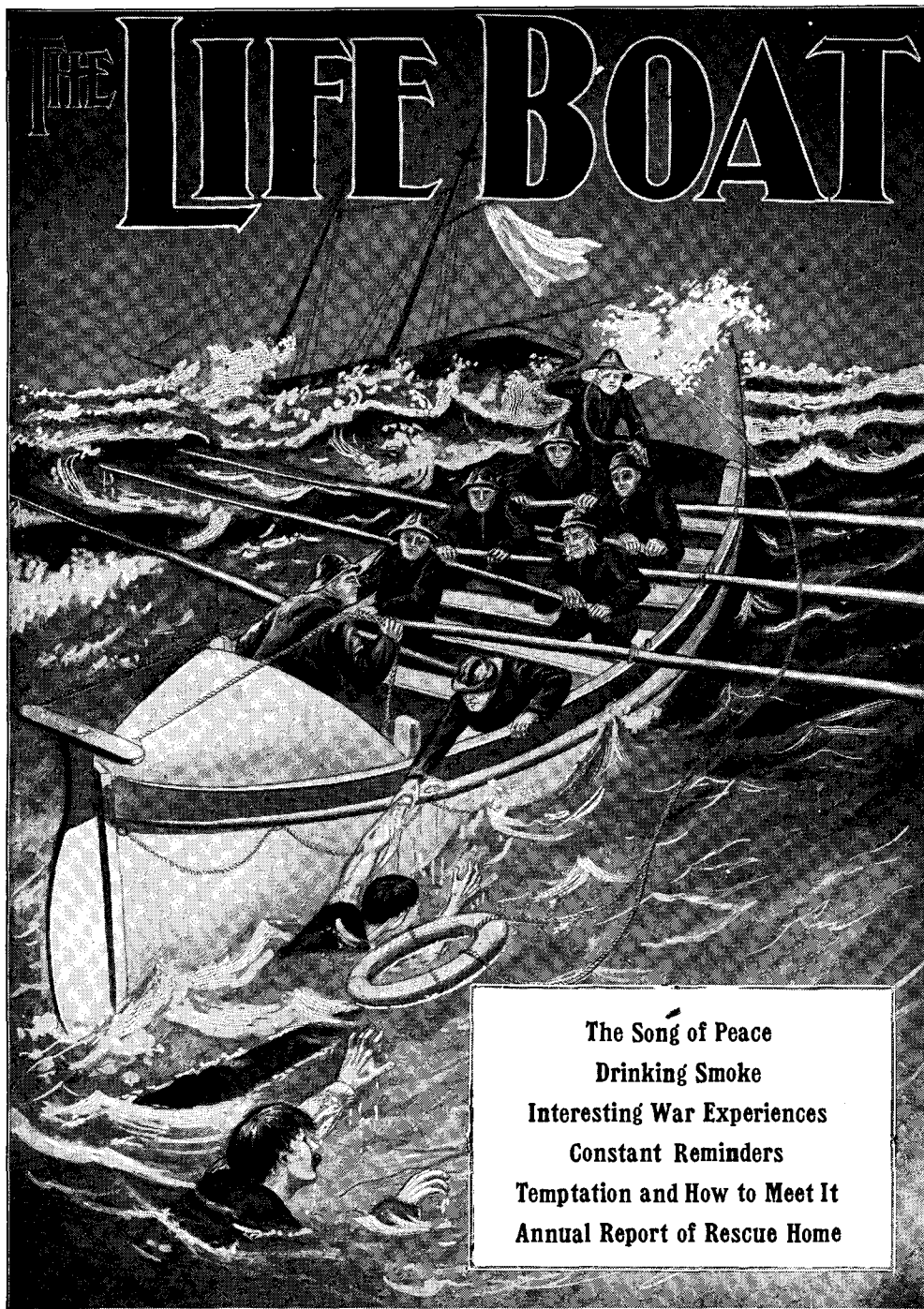


A Christmas Story and What Came of It

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



The Life Boat Employs No One to Solicit Donations

**The Song of Peace
Drinking Smoke
Interesting War Experiences
Constant Reminders
Temptation and How to Meet It
Annual Report of Rescue Home**

**Volume Seventeen
Number Twelve**

Windsale, Ill.

December, 1914

Popular Dietetics—by the Editor

The Song of Peace

Pearl Waggoner

333

At close of day, in silent hour
When sunset's glow fades fast away,—
While musing on that wondrous power
Whom all the heavenly hosts obey,
I watched each fast-appearing star
Creep softly to its trysting place,
Till thought was carried back afar
To yet another time and place.
I heard the angels' song again
As sounded once o'er starlit plain
And broke the silence—deep and still—
With "Peace on earth, to men good will!"

But anon my thoughts returned once more
To near-by scenes and present time,
And in the awful cannon's roar
I well-nigh lost that song sublime;
The battle's smoke obscures the stars,
The villages in ruins lie,
War's cruel hand the landscape mars,
Earth's fairest youth are given to die.
The air resounds with discord shrill,
Wild hate, grim fear, men's bosoms fill,
While souls bereaved, in anguish bow;
Oh, for that peace! Where is it now?

Was it a myth,—that wondrous song
By angels sung? Or can it be
Those words, that peace, must but belong
To sacred page of history?
Nay, peace that night came down to earth,
And what God gives He takes not back;
It means we've cherished not its worth,
When of His gift we find a lack.
Himself our peace—the Prince of peace,
At whose command e'en storms could cease,
Said also, "Peace I LEAVE with you,"
And, "Lo, I'm with you ages through."

Great peace have they who love His law,
Unvexed by aught, and unafraid;
And perfect peace—without a flaw—
The one whose mind on Him is stayed.
But men too long have been content
With merely being "civilized,"
Until when wars the world have rent
In awe they stand, aghast,—surprised.
'Tis Christ alone can change the heart;
Rejected, He must needs depart,
And then the natural man is seen—
Of selfish, envious, cruel mien!

"Oh, hadst thou hearkened unto Me,—
To My commandments here below,
Then had thy peace and joy," says He,
"Been like the river's steady flow."
And how the heart longs for the day
When sin and pain shall all be o'er,
When peace and love alone hold sway
And wars and strife arise no more.
But none that glorious day can bring
Save Christ, earth's only rightful King;
Then come, blest Lord, with sin's surcease!
Come quickly, O Thou Prince of Peace!

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 8, 1879.

Volume XVII.

HINSDALE, ILL.

:: DECEMBER, 1914

Number 12

Popular Dietetics

David Paulson, M. D.

“SCIENTIFIC management” and “maximum efficiency” are words to conjure by in the industrial world. The wide-awake manager of any large factory does not close important contracts for coal before an expert accurately determines its fuel value. Yet such men rarely take the trouble to discover whether they are supplying their own human machines with the proper fuel.

A scientific stock breeder was most enthusiastically explaining to one of my friends why it was necessary to use certain kind of feed when he wanted to secure certain results from his thoroughbred stock. At dinner time my friend observed that this man's children were scrawny, skinny and anemic and were evidently suffering from malnutrition. So he turned to this expert stock breeder and said to him, “Did it ever occur to you that these same dietetic principles would apply equally well in the case of your children?” “Why,” he replied, “I never thought of such a thing.” And this reply is only a reflection of the general ignorance existing on this subject.

The science of proper feeding is not taught at school; and it is never explained in church *how* to eat and drink to the glory of God (1 Cor. 10:31). The question is rarely considered of any importance until some one is sick, and then too frequently the doctor comes in and prescribes some medicine, gives some general directions, and perhaps the patient recovers,—only to begin over again the same wretched program.

Three Essential Food Elements

Every one should know that the daily ration

should be composed of a small amount of protein—the structure-building food, and a more liberal proportion of carbohydrates—that is, starch and sugars; and fats. These are the fuel or energy-producing foods.

Suppose the locomotive fireman after thrusting in nine shovelfuls of coal to secure heat and useful work, should then throw in a shovelful of iron filings to repair the engine. That would crudely illustrate what we are constantly doing. Nine-tenths of the daily meal should be composed of carbohydrates and fats to furnish us heat and energy for useful work, while one-tenth should be protein, which nature uses to *repair* our living machine.

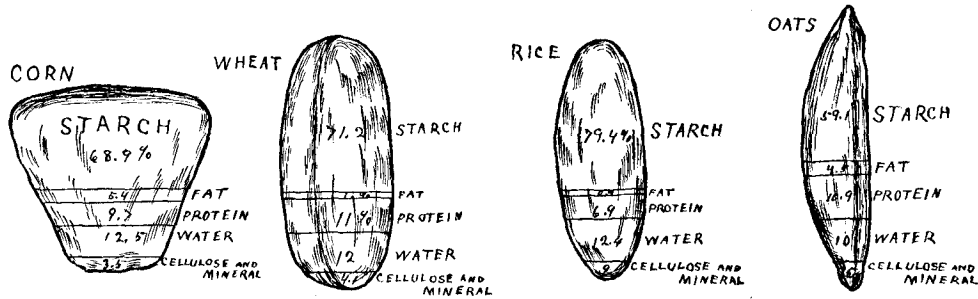
In other words, the body is willing that we should use for our own comfort and activities nine-tenths of what we eat, but it reserves a *tithe* or one-tenth for itself, and it demands that it shall be paid in certain dietetic coin,—namely, protein, or albumin as it was formerly called.

The Staff of Life

Let us consider briefly from what foods we may readily secure these essential dietetic substances. The grains or cereals have been called the staff of life, because wheat, oats, corn and rice, etc., contain about two-thirds of their weight in starch, which is an energy-producing food; and in addition they contain the right proportion, or about ten per cent, of protein or structure-building food. God knew that the majority of humanity would have to rely on grains for their sustenance and hence He blended their energy-producing and structure-building qualities in about the right proportion.

Rice contains nearly seventy-seven per cent of starch and something less than ten per cent of protein. It is easily digested, does not decompose readily in the alimentary canal,

same and in addition half a pound of starch. Lentils, although little known, are most easily digested and can be made into a variety of appetizing dishes.



and hence in its various forms is an ideal food for those who are suffering from autointoxication.

Raw starch is practically indigestible, so it should be thoroughly cooked or baked. Sometimes the middle of a loaf of bread is so doughy that it can easily be made into a ball, that if tossed on the floor will bounce back up almost to the ceiling. Such bread should be cut in slices, put back in the oven, and made into zwieback.

