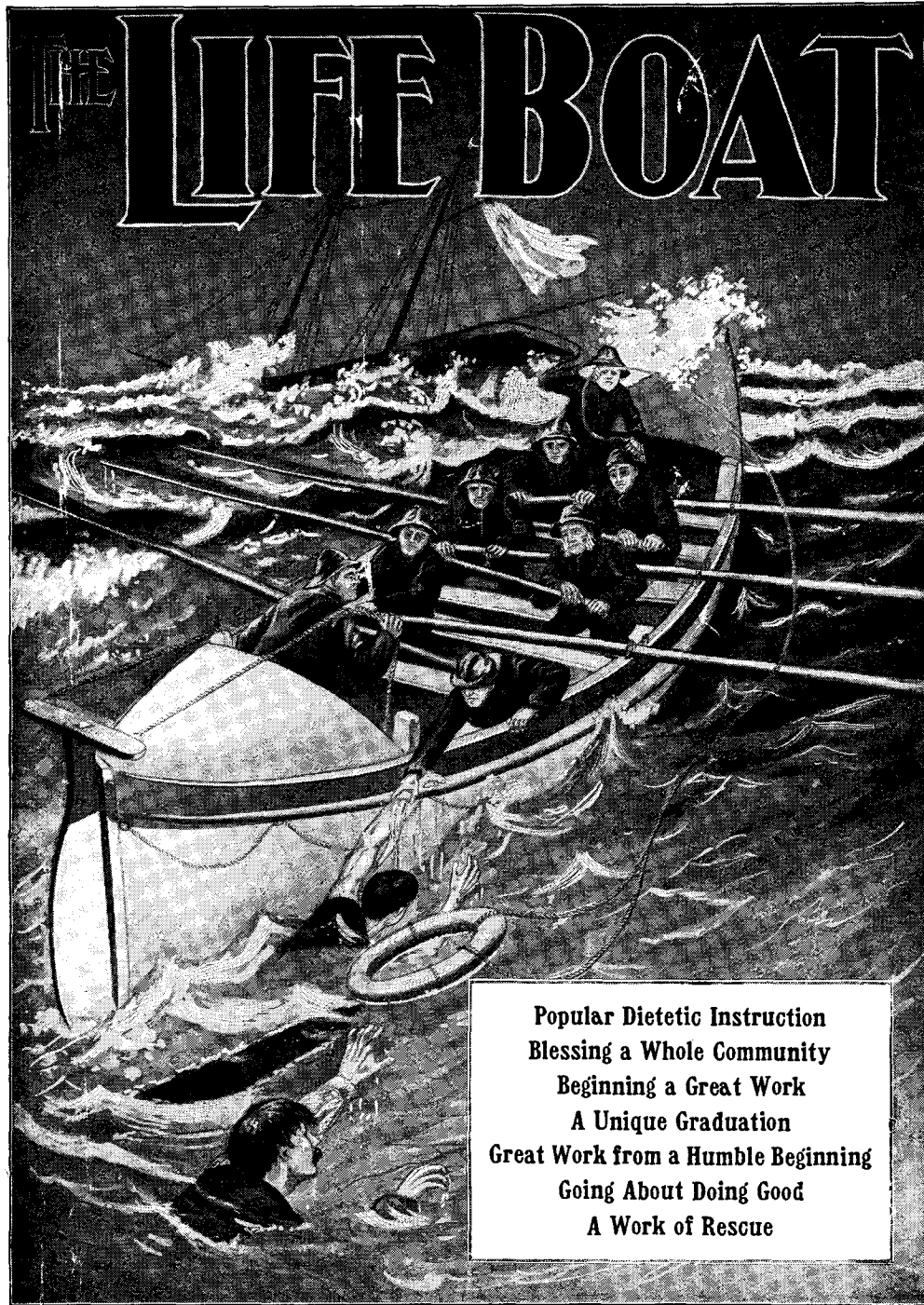


The Life Boat Work Employs No One to Solicit Donations

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**Popular Dietetic Instruction
Blessing a Whole Community
Beginning a Great Work
A Unique Graduation
Great Work from a Humble Beginning
Going About Doing Good
A Work of Rescue**

**Volume Seventeen
Number Eight**

Winsdale, Ill.

August, 1914

Few Causes, Few Remedies—by the Editor

For Others

Pearl Waggoner

Not for self, but others,
Came our Saviour from on high,
Lived on earth, and served, and labored,
Yea, was willing e'en to die;
Still for others rose again,—
Living yet to share earth's pain.

Blessed Master, we would follow
In Thy steps,—to self be dead,
Laboring on earth, and caring
Still for others, in Thy stead.

"All for self," not others,
Is the slogan of the world;
Dare we, who have once enlisted
Where Christ's banner is unfurled,
Follow in the world's vast train,
Seeking ease or earthly gain?

Saviour, help us follow ever
Where Thyself alone shalt lead,—
Dead to self, but aye responsive
To humanity's vast need.

Others! Work for others,
Was our Master's legacy;
"Into all the world" to labor,
Wheresoever others be;
Holding not our lives as dear,—
Just ambassadors while here.

Blessed Lord, we hear Thy bidding,
We would carry out Thy will;
For earth's ills of heart and body
Give us, Master, of Thy skill!

For the good of others
Be each thought, each move, each touch,
Be our lives,—then, ours to listen
To that blest word: "Inasmuch."
Every deed for others done,
Counts as to the Blessed One.

Self-denying,—loving,—patient,—
Help us, Lord to follow Thee,
Till all ills of earth shall vanish
In a glad eternity.

THE LIFE BOAT

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

One Dollar a year

Ten cents a copy

Entered as second-class matter, July 17, 1905, at the Postoffice at Hinsdale, Ill., under Act of Congress of March 3, 1879.

Volume XVII.

HINSDALE, ILL.

:: AUGUST, 1914

Number 8

Popular Dietetic Instructions*

Mary W. Paulson, M. D.

PREVENTION is the medicine of the future. Today we scarcely read a magazine or newspaper that does not contain some helpful health hints.

Rheumatism, kidney diseases, arteriosclerosis and many other diseases could be prevented if more attention was given to proper feeding and to the elimination of waste.

Some one has well said that if we look after respiration, digestion, and the elimination of waste, we should rarely be sick.

Nothing is of greater importance to our physical well-being than wholesome nourishment. We have long since passed the era when the feeding of the body can be based merely on appetite and taste.

It is certainly far more important to know how to feed human beings correctly than it is to feed horses, cows, or hogs.

According to Professor Chittenden of Yale, the average individual should normally consume from one to two ounces of protein, two ounces of fat, and sixteen ounces of carbohydrates (sugar and starches) per day.

In other words, according to the caloric estimation of food values, the average adult individual requires about 200 calories of proteins, 600 of fats, and 1,500 of carbohydrates, making a total for the day of about 2,000 calories of food units, depending somewhat upon the size of the individual, his work, and the weather.

Calories represent the potential energy of

the food. The greatest bulk of our meal should be carbohydrates, and the smallest, proteins. This ratio, however, varies according to the age, the exercise, elimination, and the power of digestion of the individual.

To reduce these figures to practical use we must have some knowledge of the nutritive value of individual foods.

By application to the Agricultural Department at Washington, D. C., the reader can get printed tables of the nutritive value of food.

A Balanced Meal

After knowing their nutritive value it becomes necessary to so group these foods in a menu that the result for the day's rations will furnish the proper amount of protein, fats and carbohydrates. We will make out a simple breakfast menu containing the correct nutritive values. These figures are given for the average amount one individual will eat at the meal:

Breakfast	Proteids	Fats	Carbohydrates
Orange	4	2	69
Rolled oats	14	5	59
Whole milk	23	67	35
Breakfast toast	4	12	34
Butter	1	99	..
Hashed potatoes	8	35	57
Total calories	54	220	251

In adding up the fats and carbohydrates and comparing the proteids with it we find the proteids make about one-tenth of the meal. We may possibly have difficulty in making out our menu to get always the exact ratio with each meal. That is not necessary; it can be divided up through the three meals of the day. We

*Stenographic report of lecture given in sanitarium tent, July 3, 1914.

may have an excess of one element at one meal and reduce it at another meal.

I am sure most housekeepers would find it very difficult and troublesome to make out every day a menu from figures like these. But it is only necessary for us to have in mind a general idea of the nutritive value of foods. Then by one glance we can get an idea as to what we want. We know that butter is all fat. We know that rolled oats and the cereals generally contain a large per cent of carbohydrates with the right amount of proteins. We must remember that an excess of protein is injurious, because it adds to the toxins in the body and causes many of our chronic diseases.

The Salts of Food Minerals

We must not overlook the importance of salts, or ash, in the study of foods. These are found largely in vegetables, fruits, and the covering of the cereals. They are necessary to make good blood cells, bone tissue, and they act as stimulants to the activities of other tissues, particularly the glands of digestion, thereby greatly aiding digestion.

We sometimes lose a large per cent of these salts in the cooking of foods. For that reason steaming the vegetables is preferable to cooking them.

Some New Light

Recently much is being said concerning *vitamines* in food, which are closely allied to the salts. The *vitamines* are a substance indispensable to life. Cassimar Funk, who has made many experiments with these, says that he regards *vitamines* as the stimulating substance for the bodily ferments and of vital importance to the thyroid and other ductless glands.

They are found in plants, especially their seeds, in the whole grain, and particularly in the outer coat of the grain which is ground off in the making of fine flour or polished rice. They are also found in vegetables, such as potatoes, carrots, peas, etc., and in fresh fruits.

A temperature of 265 degrees F. for twenty minutes destroys these substances, also exposure to extreme dryness.

The value of *vitamines* was discovered in the study of the disease *Beri-beri*, which is so

common in Japan and other eastern countries, where much polished rice is used. In polished rice the *vitamine* is thrown away; hence we are recommending today the use of unpolished rice. The same criticism can be made of fine white flour.

The lack of *vitamines* is productive of such deficient diseases as tuberculosis, pellagra, scurvy, etc.

The *vitamines* are particularly valuable in infant feeding. When the child does not get fresh food or fresh milk it may develop rickets or scurvy, and other ailments.

Helpful Hints to Dyspeptics

A dyspeptic must have, first of all, only a few foods at one meal; the gastric juice can not take care of a large variety.

The dyspeptic must thoroughly chew his food. He needs saliva to aid his digestion, so he must thoroughly combine the food and the saliva.

He must avoid all foods that are made of several constituents, like rich puddings, cakes, pastries and roasts. He must also eliminate largely cane sugar and condiments, soft hot breads, and too much drinking at meals. If he drinks at his meal he must do it after the food has been thoroughly chewed and left the mouth; it is better to wait till the end of the meal.

The dyspeptic with an acid stomach can eat freely of butter, yolks of eggs, olive oil, pine nuts, such sub-acid fruits as prunes, blueberries, pears and baked sweet apples.

He may eat purees of vegetables, peas, beans and toasted grains such as rice flakes and breakfast toast, boiled rice, baked potatoes, simple custards, eggnogs, tapioca, sago and similar foods of that kind.

Dietetic Régime for Diabetes

The diabetic must adhere strictly to certain lines of foods; he must leave out sugars entirely, and starches to a large extent. He can eat protein, but if he eat this too freely he will soon suffer from autointoxication and will speedily develop nervous and sometimes arthritic conditions that go with autointoxication. He should take foods which contain a great deal of salts and water, such as succulent vegetables or green garden truck. I have made a list of foods which can be recom-

mended for diabetes: Gluten in all forms, such as gluten bread, biscuits and porridge; and eggs in any form.

