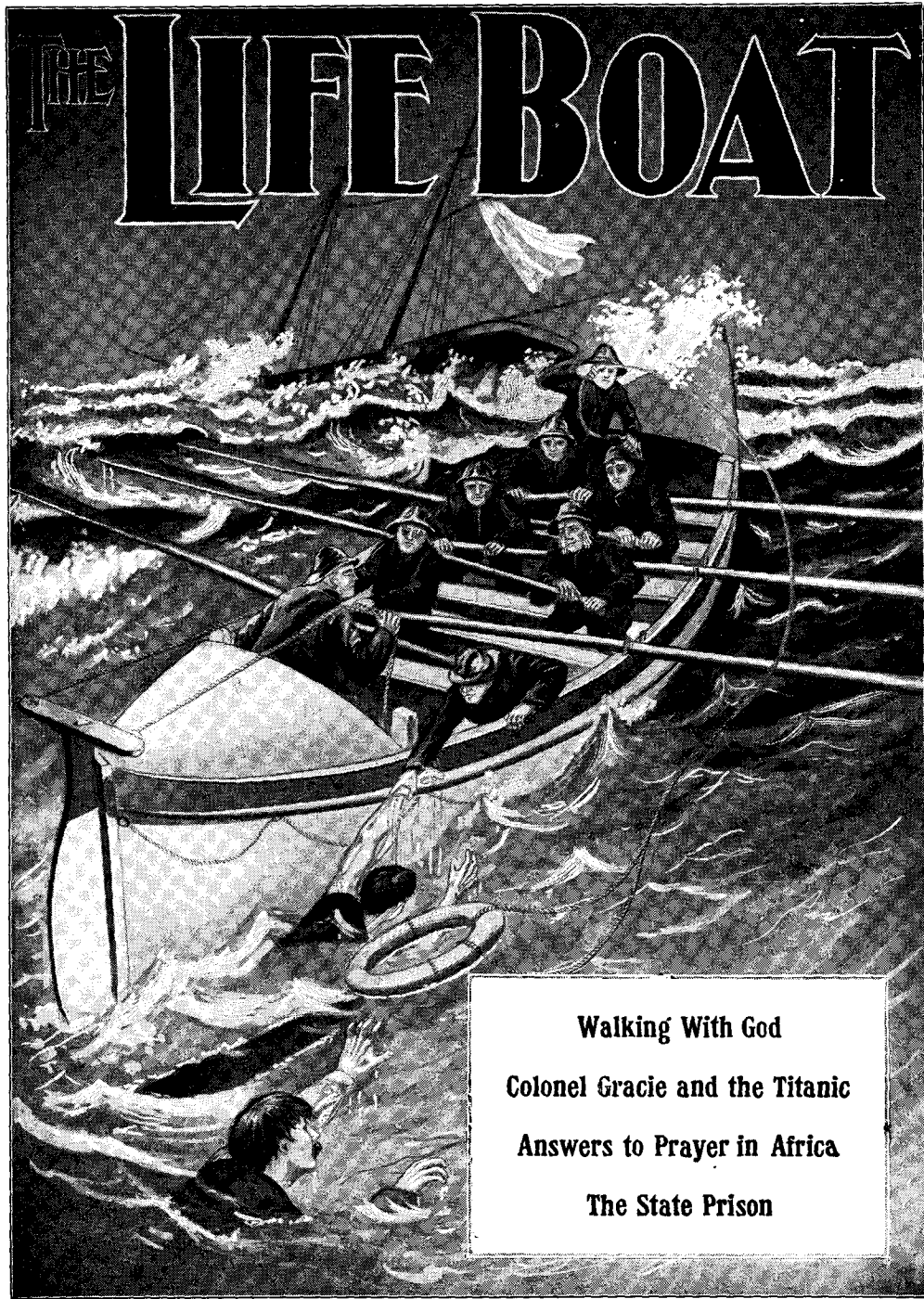


Have You a Dead or a Living Faith?

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Walking With God
Colonel Gracie and the Titanic
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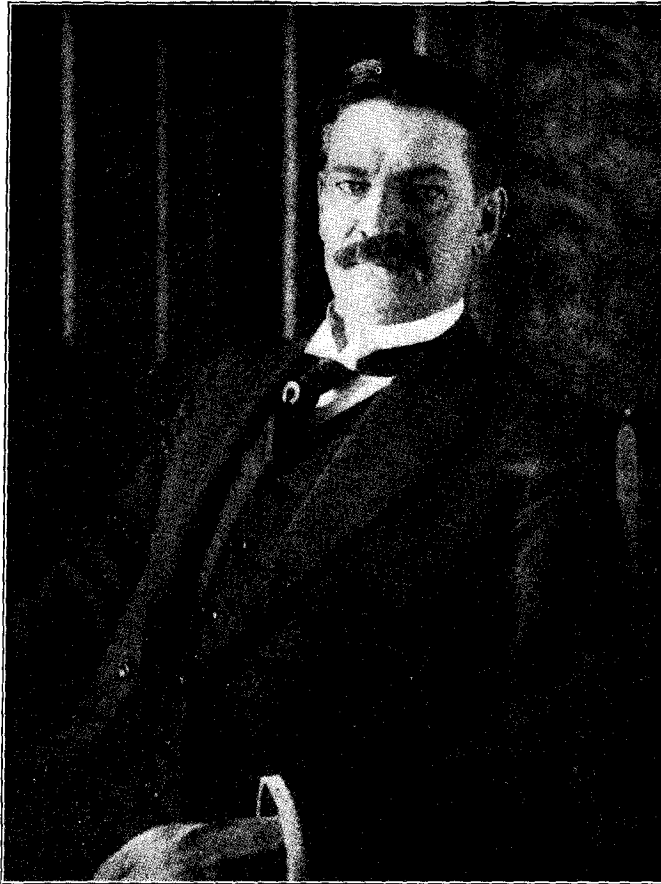
Do Not Fail to Notice Our New Premium Offers

Volume Seventeen
Number Three

Windsale, Ill.

March, 1914

“Health Truths vs. Health Fads”—by the Editor



From "The Truth About the Titanic."

Mitchell Kennerly, Publisher, New York

Colonel Archibald Gracie

COL. GRACIE, the noted author and writer, went down with the Titanic. His life was most miraculously preserved, and although he only lived eight months after this terrible tragedy, during that time he wrote a most interesting book containing not only his own experiences but the experiences of many others who were aboard that ill-fated ship. God undoubtedly intended the sinking of the Titanic to be a spiritual lesson to the entire nation.

THE LIFE BOAT

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

One Dollar a year

Ten cents a copy

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Volume XVII.

HINSDALE, ILL.

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MARCH, 1914

Number 3

Colonel Gracie and the Sinking of the Titanic

David Paulson, M. D.

COL. GRACIE assisted others to get into the life boats until the last one was filled. He remained on the deck of the ill-fated steamer until he was sucked under the water when it went down. His marvelous, and as he himself fully recognized, *miraculous* escape is fully recorded in his absorbing book, "The Truth About the Titanic," published by Mitchell Kennerley, New York, from which we abstract the following statements because they contain some great spiritual lessons that should be worked into the life of each one of us.

Speaking of this floating palace Col. Gracie said, "The pleasure and comfort which all of us enjoyed upon this floating palace, with its extraordinary provisions for such purposes, seemed an ominous feature to many of us, including myself, who felt it almost too good to last without some terrible retribution inflicted by the hand of an angry Omnipotence."

How the Lord prepared him for this appalling Sunday night experience is brought out in the following statement: "I can not regard it as a mere coincidence that on this particular Sunday night I was thus prompted to retire early for nearly three hours of invigorating sleep, whereas an accident occurring at midnight of any of the four preceding days would have found me mentally and physically tired. That I was thus strengthened for the terrible ordeal, better even than had I been

forewarned of it, I regard on the contrary as the first provision for my safety (answering the constant prayers of those at home) made by the guardian angel to whose care I was entrusted during the series of miraculous escapes presently to be recorded."

Prayer and Work Combined

When the last life boat had put out to sea and the water was within ten feet of the upper deck he speaks thus of his thoughts, "Prayerful thoughts now began to rise in me that my life might be preserved and I be restored to my loved ones at home. I weighed myself in the balance, doubtful whether I was thus deserving of God's mercy and protection. Had I become rattled for a moment, or in the slightest degree been undecided during the several emergencies presently cited, I am certain that I never should have lived to tell the tale of my miraculous escape.

"For it is eminently fitting, in gratitude to my Maker, that I should make the acknowledgment that I know of no recorded instance of providential deliverance more directly attributable to cause and effect, illustrating the efficacy of prayer and how 'God helps those who help themselves.'

"I should have only courted the fate of many hundreds of others had I supinely made no effort to supplement my prayers with all the strength and power which He has granted to me. While I said to myself, 'Goodbye to

all at home,' I hoped and prayed for escape. My mind was nerved to do the duty of the moment, and my muscles seemed to be hardened in preparation for any struggle that might come."

Col. Gracie introduces his chapter entitled, "Struggling in the Water for Life," with the words of the Psalmist, "Out of the deep have I called unto Thee, O Lord." Ps. 130:1. And then said, "Down, down, I went: it seemed a great distance. There was a very noticeable pressure upon my ears, though there must have been plenty of air that the ship carried down with it. When under water I retained, as it appears, a sense of general direction, and, as soon as I could do so, swam away from the starboard side of the ship, as I knew my life depended upon it. I swam with all my strength, and I seemed endowed with an extra supply for the occasion. . . . I held my breath for what seemed an interminable time until I could scarcely stand it any longer, but I congratulated myself then and there that not one drop of sea-water was allowed to enter my mouth. With renewed determination and set jaws, I swam on. Just at the moment I thought that for lack of breath I would have to give in, I seemed to have been provided with a second wind, and it was just then that the thought that this was my last moment came upon me. I wanted to convey the news of how I died to my loved ones at home."

Prayer at Both Ends of the Line

Not only was Col. Gracie praying from the depths of the Atlantic, but he subsequently learned that at that very moment his wife was burdened to pray in New York City. To quote her words, "After retiring, being unable to rest I questioned myself several times over, wondering what it was that prevented the customary long and peaceful slumber, lately enjoyed. 'What is the matter?' I uttered. A voice in reply seemed to say, 'On your knees and pray.' Instantly, I literally obeyed. The thought then flashed through my mind, 'Archie is praying for me.'"

But to resume Col. Gracie's narrative, he says, "With this second wind under water there came to me a new lease of life and strength, until finally I noticed by the increase

of light that I was drawing near to the surface."

