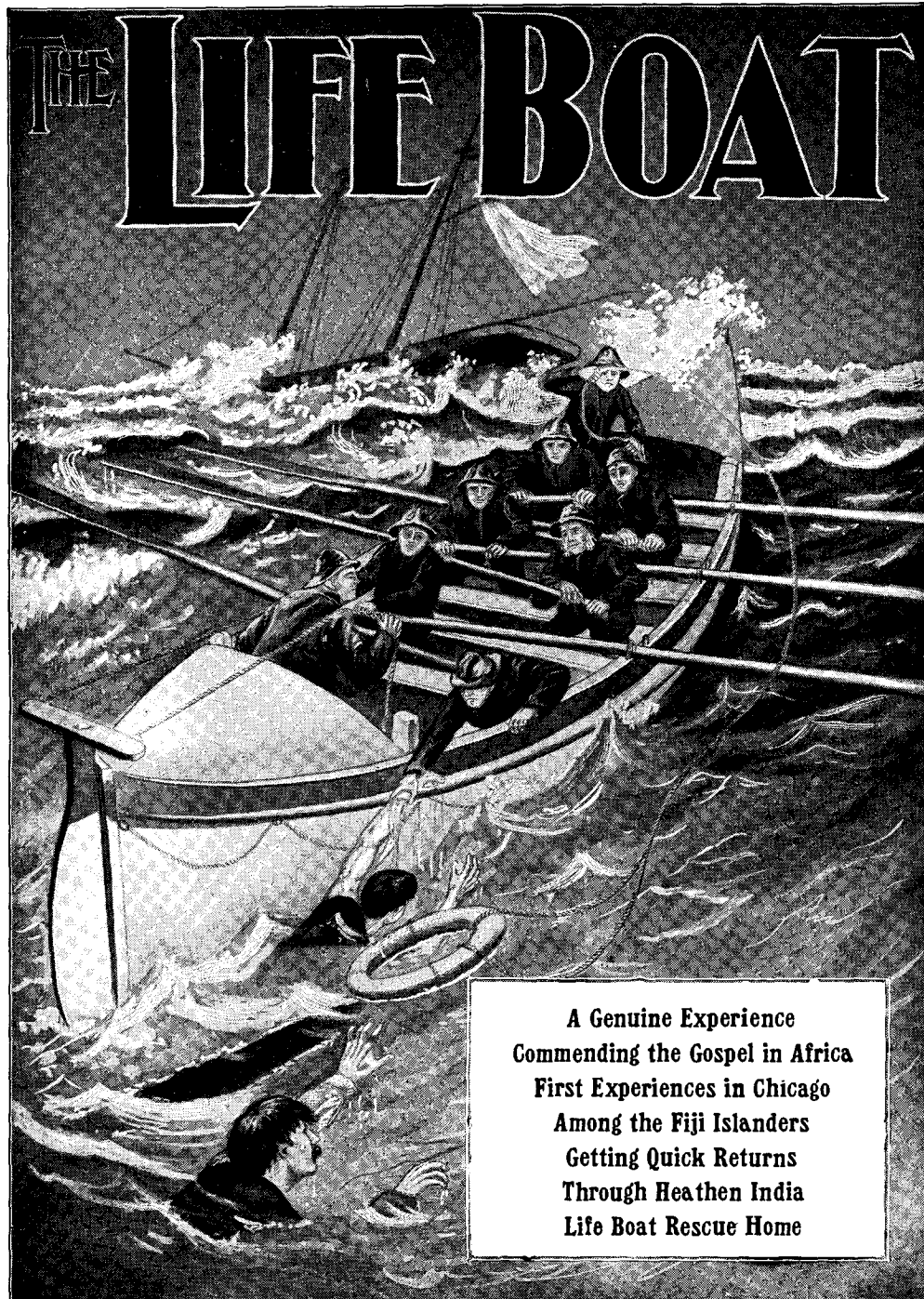


Look Up and Live

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Commending the Gospel in Africa  
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Getting Quick Returns  
Through Heathen India  
Life Boat Rescue Home

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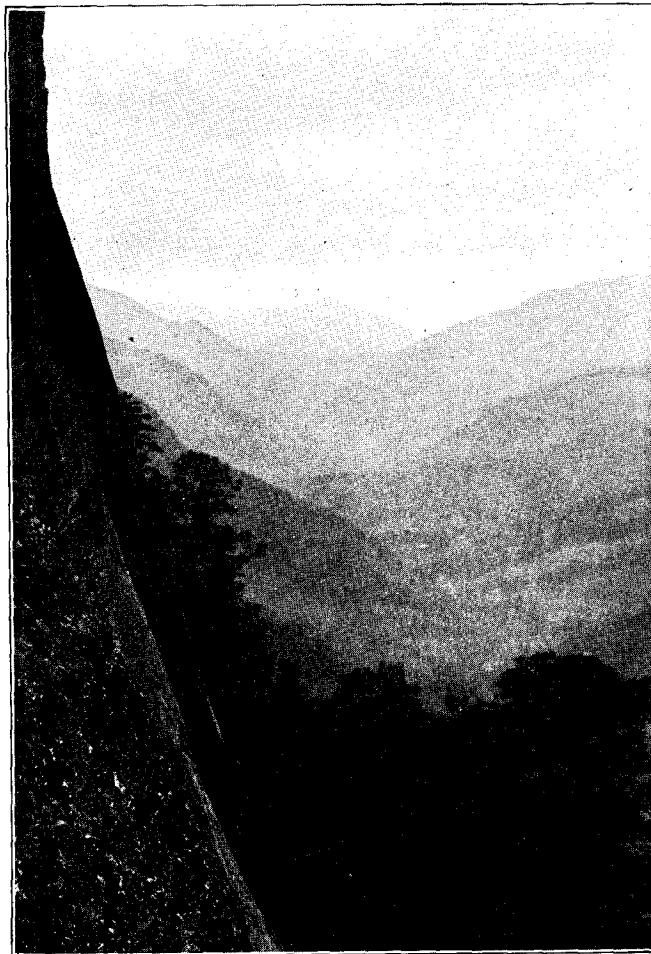
How to Keep Cool in Hot Weather—by the Editor

# "Unto the Hills"

Pearl Waggoner

Unto the hills I look away—  
The wondrous, sun-crowned hills:  
The nearer landscape fades away,  
My heart with gladness fills;  
My eyes find rest, and, with the sight,  
The weary burden grows more light.

Unto the hills I lift mine eye—  
To God's almighty hills:  
Earth's near-by cares and troubles die,  
My heart with new life thrills;  
Rest long unknown I find, while calm  
Pervades my soul like healing balm.



Fixed long on work too  
close at hand  
The eyes weary grow,—  
The constant strain they  
cannot stand.  
But ah, when this  
is so,  
What rest, what quick  
relief it brings  
To gaze a while on other  
things!

So likewise is it with the  
mind:  
It too can weary  
grow  
While following life's  
constant grind,—  
While all-absorbed be-  
low,  
To higher realms it needs  
to rise,  
To fields where God's  
own sunshine lies.

Although the work that  
fills the heart  
God's work, and good,  
may be,  
There still is need to  
"come apart,"  
New visions one must  
see;  
He works the best who,  
day by day,  
Takes time to look in  
prayer away.

"Unto the hills, whence  
comes all help,"  
Ah, look! and there  
forget  
Life's worries and per-  
niciousities,  
The thoughts that crush,  
and fret.  
There's hope and strength  
for all earth's ills  
By looking to those heav-  
enly hills.

# THE LIFE BOAT

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Number 7

## How to Keep Cool in Hot Weather

By David Paulson, M. D.

**T**O keep comfortably cool when it is excessively hot is a live problem that confronts us during these summer months. How can the frightful list of heat prostrations be avoided?

God has endowed man with wonderful powers of adaptation to climatic changes. He can not only adjust himself to the awful cold in the Arctic region, but also to the excessive scorching heat in the tropical jungles. Then why should so many be overcome by a little more than the ordinary summer temperatures?

### Rum Ruins Heat Regulation

A large number of heat prostrations occur among the intemperate. Alcohol not only paralyzes the most delicate nerves, whose mission is to *notify us* of physical discomfort, thus permitting us to imagine we are comfortable when we are really miserable, but what is vastly more important, it also throws that wonderful heat-regulating mechanism *out of gear*, so that it does not operate satisfactorily. Hence heat instead of being normally eliminated accumulates within and soon overwhelms the brain and nervous system, thus producing what we call "heat stroke."

### Regulate the Inside Climate

We are gradually beginning to discover that the kind of a climate that we are generating within has more to do with heat prostration than the outside climate. The body does not need as much fuel in summer as in winter. But there are many who eat just as hearty a meal in midsummer as they do at Christmas time.

The body may be educated to actually *demand* five solid meals a day, and many people

are guided in their eating by habit rather than by principle. They imagine that they are satisfying body hunger when they are only gratifying a *habit* hunger.

There is such a thing as firing the human furnace too fiercely, and there are certain foods that particularly tend in this direction. Dr. Hindhede, the great Danish dietetic authority, says: "I will not deny that after eating a large beefsteak there may be a feeling of bodily warmth. Meat is able to increase combustion, but this feeling is not energy. After such a dinner there is more inclination for sleep than for hard work. Meat is a fierce-burning fuel; but it seems to burn out the oven itself in the long run."

### Foods That Taste Hot When They Are Cold

More than two hundred years ago a quaint English physician wrote that a *hot* regimen, such as tobacco, tea, coffee, wine, brandy spirits and spices, was *unnatural* to English bodies. That statement is just as true today. Such substances are doubly unnatural during the heated season. It is a ridiculous mistake to eat mustard plasters in the summer time.

I was walking down Wabash avenue, Chicago, one very cold winter night, when an Italian street vendor said, "Mister, Mister, buy one of my Mexican tamales." To those who know nothing about the *fiery* character of tamales it is sufficient to say that like Nebuchadnezzar's furnace they are seven times hotter than any other known eatable. As I did not seem interested, in order to impress me still

more profoundly he said, "Mister, if you eat one of my tamales you will not need to wear your overcoat." Now the kind of food that

But ice cream instead of cooling actually rouses the heat-making functions to manufacture more heat, so that in reality it warms up instead of cooling off.

But in addition to this objection, ice cream is very likely to contain death-dealing germs. Just yesterday the newspapers reported two hundred and eighty cases of toxic poisoning due to eating ice cream in a little town not more than fifty miles away. There were so many bacteria in this ice cream that it had to be diluted a million times before a small enough number could be placed under the microscope to count successfully.

The Chicago Board of Health found ice cream sold in that city last year containing as many as six million germs in less than half a thimbleful of ice cream.

When ice cream is made from clean milk and cream it will, of course, not swarm with these germs.

But it is possible to work into ice cream milk products that are literally filthy swill.



THE FREE LUNCH COUNTER CREATES A WHISKY APPETITE AND PROMOTES HEAT STROKE.

will enable one to dispense with an overcoat in January will be very likely to pave the way for a heat stroke in July.

The Chicago Health Department issued a bulletin giving the following sensible hot weather dietetic suggestions: "Be temperate in all things. Drink water, not beer. Far more important than anything else, eat lightly; cut your usual winter rations in half. Eat soups, vegetables, ice cream and buttermilk. Avoid particularly meats, butter and heavy soups of all sorts. Drink plenty of water, no wines. Keep your bowels open, your stomach empty, your skin clear, and you will avoid sunstroke."

#### A Hot Weather Tradition

We often hear the remark made, "I am so hot, I want to go in and get some ice cream to cool myself off."



CHEAP ICE CREAM MAY BE A GRAVEYARD OF GERMS.

and yet when it has been frozen and skillfully flavored it is impossible to detect it by the taste.

#### The Soft Drink Habit

During the summer a small ocean of ice cream sodas and other soft drinks is consumed by our thirsty population. Carbonated water itself is a perfectly wholesome and hygienic drink; but in nearly all the cheaper places the fruit syrups that are added are colored with aniline dye and are generally preserved by benzoic acid and other chemical preservatives that are harmful to digestion.

