunities that you are today overlooking.

If those who are associated with you see you turning aside every day from the busy cares of life and taking a little time to get your bearings on the only things that will be worth anything to you when you get to the end of the journey, some of them will be inspired by your example to do likewise.

You may think you have a good excuse for burying yourself absolutely in the business side of your nature, but that excuse will speedily vanish when at the end of your life's journey you are facing eternity.

### OUR NEW PREMIUM OFFERS

We earnestly invite all of our readers to observe our splendid premium offers.

Do you desire new light on the important subject of daily *victory* over known sin? Go out and induce a couple of your friends to subscribe for the LIFE BOAT the coming year and get Horton's book on Victory in Christ. It will be a perfect revelation to you and you will have no rest until some of your friends have read the same book.

Have you been wondering what was the

matter with your prayers? Do they seem tame and lifeless? Then take advantage of the book we are offering by Meyers, entitled, "Real Prayer," and you will have what you are looking for.

Have you sometimes doubted whether God today works the same kind of miracles in human lives as he did in the days of the apostles? Renew your own subscription or persuade one of your friends to take the LIFE BOAT for another year and get the book "Pastor Hsi." It will prove an inspiration to you. It will be hard for you to get interested in your ordinary work till you have read it from cover to cover and you will be convinced that what God did for that poor heathen Chinese opium fiend, he is ready to do for you.

Did you become profoundly interested in the wonderful experiences of Mr. Vories as related in the last two issues of the LIFE BOAT? Did you say to yourself, "How I wish I could learn something *more* of his marvelous experience in Japan?" You can secure the entire story in book form for only one new subscription.

Do you sometimes wonder whether you yourself really know the very first A. B. C. of a Christian experience? Well, you can easily find out by reading the charming book, "Steps to Christ," which you can secure for only two new subscriptions.

Have you sometimes wondered why it was that J. Hudson Taylor could go into the very heart and interior of China where white men had never been before and in a few short years bring in over two thousand missionaries, see twenty thousand converts come out of raw heathendom, thousands of them lay down their lives in the Boxer rebellion rather than deny Christ? If you want to know the *secret* of it send in one new subscription to the LIFE BOAT and you can secure the book "A Retrospect," and you will have a new vision of human possibilities when dedicated to God.

And last but not least, if inspiring poetry interests you—and who does not love to read a *good* poem, which is so scarce in these days?—send in two new subscriptions

and receive Pearl Waggoner's book of poems.

My reason for calling attention to these premiums is because each one of them is in a special sense a winner. The careful reading of them is certain to fertilize your soul. On the other hand the LIFE BOAT that your neighbors or friends will receive may be the means in the hand of God of saving their souls and thus furnish you an additional star, and, what is more, may be an additional source of rejoicing throughout all eternity.

### WHY YOUR PRAYER IS NOT ANSWERED

We constantly meet people who insist that the Lord does not answer prayer in these days. These are saying, "What is the cause that the former days were better than these?" Eccles. 7:10. They are not perhaps appreciating that "He that turneth away his ear from hearing the law, even his prayer shall be abomination." Prov. 28:9. Perhaps the desire is simply for some selfish purpose, then "Ye ask, and receive not, because ye *ask amiss*, that ye may spend it in your pleasures." James 4:3, R. V.

Instead of that, we should ask ourselves, If this prayer is answered will it please myself, be for my self-exaltation, or will God be *glorified* by the answer to this prayer? "Whatsoever ye ask in My name, that will I *do*, that the *Father* may be glorified." John 14:13.

Victory over known sin is another essential element. "I will therefore that men pray everywhere, lifting up *holy* hands." 1 Tim. 2:8. Then "Whatsoever we ask, we *receive* of him, *because* we keep his commandments, and *do* those things that are pleasing in His sight." 1 John 3:22.

If the devil trips us up in any particular, then we must remember that *unconfessed* sin will block answer to our prayers. "He that covereth his sins shall not prosper: but whoso *confesseth* and forsaketh them shall have mercy." Prov. 28:13.