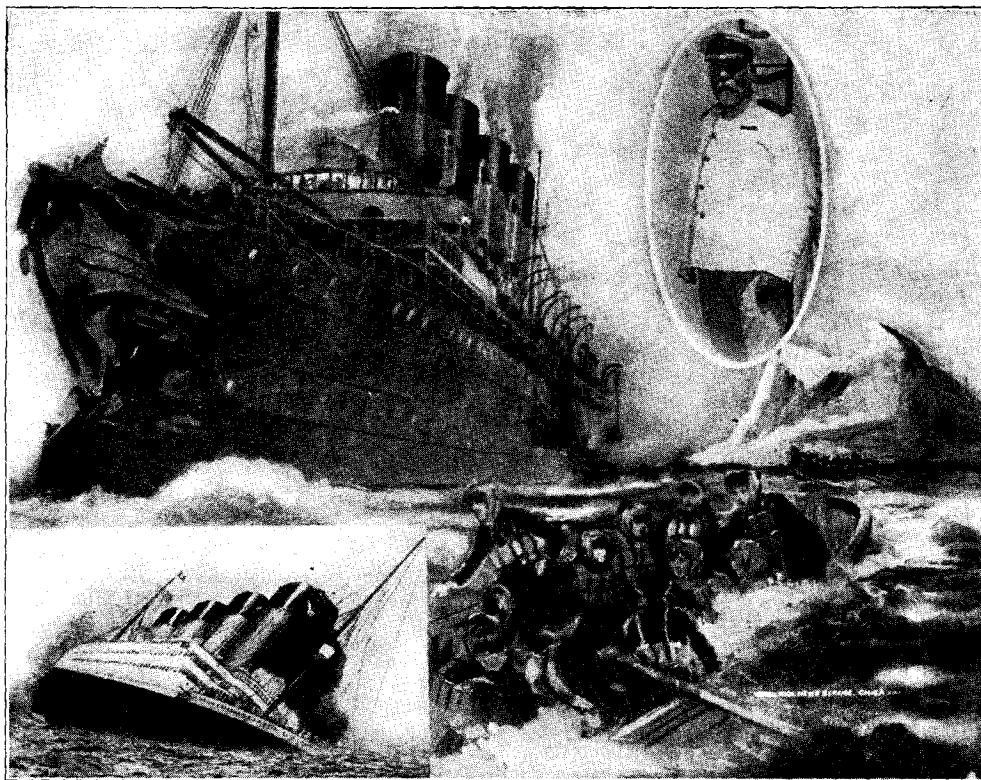
The noises that reached his ears when he finally reached the surface may well be a type to each one of us of the cries of the lost who have rejected God's call to mercy. "There arose to the sky the most horrible sounds ever heard by mortal man except by those of us who survived this terrible tragedy. The agonizing cries of death from over a thousand throats, the wails and groans of the suffering, the shrieks of the terror-stricken and the awful gaspings for breath of those in the last throes of drowning, none of us will ever forget to our dying day. 'Help! Help! Boat ahoy! Boat ahoy!' and 'My God! My God!' were the heart-rending cries and shrieks of men, which floated to us over the surface of the dark waters continuously for the next hour, but as time went on, growing weaker and weaker until they died out entirely."

Strength and Courage for Each Emergency

After Col. Gracie reached the surface, he found near him an upturned boat with a number of men clinging to the top of it and succeeded in climbing on top of it with the others. The following is an inspiring account of how his prayers were answered during the rest of that eventful night. "Every moment of time during the many experiences of that night, it seemed as if I had all the God-given physical strength and courage needed for each emergency, and never suffered an instant from any exhaustion, or required the need of a helping hand. The only time of any stress whatever was during the swim, just described, under water, at the moment when I gained my second wind, which brought me to the surface gasping somewhat, but full of vigor. I was all the time on the lookout for the next danger that was to be overcome. I kept my presence of mind and courage throughout it all. Had I lost either for one moment, I never could have escaped to tell the tale."

A Prayer Meeting Where All Took Part

On this raft someone suggested that they should together say the Lord's prayer. "And our voices with one accord burst forth in repeating that great appeal to the Creator and Preserver of all mankind, and the only prayer



Picture of Capt. Smith of the Titanic and View of the Disaster as Reproduced by the Artist from the Description of Various Eye Witnesses.

that everyone of us knew and could unite in, thereby manifesting that we were all sons of God and brothers to each other whatever our sphere in life or creed might be."

Eight months after this disaster Col. Gracie passed away and the last chapter in this remarkable book was written by another hand, from which he gives in the following significant and never-to-be-forgotten words his impression of the first and only time that he met Col. Gracie after this disaster.

"It seemed to me that this man who was sitting at my left hand, talking quietly, had descended as distinctly into hell as any human being would care to acknowledge, and had risen again from the dead—or, at least, from the sea of the dead—into a world which could never again be quite the same to him. I found myself looking from time to time at his eyes; and I saw in them what I have seen only once or twice in the eyes of living men—the experience of death, the acceptance

of death, and the irrevocable impress of death.

Difficult to Become Absorbed in Trivial Things

And, though he carried himself as a man accustomed to adventures and unafraid of the big or little ironies of destiny, he was conscious, I think, of a certain isolation, a new aloofness from the ordinary routine of life. He had been so near to the end of dreams, had seen the years flash past so suddenly into true perspective, that it was difficult to resume the trivial round and reconstitute a mental world in which details should acquire again their former pretense of importance."

It is largely because of this last sentence that we have quoted so much from Col. Gracie's book. Have we become so dead to this world and so alive to the next world and have we secured so "true a perspective" of eternal things and the value of a human soul that it is difficult for us to become deeply interested in the *trivial* things of this life?

Answers to Prayer in the Dark Continent*

F. B. Armitage

Natal, South Africa.

JUST before I left Africa a young man came to me and said, "We want to send our greetings over to the people in America who love us. Tell them we thank them very much for what they have done for us black people, and to send us still more to teach us the way to eternal life."

How did we begin our work where the people had never seen a white woman nor many of them a white man? We had taken with us some little orphan herdboys at a time of starvation, and we had these with us, and they were quite a center of attraction. A day or two after we had pitched our tent all the little herdboys in the country brought their cattle around our tent and camped there that they might get acquainted with these little native children. We saw there our opportunity: there must have been forty or fifty of them, and so we started our school, and in that way we sent out a number who were able to write and read and that attracted the attention of older children, and in a short time the school was going on nicely.

Led By a Dream

One young native married man living some miles from our station, about twenty-four years of age, had a dream. In this dream as he was sleeping in the night he thought he was traveling along a road when he came to a river and saw something built over it, and he was afraid to cross the river. He had never seen a bridge. But he saw the tracks of people who had gone over the bridge, and, though fearful, ventured to cross. When he got midway across there was only one plank on which to cross. But he made up his mind to get down on his hands and knees and crawl across, which he did.

He had not gone far when he saw a little building. When he reached the building he discovered a boy reading in his own language, so he went up and asked him what he was reading, and he was told it was the Word of God. He had never heard of the Word of

God, but such a longing came into his soul as he listened that he could not sleep any more that night.

In the morning he told his father, "I have had a dream. I have heard of the missionary on the other side of the river and I want to go over and go to school." The father said, "All right, my son; if you want to go I will take care of your stock and you can go to school." The father later sent three other members of his family to the school. Today that young man who had that dream is a faithful worker in the Somabula mission, and stands as a monument of God's power to save.

Prayed for a Cow

We had only been there three or four months before Mrs. Armitage was taken down with what is known as the Egyptian sore eye. This is a very painful thing; the patient must be kept in a dark room, and it is only with great difficulty one can succeed in curing it. There I had our little child on my hands, with no food, no milk for it, one hundred and forty miles from any railway or mission station, and no chance for purchasing anything. We took the matter to the Lord in prayer.

I searched the country for a cow, but could find none. One morning, however, one of our boys came to tell me a wagon was coming. This was an unusual occurrence in those isolated parts. Soon our visitor reached us, and said, "I have come to learn whether I can make a trade with you for some of your oxen." I told him I had only a span of ten and most of these were calves and unfit for transport work. "But," he urged, "I am in trouble. I have a cow in my team that must have rest. I want to trade her for one of your oxen." I asked the man how he happened to come our way.

He said he had been traveling another road for about a hundred miles, when in some unaccountable way he had lost his trail, and the road he took had led him to our mission sta-

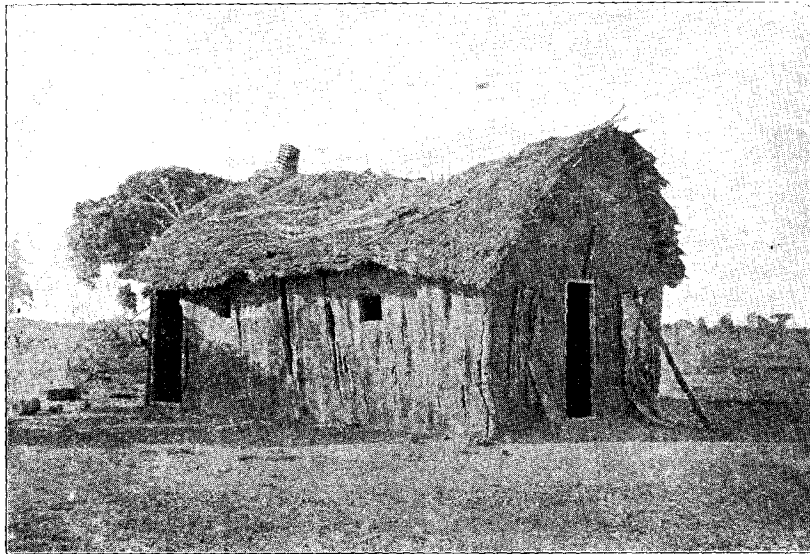
tion. Thus the providence of God intervened in our behalf in a time of special need. The rest of the story is that in a few days we had a cow and she gave us milk and we were saved out of our trouble.

Got a Herd of Cows

At another time a little later than this our numbers had increased in the school until we were destitute again of milk and provisions. I began to search again for a cow but could not find any; and there we were with somewhere between thirty and forty students and nothing but mealies to feed them,

against the wind, because the lion always goes ahead of his prey, and then springs upon it as it comes along; but he will never chase it down. So these cattle had changed their course, and this had brought them to the mission.

When the man found that I had taken care of his cattle, he wanted to know if there was not something he could do for me. I told him he was welcome to what we had done. But before he left I asked him if he knew of anyone who could sell us some cows. He said, "No, I do not know who will sell you



A Pioneer Missionary's Dwelling in Africa.

so we again began to seek the Lord for help.

One morning we saw a string of oxen, thirty-two in number, coming toward the mission farm. They were traveling as fast as they could. I called to my boys to go and turn them in; and as soon as they came up to where I was they began to lie down around me. I told the boys they had been chased by lions, and now they had found shelter, they were ready to rest.

The next day the owner of the cattle came along, and told me his story. The lions had chased his cattle for about fifteen or eighteen miles and then the wind changed; and oxen will not go with the wind when lions are anywhere in proximity. The lions always go

any; but if you will permit me, I will send you some, to run here as long as you would like to keep them." And so he sent us seventeen or eighteen cows, and in a little while we had an abundance of milk at the mission. This we regarded as another marked providence.

Making Dog Muzzles

At one time our finances began to run very low; another difficulty had come. After seeking God for a few days in regard to what ought to be done, someone came and asked if I could not make a dog muzzle; for in four days every dog in the country was to be killed if it did not have a muzzle on. They did not even have muzzles in the market. Well, I

had never made one in my life, but I said I would see what I could do; I made them, and in a few days' time we had one hundred and twenty-five dollars in our treasury.

God in His wonderful way brought to us people from all over the country. From hundreds and hundreds of miles away young

men would come seeking a place to go to school. We asked four young men why they had come so far when there were so many other mission stations, and they said, "We wanted to find a mission station where the missionaries do not use tobacco."

*Stenographically reported by Pearl Waggoner.