Furthermore the glasses are frequently rinsed in the same water from morning till night. No one would tolerate such a filthy arrangement in their own home.

The increased thirst during hot weather is a physiological requirement and should not only be gratified but encouraged. It should not be quenched with such *drug* drinks as tea and coffee, which contain caffeine and which help to disarrange the heat-regulating mechanism and thus make the nervous system more unendurable to heat.

Fruit juices are almost as inexpensive and much more suitable, although there is no better beverage than pure water, which should be drunk in abundance.

The diet during the summer should consist of dairy products in moderation, well-cooked cereals, the luscious fruits either raw or cooked, and the cooling vegetables, particularly green garden truck, which introduce valuable mineral salts into the system and at the same time furnish sufficient bulk to stimulate the activity of the alimentary canal. Those who subsist upon such foods and who take particular pains that there shall be no stagnation of the bowel contents, will be almost certain to avoid heat stroke no matter how hot the weather may be.

#### Tainted Foods

Fresh game, and even ordinary fresh meat, can only be exposed a short time to the prevailing high temperatures before decomposition begins to set in. This is particularly true of fish.

On this point Gouraud, the eminent French dietetic authority, says: "Unfortunately in fish putrefaction sets in with incredible rapidity, quite unknown in other articles of food. In the summer time it requires but a few hours.

The packing in ice is only a palliative, which frequently serves merely to mask the odor. In the summer months it is, practically speaking, well-nigh impossible to obtain fresh salt-water fish anywhere, except at the seaside itself. The danger is the greater, because the odor betrays putrefaction only in its advanced, not in its early stages."

Bread, rice, apples, carrots, etc., do not decompose and form virulent poisons in this manner. Why should we from choice eat foods that become tainted by only a few hours' exposure to a summer climate, when we have an abundance of foods that can endure the same temperatures for days without any danger? If apple sauce spoils what has happened? Only a little acetic acid has formed, which is the technical name for vinegar; and this, as everybody knows, is not a virulent poison. But when meat putrefies deadly ptomaines are formed which are likely to destroy human life in a few hours.

#### The Pestilential Fly

The fly is more than a nuisance. He is a death-dealing curse. He loves dirt and is constantly bathing his feet in filth. And it is one of his mischievous tricks to wipe his dirty, germ-laden feet on the very food that others must eat.

During the Spanish-American war it is estimated that fly diseases killed nearly ten times as many soldiers as the Spanish bullets.

Very often vegetables are left unscreened, exposed to thousands of flies in the market places. When there is the least suspicion of this it is well to dip them for a moment in boiling water to destroy the germs. They can immediately be dipped into ice cold water, thus practically returning them to their native freshness.

#### What to Do for Heat Strokes

The first thing to do is to wrap the head in towels wrung out of ice cold water. Second, put the feet in hot water to relieve the congested brain and nerve centers. Third, rub the body vigorously with cold water, with the view of bringing the blood to the surface to relieve the internal congested areas. Last, but not least, give a good thorough enema to clear out the bowels. The great need for this is sometimes the principal cause of the heat stroke. If

there are no facilities at hand for colon flushing give a liberal dose of salts.

To sum up: Cool the head, rub the skin, and empty the bowels, and the chances are that in a few hours the heat prostration patient will be as well as ever and will suffer no permanent injury from this unfortunate experience.

#### How to Have May Weather in July

A few years ago I had under my care a patient who had previously had a heat stroke and who suffered intensely during excessively hot weather. One day when the mercury was climbing up to a dizzy height she sent for me and said, "Oh, I wish I was *home* today; I am so afraid I am going to have a spell." I innocently inquired if she thought it was any cooler at home. "Oh, no; but you know if any one is to have something awful happen to them they prefer to be at home."

I asked her if she would not enjoy some delightful May weather. She assured me she certainly would, so I told the nurse to take her downstairs and give her a liberal dose of May weather. The patient looked at me as if she thought I was trying to make light of her anxiety; but the nurse understood.

She was put in a bath that felt as comfortable as a May morning. Her dinner was served on a tray placed on a board across the bath tub; in other words, she took her dinner on water that day.

In the middle of the afternoon a cool breeze set in and she was taken back to her room. When I saw her a little later she was all smiles and remarked it had been the best day she had spent in the institution. She said the

provoking thing of it all was that it had never occurred to her to get into her own bath tub at home to cool off when she suffered from these heat spells.

It is a splendid idea to start out the hot summer day with a cool sponge bath. This is refreshing and exhilarating, will encourage the skin to eliminate the heat more satisfactorily, and will make the entire day much more endurable.

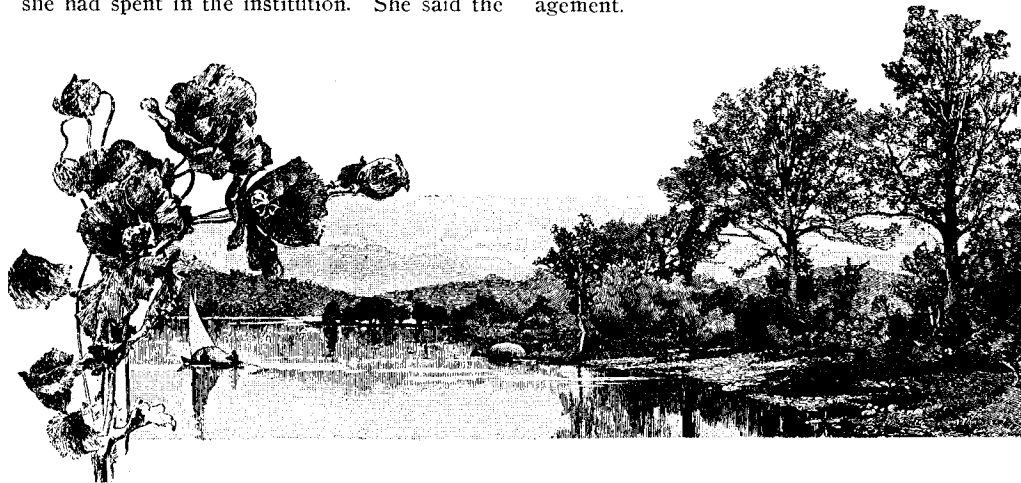
#### Catch the Outdoor Habit

During the summer time it is a capital idea to catch the outdoor sleeping habit. Buy a few cents' worth of mosquito netting, screen in your veranda, and transform it into a bedroom. You will discover how much more satisfactory it is to sleep out-of-doors than indoors.

It is also a splendid thing for the housewife to learn that she can peel potatoes out on the veranda just as well as in a hot, stuffy kitchen. With only a trifle more exertion the dinner table can frequently be placed out under one of the trees and thus have a picnic at home.

The more we can learn how to work outdoors, prepare food outdoors, write letters and visit outdoors, sleep outdoors, the more thoroughly we shall enjoy the summer months.

God put our first parents in the garden. Their descendants have paid dearly in a thousand different ways for leaving the garden and moving indoors. There is a strong tendency in these days to move back to the garden. Adopting this program means increased health, greater efficiency, actual uplift, and genuine encouragement.



## Commending the Gospel in Darkened Africa\*

F. B. Armitage,

Natal, South Africa

AFTER spending six years at the Somabula station, South Africa, it became necessary, because of the susceptibility of our little girl to the black-water fever, to leave the station, and go down to some point nearer the coast to labor. We were invited to go to what is now known as the Maranatha Mission, or the "Coming of the Lord Mission," as its name indicates, to take up work for the Kaffir people.

After putting up our buildings, we began making missionary tours among the people. Our equipment was a small wagon, a magic lantern, fomentation cloths, a few simple medicines, etc. As we started out with this little wagon it attracted quite a good deal of attention. The magic lantern was something that was very new to the natives, and we found it very helpful.

### How the Whole Town Was Stirred

We went to one native village where the chief himself was not willing for us to work among his people because he belonged to another denomination; but there were many good souls there and we thought they must hear the gospel truth. So we fitted up our magic lantern at the front of the wagon, our screen at the rear, and began showing the pictures as we drove through the streets of the town. In a little time we had a host of little youngsters following the wagon. Then we told the children:

"Now you go home to your people and tell them what you have seen; and in a little while we are going to have a meeting here on the street."

Well, no need to tell the rest. That night the whole town was out. The streets were blocked almost as far as we could see. Thus we found it possible to draw a crowd, and told them of the love of Jesus and of the provision He has made for their salvation from sin through His blood.

### A Traveling Dispensary

In these missionary tours we had abundant opportunity to minister to the sick. I could

\*Stenographically reported by Pearl Waggoner.

tell you some things that our sanitarium nurses generally could not tell, of the wonderful way in which God marvelously blesses the use of fomentation cloths. When we start out the people get to hear that we are making a trip and they come from far and near. Every one that has a pain or an ache comes to the wagon to be treated. We spread down something on the ground for them to lie on, and fortunately their clothing does not amount to so much that there is much danger of soiling it or getting it wet.

One woman said to me one day: "I have a pain right under my shoulder and can't straighten myself up. It has been there a little more than a year. I was not able to dig my garden this year because I could not raise my arm; and I can't hoe. Can you do anything for me?"

I said, "I will see."

So she got down with the rest and we fixed a fire under the pot until it was boiling, and then we commenced giving fomentations.

I saw this woman a year afterwards—she had only had five fomentations applied—and she raised up her arms and said, "Look here! That pain is gone, and I have never felt it from that day to this." Can our nurses do that in one day?

That work has gone on among the Kaffirs until they say, "We never have seen it done this way before; surely this is the love of God brought to us black people." I am glad we can carry the love of God in our work to these people. Some one said to me one day, "How can it be that a white man will leave his mission station and home and come out here and help us poor Kaffirs and do so much for us? We can't understand it. It must be the love of God in your hearts that will cause you to do it." In this way we are able very clearly to tell of God's love.

When extracting teeth, as we are often called to do, we usually bind up all the sores we find. In every other way possible we try to help the poor people. One chief said he

hoped the day would come when his people would be able to hire one of our nurses to give his whole time for working among the sick people of his tribe and at the same time teach them the truth of God.

#### The School Saved From Being Closed

One time a report started that the children at our school were being starved to death and could not get home. One young man was commissioned to come over and bring all the children home, and he came, loaded with bread and good things for the children to eat. He looked around the school and saw the children fat and their cheeks full, and he said, "They have improved a great deal since they came to the school; now I am going back home to bring more over here to school." And in that way people have been brought to the school, have seen what we are doing, and have been bringing in other students. I am very thankful for God's care of the work.

### GETTING QUICK RETURNS

R. C. PORTER.

[This experience of definite answer to the prayers of the missionaries in the Bulawayo mission, South Africa, as told by Brother Porter on a visit to Hinsdale, shows how willing the Lord is to care for His children. He has said, "Whatsoever ye shall ask in My name, that will I do."—John 14:13.—Ed.]

One year ago the Bulawayo mission was surrounded with drought conditions which were very severe. We were asked to join them in prayer for rain, and the next word we got was, "It has rained for several hours on the mission farm." They said a cloud came and rested over the farm and it rained for four hours and not a drop of rain fell on any other section of the country. We could not but feel that the Lord was especially answering prayer and teaching the people to look His way for providences.

The neighbor that lived next to us was a rough, rude, swearing man who paid no attention to religion; but he reported all over the country about this rain that came and watered the mission farm, "and," he said, "mine is just next to it and I never got a drop of rain."

Later the workers were confronted with a similar condition and we prayed again, and this time it watered this man's farm, too, and some others that adjoined the mission farm.

Our farm was watered so that the crops continued to grow; but the late crops were suffering for rain, and they said, "Unless we have rain the late crops are all ruined." But we prayed and had rain, and the crops were just as good as any time previously.

