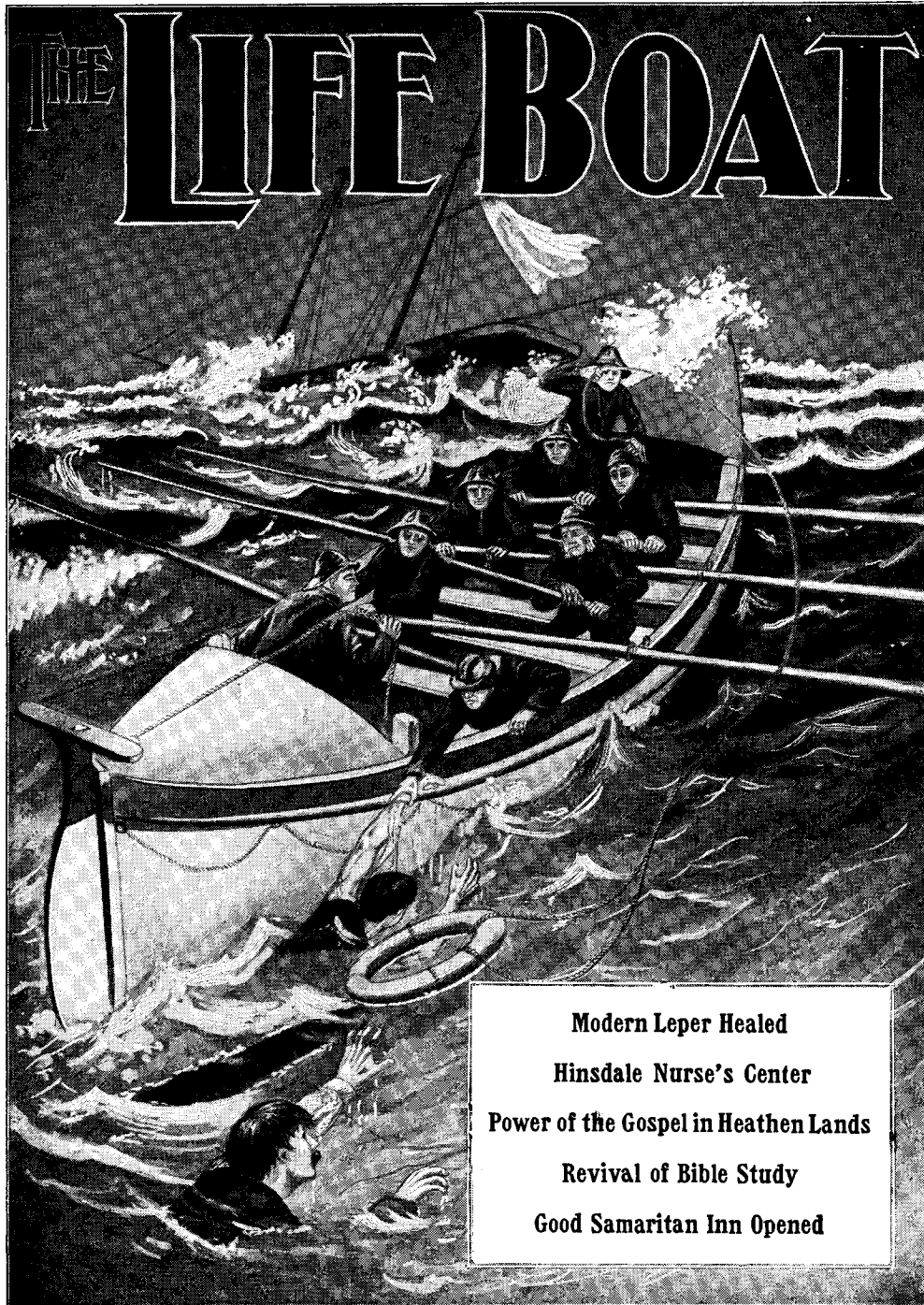


Wash Me, and I Shall Be Whiter Than Snow. Ps. 51:7

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**Volume Seventeen
Number Two**

Hinsdale, Ill.

February, 1914

"Some Dietetic Lessons From the Past"—by the Editor



DO not pray for easy lives. Pray to be stronger men. Do not pray for tasks equal to your powers. Pray for powers equal to your tasks. Then the doing *of* your work shall be no miracle. But you shall be a miracle. Every day you shall wonder at yourself, at the richness *of* life which has come to you by the grace *of* God.

—PHILLIPS BROOKS

THE LIFE BOAT

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FEBRUARY, 1914

Number 2

Some Dietetic Lessons From The Past

David Paulson, M. D.

IT is estimated that four-fifths of our chronic diseases are due to dietetic errors. They do not rain down ready-made from heaven; they are born at the dinner table and sometimes at the breakfast, supper table or between times. At the recent International Congress of Hygiene, held in Washington, D. C., I was much impressed with the statement of Max Rübner of Germany, one of the greatest living authorities on dietetics, that the health of the German peasantry was degenerating because they were imitating the dietetic habits of the city people.

If so much suffering and misery come from errors in diet, the time should be ripe for dietetic reform, but genuine reform is not *fashionable*, although we never heard so much reform "talk" as at present. Last year the Wisconsin legislature passed a law compelling a health certificate before marriage, never dreaming that it was a thousand times more important for the wife to know how to cook a wholesome meal and for the husband to have enough reform in his soul to *prefer* such a meal to the kind that produces autointoxication, Bright's disease, and a host of other ills.

We hear much about the "individual drinking cup," but Lucy Page Gaston, the anti-cigarette apostle, and I have pleaded in

vain with members of the legislature to outlaw the cigarette, which was ruining more young lives in *one year* than the common drinking cup, wicked as it is, could possibly do in a hundred years. All of this painfully reminds us that human nature is the same today as when Christ said, "Ye pay tithe of mint and anise and cummin, and have *omitted* the weightier matters of the law, judgment, mercy, and faith; these ought we to have done, and not to leave the other undone." Matt. 23:23.

How to Teach Your Teachers

If it be true that so large a proportion of sickness, suffering, and premature death is due to unwholesome eating, it would be passing strange if the Bible, which God designed to be a guide book for unnumbered millions, should contain no dietetic hints or suggestions. David said, "I have more understanding that all my *teachers*; for thy testimonies are my meditation." Ps. 119:99.

When I was a student in Bellevue hospital twenty years ago, the professor in medicine recommended alcohol without any reservation and the students swallowed this erroneous instruction. I knew the great professor was mistaken, because God had declared more than thirty centuries ago that "Wine is a *mock*, strong drink is

raging; and whosoever is *deceived* thereby is not wise." Prov. 20:1.

There is not a doctor who would dare to stand up in any medical college on earth today and give such instruction as I was taught concerning alcohol. Every student knows that alcohol is a poison, a depressant and a *deceiver*.

Up-to-Date Instruction

There is just as up-to-date instruction in the Bible concerning wholesome eating and sensible dietetics as there is regarding the true nature of alcohol, and the reason we need such instruction is because our own perverted dietetic instincts are no safer guide than were the alcoholic instincts of our forefathers.

Paul's experience concerning his bodily instincts and cravings should be our experience. "Every man that striveth in the games exerciseth *self-control* in all things. I buffet my body, and bring it into bondage." 1 Cor. 9:25, 27, R. V. The laws of health are just as much God's laws as are the ten commandments, and God intended them "for *our good* always, that He might preserve us alive." Deut. 6:24.

The early disciples "Did eat their meat with gladness." Acts 2:46. Modern investigations show that digestion is marvelously influenced by the state of the mind; if a man eats when he is depressed, he might better put the food into his pocket than into his stomach. It is not enough to merely say thanks before the meal; we should ask the Lord to help us to remain in a thankful state of mind during the entire meal, for this will be an important aid to digestion.

Another important dietetic hint is found in Isa. 55:2, "Eat ye that which is *good*." I think there are many people who have received the impression that Christianity is a scheme for making men miserable in this world so they may be happy in the next, but the Lord never intended any of His children to go through this world with their heads bowed down like a bulrush.

There was a certain boy who *knew* that his aunt was converted seven years ago because she became sorry then and had been sorry ever since. The fact is she did not

get hold of the real thing at all. It takes a child of God to appreciate the good things in this life, and among these good things is food, which is really good.

Eating for Strength

The main reason for eating is neither for amusement, entertainment, nor for tickling of the palate, but to repair the wastes of the body and to supply us with the necessary energy to carry on life's activities. Food may be ever so tasty and appetizing and yet have absolutely no *fuel* value. The word of God gives us the correct principle, and that is to eat "for *strength*, and not for drunkenness." Eccles. 10:17, and there is verily such a thing as eating *with* the drunken as well as drinking with them. (Matt. 24:49.)

Go to the Beginning for Ideals

One day some of the Master's critics tried to draw Him into a discussion on the divorce question, and to enlighten their minds He gave us a great principle: "Moses because of the hardness of your hearts suffered you to put away your wives; but from the *beginning* it was not so." Matt. 19:8.

If you want pure water, go up to the fountain head on the mountain side rather than to the stream after it has drained various barn yards, cess pools, etc. So if you want to get truth in its purity do not accept it after it has become contaminated with the traditions of men; go back to the fountain head. There are *three* things that God established in the Garden of Eden before sin entered the world: the Sabbath institution, the marriage institution, and the original bill of fare which was the simple, natural, wholesome products of the earth. Fenton's translation has it, "I have given you for food every fruit and grain-bearing plant upon the surface of the whole earth, as well as fruit and seed-bearing trees." Gen. 1:29.

After sin had entered the world and the flood had destroyed nearly all the inhabitants, then God permitted the use of animal flesh for food, minus the blood, however. (Gen. 9:3, 4.)

Establishing the Original Ideal

When God took His people out of Egypt

He again established original, ideal, dietetic conditions. He provided their daily ration by a direct miracle, saying, "I will rain *bread*" (not beefsteak nor mutton) "from heaven for you; and the people shall go out and gather a certain rate every day." Ex. 16:4. The Psalmist said that He gave them "of the corn of heaven. Man did eat angels' food." Ps. 78:24, 25. They certainly must have thrived on this food for, "There was not one feeble person among their tribes." Ps. 105:37.

There are times when the devil makes a desperate effort to resurrect the old appetites, and the experience of the children of Israel should be a lesson to use on this point. "The mixt multitude that was among them fell a *lusting*: and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember the fish, which we did eat in Egypt freely." Num. 11:4, 5.

All this shows what fools the devil can make of us, for, "Moses heard the people *weep* throughout their families, every man in the door of his tent." Verse 10. Think of that great camp, laid out with the most careful military precision, containing more than two million souls! Imagine a row of tents in a straight line perhaps nearly a mile long, and out in front of each tent a husky, broad-shouldered, sun-burned man sitting, crying like a sick child. Imagine your heart touched by his grief, and laying your hand on his shoulder, saying, "Brother, what is the matter?" and then to have him reply. "Our appetite is unsufficed: nothing at all beside this manna." Num. 11:6, Spurrell's Trans. In other words, "I don't like the bill of fare the Lord has arranged for me. I am hankering after the flesh pots of Egypt." "And the anger of the Lord was kindled greatly." Tenth verse. And the Lord said that He would give them flesh to eat for a "whole month, until it come out at your nostrils, and it be loathsome unto you." Verse 20. In other words, they would become so filled with poisons that the mucous membrane of the nose, which is an eliminating membrane, would be called upon to assist in carrying off the excessive poisons.