String beans, spinach, beet greens, lettuce, asparagus, onions, cauliflower, turnips, tomatoes, celery, cresses, olives, cucumbers, vegetable oysters.

Grape fruit, lemons, currants, baked sour apples, strawberries and gooseberries without sugar.

Buttermilk, cottage cheese, butter, nuts, particularly almonds, Brazil nuts and pine nuts.

Raw mayonnaise, vegetable bouillons, vegetable soups made of the vegetables given in the list.

We may add oatmeal or baked potato occasionally to vary this diet. Otherwise all starches and sugar must be entirely eliminated from the dietary.

Feeding the Anemic Patient

There are, of course, various forms of anemia, so I can simply mention certain foods that are serviceable for anemia: An excess of all green vegetables, yolks of eggs, tomatoes and strawberries added to a general dietary. Of course the food must be prescribed somewhat according to the cause of the anemia and condition of the patient.

A Laxative Dietary

This sort of dietary is needed by most people. Fresh fruits or fruit juices can be taken the first thing in the morning or the last thing at night, particularly apple or orange juice; fruit jellies, fruit soup, stewed raisins, prunes, figs, buttermilk; coarse whole wheat flour and bran, which can be used in the form of bran mush or bran biscuit.

I do not think enough stress is laid on the importance of eating of the bulky vegetables such as asparagus, cauliflower, spinach, raw cabbage, tomatoes, carrots, raw or cooked, beet greens, sweet corn, vegetable oysters, and egg plant.

In nervous spastic constipation, especially when mucous colitis is present, these bulky foods can not be eaten without irritating the bowel. In such cases the more bland foods should be used and liberal doses of White Russian Mineral Oil should be taken after each meal. This does not absorb, is perfectly harmless, and does not create a laxative habit.

There are some forms of constipation where coarse foods can not be used; oily foods must be used instead, such as olive oil, Russian oil, butter and cream.

In fevers it is very important to know what to eat. Proper food not only keeps the patient from starving to death but it actually reduces the temperature. In acute fevers we should give the patient plenty of fruit juices containing little or no sugar. A little later give cereal gruels, buttermilk, vegetable bouillon, fruit jellies.

The Diet for Gastric Ulcer

We hear much about gastric ulcer nowadays. So many people have a sharp pain in the stomach soon after eating, and it is extremely essential for such to know what to eat and not simply to guess at it. In gastric ulcer the patient should eat nothing that will irritate the wall of the stomach. Sweets, acids, spices, condiments and pickles should be strictly avoided. I saw a person the other day who was suffering the most awful distress in her stomach and actually vomiting blood, from a fresh ulcer, sit down and eat a salad containing vinegar and mustard; and she knew better. I call that actual suicide, nothing short of it. There are plenty of people who seem to deliberately kill themselves by the way they eat and live.

In gastric ulcer we give the patient cream pea soup, cream rice soup, cream of spinach and cream of asparagus soups; and strained gruels, such as oatmeal, gluten, rice and toast gruel.

Frozen foods are borne very nicely by patients suffering with gastric ulcer, such as frozen malted milk, or ice cream. Thoroughly boiled rice, jellied and raw egg, cream and milk, are generally well borne.

That God has recognized the importance of proper eating is evident from the frequent mention which is made of food in the Bible. Eccl. 10:17 says: "Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength and not for drunkenness!"

If today this principle were adhered to our country would not be so full of the mentally deficient, physical dwarfs, the drunkards, the inebriates, and a long list of people suffering from various chronic diseases.

Teaching the Natives in Honduras

W. W. Murray,

Siguatopeque, Honduras, C. A.

[A few years ago a small group of earnest, self-supporting Christian teachers went down into the heart of Central America and opened up an industrial school effort. Since then others have taken their places and the work, which is still in the pioneer stage, is being carried on by Mr. Karl J. Snow and others. Hardships and difficulties face these workers at every turn, yet they are enjoying the blessings of being pioneers of the Cross in that neglected land.—Ed.]

SLEEPING on the banks of the fussy little Guarotora river lies the town of Siguatopeque, with its eight hundred happy-go-lucky inhabitants. No screeching locomotives thunder through their quiet hours of repose; no fuming, snorting autos leave a trail of gas and woe; no rattling omnibuses startle one from one's peaceful dreams; no motorcycle or even a bicycle to frighten the contented, thoughtful pedestrian; no rubber tires to sneak upon an unconscious traveler; no vehicles of any kind, excepting an ancient ox cart, which never fails to warn every one with its groanings.

The people here are very sociable, congenial and hospitable. Their doors are always open and their windows never closed. They are never too busy to entertain a friend, and a stranger is always welcome. They are happy, as a rule, putting off till tomorrow what ought to be done today.

It is to raise the standard of living and to show these people a better way that we have come to this sequestered, quiet nook. We hope to help these good people to find Christ, to stimulate higher ideals of life, and to educate and care for the needy. Among these strangers we have planted a school, through which we have won the hearts of the people. In addition to the common branches, bookkeeping and high school studies have been added. Special instructions are offered in painting, and attention is given to needlework for girls. Carpentry, cabinet making, blacksmithing, and weaving are molding young minds to which such work was formerly foreign. Domestic science is encouraged; and, while the pursuits of English are not lost sight of, the desire for useful labor is ever stimulated.

Our little school is doing all that could be expected of it. Many, many children would gladly join us if we could but take them, but we can not. However, we have arranged to

take two boys who will work half days for half-day school.

Just as fast as we can establish industries



A NATIVE HONDURAN GIRL BALANCING A JAR OF WATER ON HER HEAD.

that will enable the youth to become self-supporting, we shall do so. At present we have

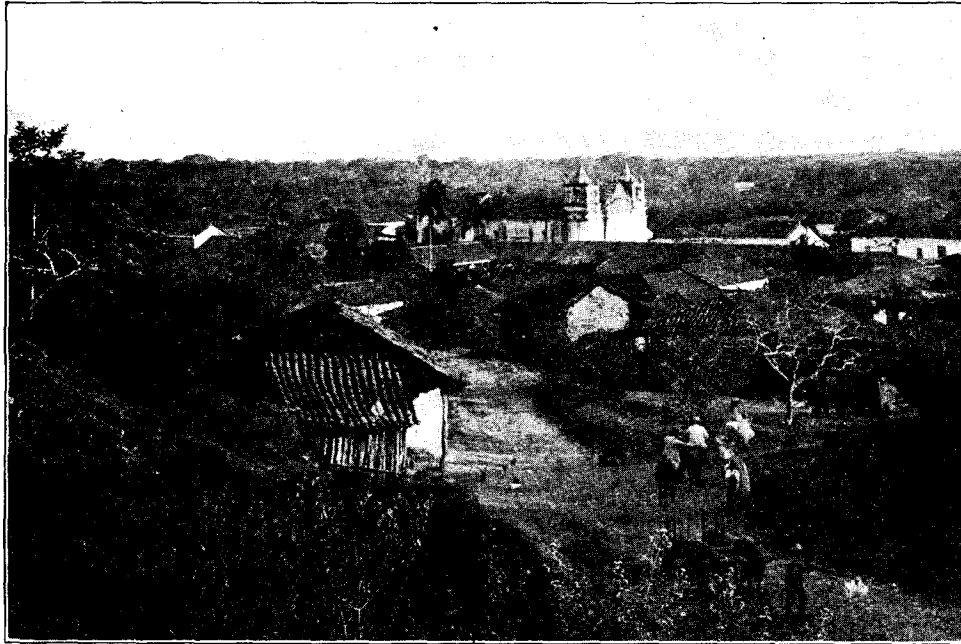
finished setting up a loom for weaving and when some kind friends see fit to give us carpet warp and cheap yarn we will put some to weaving blankets and rugs for market. This will be a trade and a part of our manual arts department.

General C. Marin, a government official, wrote in the Spanish press concerning our school: "Here I was particularly delighted to see the good patronage of the Escuela de Ingles y Artes of Mr. and Mrs. Snow and think that many parents from all parts of Honduras should send their children here. With

this sun-kissed valley, and dining tables may be set in the corridors the year round without molestation from insects. No prowling, singing mosquito can work through an entire night. The only reptile astir is the friendly toad, which relieves the place of noisome bugs and ants.

Three hundred and sixty-five days each year see a ray of sunshine sometime during the day.

Our worst enemy is the people, and it is them we wish to help. Ignorance and superstition confront us on every corner, but we shall, in



A HONDURAN VILLAGE.

the support of the government, it will become the center for the education of both sexes in this country."

One drawback to our work is the tardy—ever tardy actions of the natives. They never hurry, and really why should they? The climate encourages idleness, and as a matter of fact, indolence and falsehoods are their principal assets.

The days are tropical, nights are cool and inviting. Two blankets and a quilt are not too many for one's bed. Flies are unknown in

time, be able to overcome some of it. God has blessed our efforts already, and we look forward to a day when we can be of great good here.

One of our greatest needs is some kind of treatment rooms. We can not help in a right way the needy poor, who have no money, though I think we gave about fifty treatments in April with our limited outfit.

One of the saddest cases we have had was that of a young man who fell from a building. He had lain six months in bed when we found



A NATIVE SAWMILL.

Think of the Laborious Work Required to Saw Out a Plank by This Primitive Method.

him; he was helpless, with ulcers on his hips and with paralyzed limbs. His poor, ignorant, widowed mother had scalded his paralyzed feet and they were raw, so to speak. It pleases me to say that God is permitting us to be of service to him. But I can not now stop to dwell upon afflictions, only shall say that we can be a power for good when we acquire the very much needed facilities for treating the sick.

Our whole desire, aim and ambition is to help those with whom God has placed us. The people are watching our every move and some say that we teach religion. As a result of this we lost our brightest and best young man, but time will bring the fruit of all plants. We try to teach by living example, and if such turns others from us, we can not help it.

WANTS TO REFORM

The following letter has recently been received from an inmate of a county jail in Wisconsin. In reply we have sent this man a copy of the New Testament and we trust that by reading it he will find the way of life more perfectly.

"I was reading *THE LIFE BOAT* the other day. I am a prisoner in the county jail and have no money. I am thirty-seven years old. I

want to reform and want to be one of God's children. It is awful hard to become a Christian when one has no Bible and nothing to read.

"I have tried too, hard; still I think the dear Lord has helped me already, but it is hard without a Bible. That is something I never read. Won't you at least pray for me if you don't send me the book? I want to reform. Other prisoners have, and I would like to be one.

"I am married and have two dear little boys. One is four and the other is thirteen years old. Of course the little dear doesn't know it, but the oldest one does. Just think how my wife must feel with no money, husband in jail, and two little boys to support. As soon as I get some money I will send her every cent. How can my darling wife forgive me? I couldn't blame her if she wouldn't. Oh! I've just been praying, and I know God is helping me out of my troubles. May the Lord have mercy on us."

"I like the little magazine amazingly and do not see how I could do without it. Were I able I should like to send it to at least a dozen friends."

Blessing a Whole Community

Mrs. Mattie Hamilton Welch

[Mrs. Welch, who has recently been engaged in self-supporting Christian work among the mountaineers of Virginia, visited Hinsdale recently and related the following experiences at the helpers' morning worship.—Ed.]