The outer covering of the wheat kernel contains seven times as much iron as the interior. Hence the old-fashioned Graham bread which contains the whole kernel of wheat was much superior from a health standpoint to the modern roller process fine flour. We consider ourselves fortunate to have found a quaint Dutch windmill in our vicinity where the owner still grinds the old-fashioned Graham flour between stone burrs.*

Inexpensive Protein

Every pound of peas, beans and lentils contains more protein than a pound of beefsteak, and in addition a large amount of starch. They are the most inexpensive form of protein procurable. One should know that less than twenty-five per cent of every pound of meat is protein and the rest is water,—and not very clean water at that, and yet it costs in the neighborhood of thirty cents a pound, while one can buy a pound of peas, beans or lentils for three to seven cents, and from a food standpoint get the pound of beefsteak just the

*For the accommodation of those who can not secure genuine Graham flour we will be glad to put them in touch with this miller.

Nature's Lunch Basket

In nuts God has tucked away the most nourishment in the least amount of bulk of any of the foods, and then enclosed it within a little wooden basket.

Walnuts contain nearly a fifth of their weight in protein, and considerably more than half their weight in fat.

Peanuts contain more than a quarter of their weight in protein and more than thirty-five per cent of fat.

Pine nuts are in some respects the most nutritious, the least expensive and the most easily digested of all the nuts, because they are readily masticated.*

Chestnuts contain a large amount of raw starch, hence should be either cooked or baked before they are eaten.

Roasted almonds are a dietetic luxury but unfortunately are too expensive to be used for ordinary purposes.

Dairy Products

Milk is primarily a baby food. Many adults become bilious when they use it in excess. It should be eaten, not drunk,—taken in sips or in morsels, as recommended by the French. Buttermilk is more easily digested as there is no chance for it to curdle after eaten.

Milk contains about four per cent of fat, four per cent protein, four per cent of natural sugar, and about eighty-seven per cent of water. If carelessly handled it is likely to be the filthiest food we eat, hence under ordinary circumstances it is advisable to have

*For the benefit of those who desire to become acquainted with pine nuts we can furnish them at wholesale rates, plus transportation charges.

it sterilized, which can be done by raising it to 160 degrees for twenty minutes and then cooling it promptly.

Those who suffer from hyperacidity can nearly always use milk in various forms, as it calls out very little gastric juice.

Fresh cottage cheese when made from good milk is a very wholesome form of beefsteak because it does not contain uric acid, hence is not as likely to fill the system with clinkers as meat.

A Medicinal Food

The yolk of eggs contains lecithin, a very easily assimilated form of phosphorus, which is an important element of brain and nerve cells.

The egg contains about fifteen per cent protein, practically all found in the white. A third of the yolk is a very digestible form of fat.

The one great drawback to eggs is the fact that they decompose so readily; so it is necessary for people who have suffered from autointoxication or intestinal stagnation to avoid the use of eggs, because if they do not their tongues will become coated, they will suffer from headaches and other disagreeable symptoms.

In these days when chemical substances can entirely remove the loud smell from ancient eggs, confectioners are constantly tempted to use eggs of a doubtful age in the various goodies that they sell to tempt our perverted appetites; hence children should be encouraged to spend their pennies for fruit instead of for store cake.

Nature's Appetizer

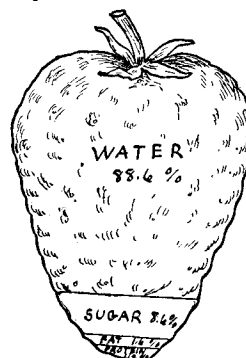
God evidently made fruits for dessert; they are nature's appetizer. They contain delightful flavors, natural acids that tend to disinfect the alimentary canal, and a small amount of nourishment in the form of fruit sugar. This is raw starch in the green fruit, but as the fruit ripens the sun not only cooks this starch, so to speak, but actually digests it into natural sugar. That is one reason why fruit juices are so suitable in fevers. The little nourishment they contain is already digested.

Strawberries contain nearly ninety per cent of water,—more than there is in milk. Oranges contain eighty-six per cent of water, with nearly fifteen per cent of sugar.

Grapes, raisins and figs naturally contain a larger amount of nourishment.

The "fruit cure" is one of the best remedies for autointoxication. The best plan is to live upon it in any form exclusively, eating it freely three or four times a day. It contains

STRAWBERRY



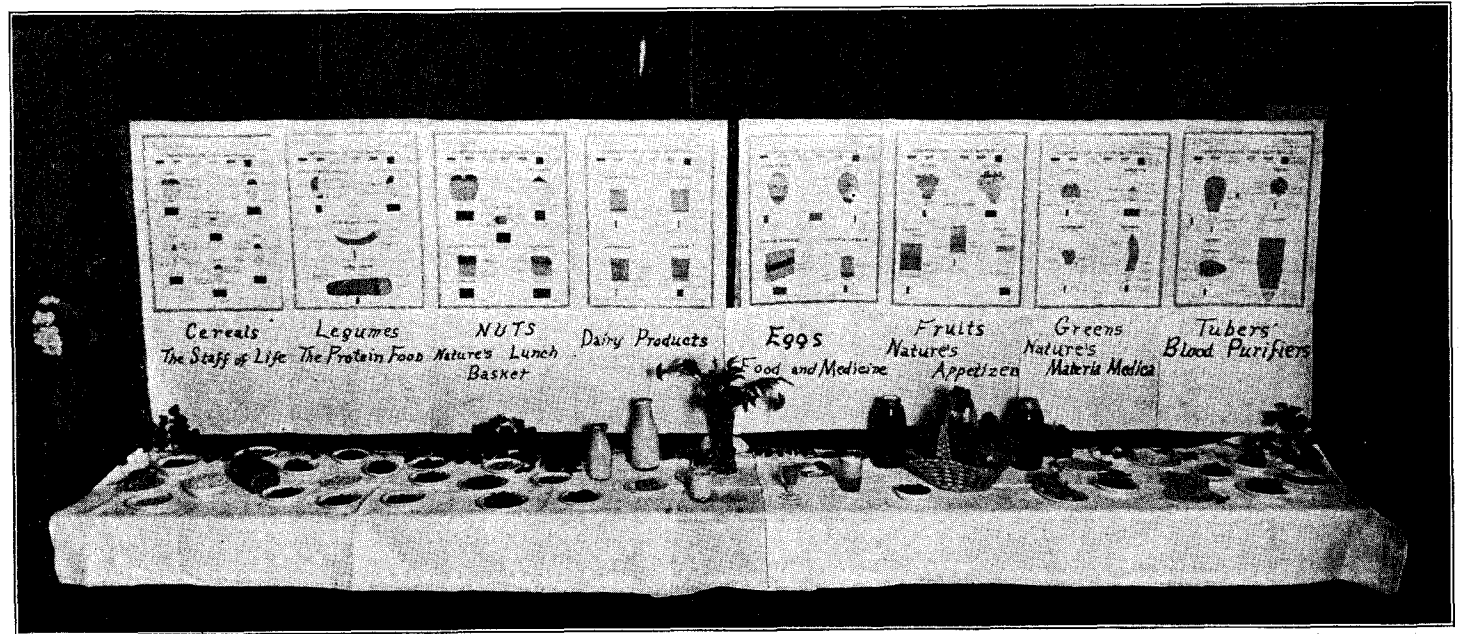
so little nourishment that it is a convenient form of fasting. Its acids discourage the intestinal germs and the various disinfecting organs of the body are permitted to have a rest. This program may be continued for one, two, or three or more days until the tongue is cleared up and the head feels better. Avoid doing hard work while taking the treatment.

Nature's Materia Medica

Green garden truck is the best blood purifier known. During the winter thousands of people in our large cities, and a good many out in the country for that matter, live so exclusively on concentrated foods containing so little of mineral matter that their blood becomes impoverished and they really suffer with a touch of scurvy without knowing it.

Dr. Evans, formerly health commissioner of the city of Chicago, says: "A large proportion of adults come out of the winter freezeup with a few mild scurvy symptoms. If it were not for this, spring medicines would never have been heard of." Such folks, he says, need iron. "Those vegetables which carry a good deal of color—chlorophyll—such as spinach, lettuce, beet tops, turnip tops, radish tops, cabbage and greens, generally are about as serviceable as iron out of a bottle."

The poor despised cabbage contains more iron than any other vegetable. It is best for



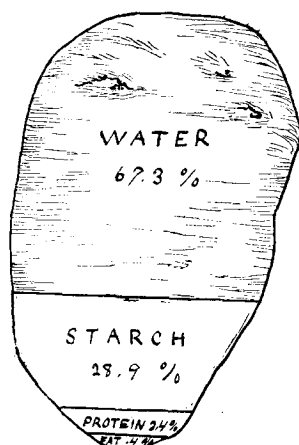
Display of Wholesome Foods with United States Department of Agriculture Food Charts Above Each Group Showing Their Food Value.

The Complete Set of Fifteen of These Food Charts Can Be Secured for One Dollar by Addressing the Government Printing Office, Washington, D. C. Several of These Charts Put Up on the Walls of the Kitchen Help to Make the Preparation of Food Not Only Instructive, but Interesting.

the system when eaten raw in the form of cole slaw.

Of course these green foods contain practically no nourishment. Ninety-five per cent of celery is water and the rest is largely cellulose or woody matter to hold the water. There is as much water in onions as there is in milk. The same is largely true of parsnips and carrots, although they contain a little larger per cent of starch. But they are blood purifiers just the same as the greens are. But it must not be forgotten that their bulk discourages stagnation in the alimentary canal, and their "vitamines" and mineral salts cleanse the blood and encourage nutrition.

BAKED POTATO



The potato is the one vegetable that contains substantial nourishment,—about thirty per cent of starch and two per cent of wholesome protein. Potatoes also contain a vast amount of mineral salts and hence are a most valuable food for those who are suffering from acid conditions of the blood.

In Conclusion

It is evident that nature has stored away the largest amount of nourishment in the cereals, legumes, nuts and dairy products.

The fruits and vegetables in general contain but little nourishment, but should not be despised on this account as they contain other valuable features.

The true Christian who lives from principle in all the daily ordinary affairs of his life will also endeavor to eat and drink "to the glory of God," and this he can not do if he

neglects to make an earnest and conscientious study of dietetic truths.

HAPPY BEHIND THE BARS

The following is culled from recent letters to Mrs. Abrams, written by a young woman in the Illinois state penitentiary:

"I am trusting fully in Jesus and am so happy in His love. How peaceful has been my heart since I gave myself to Him! How glad I am that I have drunk of the fountain of everlasting life! In the Lord do I put my trust.

"Eighteen months ago I did not know Jesus as well as I do now. I thought Him hard for sending me here, but now I know He loves me dearly and sent me here because I had chosen the wrong friends. I was weak and did not know what was best for me. He did. When I leave here I shall have a glorious time working for Him who has done so much for us.