Satisfying Appetite at Expense of Health

"And there went forth a wind from the Lord, and brought quails from the sea." Num. 11:31. Recently I read an account of how the pigeons in their annual migration used to alight for the night in certain woods in Kentucky in such numbers that the very branches of the trees broke beneath their weight, and it was possible to go there after dark with a club and kill enough of them in a few minutes to fill a bushel basket. After reading this, the story of the quails became more intelligent to me. "And the people stood up all that day," (remember they cried all the night before) "and all *that night*, and all the *next* day, and they gathered the quails." Verse 32. That was forty-eight hours without sleep, so intent were they on collecting quails. That alone would lower their vitality, and under a tropical sun it is evident the quails could only be dead a few hours before they would begin to decompose and then think of the autointoxication from this excess of flesh in their alimentary canals and it is no wonder that "a very great plague," verse 33, broke out among them.

The Psalmist gives an interesting glimpse of who suffered the most. "But while their meat was yet in their mouths, the wrath of God came upon them, and slew the *fattest* of them." Ps. 78:30, 31. In other words, the obese, then as well as now, were the ones who suffer the most from autointoxication resulting from excessive flesh eating.

Harder to Be Good

But the physicial suffering was perhaps after all the least result. The Psalmist declared that "He gave them their request; but sent *leanness* into their soul." Ps. 106:15.

Some may sit down and eat flesh food three times a day without doing themselves any physical harm. Yet one thing is certain, they are paying a price for it in addition to what has already been paid to the butcher. I have listened to ministers of the Gospel, who by their eating had starved out of their souls the great message that God longed to have them give to humanity.

One can observe illustrations of this in-

fluence in even the brute creation. Gautier, the world-renowned dietetic authority, says, "It is known that the white rats of our laboratories, as long as they are fed on bread or grain, are very manageable and easy to tame, while they become snappy and given to biting from the time they are fed on flesh. The same observations have been made on the horse and even the dog. Liebig relates that a bear kept at the museum at Giessen was gentle and quiet when it was fed exclusively on bread and vegetables, but a few days of animal diet caused it to become fierce and dangerous to its keeper. They used to amuse themselves by thus periodically altering the animal's character."

"Exaggeration in meat diet is then not favorable from any point of view. We have already said that it makes individuals more aggressive, more headstrong and the intelligence less keen. Do not let us sacrifice to the worship of meat."

Clean and Unclean Animals

After the children of Israel were established in their own land the Lord permitted them to eat the flesh of certain animals whose habits were cleanly. (Deut. 14.) But again, minus the blood. (Lev. 17:10.) They were not permitted to eat swine's flesh. The hog's mission in the world is to be a scavenger. There is nothing so filthy, so foul, so contemptible that one can pour into the swill trough, but that the hog will promptly dispose of it, while a sheep would not go near it. The hog will wallow in filth, while the ox will refuse to lie down in slime.

Disease is now so prevalent among animals that it has been declared that if the United States inspectors threw out all of the carcasses that were really diseased, meat would cost a dollar a pound. If the Lord should today make another list of clean and unclean animals He would certainly rule out all these diseased cattle, even though they belonged to the list formerly permitted.

Eating of Blood

I can remember when a boy of seeing sausages made largely from blood. Now as a physician, knowing that the poisons

that are thrown out from the lungs, and the loathsome toxins eliminated by the kidneys are merely subtracted *from the blood*, it seems revolting to eat the blood containing these poisons diluted, and so it is not surprising that at the first general council of the primitive church held in Jerusalem it was decided that the Gentile Christians should not only keep themselves "from fornication," but also "from blood and from things strangled." Acts 15:29. If I were compelled to eat meat I should certainly want to get the rubbish all cleaned out of it just as I should wish to have a mop rag thoroughly cleansed if I had to use it for a handkerchief.

Secondhand Food

We must not forget that flesh is merely the natural products of the earth offered to us secondhanded. The animal *creates* no food, in fact it is extremely wasteful, for it takes ten pounds of corn to make one pound of pork. As far as I am concerned I prefer to eat the corn flakes rather than to feed them to the swine and then eat the pork, and run the risk of contracting either tapeworm or trichina. But even with the cleanly animals, why should I not prefer to eat the corn at first hand?

Suppose I should go into a secondhand store and see a lot of secondhand clothes dumped off in the corner more or less filled with vermin or disease germs, while there was another pile at less than half the price lying on the counter fresh from the hands of the tailor, and yet suppose I should prefer to rummage around in that pile of secondhand clothes and the only satisfactory explanation I could give was, "Well, I like the *smell* of them." Actually the most satisfactory reason that people can give today for the eating of pork, and other flesh foods for that matter, is the fact they *like* the smell and taste of it.

The most crucial scientific tests in the world's greatest universities have shown conclusively that the endurance of the non-flesh eater is at least twice that of his carnivorous neighbor. As far as health is concerned, I have observed that every intelligent physician advises his patients who have Bright's disease, fever, high blood

pressure, autointoxication and rheumatism to cut out meat from their diet. I endeavor to do the same thing a year or two before the patients have these diseases and then they *do not* have them. What sensible person can question the wisdom of my program?

A Lesson for Our Time

Last, but by no means least, Paul states that this experience of the children of Israel in the wilderness was "written for our admonition, upon whom the *ends of the world* are come." 1 Cor. 10:11. If we are not living near the end of the world, where are we living? The Master himself said, "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. 24:14.

Every intelligent person knows that this

work is being done for the first time in our day. The apostle, speaking to our very generation, says to us, "Now these things were our *examples*, to the intent that we should not lust after evil things, as they also lusted." 1 Cor. 10:6. What is still more important, Paul prayed for the very people that should be living upon the earth when Christ should return the second time, that they might be "sanctified wholly," and that their "spirit and soul and body be preserved entire without blame, *at the coming* of our Lord, Jesus Christ." 1 Thess. 5:23 R. V.

I am a candidate for that experience and that is why I feed my soul with the Bible so that I may be saved from sin. (Ps. 119:11.) And I endeavor to eat and drink "to the glory of God." 1 Cor. 10:31. If you have not already made a similar resolve, why not do so now?

A Modern Leper Healed

John L. Shaw

Foreign Mission Seminary, Washington, D. C.

[The following is abstracted from a talk which Prof. Shaw, formerly from India, gave while on a recent visit to Hinsdale.—Ed.]

YOU say, "Do any of those people in India ever become real substantial, honest converts?" I suppose you have heard of the "rice Christians" who become Christians simply because they can get something to eat. I know there are some people who do that, but I want to tell you that there are souls in India that have just as fully given their hearts to God as any one in this land.

About thirty years ago a poor old leper man had a Bible put in his hands. He read in the Bible about the lepers and how Jesus healed them. His fingers were so diseased that they were dropping off, but as he read that Bible and heard something about the Christians he decided he was going to test the Christian's God, and so he prayed that if He was the true God, and if this was His Book and these were true words that he would stop this leprosy. And God heard and answered that man's prayer and those joints all healed over. Today one

can see that old man in India, now past eighty years of age. About eight or ten years ago he learned of the second coming of Christ, and the Lord filled his heart with a love for the truth for this time.

He said, "I want to go out and tell the other people about Him." He is known as the man who can tell you about the coming of Christ. That man goes all over the country riding on a white horse and telling about the coming of Christ. If you could hear that man pray—of course you could not understand him—but there is something about *prevailing* prayer, I don't care what language it is in, you can know a man is taking hold of the arm of God. That man is a living monument of what God will do for those who believe in Him, and rest upon His word.

You have heard of John Lass, a great, stalwart-looking Hindu man, who carried letters from one place to another. He is dead now. I never shall forget some expe-

riences I had with him. He became a Christian. When he heard something good he wanted to tell it to some one else. After I had talked a little with him, he said,

"I want to go right back and tell my people all about that."

I said, "Hold on, you don't know very much yet. You want to know more so you will have more to tell them."

We had been studying about the second coming of Christ, and one morning he came to me, and said, "I *must* go now."

"But," I said, "you have merely got started."

"I can't help it. I have a budget."

A budget is a song with a moral in it. This old man had written up the second coming of Christ and had worked it into a Hindu song so he could sing it.

He said, "I want to go out and sing that song to my people."

I didn't take much stock in his going.

He said, "I feel that I *must* go."

At first I followed afar off, but you know the Indian knows how to present the message to the Indian. I did not realize that. He would go on a corner and begin to sing his budget. People came from far and near. From one to three hundred people listened to the singing of the second coming of Christ.

"Now," he said, "I don't want any pay. I want God to pay me for my work. I just want to go out and tell the people about this and I believe God will support me."

"Oh," I said, "but it seems to me as if you ought to accept some pay."

"If I do, I may forget to trust in God."

So year after year one could hear that man at five o'clock in the morning, singing that song to the people. How many people I have seen since, inquiring about John Lass who sings the song about the soon coming of Jesus Christ. The poor old man met an unfortunate death. He got among the Mohammedans. They put him in jail and he died there, but I believe he will come forth at the time of the first resurrection.

A PRISONER'S PRAYER

(From the Indiana State Reformatory.)

"It fills my heart with joy when I hear how much you are doing in the Lord's work and I hope the Lord will bless you. My earnest prayer is, Take away from us our iniquities, O Lord, that we may be worthy to enter with pure minds into the holy city through Christ our Lord. Have mercy on us, Thou who takest away the sins of the world."

"THE WAY GROWS BRIGHTER"

(From the Stillwater, Minn., Penitentiary.)

"Your letter and the little book, 'Soul-Winning Texts,' received some time ago and I assure you both were greatly appreciated as was also THE LIFE BOAT. The prisoners' special in May was just grand, and I am sure it did much good.

"Several months ago one of my letters was published in THE LIFE BOAT in which I asked for help in Bible study. A friend in St. Paul saw it and wrote Dr. Paulson for my name. Since then she has sent me several fine books such as a Bible History, Bible Dictionary, Concordance and several others. Yesterday I received some Bibles from this same friend to give to others who are seeking the truth.

"I am glad I can say I am advancing spiritually, and as I go on, the way grows brighter. We, of the 'grey brotherhood,' are very much inclined to look at the dark side of things, but if a man in prison once gets hold of the fact that Christ died personally for him and then acts on that fact by earnest prayer and the study of God's word, there will always be a ray of sunshine in his heart, for 'man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.' Matt. 4:4. I have found this to be true.

"The work at Hinsdale appeals to me for one could get a training to heal both the soul and body. I want my whole life given to winning souls to Christ. The book you sent is a great help to me and God has used me to point several to the Cross. Rom. 1:16 is my motto in life. Write when you can as a letter from you is always welcome."

A Revival of Bible Study in the Rescue Home

Mrs. Myrtle B. Bruner

Life Boat Rescue Home, Hinsdale, Ill.