Dead and Living Faith

J. N. Loughborough,

Lodi, Cal.

[We are glad to present to our readers this month the following helpful article from the pen of an aged servant of God. Brother Loughborough has spent a long lifetime in planting God's truths in various parts of this earth and is still endeavoring with his pen to lead people from a dead to a living faith. May the Lord bless this article to the awakening of many a soul.—Ed.]

"Faith without works is dead." James 2:20.

A DEAD faith is a simple *assent* to truth without grasping the full virtue of God's promises, and its downward tendency is to *hardening* of the heart. In the catalogue of the downward course, the apostle has "The fearful, and *unbelieving*, and the abominable." Rev. 21:8.

"The fearful soul that tires and faints,
And walks the ways of God no more;
Is but esteemed almost a saint,
And makes his own destruction sure."

Let us see how *dead faith*, in action or words, would paraphrase Luke 11:9-13. "Ask, and it shall be given you."

Dead faith would probably reply: "If you are *good* enough, or *worthy*."

"Seek, and ye shall find."

"I have been *seeking* for years to *feel* my sins forgiven, and I don't feel it yet."

"Knock, and it shall be opened unto you."

"Well, I have knocked, and begged for lots of things, and although the Lord has promised to satisfy my *wants*, they don't open up to me."

He did not say, "All your wants," but, "My God shall supply all your *need*." Phil. 4:19.

"Man needs but little here below,

Nor needs that little long."

"Well, probably I offended the Saviour when He knocked at the door of my heart." (Rev. 3:20.)

"*Everyone* that asketh, receiveth."

"Well, if I were as good as Job or Elijah I might receive."

"He that *seeketh* findeth."

"That might be, if like Daniel, I should keep on seeking for three weeks, but I generally get discouraged the first day, because I do not get what I want."

"To him that *knocketh* it shall be opened."

"Well, if I had been cast into prison for my faith, like Peter, and had a whole church praying for me, I might have been recognized in the knocking, and get out."

You need not fear getting into prison on your slipshod faith. Such generally find a way to *dodge* prisons.

"If a son shall ask bread of any of you that is a father, will he give him a stone?"

"Well, now we come to family training, I believe in having my sons self-reliant. I might say, 'Son remember, in the sweat of thy face shalt thou eat bread.'" (Gen. 3:19.)

"If he ask a fish, will he for a fish give him a serpent?"

I might say, "You follow that serpentine creek until you come to a good fishing place, and either fish or cut bait, and you will get your own fish."

"If he shall ask an egg, will he offer him a scorpion?"

I might leave him a little while to the sting of hunger until he learn, "If any would not work, neither should he eat." 2 Thes. 3-10.

"If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the

Holy Spirit to them that ask him?"

"Yes," says unbelief, "But you know the Lord deals with us to chasen us. He says, 'Work out your own salvation.' Phil. 2:12. And, 'After that ye have suffered awhile, make you perfect.'" 1 Peter 5:10.

Well, we might expect continued unbelief to develop just such a hard heart, and a hardened view of God.

The Living Faith

In contrast with this *dead faith* case, let us consider how one would come up to Luke 11:9-13, having that *living faith* which was exemplified in the experience of Pastor Hsi, the great native Chinese missionary.

He says, "These are not man's words, but the words of One who, seeing our lost condition, came from the glorious heaven, took our nature, suffered poverty, reproach and reviling of men, was tempted in all points as we are, yet without sin, offering to place all this victory to our credit, if we will confess our sins, and accept the gift. (Rom. 5:18.) He found us bond slaves to Satan, and bought us by His own precious blood. (1 Peter 1:18, 19.) And finding us corrupted with sin, He gave Himself for our sins that He might deliver us from this present evil world." (Gal. 1:4.) Earth yields up self, sin and all, exclaiming,

"O 'twas love, 'twas wondrous love,
The love of God to me;

That brought my Saviour from above,
To die on Calvary."

To guard me from evil He gave the Ten Commandments and here in five verses we are ten times assured of His readiness to help in every time of need.

Ten Positive Assurances

Living faith meets the ten assurances with positive acknowledgment of their truthfulness, thus:

1. "Ask, and it shall be given you."
2. "Seek, and ye shall find."
3. "Knock, and it shall be opened."

4. "For every one that asketh receiveth."

5. "And he that seeketh findeth."

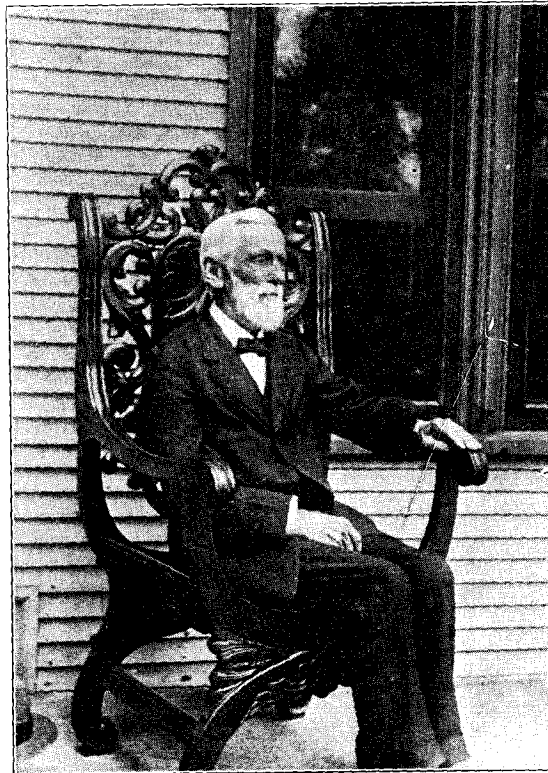
6. "And to him that knocketh, it shall be opened."

It was found in the case of Peter, surely, for while the church was knocking in the house of Mary, some one knocked at the gate. They may have thought some one had come to arrest them. Rhoda was sent to ask who was there. (Acts. 12: 13 *Margin*.) Lo! she heard Peter's voice, and so reported, but it was so much "more than they had asked or thought," Eph. 3:28, they charged the little

maid of being mad, crazy. They could hardly believe Peter was there until they saw him.

To make the matter still more forcible, and to teach us the tender mercy of the Lord, Jesus continues:

7. "If a son shall ask bread of any of you that is a father, will he give him a stone?"



J. N. LOUGHBOROUGH.

The very form of the question demands a most positive No!

8. "If he ask a fish will he give him a serpent?" No.

9. "If he ask an egg will he offer him a scorpion?" No!

10. "If ye then, being evil, know how to give good gifts unto your children, how *much more shall your heavenly Father give the Holy Spirit to them that ask Him?*"

With blessed assurance so strongly affirmed let our petitions continue, knowing that our loving Father will give us *what* we need, and just *when* He sees it will best help us, and redound to His glory.

THE JAIL SERVICE

L. H. WOLFSEN, M. D.

As we went into the Harrison street police station last Sunday morning this thought came to me: These people have been serving Satan a little better than the vast majority of humanity, and now they are getting their pay. A hard pay-master he is.

The cells in the men's corridors were quite full, there being from one to four in every cell but two.

As our workers from Hinsdale entered we were joined by a young traveling man with his violin who comes every Sunday that he is in Chicago. He told us he had a blessed time in the Toledo jail the previous Sunday.

The little portable organ and song books were brought out and as the service began the two nurses from the Hinsdale Nurses' Center, that the good Lord has so signally blessed and cared for, came in to help, and later we were joined by Sister Abrams.

One thought presented was, "The things which happened unto me have fallen out rather unto the furtherance of the Gospel." Phil. 1:12. We tried to show them that if they would permit Him, God would yet, out of their present predicament, work out good for them, but that it must be a complete surrender on their part to His will and obedience to His word.

Another thought brought out was that the harvest time is sure to follow the seed time. "For whatsoever a man soweth, that shall he also reap." Gal. 6:7.

When the opportunity was given the prisoners to express themselves, fully one-half of the men, and women too, raised their hands for prayer and some seemed under deep conviction.

We can but believe that some of the seed fell on good ground, for a part of the Master's work is to proclaim "liberty to the captives."

"I was in prison, and ye came unto me." Matt. 25:36. It is a blessed privilege to minister to one of the *least* of the children of men.

ANOTHER MEDICAL MISSIONARY CENTER OPENED

MRS. FRANK WILLIMAN,

Pontiac, Ill.

[Friends of the medical missionary work in Pontiac have been struggling for months to have a medical missionary center established in that city. They finally took some of the necessary steps in this matter and Mr. and Mrs. Williman, recent graduates of the Hinsdale Medical Missionary Training School, have gone there to take charge of this work. They feel that the Lord has already gone out before them as can be seen from extracts from a recent personal letter.—E.d.]

We were so sorry that we could not be at the convention, but it was impossible for us to get away on account of a patient who was brought here to the hotel for treatment. He had inflammatory rheumatism; had had it for five weeks before he came here. He was brought in here on Monday and the following week on Tuesday he went home free from rheumatism. By hard work and earnest prayer we mastered the situation. We certainly were grateful to God to see him improve after each treatment.

I never realized what a responsibility is thrust upon a person in such work as this and it requires so much faith. While we were at the sanitarium, if our work did not run along smoothly we knew where to find a physician to help us, but here we have no such immediate human help to depend upon, but we know that we have the great Physician to go to. We certainly have had success with our treatments. All of our patients are getting along splendidly.

In December, after the seventh of the

month, we gave one hundred treatments. Up to Feb. 9 we have given in all 333 treatments. We have determined to make it go. We are going to work hard and we know it will go, for the Lord surely has recognized it

from the beginning or we would not have had the success we have had. We have a very nice class of patients. This place looks better every day and we love our work here.

Health Truths Versus Health Fads

David Paulson, M. D.

IT is far more important to have a healthy vision than it is to have a healthy body. Who has not seen husky, broad-shouldered men employing their splendid strength for the devil's business? On the other hand, there are frail and sickly men and women doing marvelous things for God. This shows that good health is not absolutely essential to a useful career.

There is a vast difference between adopting correct health principles and being swept off our feet by popular health fads, for it is easier to become enthusiastic over such than it is to conscientiously accept some great truth.

There was a people once who would count out nine insignificant garden seeds and then lay aside the tenth one for the Lord. In other words, they were tithing "mint and anise and cummin" with scientific accuracy but omitted "judgment, mercy, and faith." Matt. 23:23. In other words they had forgotten the "weightier matters" and while they were so particular that the Lord should receive one-tenth of these almost microscopic seeds they did not hesitate to crucify His own Son.

More Lunatics Than Students

There are more insane today in our lunatic asylums than there are students in *all* our colleges, universities, and other higher institutions of learning. We have in addition, a million degenerates and criminals in this country; we are traveling over the same road as did ancient Rome.

When flowers degenerate they need to be fertilized with fresh pollen from other flowers. Degeneration has set in among humanity and they need to be regenerated. From *whence* shall they derive the necessary pollen to fertilize them?

More than one hundred and fifty years ago England was facing a great moral and social crisis. The different strata of society were arrayed against each other and a revolution such as shook France to its very bottom seemed imminent. Degenerating forces were rapidly producing their baneful harvest. The bee that brought fertilizing pollen from a higher Source was John Wesley. His message literally regenerated England. Chapels and schools, Bible societies, foreign missionary societies were organized and even the conservative Church of England that refused to accept this heaven-inspired movement was indirectly blessed and reanimated by it.