THE work of going among these people sometimes is laborious, but I assure you it is blessed. After following the leadings of the Holy Spirit and going up to these people I found that my happiest hours were spent in living among them and sleeping on the straw beds, eating the humblest fare with the simplest steel knife and fork, drinking my milk from a tin cup just as they did, and then gathering the children into the schoolhouse and talking to them. After my day's work the people would gather together at night to hear me tell them about the Bible. Although illiterate, they are intelligent. If we lifted our eyes to the heavens and studied them as those people do in the mountains, we would see many wonderful things we do not now see.

The people would come and lay their children on a cot or the floor, and then they would ply me with questions until my voice gave out. Then when the time came to go, they said, "We are sure sorry to go, but we will be back tomorrow night." And back they did come.

One dear lady had been praying for years and years that the Lord would raise up some one in the North to come down there and teach her grandchildren. She had seventeen grandchildren in that hollow in the mountains; not one of whom could read. She had five sons. She could not read or spell, but knew the Lord and wanted to know more about Him, and so this old lady had been praying for years. And when the elder took me up there and introduced me, they said, "Well, sure you came in answer to prayer."

Repairing the Old School Building

The old school had been wiped off the map. There was not a window in the old building. We tried to fix up the windows, and first one and then another would say, "Well, I will pay for one pane of glass"; and that meant as much to them as five dollars would to you. We begged and saved and got that fixed up, and gathered the children in. There were forty-four children eligible for school in that

hollow, and yet the trustees in the valley below said they did not know there were more than six or seven children up there. Some had to help their fathers on the farm, others had to stay home and help their mothers, but thirty-eight came and we had happy, blessed times in that old log schoolhouse.

Twenty-five of the number did not know their A B C's and many of them were taller than I was. Many did not know their left hand from the right.

But above all things these dear children learned to repeat Scripture. They were very bright. The twenty-five in the A B C class within four weeks could read and spell and some were over on the twentieth page of their first reader.

There were some young men in the hollow that could neither write nor spell and they said, "Can't we come to your school?" I said they could. There were no seats for them, so they brought a spring seat from their father's wagon. They could afford but one book between them, so they said, "What shall we get?" and I said to get a geography. They said, "A geography? What is that?" I told them and they got it and were so proud of it. They used it as a reader, a speller, and a geography. So they sat on that spring seat at the back of the school room with their arms around each other studying out of the same book.

Home Medical Work

The children came in to that school and sometimes walked miles and miles over those mountains. Not one of them had a good pair of shoes, not one of them had a good warm wrap, and there was only one little girl in the whole school who had a handkerchief; so you know they did not have very many luxuries.

Often the people would send for me, and say, "Teacher, won't you come and see my sick child?" or "my sick mother," or "won't you come and pray and talk with my dear old grandfather?" and I would go up these rough roads and visit them. If I wanted to give a

treatment it was almost impossible to find even a small cloth that you would call clean. They just wear their clothing until it nearly wears off them. They do not have nice white sheets like we have.

One little girl had fallen off a porch and had broken the skin on her head and they could not get it to heal up, and I went up there. I took antiseptic gauze and cotton and peroxide and some Castile soap, and after I had washed that wound and put on the peroxide, those germs began to foam up like soapsuds and they thought that was a most wonderful thing. And when I put some antiseptic cotton on it and bound it all up I rocked the little child in my arms. She did not look as if she had had a bath in her whole life, but she loved me and I loved her, and she went to sleep and her pain was eased.

New Experiences

I wish you could see the children that gathered in the Sunday school from miles and miles away. The girls wore calico dresses with the neck and belt fastened with a safety pin. They wanted so much to know about Jesus. They could not read, so I would teach them the first verse in the Bible: "In the beginning God." Then I would teach them that fundamental truth in Luke 19:10: "The Son of man is come to seek and to save that which was lost," and then that wonderful verse, "God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." As those children were word, in the simplest way; but after a while they could say it all together. I would say, "Children, it is worth my leaving my beautiful Colorado home and coming down here among strange people, to hear you say that."

I had never taught school in my life; I had had no experience. I think it was the hardest work I ever did in my life, because I knew absolutely nothing about it. I just had to let the Lord lead and teach them, and by and by I got over my fears and began to teach them.

First Experiences in Speech Making

Then the parents would come to see what was going on, and I would say, "Now I would like to have you address the school," and they would say, "Oh, I never made a speech!" But I would say, "Open your mouth and say

something," and sometimes they would talk and talk and talk, and the tears would roll down their cheeks to think their children were getting some "larning" as they never had in their lives.

On the last day of school the children gathered in and the parents were invited. It rained very hard and there was no room for them to be seated; so they carried chairs over their heads like an umbrella and then when they got there sat on these seats.

Then I asked the Lord that He would give me a manifestation that my work had pleased Him. There were so many problems to be met; and I began to feel that the Lord was going to give me a manifestation. I wanted the program to go off nicely, that the visitors and everybody there would feel a school was a good thing.

Nearer and nearer the Holy Spirit came, and the speeches were made by the parents; and then as I gave my little farewell talk I could scarcely speak one sentence after another; my heart was full. The parents cried and the children sobbed and in that old log schoolhouse we had some droppings of the latter rain. The Holy Spirit came down and melted hearts; and one old lady said she saw men crying she had never seen weep before.

Oh, it is blessed. Young people, do give yourselves to the Lord. What He could do for me at my age He could do a thousand times more with you. Be willing to be humble and willing to be fishers and hunters.

WHO WILL HELP THE CHILDREN?

Four months ago through the juvenile court I learned of a family of destitute, sickly children. The terrible condition in which I found them touched my heart and arrangements were made for them to come to Hinsdale. The oldest boy, eleven years, has since been placed in another home and the girl, now fifteen, but small of her age, is helping to earn her board and room at the Good Samaritan Inn. The two smaller children, one a cripple, are being cared for in a cottage. It costs money to feed these children. While I have asked the Lord to help do it, I am also asking you if you do not want to take stock in these helpless, sweet little children. Write to Mrs. C. L. Clough, Hinsdale, Ill.

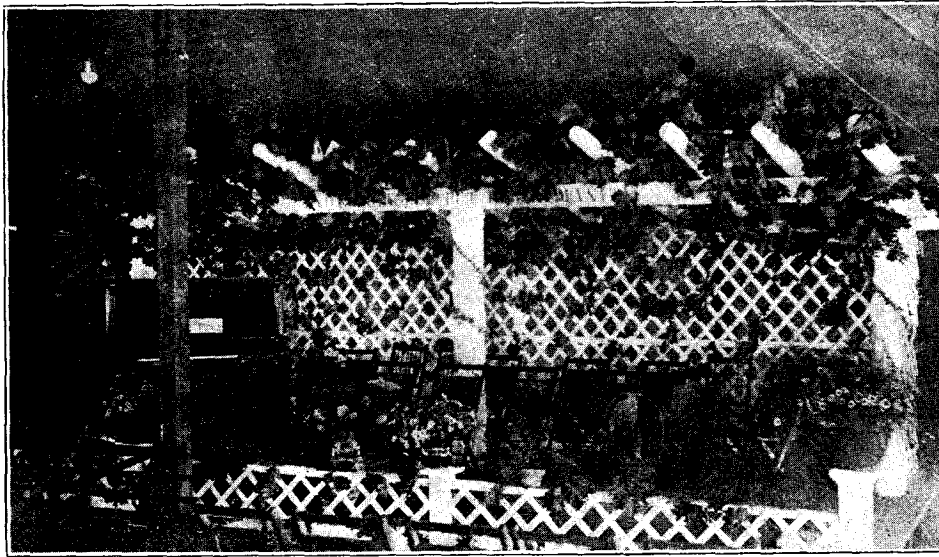
A Unique Graduation

Caroline Louise Clough

ANOTHER Hinsdale sanitarium missionary nurses' class has graduated. The exercises, which were held in a large tent pitched on the grounds across the street from the sanitarium, were unique in character. Instead of the usual address, the graduating class themselves gave the program, which consisted of talks and demonstrations showing some of the valuable things which they had learned during their three years' course.

vocating the low protein dietary; in other words, having the protein element of food comprise only one-tenth of the day's rations, which has been demonstrated to be the ideal by prominent scientists in this country and Europe.

Miss Marie Moore, who, during her course of training, had charge of the sanitarium surgical department for a number of months, read a paper entitled, "The Trained Nurse in



THE PLATFORM DECORATED FOR GRADUATION NIGHT IN THE TENT.

Decorations were in pergola effect, with a background of lattice work painted white, which with the beautiful green oak boughs made a very pleasing effect, and field daisies did their part to smile on the occasion.

"The Possibilities of Hydrotherapy" were presented by Miss Effie Rasmusson, who also gave a brief history of the water cure idea. Miss Myrle Bellows then demonstrated the scientific hydriatic treatment for a common cold.

"Scientific Dietetics in the Sick Room" was discussed by Miss Louie Thompson and Miss Clara Meister, Miss Thompson giving some of the foundation principles in diet and Miss Meister exhibiting a well balanced meal, ad-

Modern Surgery," and Miss Bessie West exhibited a surgical tray prepared for the dressing of a wound. Much of the success of surgery depends upon the nurse. The surgeon may be ever so careful; but if the nurse is careless or slack in her duty the consequences are apt to be serious to the patient.

Mr. John Weeda demonstrated "Curative Gymnastics and Massage," by actually giving some of the various procedures.

The nurse's part in accidents and emergencies was demonstrated by Miss Alfreda Johnson, who bandaged a little girl's shoulder, which was supposed to have been broken in an automobile accident. Then a hemorrhage was stopped by Miss Ethel Dean on a small



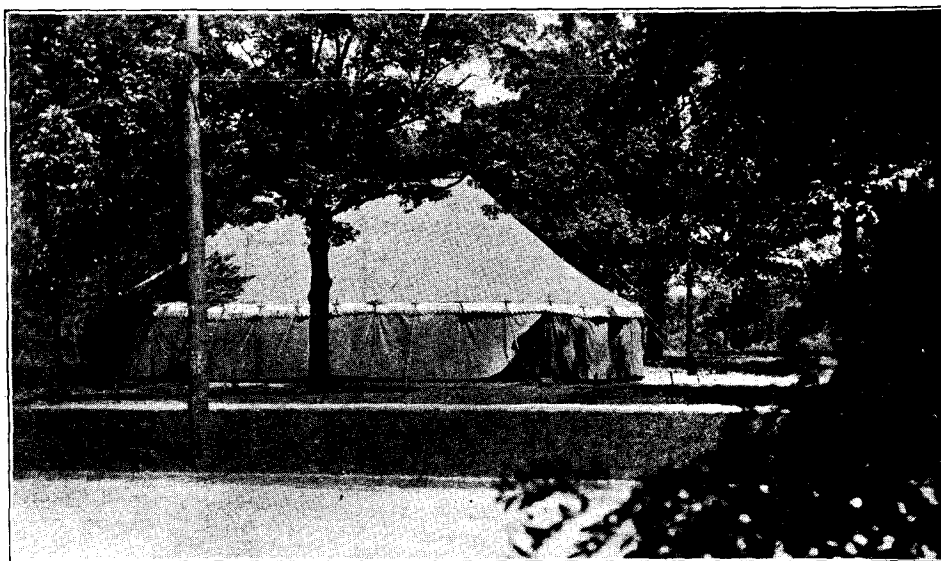
GRADUATING CLASS OF 1914 OF THE HINSDALE SANITARIUM.
Standing, left to right—Myrle Bellows, John Weeda, Clara Meister, Ethel Dean, Oscar Olson, Alfreda Johnson.
Sitting, left to right—Louie Thompson, Bessie West, Valborg Lefler, Marie Moore, Effie Rasmusson.

boy who was supposed to have cut an artery. In spite of rapid work the boy collapsed from loss of blood. The Lungmotor was called for and Dr. Wolfson rushed to the platform with the new sanitarium instrument. In the meantime the nurses were giving artificial respiration. It is needless to say the boy soon revived. The old-fashioned remedy, "The Work Cure," was presented by Mr. Oscar Olson, who spoke of the work that was being done for nervous patients by Dr. Hall in Marblehead, Mass., and for tubercular patients by Dr. Patterson of London. In both of these institutions the treatment is *work*, graduated according to the strength of the patient.