"My brother's last words were: 'Be good, Mabel. Keep on trusting in the Lord, and when you go to Mrs. Abrams I shall come to help you.' So I can get started out into the world all right. 'Let my mouth be filled with Thy praise and Thy honor all the day,' has been my prayer continually.

"I am getting along nicely with my work, learning something every day. I am praying daily that God may lead me safely through it all. I am happy in this new life with Jesus as my friend. Pray that God will make me useful, that He will make me humble, and that I will be the cause of many coming to Him and finding peace—that peace that the world giveth not.

"I am trusting fully in Jesus and am so happy in His love. Some one is doing good in this place, for it is one hundred per cent better than it was a year ago. Of course, there are some who will never do right. We need your prayers, for Satan is a very busy man, especially when a girl makes a start for the new life."

The meal unshared is food unblest;
Thou hoardst in vain what love should spend;
Self ease is pain; thy only rest
Is labor for a worthy end.

—Whittier.

Some Interesting War Experiences

Alma E. Doering

[Two years ago Miss Doering, who had been a pioneer missionary in the Kongo state of Africa, spent part of the winter in the Hinsdale sanitarium regaining her health. Her story of sacrifice and privation to hold up the gospel in the heart of Africa was an inspiration to us all. She later sailed for Germany, where she expected to study for a time before returning to her much-loved work in Africa. We reproduce here extracts from a letter written to friends in this country from Stockholm, Sweden, September 7, 1914.—Ed.]

MY efforts to get to Kongo with a party of European workers on September 3d have been frustrated through the blocked seas, cutting us off entirely from most mission fields, so I have responded to many calls in Norway and Sweden and am now making a missionary trip in behalf of Kongoland in these countries.

I came to Sweden amidst many difficulties. Many begged me not to venture a sea journey now, when so many boats were being blown up. But I *knew* God was calling me and so I went. We were on the Baltic sea eighteen hours when otherwise we could have covered the same distance in twelve. Instead of having our own cabins, all the lady passengers were crowded into a room for the night without beds. Among them was a Russian school teacher, who had been to Switzerland to visit her invalid daughter now in a sanatorium in Switzerland. The mother is a widow and was unable to return to Russia by the land route, as all the frontiers were carefully guarded against any Russians crossing the boundary.

When I left Germany, even though an American, my luggage was searched by soldiers for bombs or other suspicious objects, although my American passport saved me from the greater difficulties to which citizens of countries at war with Germany were subjected.

The Russian widow was in great distress. For the first two weeks after the war was declared no foreigners were allowed to leave Germany. Most of them, like myself, had their personal funds in other countries. It was impossible to draw any money on banks outside of Germany. Thus did starvation seem inevitable to many, as, since the war.

merchants refuse to sell anything whatever on credit even to a German citizen. She feared also that after she arrived in Sweden, over which country she was trying to get to Russia, via Finland, the Finnish frontiers would be closed.

Deprived of His Wealth and Driven to God

Another fellow passenger, formerly a very wealthy German, was crossing the sea to Sweden. He had all his wealth invested in Russian property, and since the war has suddenly been plunged into dire poverty. As he told me of his cares I pointed him to the One who has been supplying *my* needs for so many years. Here was a man who never cared for religious topics but *now* he listened with tear-stained eyes. He began to confess his own and his nation's godlessness during the last years.

We then began to discuss the blessings of the war, should it drive a sorely stricken people into the arms of God. I called his attention to the day of prayer in Germany when war was declared, which I will never forget. People left their work, though it was harvest time, and very much to do, and crowded into the churches which suddenly became too small,—which has been the case in Germany ever since. People sat in tears. The very air seemed charged with holy awe. God was speaking to the nation.

As I called our friend's attention to this never-to-be-forgotten day, he said, "Not the fear of our enemies brought the tears to our eyes, but the remembrance of our *sins* crushed us." What a confession! Oh, may this sorrow end in a real Holy Ghost revival!

Habitual Misers Open Their Hearts

When I left the boat, to land in Copenhagen, this poverty-stricken gentleman, who



had never known want, pressed twenty marks into my hand for the mission. I could hardly believe my eyes, but this opens up another effect the war has upon the people.

How hardened the hearts had been! How many times we have seen whole audiences melted into tears in all the countries where we have traveled, as we related the sorrows of Kongoland's people. Yet it was one thing to weep and it was another thing to open up the hand and purse and to *demonstrate* one's sympathy in a material way. But now this people who are looking starvation in the face, are giving of the little that is left much more than ever they gave in times of prosperity.

People who were habitual misers now know how to open up their hearts for their bleeding nation. Here is a firm which has offered ten per cent of their profits to the state for war expenses; another has offered to continue the wages of the men called out to battle; a professor of Hanover College has voluntarily given half of his salary to the government as long as the war lasts.

People are sending wagon loads of bedding to the Red Cross hospital for wounded soldiers. Men who have had Russian and French and English medal prizes awarded them at exhibitions or for any scientific achievement, are having them melted and are giving the gold or silver they contain to the war fund. At every little railway station the soldiers on their way to and from the battle field were fairly overwhelmed with offers of sandwiches and non-alcoholic drinks, free of charge. Many an aristocratic lady was seen passing sandwiches to soldier laborers fairly despised by the classy society woman in days of peace.

• "Let Alcohol Alone"

The Kaiser has sent out a proclamation posted in large letters which reads as follows: "Which country will win? The one whose soldiers let alcohol alone." While there were many parties in Germany, now all are melted into one. "United we stand" is their cry. Shall we not bow our heads in deep humility, until we see the *same kind* as well as amount of sacrifice and love brought forth for *our* King as the Germans are now devoting to the cause of their Kaiser?

It was simply astounding to see how orderly and quickly the whole German army was on

its feet within one week's time, and that at the word of one man, the emperor. How was this done,—several million men dispatched without a jar? The secret lies in the thorough preparations made in the days of peace. Munitions, weapons, uniforms, all were stored up for the day of battle. And yet how little God's people actually store up! And who minds the losses? Every German will tell you that the losses are gladly borne in view of the victory ahead. I saw the wounded soldiers returning with beaming faces.

Germany has 1,200,000 volunteers—men who were not accepted for the army—now being trained to fill in the gaps made through those who fall. Would that the terrible gaps this war is making in all mission fields might at once be filled. We who know the Lord, know that He will not forsake us or let us suffer need in any way.

YOUNG PEOPLE TURNING TO GOD

MRS. D. K. ABRAMS,

3529 Cottage Grove Ave., Chicago

You will be glad to know how the Lord is working in these last days to save His people. Sister Clough and I had the privilege of meeting with a company of young believers last Sabbath at Millers, Ind. It was encouraging to see their earnestness and the faith they had.

The girl that used to work for us in our store is now married. She was converted just a little over two months ago, and since then her husband, who had been a very worldly young man, has given his heart to the Lord. Then another sister who had backslidden came back to the Lord, and a brother has also come to Jesus. They meet together for Sabbath-school and others are interested.

The Lord has helped me in different ways to get the money to pay a good brother's carfare to Millers once every week to give those people Bible instruction. I feel no sacrifice I can make will be too great if only souls will be brought to a saving knowledge of the truth. Surely the Lord is cutting His work short in righteousness. Soon the work will be finished.

I sold magazines in Millers and used the money to pay this brother's carfare, and then friends of mine have helped, and my mother, God bless her, sent me money to buy a Bible for my birthday present. But I had no money

at the time to pay this brother's fare, so I used my Bible money and prayed that God in some way would put it in the heart of some one to get me a Bible, and God heard and answered prayer.

A business man who has been coming to our home to study the Bible asked me to buy him a Bible and at the same time to buy one for myself. Oh, how I praise the Lord for hearing and answering prayer! This man is interested. He goes to prayer meeting with us and to the missions, and he says he wants to live a Christian life. He is trying now to live for Jesus and I believe he will be a power in the hands of the Lord to save others. Pray for him. He also gave me five dollars extra to

use for carfare to Millers. Pray that others through our influence may find Jesus precious to their souls.

Then the Lord sends men and women who are in trouble and sorrow and we help them in every way we can. Oh, how good the Lord is to give us a little part in His work! "In the morning sow thy seed, and in the evening withhold not thine hand: for thou knowest not whether shall prosper, either this or that, or whether they both shall be alike good." Eccl. 11:6.

My desire is to be a faithful seed sower, and at last when Jesus comes, to hear the words, "Well done, good and faithful servant. Enter thou into the joy of thy Lord."

A Christmas Story and What Came of It

[This is a true story of actual experience of one of the self-supporting missionaries in one of the mountain districts of the southland.]

"O H, mamma, did you know that Robert Brown was dead?" Our little daughter Dorris was very much excited and her face was sober from sympathy. Upon questioning it was found that no one seemed to know much about how it happened or what the trouble was, so we decided to go over and see.

We knew something of the history of the family, the father having been murdered in a mountain feud when Robert was a baby. The mother had married again, but was now dead. The older brother, Fred, was trying to care for the children—Helen, aged thirteen; Mary, eight, and Robert, six. All slept in the same bed.

The cabin we found set back from the road, as most all the cabins are, and in the middle of an old corn field. It was a dilapidated affair, really two cabins in one, and known for miles around as the double cabin.

No one seemed to be at home. The doors were closed and no answer came to our calls. As we started away we noticed a small opening near the large chimney, and on looking in we could see a very untidy room with a few dirty dishes scattered about the hearthstone. We saw the corner of a bed and two feet protruding. We went to the door and called, and soon Fred appeared, looking as though he had been making up for lost sleep. Upon being asked about Robert, he replied

that Robert had only been dead drunk. Think of it! Only six years old, and dead drunk!

One day Fred had left the bottle of "moonshine" whisky on the table and gone off to work. Robert saw the bottle and helped himself to a liberal amount. His two sisters discovered him in an unconscious condition and dragged him across the cornfield, screaming, "Robert is dead." Though dosed with buttermilk, strong coffee and other home remedies by kindly neighbors, yet he remained in a deathlike stupor several hours.

This all happened a few weeks before Christmas. During those weeks the names of those unfortunate children were often upon our lips. Many times the question was asked: "How can we be of service to them?"

A Christmas Blessing

One day as our two children were engaged in fixing a Christmas tree and wondering what they would receive for presents, I called them aside and talked with them about the "double cabin" children, who would not have any presents. They readily agreed to my suggestion to devote their tree to these children. They gave up many of their toys and we three spent many happy hours getting them ready for the tree.