Today multitudes instead of looking hopefully towards heaven for an uplifting influence are trying to save themselves by such trivial human schemes as, for instance, the eugenic fad which is now on the very crest of the popular wave. We smile when we see a child trying to lift itself up in the air by tugging away at its shoe strings, but it is just as useless for humanity to try to lift itself by merely *human* resources.

The Common Drinking Cup vs. The Universal Wine Cup

Many of our states have outlawed the common drinking cup. But these same lawmakers could not get their eyes wide enough opened to see the much greater harm that comes from the almost universal wine cup. It is absolutely certain that for every person who ever caught something besides water from the common drinking cup there are *ten thousand* persons who caught mental, moral and physical damnation for this world and the world to come, from the wine cup.

Last year we consumed in this country

twenty-five gallons of liquor for every man, woman and child in the land. As I did not drink my portion the man who had my share as well as his own drank fifty gallons. That is more than enough to fill an ordinary bath tub. Think what human wreckage that means? Think of the enormous financial loss.

Kansas furnishes us an object lesson on a large scale of what it would mean to us if the legislature would outlaw the wine cup as they have the common drinking cup. Dr. L. Mervin Maus, department surgeon of the United States army, in an article on "Alcohol and Racial Degeneracy," in the *New York Medical Record*, says:

"In 97 of 105 counties there were no insane. In 54 of these counties no feebleminded; 96 counties with no inebriates; 38 county poor-houses were empty; the jails in 53 counties, empty; and 65 counties had no prisoners serving time in penitentiaries. Some counties have called no juries to try criminal cases for ten years."

Kansas has been so long under statewide prohibition that there are hundreds of men in the state old enough to vote who have never seen an open saloon.

Child Labor vs. Cigarette Smoking

In recent years there has been a tremen-



A GROUP OF CHICAGO STREET BOYS.

Cigarette Smoking Is Ruining More Young Boys Than Any Amount of Hard Labor Ever Did or Could.

dous agitation all over this country in favor of such child labor legislation as would practically prevent children from working until after sixteen years of age. Viewed from one angle that is a beautiful thing, although it is a question whether there are not some children, who if they do not learn to work before they are sixteen, will ever work unless compelled to do so in the workhouse.

The average successful men and women had a reasonable amount of hardship in their early life. In fact, hardship seems to be an ingredient that God invariably mixes with the clay early, before it is fully set, if He wants to make out of it a really beautiful and useful vessel.

But I hear some say the object of child-labor law is to prevent the unmerciful starving of young minds and the stunting of the young bodies in ill-ventilated factories, to which I reply, "This ought ye to have done," and not left something else *undone*. For every boy that has been stunted by being put to work before he was sixteen there are a *thousand* boys who have burned out their brains, ruined their souls and wrecked their bodies by cigarette smoking. Yet I have seen Lucy Page Gaston, the anti-cigarette apostle, pleading with tears in her eyes with legislators to pass a law to fine the man who sells cigarettes to these boys, but instead they made a law fining men who gave employment to these very same boys. I leave it for the reader to decide whether it is not easier even today to tithe the mint, anise and cummin than it is to reorganize the weightier matters of the law, judgment, mercy and faith.

Cookery vs. Health Certificate

In Wisconsin they recently passed a law that no couple could be married until they had procured health certificates. I think no one can offer any serious objection to this arrangement. Yet, it is a thousand times more important that the wife should secure a certificate that she can cook food that will not give her husband Bright's disease, nervous prostration or high blood pressure before being married ten years.

Before a man can trim my hair he has to pass an examination and secure a license, but any woman without a license can step into a

kitchen and prepare for fifty boarders food that is gradually undermining their health and strength and laying a foundation for serious diseases.

The reader will readily call to mind a dozen other similar illustrations where frantic efforts are being made to destroy the noxious tree by picking its leaves instead of laying the axe at the *root* of the tree. God wants us to deal with *fundamental* principles. If the devil can not keep us from doing something he will absorb our minds and energies in trivial and superficial remedial measures.

Some Fundamental Health Principles

First and foremost, discover a good excuse for living. Nothing is so important as to have a really *good excuse* for being alive. Do you want to be well because you *know* that God has something for you to do that you can do better than anyone else and you need health in order to do it? Too many people are just floating around in this world like a chip on the wave.

The next most important thing is to breathe day and night as much outdoor air as is possible. Think of the consumptives being cured today that would have been buried a generation ago and then remember that it is *not* the fresh air that heals their lungs but the *improved* blood. It must be clear to all that the kind of blood that can heal a diseased lung can just as easily heal a sick stomach, diseased nerves, or a bad liver. So fresh air is now one of our most important remedies.

Go into the most up-to-date hospitals and you will find the pneumonia patients out of doors making marvelous recoveries simply because they are having a chance to breathe the fresh air that they were formerly denied.

Eating to Live

The best physicians know that three-fourths of our chronic diseases are caused by dietetic errors. Men who control great industries hire experts to determine just how much heat and energy they can expect to derive from the coal they purchase, but any ignorant woman without any definite idea as to whether the food she is preparing will make blood in the body or will make poisons in the alimentary canal to destroy the blood, if she can flavor what she makes so it will tickle the palate, is con-

sidered an elegant cook by this same wise industrial magnate.

The food should not only nourish the system but it should also contain sufficient bulk to stimulate the elimination of its own waste products. The useful alkaline salts found in lettuce, spinach, raw chopped cabbage and other green garden truck will cleanse the blood while their bulk will at the same time cleanse the alimentary canal. There are multitudes of sedentary people who if they should induce two bowel movements a day instead of one would be surprised to discover that their efficiency would speedily be *increased* from fifty to one hundred per cent.

Wash the Inside and Bathe the Outside

We should drink water from principle. There are poisons in the system that are not properly eliminated unless they have abundant fluid to dissolve them. When I hear people say that they have not drunken any water for weeks I feel that instead of being proud of this they should be ashamed of it for from a health standpoint it is vastly more important to wash the *inside* of the body than it is to cleanse the outside, although neither should be neglected.

Working Out Our Physical Salvation

Our forefathers earned their bread by the sweat of their brow, while the majority of their children are today earning theirs by the sweat of their *brains* and while our diet is becoming richer and more luxurious our habits have become more and more sedentary. Hence, the activities of life are not only being blocked on one hand by *over-eating* but are being stifled on the other hand by *lack* of physical activity.

During vigorous exercise five or six times as much carbon dioxide gas is eliminated from the lungs than when sitting still. Again, during a brisk walk two-thirds of the entire volume of blood in the body is circulating through the muscles. When inactive, two-thirds of the blood is passing through the internal organs. This furnishes a hint why sedentary people are so likely to suffer from various internal congestions.

Health By Self-Denial Instead of By Law

We are making tremendous advancement in

securing health by law. Sanitary and quarantine regulations have enormously diminished epidemics, and contagious diseases. It has transformed Panama from a pestilential spot into a vertible health resort. It has banished yellow fever from our fair land; but such diseases as are due to intemperance, dietetic errors and various excesses, and the use of tobacco and other enslaving habits are *increasing* by leaps and by bounds.

It can not be denied that cancer, Bright's disease, heart disease, apoplexy, neurasthenia and a number of other chronic disorders are largely due to personal violations of the laws of health and these are enormously on the increase. The prevention of these diseases requires *self-denial* and that means in nine cases out of ten, help from the outside, an inspiration and a new impulse from Heaven.

A New Impulse While Intoxicated

As a capital illustration of just what thousands need I will tell of what a drunken man received. One night I was in the Life Boat Mission that we used to maintain in Chicago. An intoxicated man kept trying to break up the meeting. I finally took him upstairs and tried to impress upon him the importance of becoming delivered from the liquor habit. He said something about being a drunkard for forty years and that it was no use, but I succeeded in getting him down on his knees and then I earnestly prayed the Lord to deliver him and I told him he must pray. He said he couldn't, he didn't know how. I told him just to ask the Lord to *deliver* him from the liquor habit and finally he blurted out these very words: "Lord, if you can do *anything* for a poor broken-down bum like me, I wish you would. Amen." That was not a very eloquent prayer, but evidently God saw a bigger prayer in the poor man's soul, for he rose from his knees practically sober.

I took him down again to the mission meeting, intending to see him afterwards, but he slipped out unobserved. Six weeks later he came back well dressed and clothed in his right mind. He wanted to see the doctor, but I was not there that night. When opportunity came to testify he arose and said that six weeks ago he had come into that mission a drunken outcast. His wife had left him in

sheer despair, his employer had discharged him, his tools had been pawned for drink, but the doctor took him upstairs and got him down on his knees to pray and something *happened* to him. He knew that he went out with a new power in his life. He hunted up his wife and told her that if she would live with him he would give her no further trouble. He told his employer that if he would help him to get his tools he could keep sober now and he said from the hour he prayed he lost his appetite for drink. In other words, he received some "pollen" from another world and it had *fertilized* his soul. That represents what every man *needs* who is a victim of some enslaving habit. He does not need merely talk, he needs a new *impulse* and that from a higher source.

No Perpetual Motion in the Health Domain

The reason the perpetual motion dream never materializes is because we cannot en-

tirely eliminate the friction and the man who starts out to be delivered from soul-and-body-destroying habits and who adopts health reform principles and is determined to cultivate healthy habits will find that the devil will put plenty of obstacles in his way for the purpose of disheartening and discouraging him. A genuine Christian experience does not necessarily remove all these obstacles. Sometimes for the time being it seems to *increase* them, but it does give power to surmount them.

I am firmly convinced that if we resolutely resolve to live up to all the light that God has sent and is sending to us and endeavor to make intelligent use of all the helpful means that are within our reach that God will give us all the health that He sees we will make good use of, and, furthermore, what is equally important, He will bless to our good, not only here but hereafter, the amount of ill health He *permits* us to struggle with.

A Visit to the State Prison

Caroline Louise Clough

RECENTLY Mrs. D. K. Abrams and the writer attended the Sunday morning service for women at the Illinois state penitentiary. We found there some sixty-one inmates. Nearly all were present at the meeting.

When the chaplain introduced us as LIFE BOAT people we could see the faces light up all over the audience, and we recognized at once that THE LIFE BOAT had a warm place in their hearts. As we told these women of the good that had been accomplished through the LIFE BOAT soul-saving work and of God's great love for them, the tears began to stream down their faces. I never saw a more interested audience. They were eager to catch every word and took it to heart, and were delighted when I promised to send them each a copy of THE LIFE BOAT.

When Mrs. Abrams told them the wonderful story of her conversion and how before her conversion, when she needed Christian help and love, she said there was no one who came to her and told her about Jesus and His love, as we were telling these women this morning,

but that she heard nothing but such remarks as these: "You ought to have known better." "You ought to be ashamed of yourself," and, "I told you so." With her heart overflowing with love and pity for these women she told them that Jesus loved them and that the Lord had put it into our hearts to bring that message to them.

Many a heart was softened, many a tear was shed during that brief service. And at its close the chaplain and matron were kind enough to allow us to talk personally to one of the girls with whom Mrs. Abrams had been corresponding. In the meantime the head matron told me of the interest there was in the LIFE BOAT magazine, and with earnestness she said, "Why can't we have some of them *every month*?" She said the girls were all eager to get THE LIFE BOAT; that it was a bright, inspiring little magazine.