Gathered From Personal Experience

Miss Valborg Leffler gave an interesting glimpse of the work of "The City Missionary Visiting Nurse," which consisted of a tableau.

In her ignorance the child had been fed whatever the mother could pick up, which was usually hot soda biscuits, pork, and fried potatoes. Soothing syrup and all sorts of patent medicines had been given the child. With the mother's consent the nurse then proceeded to relieve the congestion of the lungs and head by putting the child's feet in hot water. As the mother had nothing with which to apply a fomentation, a little baby's flannel dress was used and some of her drunken husband's underwear was adapted very nicely as a chest pack to be left on the child all night. The poor mother was indeed grateful as she saw her child comfortable and resting easy, and as the nurse bade her "Good night" she expressed her appreciation by a hearty "God bless you. This is a wonderful work you are doing."



EVANGELISTIC TENT PITCHED ON THE SANITARIUM GROUNDS FOR GRADUATING EXERCISES AND SUBSEQUENT OPENING EXERCISES OF THE NEW MEDICAL EVANGELISTIC CLASS.

A poor mother, the wife of a drunkard, was sitting in her chair holding her small child, who was suffering with a severe cold and sore throat with bronchial trouble. Just then the visiting nurse knocked on her door. After introducing herself she inquired about the sick child and learned that no doctor had been looking after it, that the mother was obliged to leave the child through the day and go out to work to support the family.

Welcome to Service

Following these demonstrations, Pastor W. A. Westworth, of Battle Creek, Mich., gave a short address of welcome to the larger field of service for humanity upon which this splendid class of eleven was entering. He said in part: "It certainly affords me more than ordinary pleasure to welcome those who have been in training during long months, to service. It is no hard task at any time to welcome

one to service. If I had a hard load to lift and some one comes along and says, 'I will help you do that,' I do not have to go through any great mental trial to make sure that I would be glad to let him help. And so it affords me pleasure to welcome those who have been fitting themselves for service, to come in with us and lift the load.

"The work of every child of God today is to raise the fallen. The Master said the Spirit of God was upon Him because He was anointed to do what? Not to go out and sway men by mighty words but to shake off the bands of oppression, to give sight to the blind, and raise up those in need. And so the work of the missionary nurse is only the work at a little different angle from the work of him who is called to labor at the public desk. And so we certainly welcome you to service, and we trust that the power of God will attend your work."

The Gift Makes Room

As Dr. David Paulson handed them their diplomas he gave them a most solemn charge in the following words, quoted in brief: "I wish to say first of all that you do not need this recognition; wherever you find suffering humanity, as soon as they become acquainted with you your gift will make room for you. They will not inquire, 'Where did you graduate? Where is your diploma? Whose names are signed to it?' The gift that is imparted to you by God Himself and by human hands will be all the testimonial that you really need.

"This diploma not merely certifies you are qualified as a nurse, but also certifies you are qualified as a missionary; and so I trust none of you will ever backslide from that higher claim that God has upon you.

"I trust you will go on from step to step and make progress and finally have the Master's 'Well done' said when you have reached the end of the journey."

Music was furnished by the Chicago Business Men's Quartet, who rendered two songs, enlarging on the thought contained in the class motto, "Not for self but for humanity." Miss Kate Sanborn played a violin solo accompanied by Miss Ada Madison, pianist. The sanitarium orchestra also played several numbers.

A HINSDALE WORKER IN THE WEST INDIES

FRANK HALL

[Brother Hall, a native Christian worker of the West India Islands, took a few months' training in the Hinsdale sanitarium and returned immediately to his field of labor in Danish West Indies. The following letter, descriptive of his experiences as medical missionary, will be read with interest.—Ed.]

I have not forgotten pleasant Hinsdale—the home of peace and quietness. Thinking of the institution, it looks like a very bright star shining in the darkness, guiding the sick and suffering to their haven of rest, and so it is.

I cannot express in words the good I have received at Hinsdale. The instructions are like mileposts fastened or embedded into my brain. The sanitarium principles are like bands of iron, and by living them out amongst the people, those that come in contact with us are benefited. To throw them away means a great loss to any conscientious person.

In these out-of-the-way places I have to make inventions to meet the present conditions of the sick and suffering. I am sure you will be glad to know how I am prospering in my work. In these parts, I have to act as a physician to a certain extent. The present commissioner of the island has given me the privilege to attend the sick and to make my own arrangements; I therefore strike out on my own lines and, as I am not using official remedies, I am free.

Many patients who were given up as incurable came to me and were treated with thorough success. A young man, for instance, who was given up by two doctors, came under my care for a few weeks and was fully restored, to the astonishment of the community. Some said, "This is a miracle." Under the careful examination of the doctor, a woman was pronounced to have tuberculosis of both lungs with a hole on the top of the right one. Being incurable, as was said, the woman sought for other help. I was then hastily called to the bedside of the sick. As I approached her she spoke to me in a very distressing tone, asking if I could do anything for her as there was no hope. I then pointed her to Jesus, the great Healer of both body and soul, and by the assistance of my wife we gave her some treatments, fresh air and

the right kind of food. Today she is as strong as a young person, doing her work as usual. She is forty-nine years of age. Her husband, who went to St. Thomas to purchase things for her funeral, returned home amazed at her speedy recovery. He attributed this marvelous cure to the direct power of God.

The people come to me from all parts of the island to be healed of all their diseases. God is using this as a means of reaching the people with the gospel. I have also received a set of forceps from America for extracting teeth. These I am using with marked success.

"The Christian nurse, while administering treatments for the restoration of health will pleasantly and successfully draw the mind of the patient to Christ, the healer of soul as well as body. The thoughts presented here a little, and there a little, will have their influence. The older nurses should lose no favorable opportunity of calling the attention of the sick to Christ. They should be ever ready to blend spiritual healing with physical healing."

As co-workers together with God, success is sure if we take Christ—the great Healer—along with us in our work. Service to mankind is the greatest work we can do for God on this side of eternity.

UNSELFISH MINISTRY

KETURAH R. MERCER

[Miss Mercer, who is a member of the new medical evangelistic class which started July first, was attending school in northern Wisconsin and was engaged in self-supporting medical missionary work. We quote the following from a letter received from her just before coming to Hinsdale.—Ed.]

I wish to thank you for admitting me into your next class beginning July 1st. I am looking forward with pleasure to my new field of work. Perhaps you would be interested to hear a little of the work which we did in the neighborhood of our school before coming to take this medical evangelistic class.

Our doctor sent me to our near neighbor to help care for their three children who were sick with scarlet fever. The mother was just recovering from it herself so was too weak to care for the children alone. Having never had the disease, I feared for

myself, but our school folks prayed daily for me, and although I was there twenty-eight days I kept well and quite strong. The work was new to me for I had never even seen a case of scarlet fever.

Death entered that home and took away their three-year-old twin daughter. It was their first great sorrow and I had a sister's privilege to comfort the mother. The child did not die in vain for the mother was reconverted. She is so much happier now, and her life's object is to so live that she may enter heaven with her child. This case was very hard in many ways, but the result more than repaid me for the trials.

I had been back at the school just two days when the doctor sent me to help the other nurse, a novice as well as myself, who was caring for another scarlet fever case of three young girls. The mother was sick with tonsilitis, so all four were under the young nurse's care. She was almost worn out with giving treatments, having had but little rest. My stay lasted six days, leaving when all were well on the road to recovery. The work was constant but enjoyable. The food was simple and our bed the hard floor, for the family was poor. We were able to teach them many principles of health, and told to the girls all the Bible stories which we could remember. They have no Bible, so were delighted with the stories. We promised to send each one a Bible.

The other nurse left yesterday for the mother could not care for them alone. God did wonderfully help us girls in these cases and I know that it has resulted in good both to us and to the patients.

THE SPECIAL PRISONERS' NUMBER

The chaplain of the New Jersey state prison writes: "In regard to *THE LIFE BOAT* I would say it is looked for by the boys and asked after and read with interest. I distribute it to the hospital, women's wing, and other wings, and have it passed on from cell to cell so that probably three hundred usually read it.

"I thank you in the name of the men and women under my charge for the kindly bestowment and feel it will do great good."

The Beginning of a Great Work

W. J. Walter

Hinsdale, Ill.

YES, a great work; we believe a work that will meet the mind of God has been set on foot at the Hinsdale sanitarium. According to arrangements, the first few days of July a series of services were held in a large tent pitched on the sanitarium grounds. This evangelistic effort was a spiritual uplift for the entire family.

We are pleased to announce that by the Lord's help and blessing the new Medical Missionary Evangelistic class has been organized with twenty members and a few more yet to enter. We feel, however, that we should not accept many more, for we believe our class large enough for this year. We should like you to look into their bright and cheerful faces and see written upon each a determination to win for Christ.

A nice large house called "Students' Hall" has been leased, with ample room to accommodate all the class. Here they all room and board and we have endeavored to make it as homelike as possible. We have already established two centers in Chicago, and will soon have about four or five more opened.

Two of the students will work in the center opened in the colored district. Eld. Forde will assist in directing them. We will have a center in the Italian district, one in the Danish, Norwegian, and one in the Swedish, as well as several in other districts. The Lord has said the cities must be worked, and He has also said if we move out in harmony with His divine will He will prepare the way before us, putting us in possession of means whereby we can go.

The city of Chicago must be warned. There is always more or less expense connected with such an effort. A students' fund must be started to keep these workers in the field, and those who feel they would like to help may send us money or contributions of food-stuff, such as butter, eggs, fruits and vegetables, but especially potatoes. An investment made in these humble workers for Christ will, by God's help and blessing, result in souls saved for the kingdom. We

are sure the Lord has a blessing in waiting for those who will help in the work.

ESTABLISHING NEW CENTERS

RUTH STAPP.

After an absence of eight months it was again my privilege to visit the Nurses' Center and its district in Chicago. The cordial welcome we received was proof enough that our work has not been in vain. As a result of our effort we found homes where health reigned instead of sickness, individual burdens lightened, homes where the unconverted had been led to Christ, and Christians taking a more definite stand for truth.