Are you longing for spiritual and physical healing and wondering why your

prayers are not answered? Have you carried out the divine program, "Confess your faults one to another, and pray one for another, that you may be healed." James 5:16. Do not for a moment overlook that, "If I regard iniquity in my heart, the Lord will *not* hear me." Ps. 66:18. The only appropriate prayer for such an one to pray is, "Create in me a clean heart, O God; and *renew* a right spirit within me." Ps. 51:10. And almost immediately will come this answer, "A *new* heart also will I *give* you, and a new spirit will I put within you. . . . And I will put *my* spirit within you, and *cause you* to walk in my statutes, and ye shall keep my judgments, and *do* them." Ezek. 36:26, 27. But even then if in an unguarded hour, "Any one *should sin* we have an Advocate with the Father. . . . He is the propitiation for *our* sins." 1 John 2:1, 2. Syr. Ver.

Daily victory over *known* sin will not lead to spiritual pride, for the Holy Spirit will constantly discover to us sins of which we were previously unconscious, for "The heart is deceitful above all things, and it is *exceedingly corrupt*: who can know it? I, Jehovah, *search* the mind, I try the heart." Jer. 17:9, 10, R. V.

Paul engaged in this daily battle with sin and had this daily victory. "I die daily." 1 Cor. 15:31. At the same time he had this constantly new revelation of his own heart that led him to speak of himself near the close of his wonderful career as the *chief of sinners*. (1 Tim. 1:15.)

The Spirit of God will do a similar work in our hearts if we will permit it, till we receive the image of Christ *fully* and are fitted for translation.

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"Enclosed find one dollar. Please send me the LIFE BOAT for one year. I think it the best magazine I have ever read. Helps me wonderfully to understand my Bible more thoroughly. I received it one month ago through an agent and never will be without it."

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He only is weakened by trial who runs away from it.

### A MEDICAL MISSIONARY TRAINING AT HINSDALE

Each year a large class of missionary nurses is formed. The next class will begin next June. This course is three years in length. The students are given opportunities in medical evangelistic work, house to house visitation, visiting nurses' work, rescue and jail work, as well as abundant practical experience in caring for the sick.

Beginning at the same time there will be started a one-year course for those of more mature age who do not feel that they can spend three full years in preparation. Only those who have fully dedicated their lives to the Master's use, need apply. Write for information and application blank at once. Address the secretary, Mrs. C. L. Clough, Hinsdale, Ill.

### DOES THE BACKSLIDING OF OTHERS DISCOURAGE YOU?

I frequently meet people who tell me that there is so much backsliding in the church that they have become completely discouraged. Such should remember that there have *always* been backsliders in the church. But we are only responsible for our *own* sins and for holding up the light to others. God will not hold us responsible if others do not accept it.

If you obey God *you* are receiving the gift of the Holy Spirit whether you are conscious of it or not. (Acts. 5:38.) But if you are not careful the devil will lead you into a critical attitude. It is a *rare* experience to be able to see wrong all about us and be treated wrongly and yet keep sweet. But remember the Holy Spirit can not be withheld from you because others will not receive it any more than fresh air refuses to come into your room simply because other people will not let it into their bedrooms. The Holy Spirit is not sent merely to create a spectacular *feeling* in the body. Every person, without regard to the general spiritual condition of the church, is individually receiving all the Holy Spirit he is prepared for. A conviction of your own personal sins, not the sins of your brethren, is the *first* indication that

you are receiving the Holy Spirit. (John 16:8.)

It is true that the Pentecostal manifestation of the Spirit may not come upon us till many others are also ready, but no one will receive that manifestation who has not had the gift of it in his own life previously.

You may say that some of your brethren are so backslidden they will not listen to your admonitions. Often you will find you can do more for such brethren at home in your bedroom praying for them than you can by talking to them. Such prayers frequently open hearts so we can help them. Remember Christ did not continually hold up before the people the fact that they were wrong.

No doubt many of your associates are in the deepest darkness and perhaps never will be delivered from it, but it will not help them into the light to constantly emphasize the darkness they are in. If we live so that the light of God can shine in our own life, then as we mingle with others our own experience will be a telling testimony that will win rather than repel. (Matt. 5:16.)