Wants Them Every Month

I told her that we always sent them a supply of our special prisoners' number which was gotten out once a year. She said, "I know

it, but that is not enough, we want them *every month*." We learned from the woman prisoner with whom Mrs. Abrams talked that her single copy had been passed around until it was completely worn out.

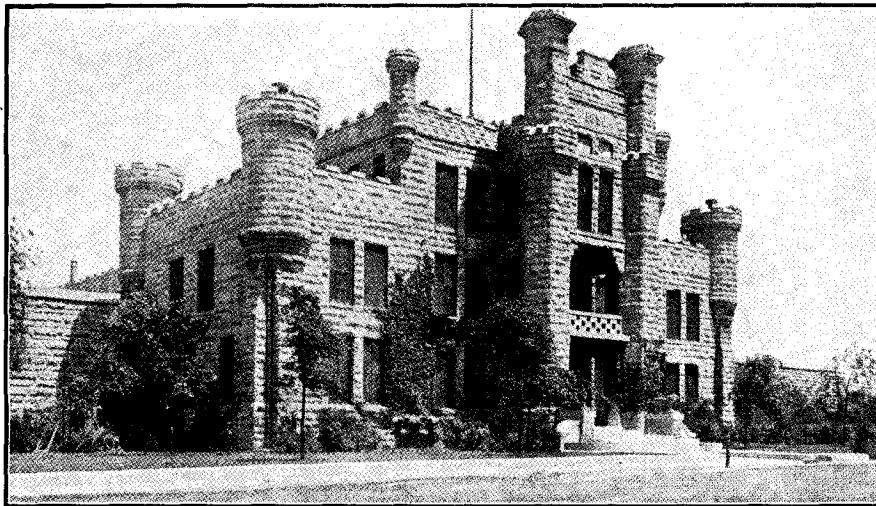
If ever there were hearts hungry for the simple gospel truth as presented in the LIFE BOAT magazine, we found them in this prison. When I left I felt ashamed that I had not done more, and made a greater sacrifice, that those dear girls might know the truth as it is in Jesus.

We felt on returning home that the Lord had blessed our day's effort, and that the hearts and lives of sixty-one women had been enriched and we hope that some souls might find their Saviour as a result.

land. The warden of one of our leading prisons said that "Conditions at the state prison cry to heaven for a remedy."

We are glad to know that public sentiment is being aroused on these questions, and that noble-hearted, fearless men at the head of some of these institutions have undertaken to establish a new order of things. And we hope that the time will soon come when the prisons of our land will all be places where actual mental, moral and physical reform shall be wrought.

We trust that you who read this article will help us to set before these prisoners the right ideals in Christian literature. It costs money to get out THE LIFE BOAT. The printer's bills have to be paid, but if we can secure money enough



ILLINOIS STATE PENITENTIARY FOR WOMEN.

As far as I know, this prison for women is one of the most modern, best regulated, up-to-date prisons in this country. The cell house is arranged with the cells on the outside, each cell having an outside window. And the large corridor in the center is used for the chapel. Everything is spotlessly clean. The women are dressed in blue uniform. Their cells are perfect pictures of neatness, and the caretaker, with her white uniform and cheery face, makes this place really a home for these wayward women. The head matron and chaplain, I am sure, have a genuine, Christian interest in their physical and spiritual welfare.

This cannot be said of all the prisons of our

to pay the bare expenses of printing we will be glad to send out this magazine broadcast among the prisons of our land, not only the special prisoners' number, but we would like to send a club every month to some of these prisons where we know it will be well received and will do much good. Who can help us to do our Christian duty by our brethren and sisters behind the bars?

MY SISTERS IN PRISON

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

I write this time in behalf of my unfortunate sisters who are in prison. Some of them

have been more sinned against than sinners, but Jesus, our Saviour, came into the world to save sinners. We have all sinned and come short of the glory of God, so let's do everything we can to point them to Jesus the Saviour of the world, who loved us all and gave Himself for us.

There are many sad hearts in prison who are longing for something they have not, and Christ only can satisfy the life of any one. So let us who know Jesus as a personal Saviour tell *them* the glad news of salvation, so that they, too, may rejoice in His love and have joy in serving the Lord.

God works in a mysterious way His wonders to perform. Many a man and woman have been brought to their senses by being placed behind prison bars, where they could realize their lost and undone condition and their need of a higher Power than man to help them and as a result many have given their hearts to God, who if left to themselves would have gone down further and further and been eternally lost. But God is merciful, long-suffering and kind, not willing that any should perish, but that all might come to repentance. God knows the hearts of men and when He sees a heart longing to live a better life, He will move heaven and earth, if need be, in order to save that soul.

"Saviour, more than life to me,

I am clinging, clinging close to Thee;

Let Thy precious blood applied,

Keep me ever, ever near Thy side.

"Ev'ry day, ev'ry hour,

Let me feel Thy cleansing pow'r,

May Thy tender love to me

Bind me closer, closer, Lord to Thee."

The words of this hymn, which are the sentiment of my heart, came to me while writing.

For years I have been corresponding with my unfortunate brothers and sisters who are behind prison bars. How I wish you could read some of the good letters I get from those who are shut in.

Only Church Religion

For some time it has been my privilege to correspond with one of my sisters in the Joliet prison. She is an intelligent woman and has done much good in her life, but she

did not know God nor have His power in her life. She went to church and led the Epworth League meeting one night, but she had a "form of godliness, but denying the power thereof." 2 Tim. 3:5. The church is a good place to go, but merely going there will not save any one. It is Christ only who can save us. In the hour of temptation, she yielded. The Bible says, "Be sure your sin will find you out." Num. 32:23. How true! As we sow so shall we reap.

This woman has been converted in prison, and God is using her to save others. Just a short time ago she was taken sick and while in the hospital ward she prayed for the pardon of one of her sisters who was a life-term prisoner and had served fourteen years. God heard and answered prayer and this woman was pardoned and sent to her mother.

How that mother's sad heart was made glad, as her daughter came home that Christmas time! And what a happy Christmas for both mother and daughter after being separated for so many years. The LIFE BOAT is now going into that home every month. Pray that God will bless the reading of it, and that the whole family may be saved.

The woman for whom God so wonderfully heard and answered prayer writes that she has only one present to give Jesus and that is herself. How the angels must have wept for joy over one who was lost but had found Jesus. This woman is a power in the hands of God to bring others to Christ.

A Visit to Joliet Prison

Ever since corresponding with her, my desire has been to visit her, and so I prayed the Lord to open the way for me to go and visit the prison, and the Lord heard and answered prayer. He put it into the heart of the good chaplain to invite Mrs. Clough and myself to come and give the women a talk, and so we accepted the invitation and went. We never can thank the Lord enough for the privilege we had, in talking to our sisters. Hearts were touched, tears were shed. I know their lives were made better and brighter by our coming, and I believe souls will be saved as a result of that day's work for Jesus, for it was all done in His name and for His honor and glory.

It was a sad sight to look upon those faces

and to see what sin had done. I knew how sorry they were for the past wrong and that they would give all the world if they could only live their lives over again. How I pitied them and longed to put my arms around them and tell them that I loved them and was praying for them. Many of those women I believe have found Jesus precious to their souls.

After the meeting I was given the privilege of talking personally to the sister with whom I am corresponding. How I did enjoy those few moments with her! She was an inspiration to me; she was so earnest. She is happy in Jesus and has learned her lesson and I know this experience will fit her for a greater work than she has ever thought of doing.

Pray for this woman and all others who are in trouble. She took me to her cell and showed me the beautiful embroidery work she was doing. Her cell was nice and tidy. I had sent her the book "Steps to Christ," which she had on her shelf, and said she loved it. I took with me the book "Story of Redemption" and gave to her also another book, some Scripture text calendars and post cards. How sorry I was that I did not have something to give to each girl! I pray that the words given me to speak to them may sink deep down in their hearts and that they will be led to accept Jesus and to go to work for others right where they are.

How You May Help

Now I appeal to you readers to help your fallen brothers and sisters to rise. There are so many ways in which we can work to scatter seeds of truth. These women in prison and also the men love THE LIFE BOAT. It contains the gospel, the good news of salvation. I want to get subscriptions for THE LIFE BOAT for women in prison. The subscription price for prisoners is only fifty cents a year. Don't you want to help send THE LIFE BOAT to the women in prison? If so, send your donation for the same to Mrs. C. L. Clough, THE LIFE BOAT, Hinsdale, Ill.

I am also praying that God will help me to interest people in sending twenty-five copies of "Steps to Christ" to our sisters in prison. I can get a paper covered edition for fifteen cents a copy. It is a grand book, so full of

the way of life. I am sure souls will be saved as a result of reading the book, and when the work is finished we shall be glad that we have done what we could.

A HEART-TOUCHING APPEAL FROM A PRISON CAMP

I trust all who are interested in giving the gospel to prisoners will read carefully the following letter recently received from an inmate of one of the Florida prison camps. Think of the earnestness with which these poor men have undertaken to bring to Christ their fellow prisoners who are unconverted!

Who will help us to not only send the special prisoners' number to this prison, but send fifteen copies every month for the next year? THE LIFE BOAT magazine will do some towards this by offering to send subscriptions for this purpose at fifty cents a year. He writes:

"I am writing you to inform you of our great struggle. We are endeavoring to establish the love of our Lord and Saviour Jesus Christ in one of the Florida state prison camps.

"We, a few in number of the prison camp, do write to ask for assistance in helping us to establish God's love here. There are eighteen in all in our camp. Of this number seven have confessed the love of Jesus.

"We have come in contact with a copy of THE LIFE BOAT. It has such an influence on the hearts of our unbelievers that we write you asking, won't you furnish us with your glorious paper, THE LIFE BOAT?

"We have no way of earning money, so all that we can get is from the liberality of the passers-by.

"We, the Christian workers in our camp, beg leave to ask this favor of you. We would like to get about fifteen copies of each issue of your paper that our unbelieving brethren may read the contents therein that it may take a deep effect upon their sinful hearts and ways.

"We are poor and needy and we beg to interest you in our need. Hoping to be much strengthened in our sincere effort for the establishment of free salvation, we are, sir, the Christian workers in the Florida state penitentiary."

BEEN A HARD SINNER

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

"My heart is reposing in my Saviour, and I am happy all the time. I am learning more every day of God's work and I am much pleased. I have devoted my whole heart and soul to God's work. I have been a long time getting there but now I am safe in Jesus. He has taken all my sins away and has taken the stony heart out of my flesh and has given me a heart of flesh. All things are new to me now, all the sin has gone and I am a new man in Christ.

"I don't smoke any more and I feel much better. If God can save a sinner like me I know He can save any man from sin because I have been a hard sinner. I want to thank you, for I know God sent you to me. I am praying for the work there and hope you will all pray for me that I may grow stronger in God."

BRINGS A LOT OF SUNSHINE

(From the Boise, Idaho, Prison.)

"I received your most kind and welcome letter, and was very glad to hear from you as I have no sisters or mother or any friends, outside of Christians, who seem to care anything about me, and I do thank you for your kindness in writing.

"Your mission is a blessing to many poor men, down and out like myself, and I thank God for it and for THE LIFE BOAT that shows so much happiness, even in prison.