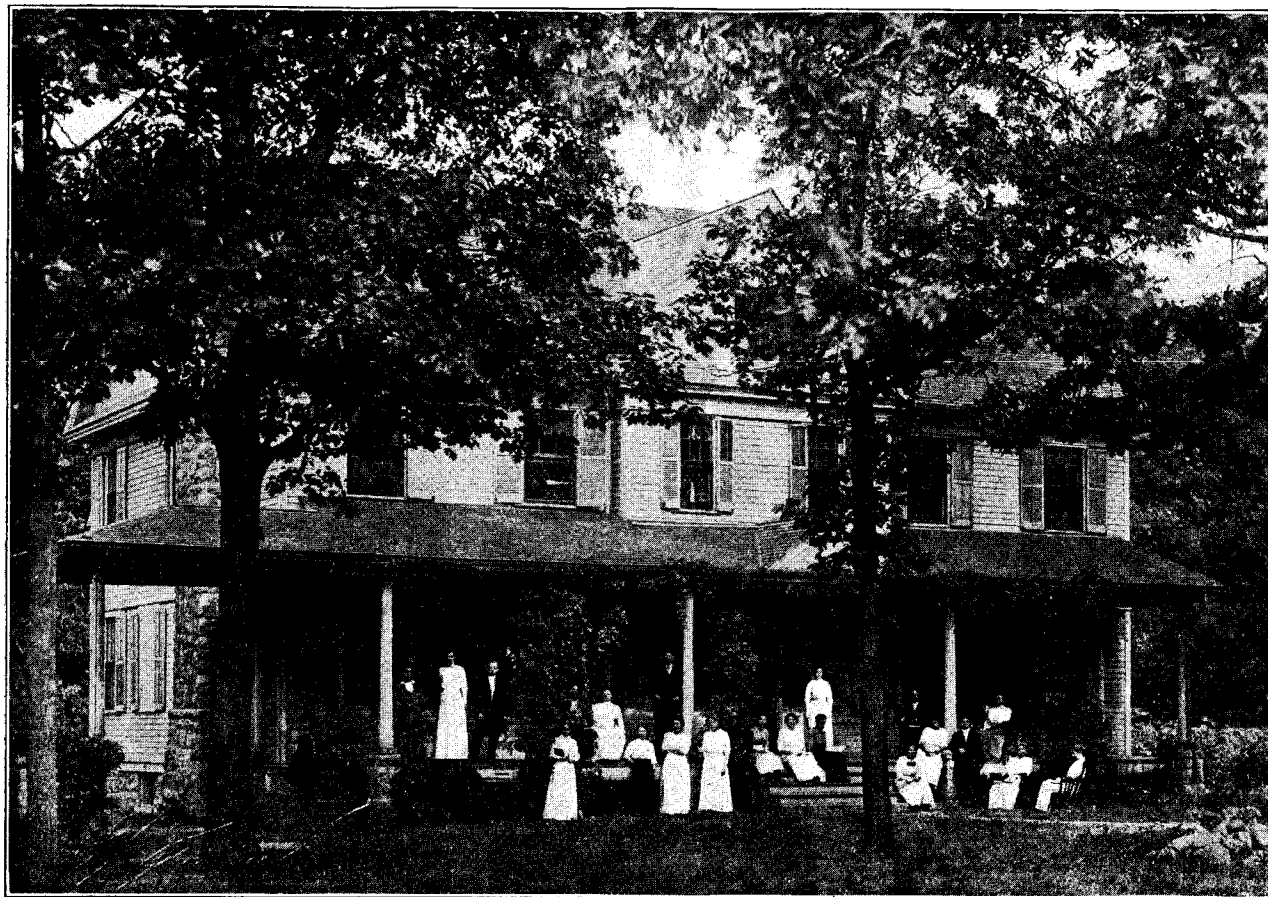
The work we have accomplished in Chicago is only a trifle compared with its needs. But our young people are being awakened to the situation and are bending their energies to improve it. The past month twenty consecrated workers have dedicated their lives to this work. They have formed a class of medical evangelists and will go among the people as did the seventy in Christ's time.

These young people will enter the homes as sisters of mercy. They will care for the sick, teach health principles, provide clothing for those who need it, speak words of comfort to the downhearted and point lost souls to Christ. They will be likely to earn but very little money in their service and so must look to God in faith for their support.

We have already established a few centers in Chicago from which these young people will work. Two of our girls who have had some experience in nursing and mission work are located on the southwest side of the city. They are having splendid experiences.

Today two girls are opening a new center near Fifty-fourth and Dearborn streets. In a few days we hope to locate several more workers.

The cry for help from these congested districts comes to all of us. Some may not be able to give their lives as these young people are doing, but they can give their prayers and of their means to help support the work.



STUDENTS' HALL.
The New Home in the Woods for the Medical Evangelistic Class.

Photo by L. C. Harner.

Great Work from a Humble Beginning

Mrs. A. S. Steele,
Chattanooga, Tenn.

[Mrs. Steele, a woman who has spent more than forty years of her life in working for the neglected colored children in the South and who has mothered over thirteen hundred children in her home in Chattanooga, visited Hinsdale recently and gave several inspiring talks to the family. We publish here-with one experience which she related from her long life of usefulness.—Ed.]

THE Lord took me, an unworthy person, with my little daughter, and gave me a work to do. My friends in Massachusetts said, "It is your duty to bring your child up in cultured New England." I taught in the Massachusetts schools until they said, "You can not do personal religious work in the public schools." That drove me out. I did not want to teach if I could not do missionary work. I wanted to work for Jesus.

When I gave my life to God I said, "Father, anything, anywhere, that you want me to do, I'll try to do it." I did not know the trials that were before me, but I knew it was safe to trust Him.

I soon learned that a teacher was wanted by the Congregationalist board in the black belt of South Carolina. Before the Civil War it was against the law for slaves to go to school. The negroes were not supposed to know their letters. I found in the black belt there were negro children by the hundreds who lived in little cabin homes. There were large families.

What a Slip of Paper Did

In one family there were twenty-two children. The grandmother washed and ironed in a hotel, the sixteenth child was a little sickly girl. That girl before she ever learned to play had to wash the hotel napkins for her grandmother. She was sixteen years old before she knew her letters. One day she was hanging up napkins in the back yard and there was a piece of paper which blew down at her feet; she picked it up and stuffed it in her dress and asked a friend what it said. It contained an item about the Tuskegee school.

The child said, "Grandma, I am going to that school." She worked and saved up her dimes for a year and a half then went to Tuskegee; there she worked hard and finally had to go away to die, as her teachers thought. I found her in a sick condition at McNeill's Station, S. C., where I had established a school for negroes.

Before going South, I had taught school thirteen years and saved my money. My father was president of a railroad and owned his home so I did not have to pay board at home as many teachers have done. But we were taught to scrimp, as all true New Englanders were, and saved our money so as to have something to give.

Sought Recruits

When I reached the field I saw a great need. There were no schools for the colored children. People came to me from thirty and forty miles in different directions, and asked me to start a school. I founded eleven schools. I went back to Moody's school at Northfield, Mass., and got teachers. I paid their fare both ways; paid them twelve dollars per month for salary. They lived on peanuts, rice, potatoes, eggs, and cornmeal. They would teach for eight months and then go back again.

I said to the colored people, "Why don't you buy a piece of land and have a home?" They said, "We fear we will not get a clear title." So I bought a big plantation and had a surveyor run it off in five-acre lots. I sold it to these people.

Cared for a Sick Girl

Going back to the little girl, Lizzie Wright, who went to Tuskegee and whom I found sick, I will say: I took her to my home in Chattanooga, finding hers was a chronic stomach trouble. I went with her to the Battle Creek Sanitarium and became responsible for her expenses there; in about four months she was well. I found another colored girl, Jessie Dorsey, whom I hired to go South and work with her. I paid their fare down and they started a school in Hampton, S. C., but their lives were threatened by some unprincipled men, so Lizzie wrote me that she had heard of a place up in the country called Denmark where a white man owned a large piece

of land and where there were many colored children in need.

I went and talked with this man, and we secured a piece of land from him on which were two old houses, and there Lizzie and Jessie started a school. I soon had to get more teachers for they had three hundred and seventy-five day pupils.

Simple, Child-Like Faith

As I was paying so many teachers and their fares, Lizzie thought it was too much, and said, "I would like to go North and raise some money, if you will give me a letter of introduction." So she made for herself two plain calico dresses; she had no jewelry, no gloves, no veil, no fancy hairpins and only a plain sailor hat, but she went out praying for guidance.

As she went in to a town, she would say, "Please give me the names of the rich Christians in this village," and she would walk on up to their homes and say, "Please excuse me, I understand you are a Christian and rich, and I want to tell you my story." I do not believe anybody refused her. That dear girl raised three thousand dollars the first season to put up a building.

An Abundance of Means

She heard of a man in New Jersey by the name of Voorhees. She reached his home a warm afternoon, and they invited her to stay all night. They were a wealthy couple having no children, who wanted to dispose of their money while they were living. She told this man and his wife her story, and he said, "You need more land." He told her to go back and find out the price of an adjacent plantation. She did so and reported to him, and he sent her forty-five hundred dollars. Later, she was needing a dormitory for girls and he sent down the money, five thousand, and paid for it. Then he said, "I think you need one for boys." So he gave her five thousand dollars for a boys' dormitory.

She carried on her manual training work in some old shacks, and he said, "I think you ought to have a good building for your trades." She said, "Yes, I hope we will get one sometime." He put up a ten-thousand-dollar trades building for her.

He said, "You ought to have a hospital."

Then he put up a splendid brick hospital building. She thanked him so heartily for all his help.

After she had been there seven years, she needed a stenographer, and bookkeeper. I went to Tuskegee and found there a student who had lost the use of his arm as result of a fall, and besides he had an impediment in his speech. I thought somebody ought to encourage him and give him a chance. I employed him and sent him as treasurer and bookkeeper of the school.

After he had been there several years, he married Lizzie. During that summer there was much rain and malaria and poor Lizzie, who had been overdoing, was taken sick. She decided to go to Battle Creek. They wouldn't sell a ticket to have a berth for her in a sleeper, so she had to ride on a cot in a baggage car; but she died soon after she arrived in Battle Creek. Her body was carried back to the school, and her grave is on the campus.

A few weeks after she died, Mr. Voorhees died and Mrs. Voorhees sent down one hundred thousand dollars to that school for an endowment.

What a privilege to be permitted to found that great school which is called the Tuskegee of South Carolina. And it all started by the Lord putting His Spirit of love and pity in my heart for that poor sick girl and caring for her when she needed a friend. Oh! that I may be kept a clean and empty vessel in God's hands as clay in the hands of the potter!

I never speak about self-denial. I have the best end of the bargain all the time. As I look back on my life's work, I must give God all the glory, for it is He who has hepled me. What the Lord wants to find in us is willing hearts. He wants to find in us a readiness to follow where He leads, trusting Him for consequences.

We must let His love fill our hearts so completely that it will remove prejudices and make us pliable in his hands, ready for unpleasant, difficult and discouraging fields of labor.

Jesus says that if we are His followers, we must deny ourselves; do we really deny ourselves? We can find real delight in getting along without many things, for the sake of having all the more for the necessities of life which we can distribute among the needy.

A Work of Rescue

Zada Hibben,
Hinsdale, Ill.

NO doubt the readers of this magazine and the friends of the Life Boat Rescue Home will be glad to know something about what we are doing and how we are prospering.

On my return the family consisted of six girls, three babies, and our two-year old boy; how good it seemed to see one face I knew—the sunbeam of our home!

During my first four weeks here five babies have been born and two girls added to our family. Babies are born in the home whose mothers have no means of getting them clothes.



KODAK VIEW OF BABY BOY JUST LEAVING THE HOME.

Though it has meant anxiety and care on the part of those who have had the care of these little ones and their mothers, do you think we are sorry for what we have done for them? No, we trust to the great Father of all, who said, "Inasmuch as ye have done it unto one of the least of these, My brethren, ye have done it unto Me," to provide money and means to make it possible for us to do this God-given work. Pure religion and undefiled before God and the Father is this, to visit the fatherless and widows in their affliction, and

to keep himself unspotted from the world." James 1:27.