Christmas day at last arrived and it was a happy party that loaded the tree with its trimmings of popcorn and holly on the big wagon, also the box of presents, and drove

over to the double cabin. We found the children alone. The two girls were induced to go out doors while we arranged the tree, but the boy being timid hid behind the door and watched us through the crack. Our school teacher, myself and husband dressed the tree. What a sight it was when those children came in and their eyes took it all in! After some time spent in walking around the tree in perfect silence, Helen said: "I tried to stay awake all night to see if Santa Claus wouldn't bring me a real dolly 'cause I'd asked him to and I wanted one so much; and there is one now with really truly hair." But Robert didn't want the Teddy bear. He wanted a dolly, too.

We all felt amply repaid for our trouble, especially our children, one of whom said on the way home: "Mamma, truly it is more blessed to give than to receive, for I never enjoyed a Christmas so much." Before leaving we invited Helen, Mary and Robert to come to our school. They said they had no clothes. The next excuse was they had no money to buy books, but we assured them that made no difference.

On a cold, wet day in January they came to school. They were thinly clad, the girls each having on but one garment, a thin calico dress—no undergarments or shoes and stockings. The boy wore a suit much the worse for wear. After school they came over to take dinner with us, and before leaving at night ate a hearty lunch. I am quite sure they considered this a part of the program.

After a few days they decided to take breakfast with us and made their appearance about seven in the morning. I found it necessary to roll up my sleeves and use a liberal amount of soap and water on their faces and hands before each meal.

After they had been coming about two weeks, during which time I had, with the help of our school teacher, made them each an outfit of clothes and supplied them with shoes and stockings, they pleaded with us to let them stay. We talked with their brother and he consented. Before becoming regular members of our family there were certain forms to be gone through with. First there were baths, but Robert objected. Various schemes were resorted to. Even the promise of candy failed to induce. After several hours of wait-

ing, I finally dropped him into the full tub and after recovering from his surprise he began to play with the celluloid toys floating about and said: "I never did have so much fun. I don't mind a bath no how."

Next there was a thorough combing of hair. We began with Robert. It was eight o'clock in the evening when we began on Helen and we finished at eleven. It was a hard three hours' work for three of us. Finally her hair had to be clipped close to the head in order to treat the sores which covered the scalp as the result of vermin. There was such a change in her whole attitude as soon as her head was cared for. She said: "It does seem so good to be able to sleep nights."

Beginning a New Experience

This was the beginning of a new experience for those children. They had to learn to sit up to the table, to eat right, and to answer right. But it all came to be a pleasure, even to their part in offering thanks to their Heavenly Father at the family altar. These prayers were beautiful to listen to and showed that they were striving to be overcomers and loved their Saviour, even though they had never heard the voice of prayer before coming to our home.

Some months after they became members of our home we attended a "protracted meeting" or revival service at a nearby meeting house. The children had been taught some hymns and one of them wanted to sing one. They all stood up in front of the audience and it was interesting to see how the people looked at them as they realized the change that had been wrought in them in a few short months. Some time later when we were visiting a sick neighbor he said:

"There hasn't been nothin' talked about, never, like that there song the children sang at the meetin'; not even when Jimmie Barns took the prize up at the school house."

These children were with us eight months and are now with relatives. Although the taking of these little strangers into our home was a big undertaking and meant much to us, yet we felt we received a rich blessing, and we remember that Christ said: "Inasmuch as ye have done it unto one of the least of these, My brethren, ye have done it unto Me." Matt. 25:40.

Temptation and How to Meet It

G. Sherwood Eddy

[Any of our readers who have attended some of the student volunteer or other notable foreign missionary conventions may have had the good fortune to listen to an address from G. Sherwood Eddy, the well-known foreign missionary, who has had such remarkable experiences recently in reaching the students and higher classes in India and other portions of the Orient.

He has written a most inspiring booklet entitled "Temptation and How to Meet It," from which we abstract the following. After reading this you will want to read it all. You can secure it by sending ten cents to the LIFE BOAT office. Underscore the striking passages and lend it to some friend who is struggling under some crushing temptations.—Ed.]

THE way to get victory over great sins is to ask God to make us sensitive to so-called "little sins." May God show us the danger and sinfulness of all sin, and fill us with a passionate longing for a holy life.

Temptation is God's appointment. Every temptation is a positive opportunity for character. We must fight something if we would grow strong.

Let us cease to doubt God and to drag down the promises to the level of our own experience.

If we do not get the victory here over temptation alone in the wilderness, we shall not be led up in the power of the Spirit to do any great work for Him in public. "If a man purge himself, he shall be a vessel unto honor, ready for the Master's use."

In the energy of the flesh we may build up an imposing structure of wood, hay, and stubble. We may gather statistics, we may keep a vast machine running, we may do an immense amount of work. But only the will of God, and he that doeth it, abides; and every plant which He planteth not shall be rooted up. We do not need the favor of men but the power of God; Christ's kingdom is advanced, not by human influence, but by divine power.

We say with the ten spies, "We are not able." But the ten spies looked at God through the difficulties, while the two looked at the difficulties through God.

In how many a life the plan of God is delayed and thwarted because of dark hovels in the heart, places of traffic with sin, which will not surrender!

Make it the fixed rule of your life to bring the first thought of sin at once to Christ, and the peace of God shall garrison your heart.

Do not let your faith retreat to the low level of your experience. Stand upon the promises by faith, and hold your ground till

your experience comes up to your faith.

"He that abideth in Him sinneth not." This is the whole secret. Communion with God alone furnishes the motive for victory, reveals sin in its loathsome repulsiveness, and is a channel for the power of God to conquer sin.

Make every temptation an occasion for victory.

Communion is the secret of victory. A half hour of communion in the morning will save an hour of confession at night. Perhaps the surest safeguard against sin is the time for communion at the beginning of each day. To meet Christ over his work, to read the Bible, not as an irksome habit, nor from a sense of duty, but to really *feed* upon it, to drink from it as a very fountain of living water, is the surest preventive of sin. It is like being inoculated or vaccinated beforehand to destroy the contagion or infection of sin throughout the day. "Thy word have I hid in mine heart, that I might not sin against Thee." Have you the regular habit of meeting Him each morning in real communion, as He speaks to you through His Word, and you speak to Him in prayer? If not, this alone is a sufficient cause of all your failure. Henceforth, this one thing I do: I will give to God the first place in each day and in all my life.

A RESCUE MISSION

W. J. WALTER

About two months ago a mission was opened in Chicago at 1339 South State street in connection with the old Workingmen's Home, which is now being run as such by two Christian brothers. Services are held each evening. The Hinsdale workers were invited to assist in the mission effort, so each Wednesday evening a corps of our workers take charge of the service.

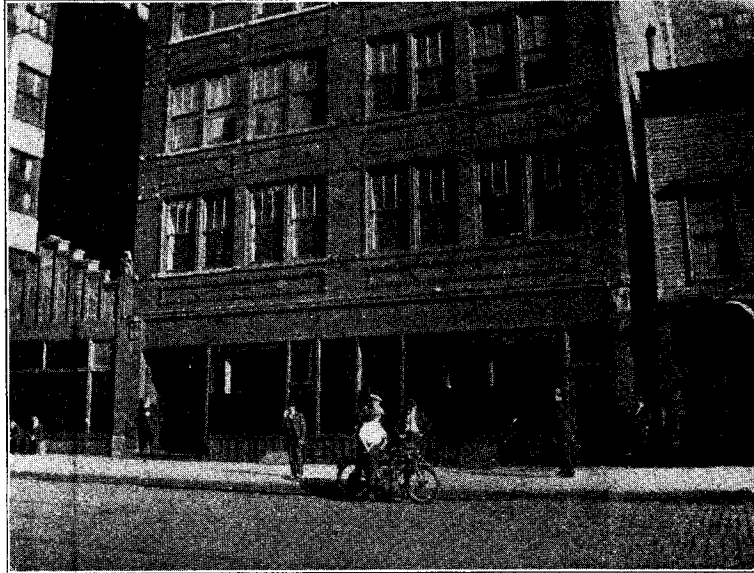
Our prayer is that the seed sown may fall into good ground. Already some fruit has

been gathered as the result of the mission effort.

The men can do their laundry, get a bath, bed, and lunch, as well as attend the services at the mission, which is in connection with the Workingmen's Home.

At the jail service we frequently find men whom we think worthy of help. A week ago last Sunday at jail service we found such a man. He had lost his job, had become discouraged and decided to get drunk. He was placed behind the bars and while there he threw a tin cup at another man in the cell, who at once be-

gan to fight and beat him up quite badly, cutting his nose open so it bled freely. His clothing was all torn and covered with blood. Monday morning he went to the court



FRONT VIEW OF THE HARRISON STREET POLICE STATION.



INTERIOR OF GOSPEL MISSION CONNECTED WITH THE OLD WORKINGMEN'S HOME, CHICAGO.

and the judge turned him over to us. We took him to the Workingmen's Home and arranged for a bed and meals for a few days. He seemed to appreciate what we did for him.

We expect this to be a hard winter and the work in the mission and the Workingmen's Home will afford a great opportunity to come in contact with a large number of needy working men.



THE MEDICAL EVANGELISTIC CLASS.

These People Have Been Gathered From Far and Near, There Being Eight Different Nationalities Represented. All Are Giving Their Time for One Year and Are Working Disinterestedly to Help Needy Humanity and at the Same Time Are Receiving Medical Missionary Instruction. Miss Hibben, Their Preceptress and Director in City Visitation Work, Is Seated in the Center of Group.

The First Four Months

Zada Hibben

Students' Hall, Hinsdale, Ill.

[Since Ruth Stapp was called away on account of sickness at home Miss Hibben, one of our graduate nurses, has been filling the position of matron in the students' hall for the medical evangelistic class.—Ed.]

"It is more blessed to give than to receive." How true! Our medical evangelistic class find it so in their work in Chicago.

We have laid our all upon the altar for service. This past month has been filled with many precious experiences. The encouragements in the work are greater than the difficulties.

I believe nothing brings into one's own life such a lift to higher levels as the doing of individual work for others. It is bound to raise one's own standard of life and conduct. Not only does work in this field strengthen our spiritual fiber and deepen our spiritual life, but it leads us into more thoughtful and profitable Bible study, broadens our other interests, increases our sensitiveness and tact, and gives us ever greater power to love.

Here is a brief report of the work of the medical evangelistic class, outside of work done in the sanitarium and Good Samaritan Inn, from July 1st, when the class started, to November 1st:

Missionary visits.....	3,162
Bible readings or cottage meetings held.....	145
Subscriptions taken for periodicals.....	1
Papers sold.....	722
Papers mailed, lent or given away.....	1,915
Books sold.....	21
Books lent or given away.....	41
Tracts lent or given away.....	853
Hours of Christian help work.....	4,088
Articles of clothing given away.....	96
Bouquets given.....	8
Treatments given.....	420

Twelve of the girls are working in the city this month. A few changes were made at the first of the month and several began working in the city for the first time. We have a senior and a junior nurse also working with these students.