"I received also the copies of the September, October and November LIFE BOATS, and if you knew how much they were appreciated and read you would feel repaid for your trouble. It brought a lot of sunshine into our lives.

"I have also prayed as you asked, so have my brethren here and we shall continue to do so."

NOT A HAND TO HELP

(From the San Quentin, Cal., Penitentiary.)

"Being in a place of this kind without friends or money works hardship on me, but I believe that God is no respecter of persons and hereafter I will have faith in His mercies. I received the beautiful Bible you sent me and shall always cherish it as

a gift to be appreciated, and it will help to cheer me when I feel depressed in spirit.

"I am only a boy, but this experience has taught me a lesson that I would not have gained otherwise. Had some kind heart pointed out the fallacy of wrong-doing before I came here, perhaps there would have been one less wearing the garb of social disgrace today, but in this great Christian country I was led astray without a single hand held out to stop me. I shall study my Bible carefully and try to become a good Christian with God's help, and I know I will succeed."

FOUND A HEARTY WELCOME

MARTHA SUMMERS

[From time to time arrangements are made so that little companies of Hinsdale nurses can go out for a few days in field campaign work. These workers always get an experience and never fail to return with rejoicing. They have not only done good to the people they have met, but they have invariably caught a new vision themselves.—Ed.]

I can not help but think of the verses Sister Clough read to us the first morning we started out. Jer. 1:7, 8. "But the Lord said unto me, Say not I am a child: for thou shalt go to all that I shall send thee, and whatsoever I command thee thou shalt speak. Be not afraid of their faces; for I am with thee to deliver thee, saith the Lord." When I met some of those men who looked so important and as if they knew so much, I thought of those verses.

The first experience I had in Wheaton was when I went to a little house and a real old gentleman came to the door. He said, "Why, come right in, we want to talk to you." I could hardly get away; they wouldn't let me go, they were so much interested in the work.

One place we went the lady said, "Girls, if you had passed my door I would have never gotten over it." She wanted to know all about the work we are doing here. So many would say, "Come right in, I want you to tell us about the Good Samaritan Inn." I am sure this is going to be a help to us here.

The lady where we stayed all night was impressed with the prayers we offered before we went to bed. She was not well and ordinarily did not sleep well at night. As we were so tired and needed a good night's rest, we prayed for a good night's rest. This im-

pressed her very much. She said it had never occurred to her that she ought to pray for sleep.

I told one lady that we were not out for the money, but for the good that we could do. This was the second time I had been out. I am certainly full of courage and want to go out in field work every time I can.

EVERYONE INTERESTED

BEATRICE HARTER

We visited Naperville first and began working on the street. When the people would see us coming to them with **THE LIFE BOAT** they would have the change ready for us. They all knew the paper. We next went to Joliet, arriving there about one o'clock. After having our dinner we started out in the business district. We did not have very good results, so we went out to the residential part of town.

I called on one of our former patients and we got out our Bibles and had a little Bible study together. She felt impressed with the spirit she found at Hinsdale while she was here. She gained several ideas about the second coming of Christ while here. She said, "I know you people are praying for me."

I met one man on the street and asked him to buy a paper. He looked at it and said, "**THE LIFE BOAT!** That is Hinsdale." I said, "Yes." He said, "I have heard of it, and I am very much interested in the work there. I am going to buy that paper and it has impressed with it you will hear from me more definitely." I hope the Lord will show him more truth through that little paper. I love to do anything that will show the truth to others.

THE SECRET OF SUCCESS

CLARA MEISTER

Before we started out on our field campaign Dr. Paulson took us into the office and we had a word of prayer. All the way our hearts seemed to be rejoicing. The Lord certainly went before us. There were so many of us it was rather hard to divide up the town of Wheaton, where we first went, but we started out and every one greeted us very cordially. One business man was very

busy, but he listened to me. He said, "This certainly is a good work," and he wished he could make it a part of his life. I was so glad I could say something to help him.

Then we went to the houses. It being such a bad day the people generally invited us in. One dear woman was deaf and I told her about our work the best I could and she said, "I certainly do want to help." She had nothing but a twenty dollar bill, which I could not change. She went back and finally found four cents. I knew this woman was anxious to have the paper, so I took the four cents for the paper and went on.

It was certainly surprising the way the Lord goes before us when we want to do His work. It was growing late and we had planned on visiting one of our former patients. It did our souls good to hear her tell how she had been benefited while she was here at the sanitarium. If we live the lives that the Lord would have us to, we can be sure that we will bring the truth before others. It is my desire to live this way.

We visited the girls' dormitory at Wheaton College and when the girls met us they were delighted to find that we were also missionary students. They were holding meetings at the college and we attended one. We were inspired to search more diligently for souls to bring them to the Lamb of God.

The business men are always too busy to listen, but the Lord goes before us and many of them feel their need. I met three business men who were interested in the work we are doing here, especially the articles that Dr. Paulson writes. One said he wanted to learn more about the work. One said, "Oh, this is all humbug." He said he did not believe in the Word of God. I told him the only way we can know God's love is through searching the Scriptures. Sometimes their hearts are made tender and they will say, "How did you know I would buy one of your papers?" I tell them I did not know, but all I could do was to try.

One man said, "I have a very sick wife at home and I wish you could go and visit her and tell her about the Good Samaritan Inn." So in the evening about six o'clock we found our way out there. The gentleman

was at home waiting for us. They were glad to see us. We told them all about our work.

One lady said, "Well, we are all of one family." I asked her if she believed in the second coming of Christ. I had an opportunity to show her some of the signs of His second coming. I told her to search the Scripture further. She said she would.

I went into a store and canvassed a young man. When I had finished he said, "This is certainly a lovely work. I want one of these papers." All those who do know something of our work never refuse.

The Lord has certainly been good to us. When I did not pray before going into the houses I would have *no* experience at all, but when I prayed to the Lord I would have a good experience.

A CHEERING REPORT FROM THE HOME

MRS. MYRTLE B. BRUNER

Acting Matron, Life Boat Rescue Home.

We now have ten babies in the home, all boys except two. There have never been so many babies in the home at one time before. Pastor Serns is giving Bible studies and I am so glad that the girls enjoy them so much. They are so interested in them. They ask questions and don't give up until they are thoroughly answered.

It is so pleasant to be here; one never hears a word of discord, every one is trying to help the other.

When the girls get through with their work, which must be done each day, they go off to the sewing room and sew rags for rugs which are to be made on the new loom. The rugs we expect to sell in order to have another source of income for the unfortunate girls that cannot pay their way.

The girls are much interested in the Sabbath school, which is a very pleasant time for us. They enjoy studying the Sabbath school lessons. They certainly are making good use of the Bibles that were given them on Christmas.

I trust the Lord will be with us and sustain us in the work He has given us to do here.

WHAT BECAME OF THIS HOME GIRL?

The question is often asked, "What becomes of the girls after they leave the home?" The following letter shows that when these girls give themselves fully to the Lord He is just as willing to allow blessings to spring up in their pathway as in any other class of people. The Lord is no respecter of persons. He can accomplish what to mere human reasoning would seem impossible. We are glad to say that this woman's experience is by no means an exceptional one. This good work is still going on and young women are going out from the home with new hopes and new aspirations because they have come in touch with the love of Christ while here. The following letter was received by Mrs. Swanson from one of the girls who was in the home four years ago when Mrs. Swanson was matron:

"I have been thinking of you these last few days. In fact, I think I owe the greater part of my happiness to you. If it had not been for your kind and loving patience with me I don't know what would have become of me. But it was your pure, simple life that made me think. How patient you were with me!

"I often heard you say that it was always a pleasure to you to learn what became of your girls. So I am going to tell you a little of my life since I left you. It has not been a bed of roses, but we all have to expect some hardships in life.

"I worked in one large hotel here for over a year. Then I decided to get a place out in the country. The fact was I was tired of seeing so much wickedness going on. I wanted to get out away from it all so I could be alone, where I could think. So a friend of mine got me a position out here. Little did I think when I got off the train that I was going to make the little town my home town. But we never know what the future has in store for us. I am now married to the best, truest-hearted man you would want to meet. He told me that he loved me, but I had heard that story once to my sorrow, as I think you know. But he seemed so serious that it got me to thinking.

"When he asked me to marry him I thought I would really find out what he meant, so I told him all about my past life. Then if he

still wanted to marry me, all right. I never thought he would. All I can tell you is that I am his wife now. Words can not express how happy I am. I wish you could see how happy he is. He almost worships me and he loves my baby just as much. I have everything I want—a good man's love, my little

love you. Through you I have been saved from perhaps a worse downfall than I had. I could hear your voice, when I would be in temptation, singing that beautiful hymn, 'Face to Face.' I can not tell how much you have helped me.

"But through all these years your simple,



Miss Leffler, Who Has Been Nurse at the Rescue Home for the Past Month, and Her Family of Little Folks.

boy and a happy home. Is not that enough to make any woman happy? My baby has grown to be a great big fellow. He will soon be four years old.

"Can I ever repay you for the true womanly Christian love you lavished on me? Money could never repay you. Only God can always remember. Next to my mother I

Christian love has always been remembered. Though you were not present to influence me, your face was planted in my memory. You were the means of helping a lonely, sorrowful little woman.

"I only wish I could see you and show you how really thankful I am to you. Only God can thank you for what you have done for me. He sees and knows all that happens."

WALKING WITH GOD AT THE HINSDALE NURSES' CENTER

BY A NURSE

[A year and a half ago the junior class of Hinsdale nurses launched out and established the present nurses' center in Chicago at 2348 Park avenue. The Lord has added His blessing to their work. Not only have scores of families received physical help but an even dozen are ready for regular Bible instruction, and we shall expect to see souls saved in the kingdom of God as a result of this effort.

Now the present first year's nurses' class have decided to establish another center in the northwest part of Chicago in a district where we have never done any medical missionary work. There are already indications that Providence is going out before them in finding a location and we hope to be able to furnish an interesting report next month.—Ed.]

It is an interesting work here in the nurses' center. I enjoy it so much. We go from early morning until quite late in the evening visiting and treating the sick and poor. We find some who are very sick, others who are out of work and need only a few cheering words to brighten them up, while still others care nothing for what we say, but are glad to get shoes, stockings or something to eat.

Some of our treatments were given at night and such patients asked me if I was not afraid to come and go in the dark. I told them I was not, because I brought the best Friend there was in the world with me. They were surprised that I had left my friend outside, and I said, "No, I always ask Christ to go with me; otherwise I would be afraid, but as long as God is with us no harm can come to us."

I came to Chicago to get a closer walk with God—a queer place to go walking with God, but when we have so many friends around we sometimes *forget* to ask God to go with us, but when we have to go all alone down in this big wicked city, then we call upon God and we have the promise that He will go with us. Nearly every day some one will tell me of some terrible crime that had happened in her neighborhood just a few minutes before I came.

A lady asked me if it was really true that all the workers did at the Hinsdale sanitarium was to pray and work. She said she heard that not one of the nurses thought of giving a treatment without first asking God to help her. I was talking of walking with God, and she said she could not understand how it was. So she and I talked and when through she thought it was so nice to have God go with you every place. But I told her I would

never think of Him going to a moving picture show with me, and that I would be *afraid* to go without Him.