AS WE have said something about starting a Sabbath School here in the home, I thought perhaps you would like to hear how it is getting along. I want to say that all the girls take a deep interest in the school and study the lesson every day. They have become so interested in the Bible as a result of the Sabbath School that Bro. Serns is conducting this week a special series of Bible studies, at the girls' request. They ask questions freely and study their Bibles during the day, reviewing the lesson of the previous night until they thoroughly understand it. If they are in doubt about any point in it they ask questions the next night and thus find out what they did not know. I often hear them talking about the lesson while they are about their work.

The girls manifest a general spirit of helpfulness. They get along like one big family. Each girl wants to help the other, and not one of them will sit down until all the others are through with the task assigned them. Although we have a family of fifteen girls and seven babies there is not a word of discord heard during the

entire day, but each one tries to make things pleasant for the others.

We can only begin the spiritual work here, and it must be carried on after the girls leave the home. The families who employ them should be of help to them and continue the good work begun in their hearts while here. If more Christian people would take these girls into their homes and treat them as God's little ones and as if they were members of the family, as some have already done, no one knows the amount of good that they could accomplish, and they in turn would be much blessed in ministering "unto one of the least of these." Matt. 25:40.

These are busy days in the home, for besides the general housework which must be done, the girls are very busy making over the clothes that have been sent in so they can be of use to some one. They have also begun to sew rags to be made into rugs as soon as the new loom, which has just arrived, is ready for use. These rugs will be used in the home. Then we expect to make rugs to sell and thus have another source of income to help make



Wagon Load of Clothes Which Has Come in Recently from Friends in Various Parts of the Country to Be Used by Our Workers in Chicago Among the Needy Poor. They Are Taken Down First of All to the Rescue Home for the Girls to Sort, Mend and Sew on Buttons When Needed. Any That Are Unsuitable Are Used to Make Rugs for the Rescue Home.



A Six-Months-Old Boy Who, with His Mother, Is Going to Live on a Farm.

the work here self-supporting. At the same time we will be able to give those who are not able to pay anything toward their expenses, an opportunity to help earn their support.

While our house is practically full, yet we are glad that we can take in as many more or even as high as forty or fifty at one time if the Lord should see fit to send them to us for help. We know our friends would be glad to help us in this work if they could only visit our work here and see some of the results of what we are doing. More girls are coming in each week and our supply of linen is not sufficient for our needs. What we have on hand has been enough in the past, but with our increased family we need a new supply. We are especially in need of pillow slips, as we have none to furnish more beds.

We need your prayers as well as means to carry on this work and we trust that

we may be sustained of the Lord to do what He would have us do in this needy field where He has placed us.

ANNUAL REPORT OF THE LIFE BOAT RESCUE HOME

CAROLINE LOUISE CLOUGH

Hinsdale, Ill.

Contributors and friends of The Life Boat Rescue Home will be interested in the following report which was given at the recent annual meeting of the association, held in the home parlor, December 30, 1913.

Total number of girls in the home during the entire year, 36. Of that number 13 were able to pay part or all of their expense. Number of babies born in the home, 27. The girls have been sent to us by relatives, friends, their physicians and ministers.

The following financial report for the year was given, and we wish to take this opportunity to gratefully thank the friends of the work who have so nobly stood by and furnished means.

RECEIPTS.

Cash on hand Nov. 1, 1912..	\$ 80.55
Donations	1,452.36
From patients	956.62
From all other sources.....	80.06
	<hr/> \$2,569.59

DISBURSEMENTS.

Salary	\$ 373.11
Water, heat, light, laundry..	506.13
Provisions	784.73
Postage, stationery and printing	78.46
Household supplies	78.91
Sundries	227.59
Funeral expense	61.50
Insurance	150.00
Freight	13.29
	<hr/> \$2,273.72

Balance, cash on hand Nov. 1, 1913	\$ 295.87
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We are glad to report that the work at The Rescue Home never looked so promising from every standpoint as it does at the beginning of this year, 1914, and we would ask the prayers and cooperation of friends for the entire year.

God does not control our minds without our consent.

CHRISTMAS AT THE HOME

DR. ORA BARBER,
Hinsdale, Ill.

Would the readers of THE LIFE BOAT like to make a visit with me to the Rescue Home? Come with me today and I will give you a glimpse of our parlor on Christmas day—a day of evergreens and holly—of kind thoughts and good feelings.

Six or eight of the sanitarium family, in-



Just Two Months Old.

cluding several of the nurses, went to the home Christmas afternoon and sent the girls out of the parlor while we decorated the room and arranged the gifts which we had for them. With evergreens and holly the room was converted into a Christmas garden. The pungent odor of the evergreens carried one's mind back to the forests of pine and cedar.

Some friends had sent contributions to us for the purpose of making this day a happy

one for the girls, and part of this money was used to purchase a Bible for each of the girls at the home. The matron of the home had for several days held the packages that came through the mail, and thus had kept for this occasion several gifts which had been sent to the girls by their friends and relatives.

A short program had been prepared for the occasion and was given after all the girls and our sanitarium workers had gathered in the parlor.

Miss Hattie Andre, who spent several years as a missionary on the Pitcairn Island, gave a very interesting description of a Christmas celebration in that far-away island of the Pacific where December the twenty-fifth comes in mid-summer.

A Christmas song was sung by four of the sanitarium nurses, by which our thoughts were centered upon the experience of the shepherds on the plains of Bethlehem where they listened to the angels' song of "Peace on earth, good will to men." After the program was finished, the girls were kept busy for a while finding the slips of paper bearing their names and following a cord to the package in some other corner of the room.

I believe all of us enjoyed this day—I know we did who tried to make a happier day for the others. Yes, I am sure the girls enjoyed it too; their shining eyes and happy faces told the story.

WORD FROM FORMER MEMBERS OF THE HOME FAMILY

From time to time we receive very encouraging letters from girls who have gone out from the Rescue Home. We are glad to publish this month abstracts from letters received from two such girls. One is now in a home of her own and the other one is living in her parents' home and has her sweet little boy, now over two years of age, with her.

"I don't believe any of us ever will forget the morning and evening prayers at the home. I hated to leave the home in one way, and in another way was glad. I hated to leave for it seemed as if I was going out away from protection. It seemed

as if I were again out in the cold, wicked world alone.

"After baby was born I felt as though I should not stay in the home at all. I felt as if I must get to work. I can never thank you enough for the interest you took in me. You never can know how I felt the first day I saw you. I was nearly crazy. The Lord must have had some purpose in allowing all this to come on me.

"I will be glad when we can be where we can hear a minister again. Only once in a great while a minister comes here."

This last letter was written to Miss Dickinson at the home.

"I have finally learned to look on the bright side of life. Tell the girls, especially those that keep their little ones, that they should start out with their children with this one thought in mind, that 'the Lord is my shepherd,' and my guide. He will not leave me nor forsake me if I trust in Him and do His will, and also that we must look on the bright side of things. There must be a lesson in each experience and it will always turn out, no matter what the trial is, for our good.

"Tell them it is over two years since I started out with my boy, but I have never regretted that I have kept him, although the future looks dark at times, but I have discovered that it is always the darkest just before the dawn, and every cloud, no matter how dark, has its silver lining. Tell the girls to sing, 'Trust in the Lord and Take Heart.' I wish I could be with them at worship once more. I have gone through two, or I can even say, three years, of very trying experience and I know I have been benefited by it. I still, however, have a great many lessons to learn."

THE TRUE PRINCIPLE OF LIFE AND HAPPINESS

ALFRIEDA JOHNSON,
Hinsdale, Ill.

It is generally known that this principle is love, but the real character and origin of love is almost entirely misunderstood.

By men it is called love to devote power and ability to some thing or person without first taking directions from the Word of

God, which is the only scale that proves the proper degree of devotedness that should be given the same.

Love originated in God whose principle quality is righteousness which controls the incomprehensive power, understanding, glory and all the exalted faculties of God. These faculties all being in activity give as the seed of completeness, *love*, which follows as a consequence in the harmonious whole.

True love in men must also be based upon the same principle and if it is not it is disconnected from its Source and instead of being immortalized it will come to a miserable end.

MY FIRST FIELD-WORK EXPERIENCE

THERESE ARNTZEN,
Hinsdale, Ill.

I am going to tell about the experience I had during two days' LIFE BOAT campaign. In times past I have often seen six or eight of the nurses start out from the sanitarium with a load of fifty or more magazines under their arms, and towards evening come home with their hands empty and their hearts full of rejoicing. Well, I always used to admire them and wonder how in the world they ever did it, but as to doing it myself I shrank from it. If anyone suggested the idea to me, I would manage to disappear from the scene.

Two days ago I was asked to go out with a number of other nurses. This time I did not refuse. I thought that the same good God who has helped me so many times in my work here at the sanitarium could also be with me and help me sell LIFE BOATS. I am writing this as I thought it might help someone else who may be timid about trying. Never say "*can't*" until you've tried.

I prayed earnestly before I left for the Lord to go before me and balance the discouragements I would receive with some good experiences.

I first visited a factory in Naperville. A man told me that I would have poor success there, as the place was practically closed and scarcely half the force was working. But in spite of most of the men being "dead broke" so soon after Christmas or having left all

their money at home, I did pretty well there. One man encouraged me by saying that I was so pleasant he couldn't refuse. So I began to think that those little motto cards about "smiling" had not been printed in vain.

After this I started house to house work. At first I found this more difficult. So many hadn't the change and gave all sorts of excuses. One woman was very kind to me and invited me in, for which I was very glad, as I was quite cold by this time. She was much interested in all our lines of work. Tears came to her eyes several times as we talked

warmer so I thought things were pretty well balanced up anyway.

In one office were three business men, none of whom wanted a magazine at first, but I soon had them interested. One of them asked if THE LIFE BOAT contained anything in it about meat eating. I told him he would find an excellent article by Dr. Paulson on the first page, on this subject. The other two men had bought one by this time, but this man said he was afraid it might convert him, but he also bought the paper and said he was most certainly going to read that first article.



From Time to Time Groups of the Sanitarium Missionary Nurses Leave Their Arduous and Taxing Work at the Bedside of the Sick and Go Out and Spend a Few Days in Adjoining Towns and Villages in Field Campaign Work. The Workers Shown Above Were Just Leaving for Wheaton, Elgin, and Rockford. Another Group Has Recently Visited Joliet. A Recent Regular Sabbath Service Was Given Over to These Workers to Relate Their Experience. It Was a Real Treat to Hear These Enthusiastic, Earnest Workers Relate Their Various Experiences and Tell of the Clear Indications That Providence Had Gone Before Them.

together. We had a very nice visit and she said she was so glad I had come.

A pleasant man came to the door of the next house and I happened to remark what a lovely neighbor he had. He smiled and said she was his sister. "Well, no wonder," I said. He took a LIFE BOAT and paid me for two. I was out about three and one-half hours and sold thirty-three papers.