During the past month twenty bushels of nice large potatoes were sent to us from Indiana, and our cow has been bought for us, so we have our own good rich milk, which is very much appreciated by the family. We did not let these blessings come to us without calling a special meeting and giving thanks to the Lord for His answers to our prayers.

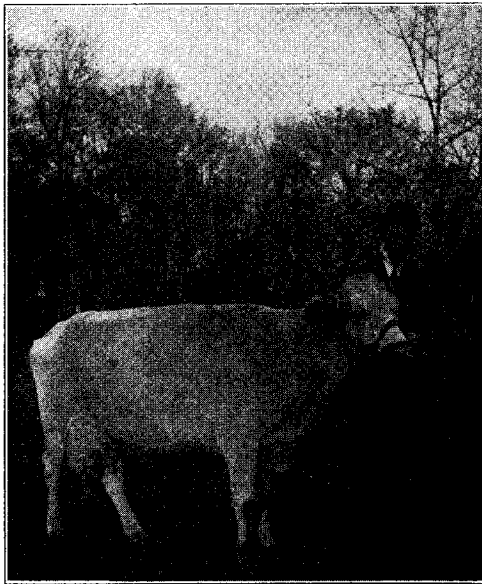
Occasionally we have a question and problem meeting. Suggestions are given on how



A PORTION OF THE STUDENTS' HALL FLOCK OF HENS AND ONE OF THE STUDENTS FEEDING THEM.

to run the home and problems are solved that our workers meet in their city work, so that all feel they have a part in the management of the home program.

Just at present some of the city workers are having some very interesting experiences



BRO. WALTER WITH THE MISSIONARY COW, WHICH WAS DONATED TO STUDENTS' HALL BY A KIND-HEARTED BUSINESS MAN.

in caring for the sick. We have dedicated our lives for service and are giving all our time and means.

It occurred to me that possibly there might be some who would like to hold up our hands by helping us with means. When the harvest is ripened such will have a part in it. Those who have no cash to spare might send some dried fruit or other articles for our table. Perhaps some ladies' societies would like to make a donation of bedding, table linen, towels, etc., for the home. These will all be most gratefully received. But above all, remember us daily in your prayers.

WAYSIDE OPPORTUNITIES

VERA MORLOCK

The last two weeks I have had some excellent experiences in cavassing. I had some very good experiences talking with people,

and also finding some sick people as we went about.

Another idea Miss Mercer and I have been following up is that instead of sitting together on the trains and street cars, we try to sit with people with whom we can enter into conversations; and we have had some very interesting experiences.

On the car the other night in going down to the mission we had some LIFE BOATS along which we intended to give to the working men down there. A gentleman sitting beside me on the car became so interested in the paper that I sold him a copy for ten cents and earned my carfare that way. So we have opportunities wherever we go.

I have also found that the experiences we have gained at the meetings, the jail services and Workingmen's Home mission have helped us meet the people as we go from house to house, and we ask for your prayers to strengthen us in our work.

TEACHING THE WORD AND HEALING THE SICK

KETURAH MERCER

Just to give you a short outline of our work: Sister Morlock and I are going to five different homes giving Bible studies, and eleven persons attend these studies. These represent eight different families and four have already decided to obey God's Word.

In canvassing last week I came to a home in which, as soon as I had entered, I heard an odd noise and off in one corner of the room was strapped a little boy. The mother said he was fifteen years old. Three years ago he was struck by a playmate and as a result of that blow he has lost his mind. His hands are crippled, he has a growth on one shoulder, and is in pain almost constantly.

The mother has taken that child to different places for healing, without any relief. I said if the boy ever got well, God would have to have the entire credit. The man broke down and cried and the mother and I had prayer for the boy, and she wants me to come every day. I gave her the book, "Ministry of Healing," which she read and said it was a good book and that she especially liked that chapter on prayer for the sick.

One day when I came home on the train I

sat beside a lady. I wondered whether or not I should talk to her as I usually do when traveling, but I started in to talk about my magazine. I always have papers on hand. We conversed a little on religious points, and a few days afterwards I received a letter from her containing a dollar toward helping me in my work. We are constantly finding people who appreciate our work, and we are finding blessings day by day by doing this work.

VISITING A BASEMENT HOME

SARAH BYE

The work in our center has been mostly to look after the sick people, and we have had our hands full.

One lady in whose home we have conducted Bible studies for some time has decided to obey God and I took her to church. She was so happy, and it made me feel good.

In another home is a husband and wife and three children, the wife only a young girl twenty-one years old. They live in a basement so dark they have to burn gas in the daytime. When we first went there we could not find the door, so we asked the groceryman and he said: "You will have to climb in the window and go around the furnace." We followed his directions and came into some dark, dreary rooms. I do not think they ever have any fresh air. We helped the woman several times and helped to clean up the house, and now they are in better quarters. They were very much touched that we could come in and help them the way we did.

It is a good experience to come in touch with the people so we can understand how to

be able to help them, and it is my desire that the Lord may use me in His work in the city.

"The harvest truly is great, but the laborers are few." Luke 10:2. This condition certainly applies to our time and especially to our work in the city. It has come to me so forcibly of late as we go from house to house and try to bring the message to the people, our work is just like a drop in the ocean. We see results, but they do not seem to be much compared to the millions of people around us. But it is for us to sow the seed and the Lord will give the increase.

MINISTERING TO THE NEEDY

MRS. KATE WILLIAMS

I have only been going to the city since the first of October, but it did not take me very long to find the sick people, as I have been working in a poor district.



CHICAGO STREET BOYS—READY FOR MOST ANYTHING.

About the first place I visited there was a woman afflicted with rheumatism, who had been in bed for two years. She can neither straighten out nor get her hands up to her mouth. I could not give her treatments like those given at the sanitarium, so I just told her I would try to get her hands free so

she could feed herself. And she was glad to have me give her the treatments.

She is a very conscientious woman. She has four little children and is only twenty-three years old now. It certainly is a very sad case, and yet at the same time she is very patient and makes no complaint whatever, and is very grateful for whatever is done for her.

More than a week ago I found a very old lady, eighty years old, living all alone. I found her absolutely without anything to eat in the house and she seemed almost famished. I went to the grocery and bought her some groceries and the way she went for the bottle of milk you would believe she was hungry. She had been sick for three weeks and no one had come near her.

We feel that our work is having an influence for good, but we know we must teach the people more by our example than by our words, and so ask an interest in your prayers.

HELPING THE INCURABLES

AMELIA RASMUSSEN

The other day as we were canvassing we found a lady who lived up in an attic and was very sick with cancer, suffering intense pain. We tried to relieve her somewhat of her pain and talked to her. She said she had just been praying for some one to come to her, because she felt if any one ever needed a Saviour she surely did. We talked with her awhile and then prayed with her. She was so glad we came, because she was afraid to die; she said she had not lived a Christian life, so she knew she was not prepared to die. After we prayed she said: "When can you come back again?" We said on Monday; that was Thursday. She said: "Well, I hope you will come, if I am not dead by that time." We have been visiting her since and she is so glad to see us.

One day as we were going along the street with some flowers a lady stood and looked at our flowers, and we asked her if she would like some. She said: "Yes." Then we told her of the work we were doing in the city, and she told us of a lady she would like us to go and see. But she could not remember the address, so asked us to go to her minister and he would give it to us.

After some difficulty we found the people. They are fine people and we read the Bible

with them and pray and give the woman treatment besides.

Another lady we found has had rheumatism for three years and can not straighten out her knees at all, and has such pain in them. We have been giving her fomentations and now she has no pain in them; she thinks the work we are doing is wonderful.

It seems we have had all old ladies that have been incurable, but I believe the Lord has blessed and will save them.

A PHYSICIAN'S APPRECIATION

E. P. S. MILLER, A. B., M. D.

[Dr. Miller, a prominent physician in Chicago, has repeatedly called on the sanitarium nurses and medical evangelistic workers to look after some of his obstetrical cases in the needy district of Chicago. He has been so favorably impressed with this labor of love on their part that he asked for the privilege of writing an appreciative note for THE LIFE BOAT concerning this line of medical missionary endeavor.—Ed.]

The work of your nurses in Chicago is such that I think it deserves a note of appreciation from one who has observed them on the firing line. In writing of their experiences they have failed to describe a most important part of their work and that is in the assistance they have given to prospective mothers, and during that most severe trial to women,—a visit of the stork.

They have helped me on these cases in the sloping ceiling of the attic bedroom, in the rear rooms of a basement, in barren rooms and in over-crowded sour-smelling tenements. They have been cheerful, willing, and best of all to a physician's eyes, they have observed scientific surgical cleanliness. Like the young engineer who won his spurs by saying that he would bridge a swamp with the materials nearest at hand, so do these nurses adapt themselves to circumstances.

Their care of these mothers and little babies has also been sympathetic and inspiring. Where there were found depressed spirits, they were left happy. Where rooms were found dirty, they were left clean.

More people than we realize are like the vine in the cellar, struggling upward toward the light. "What we call poverty is life whose poetry never has been written."

The service given by these devoted nurses is such that wins the hearts of the mothers and the children and commends even to the skeptical their religion as one of faith shown by works.

Annual Report of the Life Boat Rescue Home Association

Caroline Louise Clough

THE Life Boat Rescue Home Association is legally incorporated under the laws of the State of Illinois. It has a board of six trustees who are elected each year by its constituency. Its officers are a president, secretary and treasurer, business manager, superintendent, and matron, also a ladies' visiting committee. The time for the annual business meeting is fixed on the second Tuesday in November each year. And it is of this last annual meeting that I wish to tell you for it was a landmark in the history of the rescue home.

The large parlor in the home was seated closely but every seat was taken and the adjoining rooms and halls were filled with people. The work which the girls had done was placed on exhibition,—a large number of beautiful rugs and a table covered with useful articles to sell for Christmas presents, also samples of the choice fruit which had been canned by the girls. On one side of the room was a large screen completely covered with photographs of the babies that had been born in the home.

Among our guests that evening were distinguished workers of national reputation. Mr. John G. Woolley, the national temperance orator, was in attendance, and several leading pastors and prominent business men.

We were also fortunate in having with us Dr. D. H. Kress, who was one of our pioneers in mission work in Chicago, and hence he was asked to talk on the rescue mission work which laid the foundation for the splendid work which has been done in later years.