I wish you each one might have taken a peep into our last Sabbath morning praise and thanksgiving hour and heard these girls testify to the goodness of God, telling how and why they knew God led them here, how thankful they were, and the good they had received since coming. Every heart responded. Every hand was lifted for prayer. A sweet Christian spirit pervades our home. God has in a wonderful way blessed in ways we little dreamed of.

Just a word to mothers. From my little experience with the girls I feel it my duty to drop a word to you. Perhaps you think your daughter can never go astray. You may pride yourself on the fact that she has too much good sense and you may be led to believe that no one can deceive her. Some day you may wake up to realize the terrible fact that your daughter has been deceived—all because you did not think it essential to forewarn her and help to build a safeguard about her.

There is a time in almost every girl's life when she trusts everybody, unless she has been previously instructed. One of the greatest safeguards for a girl is to confide in her mother, and how sad the situation is when the mother does not encourage this confidence.

Just as long as the Lord sends us girls to be helped, we have needs to be supplied. At present our funds are running low and now is the time to lay in store canned fruit. Who will help?

Are you praying for the success of the work here?

HOW THE AGED HELP

[In different parts of the earth God is raising up workers,—some strong, some weak, but equally inspired with a desire to bless humanity. They are doing their best to circulate this magazine where it will accomplish the most good.—Ed.]

"I love to read of the good work being done by the publishers and its workers. I have always taken a great interest in THE LIFE BOAT and have been so wonderfully

blessed in working for its best interest.

"I took fifty copies to the Vancouver Barracks where the soldier boys live, and I sold quite a lot. I got very tired, as I have a broken limb, and I sat down under a shade tree to rest. A lady came past and asked if I was the lady that sold *THE LIFE BOAT*. I said "Yes." I had a little boy with me, as I am eighty-two years old, and get lost in a strange place. So this lady said, "Let this little boy go with me and I will give him the money for one," so he went and came back with a large box of provisions. I think she thought I looked famished. She gave him twenty-five cents and such a big lunch—a muskmelon, two oranges, and two nice frosted cakes. So we ate and felt refreshed as well as very thankful to my kind heavenly Father for all his many blessings both spiritual and temporal."

A HAVEN OF REST

THORA HENRICKSON

The Good Samaritan Inn

[The Good Samaritan Inn is filling an important need. Here the sanitarium problem is reduced to its simplest equation; simple, homelike opportunities are supplied at very nominal rates to those who can not afford the more elaborate sanitarium facilities and opportunities. Here the nurses also see demonstrated before their eyes what can be accomplished by correct healing principles with the very simplest apparatus and facilities.—Ed.]

Soon after this picture of the Good Samaritan Inn family was taken Mrs. Ryan, the

matron, was called away by illness at home, and I was asked to look after the work during her absence.

Our family has grown until it now numbers twelve. We have very interesting morning and evening devotional services. When we see the meager knowledge that some people have of Christ and His power to save it makes us feel so thankful for what we have learned, and we rejoice in the hope that only a Christian can have, and in the fact that our religion is real.

We have had some blessed worship hours together. The patients ask questions which lead on to further study of the Bible.

One woman has taken her stand for God's truth since coming here. She feels as though she has something to live for. She is a very sick woman, but through all her suffering she has had courage in God and has been so patient. She is looking forward to a time when she can be well and take care of her four small children who are left for her to support.

The patients express themselves as being thankful that they can come to this quiet place of rest and receive help. They appreciate the spirit of the place, and enjoy the homelike atmosphere.

I am so glad to see and know that the principles we have been taught at the sanitarium can be carried out even in the private home.



GROUP OF PATIENTS IN FRONT OF THE GOOD SAMARITAN INN.

One doesn't need all the elaborate sanitarium equipment in order to give these treatments, and I am glad for this experience of having to devise means to meet the demands.

A FEW GEMS FROM THE NEW CLASS

W. J. WALTER

That others may be inspired, we pass on a word of good cheer from the members of the Medical Missionary Evangelistic class of the Hinsdale sanitarium. Sabbath afternoon, July 11, Dr. David Paulson gave the first of a series of lessons from the experiences of the Pilgrim Fathers who landed on Plymouth Rock. The doctor compared to some degree the work of the class just organized, to blaze the way for genuine medical missionary work, to the work and experiences of the Pilgrims. He showed that it was the desire that burned in their very soul to tell of the love of Jesus, that led them to cross the great ocean in search of the new world.

He read to us of their experiences: how they passed through hardships of hunger, and of exposure to the elements, and that about half of their number died within a year after their landing.

He told us how the rough corners would be knocked off, which was the chiseling and fitting process necessary to fit us all for a place in his kingdom at last.

After the lesson the Doctor gave all present a chance to tell of their experiences. We were favored with the experience of a brother from Italy in which he told how he prayed to be led to the right path. He came from St. Louis to Chicago, alone, worked in a tailor shop for a short time, returned to St. Louis to bring back his father and stepmother. He told how he left the church of his father and prayed to God to show him the right religion, as he called it.

The Lord led him around from place to place until at last he came in touch with Pastor Calderone of Chicago, who gave him some tracts and studied the Bible with him, and he soon decided to obey present truth.

He told us how his father said it was like thrusting a knife into his heart to have his son become a Protestant. He also said

his father did not see how he could permit him to live with him any longer. He is a young man filled with the true missionary spirit, has joined the new class, and will work the greatest part of the year in the city of Chicago among his own people.

We also heard from one, a native of Macedonia. Although not a member of the class yet she is a member of the sanitarium family. She told how she found the right way, and how she, with seventeen others, was imprisoned in Constantinople for the sake of the truth she loved more than her life, for she told the judge she would not violate one of God's commandments to be in harmony with the laws of the land.

Others not of the class told how God had cared for them in poverty and how He had led them to the sanitarium to get a fitting for greater usefulness for Him.

The entire class took part, telling how God had answered their prayers and how they believed He had led them to this place, to be members of this pioneer class. They all expressed a determination to push on although they had already had some corners knocked off. They are all determined to win in the conflict and to make each mistake or failure a stepping stone to success.

We wish you might have heard them tell of their experiences, but inasmuch as this is impossible we pass these few lines on to you. We trust all who shall read this report and others that will appear from time to time, may be led to pray, and also to give of their means to help some who are not able to earn all their way this first year.

BIBLE STUDY BY CORRESPONDENCE

MRS. L. H. WOLFSEN,
Hinsdale, Ill.

Several having expressed a desire to study the Bible by correspondence, lessons were arranged for and are being sent regularly. It may be that others have questions they would like to ask or some Bible subject they would like to study; if so we hope all will be free to write us and it will be our pleasure to assist any who are seeking for truth.

Going About Doing Good

Mabel Dorothy Johnson,
2152 Park Ave., Chicago

[Miss Johnson and Miss Erickson, who are now senior nurses, have been carrying on the work at the Hinsdale nurses' center for several weeks, and from the following interesting report one can see that they have been wonderfully blessed in doing this work which is so near like the work of their Master when on this earth. Several other new centers are being started and thus a larger number of these worthy people will be blessed.—Ed.]

I AM glad to be able to report on the work in the Nurses' Center. It is still progressing and it seems as if it gets more interesting every day.

We were called to look after a little girl six years old who was coming down with pneumonia. The home looked as if it were occupied by very poor people. The child was lying on an old Morris chair, fairly burning up with fever, and the flies were thick around her; no screens on the windows and no screen doors. All her clothing looked very much soiled. I gave her a bath and cleaned her up the best I could, and the next morning I brought her a gown and sheet for her bed and she was very much pleased.

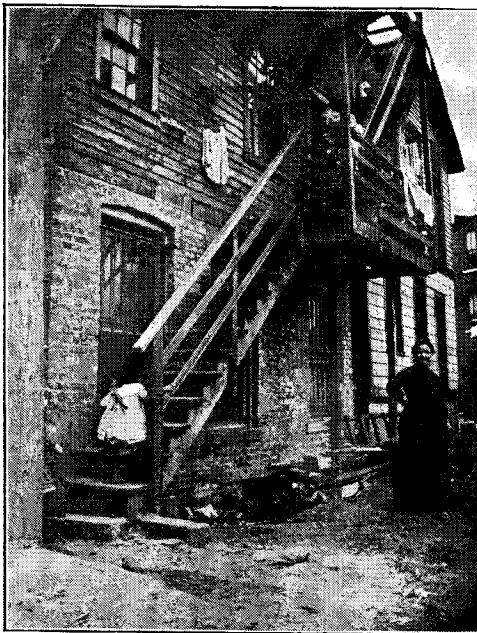
The father is a drunkard and the mother takes in washing. The oldest child is epileptic. The first day we went there the mother told us before we started the treatment that she had no money to pay us and would try to do all she could in taking care of the child. But when we told her we would not charge anything a smile came over her face and she hunted around the house to find something we might be able to use in our treatment.

We have been taking care of a little baby, now a week old, that did not have any clothes to put on when it was born. I brought two dresses for it one morning and the mother was so glad to get them. She is a foreigner and cannot talk English, but when I gave her the baby all dressed she said, "My baby," and kissed it.

There are many such needy people around our doors, and it is our duty to help them. The people generally are beginning to hear of us around our locality and we are getting calls to come here and there and help them. When Christ was on earth he went about doing good. How often I think of that as I am walking from place to place, and then I think how glad I ought to be for a small part in His work. I know my work is very small

compared to what He did on earth, but I believe it is pleasing to God.

As I was making some calls yesterday afternoon I called on a lady that was sick, with three children in the house and a big ironing to be done.



REAR VIEW OF A TYPICAL TENEMENT AND ITS OCCUPANTS.

I laid my hat down and started to iron, and ironed for an hour. She was so glad for the help that she made me take half a loaf of bread home with me.

Our Bible readers are very much interested in the readings, and some think it so queer that they have not heard of these things before. I am sorry my time is up in the center work, and am sure that my successor will enjoy it and receive a great blessing from it, for I know I have.

Few Causes, Few Remedies

David Paulson, M. D.

NOTHING is more beautiful than the sparkling dew, but it does not last long. There are some people whose goodness is as the early dew; it *goeth away* (Hos. 6:4); pretty while it lasts, but it does not last very long. We do not consider a fever patient cured as long as she has a daily rise of temperature; neither are we cured spiritually as long as we have daily attacks of backsliding.

A Correct Diagnosis

The first step toward a physical cure is a correct diagnosis. The same is true of our spiritual maladies.

"The heart is deceitful above all things, and *exceedingly corrupt*; who can *know* it?" Jer. 17:9, R. V. That verse wonderfully clarifies the air.

Spiritual maladies, at least in their early stages, are largely painless diseases. All through the Bible leprosy is used as a type of the disease of sin. A patient may have it for months and not know it. He may even be horribly disfigured, and yet suffer no pain. That is often the way with sin. In the early stages it is generally a comfortable disease to have.

But while leprosy is a painless disease it is nevertheless a horrible disorder. Modern science has not yet found a cure for leprosy. In other words, science knows no more how to cure leprosy than it does to cure sin.