By that time the Lord had set my soul for this work so the next day I wanted to go out again, and I went to Aurora this time. The people there on the whole seemed harder to approach than at Naperville, where I was the previous day, but then the weather was

One place I called, I found a shoe mender. This case certainly made me feel sad. He had been at one time a church member, but had given up everything concerning religion or charity and was very bitter against it all. His whole Christian experience had been soured by the hypocrites of the church, so many mean turns had been done to him. We had quite a visit and I told him I was afraid the trouble was he had been looking at these poor weak human specimens for examples instead of at the only perfect pattern—Christ. He would have nothing to do with THE LIFE BOAT, but I could not leave him this way, so I gave him a copy and I have prayed that the Lord might through some little word in

the book, speak to him and bring him back.

This day I disposed of seventy-nine papers. I hope some little word of mine may encourage some one who hitherto has been afraid to try his hand at selling papers.

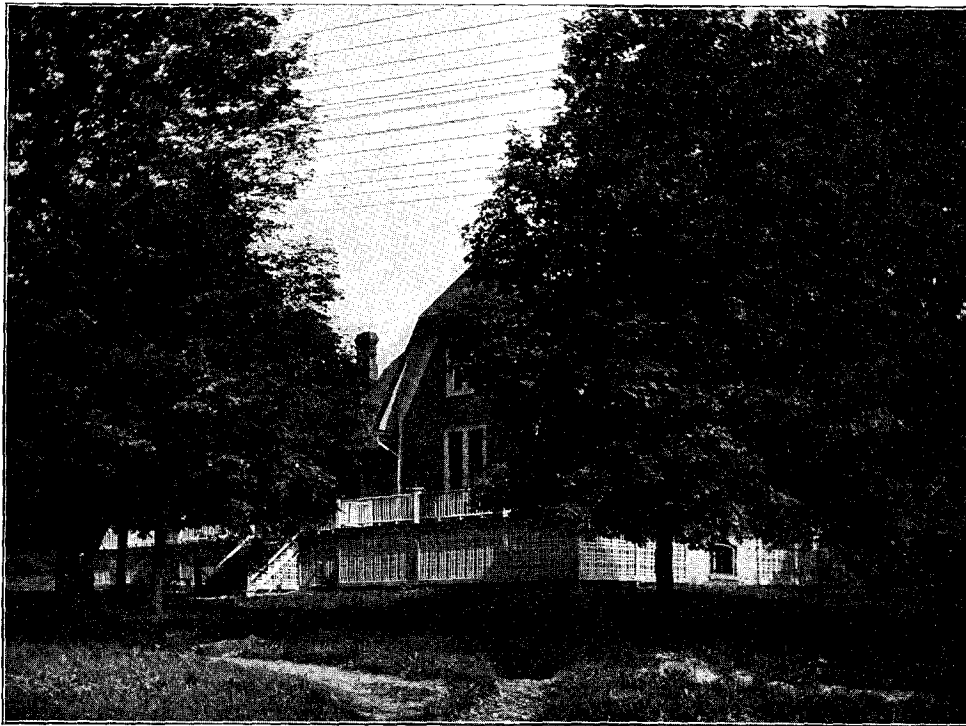
When I am through with my papers I feel as though I have done the very least part of the work. I leave the great work to the Lord, trusting that through the seed sown some soul may be led to the kingdom of heaven.

The Good Samaritan Inn Is Opened

David Paulson, M. D.

IN TWO previous numbers we have announced that steps were being taken to reopen the Good Samaritan Inn for the sick poor who can not afford to pay the ordi-

utter dependence upon God to make the work a success. We hope here to see patients not only receive great physical improvement, but also spiritual benefit as well. We trust that it



Partial View of the Good Samaritan Inn, Beautifully Located Among the Trees Near Highlands Depot.

nary sanitarium rates. It now gives us pleasure to announce that the Good Samaritan Inn is opened and the first patients are being cared for.

One of our nurses has the general oversight of this home and has taken hold of her work with zeal, enthusiasm and a sense of her

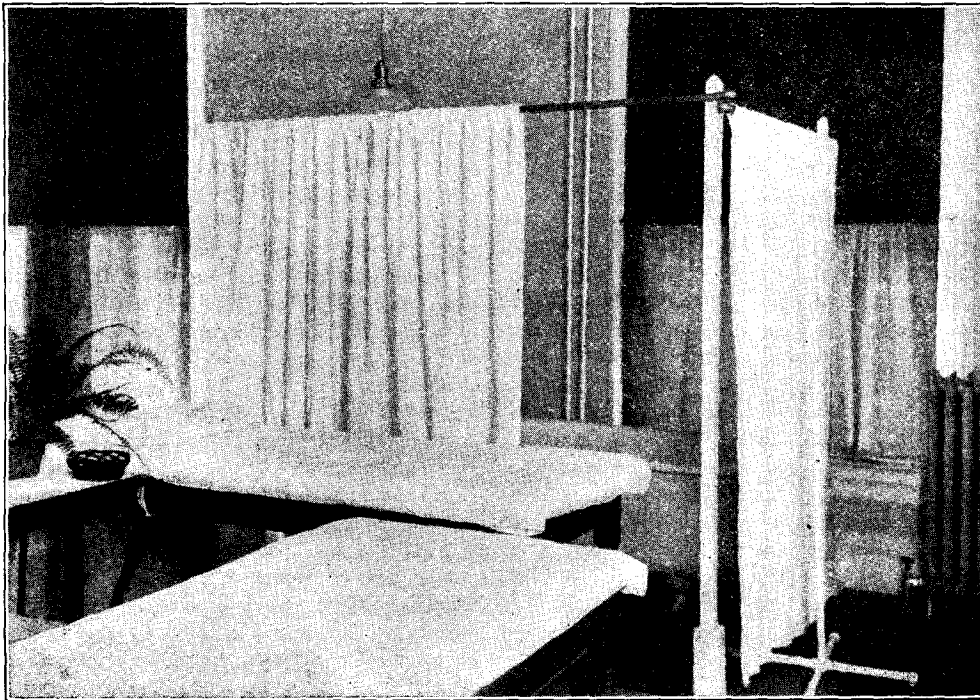
will become a house of prayer, a place where God shall marvelously answer prayer in behalf of the sick, and in a special manner bless the remedial measures that shall be used for their restoration.

Room rent, which includes such general house expenses as heat, light, etc., will be



View of the Parlor, Showing the First Two Patients.

three dollars and a half a week. The daily treatments are fifty cents apiece. Board is furnished on the European plan, each patient paying for just what he individually eats. General physical examination on entrance is three dollars; physician's services



A Corner in the Treatment Room Located on the Main Floor.

will be free. Those cases requiring personal nursing will be charged an additional moderate price per hour.

Some who are too poor to pay even this actual expense have applied for endowed beds. We are earnestly praying that God will put it into the hearts of some who have means, to endow a free room and thus give a thank offering to God for some mercies or blessings He has bestowed on them. Four hundred dollars will endow a bed, including board, room, and ordinary treatments for an entire year. Five thousand dollars will endow a free room for all time.

The name of the donor will be put upon the door so that the fortunate patients who have this blessing extended to them will know to whom, under God, they are indebted for this priceless opportunity. We shall earnestly pray that God will put it into the heart of some of His children to help enlarge this unique enterprise, so that we may be able to benefit a large number of the sick poor on such a simple basis as the Good Samaritan Inn is planned.

SOME PERSONAL EXPERIENCES

GERTRUDE SUTTON,
Hinsdale, Ill.

"The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay His head." Matt. 8:20.

"For I was an hungered and ye gave me meat: I was thirsty, and ye gave me drink; I was a stranger, and ye took me in: naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me. Then shall the righteous answer him, saying, Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink?" Matt. 25:35-37.

Several years ago these verses came to me very strongly, and I wondered, in the spiritual condition I was then, what answer I would give my Saviour if He should come at that time. Those verses *hung by me* and I could not get away from them, so I wrote to Dr. Paulson, asking admission into the Hinsdale Missionary Nurses' Training School, thinking I could thus get into ac-

tive work for the poor. As I was not then a Christian, they could not accept me.

During the summer I attended a camp-meeting with one of our neighbors, who had asked me to accompany her and her daughter. I was not anxious to go because I did not want to know Jesus, and was determined I would not. In the meantime, Dr. Paulson had written me some very good letters which had set me to thinking—some things which I wanted to *forget* but I couldn't.

I finally decided to go to camp meeting with my friends. The first few days while there I wanted to be away, but at last I gave myself to my Saviour and also found the peace and joy which I had never known before.

I heard that they were going to start another class in November at Hinsdale, so I again wrote for admission. I had written to several other institutions, but I felt that Hinsdale was the place where I could get what I wanted and needed. I promised the Lord that if He would open the way for me to go there I would do something for the poor of earth, so I felt it a direct answer to prayer when I was accepted.

I had been in Hinsdale only a short time and listened to some reports of the city workers, telling of the blessings they were getting through ministering to those poor unfortunates, when I became enthusiastic to do something for those people myself. I asked permission to go in there, and I was given an opportunity to spend some time in that work and received some of the richest blessings of my life. The stories told in childhood of suffering humanity were made *real*. I was more determined than ever to do something for this class of people.

Just a short time before my graduation Dr. Paulson told of the plans to reopen the Good Samaritan Inn and how they would need some nurses to take up that work. I felt that it was too great a work for me, that it needed someone with greater ability than I had, yet when I was asked to take charge of this work it seemed as if it was an answer to my prayer, and also a fulfillment of my promise to do something for

the poor. So I felt that if this was what God wanted me to do, if I tried to run away from it I would be like Jonah, so I have taken hold of this duty, knowing I must be true to this before God will use me in any other field.

Annual Report from the Hinsdale Nurses' Center

Miss Mildred Knowles,

2348 Park Ave., Chicago, Ill.

[Miss Mildred Knowles, who is now in charge of the Hinsdale Nurses' Center, has presented herewith a report of the work done and also the finances for the past year. It should be noted that this work has been maintained for twelve full months for the practically small sum of four hundred dollars. The nurses have been able to earn more than half of that through giving some treatments for pay. Only one hundred forty-one dollars and ninety cents, outside of the amount earned by the nurses, was needed to maintain this work for the *entire* year, and think of the good that has been accomplished and the number of homes that have been blessed by their ministry! Just now the nurses are busily engaged in distributing warm clothing in the many destitute homes in their vicinity. We trust that the kind-hearted people who read of this work will be willing to help support it through the coming year.—Ed.]

EACH month you have read the articles written by our nurses and know some of the experiences we have had, but in this number I wish to tell you in figures the result of some of our work the past year. I have just been making out an annual report and some of the figures have surprised me. You will bear in mind that during this time we have spent on an average four afternoons a week attending classes at Hinsdale, which would of course cut short our time in actual work.

During the year we have made 1,806 calls. This does not include the many times we have made long trips only to find the parties out we wished to see.

Nine hundred and sixty treatments have been given. Fourteen persons have been provided with food, and fifty-six with clothing. We have attended jail service fifty times. We have given enough pay treatments to have earned \$254.87. In addition we have given 636 free treatments. For the remaining 324 we have received from 25 cents to \$1.50 each, according to the financial condition of the patient.