Following his talk Dr. Mary Paulson, who was connected with the Chicago rescue work soon after its beginning, added the second chapter to the history of this work, telling briefly of its first establishment in a humble cottage out in West Hinsdale. Then Dr. Paulson gave a glimpse of the interesting story of faith and various providences connected with the building up of the present splendid home for girls.

A report was then given on the inmates of the home during the year, as follows:

Number of girls in home at the beginning of year..	5
Number admitted during year.....	35
Number of babies born.....	27
Number of still births.....	1
Number of girls paying full rates (\$5 per week)....	9
Number of girls paying part rates.....	16
Number of cases wholly charity.....	11
Number of babies placed in homes.....	11
Number of girls in home at close of year.....	8

Beside this list we have in our family Miss Dickinson, a dear old lady who makes her home with us and gives it a grandmother's blessing. We also have two little boys,—one two and one-half years old and the other about ten months. These we call our sunbeams.

The matron, Miss Kate Sanborn, a graduate nurse, gave an interesting account of the home life and its regular program.

Dr. Ora Barber, the Home physician, gave a brief outline of the plan for the medical care of the cases, stating that the senior nurses from the sanitarium have practically the entire care of the maternity cases. And Miss Clara Stephens, who happened to be nursing in the home at the time, spoke of the pleasure she derived from caring for these girls.

The industrial department was represented by Mrs. A. C. Gaylord, who has charge of this department. Although this work has only been in operation a little more than two months yet it was reported that there were some more than twenty rugs sold and orders for as many more. This department, we trust, will be a great asset to the home.

The three trustees whose terms of office expired were re-elected. We give below the names of the board of directors:

David Paulson, M. D., president.
 N. W. Paulson, secretary and treasurer.
 A. C. Gaylord, business manager.
 Mrs. C. L. Clough, superintendent.
 Dr. Mary Paulson.
 Dr. Ora Barber.

Here is our financial report for the year:

Cash on hand November 1, 1913...	\$ 295.87
Donations	1,322.50

From patients (board and room) ..	952.71
From all other sources	19.57
	\$ 2,590.65

DISBURSEMENTS.	
Salary	\$ 501.42
Heat and light	401.27
Annuity	27.25
Provisions	908.50
Laundry	64.71
Postage	39.75
Household supplies	57.32
Sundries (expense)	161.31
Stationery and printing	16.10
Transportation	14.25
Repairs	41.15
Refund	80.00
Medical supplies	39.70
Telephone	13.20
Funeral expense	11.00
Insurance	67.50
Freight, express and livery	19.98
Improvement	75.66
	\$ 2,540.37

Balance, cash on hand November 1, 1914 .. 50.28

INVENTORY.	
Real estate	\$11,000.00
Furniture and household supplies ..	3,000.00
	14,000.00

Present worth

Of the thirty-five girls in the home during the year eight have definitely taken their stand for the gospel truth, have been baptized and joined the church. Beside this there have been several other conversions and some of the girls who left the home without making any public confession of Christ are now holding up the light of truth where they are and writing us beautiful letters of their faith and trust in God. Some have discovered for the first time in their lives that the love of Jesus Christ can actually be worked out in human lives.

The real records that have been made on the fleshly tables of human hearts can *only* be read by the One above. An honest effort has been made on the part of our workers in this institution to make this home a place where the angels of God would love to linger. Broken hearts have been mended and unnatural and disrupted family relations have been reunited. In trying to instill right principles into the hearts and lives of our girls we often find that we have to go back and convince their parents. Thus this work furnishes a wide field for sowing, and the harvest is not yet.

The same kind of weather that can make good corn can also make good weeds.

The devil wakes up whenever God gets a chance to wake people up.

REASONS FOR THANKSGIVING

ANNA J. DICKINSON

It will soon be five years since the Home family moved from the crowded cottage into the commodious building which liberal donations had so kindly provided. The heart of the matron was full of high hopes and ideals for future development of the work. Though these have not all been fulfilled yet a providential love and care has never failed.

A numerous procession of girls have passed through the Home, representing lives marred, hearts broken, hopes destroyed through yielding to evil influences. Coming with tears and sad repentings they have here found sympathy and an awakening of faith in the pardoning love that came to call "not the righteous but sinners to repentance." The careless and hard-hearted have learned to think of their ways and have gone out from the loving ministry of the Home with changed purposes and high resolves for their future lives.

Many little ones, waifs on the shores of time, have been placed in homes to be loved and cherished in the name and for the sake of Him who when on earth took little ones in His arms and blessed them.

Thanksgiving and holidays have come and gone, and always some one has remembered to minister to the cheer of the Home board. There has been abundant cause to remember God's goodness and mercy. As these festal days again draw near how good to review the years and bring to mind the gifts and bounties bestowed upon the Home family by hearts touched of God to care for its interests!

The outlook for the winter certainly is one to be thankful for. We dwell in a nation at peace. The sound of battle and strife is afar off, where are homes destroyed and loved ones slain, while our days go peacefully on. We are warmed and fed under kindly supervision.

Though there are no earthly bonds and securities to depend upon, we have unlimited deposits in the bank of heaven, whose resources are pledged to supply every need. Surely with the Psalmist we should ask: "What shall I render unto the Lord for all His benefits?"

A DAY'S PROGRAM AT THE HOME

KATE D. SANBORN,
Matron, Life Boat Rescue Home,
Hinsdale, Ill.

It may be interesting to you to know something about our daily program. The rising bell is at six o'clock, breakfast at a quarter to seven, and family worship immediately following.

At worship we try to have a special Bible study and question the girls to see if they are getting hold of something real and practical.

Then after worship they go about their duties. The work is divided among the girls. Whether they pay or not, they all assist in the work. Of course, most of them are willing and expect to do this. It is not hard for any one, as there are usually so many to do it.

Dinner is at twelve-thirty and in the evening we have a light lunch at six o'clock, and right after this usually have worship.

In arranging the work we have to change it almost continually, as the girls come and go, and as soon as one is well trained to do a certain work, another one has to be put in her place.

To see that the work is done neatly and properly and carefully in every way and yet at the same time to keep the good will of the girls, many of whom are not naturally interested in housekeeping, sometimes requires quite a little tact and a good deal of prayer, especially when it is necessary to call them back to do their work over. If they were hired, one could say: "Now, you must do this carefully and neatly or I will hire someone else." But when we consider this work is for the salvation of souls it is a problem sometimes to know just how to do.

When I came in August the fruit was so high we could not get any to can. But we prayed about it—and so often when things come up that we need, we just ask the Lord for them, and He does answer our prayers in a wonderful way. So fruit began to come in; we found some peaches out by the door one day; I do not know now where they came from. Part of our fruit has been donated and part bought. Since August we have put up three hundred and forty quarts of fruit. We also had a little patch of corn in our gar-

den. We used all we could and dried about twenty quarts, which we are enjoying now.

I try to have a health talk and question box every week, and then I give the girls written review work both on the health talks and the Bible studies. You would be surprised at some of the answers the girls give—and some of them hold a crying baby on one arm while trying to write with the other hand. But in this way we have a chance to discover what they really are accomplishing in their studies.

We now have eleven girls and seven babies in the home. Our family is gradually increasing. As we have so many girls to help in the work, they are making in their spare moments fancy articles to sell for the Christmas trade, such as slippers, fancy bags, coat hangers, kitchen holders, etc.

Our girls are all loving and kind to each other, and we have great reason to thank the Lord for His many blessings.

FOOT AND MOUTH DISEASE

For the past two weeks the Chicago Stock Yards have been entirely closed down while the United States inspectors have been supervising a most extensive and thorough disinfection of every portion of the yards. Furthermore, foot and mouth disease has been discovered in fourteen different states. This is a highly contagious disease and it is possible for human beings to contract the same.

All these things mean that the whole creation is groaning under the curse—that animals are contracting some diseases like tuberculosis from contact with man and that in turn men are contracting other diseases from animals; which also emphasizes another great truth that disease is becoming so prevalent among animals that they are no longer fit for human consumption.

Why should God's children turn away from the nutritious grains, appetizing fruit, wholesome vegetables, and consume second-hand foods in the form of flesh or fowl and run the chances of contracting various diseases? Even when the flesh is perfectly healthy it is well known that meat eating favors auto-intoxication, which lays the foundation for so many chronic diseases.

Drinking Smoke, or Smoke Inhalation

Dr. D. H. Kress, M. D.

[Dr. Kress, the general secretary of the National Anti-Cigarette League of America, has made some most painstaking investigations upon the origin of tobacco using, and he has discovered some very interesting and instructive facts which are not generally known. We present the first installment in this number and shall continue in the next. You will want the next number for this feature alone if for no other reason.—Ed.]

“**D**RINKING smoke” was the term applied to smoke inhalation when the practice was first discovered among the savages of North America, among whom it had its origin.

The history of America and smoke inhalation are intimately associated, their discovery being simultaneous. The sailors sent by Columbus to the Island of Cuba are said to have brought back the report that the naked savages carried with them curious lighted fire brands from which they “drank smoke” and “puffed it from their nostrils like devils.” This was the first intimation civilized races had of this habit,—or of tobacco smoke inhalation. Little did Columbus and his men dream that the entire civilized world would in time adopt this strange custom.

Smoking, it appears, had its origin among the savages, who were devil worshipers, in a religious ceremony. As in biblical times “frankincense and myrrh” were burnt as an offering to God, with the prayers of the people, so the American savages are said to have offered tobacco, believing that the fumes ascending with their petitions would pacify the angry and avenging gods. Harriot, who sailed to America with Sir Walter Raleigh, in speaking of this said, “Tobacco is of so precious estimation among them that they think their gods are marvelously delighted therewith.”

As in biblical times the priest looked after the physical as well as the spiritual well-being of the people, so among the savages the “mystery man” was also their medicine man. It was the medicine man who first discovered the stupefying influence of tobacco smoke, and who conceived the idea of inhaling the fumes. While under the narcotic influence of the drug they claimed to have communion with the gods. Later the fumes were employed medicinally, or to afford freedom from annoying symptoms. The results were gratifying, for

when taken into the lungs partial and often complete stupefaction was produced. The practice began to spread, and in time it became universal. To have freedom from disagreeable symptoms and to experience that feeling of well-being which all naturally desired, they found it necessary to keep under its influence continuously, or to again and again resort to its use. This, briefly stated, is the history of the habit among the North American savages.

The Beginning of the Pipe

At first it was customary to merely bend over the burning leaves and then inhale the smoke. This being rather unpleasant a Y-shaped tube or reed was employed. The two prongs at the one end were placed into the nostrils, while the other end was held over the burning mass, and the smoke was drawn into the lungs through the nostrils. The full effects of the smoke were in this way obtained. Serious results sometimes followed its use by the inexperienced.