One man reported that our mission, that was making a business of saving souls, averaged more grain than thirty farmers all around them. And the rough neighbor I spoke of sent the report out all around that he would have a better crop because he happened to be near neighbor to the mission. People who had been prejudiced against us and against missions in general, became interested. I do not know how many calls and requests we had to start out-schools on their farms. They would say, "We would like to have one of your missions established on our farm." And had we had the means to do it we could have established twenty-five or thirty new mission out-schools as a result of God's providence in sending us rain.

### JESUS, MY GUIDE

MRS. O. A. OLSEN

Jesus, Saviour, be my guide  
While I on this earth abide;  
Then shall I no danger fear,  
When I know that Thou art near.  
Let me know Thy loving hand  
Leads me to my journey's end.

Then my sorrows all are o'er,  
Then the pain shall be no more,  
Weeping then has passed away,  
Sorrow finds no place to stay.  
Come, my Lord, make no delay;  
Hasten now that glorious day.

Then my loved ones I shall meet  
And we'll bow at Jesus' feet,—  
Praise Him for His wondrous love  
Which He has on us bestowed;  
What a glorious time 'twill be  
When His loved ones shall be free!

Oh, how sweet my rest will be  
When my Saviour I shall see!  
Free from every tempting snare,  
I shall with the faithful share  
In the mansions of the blessed;  
I shall then forever rest.



## A Genuine Experience

[We have recently placed in the hands of every member of our Hinsdale family a copy of a small booklet, entitled "An American Girl's Struggle, and Surrender." For the benefit of those of our readers who have not yet "touched the hem of His garment," who know that they are living lives void of spiritual power, we publish some abstracts from this experience. Those of our readers who desire to have the entire story, can do so by sending a two-cent stamp to George M. Paden, Union National Bank, Pittsburg, Pa.—Ed.]

I MADE a public profession of my faith in Christ at the age of fourteen, which marked, in a sense, a climax in my life. When I was fifteen I entered the college preparatory school. At this time there was in my heart a yearning, a longing not yet satisfied.

I attended the Northfield conference and met there many who were finding joy in Christianity—as it seemed to me then; now I know that the joy was found in *Christ*. In one of the meetings I was specially impressed. I do not remember a thing that was said, but the yearning in my heart deepened. I had then been a church member more than five years; but my joy had been in friends and music and study, in skating, tennis and boating; here were young students who were finding great joy in Bible study and prayer. I left Northfield with a new vision, but with heart still unsatisfied.

When I returned home I threw myself enthusiastically into all the gaiety of the crowd—picnics, bicycling, rowing, musical evenings, evening parties, and the like—but God was still guiding and guarding, and suddenly I was stricken with fever. For long weeks I lay in bed, and had time to think of many things. Thoughts of lost opportunities loomed up before me: how engrossed I had been with friends and study and culture and fun; how little my life had really counted. Thus, before I was restored to health again, was deepened my desire to live a life that would count in the world.

That summer I came into more intimate contact with one whom I had known for some years, and whose whole life purpose had been suddenly changed. While in college he had been a musical enthusiast; and for him suddenly to give it all up! I could not understand it. In telling of this he said: "When I heard of those poor people suffering as they are in this world, and no hope for a life eternal, how could I continue to amuse myself and my friends with my profession? I used to think there was nothing in the world so

grand as music, but now I have found one thing *greater*."

As the days passed I was brought face to face with a great decision: Would I leave the loved ones at home, and all that I had planned, and go out to a foreign field—not because of a special feeling of responsibility for the heathen, but because of human love—love for this man who had given up his music for Christ? Love conquered, and I decided to go. Then we were married, and a few months later we sailed for the far-off land of India.

My husband, in prayer, would ask God to fill him with the Spirit at any cost to himself. I could not pray that prayer. I had yielded much, but not all. I was proud, reserved, ambitious, selfish, joyous and happy.

The next year God gave and then at once took to Himself a dear little life. A few words tell the story, but oh, the pain!

When we were in our home again I for the first time joined my husband in the prayer that, at any cost, on any condition, God would fill us with His Holy Spirit. And as we would rise from our knees I would say, "But, oh, I am afraid of the cost!"

I had been ambitious to attain knowledge. My husband was ambitious to please God. I thought he had sacrificed much. He insisted that there was no sacrifice.

### Stricken With a Great Sorrow

The spring of our third year in India my husband was attacked with fever. How I pleaded with God: "Take our unborn child, take me, any one, but do not touch my husband." But God's plan was otherwise. He was ill only ten days and then passed away.

A few weeks later our little girl was born. I had thought I might be taken then, but I lived. I decided to stay in the mission field, principally because I knew my husband had hoped I would remain. But I postponed facing the awful doubt that was creeping into my life. Was there a God? Was the Bible His Word? Why, then, had He not answered and restored my husband to health?

### Working Without Results

That autumn I was given charge of a school. I threw myself into the work, and gave myself no time to think.

It was a year of great darkness, with only gleams of light. At times there was great rebellion against accepting God's will. During that time of deep shadow the heavenly Father was bringing me to the place where He could reveal Himself to the soul that so sorely needed Him.

Many of us were cognizant of failure in our lives. We gave the glad tidings of salvation to Hindus and Mohammedans, but they were not convicted; very, very few cared to know how they might be saved. I knew *why* my words had no power. I was not giving the Holy Spirit the opportunity to fill me and speak through me. And among His own people the Lord was not sanctified. Sin was rampant. We, His people, were not holy. By my unbelief I was shutting out of my life great joy and peace.

Just one year after my husband died, alone in my study, I faced things. "Was there a God? Was Christ His Son? Was the Bible the word of God?" I can not tell the way God revealed Himself, but I know that He was present with me, and I know that Christ in all His wondrous power drew me to Himself.

In a written consecration I gave myself, my child, and all I had and all I ever would have, to the Lord to be His forever. It was an unconditional surrender. There came to my heart a deep yearning. There came to my heart a deep quietness. The Word of God opened up in marvelous richness, becoming food to the soul.

### Learned Lessons in Soul-Winning

In the years which have followed I have again and again been brought to places where two ways opened: one the way of the ordinary Christian life, the other the way upon which one seemed to see the blood-stained marks of the Saviour's footsteps; and He called to follow Him, the slain lamb. It has meant the way of the Cross; but it has also meant fellowship with Christ.

The more I knew Christ and the more His life possessed me, the greater became the opportunity to win others. God Himself gained the victories. God did "the thing impossible."

I was at times anxious and burdened, thinking that I should speak to all whom I met--on the train for instance, when a lady would come into the same compartment, and might be in for only a short time. Soon I found that I could roll this burden on the Lord. I was to be anxious in nothing, but pray and watch; He would open the way. He wants us to be always *usable*.

I made many mistakes, but God was so good to me and bore so patiently. One special instance, where I seemed to be very unwise and very unsuccessful in revealing Christ, caused me to pray definitely that Christ would bring souls to me. From that time opportunities have crowded upon me.

### Seeing the Fruits of a Surrendered Life

I remember how the women thronged me as I walked through the narrow streets to the school. I remember how the eager little school girls became more eager to hear of the Saviour and His love. One day we studied in Bible class about Christ's second coming. So real did the Spirit make the message that the dear little Hindu and Mohammedan girls were disappointed when He did not come that day, and the next day, as I entered the school, I was met with the words, "Oh, Memsahiba, Christ has not come yet." The true God began to speak to these hearts.

Another who was bound by terrible sin came to me. I shrank from hearing about what I felt so helpless to change. I could not understand how talking it over would help any. But thus God planned it, and when the whole terrible sin was revealed we turned to Christ, whose infinite sacrifice reaches to deepest depths of sin and who, when we confess our sins, forgives and "cleanses us from all unrighteousness;" and another soul was delivered from bondage, a captive set free. Her letters since then breathe a joyous gladness and freedom.

Men and women, living for years a cold indifferent life, have been moved by the power of the Holy Spirit. Lives saturated with sin have been cleansed and purified and have become flames of fire burning for God.

This quickening began in prayer. We waited upon God that He might pour into us His life, His love, so that His presence, life and love might be carried "e'en where the night is

darkest," and that we might "show His love and sound His glorious praise."

As we waited upon God, He searched us and tried us and revealed to us "ways of pain," ways in us that grieved Him, which when confessed to Him He cleansed.

We learned that in His presence is fulness of joy, and at His right hand are pleasures for evermore. We learned that Jesus' own vision was cleared through communion with the Father. And we heard His voice, "Follow Me." "As the Father hath sent Me, even so send I you."

#### WHERE SLANG ORIGINATES

Almost every current slang word or phrase originated with the criminal or vulgar and has a very bad meaning.

It is not well to use anything which habitually has evil association.

That is one of the strong indictments against cards. A leading authority on criminology says that all criminals play cards. There is scarcely an evil resort of any kind in the country where cards are not played constantly. All gamblers play them and they are associated with all manner of vice.

So young folks of clean lives and fair names should avoid all slang.

People judge each other by their speech. One's thoughts are expressed by words.

Of course, it is possible that a house with a rickety front gate, a littered yard, soiled door, and windows stuffed with old rags, may be clean and neat within. But you never judge it so in passing. In the same way it is possible that one who uses slang may be pure minded, and have clean orderly thoughts, but the indication points the other way.

—Selected.

#### THE DOUBLE MINISTRY

We cull the following from a personal letter received from a graduate of the Hinsdale Sanitarium who returned to her own home and began to work for her neighbors and friends in her own community. The Lord has wonderfully blessed her efforts:

"I left my case in the country a couple of weeks ago. I do not know why the Lord sent me there, but there is no doubt in my mind that He did.

"It is true that the treatments met a condition which had baffled the doctors, even the specialists to whom they took her in the city. And the only explanation I have of why I

was able to meet such a condition and remedy it, is the fact *that I prayed* and the Lord answered; and all the praise belongs to Him. The doctor is very much pleased; even said I was the best nurse he ever had. I do not say this boastfully, for I think of it only as another sure proof that the Lord's favor was in it all, for there is nothing in me to excel all these other nurses.

"Then, too, I am wondering if through a little prayer this same doctor, since he has admitted this much, can not be made to study further into this method of treating the sick, adopt it more generally in his practice, and perhaps eventually be led into spiritual truths.

"Please pray for me very earnestly that I may stand fast for principle and lead such a life that the Lord can use me in preparing others for Christ's coming. I was impressed so forcibly as I was giving a Bible reading that our main duty in these last days is to prepare others for Christ's soon coming—*that all other things are small* and as *nothing* compared with that, and that all other questions of this earth merely lead to that and are merged in it. I don't know if I am doing all I can.

"I have had what to me was quite a pleasing experience with two of my sisters-in-law. They have been relying entirely on drugs in sickness and lately when the children had tonsillitis I managed to demonstrate a little of what hydrotherapy can do. I showed the mothers how to give hot fomentations and how to finish the treatment, and told them why. Very much to my surprise they both gave the treatments themselves afterward, with the result that the children's throats were much improved."

#### WANTS TO CHEER THE PRISONERS

(From the Ohio State Prison)

"I am still serving Christ and I want you and the folks there at Hinsdale to know that your sweet little LIFE BOATS have brought a blessing to me.

"If I live to get out from behind these cold, grim walls, I want to be a true friend and son in Christ, to help care for the poor in this world. Now this is not talk from the lips, but from the heart.

"My aim in this prison is to cheer the prisoners, and bring some souls to Christ."

### A MESSAGE FROM THE PACIFIC

MRS. BIRDIE CONWAY,  
Honolulu, Hawaii.

[We recently received some very beautiful handbags made by the native children in the Hawaiian Islands, also the following letter from Mrs. Conway concerning the helpful gospel work which she and her co-workers are carrying on in Honolulu.—Ed.]