#### NEWS HERE AND THERE

Brother Louis Sheafe and wife, of Washington, D. C., recently visited Hinsdale while en route to California, their future field of work. The sanitarium family enjoyed Brother Sheafe's talk and songs while with us.

Mr. Frank Williman and Miss Ellen Erickson, recent graduates from our nurses' class, were married December 3d at Miss Erickson's home in Iron River, Mich. Mr. and Mrs. Williman have opened up sanitarium treatment rooms in Pontiac, Ill., and recent reports from there show that they are meeting with excellent success.

Our readers will enjoy the article this month from Mr. E. V. Yoshida, a convert of the Japanese Mustard Seed Mission. Mr. Yoshida spent a few days with the Hinsdale family recently.

Miss Mabel Knox, of California, visited Hinsdale, and her friend, Dr. Barber, recently.

We are glad to report that new agents are

taking hold of the LIFE BOAT work and several former workers are returning, and the outlook is good. We shall be glad to hear from any who are interested in taking up this work in their own community. The Lord is blessing the reading of the LIFE BOAT, and souls are being saved.

Miss Elizabeth Runck, who is employed in the sanitarium business office, is taking a few weeks' vacation at her home in Republican City, Neb., and Mr. Herbert Campbell is looking after her work.

Just as this number of the LIFE BOAT comes from the press, the Hinsdale midwinter convention will be held. The date is December 25-30. A profitable and inspiring occasion is anticipated.

The trouble with most people who do a kind act is that they throw all crusts on the water, and expect to get frosted angel cake in return.

Mark Twain spoke more than humor when he said: "When in doubt, speak the truth." Even the devil hates a liar—one of his children.

#### WHY NOT BE YOUR OWN EXECUTOR?

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

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

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

## The Life Boat

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

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

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

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.

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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.

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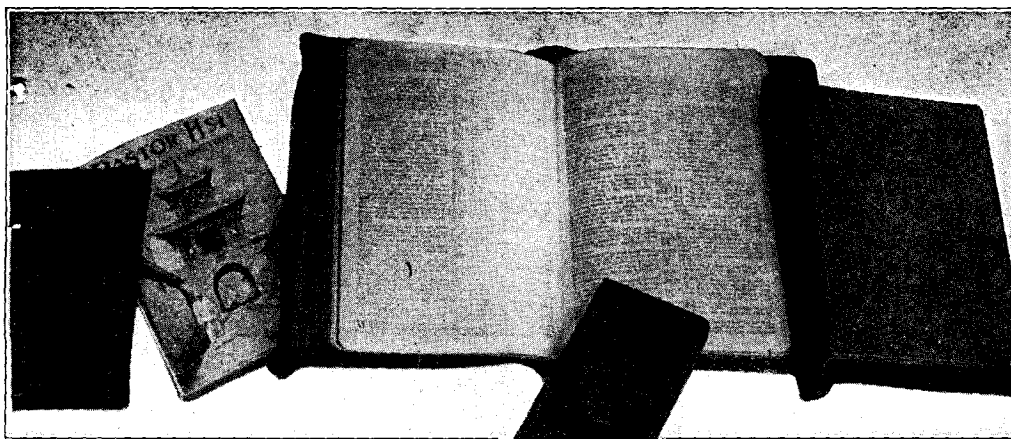
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### PASTOR HSI

We have recently been able to secure a very neat paper-covered edition of the charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission. The author gives in a most fascinating manner the remarkable story of the life work of Pastor Hsi, the man who, after his wonderful conversion from heathenism, founded more than forty medical missionary centers in the province of Shan-Si. His remarkable faith and power in prayer has brought his work to the attention of the entire Christian world today. This book is an inspiration, and you can have it by sending us one dollar for your subscription to The Life Boat one year.

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Every one should possess a copy of this Vest Pocket Library for ready reference. It not only contains a dictionary of 45,800 words, but it 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.

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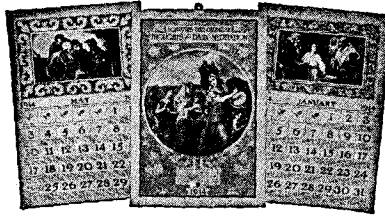
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Address for further information

**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?

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"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."

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