Later a straight hollow reed was made use of and the process of inhalation was reversed. The smoke was now drawn into the lungs through the mouth and puffed from their nostrils. To make possible its use while marching a small receptacle was attached to one end of this reed and tobacco pouches made of skins were suspended from their necks, in which they carried the pulverized tobacco leaf. The powdered tobacco was also rolled into the leaves of corn. This they discovered to be the most convenient way of smoking. Gradually the pipe was replaced almost wholly by the cigarette.

It was evidently in this form that tobacco was chiefly employed by the American savages when discovered by Columbus.

When Tobacco Was a Medicine

Among the savages, the medicine men were found were not merely the first to acquire the habit, but they were responsible for the

prevalence of its use later by the people. Physicians in civilized lands were also among the first to become addicted to its use. They prescribed it for their patients, who naturally became victims of the practice. Physicians made claims of its value as a drug, as ridiculous as were those made by the medicine men of the savages. As expressed by one, it was considered "the most sovereign and precious weed that the earth tendered to the use of man."

During the reign of Queen Elizabeth of England the use of tobacco became almost universal. This was termed "The Golden Age of tobacco." In referring to this period Harriot remarked that in England "men and women of all classes took tobacco," and that "it had become a favorite custom with loiterers about taverns and other public places," as also "among the courtiers of Elizabeth."

Even ministers of the gospel were slaves to the habit. A writer of that period said, "Though tobacco be a heathenish weed, it is a great help to Christian meditation, which is the reason I suppose that recommends it to your parsons, the generality of whom can no more write a sermon without a pipe in their mouths than a concordance in their hands."

A Royal Reformer

King James I, in appealing to his people to abandon the practice, said: "Have you not reason then to be ashamed and to forbear this filthy novelty, so basely grounded, so foolishly received, and so grossly mistaken in the right use thereof,—to your abuse sinning against God, harming yourselves both in person and in goods, making yourselves to be wondered at by all foreign civil nations, and by all strangers coming among you, a custom fulsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and the black stinking fumes thereof nearest resembling the horrible Stygian smell of the pit that is bottomless."

Harnsby Rich in referring to this period said: "There were shops in every lane and every corner about London where tobacco was sold." One writer compared the spread of the habit to Elias' cloud, "which being at first no bigger than a man's hand, suddenly covered the face of the earth." Its *demoralizing* effects were very apparent. Men of science came to

the aid of King James, and denounced the practice as not merely worthless but harmful in the extreme.

Through educational and legislative efforts, public sentiment against its use grew rapidly. King James finally forbade the planting of tobacco in England and also its importation from Spain. Other civilized countries likewise enacted prohibitory laws. Louis XII of France prohibited the sale of tobacco except by apothecaries, and then only on the order of a physician.

The time came when in England Sir William Strout made a motion in the House of Commons to "Have tobacco banished out of the kingdom." Sir Guy Palmes in supporting this motion said: "If tobacco is not banished it will *overthrow* one hundred thousand men in England." Public sentiment against the practice continued to increase until it was ruled out of good society.

The tobacco devotee was considered disqualified for public office. It was demanded of a public school teacher that he "be a man of sound religion, no tippler and no puffer of tobacco." Charles II, the successor of King James, in a letter to the university of Cambridge, forbade the "wearing of periwigs, smoking of tobacco and reading sermons."

Found In the Loft

"In moving into an old house I happened to look one day up in the loft of the house and I found a little book called THE LIFE BOAT, published November, 1909. I read it and found it to be a very interesting book. So if this book is still published, please send me a sample, so I can subscribe for it."

The Best In Existence

"I have been a reader of THE LIFE BOAT for the past three or four years and consider it among the best of spiritual publications in existence today. Find enclosed renewal for another year."

Good Sound Doctrine

"It is through the blessings of God, our Heavenly Father, that I am permitted to live. I send three dollars, a donation, praying that it may be a little help. There is good sound doctrine in THE LIFE BOAT."

Some Constant Reminders

David Paulson, M. D.

OVER and over again the Lord admonished His people anciently, "Lest thou *forget*." Deut. 4:9, 23. Thirteen times in the book of Deuteronomy He told them to "remember," and God hedged them about to *assist* their memories. All that He commanded them to do was for their *own good* always. (Deut. 6:24.)

In the garden of Eden God set aside the Sabbath (Gen. 2:3) to remind man of his Creator, and He reserved the forbidden tree (Gen. 2:16, 17) as a constant reminder of His *ownership*.

After man was driven out of Eden he still had the Sabbath to remind him of his Creator, but instead of the forbidden tree the Lord reserved a *tenth* part of man's income as a constant reminder that He owned it all.

It is an interesting fact that the heathen nations observed tithe-paying *long* before the Bible was written.

Abraham knew about this provision and cheerfully obeyed it. (Gen. 14:18-20.)

The Sacred Tenth

Years afterwards the Lord said, "*Remember* the Sabbath day, to keep it holy." Ex. 20:8. He also said, "The tithe . . . is the Lord's; it is *holy* unto the Lord." Lev. 27:30.

So like the Sabbath, a tenth of the increase is *sacred*. God has reserved it for Himself.

We must never forget that the primary object of the tithe, as was the forbidden tree, is to develop character. If we pay it like a tax *it* may do good but it can't bless *us* any more than that kind of Sabbath keeping blessed the Jews in Christ's time.

What we earn during six minutes out of *every* working hour is God's. That serves to remind us how to use the other fifty-four minutes.

Eve said in the garden of Eden, "The serpent hath caused me to *forget*" (Gen. 3:15, Young's translation) that God had reserved the forbidden tree for Himself. We do not have to go outside of our churches to find those who will have to say in the day of God, "The devil caused *me* to forget" the tithe, that God reserved just as much as He did the forbidden tree.

How to Invite the Curse

"Ye have robbed Me . . . in tithes and offerings. Ye *are* cursed with a curse." Mal. 3:8, 9. So when we rob God we rob *ourselves* also.

When "all nations" do not call us blessed (Mal. 3:12) then we should earnestly endeavor to find out what is *wrong* in our program. We can not afford to use the sacred portion for ourselves, for it has ever been proved that nine-tenths are *worth more* than ten-tenths.

We can not explain this any more than we can explain the law of gravitation, or why the garden of Eden was worth more to Adam *without* the forbidden tree; for when he took the fruit of it he lost the use of the others.

Misleading Excuses

It is a temptation for those who are earning practically nothing to think that God will *overlook* their withholding the sacred tithe. Such should remember that it was the man who only had *one* talent that went and hid it in the earth; that Christ said to those who were tithing a little handful of garden seed and leaving something else undone, "These *ought* ye to have done, and not to leave the other *undone*." Matt. 23:23. And Christ never spoke a useless word.

Sometimes people who are in *debt* excuse themselves from paying tithe, for the same reason that others excuse themselves from observing the Sabbath. But the man who has been *unfortunate* and finds himself in debt, should not take the Lord's portion to cancel his debts to his fellow men. When he uses the Lord's *reserved* fund in paying debts to human beings, "Unfaithfulness to God" is written against his name in the book of heaven.

God's instruction is to "bring the *whole* tithe into the *storehouse*." Mal. 3:10, R. V. If we find the storehouse stewards unfaithful, the remedy is to turn them out rather than withholding the tithe or using it at our own discretion. Tithes should not be used for *offerings*. When we bring the whole tithe the Lord has promised to pour out a blessing so

there shall not be *room* enough to receive it.

A Timely Reformation

Is it not time for the church leaders to call a *solemn* assembly to "weep between the porch and the altar," saying, "*Spare Thy people*?" Joel 2:15, 17. For only those will receive the pure mark who sigh and cry for all the abominations that are done *in the church*. Their love for purity and the glory of God is such, and they have so clear a view of the exceeding sinfulness of sin, that they are represented as being in *agony*, even sighing and crying (Eze. 9:4); and the earnest prayers of these faithful few will not be in vain. They lament and afflict their souls because pride, avarice and deception of almost every kind are *in the church* and the ancient men—those whom God had given great light and who had stood as *guardians* of the spiritual interests of the people—had betrayed their trust (Eze. 9:6).

Two Object Lessons

The devil filled the hearts of Ananias and Sapphira "to keep back *part* of the price." Acts 5:3. There are those who are guilty of the *same* sin as Ananias and Sapphira, thinking that if they withhold a portion of what God claims in the tithing system others will never know it. But the sin is just as heinous in the sight of God and will as *surely* be visited upon the transgressor in the day of judgment, and many will feel the curse of God even in this life. The Lord merely brought Ananias and Sapphira to judgment in *this* life so that all who repeat their sin will know what *awaits* them in the next life.

An Achan in the Camp

Jericho being the "firstfruits" of the cities to be taken, God said, "The city shall be *devoted*, even it, and all that are therein, to the Lord. . . . And ye, in any wise keep yourselves from the devoted thing. . . . *All* the silver, and gold, and vessels of brass and iron, are *holy* unto the Lord; they shall come into the *treasury* of the Lord." Josh. 6:17-19, R. V.

So Achan really stole from God's "treasury" for his own benefit (Josh. 7:21), and because of his sin all Israel became as weak as water (Josh. 7:5). More than likely he repeated over and over to himself, "What does it concern them? I am accountable for *my* acts." If he had confessed, he might have been saved.

But amidst so large a crowd he naturally thought he would escape detection.

If the presence of one Achan was sufficient to weaken the whole camp of Israel, can we be surprised at the little success which attends our efforts when almost every church has its Achan?

It yet remains to be seen what God can do for an institution or a church without a single Achan in it. The time has certainly come for every Achan in our own hearts to be stoned. And if we are willing to judge *ourselves* by divine principles we will be saved from experiencing the severity of divine judgment; but if these *fail* to arouse us, we shall finally be condemned with the world. (1 Cor. 11:31, 32.)

"IT FILLS ME UP"

(From the New York Penitentiary)

"I was so glad to hear from you. I received the Spirit of God, too. I call the nice LIFE BOAT the Spirit of God, because when I read it it fills me up with His Spirit. I love to call you God's angel because you saved my soul. 'God love you,' is my prayer always.

"I can say I am full of God's Spirit and I am doing all I can to help others get what I have got. I am happy and rejoicing in God's sweet love.

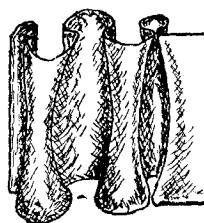
"I want to tell you if I had some money I would send it to you to help in your good work. I have no money now, but if I get hold of two dollars I shall be glad to send it to you. I have no one to send me money and no one to write to me but you.