We know that God has wonderfully blessed our work. We never give a treatment without silently asking God's blessing on whatever we do and the results *show* that He answers prayer.

Our expenses have amounted to \$396.77. We board ourselves for practically \$8.00 a month. The largest expense is the carfare

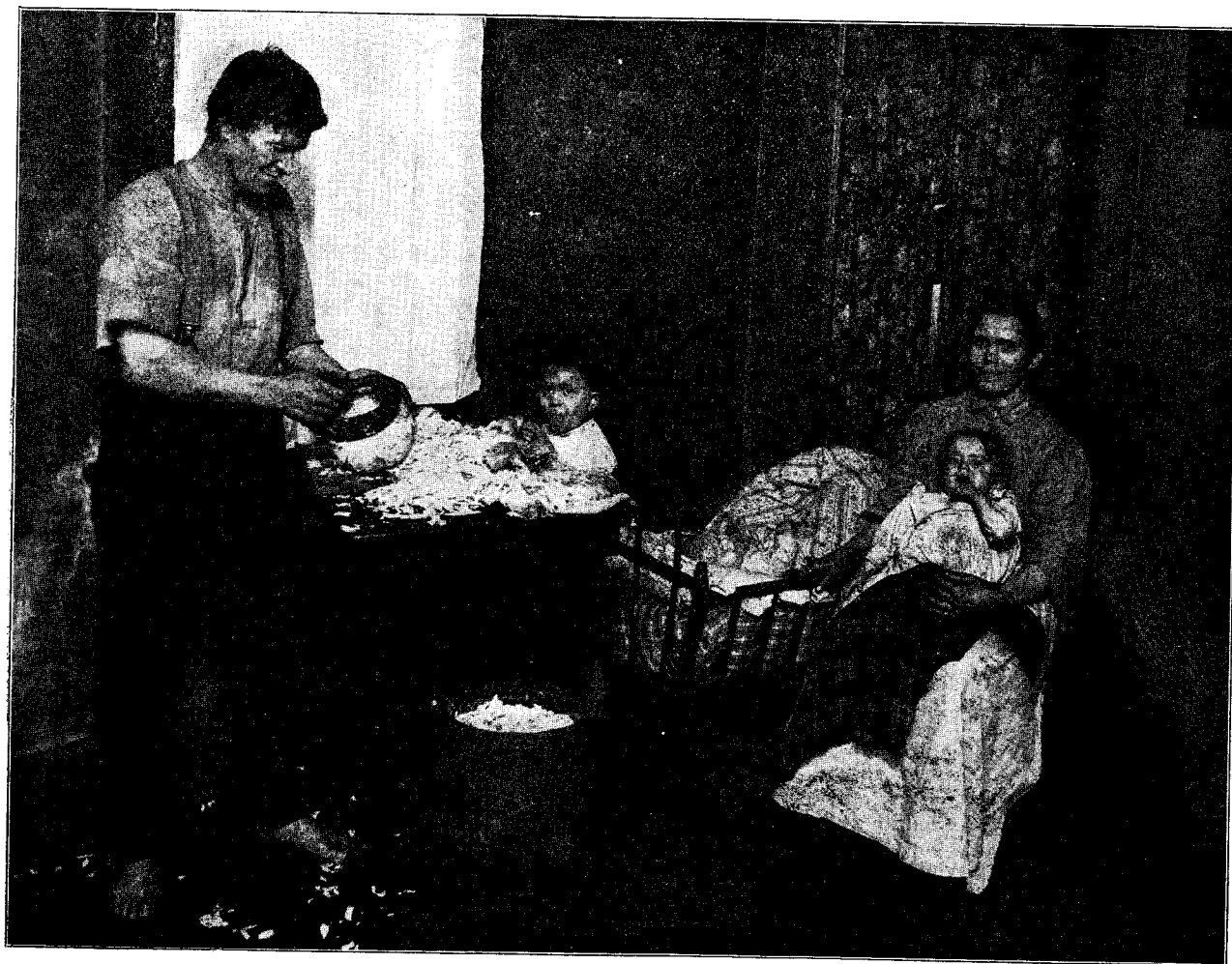
to and from Hinsdale. We indeed wish to thank our many friends for the donations they have sent us, thus making it possible for us to meet these expenses and carry on the work.

Little did we realize one year ago that even this much would be accomplished. It seems as though two nurses living in one room could not do much, but when these two lives are *dedicated* to God and His service He will do much through them. To Him belongs all the glory.

About the middle of November we were called one morning to treat a case of acute indigestion. The woman had been to a lodge the night before and apparently had had a feast. She was taken very ill on the cars coming home. The doctor was called immediately and he stayed with her until eight in the morning. Her heart was in a critical condition and the doctor said he gave her medicine until he was afraid to give more.

We got there about eleven o'clock and spent an hour or two with her. Miss Leffler gave the treatment and said she was afraid the woman would die any minute. She first gave her treatment to stimulate the heart and as a result was not afraid then to give the rest. Now she is up and helping with the housework.

She cannot express her appreciation for what we did for her and says she believes we saved her life. The doctor also thanked



A View in a Chicago Poverty-Stricken Home. The Husband and Father Is a Tuberculosis Victim.

us and said he had gone as far as he could with the case. But I am glad our work has not ended here with them. The last time I called they returned a book we had lent them and asked for another. This book was entitled "Steps to Christ." They considered it one of the best books they had ever read and want to buy a copy. I had a good talk with them and they are now living better Christian lives.

Thus the work goes on. We trust that all will remember us at the throne of mercy that we may have the strength and wisdom we need to meet the people.

"When you go out in the morning,
To begin the work of the day,
Don't neglect the little chances
You will find along your way;
For in lifting another's burden,
And speaking a word of cheer,
You will find your own cares lighten
And easier far to bear."

MEETING DIFFICULTIES AT THE HINSDALE NURSES' CENTER

A HINSDALE NURSE.

[Miss Mildred Knowles, who assisted Miss Ruth Stapp in founding the Hinsdale Nurses' Center, is now in charge of the work. Recently one of the other nurses at the sanitarium asked for the privilege of spending a few weeks with Miss Knowles in this work and is at present assisting her. We publish the following report of her experience, and upon her request are withholding her name. These young women need our prayers and our support financially. They are sacrificing all, and feel that they are abundantly paid in the blessings they get from the work.—Ed.]

My first night here was New Year's eve. I was excited as the city was in an uproar all night, and about midnight the whistles began to blow and people began to scream and blow their fog horns. Some shot off revolvers, and all together, they kept me awake all night. As I lay awake I thought that such a noise was enough to drive away God and His host of angels for an entire year.

In the morning Miss Leffler took me with her to call on a poor woman who needed clothing. This lady's son and two little girls lived with her. She was very glad to get something for the oldest girl to wear to school. She said she never let the little one go outdoors for fear she would take cold. The poor little child looked just like a flower that had been kept in a dark room—so white and no color at all. We explained that it was necessary for us to have

an abundance of out-door air to get along. Later when I went there to treat the son's limb, which was in a very bad condition, I saw they were trying to get the little one to play outdoors.

Quite often when I am going out giving treatments I see little children out playing with no shoes and very raggedly clothed. Once I spoke to one little fellow and he ran from me.

One lady said that of late, since she has been having such a hard time to find clothing and food for her four little ones, she thought of the place in the Bible where it speaks of God's love for his people and that he notes the wee sparrow's fall and has numbered every hair of our heads, and wondered if it really was so. But now she said she was ashamed of herself as God was so good to her and sent us to help her when she most needed us.

Another lady was sent to us as one who wished to turn over a new leaf in her life. It was quite late one afternoon when she called. She said she had understood we had a nurses' home here and that she might come and live with us. We were just starting out to give our evening treatments and, of course, didn't hardly know what to do, so we offered a silent prayer to our heavenly Father for help and then I left her with Miss Knowles while I went to call on an elderly lady who had broken her arm in seven different places, and who lives all alone.

This woman said she would be glad to have her help and for me to send her over as she wished to see people before hiring them. So I took the woman over there and left her while we gave our evening treatments, and we were surprised to hear on our return, that this woman was very much displeased because we would not keep her, and that she had informed the elderly lady that she did not want to work at all. We did not know what to do, so we gave her some money and she went down on Madison street and got a bed, and the next morning came back, stayed all day and the next night with us. When we returned from our morning treatments we found her still there, and not knowing what else

to do with her I stayed at home the rest of the day and washed.

During this time she told me of her life which any one would be ashamed to repeat. She thought our way of living was such a sacrifice and even went so far as to say we would get much more out of life if we lived the way she did. She also said the devil took good care of *his own*. I told her I would consider it more of a sacrifice to disgrace my name as she had done, than to spend my life giving treatments for nothing.

Then I tried to explain to her how much happier I was than she and how good our heavenly Father was to us, and so on. She first tried to make me think there was no God, but later owned she knew there was one. I asked her to read from one of our books to me, which she did. But her poor soul was so full of evil that before I

was aware of it she would be telling me about some of her past life. I told her she should forget such things and think of God and what she was reading. Then she asked me if I thought God forgave such people as her, and I pointed her to different statements in the Bible that show He does.

Since I have been here I have attended jail services twice, and was very much impressed with the way music affected many of the people there. One quite small girl cried and ran away when she saw we were going to sing. She said she could not stand it to hear the music. Most of them listen very attentively and many raise their hands for prayers.

In closing, I will say that these few days spent in here have been a great blessing to me and I realize more and more each day the need of our heavenly Father's presence at all times.

The Power of the Gospel in Heathen Lands

Wm. Merrell Vories,

Hachiman, Omi, Japan.

[The following is a report of a talk given by Mr. Vories, the author of "A Mustard Seed in Japan," to the Hinsdale family of workers at morning worship, while on a recent visit.—Ed.]

CHRIST reduced all of His law to two laws: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind," and "Thou shalt love thy neighbor as thyself." Matt. 22:37.

That is a very great advantage that we have. We do not have the vagueness of the Oriental religions. Take for instance Buddhism, no man could read all its laws. The result is, no one knows altogether what Buddhism stands for, not even the priests. They have no simple *fundamental* rules that the thing can be boiled down into, like this principle we have.

The Christian life is *faith* and *service*. There are plenty of people who are willing to take the first step, but not so many obey the second commandment—*service*. Yet Christ did not make any distinction between them. He did not say that faith is *enough*. That is the reason I think you

people here are to be congratulated because you have a chance to put your faith into practical service. Also I am sure in the end that will be the way we will persuade the world.

A Buddhist priest came to us expecting to convert us to Buddhism, but he himself was converted to Christianity without argument by living seven months with our missionaries. He gradually saw that he had nothing like that which he saw in our lives. If we could boil Buddhism down to a simple rule it would be *self* in everything—so that you do not worry about anybody, so you could walk past a poor crying sufferer without being moved. That is Buddhism, and that is as far from Christianity as you can get.

Came in To Break up the Bible Class

We had one of the students in the school who came into our Bible class for the purpose of breaking it up. He fixed himself

up for the ordeal by drinking a lot of bottled goods to get himself into the spirit or the spirit *into* him. He came in prepared to raise a riot and break the whole thing up.