Many of my patients have recovered and I have treated many new ones. All of these I am glad to say at some time during this time gave me an opportunity to speak for my Master, and I hope and pray that my poor humble little talks may be a help to them in time of darkness and distress.

I hope my work has not been selfish. I know I received so many blessings. I learned so many things of how to pray more earnestly and how to study the Bible to a better advantage. You know one can not stand still in a Christian life. We are *either* going forward or backward all the time, and the best way is to do something for somebody each day and never lose sight of Jesus.

"Somewhere in this wide, wide world

There's a duty for each nurse to do,
And a reward will be given to one and all,
Who ever prove faithful and true."

GLAD TO GET BIBLE LESSONS

There is undoubtedly coming to be an increased interest in Bible study on the part of many. People are writing in asking for opportunities to study the Bible by correspondence. We will say to such, if you **will** write to us, tell us what line of Bible study you are especially interested in, what your evident needs are in this direction, we **will** endeavor to put you in touch with efficient Bible students who will take a genuine interest in helping you in this direction.

We quote the following from a recent letter from one who is already studying the Bible through correspondence:

"I received your letter containing lessons on the Bible and think they are good to help us to find the chapter and verse and, too, perhaps we would have read it over and over and never have known the true meaning. So we are very thankful to you for the help and would be very glad to have all the help you can give us.

"If you will give us the lessons we will pay you for them at the end of every month. We are going to try to study God's word and be prepared so we can help some one else to see the light."

A HEALTH EVANGELIST

LOUISE DEAN.

[We cull the following from a recent personal letter from Miss Dean, a graduate from the Hinsdale sanitarium.—Ed.]

Week before last I conducted what you might call a "School of health," or something of that nature. I gave short talks on health reform from the Bible standpoint, and then demonstrated some of our treatments for the sick. The school lasted four days. One lady said she was very much pleased. We sometimes wonder why people persist in using drugs, the fact is, most of them are ignorant concerning the use of these simple treatments.

DEDICATION OF THE GOOD SAMARITAN INN

MARY W. PAULSON, M. D.

Yesterday, February 16, 1914, we celebrated the opening of the Good Samaritan Inn. In the afternoon guests from the sanitarium filled the parlor, where Dr. Paulson gave them a statement of the object and purpose of the institution. Afterwards they were conducted through the place.

In the evening about sixty of the sanitarium helpers gathered. Dr. Paulson again explained more fully the object of the work. We quote from his remarks as follows:

"This gathering is the real dedication of this work. When we opened the sanitarium I vowed to God that if He would help us in starting that work that I would make it a place where the poor of earth would be blessed. From that day God blessed the work.

"We opened this place before, but because we could not afford to get a heating plant we were obliged to close it up. We are thankful to be able to open it now nicely heated and comfortable. We want here to carry on a sanitarium work under conditions that are simple and humble.

"Kindness and sympathy cannot be sold. Kindness and sympathy and interest in the individual must be given freely here. The poor may not have the luxuries, but they can have these attentions. With kindness and sympathy we must have here the gospel of health and gospel for the soul."

We are equipped here to give hydrotherapy, massage and dietetic measures and other essentials which are used in sanitarium work. Miss Sutton, who is now matron of the inn, then gave an appropriate talk which appears elsewhere in this number.

After refreshments and music, the workers were conducted through the building. I believe all the workers want to have a part in helping and blessing those who feel oftentimes they must suffer because they can not afford to have anything done for them.

LEARNING TO BEAR RESPONSIBILITY

GERTRUDE SUTTON,

Good Samaritan Inn, Hinsdale, Ill.

Since connecting with this work I have discovered that I only received half of my training in my entire nurses' course. I am really finishing up here. This is totally different from nursing patients in the sanitarium.

Here I am thrown more upon my own responsibility and it makes me feel that I must look to God for strength and wisdom.

At the sanitarium I used to feel that it was not necessary for me to struggle with the different problems. I did not feel the burden so keenly.

There we had everything to do with, but here we do not have much to work with, yet we can give just as thorough treatments and be as much help spiritually. It seems to me that there never was a time when people were so hungry for spiritual truths as they are today.

The patients we have had so far have been not only anxious for gospel truth, but have been hungering and thirsting for it. My prayer is that this may be a place where they can get it.

I feel that I need the prayers and sympathy of all the nurses connected with the sanitarium. I am anxious to see this work go forward. It is what I longed for before I ever started my training. I promised the Lord I would do something for the poor. I feel this is a grand work and I am anxious to see more take hold of it.

*Talk given by Miss Sutton, the graduate nurse in charge, at the opening of the Good Samaritan Inn.

NEW PLANS FOR A NEW CLASS OF MEDICAL MISSIONARIES

As was announced last month, we shall organize at Hinsdale next June a one year's medical evangelistic course. During this one year the student will be taught the most important *non-institutional* medical missionary ideas, principles and methods.

Nine-tenths of genuine medical missionary work must necessarily be non-institutional, for most people live in *homes* instead of institutions. The great mistake we have made in the past is to make nearly ninety-nine per cent of the instruction and training entirely institutional, and then we have wondered why these workers after they have finished their training did not naturally fit into gospel medical missionary efforts among the people.

If we pour melted tallow into a candle mold it is no use to pray that it will come out bricks instead of candles.

During this one year's course the students will not be kept washing dishes and doing housework, nor will they be simply confined to institutional bedside nursing. They will make medical evangelistic tours into towns and villages; they will be taken right out into the field and taught to do house-to-house work; assist in building up schools of health and medical evangelistic efforts. They will receive training in how to turn to good account in a simple manner the most important of nature's remedies in the very homes of the people.

The Question of Support

It may not be possible to make this one year's effort entirely self-supporting. Students are not always able to earn their way in other schools, but we believe that the Lord will help the earnest, aggressive workers who come to take this class to be practically self-supporting, even while they are taking their training. Simple faith, prayer, sanctified human wits and consecrated effort will work wonders in solving this problem, and is just as *valuable* a part of the training as learning other methods, for that question enters *vitally* into the life work later on.

The Nurses' Course

Some of those who have taken this one year's medical evangelistic course can have

the opportunity if they desire to spend two additional years in actual bedside nurses' training, receiving the instruction and training that experience has demonstrated is necessary for a thoroughly trained nurse.

An additional year of special medical training and experience will be given to those whom God is evidently calling to be medical matrons, head nurses or to go to some part of the world where they cannot have the benefit of a physician's advice and supervision.

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.

The accompanying diagram, which was printed in the last number, gives the entire plan in a nutshell.

All who wish to take this medical evangelistic course, either with a view of becoming practical medical evangelists or who afterwards wish to take more advanced work, should apply immediately. Try and discover whether God is calling you into this work or not. Send for further information and application blank.

I do the very best I know how the very best I can; and I mean to keep doing so until the end. If the end brings me out all right, what is said against me won't amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference.—*Abraham Lincoln.*

SOME HELPFUL IDEAS ON CITY WORK

NELLIE JEFFERS.

A day's conference was held at Hinsdale on Thursday, January 29, for the purpose of prayerfully considering the best way to enlarge the work already begun by the nurses' center in the city of Chicago. Among those present were Mrs. Hannah Swanson, one of our former nurses, who is now a Bible worker in Chicago; Miss Ruth Stapp, who helped establish the present nurses' center; Zada Hibben, Valborg Leffler, Mildred Knowles, Flossie Wilbur and Alfrieda Johnson, all of whom have spent some time at the Hinsdale nurses' center on the west side of the city. It was thought that these workers who come face to face with the real problems could furnish many helpful ideas.

All felt that a number of such centers if started in different parts of the city would meet with good success.

House to House Work vs. a Dispensary

The first problem considered was whether it would be best to open up a treatment room and medical dispensary combined. The question was asked, "What per cent of the sick people that are now being treated in their homes could be taken to a treatment room?" It was the general opinion of the nurses who had been engaged in this work that practically *four-fifths* of their patients would have been *unable* to go to a treatment room, as the majority of these people did not call for help until they were unable to leave their rooms.

This made it clear to all that more people would be helped by the nurse going from *house to house* and giving the treatments than would be by trying to get the patients to go to a dispensary. At the same time any little pay that was received in return for the treatments would be clear gain, as they would not have to pay rent on treatment rooms.

The question was asked whether two nurses in one center should work together for both the rich and poor or should one work for one class and the other for the other class? It was thought best for them to go *together*. The wealthy would be interested in what was being done for the poor and needy if the

same worker ministered to both. We have a work to do in the *highways* as well as the byways and we must remember that the rich need our message and help as much as the poor.

A Circulating Library

These workers have been loaning or selling books to those who were interested, beginning with the smaller books, such as "Steps to Christ," then "Ministry of Healing," and gradually coming up to the larger books that contain more advanced Bible truths. They have also distributed tracts in the homes they visited. In that way they have been circulating a great number of books.

Mrs. Swanson told how she gains an entrance into the homes. She finds that the Family Bible Teacher is one of the best means of getting into the homes. She also leaves tracts on the subject of the Bible reading she leaves.

She then told of how she had come in contact with a lady who had been to Hinsdale to see a friend who was a patient here. She had become very much impressed by the way the Sabbath was observed and was glad to meet some one who could help her to understand the Bible better. She had received literature for about a year after she had left here and so was ready for more help.

Mrs. Swanson urged the necessity of insisting that we have something that the people *need*. In one instance she gave twenty treatments to one lady for which she received one dollar, but that opened the way for Bible readings which were the means of leading her and her daughters into the Bible truth.

Holding Cottage Meetings

The question was then raised how to do more in the way of cottage meetings. With several centers established, the workers could help each other in this effort. It was thought by Miss Stapp and other workers that they would be able to get as many as twenty-five people together for cottage meetings, as there were a number who were interested. It was also suggested that help be gotten for this work from the churches in Chicago as well as from the sanitarium.

Mrs. Swanson brought out the thought that each one had to get a *personal* experience in

this work; that no one person could tell another just how to go about it. They must study up Bible readings for themselves and then ask the Lord to help them.

Miss Johnson emphasized the importance of following up the interest as closely as we can. The treatments pave the way for spiritual work. She said, "We do gospel work while giving the treatments, but sometimes do not have time enough to do as much as we should. I asked the Lord to give us treatments for pay so as to make the work self-supporting, and He did it, but then I saw we were in danger of leaving out the more important things. I was able to get some to go to the tent meetings. On Sabbath

evenings we gave one woman Bible readings, but we did not have the time to do as much of that work as we should."

It was suggested that the Bible work might be done by the regular Bible worker who could follow the interest up that has been awakened by the nurses.

In discussing the advisability of moving the present center into new territory Miss Stapp suggested that the work be bound off first and those who were interested be given an opportunity to learn more of the truth and take their stand. When they had cottage meetings at the center about three-fourths of those whom they had met came and were anxious to come again after the first night.



Editorial Department

Conducted by Dr. David Paulson



THE MAY NUMBER A SPECIAL PRISONERS' NUMBER

For many years our May LIFE BOAT has been a special prisoners' number, which we have endeavored to put into the hands of as many of the prisoners as possible. We have abundant evidence that it has been marvelously used of God to the spiritual inspiration and restoration of many men behind the bars.

Its annual visits are apparently appreciated as much by the prison officials as by the prisoners. After reading the various letters from prisoners in this LIFE BOAT we believe you will be glad to assist us with this special effort. Four dollars will send one hundred LIFE BOATS to your state prison. When Christ returns He will commend those who have taken an interest in the prisoner. (Matt. 25:36.)