The Bible says your unconverted heart and my natural instincts and inclinations are corrupt. It is an infection center, which is constantly contaminating our entire moral system. Until that is cured we are simply treating spiritual symptoms, and that accounts for our periodical spells of backsliding, which God has promised to heal (Hos. 14:4). And when He heals it does not mean simply smothering a few symptoms; it is a cure (Jer. 17:4). A positive evidence that this cure has begun is that we *loathe ourselves* in our own sight for our iniquities (Eze. 36:31). This will lead us to *avoid* the causes of our spiritual diseases and *seek* the remedy.

Only a Few Causes of Disease

I made an important step forward in my

medical education when I discovered that, although there are about fifteen hundred different diseases, yet there are only a very *few* ways of becoming sick; and again, there are only a very few things that the patient needs to do in order to gain back his health.

Likewise there is a vast number of spiritual diseases, but there are only *three* ways of becoming spiritually sick. The devil brought to bear on Christ *all* the temptations that he possesses, namely: on the point of appetite, presumption, and love of the world.

From yielding to appetite grow the entire intemperance evil, cigarette smoking, the wine cup, much of immorality, as well as three-fourths of all chronic diseases. When you sit down to eat at a table ask yourself, "Can I eat this to the glory of God (1 Cor. 10:30), and for the good of my body, or is it simply to tickle my palate?" Have you asked God to enable you to control your appetite? If so, you are delivered at one stroke from nearly half the temptations that beset the human race.

The devil next suggested to Christ to cast Himself down from the pinnacle of the temple and depend on the angels to take care of Him (Matt. 4:5,6).

Presumption is claiming God's promises without fulfilling the conditions. There are thousands of people, for instance, who insist that God shall heal them, while they continue to do the things that bring on sickness. To such God is saying, "He that turneth away his ear from hearing the law, even his prayer shall be *abomination*." Prov. 28:9. If such prayers are answered at all they are answered by the devil instead of God, for presumption is the devil's substitute for faith; and thousands of people, through presumption, are simply laying hold of the devil, while they are so deceived that they think they are getting hold of God.

Last of all, Satan endeavored to tempt Christ through the love of this world and the possession of earthly power. Somehow that appeals particularly to young people. The devil succeeds in sugar-coating this temptation until it looks exceedingly attractive.

The Master says, "If **any** man will come after Me, let him deny himself, and take up his cross *daily*, and follow me." Luke 9:23. While the devil presents before us such an easy way he also makes it appear right, and then carefully covers up the fact that "the *end* thereof are the ways of death." Prov. 14:12.

It is important for all of us to learn that the fashion of this world passeth away; that it is like a stereopticon picture on the canvas—so beautiful that you almost imagine you could go there and pick the flowers; but when you actually reach the canvas it is only a shadow.

Most of the things that millions of our fellow men are ruining their life and health for, bartering away all their eternal prospects, are only a shadow. When we get hold of that great truth we shall be delivered at one stroke from nearly a third of the devil's temptations.

The Real Cure

As a physician, I am naturally interested in the *curative* side of spiritual maladies, and as usual, the program is not a very attractive one. "Whosoever shall fall on this stone shall be *broken*." Matt. 21:44. That is not a very pretty text. It is not set in a beautiful frame. It is just a naked truth that stabs like a surgeon's knife.

But patients frequently grumble about the troublesome cure. They want to keep their malady and yet be comfortable. How often we hear people say, "I am as good as anybody; I do not worry at all. I have no distress over my sin." Such folks are merely *anesthetized*. Sometimes we have to insist that patients shall permit a surgeon to take out a tumor that is not causing them any pain whatsoever. But we are compelled to convince them that if they do not permit the tumor to be removed it will ultimately kill them.

"But on whomsoever *it shall fall* it will grind him to powder." V. 44. If you and I are not willing to fall on correct principles now, these same principles will some day fall on us; and "it is a *fearful thing* to fall into the hands of the living God." Heb. 10:31.

That is an unpopular truth today. It is hard to make some people believe there is such a thing as wearing out God's patience. But

there is a day coming when it will be found to have been an awful thing to have worn out God's patience and have the Rock fall on us to crush us to pieces.

A man said to me recently, "Why, doctor, if I have got to stop doing that it will *break* me all up." Precisely; falling on that ROCK is not a pleasant experience. It means changing many of our plans, giving up some of our friends; but it is better to do that than to have that rock fall on us some day. It is a disagreeable experience to confess sins, to repent, but we shall never get rid of our sins unless we are willing to do so.

The Curative Program

If we want to stay cured we must take the treatment every day, and the first and foremost is prayer, secret prayer, which is the soul of religion. We may go days without food, but we can only live a few minutes without breathing. And prayer is the respiration of the soul: "Thou hast heard my voice: hide not Thine ear at my *breathing*, at my cry." Lam. 3:56.

Secret prayer is for the soul what respiration is for the physical man. The reason we have so many half smothered Christians is because they do not breathe out their hearts to God so that He can breathe out His Holy Spirit into them (John 20:22).

Another element in the cure is aggressive service. Patients do not get well if they neglect exercise. So Christian service helps give vitality to resist the germs of sin. "*Work out* your own salvation . . . for it is God which worketh in you both to will and to do." Phil. 2:12, 13.

No patient can be restored or attain his health who does not take nourishment. I have seen splendid people going on day after day taking spiritual exercise, actually taking some time to pray, but who were neglecting to take spiritual nourishment. They were practicing the starvation cure, and pretty soon their vitality is so far depleted that some old spiritual infection center lights up and begins to fill the system with some new disorder.

David said, "Thy word have I *hid* in mine heart, that I might not sin against Thee." God's Word is not merely spiritual nourishment, but it is an *antitoxin* against sin.

A certain boy in our employ ran a rusty

pitchfork through his limb. I at once procured some tetanus antitoxin for him so as to prevent him having lockjaw. It was not enough to lay that on the shelf; I had to inject it into his blood. So it will not nourish the soul to have the Bible lie on the center table; it must be hid in the heart.

Most of us feed our bodies two or three times a day. Do we fill our souls as regularly? If not, it is no wonder that we are spiritual skeletons and have so little vitality.

In conclusion, remember that there are three ways of becoming spiritually sick: yielding to appetite, presuming on God's promises without supplying the conditions, and chasing after the attractions of this world. The three most important elements in treatment are prayer, aggressive service, and spiritual nourishment.

Remember, we can not get others out of Babylon if we have a liberal slice of Babylon within our own souls.

A SUGGESTION FOR OTHERS

The following letter, written from far-away New Zealand, suggests one way in which the circulation of THE LIFE BOAT can be extended. We would invite each of our readers to try to secure some new subscriptions. The only thing that needs to be done is to call the attention of people to the magazine; it covers a field distinctively its own:

"In March, this year, I was the glad receiver of THE LIFE BOAT that I ordered. I do so enjoy that magazine, and in my mind I think of it as the welcome visitor. The only trouble is that it doesn't come often enough. As I read the interesting letters I longed that the magazine might be placed in the hands of some of my friends in New Zealand, so I determined to enter upon a scheme to interest some of them. As I am helping my mother in a maternity home, I can't get out to do canvassing except in the town, and then very seldom, so I got some letter cards and wrote to different ones. I asked God to work upon the hearts of those people, and his answer to my prayers have been many and decided. I am enclosing the money for eighteen subscriptions for THE LIFE BOAT.

"I feel so thankful to Him in whom I put my trust that he gave me this work to do, and for the many precious blessings it has brought to me. I often think of the workers in the Life Boat rescue home and of the poor girls, and little ones, too.

"I pray that the good work of the home may continue, and that many girls who need the help will find shelter there, and find God, who will put our sins away from us as far as the east is from the west, if we only ask Him and are willing to part with the life that does not please our Creator."

THE ONLY WAY

MRS. CARRIE K. BUTCHER,

Fort Worth, Texas.

We walk so sweetly, hand in hand,
My Lord and I,
And oh, He helps me understand
And daily try
To do His will with all my might,
And keep unspotted in His sight.

He whispers precious things to me
That help me so.
And just the lesson makes me see
I need to know.
And hour by hour His strength I prove,
And praise Him for His matchless love.

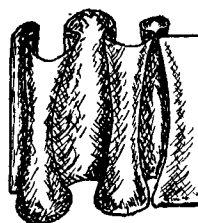
I am so glad that I have found
This blessed way;
There's naught can make such joy abound,
But hear! . . . obey!
If in unbidden paths we tread
Dark clouds will gather overhead.

And pleading prayer nor burning tear
Will e'er suffice
To cause our Lord to lend an ear
Or heed our cries.
Turn where we will, try as we may,
Dear heart, there is no other way.

But when our stubborn nature yields
To love and grace,
Then oh, how quick our Lord reveals
His smiling face!
And all our idols lose their charms
When safe we nestle in His arms.

Beloved, this lesson came to me
Through years of strife;
I pass it on that you may see
And shun the life
That vainly tries to walk with God
Yet will not pass beneath the rod.

No matter *what* our Lord demands
'Tis for the best;
And if in His we place our hands
We'll sweetly rest,
And feel and *know*, from hour to hour,
The wonders of His keeping power.



Editorial Department

DAVID PAULSON, M. D., Editor



IS THERE A WORKING PRINCIPLE IN YOUR LIFE?

Dough does not appear any different after the leaven has been introduced than it did before; but a living principle has now been introduced and that makes good bread of it.

He who has a living principle in his life may appear no different from other people, but the *result* of his work will be vastly different.

"The kingdom of heaven is like unto leaven, which a woman took, and *hid* in three measures of meal, till the whole was leavened." Matt. 13:33. If this leaven has been introduced into your life, wherever you go you will arouse men from their awful moral stupor which abounds everywhere, even in the churches.

They will discover that you have a conscience that can not be warped a hair's breadth, and you will have a noble independence that will make you free from all men. You will not have to beg standing room from committees, for your *gift* will make room for you (Prov. 18:16). You will not have to spend your spare time pulling strings and wires to get favors from humanity. You will be no one's slave on this earth but God's, and that is a pleasant slavery.

At the same time, God will fill your life with such a love for humanity that to all human appearances you will be a slave to everybody. Paul said, "Though I be *free* from all men, yet have I made myself *servant* unto all, that I might gain the more." 1 Cor. 9:19.

IS IT WORTH WHILE?

Sometimes it may seem to us to be a waste of time to hold ourselves in readiness in season and out of season to speak words that are kindly, cheering and uplifting, and to do little simple acts of kindness.

But in eternity we shall see it all in a dif-

ferent light. You may forget some little service you have done for others; the kind words you have spoken may pass from your memory. But in the next world your life's work that you have so largely forgotten will stand out in letters that glow. It is all preserved in the heavenly records. It will be a part of your joy hereafter.

So any little kindness that we can do for others as we pass along on this life's journey, do not let us refrain from doing.

AN INTERESTING BEGINNING

The Hinsdale special tent week was a most gratifying success. The Spirit of the Lord was poured out in a richer measure than on any similar occasion here at Hinsdale.

The graduation took place the first evening of the tent effort. It was a notable occasion. The Spirit of the Lord certainly was present. Many felt it was the most unique affair they had ever attended.

Pastor Westworth remained with us until Sabbath. He brought us the most decisive message on the new birth that we have ever listened to. Then Professor Lamson and Professor Griggs were with us on Sabbath. It was a day of deep searching of heart in our midst. The Word was set forth in the demonstration of the Spirit and with power.

In the afternoon there was a mighty moving in our camp. Our workers took their stand intelligently for complete victory in Christ as they had never done before. Our new medical evangelistic class received a special charge from Prof. Griggs. He seemed to speak under the inspiration of God's Spirit.