He was received very kindly, and that rather upset him a little. He expected to be abused and have cause for a fight. But the excuse was not offered. Little by little he began to listen. The result was that after some various experiences that young man became converted and connected with our work and is now the treasurer of it. He would now give his life for the work.

One of our most valuable Japanese workers, who was the first student to enter our work, had tried every way he could think of for six years to get his mother, who was still a very devout Buddhist, to be a Christian. He went home time and time again just to explain to his mother. She would not hear a word. Finally he saw that the only way was to have her come and see it. He persuaded her to come and visit us. She came. After she had been there a few months her whole attitude changed. She didn't have any argument. In fact she had told her son the only condition on which she would come was that he should not try to persuade her to be a Christian, and not say anything to her about her smoking. She had been a smoker for twenty-seven years.

Tried It Out at Home

After she had been there for three or four weeks she said she wanted to go home a little while. We were disappointed, because she seemed to be coming our way, and we were afraid she would go away before the result was accomplished. She was gone only a few days and came back. I shook hands with her and she said:

"Why don't you congratulate me?"

I said, "What is the matter?"

"Why, I am a Christian. I went home for a few days to test myself before I announced publicly my change of faith. I knew the hardest place to be a Christian would be back home with my friends and neighbors."

And that old lady, after twenty-seven years of smoking, stopped just like that and

has never looked at it since. Never had the least desire for it after that. She has begun at her own expense to study in a Bible school and so she comes back to the mission as a self-supporting evangelist for the Master.

She got the idea of Christianity through the *service* which she saw. She saw the whole thing boiled down to those two rules of Christianity. Love to God, which must come first, of course, and then love and service to **our fellow-men**, which must follow if it is *genuine*.

I could go on and give you incident after incident of just this same kind of experiences. When you see the work of Christianity out in the field where the people have not heard of it, then you can judge the *power* of it. To see a man, in a few months' time, absolutely made into a new man, you get a more appreciative feeling of the power there is in Christianity without a word being said. You really convert people without a word.

Keep always in mind the simple fundamental laws of Christianity. Just those two which Christ himself gave. If we have those very strongly and they are the *moving* principles of our lives, we are bound to have power with people, and nothing else can stand against it.

LOVES THE BLESSED BOOK

(From the Indiana State Reformatory.)

"I write you again of God's good grace and loving kindness within my heart and the ever anxious desire to do something great or small that I may show the way of the Cross leads home for all those who will accept of God's offer of salvation.

"I am glad that I can live for Jesus all the time, even while behind the walls of this place, for it makes no difference about where you are, for Jesus will meet with you there. I love the blessed Book. All the sore trials of sin and shame will vanish if we will only feed upon the Bread of Life."

God promises to take care of you so long as you take care of your duty.

The Influence of a Gift Made to a Prisoner

Caroline Louise Clough

SOME months ago we received a letter from an inmate of the Deer Lodge, Montana, prison asking for a Bible. We sent one containing a concordance for reference in Bible study. Just recently we received the following letter from this same prisoner, who, by the way, is not a professor of Christianity himself, but is interested in seeing others saved.

"Your letter of the twenty-fourth of October has been read by a good many of the inmates; among them are some of the ones who advised me to never expect anything from any religious society. Since I have gotten everything that I have ever asked for, they don't understand how it can be possible.

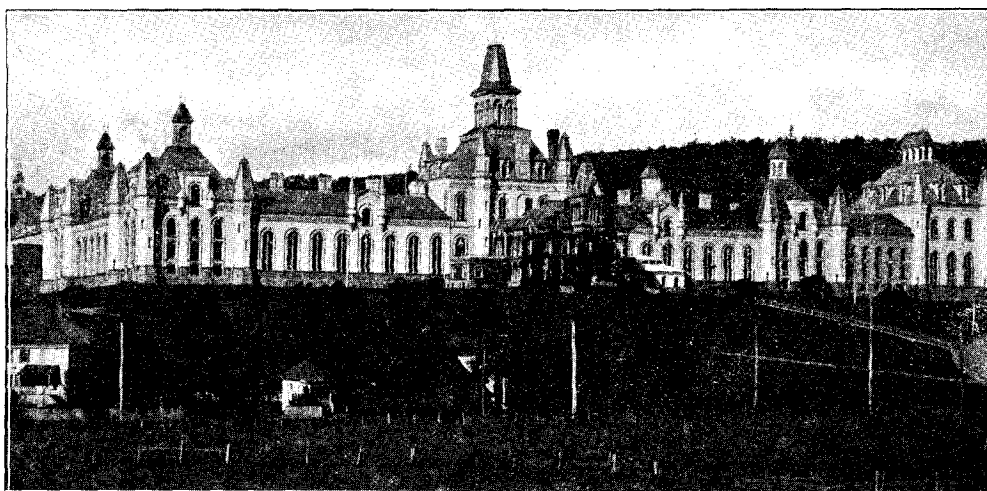
"I didn't have any more confidence in your institution than the others, but I had to have a Bible to prove my arguments and knew of no other way to get one. I am instructed to send you a New Year's greeting and many thanks for your Bible from nine of the readers. There is more interest taken now than ever, because the new book is so clear to understand. I am

called upon every day to explain the Bible, but with this book it is very easy.

"I have heard from one of the boys that left here and to my surprise he is now in the eastern part of the state teaching a class in Sunday School. I saw his name in the paper that he sent me.

"Isn't it surprising how one person can start such an interest? But I was perfectly innocent of what this would come to when I started it. I knew that Satan could always get followers, but I didn't think that it could be turned in favor of the Lord, but this case seems to be an exception, because every one of these men knew that I made no pretense of Christianity. Christianity would be a noble thing if it was not used for deception to cover up crime in high society.

"Your generous gift was more appreciated than anything I have seen for a long time. The men reminded me of a group of small children who had never received a present before. It was amusing to me to see what an exciting time we had. Some of these men even went so far as to say



One of our Leading State Penitentiaries, Located at Auburn, N. Y., Where Hundreds of Men Have Abundance of Time to Read. Will You Help Us Put Into the Hands of the Large Army of Prisoners All Over This Country the Next Special Prisoners' LIFE BOAT and give Them Inspiring Christian Literature? Four Dollars Pays for One Hundred Copies for This Purpose.

that I was once a good man, but that I would not own up to it. I have been accused of crime and been convicted, but I never was accused of being *good* before."

We find many hungry hearts behind the bars, and to bring the gospel to this class it has been our custom for many years to issue a Special Prisoners' number of THE LIFE BOAT every spring and send this number out in sufficient quantities so that every prisoner in all the leading state prisons of our land may have opportunity to read the same. Our sixteenth annual special will appear this year in May. Who will send five dollars to help furnish the simple gospel to such men as these? This amount will send one hundred and twenty-five copies, which will be read by about five hundred prisoners.

THE TRUE REVIVAL SPIRIT

D. H. KRESS, M. D.,
South Lancaster, Mass.

[A few weeks ago Dr. Kress went down to Boston to assist some of the workers there in evangelistic work. The Lord has mightily poured out His Spirit, sinners have been reclaimed, professing Christians have had their hearts renewed and those who already had a good experience have received a new vision and had a new power put into their lives. As we believe the time is fully ripe for a special outpouring of God's Spirit in every part of the land, we publish the following from a personal letter.—Ed.]

We have certainly entered upon a new dispensation. We no longer have the same revivals—that is, merely to make people *feel* good—there is something entirely different under the sun. There is a deep solemnity in the meetings; the straight testimony is being borne and is being received. Pharisaism is being renounced. The glory of man is being laid in the dust. The only hope held out is a new birth. The people are being called back to the old paths—to the study of God's truth. The Bible standard of Christianity is being held up—*Christ-likeness*—and nothing short of this. The people are rallying, with hearts made tender and filled with compassion, and capable of being touched with the feelings of others' infirmities, so we expect to see multitudes go out into the highways and hedges compelling them to come in.

You will recall, how, twenty years ago, the Spirit of God came upon us, as upon

our knees we studied the Bible, surrounded with the testimonies. That time is here again. It is a great privilege to engage in such a work. I have lost my relish for ordinary lecturing. The people already have more light than they are living up to. It is not more arguments they need or more light, but *power* to live up to what they have, and in order to do that there must be a new birth.

To be born from above is the only remedy. This takes out of the heart all ill-will. It is a remedy for the tendency to criticize and find fault. It takes away the disposition to do these things. It makes the doing of God's will a pleasure. It gives a sincere desire for the milk of the Word, and a disrelish for all that does not minister to spiritual growth. Resolutions are of little value. A new heart with new motives and desires is the remedy for all of earth's sorrows and ills, physical and spiritual.

My own heart is filled with gratitude to God. "This poor man cried, and the Lord heard him, and saved him out of all his troubles." Ps. 34:6. I propose to give myself fully and completely to this work.

I can see why Isaiah said, "Woe is me! for I am undone; because I am a man of unclean lips." Is. 6:5. I can see why Job no longer referred to his past good acts to bolster him up in self righteousness, but said, "I am vile." "I abhor myself, and repent in dust and ashes." Job 42:6. And why Paul said, "I know that in me dwelleth no good thing," Rom. 7:18. And I am the chief of sinners.

So long as we measure ourselves among ourselves, we will become *self-righteous*, we will feel rich, when in the sight of God we are very poor. We must, like the publican and the harlot see our poverty before we can purchase the gold tried in the fire. It is easier to save a harlot than a *self-righteous* man. We think God has a hard task in saving the drunkard, but it is not nearly so hard for Him to do that as it is for Him to save a self-righteous man. James and John on one occasion forbade a man who was casting out devils because he followed not with them. They *thought* that in checking this man they had in view the *Lord's*

honor; but they began to see that they were jealous for their own safety.

There is a good deal of that in us all. We must, like Peter, be converted, if we would strengthen our brethren. We have to hew to the line. "If thou bring thy gift to the altar, and there rememberest that thy brother hath aught against thee; leave there thy gift . . . *first* be reconciled to thy brother." Matt. 5:23, 24. All these Scriptures possess a new significance to me. We are not here to defend our dignity or to maintain our reputation, we are here to save souls by removing obstacles, whether real or imaginary.

NEW PLANS FOR A NEW CLASS OF MEDICAL MISSIONARIES

DAVID PAULSON, M. D.

Recognizing that there are many earnest, substantial men and women who desire a short, but practical, medical missionary training, we shall organize at Hinsdale next June a ONE YEAR'S MEDICAL EVANGELISTIC COURSE. During this time there will be given a comprehensive glimpse, both technical and practical, of the most important and essential things that are ordinarily taught during the entire three years' course.

These students will not be set to work doing things they already know how to do, such as washing dishes, cleaning rooms, and making beds; instead they will be given from the very *beginning* well systematized medical missionary instruction and experience. They will specialize on medical missionary field work, medical evangelistic tours into the surrounding towns and villages, how to do successful house to house work in connection with gospel efforts. They will have practical experience in medical missionary dispensary work in Chicago, assist in the Good Samaritan Inn in Hinsdale, and hold schools of health and have part in many other similar practical missionary efforts.