Honolulu has been described as an "American city in an Oriental setting," because of its cosmopolitan nature. Of the 45,000 residents of the city 5,000 are white, 8,000 Portuguese, 10,000 Hawaiians and the remainder are Ori-



MRS. CONWAY IN CENTER, AND HER SISTERS.

entals. The Japanese, it is said, comprise one-half of the population of the islands.

The ancient customs of the people are exceedingly interesting and especially their manner of worship. They had innumerable objects of worship in the powers of nature, and many crude idols with curious names.

The human sacrifice was the crowning act of the ancient worship and only offered on the most important occasions.

Although many years have passed since Christianity was introduced, this people is still very superstitious. Many still believe in the native witch doctors and make offerings to the gods in times of sickness. The early missionaries, now the most wealthy residents of the city, were not true to the natives in many ways. Some parts of the Bible are not correctly translated. For instance, the verse referring to the tithe—one-tenth—is rendered

five per cent instead of one-tenth. It is often hard to prove to them that they have been deceived, and they believe that they are keeping God's commandments fully.

The Hawaiian people are fast falling a prey to intemperance. Many of the women smoke cigarettes and pipes. Indeed, it is common to see Hawaiians and Japanese women going along the streets smoking. Their ideas of morality are very low.

We have no fog, tornadoes, electric or destructive storms or earthquakes of any note. Therefore it is hard to arouse the people to a sense of the condition in other less fortunate lands, which so clearly portray the times in which we live.

We feel there is much to do to warn the 200,000 souls on these islands of the shortness of time, and to finish up the work, that all of the honest souls may be ready for the dear Saviour's coming.



A THREE-YEAR-OLD BOY AND HIS SISTER, WHO ARE HELPING THE MISSIONARIES.

In our church here we have nine different nationalities. We have classes in six different languages. Each week after Sabbath-school and preaching we go at three o'clock to hold a service in the Territorial Prison. There have



SOME OF THE CHILDREN AT WORK TO HELP SPREAD THE GOSPEL.

been already some good results from the prison work here. Last Sabbath we gave Bibles to three boys and it did us good to see the hands go up from ten other bright boys for Bibles. Our young peoples' society has recently ordered a club of LIFE BOATS for the boys at the prison.

We are earnestly praying that the Lord will stir up some hearts to send us help so we can carry on the work here to reach the most people in the shortest time possible. We are greatly in need of a fifty-foot tent for holding meetings in the cities and towns. This is about the only way we can reach the people, as halls are scarce and rent is very high.

The only literature we have in the Hawaiian language is a small booklet and two or three tracts. So we are very anxious to get more literature on the coming of Christ and kindred topics translated into this tongue.

We also need a mission school for the children here. If you could hear the dear children pleading every day for a Christian teacher and a school where they could learn more about the gospel, I am sure your hearts would be touched. We need supplies such as seats, desks, blackboards, and a teacher's salary to

help us start a school. These are only a few of the needs of this island field.

#### How We Are Meeting Our Needs

The children of the mission are making various Hawaiian curios to be sold to help in these lines of work.

We are making some very pretty handbags out of a beautiful seed that grows here on the Islands. The seeds are called "Job's and Rachel's Tears." They are a pretty gray stone in color and when made up with silver beads over different colored silk linings with silk cord handles, they are pretty, indeed. These bags are made by our native girls of different nationalities.

We thought if we could place some of these bags among friends who would be willing to put them some place where they would be seen, that they would sell and thus be a help to us in our many pressing needs for missionary funds.

We are so anxious to do more in spreading the work and we have no funds to go on as we would like to, so we have taken this plan to help.

Do pray for us that we may win many precious souls.

## First Experiences in Chicago

Elizabeth Erickson,

Hinsdale Nurses' Center, Chicago

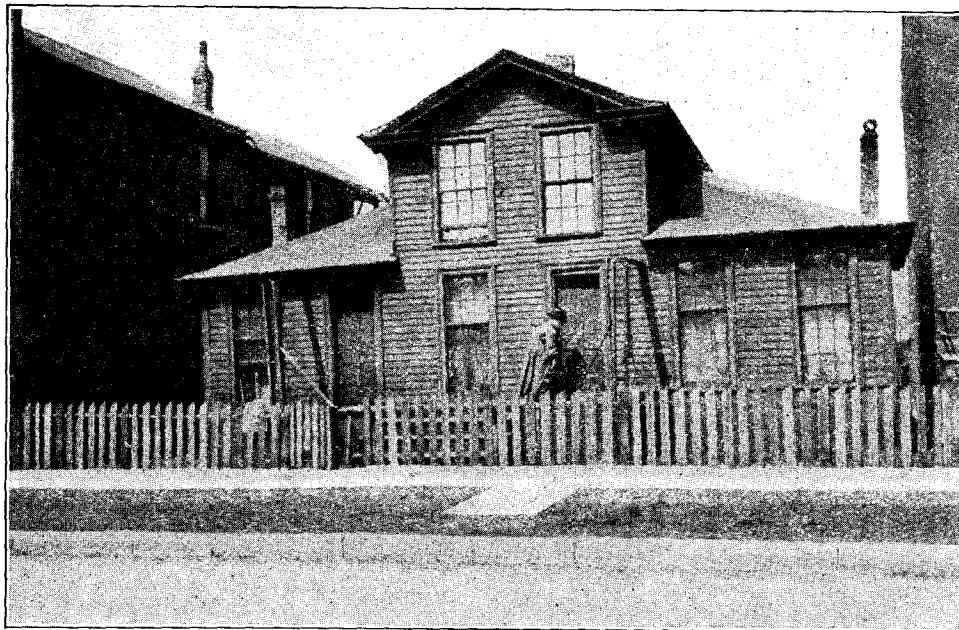
[Two years ago I met Miss Erickson at a camp meeting near Lincoln, Neb. She had just graduated and expected to devote her life to Christian education; but at this time the Lord put it in her heart to take a medical missionary nurses' training and she and Miss Johnson, her room-mate, are now having most splendid medical missionary opportunities in Chicago. These student nurses not merely minister to the physical necessities of the people, but seek to reach the sin-sick soul with the gospel and definite Bible truth. They endeavor as far as possible to make their work self-supporting. Those who have assisted financially in maintaining this center may be assured that they have helped in a good work.—Ed.]

I HAVE been looking forward to the time when I should take up work in the Hinsdale nurses' center in Chicago. I have been here almost two weeks and have certainly enjoyed it.

One day we visited a poor family who lived in a dirty, gloomy basement. A little girl two years of age was eating a piece of cold meat.

of course, during this hot weather they do not need very much.

A few days later I again visited this same family bringing some clothing to them. There were some little dresses which I tried on the little girl, and they fitted her as though they had been made for her. I wish you might have seen how pleased she was. She was so glad



A SMALL COTTAGE CONTAINING FOUR FAMILIES, SHOWING THE CROWDED CONDITIONS IN THE NURSES' CENTER DISTRICT.

The mother took it away from her soon after we came in. Soon the little tot asked for some toast, so she evidently was hungry.

In front of the window were a clothes basket and a small portable bath tub which had been fitted up as beds for the little twin babies. They had scarcely any clothing, but,

when she discovered that there was a pocket in one of them.

There was one lady whom we had been planning to visit all week, and at the end of the week felt that we could not put it off any longer. We applied fomentations and rubbed her limb which was troubling her. She appre-

ciated it very much, and said she believed the Lord sent us. You may be sure we were glad we did not neglect it any longer.

There is still a good interest in the Bible readings we are holding. A traveling man who has been visiting one of the families to whom we are giving readings heard of the readings and was very much interested and said he would try to be there next time. He was there the next time, and was sorry he could not attend any more, so asked us to mail him some tracts concerning the same truths.

Doubtless there are many souls hungering for the truth, here in this city, and we trust that we can do more in this direction. We hope and pray that the seeds already sown will bring forth much fruit.

### OUR WORK IN THE HINSDALE NURSES' CENTER

MABEL DOROTHY JOHNSON,  
2152 Park Ave., Chicago.

I write about the work in Chicago, thinking it will be an inspiration and uplift to some one.

I can certainly see that the Lord is with us in our work and is blessing it. It is growing larger and we have almost more than we can satisfactorily handle. Almost every day some of our patients ask us to go and see some friends of theirs, to see what we can do for them.

It seems to me our work is also growing more interesting every day, and when night comes we can retire with a feeling that our day's work has not been spent in vain.

We meet some families nearly every day who are in a pitiful condition, but I do not believe we have seen the most poverty-stricken people of Chicago yet.

I will relate some instances to show you what we are doing. Just this afternoon we took some clothing to a family where there were two children. It was dinner time, and the lady begged us to stay for dinner, as she was so anxious to do something in return, so we stayed rather than have her feel offended. The dinner was very simple, but we enjoyed it, for she is a neat and clean woman. Looking over the clothing she came across a pair of shoes and some gowns that were too big for her, so she said she would give them to her neighbor's wife—the wage-earner of

the family—who has two children, and whose husband is sick with tuberculosis.

A widow living one block from us has two grandchildren she has to care for; the youngest, eight years old, has tuberculosis. Nearly all the clothes they have are what our nurses have gathered up for them. The woman herself is not well, but she does one or two washings a week, and rents a room to help with the expenses.

The sick child has been sent out in the country with the hope she will get well; but she is too far gone. The grandmother sits out on the porch in the morning watching us start out on our day's work. She says it gives her courage when she sees us. She feels as though she must do something in return for what we have done for her, so she suggested doing our washing and mending our clothes.

A doctor called us out on a case one night and his assistant (a surgeon from a hospital here in the city) was very much pleased with our ways and methods of treatment.

I hope and pray we will in the right way hold up God's banner. One of our Bible readers whom I am very much interested in is about to give herself to God and obey His truth, and do her Master's bidding. Her husband's work interferes with his attending any of the studies, but she is going to arrange it so he will be able to attend one, that he may learn some of the truths she has received.

We thank the Lord for His wonderful help, for it is only through Him that this work can be done.

I have been trying for two weeks to find a Bible with large print for an old man in a family at another place where we hold readings every Wednesday night. At eight o'clock he is always dressed in his best, waiting for us. The first words are, "Did you get a Bible for me?" Much to my sorrow I have disappointed the man, but I hope I shall by God's help be able to bring him one next time I go there.

Dear readers, this may give you some idea of our work, and how much we need your prayers! We know that we can do nothing of ourselves,—we are weak instruments in God's hands. But by God's uplifting hand we can accomplish much. I therefore ask an interest in your prayers.

## Among the Fiji Islanders

J. E. Fulton

[Sometimes in laboring for souls in this country we are tempted to lower the standard to accommodate the individual, but in foreign lands the temptation is greater on account of the ignorance and degradation of the people. This article by Brother Fulton, giving his experience in leading heathen Fiji islanders to the Cross, will be read with deep interest.—Ed.]

I WANT to speak of the providence of the Lord in opening up the mission field. At the beginning of the nineteenth century the world generally was closed to missions. There were countries altogether opposed to missionaries. But gradually these fields have opened up until now these countries have their doors opened up for Christian effort.

In 1874 nothing had been done yet in Australia or the islands of the sea.

When the first missionaries went to the Fiji Islands they found the people in terrible sin, in cannibalism. A great work of grace was done.

The natives held some very strange traditions, which link them up in some way with the Bible truth.

Then the custom of offering up the first fruits has always been a common one with the Fijians, and our boys upon the school farm must bring the first fruits of their garden to the missionary always. When they planted watermelons they watched them just as any boy would, and were glad to see them ripening, but would touch none until they selected out the best one for the missionary. I was very interested one day in the boys coming up with a good, big watermelon. They thought it was ripe enough; at least they were going to risk it because they wanted some of the other melons. They left it on the porch and said, "There are the first fruits," and then ran down hill as fast as their legs could carry them to get their share.

In the establishment of our own work there we found the people very needy. If there was ever a place where there is need of medical workers it is in Fiji. What little we knew of medicine we had learned from our books, but this little knowledge opened up avenues for us to teach them along spiritual lines.