We then called all the nurses in training as well as graduates to come to the front, and he gave them such a talk as I am sure they had never listened to before, say-

ing how it was their duty to co-operate and sustain with their sympathy, prayers and means if necessary this new medical evangelistic class. Tears filled many eyes as they listened to what certainly seemed to us as an inspired utterance.

Professor Lamson remained with us, finishing this special series Monday night with a powerful address on the basic principles of religious liberty. It was a time of outpouring of God's Spirit. We had been praying for this occasion for weeks, we had been putting away sin, preparing our hearts for the visitation from on high, and we certainly were not disappointed.

We had a stirring devotional meeting each morning from 8:30 to 9:30, which was attended quite generally by both patients and workers. In the afternoon from 3:00 to 4:00 there was a presentation of the gospel of health, and in the evenings the preaching service. Many of our patients attended all of these services and declared they had received more good from them than all the treatments they had had. For several weeks the weather had been unusually disagreeable. We prayed for pleasant weather and it was as ideal as could be possibly desired.

The main purpose of this meeting was, of course, an initiation of the new medical evangelistic class, which already numbers over twenty, ten or a dozen more having been accepted who have not yet arrived here. The Lord has in a very special manner poured out His Spirit upon this class. In brokenness of heart without an exception they have testified to their knowledge of a special call of God to this work. We have in a dense woods leased a big house that can accommodate three dozen comfortably, and established as far as we could ideal home conditions for these folks, even to the extent of a culinary department so they will not have to come up to the sanitarium for their meals.

Sister Ruth Stapp, who led out in establishing these simple centers in Chicago, and who graduated last year, has recently returned and is installed as matron and will lead out in the Chicago end of the work for them. Bro. Walter, who resigned his

position as secretary and treasurer of the Wisconsin Tract Society to take up the general supervision of the field activities of this class, is already with us, has begun his work, and is of good courage. He is having a blessed experience with the Lord.

Instead of hiring a cook as we expected to do, each member of the class will have charge of that department for a month at a time: make out the menus and do the cooking. During that time she will not engage in any field work whatsoever. She will be allowed her room and board during that time. This will give practical experience of the very choicest kind, knowing that all of her associates are looking on.

Three classes will be held each day, late in the afternoon, one of these hours being Bible work, the others the more practical subjects they need to know right away in order to make themselves useful in the homes of the people, like practical hydrotherapy, cookery, etc. Two of the girls that have already had some experience in nursing have already been installed in a new Chicago center west of Englewood.

Everybody is already busy. I am sure we shall have most interesting experiences. I feel convinced that God will in a very special manner meet us in this effort, and that the workers will soon have striking illustrations of it which will cheer their hearts. The school of the prophets and the sending out of the seventy is the model we are following. We are going to study everything we can find in the Bible and from other sources on the subject and incorporate it into our plan as far as we have light.

The expenses of maintaining the home will be divided pro rata among the students at the end of every month, so all will be interested in the economical aspects of the problem.

I feel God has brought together a most earnest and Spirit-filled class, and we are looking for great things as we endeavor to launch out and carry out more fully the special instruction that has come to us regarding genuine medical evangelistic work. These workers will not be tied up in the sanitarium at all. Those who desire will be permitted to work there a few hours a

day, but they will not become a part of the institutional life in any sense of the word. These workers will devote themselves to non-institutional medical missionary work during the entire year.

SOME FOOLISH PEOPLE

"He that *trusteth* in his own heart is a fool." Prov. 28:26. In God's sight every man is a fool who puts his trust in his own wits. It is important to acquire the habit of asking God at every turn of the road, "Is *this* the right way?" For "there is a way that *seemeth* right unto a man, but the end thereof are the ways of death." Prov. 16:25.

We do not have to succeed, but we *must* be right. There are many people who are so anxious to succeed that they think they have to sacrifice right principles in order to do so; and then they have *not* succeeded.

In this age of the world, when sin has crept in and left its slimy trail everywhere, we shall be compelled to say again and again to ourselves, "I do not have to succeed but I *must* be right."

Remember, every time you compromise a principle you soil your soul.

PREPARING FOR THE LAST GREAT WAR

The United States is preparing the largest gun in the world to be placed on the Panama Canal fortifications. The bullet or projectile that this gun will fire weighs a *ton*. It requires 665 pounds of powder for each shot. It is calculated that it will pierce through the armor plate of any ship afloat at a distance of *eleven miles*. It staggers the imagination to contemplate a war in which such weapons shall be in use.

Every nation on earth is preparing for the last great battle. The ancient seer, centuries ago, caught a vision of this final conflict when he said: "*Prepare* war, wake up the mighty men, let *all* the men of war draw near; let them come up. Beat your plowshares into swords, and your pruning hooks into spears." Joel 3: 9, 10.

The war spirit is taking possession of the heathen nations of the Orient. They are making as feverish war preparations as

the Western nations. The same prophet caught a vision of this when he said, "Let the heathen be *wakened*, and come up to the valley of Jehoshaphat." V. 12. This is the last great battle of Armageddon, and there is a power from beneath stirring every nation to prepare to participate in it.

As God's people see these significant signs they should be preparing themselves to *finish* the work in the earth that God has for them to do.

THE MARRIAGE AND DIVORCE QUESTION

In some parts of our country, of every four marriages, one ends in a divorce. The marriage and divorce question deserves a far more serious study than it has yet received.

A marriage, unless it is clearly inspired by the devil, is certainly recognized by God as legitimate, and He does not sanction a separation unless for clearly defined causes which He has Himself pointed out in the Scriptures.

The Bible does not tell a woman, for instance, to leave her husband because he does not provide her with the things which she desires. It does advise such a woman to take up her cross *daily* (Luke 9:23). If she tries to dodge this cross it will not be long before she will be confronted with one that is still more trying. Jonah tried to run away from his cross but he soon found himself swallowed up by something more serious.

Consecration, prayer, patience, forbearance, and the love that suffereth long, will do wonders.

The Lord knew all about these trials when he permitted this woman to marry such a husband. Her mission now is to be a good Christian wife, even though he may not be a model husband. If he does not live up to his duties that is no excuse for her not living up to her obligations.

This may sound like a hard doctrine, but principle is *always* exacting. Christ *learned* obedience through the things which He suffered. God can cause even the wrath of man to praise Him, and the remainder He will restrain. He can make the *desert* blossom as the rose. The grace of God can sweeten many a burden that otherwise would be unendurable and unbearable.

MISSING THE MAIN THING

It is amazing how many students have gone through our schools, made good in their lessons, have even fought hard battles to secure their education, and yet who do not possess experimental Christianity. In other words, they do not, like Mary, spend some time each day communing with God. They do not really know whether their souls are saved or not. The Bible is not applied day by day to their lives. They drift along, satisfied with a *form* of Christianity without its power.

We have seen stenographic and clerical help who were nice, bright, amiable people, who could do their work efficiently, but who simply were not consecrated; in other words, they had no burden for human souls. They did not pray that the work they were handling would be blessed of God. They saw no special need of it. In other words, they had never learned in their experience the tremendous *difference* between work born in prayer and work done mechanically, simply by their ordinary wits just as any heathen could do it.

The Christian program is amply stated in Luke 9:23: "If any man will come after Me [whether as a clerk, stenographer or bookkeeper, or in any other calling] let him *deny* himself, and take up his cross *daily*, and follow Me."

NEWS HERE AND THERE

Theodore G. Lewis of Appleton, Wis., spent a few days in Hinsdale.

Miss Vada Greentree, one of the Hinsdale nurses, has recently returned from her home in Eldwood, Ala., where she has been spending a few months' vacation.

Mr. H. A. Collins of Havana, Ill., a warm friend of the Hinsdale work, was a welcome visitor recently.

Dr. F. A. Loop, medical superintendent of the Wabash Valley Sanitarium, LaFayette, Ind., visited Hinsdale on business.

Mrs. E. B. Ridout, who has charge of sanitarium treatment parlors in Minneapolis, spent a few days in Hinsdale while on her vacation.

Mrs. O. J. Graf, of Berrien Springs, Mich., looked in on the Hinsdale family recently.

Mrs. Claude C. Curtis, of Bethel, Wis.,

who was stenographer in the Life Boat editorial office last year, called while passing through her home in Michigan.

Pastor I. H. Evans, of Washington, D. C., recently returned from the Orient, spent a couple of days at the Hinsdale sanitarium.

Brother W. J. Walter of Grand Rapids, Wis., has recently connected with the Hinsdale movement to take charge of the medical missionary field activities of the institution.

Prof. Fredrick Griggs, formerly of Union College, College View, Neb., stopped off at Hinsdale a couple of days on his way to Washington, D. C. Prof. Griggs' inspiring talks to the student nurses were appreciated by all.

Pastor P. E. Broderson and wife of Chicago were recent visitors, bringing with them Miss Amelia Rasmusson and Miss La Vinnia Hansen, from Harlan, Ia., who have joined the new class of nurses.

Pastor W. A. Westworth of Battle Creek, Mich., rendered valuable help in the evangelistic tent effort at Hinsdale, July 1-7. Prof. J. G. Lamson, of Cedar Lake, Mich., also gave several inspiring talks on this occasion. A large audience was in attendance at each and all of the meetings.

Dr. Mary Dryden, head lady physician in the Battle Creek sanitarium, visited the Hinsdale institution recently.

Dr. M. M. Martinson and wife of Graysville, Tenn., and Frank L. Williman and wife of Pontiac, Ill., were among the visitors and guests during the special evangelistic week.

Mr. C. R. Webster, trained nurse from Columbus, Ohio, has recently connected with the Hinsdale work.

Pastor J. M. Burdick of Aurora, Ill., was among the recent guests.

Mrs. A. C. Gaylord spent a couple of weeks at her former home in southern Illinois.

Miss Ruth Ruckman, trained nurse from Bellingham, Wash., has recently connected with the sanitarium.

On the evening of July 1st the class of eleven senior nurses received their diplomas. The graduating exercises were held in a large tent on the sanitarium grounds.

The Life Boat

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

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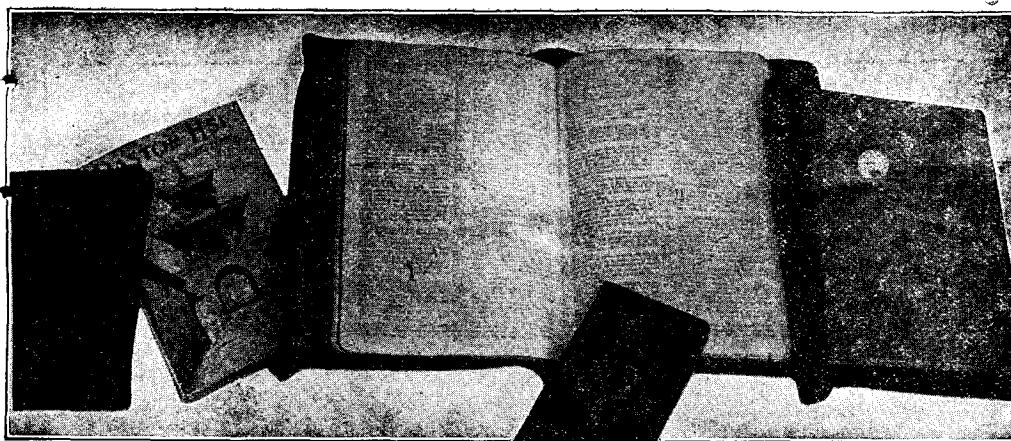
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