You may not be situated where you can personally visit the prisoner, so the next best thing is to send him a LIFE BOAT. Enlist the interest of your children, young people, neighbors and others in this enterprise and pray that God may impress others that you will not come in contact with.

IF YOU HAD ONLY THE DEVIL FOR A COMPANION

We earnestly invite all to carefully read the following letter received from a prisoner in the United States prison, Leavenworth, Kans. A LIFE BOAT accidentally reached his cell. See how he appreciated it. Try to imagine if you can what that meant to this man whose feelings are not essentially different from those who are reading these lines.

Next May we shall endeavor to furnish as far as God will supply the necessary funds the entire prison population of this country with THE LIFE BOAT. Will you take stock in this enterprise? Four dollars will furnish one hundred copies to your state prison. You may not see the results in this life, but it will be seed sown that you will be glad to harvest in the next life.

"It is not very often that I have such a pleasing opportunity to use my writing privileges in addressing a letter to a person whose purpose in life is to preach a sermon and distribute sunshine o'er a sin-darkened world, such as seems to be your aim. Great was the welcome that your publication received. God must have smiled upon and blessed your labors.

"Last night as I walked into my cell from supper, after working hard all day, what do you think was lying on my bed? Why, it was THE LIFE BOAT with its arms full of glad tidings. While reading in it of how so many human lives have been picked up from the gutter of crime and made happy by letters written to them by the animated souls who send out inspiring thoughts and drop Christianity into every home, I realized the condition of my awful loneliness. My youthful friends have all forsaken me and I have no letters to read; no, not even post cards.

"Thinking that the readers of THE LIFE BOAT might wish to exchange thoughts with a man who has only the devil for a companion, I have troubled you with this letter."

THE VALUE OF A GENUINE EXPERIENCE

One Christ-like, loving, devoted church member will do more good in a community than one hundred half-converted, unsanctified, self-sufficient workers. Those who will devote some time every day to prayer and meditation and the study of the Bible will be connected with heaven and will have a saving, transforming influence upon those around them, but there is no such thing as following Christ unless we refuse to gratify inclinations and determine to obey God. It is not our feelings nor our emotions that make one a child of God, but the *doing* of God's will.

An enlightened conscience is the voice of God heard amid the conflict of human passions, when there are many other voices crying against it. It requires divine discernment to distinguish the voice of God. There will be many who are not wholly consecrated to God who will be led to do the work of Satan while they actually flatter themselves that they are in the service of Christ.

When secret prayer and reading of the Scriptures are neglected today, tomorrow it can be omitted with *less* remorse of conscience and then there will be seen a longer list of omissions resulting from this single grain of sin sown in the soul and heart. Nothing is more important to this daily communion with God than most profound

humility. There are many to whom God cannot trust any manifestation of His power for this would only encourage in them self-esteem and pride and envy.

Do not forget that to be *half* a Christian and *half* a worldling makes you about one hundredth part Christian and all the rest worldling.

Paul said, "I die daily." 1 Cor. 15:31. Every day his will and desires conflicted with known duty and the revealed will of God, but instead of following personal inclination he did the will of God, however unpleasant and crucifying it was to his human nature. Christ said, "If any man will come after me, let him deny himself, and take up *his* cross *daily*, and" (not until then) "follow me." Luke. 9:23.

We shall never find it *convenient* to take up the particular cross that God has permitted to lie in our pathway, but self-denial and trial and the cross are our portion. It is inseparable from fidelity to God, hence it is in vain for us to try to make the Christian path bright and pleasant for the unconverted. God has neither smoothed nor widened the rugged and narrow way. However, this is no arbitrary arrangement. The path in which Christ invites us to walk would never have caused us a pang if we had *always* walked in it.

The sacrifices which we must make in following Christ are only so many steps on our way back to the path of light, peace and happiness, for *true* happiness is the result of every self-denial, every crucifixion of self, and those who are willing to deny self to do others good, and devote themselves to Christ's service will realize in their lives the happiness which the selfish man is seeking for in vain.

SICKNESS MAY PROVE A BLESSING

While sickness on the whole is an awful curse, it can in individual cases be transformed into a lifelong blessing. For the benefit of some discouraged and disheartened invalid I will give my personal experience.

Just as I was entering manhood I was stricken down with a terrible attack of diphtheria in its most deadly form. An older brother had just passed away with the same

disease. In a few days I was brought to the very brink of the grave. I knew that I was dying and had but a few hours to live.

Although I had been brought up in a Christian home and was a member of the church, it would have been as easy to make a plank extend across Lake Michigan as for my Christian experience to reach over to the other shore. The future outlook was black despair to me. In the agony of my soul I plead with God to spare my life and I promised him in return that I would dedicate my life to His service. God marvelously heard my prayer and that attack of sickness was the means in the hand of God of saving my soul.

Some years ago I visited the home of my childhood. There I met some of my childhood friends who at that time had a similar outlook as myself. Some of them had buried both their talents and their souls in the earth. Then I thanked God that He had permitted me to learn through sickness what I had failed to learn during health, and which these boyhood friends of mine had equally failed to learn since then.

If we are determined not to be disobedient to the Heavenly vision we shall be able to know that all things, including attacks of sickness, may work together *for good* to those that love the Lord.

"I KNOCKED AT EVERY DOOR"

L. H. WOLFSEN, M. D.,
Hinsdale, Ill.

Prof. Everson in a Bible study that he gave us recently made it very plain that the world's field is rapidly ripening for the final harvest.

Fulfilling prophecy and unmistakable signs all point with an awful definiteness to the near approach of Christ's second coming. He spoke of the visitations of wrath that will be meted out to our wicked cities. They are all to be warned. Many will not hear or heed the warning, nor try to get out of the cities. While a few will hasten away and be safe.

Several years ago San Francisco was rudely awakened to its wicked condition by a violent earthquake and a destructive fire. All thought that the city's doom was sealed and justly so, for her sins had reached

unto heaven. As the people ran from the burning mass of ruins many cried, "Alas, alas, that great city." As one party paused to rest a moment on a green hillside and looked toward the rolling flames and towering smoke, a tall, slender yet quiet, unassuming woman said in a calm and natural tone of voice, "I have no remorse. I have knocked at *every* door of the ill-fated city and brought them the gospel." She had done her duty. Some responded, many did not.

I wonder how many of us could say with this woman, "I have knocked at every door within my sphere of labor"?

One of the workers and myself were looking over Chicago today with a view of finding a location for another medical missionary center, and it is certainly a large city. San Francisco might almost be lost in it. All of these people must be warned. "This gospel of the kingdom shall be preached in *all* the world for a witness." Matt. 24:14.

How many of us would be able to say, "I have no remorse, for I have knocked at every door," if Chicago should be destroyed? A great many of us would say, "There was work there I might have done."

I am glad we are moving out to do something, for I believe it is the Lord that is stirring us up to knock at the doors.

When my work is done in Chicago I want to be able to say, "I have done my part in this work." I think we have neglected it long enough. We should hasten the coming of the Lord by spreading the warning message, that we may say with Paul, "I was not *disobedient* unto the heavenly vision." Acts, 26:19.

*Extract of talk given before Hinsdale workers.

NEWS HERE AND THERE

Miss E. M. Graham of Washington, D. C., organizer of home missionary work, visited Hinsdale recently and spoke before the sanitarium missionary society.

Miss Rosamond D. Ginther of Portland, Ore., stopped at Hinsdale while on her way to Washington, D. C., where she has accepted a position.

Since the last LIFE BOAT reached its readers, Dr. Paulson has visited Lincoln, Neb., and

Washington, D. C., in the interest of the new plans for training medical evangelistic nurses.

Miss Ruth Stapp and Miss Zada Hibben, former graduates, paid a visit to the Hinsdale family recently.

Mrs. D. K. Abrams and Mrs. C. L. Clough conducted services in the women's department of the Joliet, Ill., penitentiary recently.

Mr. A. C. Woodbury of Wisconsin, an old-time friend of THE LIFE BOAT and its workers, visited Hinsdale recently.

Dr. Mary Paulson visited the sanitarium treatment rooms in Pontiac, Ill., which are in charge of Mr. and Mrs. Williman, recent graduate nurses from Hinsdale.

Miss Bessie West, one of the senior nurses at Hinsdale, was recently called to her home in Tennessee because of the illness of her mother.

At the present writing there are ten babies in the Rescue Home and a family of some fifteen adults. There are several babies for adoption.

AN INTERESTING BOOK ON PRISON PROBLEMS

Fred High, editor of the *Lyceum and Chautauqua Magazine*, 602 Steinway Hall, 64 E. Van Buren St., Chicago, has compiled a most interesting book on prison problems. He has made a most excellent summary of the various lines of uplift work for prisoners that is at present agitating the minds of so many thinking people.

This book represents an enormous amount of labor and no one can read it without becoming more deeply interested in not only this great prison problem, but in many other topics that are near kin to it. Price \$1. Address the author as above.

"BEYOND THE SHADOW"

The new book of poems by Miss Pearl Wagoner can be procured in leather, cloth and paper bindings at \$1.25, 75 cents and 45 cents, respectively, by addressing the author at Hinsdale, Ill.

The latter two bindings are now also being offered as premiums for THE LIFE BOAT—the cheaper binding for *one* and the cloth for *two* new subscriptions or renewals at \$1 each.

The Life Boat

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

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

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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.

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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.

A FARM OF 220 ACRES FOR SALE

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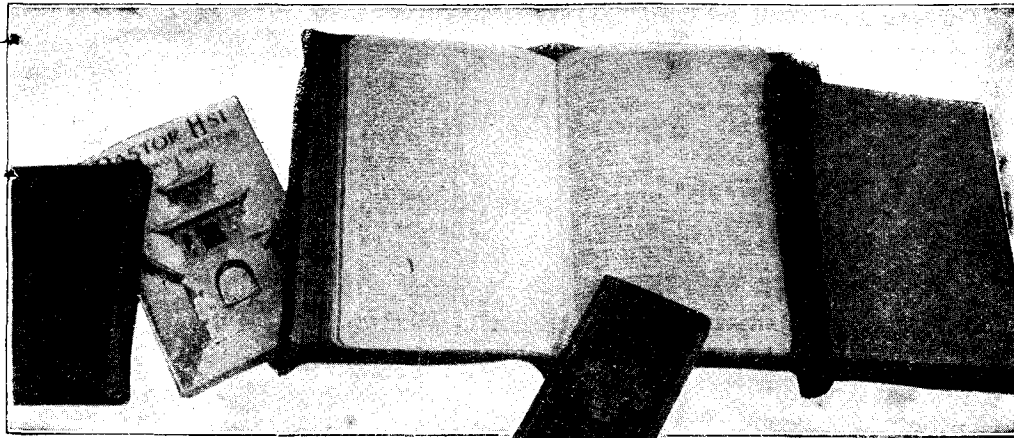
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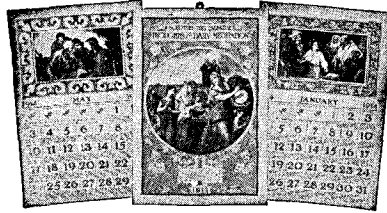
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