Who May Come

This one year's course will be open to those who are already Bible workers or laborers in God's cause, and mature people who do not feel that they can spend

a long time in preparation. It will also be open to those who desire to afterwards take two additional years of more technical nurses' training so as to be able to complete the regular nurses' training course.

There will be closing exercises at the end of this year's medical evangelistic course. Then a goodly number of these who have taken this special year's training will naturally return to their homes to assist their home churches in carrying out the principles outlined in Isaiah fifty-eight, or they will enter again some of the various branches of God's work that they were in before they came.

Those Who Desire a Full Nurses' Course

A certain number of those who have taken this one year's course may desire to take the advanced course of TWO ADDITIONAL YEARS in actual bedside NURSES' TRAINING. This will include instruction in sanitarium methods, surgical nursing, manual Swedish, advanced hydrotherapy, special massage and the many other things which are necessary to develop a thoroughly trained nurse for bedside work.

Those who take this advanced course have already had one year of definite personal experience in practical missionary work, consequently they will have a *live* message to bring to their patients. The reason why so many nurses do so little spiritual work is not so much because they do not want to as it is because they have never had any experience in doing it and do not know how.

For this reason no one will hereafter be admitted to this two years of advanced nurses training who have not taken *first* of *all* the one year medical evangelistic course as a missionary foundation.

An Additional Year's Actual Medical Instruction

After the closing exercises have been held for those who have had these two additional years of advanced nurses' training and experience, a certain few of these who give promise of becoming medical missionary leaders, head nurses, medical matrons, "captains of ten," so to speak, will be given an opportunity for another year to assist in the physicians' offices, have

charge of the surgical operating room and other departments of the work such as the Good Samaritan Inn, Rescue Home, Medical Missionary Dispensary in Chicago. They will also be given special instruction in the recognition of disease and be taught many advanced practical medical truths that are not ordinarily taught to nurses, but which will help to fit them for the important places they are preparing to fill.

These same advanced workers can also help to give instruction in the medical evangelistic one year class, lead them out in medical evangelistic tours among the people and thus have opportunity to give full proof of their gift of *leadership* before they disconnect entirely from the work.

Each One the Amount of Training He Desires

In our medical missionary training work we have been possessed too much with the idea that *everybody* had to take an extended course or nothing and during the first six months or year these students have spent most of their time merely doing housework in the institution, in many instances actually withering up the little soul-winning instinct that they had when they entered the course.

I do not wish to leave the impression that a person can not be a good missionary and spend all his time doing domestic work, but when young people have heard a call of God in their hearts to undertake *actual* soul-winning work they ought not to be compelled to spend months doing merely *mechanical* things when they might during the *same length* of time have had an advanced experience in practical missionary work.

The time has come for us to cease saying, "There are yet four months, and *then* cometh harvest." John 4:35. We must look on the fields that are *already* white for the harvest and plan our course of preparation accordingly. Workers, gospel medical missionaries, are needed *now* and many who are burdened to undertake this work cannot spend years in preparation. We want to speedily fit up little companies to go forth to do the very work to which Christ appointed His disciples.

A Simple Illustration

The accompanying diagram will illustrate that the one year's medical evangelistic

ONE YEAR'S EXPERT MEDICAL TRAINING

For medical matrons, head nurses, office assistants and heads of departments.

A TWO YEARS' ADDITIONAL NURSES' TRAINING

A thorough training and experience in the various sanitarium methods of bedside care of the sick. Only those will be admitted to this who have taken the one year's medical evangelistic course as a missionary foundation.

ONE YEAR'S MEDICAL EVANGELISTIC COURSE

A practical training for those who need a speedy preparation. Actual experiences from the first in field work, city work, and practical home missionary work, etc. All who desire additional advanced training to take this year's work as a foundation.

course is the foundation just as the common school is the foundation of the secular education. After the children have completed that, a large number drop out, but a certain number go on and take the high school course. Let that represent the two years advanced missionary nurses' training and experience.

Then after graduating from the high school a few go on and take a college course; let that represent the few in this work who will take an additional year fitting them to be expert leaders, medical matrons, head nurses and to stand alone in parts of the earth where they would not have medical men to whom they could look for advice and counsel.

All who feel that God wants them to enter this one year medical evangelistic course, either with the view of merely completing this or afterward taking more advanced work, should apply immediately. Further information will be sent upon request. Ask God to give you a definite call and then He will open the way for you to come.

A MODERN MIRACLE

GEORGE THOMASON, M. D.
Sanitarium, Cal.

Some months ago the writer, on his way to his city office, reading the morning paper, noticed an announcement of the return of a missionary from a far eastern field. After more than twenty years of service in China, with terrible personal experiences during the Boxer uprising, and, more recently, the revolution, this lady was brought, with her family, to this country. Her body was weak and emaciated, and her mind completely shattered. She was at times very violent, seeking to injure members of her family and attempting to end her own life. This was outlined in the paper the morning following the arrival of the company in San Francisco.

Upon reading the item, in just a passing thought, it was hoped that this patient might in some way be brought to the sanitarium for treatment. On arriving at his office, the writer found some gentlemen waiting, and before they uttered a word the impression was felt that they had come in behalf of the returned missionary. This proved true, and arrangements were soon made for her removal to the sanitarium. As the weeks went by, proper treatments were administered and many earnest prayers were offered, but the patient seemed to grow worse rather than better. The husband, a devoted man of God, prayed with "strong crying and tears" for the restoration of his wife, but as he said, it seemed that the more he prayed, the worse the patient became, until he said it seemed the stability of his faith was involved in the matter.

In the evening of a day of special violence on the part of the patient, the matter was presented to the family of nurses, and they were requested that they make this case one of special request at their regular class prayer meetings. The writer went to his room, opened his Bible at a venture, hoping for a special promise before kneeling in prayer. The first words upon which the eye rested were these: "And this is the confidence that we have in Him, that, if we ask anything according to His will, He heareth us: and if we know that He hear us, whatsoever we ask, we know that we have the petitions that we desired of Him." I John 5:14, 15. This

promise was spread before the Lord and an earnest prayer offered for the restoration of the patient to mental and physical health.

The next morning the first person to be seen was the nurse of our patient, who came running, and saying, "Doctor, my patient wants to know if she can not go to her family." The family were in a cottage over the hill. The patient was taken to her family. It was a most touching scene. The wife and mother fondly embraced her husband and children, and with great joy and rejoicing they said to the nurse, "Leave us for the day, a happy, reunited family."

From that very hour the patient was healed. And such a prayer of gratitude as was poured out to God by that husband, it has seldom been my privilege to hear. A number of letters since received state that the blessing remains with them and the husband says when he preaches if he sees the face of his wife looking up at him, it seems to bring a great inspiration into his sermons.

"He that believeth on the Son of God hath the witness in himself." 1 John 5:10. Such experiences confirm within one a faith in the Lord Jesus Christ that principalities nor powers, nor things present nor things to come can ever shake. "Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the saviour of His knowledge by us in every place." 2 Cor. 2:14.

AN UNEXPECTED ANSWER

A discouraged young minister once said to Spurgeon, the great preacher, "My sermons seem to have no power over the unconverted." "Why, man," exclaimed Mr. Spurgeon, "you don't expect conversions every time you preach, do you?" "No, of course not," replied the younger man. "And that's why you don't get them," was the great man's reply. If our faith fails in everything and everybody on earth, let us still believe God always hears and answers our prayers, for He does.

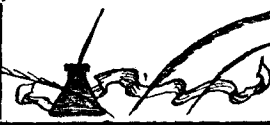
GOOD WORDS

"I love to sell THE LIFE BOAT best of all. It is a heart-to-heart magazine; it lifts up the fallen and helps to strengthen the Christian in this life."



Editorial Department

Conducted by Dr. David Paulson



AN EFFECTIVE ANTITOXIN

Several years ago one of our workmen accidentally ran a rusty pitchfork through the fleshy portion of his leg. I naturally feared tetanus or lockjaw, so I gave him an injection of *antitoxin* to antidote the possible infection.

Sin is much more common and yet a very much more *virulent* infection than either lockjaw or blood poisoning, and in the Bible can be found its antidote or antitoxin. David said, "Thy word have I hid in mine heart, that I *might not* sin against Thee." Ps. 119:11. That is the Divine antitoxin for sin and the main reason we have such a widespread reign of lawlessness is because of the almost universal failure to use this effective antitoxin.

Years ago the Bible was read, studied and meditated upon in almost every home. Today cheap, chaffy reading has replaced it. The consequences are we have a perfect epidemic of sin among all classes, and a thousand and one useless remedies are being prescribed, while the one useful and effective remedy, the word of God, is being ignored, overlooked and even despised in the house of its friends. What shall the end be?

DO YOU KNOW WHAT THESE THINGS MEAN?

As we go to press the papers are filled with gruesome accounts of the terrible calamity in Japan, brought about by the fearful volcanic eruption and supplemented with a tidal wave. All activities in South Africa are paralyzed by the most terrible labor disturbance in its history. The copper country in this land is rent by dissension, and bitterness is being developed that it will take years to heal.

There is "upon the earth distress of nations, with *perplexity*; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:25, 26.

Christ condemned the people of His time because they could discern the weather indications, but could not discern the signs of the times. (Matt. 16:3.)

You, who read these lines, will you earnestly ask yourself whether you are preparing to be among that little company who shall know, "When these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21:28. But if you are planning to be among that company it will be absolutely necessary for you to "take heed to yourselves, lest your souls be weighed down with self-indulgence and drunkenness or the anxieties of this life, and that day come upon you, suddenly, like a falling trap." Luke 21:34, Modern Speech.

THE NEXT SPECIAL PRISONERS' NUMBER

The May LIFE BOAT will be our next Annual Prisoners' LIFE BOAT. We want to reach as nearly as possible the entire prison population of the land with our Special Prisoners' Number. For fifteen years this magazine has thus carried a message of peace, strength and uplift to tens of thousands of men behind prison bars. You ask, "Is it worth while?"

Let me say first of all that the *worst* men are not in prison at all. Think of the men who can buy up legislatures, who graft on public funds, who because of their position can successfully take advantage of their fellow men, and then remember the thousands of men in prison who are there because of some crime they committed while under the influence of drink which some one was *licensed* to sell them. The saloonkeeper goes right on next day with his unholy business. The poor fellow after he sobers up suddenly finds himself full of remorse and despair behind prison bars, and his poor wife and children are the objects of public scorn.

Then think again of thousands of other men who are in prison because they were swept off their feet by some overwhelming temptation that perhaps would not have been a serious temptation to you and me who were brought up in Christian homes, who were taught to read the Bible and to pray, before we could remember. We cannot *excuse* either of these classes, but we can pity them and be determined that they shall have a chance to get the gospel after they have been sent to prison where many of them meet discouraging experiences that you and I little dream of, who at heart, considering the opportunities we have had, are, perhaps, not any better in God's sight.