### A Remarkable Cure

I remember going to one island, where I arrived late one night. I had met the chief of the island once before, so went direct to his

house. This is customary—to pay respects to the chief man of the island. He offered to give me a place to stay while I was with him, but remarked immediately when I arrived at his home that he had just left a poor sick man who was teaching his children, and they expected him soon to die. He asked, "Will you go over with me and see if you can do anything for him?" I said of course I would be glad to go, and breathed a prayer that God would help me to do something.

When I arrived there were some native doctors sitting around him, one trying this herb and another trying that one, until the poor man's mouth was so filled up with those things that he could hardly breathe, and I saw under those circumstances I could do but little unless we sent them out. There were about thirty in all, so I appealed to the chief to drive the people out and let God's fresh air come in. So he motioned them out and they went out. But those doctors sat around as an especially privileged class. I said I would not do anything until they promised they would give up trying these herbs. And they said, "Well, we will give up, for this is a very strong devil that has possessed this man, and these herbs will not drive him out."

So we soon had some water heating and we gave him treatments, and he fell asleep. I told them to call me again if he was in pain. He slept until ten o'clock the next day and when he awakened you never saw a more thankful man than this man was. The next time I saw him he brought me some native plants and other curios, to show his gratitude. He said, "If you had not come, I would have died." I said, "Yes, you have been blessed; now give your life to God."

Oh, how many opportunities there are in the islands of the sea for a Christian nurse! It may be some of you may be called to a far-away land. May God help you to answer the call if He calls you to the salvation of souls.



### How One Woman Sold Papers

When we started our work among the natives of course the language was a great obstacle. But we do not need to wait for a complete knowledge of the language before going to work. We had a worker who had learned only about three or four words, who said she wanted to go out selling our literature. So she learned the words, "Good book, price five cents," and that is all she knew about the language when she went out. To every objection of the people that they did not want the book and were not interested in it she always had the same answer, "It is a good book, and is worth five cents," and she sold books everywhere.

We taught the people they must not only clean up spiritually but physically also, and give up their filthy habits and grog, and unclean foods of different kinds.

There is power in the gospel to bring men up to the standard. So we held the standard before them, and we did see results in that first company that was brought out. They turned from their idols, from their gross habits, and gave themselves up to God.

One old man I remember in particular—a fine old man, still living. He was not expected to live more than a year or two; but that was ten or twelve years ago, and he is just as well today and is getting old; and he has faith to believe God especially blessed him. He has of late years grown a third set of teeth. When the truth came to him he had lost his teeth and mastication was difficult. In his testimony he says God has especially blessed him with the knowledge of truth and a new set of teeth. He has certainly been a great help to our work, and became a leader of our little company. When we left this native man alone we committed him to God and the Lord used him; and on returning we found the Lord had especially blessed him.

### Got Ahead of the Devil

In his village a native dance had been planned for Sabbath afternoon. This man said to our company of believers, "I want you all to come to our church and have a meeting at the same time." And every one of our men, women and children there came to the church at three o'clock and he stood up and preached the gospel as best he knew how. At the

close of his sermon, about four o'clock, he could hear the music and dancing not far away and he said to the people, "Now you don't want to go back; we don't want to mix up with all this revelry and feasting; this is the Lord's day." He said, "I have not very many sermons so I will take my text again and preach the same sermon over." And when he had finished he could hear the noise and dancing still. "Now," he said, "I am sure you don't want to go," so he called on the Sabbath school superintendent to speak and then called on an old chief.

The old chief arose, gave a little exhortation and said they all should be faithful and stand fast to what they had learned. But being a chief of the old order he was very outspoken. He turned to some one who had sold some literature and said, "John, why are you here and not doing that work you had chosen to do? If you do not do your part you will never get into the kingdom of God." Then while he was standing giving his message to the young man, he turned to his wife and said, "Clara, if you don't cease to say some of those cross things you sometimes say to me, you will not get into the kingdom either; you will have to repent." Then he gave a general exhortation to them all to be faithful.

Then the first old man, thinking he would pour oil on the troubled waters, asked for John to lead in prayer. But the prayer was not forthcoming, and the old chief called out, "John, pray!" And John prayed. And then all in the room prayed God would keep them faithful. Then the benediction was pronounced and they closed their meeting. Every man, woman and child stayed until the very close of it. The dancing was over.

### The Transformation of the Old Chief

I want to speak of this old chief. When we started the meetings in his village he was a chief of much influence; but some of the European traders said, "You look out for old Ambrose; he is a rogue. He will do anything for money. If he thinks there is any money in joining your people he will join."

Naturally I looked out for Ambrose. But he came to the meetings and became interested. Finally one morning after a brother had taken hold of the Lord I was very much surprised to find the old chief come in to an early morning devotional meeting. After a

few had prayed the old chief commenced to pray, and then I heard two voices ringing in my ears; his voice of prayer and the voice of those traders over the bay, "He will do any thing for money." But as he prayed on he prayed like a child; he confessed his sins to God and told the Lord how sinful he had been and asked the Lord to forgive him, and rising from his knees confessed to his townspeople that he had done many wrong things to them, and asked them to pray for him that he might live a new life. He gave up some of his bad habits at once, gave up his whisky and clothed himself, and his wife, too, whom he had left nearly destitute. Oh, what a change was wrought in his life!

It had been the common thing for him to be in jail. He had been banished by the governor and embezzled funds, and was known far and wide as a rogue, as a vile man.

He gave up most of his bad habits. But I noticed one day he had a pipe in his pocket. I said, "What are you going to do with that old pipe, Ambrose?" He said, "I have given up this bad habit, and that one; do you think I have to give up this, too?" I said, "God has given you the victory over the others; why not trust the Lord to help you give up this habit?" He said, "I will," and took it from his pocket and threw it into the thicket, and from that day never touched it again. There was a wonderful transformation in his life.

He helped us with his money. One day he came with ten shillings tithes (about two dollars and a half)—a considerable sum for a native. As I was writing out the receipt for it, I said, "Rather remarkable, isn't it, you should get hold of so much?" "Well," he said innocently, "I was over in ——— today and played a game of billiards, and this is the tithes of the money I won." Then, of course, I had to tell him that was not where he should be, and such company would have a tendency to drag him down. So he promised me he would not play billiards again.

I do hope some of the young people who read this recital may have their hearts drawn out toward these people in far-away lands. There are abundant opportunities for those whose hearts the Lord touches. But whether at home or abroad, the work is one, and God is leading to the triumph of His work.

### LOVES TO READ IT

(From the New York State Prison)

"I received your kindly and welcome letter. I tell you it does anyone's heart good to receive a nice letter. God bless you. I also received a copy of *THE LIFE BOAT* that I love so much to read, and I know that every one that reads *THE LIFE BOAT* and takes it to heart like I do will be saved, for I find the spirit of God right in it.

"I love God and know He loves me, too. I ask Him for more of His love every day. I waited patiently for the Lord and He inclined unto me and heard my cry. I am rejoicing in the blessed Lord every day and I am a saved man in Christ Jesus. I am working out my salvation day by day and am not ashamed to testify to God's love."

### WANTS SOME MORE

(From the New York Prison)

"*THE LIFE BOATS* you sent me did me so much good and cheered me so very much that I venture to ask you if you will please send me some more, for I am lonesome without them. *THE LIFE BOAT* contains reading that cheers a person in prison and makes him think of others in circumstances like himself. I will appreciate it very much if you will kindly send me a *LIFE BOAT*."

### A TREAT

(From Columbus, Ohio, Penitentiary)

"*THE LIFE BOAT* was a treat to me and I thank you for it. I am still trusting in Christ and He is keeping me day by day, and I am praying for you and for the work. I know that my Redeemer lives and has risen from the dead, and I know if I serve Him I shall also rise from the dead and live in Christ. *THE LIFE BOAT* has been the means of my loving God more and also those about me, and praying for those that have not the love of Christ in their hearts.

"*THE LIFE BOAT* you sent me was a treat, and I treated a young friend and brother of mine with it. His cell is next to mine, and after he read it he handed it back to me. I then wrote a note to him and told him that God loved him and that he ought to pray to God, make the best of his sentence, and go out a man in the world to his dear old mother, who waits for him."

## The Life Boat Rescue Home

Caroline Louise Clough

THE past month has brought some changes at the rescue home. Mr. and Mrs. Bruner have left the work and Miss Zada Hibben has returned. A number of the girls who have been in the home for some time have now gone. Some have returned to their own homes, and others to friends. We certainly trust that these young women, who were baptized while with us, will go forth to represent the principles for which the home stands. Our prayers follow them that they may daily have

myself sometimes for I get homesick to see you all. God was good to direct me to people that treated me like you people did in the hardest trial of my life, for you have showed me things I did not realize before, and I know God will take care of me and my baby if I only do His will. I would just love to see all the dear little babies."

Of all the various features of the home life, the quiet inspiring worship hour both morning and evening seems to linger in the memory the



MEN IN THE MAKING.

the love of God in their hearts and may know what it is to live a life fully surrendered to their Master. We recently received a very encouraging letter from one of the girls who left the home some months ago, from which we quote the following:

"Give my love to all the girls at the home. I miss them all so, I just have a good cry to

longest, and in their letters afterwards the girls often mention this blessed occasion as the time when their souls were benefited, and their ideals raised to a higher standard. What a pity that these very young women did not have the sweet molding influence of the family altar upon their characters in early life so that they could have been saved from the terrible dis-

grace which brought them to this home for shelter!

The home family is small now; but new girls are coming in the near future, and thus the work goes on. A handsome donation has been received during the month in the form of some dishes for the dining room, which we much needed. Now the girls can drink their cereal coffee from teacups like other folks, instead of from heavy jelly glasses as before. And they can eat from new plates which are not nicked. We wish to extend our gratitude to the Carrollton Pottery Co., Carrollton, Ohio, for this generous donation. Any donation of supplies for the home will be gratefully received as our furnishings do wear out.

Our home babies are growing, as you can see



THE JOY OF HIS NEW HOME.

from our picture gallery this month. We are always glad to receive the pictures of our babies as they grow older and we trust that every one of them will be so carefully trained that they will be staunch followers of the Lord



"BRIGHTENS MANY A LONELY HOUR."

Jesus Christ. We need your prayers that we may carry out God's purpose in this work, that of saving souls for the kingdom.

#### OBEDIENCE

"I said: Let me walk in the fields,  
He said: No, walk in the town;  
I said: There are no flowers there;  
He said: No flowers, but a crown.

I said: But the clouds are black,  
There is nothing but a noise and din;  
And he wept, as he sent me back,  
There is more, he said, there is sin.

I said: But the air is thick,  
And fogs are veiling the sun.  
He said: Yet hearts are sick,  
And souls in the dark undone.

I said: I shall miss the light,  
And friends will miss me, they say;  
He answered, choose tonight,  
If I am to miss you or they.

I cast one look at the field,  
Then set my face to town.  
He said: My child will you yield?  
Will you exchange the flowers for the crown?

Then into His hand went mine,  
And into my heart came He;  
And now I walk in a light divine,  
In the path I had feared to see."

(NOTE: This poem by George MacDonald has led many a Christian to leave a home of ease and luxury and bury their lives in the congested districts of our large cities or in the heart of a foreign land. Shall we choose the easy place, or shall we follow the call of our Master?)

**A LESSON FROM EVERY-DAY LIFE**

The following beautiful lesson comes from a life-term woman prisoner in Windsor, Vt. The account of her personal experience, which has appeared in a previous number of this magazine, has been an inspiration to many in similar circumstances:

"A striking little incident happened to me today and I thought perhaps it might help some one, as it has surely strengthened me. For about eight weeks I have been embroidering a beautiful garment, and had at last added all the finishing touches, when I noticed I had torn a hole where it was most conspicuous. Discouraged? I can't express it.

"Of course the first one on the scene was the evil one and my first thought was to tear it up. But as it was a gift, another thought came to me, and as I was fighting this battle with myself I heard our kind matron's voice saying, 'Why, Margarete, I can darn that, and you can embroider a flower right over it and it will never show.' After a few minutes, the love of God crowded out those evil thoughts, and in a short time she had it all ready to embroider, and it will be in fact far prettier than before.

"Now this is really a picture lesson in life. Our lives at some time or other have been as white as the material in that garment. We have perhaps, in an unthoughtful moment, made a scar of sin and shame; but we can yet rise and be better. Suppose I had burned or torn it up in that discouraged moment, would I not have rued doing it the next minute? And it, too, shows how the link of friendship and a kind word help us on to that great virtue—*Courage*. It took every bit of courage I had to overcome that moment's misfortune, and it was I that in some careless way tore the garment.

"Somebody may think: 'Oh, what's the use trying?—the outlook is so discouraging!' There are others who have succeeded who were perhaps in just as adverse circumstances as you or I; why shouldn't we?"

"Some time ago I received a letter from you which touched my heart, and I have been until now saving up what little I earn to give to the Lord. I cheerfully and gladly enclose \$3.00 for the rescue home. May the Lord ever bless the home and all who live there."

**THROUGH HEATHEN INDIA**

KATHARINE GEROW, M. D.,  
Deccan, S. India.

[We publish herewith extracts from a personal letter received from Dr. Katharine Gerow, who, after spending seven years as a missionary in India, came to this country and secured her medical education. While here she rendered valuable assistance in the gospel services at the Harrison street police station on Sunday mornings. The following letter gives a description of a trip Dr. Gerow made through India and Burmah with Miss Clark, also a missionary.—Ed.]

We spent a week in Calcutta, and saw much that made our hearts glad, but also much that caused us real heartache. A visit to Kalighat temple will not soon be forgotten. Who can fully describe the horrors of it! How I wished that some people at home, who have an idea that Hinduism is beautiful, could suddenly be transported from one of our quiet, beautiful, inspiring services in the homeland to the noise, filth and horrible scenes of that temple service.

It is hard to imagine men more revolting in appearance than the priests. How such hideous creatures can have a hold on the people is beyond our understanding. And in place of these men, we long to have them know our great High Priest, who is touched with their infirmities.

If Christ wept over Jerusalem, how His heart of love must ache over the ignorance and superstition of these people, who are offering sacrifices of goats to atone for their sins. What a glad day it will be for this land when its people know and believe that the blood of Jesus Christ alone can cleanse their sinful hearts!

It was with some reluctance that I started for Benares, that city of temples and sin. It seemed as if I could not bear to see any more worship like I had seen in Calcutta, and I expected Benares would be even worse, if anything could be. An English woman who had been a missionary before she was married, was our hostess, and she took us to all the places of interest. A boat ride on the Ganges gave us a good view of the worshipers, crowds of whom come to the sacred waters to bathe and wash away their sins. Numberless priests were there to take their offerings, for no person has the privilege of bathing until he has made an offering to the priest. As we left the river and wended our way among the temples, two of those horrible creatures followed us

begging; but we knew of better uses for our money.

In Allahabad we enjoyed the hospitality and quiet of a friend's home for two days and it did us good to visit their schools, and see the work they are doing for women in their homes. How can any one compare the fruits of Christianity and Hinduism, and then believe the latter?

As one of my closest friends is in Allahabad, we went back there for Christmas. The day after came the celebration for their Indian teachers, who are working in the schools in the city. We all took an early morning train to a little village twenty miles away, where there is a Salvation Army Settlement for the children of criminals. The parents are so unfit to have the care of the children, that the government has taken them from the parents and given them to the Salvation Army. I wish you could have seen the bright happy faces of the twenty little ones with whom we spent the day. What a change has come into their lives under the faithful care and training of the Salvation Army major! The children are from six to ten years of age, and young as they are they are taught to be independent and self-supporting. The chief industry is silk winding, and they also do drawn work very creditably. When they are ten years old they are trusted with their money, buy their food and do their cooking.

The delicious Indian dinner was prepared by the Allahabad teachers for about thirty-five people. It was a feast for all of us, but especially for the children, who usually have the plainest kind of food. After the dinner there was a thank offering service and the little ones laid their gifts on the table, which amounted to three dollars of our money, which they used to buy cotton cloth and make bandages for one of their hospitals.

About a week was spent in Aligarh. The mission work there was exceedingly interesting, especially a large industrial and rescue home in which there are two hundred and forty inmates, including women, girls and babies. They are a busy family. They are taught to read and have a Bible lesson each day; the rest of the time is given to industrial work of some kind: embroidery, drawn work, lace, knitting, weaving, gardening, cooking,

etc. And all these women have been sent there by people who did not know what to do with them, partly because the women were hard to manage, and partly because in every mission station there is not industrial work for them.

The Christian Medical College for girls at Ludhiana, is the only one in all India, and I was very glad to be able to see it. Girls from all parts of India, and even as far as Ceylon, are studying there. Nothing makes one happier than to see the girls making progress. You can not appreciate the contrast between their lives and the women who have been untouched by Christianity.

A person who thinks that Hinduism is good enough for India would surely think differently if he could see the change made by Christianity. The hospital at Ludhiana is doing a good work. They had one hundred patients at the time of my visit and treat as many as four hundred in the dispensary in one morning. They are training nurses, and from the surrounding country have gathered in the untrained native midwives and are teaching them; they have twenty-seven in the class now.

I had long wished to see Ramabai and her work, and we had the pleasure of spending a day and a half there. It is wonderful what that one Indian woman has accomplished. Though she now has twenty-two European assistants, she manages the work, and knows every detail of it. We saw her women running an engine and five printing presses. The thirteen hundred and fifty are all kept busy. We saw Ramabai only a minute as she is so busy she does not have time for visitors.

#### CHEERED A LONELY HEART

This letter from a lonely prisoner in the Blackwell's Island penitentiary gives a glimpse of the good done by the special prisoners' LIFE BOAT:

"I am a prisoner in the penitentiary at Blackwell's Island, New York. On Sunday the chaplain spoke of the LIFE BOATS that were sent to distribute among us and he also hoped that we would appreciate them. I want you to know I am one that appreciates them, for you have saved my soul.

"When I read your warning and your good

work that you are doing it brought tears to my eyes. Such tears I have never experienced before. When you spoke of the sad hearts and of the word of cheer I don't believe the flood could have run any faster than the tears from my eyes. For many a sad day and night I have put in here, if I only could have gotten a word of cheer what joy it would have brought to me.

"You asked your readers to pray for you and I have prayed for you. I know my prayers have been heard. I have never felt so happy in all my life as I do tonight.

"I came to New York twelve years ago and helped to take care of my poor mother. A few years ago I was led astray by bad company and have been astray ever since. I was among them and did as they did, and got in the habit of sniffing cocaine and drinking liquors, and then how neglectful I got toward my poor mother! But, thank God, I am a new man today.

"Since the time of my arrest to the present time there is not one that has sent me a sandwich or a word or a letter of comfort. Oh, how sad it is when those that you think are your friends turn their back on you when you are in trouble! I tell you, it is pretty hard to be shut in and feel as if you haven't a friend in the world. I have felt it, but, thank God, I don't feel that way now.

"While the *old* year was going out at twelve o'clock at night I got on my knees and offered up a prayer to God, asking Him to be my Friend for I needed one and I knew He would not turn me away; and He heard my prayer.

"I am happy to know that some one remembers us prisoners and sends a word of comfort when our own folks forget us. I feel like I am lost to the world, but may God bless THE LIFE BOAT and may it take effect on many more as it has taken effect on me."

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Whitefield and Livingstone died on their knees praying—did you ever think that they won two continents to God?

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So much depends on the way one begins the day. Each day should have a blessed benediction by giving the first waking thought to God.

## HOW THE MEN RECEIVED THE PRISONERS' NUMBER

CAROLINE LOUISE CLOUGH

The May special prisoners' LIFE BOAT this year visited ninety-four of the leading prisons of this land. The letters that we have received from prison officials and from prisoners have been very gratifying, and in many cases requests have come for copies to be sent each month.

One chaplain writes: "It is the kind of literature that the prisoners need and I believe much good will result from them. God bless you for the gift. Continue sending as a gift to prisoners as you find yourself able to do so."

Another writes: "It is surprising how these boys call for this class of reading. When such literature is received and is distributed to the boys I have repeated requests for their names to be put on file for any more of the same kind that may come. These will be put out carefully, and I know will be appreciated."

Not only the prisoners, but the prison officials are looking eagerly for this special number. The chaplain of the Iowa reformatory writes: "The question had been asked a number of times of late, 'When are they going to send us some more LIFE BOATS?' There are always a number of men who are interested in religious and philanthropic work who are glad to get such reading as is furnished by your interesting publication. We thank you very much for keeping us in remembrance."

These officials all seem to recognize the value of the LIFE BOAT magazine in their prison. One chaplain writes: "I am always glad to distribute matter that will do the men good and I know of no better paper suitable to the purpose than your special prisoners' number of the LIFE BOAT."

Our readers will be interested in the following from the warden of the California state prison: "I am gratified to be able to say that these copies were received with eagerness, and read with avidity, many men prizing the little volumes so highly that they have carefully preserved them for future reading.

"It is difficult to ascribe with certitude the amount of good done by your publication, but you may rest assured that it is great and lasting in its effects, and that no men, situated

as are mine, may read its contents and not be filled with fresh courage to meet temptation, and renewed determination to conquer where, before, he met defeat."

While this effort has cost considerable time and money, yet it was a labor of love on the part of those who gave of their means, as well as us who sent out the papers. And we feel sure that the LIFE BOATS in prison will still continue to do their good work until worn out.

#### A REQUEST FOR PRAYER

"I have just been reading a copy of THE LIFE BOAT and it does my soul good to learn of the good that is being done. My heart aches for my own loved ones. I have a husband and six young children, none of whom belong to any church, and I am so anxious for them to be saved.

"My husband has never been religious, although we read a chapter of Scripture together at night and I pray.

"I was baptized last spring and I have prayed for my loved ones to understand and accept this blessed truth and I believe the dear Father will answer my prayers, but sometimes I get discouraged. So I am writing to you to have prayers offered to bless this work and bring my loved ones into the truth. I feel that the time is short in which we have to work."

#### SAVED FROM THE SALOON HABIT

EVA M. DAVIS,  
Mt. Vernon, Wash.

A year ago Christmas I helped distribute food, clothing and gifts to the needy; in fact our home was made headquarters for the various donations. On Christmas evening my brother took the buggy and went about seven miles with some things for a poor family. While on the way he met a young man who inquired the way to a neighboring town. My brother saw he was too intoxicated to go very far before dark, so asked him to get in with him and ride back to the little town he had just left.

The man accepted his invitation to ride, but told my brother he had no money to pay for his lodging. My brother told him he would

see that he had a room and breakfast, and it touched the poor fellow deeply. He took my brother's address and told him he would get his money back. My brother refused to drink with him and told him that when he felt tempted to drink to come to see us instead and let the liquor alone.

In a few weeks he returned the money my brother had given him and afterwards came to see us. I told him how we had daily prayed for him, and finally, after a month or two, he decided to let liquor alone. That was the last of May, last year.

The evening before Christmas this last December he came to spend the holidays with us, bringing with him the money he had earned and saved. During the two weeks he spent with us he said at different times, "If I hadn't met you people, I'd have been in the saloon this Christmas." He has not yielded to Christ, but he has kept free from the saloons and is wanting to get into a better way of living. I was so thankful that we were able to help him to help himself, and I am praying that he may yet become a Christian.

#### HAPPY ALL THE TIME

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

"I am waiting upon God all the time and He is waiting on me. It pays to wait on God, for by so doing a man gets along all right. I have given my heart and soul to God and His work. I was in the broad way, but now I am in the narrow path. I am fully trusting in God all the time and I am happy, for by His hand He leadeth me. I thank God I can stand on this solid Rock and praise His name, because I realize that He took me out of the miry clay and stood me on the solid Rock, where I can praise and glorify His name for His saving and keeping power.