Personally, I was brought up in a Christian home. I have had every incentive placed before me to do right. My parents were not drunkards, so I did not inherit the drunkard's thirst. I was taught from earliest childhood the tremendous advantage even in this life, of truth over falsehood, honesty over crookedness. No great calamity has ever entered my life, no crushing temptation has ever visited me. Is it not proper and right that the gratitude that I ought to feel toward God should be *manifested* in some tangible way toward my fellow men who have not been equally fortunate?

A prisoner in the Texas state prison wrote me that he did not remember his parents. When he was twelve years old he had been in three different families, none of which was any help to him morally. Before he was eight years old he was taught to steal, and punished if he did not bring home some stolen goods every night. At that age I was taught to pray and to study my Bible and to go to Sabbath School. Suppose this poor man had had my opportunities perhaps he would have been editor of the LIFE BOAT magazine today and pleading out of the fullness of heart that the prisoners have the LIFE BOAT sent to them. It may not be so, but it does me good to think so. Perhaps if I had had only his opportunity I would have been in the Texas state prison today and needed some one on the outside to remember I still had a soul to be saved.

Only when you and I stand at the bar of God will all of these questions be satisfactorily answered, but until then, let us not forget that the Master is then going to say to some, I was "in prison and ye visited me *not*." Matt. 25:43; and furthermore, let us not forget that the sighing of the prisoner comes up before God (Ps. 79:11) and if we are His children it will come before us.

THE LIFE BOAT magazine is not a money-making proposition. It is entirely a labor of love on the part of those of us who are issuing it. Its income is only sufficient to pay the printer's bills, hence we call upon our friends everywhere to assist us in placing this May number of THE LIFE BOAT in the hands of the man behind the bars. Four dollars will send a hundred LIFE BOATS to your state prison. Enlist the interest of others in this same missionary project.

A REVIVAL THAT HAS BEEN A REVIVING

More than two months ago the Hinsdale family began in a special manner to turn their hearts toward God. General meetings were appointed and the family was also divided into smaller groups to meet for the study of the Bible and testimonies and for prayer, so that before the week of prayer arrived a genuine work of grace was evident in our midst. The importance of personal *victory* over every known sin and the willingness to confess faults to their fellow workers and sins to God was brought home to us by the Holy Spirit as never before.

The week of prayer culminated in a special reviving from on High in which every worker took a definite stand for an advanced experience. During the few days intervening between the week of prayer and the holiday convention the department meetings were kept up. Our Mid-Winter convention proved to be a glorious visitation from on High. Every speaker brought to us a timely and most practical message. Brother O. A. Olsen set before us as never before, that the time for merely talking about God's work and planning about it, and studying more approved methods was *past*; the hour had come for

doing it. It was a solemn message and it stirred our hearts to action.

Prof. Magan brought us a message of comfort and instruction from the words of Paul, "I would ye should understand, brethren, that the things which *happened* unto me have fallen out rather unto the *furtherance* of the gospel." Phil. 1:12. We understood as never before that the unexpected incidents and even the most depressing experiences were permitted of God for our own good and the extension of the gospel.

During this convention we also understood as we never did before, that we were no longer to say, "Who shall ascend into heaven?" (that is, to *bring Christ down* from above) any more than we should expect "to bring up Christ again from the dead," but that instead of this we are to look for Christ in the Word that "is nigh thee," not the part that is lying in the bookcase, but that portion that is "even in thy *mouth*, and in thy *heart*: that is, the word of faith, which we preach." Rom. 10:6-8. In other words, we were made to appreciate in a new sense what Christ meant when he said, "Except ye eat the flesh of the Son of Man, and drink His blood, ye have no life in you. . . . The *words* that I speak unto you, they are spirit, and they are life." Jno. 6:53, 63.

We began to understand something of the great mystery, that as the blood is formed in the human body by the food eaten, so Christ is formed *within* by the eating of the word of God which is His flesh and blood; and that as by reason of the waste and loss the body must be renewed with the blood by being supplied with daily food, so there is need of constantly feeding on the Word. It is in this alone that the soul will find its nourishment and vitality.

This thought gave a new and enthusiastic impetus to the study of the Bible in our midst. We began to appreciate that while we had sat down from fourteen to twenty-one times a week to feed our bodies we had only occasionally fed our souls, and as a consequence we were *suffering* from spiritual starvation.

Many of our workers began to get up early in the mornings and gather the heavenly manna before they came to breakfast. The

result has been such a revival of the study of the Bible as we have never experienced before. New victories are being gained and the ones who have gone out into missionary field campaign work have had wonderful experiences. A spirit of inquiry is abroad among our patients. Some are being converted, others are asking for Bible study. Is not this the beginning of the latter rain, the refreshing from the presence of the Lord?

THE SECRET OF STRENGTH

There are many who deplore their spiritual weakness and are asking the Lord to give them strength, not knowing that He has already given the secret for strength. "I have written to you, young men, because ye are *strong*, and the word of God *dwelleth* in you, and ye have *overcome* the wicked one." 1 Jno. 2: 14. Syriac Ver. From this verse it is plain that strength and planting the word of God in the soul and overcoming are three experiences that go together.

THE LIFE BOAT IN CANADA

"I am writing you these few lines to let you know that I quite enjoy selling your LIFE BOAT, although getting so near Christmas time there was not quite as ready a sale for them. But outside of that I can sell them as well or better than any others, in fact, quicker than any other I have ever sold.

"So many people have told me such work should be done here in London as is represented by the magazine. I also met a young lady in one of the dry goods stores here who told me she had been at Hinsdale. She spoke very highly of the institution, and when I showed her the magazine, she said, "Oh, THE LIFE BOAT, I am *so glad* to get one of them." She pointed out to me in THE LIFE BOAT the different nurses that she knew. I am so sorry I neglected asking for her name and address so I might go and call on her. My heart is enlisted in the work of saving precious souls."

Clean copies of THE LIFE BOAT are wanted for ship missionary work in Honolulu. Send same to Mrs. Birdie Conway, 767 Kinan street, Honolulu, H. I.

NEWS HERE AND THERE

Mrs. Dr. J. C. Ottosen of the Skodsborg, Denmark, Sanitarium, visited Hinsdale recently, also Prof. S. M. Butler of Oak Park Academy, Nevada, Iowa, and Mr. W. P. Schuster, who is in charge of sanitarium treatment rooms in Jackson, Mich.

Mr. and Mrs. John H. Weeda of Fruitland, Iowa, have recently connected with the sanitarium family to complete their nurses training course.

Mr. O. P. Baessler of Ravenswood, Chicago, has recently joined the Hinsdale sanitarium family and will take up some studies.

Mrs. J. W. Hearn and her daughter-in-law, Mrs. Irwin Hearn of Leesburg, Ind., spent a few days in Hinsdale visiting friends.

The Hinsdale sanitarium family were glad to have another short visit from Wm. Merrell Vories, author of "A Mustard Seed in Japan." Mr. Vories and Mr. Yoshida expect soon to sail for their field of labor in Hachiman, Japan.

The Life Boat Rescue Home family now numbers fifteen girls and seven babies, beside the regular workers in the institution. A more harmonious family would be hard to find anywhere.

The sanitarium nurses in training have taken several missionary trips recently and have visited a large number of the adjoining towns, selling *THE LIFE BOAT* magazine and visiting the people. Each time they return rejoicing and report having had a wonderful experience. If any of *THE LIFE BOAT* readers would like to receive a like blessing we would be glad to have them try. Write for information.

The holiday season at the sanitarium was one of busy activity. The fifth Mid-Winter Medical Missionary Convention brought a host of visitors to the institution. Such well known workers as Chas. T. Everson, evangelist, New York City; Professors G. E. Nord and H. O. Olson, Broadview Seminary, La Grange, Ill.; Pastor Wm. Covert, Aurora; Pastor O. A. Olsen, Oak Park; R. B. Craig, Decatur, Ill.; Prof. P. T. Magan, Nashville, Tenn., and Bro. Carl Meves of Marion, and Sister Helen Odell of Pontiac, Ill., led out in the deliberations of the conference.

"WORTH ITS WEIGHT IN GOLD"

We cull the following from a letter received from one of our subscribers who lives on the other side of the globe:

"We indeed highly prize the magazine and wish to help it forward in its grand mission. We think it is worth its weight in gold.

"May God's richest blessing rest on the circulation of the dear little periodical, and may it be instrumental in the hand of God in bringing many to a knowledge of the truth as it is in Jesus."

NEW BOOK OF POEMS BY PEARL WAGGONER.

We wish to again announce to all our readers that Miss Pearl Waggoner has recently collected the best of her numerous poems and published them in book form under the title "Beyond the Shadow." This book contains ninety-six pages and is furnished in two bindings: substantial cloth, seventy-five cents, and dainty paper cover, forty-five cents; also a beautiful leather binding for \$1.25. If you want to give one of your friends a choice and inspiring gift, send for this book of poems. Address Pearl Waggoner, Hinsdale, Ill.

WHY NOT BE YOUR OWN EXECUTOR?

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

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

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

The Life Boat

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

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

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

Single copies, 10 cents.

Yearly subscription, \$1.00.

Special discounts when a number are sent to one address.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

LIFE BOAT MAGAZINE AGENCIES IN CHICAGO.

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

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

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

Hinsdale Nurses' Center, 2348 Park Ave.

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BEYOND THE SHADOW

Miss Pearl Waggoner, the Life Boat poet, has recently collected some of her best poems and published them in book form. The book contains ninety-six pages. We will send the cloth binding, shown above, free with TWO SUBSCRIPTIONS to The Life Boat at one dollar each.

THE LOST CHRIST

A beautiful little booklet by Gipsy Smith. Just the thing for a gift book, containing several full-page illustrations in colors. Given free with ONE SUBSCRIPTION at one dollar.

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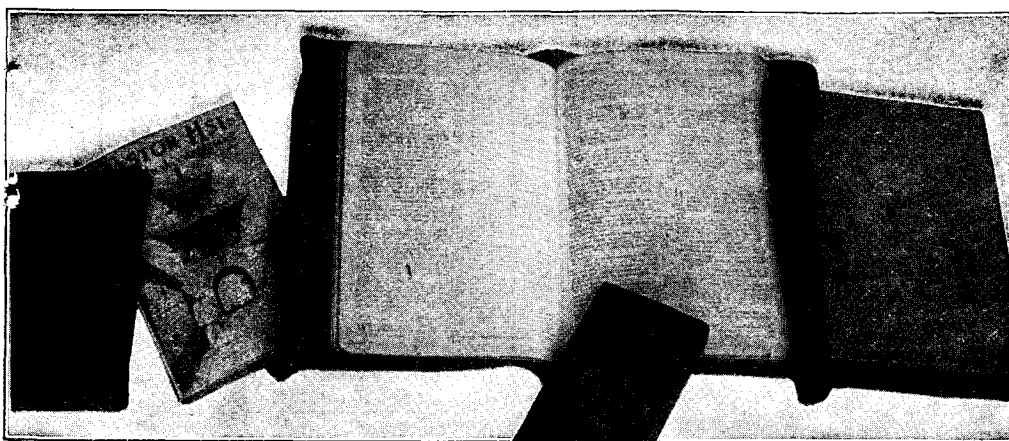
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