"I brought one man in from the field of sin and today he is rejoicing in the Saviour. He made fun of me at first, but I told him what the blessed Saviour did for me and said that Christ wanted him to come to Him today. I said, 'If He can save a poor sinner like me, He can save you.' I told him to get a Bible from the Warden, which he did.

"I am doing the best I can to win souls for God and I am happy all the time."



## The New Human Betterment Gospel

David Paulson M. D.

THERE is a growing tendency toward trying to save the world by eugenics, social betterment schemes, New Thought Philosophy, and various other ideas that appeal to the head rather than to the soul. One by one the great reformatory movements that were born by the gospel are degenerating into crusades that employ almost or entirely worldly weapons.

Social betterment by purely human methods was tried and found wanting by the ancient Greeks and Romans. But when Christ came He brought some pollen from another world and that fertilized the human soul.

Paul came and preached what many of the human betterment folks in those days considered sheer *foolishness*, just as many of them consider it today. But Paul's preaching changed the moral map of the world just as *similar* preaching would change it today, and as John Wesley's did change it one hundred and fifty years ago. Sad to say, many of his followers are today enthusiastically chasing after false gods, vainly endeavoring to accomplish by the "energy of the flesh" what John Wesley only accomplished by the energy of the Spirit.

We can have no faith in the *permanent* results of any reformatory movement that is not looking conscientiously to Christ as a personal Saviour to change the human heart and bring it into harmony with divine ideals.

The tendency of the age is to pick the leaves instead of laying the ax at the root. Genuine reforms have always been *preccded* by soul-stirring divine truths. We may be certain that the devil does not tremble much before social ethics teaching, sex hygiene instruction, and before all of this so-called moral publicity work. More than likely he is gratified when he sees thoroughly good people imagining that they are putting him out of business by such *devitalized* moral ammunition. These things may actually shift the animus of his activity. But *only* the divine antitoxin can lessen the total amount of it in the world.

In Luke 16:15 we read: "That which is highly esteemed *among men* is abomination in

the sight of God." We may, for instance, succeed in pushing back the evils of intemperance by a purely *intellectual* campaign, only to have an even more blighting deluge of moral intemperance in the form of Christian Science, New Thought and its near kin sweeping like a tidal wave over the so-called best of society in the wake of an apparently successful *Christless* temperance reform.

In other words, Christless reforms are merely building up the dam but not shutting off the head waters, and sooner or later there *must be* an overflow. The only effectual remedy God has ever instituted for fighting the devil is the power of the Holy Spirit, the dynamic influences of His Word applied with searching power to the human heart.

There is a class of reformers who are now crowding to the front who may not object, yea, may even endorse the *form* of religion, while they deny the *power* thereof. This type seem to be honestly endeavoring to accomplish in these modern times by votes, intellectual education and other purely human methods, what Christ, His apostles, and each of the subsequent reformers could only accomplish by spiritual power, by a living communion with a living God.

We do not belittle any of these *secondary* methods; but they are *only* secondary, and when they succeed in crowding out of sight completely the *primary* reformatory resources then it must be a sight that makes angels weep and leads Christ again to say, "If thou *hadst known*, even thou, at least in this thy day, the things which belong unto thy peace!"

The world can not be *regenerated*—(and that is the only thing that will be of any consequence when we look back upon our life's work from the viewpoint of eternity)—by anything short of the genuine regenerating power of the gospel, any more than a child can actually pull itself up by its shoe strings.

The cart is evidently getting before the horse. Many useful things like education, moral legislation, etc., that have naturally *followed* in the wake of a great gospel reform-

ation, now seem to be preceding it, with the vague hope on the part of many that somehow these things will usher in a spiritual revival. And it is a vital question whether the Holy Spirit will lend itself to this human arrangement. If it does not there will be many good people who will have the terrible mortification of finally saying to Christ, "Have we not prophesied in Thy name? and in Thy name have cast out devils? and in Thy name done many *wonderful* works?" And then have Christ say to them, "I *never* knew you; I never was invited into your program." (Matt. 7 :22, 23.)

As a medical man of more than the ordinary amount of professional experience, I have had a chance to see that absolutely nothing but the power of God will *lift* a man above the inherent weaknesses of his natural human nature. I have been compelled to recognize from personal observation in the lives of these thousands of people with whom I have come into more intimate contact than the average worker ever comes to his fellowmen, that "man at his *best* state is altogether vanity," unless a *regenerating* power is brought into the life from a higher source. And I am compelled to believe that it is the only real antidote for the moral disorders that are abroad today, although a thousand other remedies are being enthusiastically proposed in an age that seems to lend itself more readily to social service than to sitting at the feet of the Master.

Unquestionably the ideal worker is a combination of Martha, who could serve, and Mary, who could commune; but the Martha type without any Mary experience does not hold out much hope of blessing humanity.

This is no reflection on what is being done; it is rather to call attention to what is being left undone. We may rejoice in the efficient, energetic and scientific working the dough is receiving even if the well-meaning workers are forgetting to put any *leaven* into it. Perhaps more leaven is being introduced than we are aware; but there is a growing number of thoughtful workers who feel this same apprehension concerning this vital question.

The LIFE BOAT is an easy seller. Write for terms and sample copies.

### FROM A HINSDALE GRADUATE

LOUISE DEAN.  
Oklahoma City, Okla.

The Lord surely has blessed me in many ways since I came to Oklahoma a year ago. I have formed friendships with many good, conscientious people.

I have been nursing for the very best doctors in the city and have had some pleasing experiences. With one doctor I had an obstetrical case with kidney complications. We were twelve miles out in the country and I simply had to go ahead and use my own judgment. Of course I gave her hot blanket packs. The doctor was much pleased with my work and soon gave me a case of Bright's disease in the hospital. He ordered packs for this patient and had another doctor come to the room to see how I gave it.

Later I was talking with another doctor for whom I was nursing and he seemed to think highly of the sanitarium treatment and diet, and wished we had something of the sort here and said he believed an institution of that nature would do well.

I am still of good courage, although I surely do feel the need of some of our good consecration services at the sanitarium. It certainly is a harder fight to be out alone where one's religion is not popular; but I am glad I can have the companionship of Him who is able to keep me from falling.

### AS WE SOW

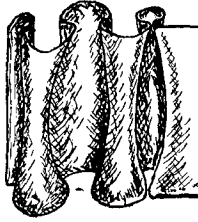
"Plant blessings, and blessings will bloom;  
Plant hate, and hate will grow;  
You can sow today; tomorrow shall bring  
The blossom that proves what sort of thing  
Is the seed, the seed that you sow."

### APPRECIATIVE WORDS

"I will send in my subscription for another year. It is a part of my home. It seems as if I could not keep house without it."

"THE LIFE BOAT is a message we anxiously wait for. It is so good. I only wish I had time to go out and get subscriptions for it, for it is grand. The articles on health are more than worth the price."

One only lives for himself—in the best way—when he lives for others.



## Editorial Department

DAVID PAULSON, M. D., Editor



### BETTER THAN EVER

We have never received so many appreciative letters concerning this magazine as at present. "Better than ever," "Growing better each month," "Read it through from cover to cover at one sitting," "Lend it to my neighbors until it is worn out," are a few of the many encouraging words that come to us.

We believe and have always believed that THE LIFE BOAT has a special mission of its own. Each month we earnestly ask God to bring to our attention just the kind of material that He wants His children everywhere to have. Whatever success THE LIFE BOAT has had is due to the help we have received from a higher Source.

But thousands of other people might just as well be blessed by reading its pages, and we ask all of our readers to co-operate with us in extending its circulation. There are plenty of people everywhere who are becoming tired of fiction. They are losing their relish for intellectual slush and their hearts are turning toward the kind of reading that will feed their souls rather than intoxicate their minds. Such people will thank you for calling their attention to THE LIFE BOAT, and the Lord will bless you for taking that much interest in their spiritual welfare. Will you do so?

### PRAYING FOR RAIN

We are admonished to ask "of the Lord rain in the time of the latter rain" (Zech. 10:1), "and He will cause to come down . . . the former rain, and the latter rain." Joel 2:23.

Everywhere we see spiritual drouth, spiritual darkness, spiritual declension and death. What is the real *remedy* for this condition? "For the daily baptism of the Spirit every worker should offer his petition to God. Companies of Christian workers should gather to ask for special help, for heavenly wisdom that

they may know how to plan and execute wisely."

We are in the time of the latter rain, when God expects to pour out His Spirit in mighty measure. None of us should sit idly waiting for this experience. We should pray for it individually, and persuade others to join us. Let all who read these words begin to do this, and ere long they will soon be in the midst of a mighty reviving from on high.

### THE MOVING PICTURE CRAZE

It is estimated that 750,000 people attend moving picture shows every single week day in Chicago. Sundays it is estimated that nearly one million people, or practically half the population, attend.

From a recent number of the *Grand Rapids (Mich.) Press* we quote the following: "America is movie mad. Grand Rapids is not the exception. Every day in the week fifteen thousand people go to one or the other of the city's twenty-six moving picture theaters. . . . Going to movies is a habit, and it is a habit that is as easy to acquire as it is difficult to break. . . . Whole families are inoculated with the craze at one and the same time."

It has been universally argued that in this busy age there was no time to gather the family together for morning and evening worship,—that there was no opportunity for a quiet hour to commune with God. Christian workers are constantly offering such excuses; and yet here is half the population of our large cities spending more time every single day chasing after moving picture shows than any Christian would need to feed his soul with heavenly manna. Either the moving picture show is a more urgent necessity than to commune with God, or else the excuses that have been offered have been very flimsy indeed and will not stand the searching test of the judgment.

### A GREAT WEEK AT HINSDALE

The first week in July will be a week of weeks for the Hinsdale people. A large evangelistic tent will be pitched on the sanitarium grounds. On July first, the opening night of this week, will be held the graduation exercises of the present senior medical missionary nurses' class.

Following this, during the week will be the opening exercises of the new medical evangelistic class. Special services will be held each forenoon, gospel of health principles will be presented in the afternoon, and in the evening decisive evangelistic services will be held.

These meetings will not only be attended by the sanitarium family, but also by many of our neighbors and friends. The workers are earnestly seeking God, asking Him to search their hearts so that they may put away known sin and be prepared for a special outpouring of God's Spirit during this coming week.

We have every reason to believe that we shall have a visitation from on high, that our missionary nurses who graduate will be imbued with power from on high, and that the young people who are coming from far and near to join the new medical evangelistic class will receive a special spiritual fitting up that shall qualify them to begin to engage in medical missionary evangelistic work in the homes of the people.

A full report of this interesting week will be given in the next issue.

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### HAVE YOU PLENTY OF TROUBLE?

The Lord permits no man to have any more trouble than is for his own good; for "surely the wrath of man shall praise Thee: the remainder of wrath shalt Thou *restrain*." Ps. 76:10. He alone knows when we have had enough, and then He restrains the rest. Our times are in His hand (Ps. 31:15), and they could not possibly be in *better* hands; and if we feel our human helplessness we will be certain to leave ourselves in His hands.

When Solomon was brought face to face with overwhelming problems and great perplexities he said, "I am but a little child: I know not how to go out or come in." 1 Kings 3:7. And it is recorded that this "speech pleased the Lord." Verse 10. When we say

the same from the heart, then our speech will also please the Lord, for He is no respecter of persons.

But some will say, "I have no difficulty with the Lord; it is a group of wicked people who do not fear the Lord that I have to deal with." Joseph was similarly situated. A committee of eleven wicked brethren thought they were having their *own* sweet way with Joseph. But Joseph knew better, for when it was all over he said to these brethren, "It was not *you* that sent me hither, but God." Gen. 45:8. All this in spite of their contemptible motives, which Joseph himself recognized when he said, "Ye *thought evil* against me; but God meant it unto good." Gen. 50:20.

That is just as true in your case as it was in Joseph's, only you may not have sense enough to "know that *all* things work together for good to them that love God." Rom. 8:28. When you line up with God you are *always* on the winning side, no matter what happens. The experiences that you are passing through will only try you "as silver is tried." Ps. 66:10.

You may say, "But men are constantly trying to run over me; I don't like it and I can't see how any good can come out of it; I feel I ought to *assert* my manhood." All such should read these words, "Thou hast caused men to ride over our heads; we went through fire and through water: but thou broughtest us out into a wealthy place." Ps. 66:12.

But if we fuss and fret and whine while we are going through these experiences the only thing God can do is to *continue* them. Every sensible doctor keeps up the treatment until the patient is cured. God has to do the same thing, and that is why it takes so long for some people to be brought out into a wealthy place.

David permitted the Lord to have His way with him, and that is why he could finally say, "Come and hear, all ye that fear God, and I will declare what He hath done for my soul."

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### FROM A NEW AGENT

"I sold twenty-nine papers in thirty calls. The Lord certainly was with me. I expect to sell the rest I have today. Please send me fifty more as soon as possible."

### HOW TO HAVE PLENTY OF STANDING ROOM

Many young people deplore the fact that they are making advancement so slowly. They may not know the real secret, and it is not personal persuasion, wire pulling or special influence with committees and prominent people that gives us *permanent* standing room. For "a man's *gift* maketh room for him, and bringeth him before great men." Prov. 18:16.

So instead of stirring up other people because they are so slow to recognize our real value and worth, we shall be much more successful if we "stir up the *gift*" that is within us (2 Tim. 1:6).

Daniel is a good example of a man whose gift brought him before great men, so let us study him at close range. He was first of all a staunch health reformer. He "*purposed* in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank." Dan. 1:8. But he preferred "pulse to eat, and water to drink." Verse 12.

Second, Daniel was a student, who availed himself of all the educational opportunities provided not only by men, but also by God; for when he passed his examination it was found that he knew ten times more than the faculty who had instructed him (verse 20).

Third, Daniel was the kind of a business man who could keep his books straight. When a wicked, contemptible investigating committee went through all of his affairs in a most searching manner, they were compelled to report that "they could find none occasion nor fault; forasmuch as he was *faithful*, neither was there any *error* or *fault* found in him." Dan. 6:2-4.

Fourth, even after he had become the prime minister of the greatest kingdom of ancient times, he not only prayed three times a day, but he was not ashamed to let it be known that he was a praying man. He not only did this when it was very inconvenient, but even when by so doing he knew it would bring him any amount of trouble. Yet under these circumstances "he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did *aforetime*." Verse 10. Such a man had nothing to fear even from

the hungry lions (verse 22) and certainly much less from the hand of man.

Are you trampling on health principles and careless in your dietetic habits? Are you neglecting opportunities to acquire valuable information? Are you neglectful of your business affairs? Do you permit any and every little inconvenience to rob you of regular prayer, especially secret prayer, which is the soul of religion? Then you need not be surprised that your gift is *not making room* for you.

### THE GOOD SAMARITAN INN

The Good Samaritan Inn, which is located on a beautiful piece of wooded land just across the street from the sanitarium, is now well filled with patients who are receiving substantial benefit.

The Inn is merely a plan to accommodate patients who can not pay the regular sanitarium rates. Those who desire to come and spend some time in the Inn should make application before coming, so that they may know that vacant rooms can be provided for them.

### NEWS HERE AND THERE

Dr. David Paulson spent a couple of days in Lincoln, Neb., recently, and also attended a camp meeting at St. Paul, Minn.

Miss Harriet S. Damon of Watertown, N. Y., visited Miss Pearl Waggoner during the month.

Mr. and Mrs. R. W. Williamson of Chattanooga, Tenn., were recent visitors at Hinsdale.

Mr. and Mrs. B. E. Huffman, who are connected with the Emmanuel Missionary College at Berrien Springs, Mich., visited Hinsdale.

Miss Irene B. Watt, a graduate of the Hinsdale sanitarium, and who is now located at McMinnville, Tenn., has returned to attend her sister, who is a patient in the institution.

Mr. C. A. Russell of South Bend, Ind., was a visitor during the month.

Mr. C. G. Mays, trained nurse from Orlando, Fla., has recently connected with the Hinsdale work.

Mr. and Mrs. Lynn H. Wood and Mrs. Frederick Griggs and son Donald, also Prof. John W. Weber, of Union College, Lincoln, Neb., were recent guests at Hinsdale.

Ralph E. Wager, professor of biology in the

State Normal School, DeKalb, gave a most interesting and instructive stereopticon lecture on "Our Northern Birds" before the Hinsdale family of guests and workers on June 4. The views shown were from original photographs which Prof. Wager had taken.

Mrs. A. S. Steele, founder of the Steele home for needy children, Chattanooga, Tenn., spent a few days in Hinsdale recently and gave several inspiring talks on her experience of thirty years in caring for needy children in the south.

Mrs. Mattie Hamilton Welch, of Chicago, who has been engaged in independent educational work among the mountaineers of Virginia, visited Hinsdale and told the interesting story of how the Lord helped her to work for the neglected classes in the south.

Prof. O. R. Staines, head of the Hillcrest School Farm near Nashville, Tenn., was a recent visitor.

Mr. and Mrs. B. H. Phipps, who expect to connect with the Adelphian Academy at Holly, Mich., were guests of Mr. and Mrs. A. C. Gaylord, the sanitarium business manager and his wife.

On the evening of July first the Hinsdale sanitarium senior nurses' class will graduate, and at the same time the new medical evangelistic class will start. A series of special meetings will be held during the entire first week in July. Those friends living near by are invited to come and enjoy this special week.

Miss Zada Hibben has recently returned from an extended vacation and is again in charge of the Life Boat rescue home, Mrs. Bruner having returned to her home in Nebraska. Miss Bessie West is the home nurse.

#### "BEYOND THE SHADOW"

The new book of poems by Miss Pearl Waggoner 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.

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

## The Life Boat

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

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

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

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

Single copies, 10 cents.

Yearly subscription, \$1.00.

Special discounts when a number are sent to one address.

#### EXPIRATIONS.

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

#### CHANGE OF ADDRESS.

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

#### MISTAKES.

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

#### PREMIUMS.

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

#### RATES FOR ADVERTISING.

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

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

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

#### LIFE BOAT MAGAZINE AGENCIES IN CHICAGO.

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Ave. Phone Douglas 6743.

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

Hinsdale Nurses' Center, 2152 Park Ave.

## A Sanitarium For Those in Moderate Circumstances



### THE GOOD SAMARITAN INN

Conducted on the same principles as the Hinsdale Sanitarium.

This is an institution where the sick poor are treated on such a simple yet effective basis that it will be within their reach financially.

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Write for further information. Address: THE GOOD SAMARITAN INN, Hinsdale, Ill.

Board is furnished on the European plan, each patient paying for what he individually eats.

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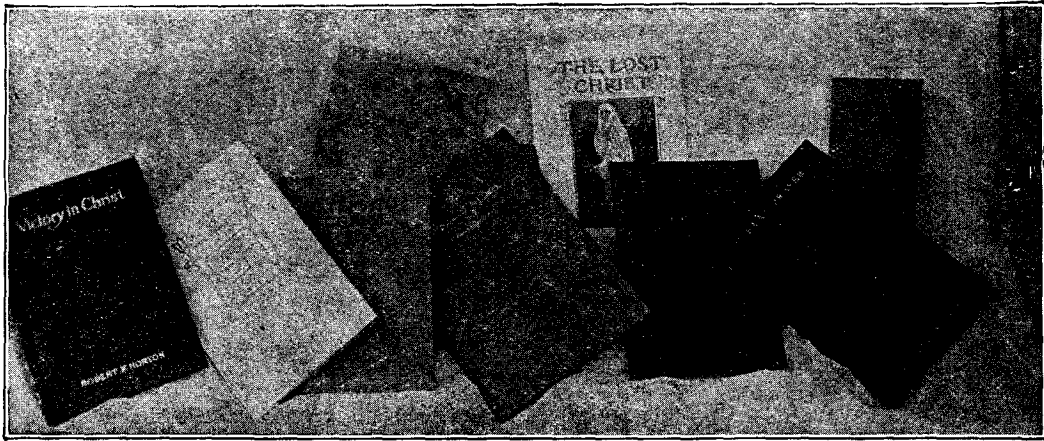
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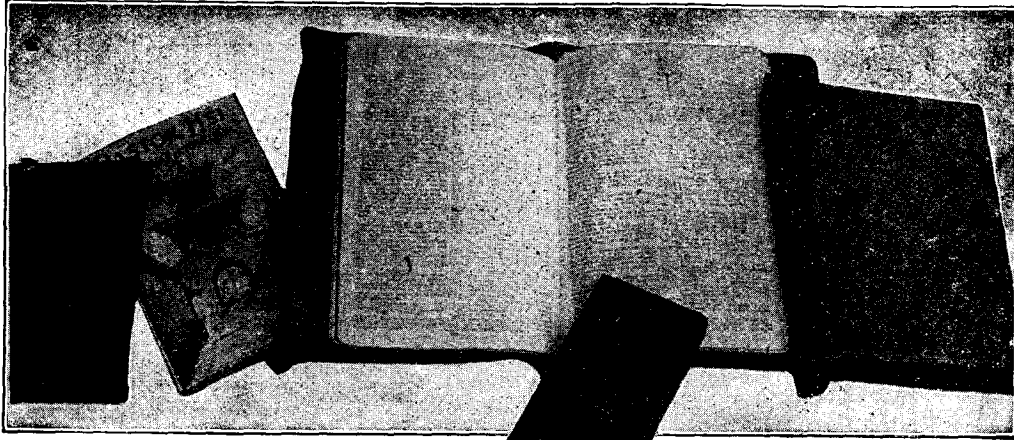
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For Four New Subscriptions or renewals to The Life Boat we will send you a genuine Oxford Teachers' Bible; printed on good linen paper, containing New Cyclopaedic Concordance, with all Helps, Index, Bible Dictionary, Tables, etc., under one alphabetical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

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For Five New Subscriptions or Renewals at one dollar each you can secure The International Red-Letter Teachers' Bible: Self-pronouncing; contains the words of Christ in the New Testament printed in red, and the Prophetic Types and Prophecies of the Old Testament which refer to Christ, also printed in red. It contains the Combination Concordance, in which the Helps are all under one alphabet. This Bible is No. 39670, size  $6\frac{3}{4} \times 9\frac{1}{4}$  inches. It is bound in French Morocco, has divinity circuit, round corners, red under gold edges and extra grained lining.

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The regular retail price of these tires is \$10.00 per pair, but to introduce we will sell you a sample pair for \$4.80 (cash with order \$4.55).

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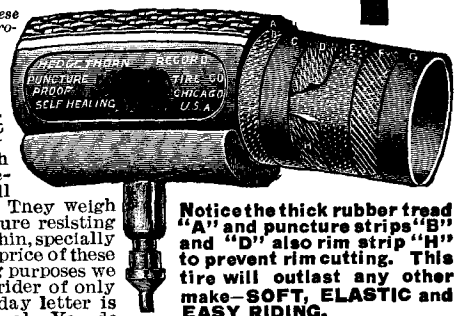
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During the past year upwards of half a hundred girls have been sheltered in this home. They have been carried through the saddest chapter of their lives. More than half these girls do not have a dollar, but they are received just the same.

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

Address for further information

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### Are You Contemplating Making Your Will?

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

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

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

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

# THE HINSDALE SANITARIUM

*Endowed by Nature*

*Equipped by Science*



THE MAIN BUILDING OF THE HINSDALE SANITARIUM

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

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

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HINSDALE, ILL.

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