"I love THE LIFE BOAT and soon as I can get a dollar I will send it to you. I am reading the Bible all the time and working out my own salvation, and God is filling me all the time.

"I have helped three men from a life of sin. I shall do all I can to get them to subscribe for THE LIFE BOAT. It does my heart good to read this last LIFE BOAT."

The Best Gift

"Please send me as many copies of THE LIFE BOAT as this dollar will cover. My wife and I are going to visit the local penitentiary and consider THE LIFE BOAT the best gift to present the inmates. If it seems best, we shall probably make other visits and use more papers."



Editorial Department

DAVID PAULSON, M. D., Editor



THE COMING MIDWINTER CONVENTION

For half a dozen years the workers who are connected with the various lines of Hinsdale medical missionary activities, and many of their friends and others who are interested in similar principles and work, have come together for most important gatherings during some of the days between Christmas and New Year's. Strong missionary leaders from other places have come to us with most decided spiritual messages. We have every reason to believe that the coming convention will be the most important one we have ever held.

The first meeting will be held Friday evening, December 25th, and continue until Tuesday evening, December 29th.

All former workers are cordially invited to attend this important medical missionary rally. Laborers in God's cause anywhere are likewise invited to turn aside and enjoy with us this spiritual feast. Strong, Spirit-filled laborers will be here to emphasize the great truths for this time and to instruct us in the best missionary ways and methods.

Begin to ask God to open the way for you to attend. Come with a sincere determination to be blessed and to be a blessing.

As usual, the Hinsdale Sanitarium will furnish free accommodations, and board at helpers' rates, which is on the European plan.

HAVE YOU FOUND YOUR WORK?

It is a most pathetic sight to see people everywhere making wretched failures trying to do somebody else's work, while they utterly fail to discern their *own* work, the doing of which could have been a *glorious* success.

God has given "to every man *his* work" (Mark 13:34), and the best part of it is that it is given by an unerring Hand to every man according to his *ability* (Matt. 25:15). And when we permit God to introduce us to

our work we will rather do that for nothing than do any one else's work for pay, for the same reason that a mother would prefer to care for her own child without recompense than to look after her neighbor's children for a good salary.

If we are where we ought to be, there is growing right around us a definite fringe of missionary opportunities, whether we overlook them or not; and if we wait on the Lord He will teach us *how* to enter into these opportunities.

If you discover that you are out of your place, that you have no space to work, then have the courage to ask the Lord to show you *where* is the place you ought to be, and He will be certain to guide and direct you.

DID YOU EVER THINK OF THIS?

It is an interesting scientific fact that these little whirlwinds we see catching up the dust in the fields or down the roadway are composed of exactly the same elements as those monster cyclones that leave behind them a path of devastation and destruction. The same mechanism is at work.

So the daily disappointments, trials and annoyances contain the same lessons and the same message to our souls as some great crushing disaster or crisis. And the way that the little whirlwinds affect us will be just the way we will be influenced on a much larger scale when we meet those particularly crushing experiences that come to all of us sooner or later. For "if thou hast run with the footmen and *they* have wearied thee, then how canst thou contend with horses?" Jer. 12:5. That little, annoying, exasperating incident that made you "so tired" today should be a notification to you of *how* you will be influenced by one that is much more trying, and for which this one was intended only to be a preparation.

"If in the land of peace, wherein thou trust-

edst, they wearied thee, then *how* wilt thou do in the swelling of Jordan?" If under favorable circumstances with friends all about you, helpful environments, encouraging experiences, you became disheartened and discouraged, earnestly ask God to forgive you; for that particular experience was a preparation for the swelling of Jordan that is coming a little later in your life's experience. It is your privilege not only to claim but also to have fulfilled in your behalf this promise: "As thy days, so shall thy strength be." Deut. 33:25.

WHAT ABOUT CHRISTMAS GIFTS THIS YEAR?

In view of such widespread destitution and such extreme suffering and sorrow in half of the world, it does not seem appropriate for any of us to go to the store and buy useless or even useful articles to give to some one who really does not *need* them, and with the expectation that they in turn will give us something that we do not need.

The ordinary Christmas giving idea is a beautiful thing, and in the absence of any better object it helps to keep alive some almost indispensable sentiments in our experience.

But this year there is something *better* for us to do. Already ways and means are being presented whereby the Christmas spirit may expend itself in blessing those who have been driven to the very direst stress in war-stricken Europe, and many of our fellow men will gladly and cheerfully respond to these calls.

Our group of medical evangelistic workers who go into Chicago every day are already being brought face to face with sad cases of destitution. These workers are poor themselves—in some cases extremely so, not having the means at hand to pay for their own board and other expenses. They are looking to God not only to supply their *own* needs, but to put something into their hands to help others whose needs are even more distressing than their own.

The prayers of these honest, sincere workers who in spite of their own poverty have placed themselves on the altar of service, will certainly be answered. A kind-hearted man

in Decatur was led to give a hundred dollars to buy a cow so that this group of medical evangelistic students, who are living in a home by themselves and mutually sharing their expenses, would not have to buy milk. In fact, this good cow not only furnishes them milk, but enables them to sell some every day to apply on their grocery bill. The expense for board is managed so economically that it is only in the neighborhood of twenty cents a day. Room rent is seventy-five cents a week for each student.

Is there not a group of our readers who would consider it a privilege to each donate as a Christmas gift the *actual expense* of a student for one month? We will ask the particular student who is thus assisted to send a detailed report of her missionary experiences and activities during that particular month to this donor, so that he may have an interesting report of what this small outlay actually succeeded in accomplishing.

Furthermore, there is \$6.25 of carfare each month for each worker who goes into Chicago. We are constantly looking to God to put it in the hearts of others to raise this money. These students who are willing to dedicate their life and their time to this work could hardly be expected to pay this, even if they had it.

"Some will say: "Why not have the students room in Chicago instead of at Hinsdale?" We believe, in the first place, that it is in harmony with God's will that we should work Chicago from this outpost center. In the second place, we wish to have these students all come together every evening so that they can compare notes, strengthen one another in the work, and have the advantages of family life.

We are already convinced that the advantages of maintaining this home for this class out here in a beautiful, quiet spot in Hinsdale far outweigh the disadvantages, and we believe that the hand of God has been in the matter and that He will put it in the hearts of His children to assist us in carrying out the plan.

Why not send in your subscription now?

THE NEXT MEDICAL EVANGELISTIC CLASS

Last July the Hinsdale Sanitarium made a new departure in missionary nurses' training school work. Stated in a nutshell, the new features were these: Instead of spending the largest part of the first year in doing domestic work in the institution, as is the common plan in hospitals and sanitariums, the students were brought at once in contact with live, aggressive, non-institutional medical missionary work—visiting the homes of the people, discovering how they might bring the cheer of heaven into cheerless homes and desponding hearts, learning how to do simple acts of mercy to those who were in great need of them, opening the Bible to people who were hungry for spiritual truth, putting gospel literature in the hands of the people—meanwhile attending regular classes and at the same time having the benefit of regular, well-ordered home life in which they themselves participate.

We ask those who have been skeptical whether such a radical departure was possible or not, to read the experiences, after four months' actual trial, from some of these students in this number of *THE LIFE BOAT*. They are only a sample of what the majority of the others might have written.

All who are taking this medical evangelistic year, who desire to do so, will be admitted next July into the *second-year* nurses' training school class and given bedside nursing in the institution. The following year they will take up the third-year class work and thus complete the full course.

It is evident that such workers will have a *live* experience to bring to the bedside of the sick, that one who has simply spent her time dealing with mechanical things during the same period of time never could have.

The next class will be organized the coming July. That there is a widespread interest in this practical medical missionary training is evident from the fact that we have already on hand a large number of applications for the next class. After January 1st the committee will begin to act on these applications. So if you feel that God is calling you to take up medical missionary work and desire to begin next July, send at once for an applica-

tion blank so that your case may receive careful and prayerful consideration.

CHICAGO'S HOMELESS MEN

The problem of the unemployed, homeless men promises to become more acute the coming winter than any time since the winter following the World's Fair in Chicago. During the recent prosperous years almost any able-bodied man who desired work could secure it. But with many factories shut down and other avenues of useful work closed up, thousands of men are already hopelessly stranded in Chicago.

On this subject we quote the following from a recent editorial in a *Chicago Tribune*: "A cold, but by no means wintry, night has found 300 homeless and hungry men in front of the municipal lodging house. There was no room for them inside, every inch of sleeping space having been filled. Relief came to the shivering crowd from the police department, which threw open several police stations, where they spent the night.

"This foretaste of what unemployment will mean in winter, when the cold weather will not be of a come-and-go nature, as was the cold wave of the other evening, but of steady duration, should serve a purpose. It should put all agencies who are in the habit of caring for the homeless on their mettle. It should put the public in a sympathetic frame. Help is twice as welcome and twice as effective when it comes quickly.

"The problem of unemployment is serious enough in this city and in the country to enlist all the sympathy and help possible."

From a recent official statement sent out by the United Charities of Chicago we quote the following: "We plead with our citizens who are in comfortable circumstances, by all means not to forget their Chicago fellow citizens who are sick, injured, or in distress of mind and body, many of them daily tramping the streets in vain for jobs. They need sympathy, relief and wise counsel."

The board of trustees of the Workingmen's Home and Life Boat Mission Association have already had several meetings to carefully consider this serious problem and **decide** to what extent they can assist in meeting this great emergency.

The facilities on the present Pedicord farm are so limited that only a very few can be accommodated there. Every night men come into the mission connected with the old Workingmen's Home, whose needs are most distressing. Of course, they need most of all the gospel for the soul. But it is useless for us to overlook the fact that God has also given them a body that is clamoring for attention, as well as a hungry soul. "If a brother or sister be naked and *destitute* of daily food, and one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding ye give them *not* those things which are *needful* to the *body*; what doth it profit?" Jas. 2:15, 16.

A fund must be available to help such needy and homeless men, to provide them with meal tickets and sleeping accommodations in the Workingmen's Home for at least a few days while they are receiving spiritual help and until some proper plans can be laid for a more permanent program.

The board has appointed Mr. Van Dorn, who is manager of the Pedicord farm, and Mr. W. J. Walter, who has charge of our Hinsdale missionary field activities, to act as a committee to do what they can in behalf of these needy men. The trustee of the Pedicord Farm Trust has recently met the board in session and assured them of his willingness to turn over to the association all the income which has accumulated in these recent years on the larger portion of the fund which is invested in interest-bearing bonds. The Pedicord farm will be used to care for the few men who can be accommodated there, who need such opportunities for a few weeks or longer, while the temporary cases will be cared for in the Workingmen's Home.

It is just such desperate needs that afford unparalleled opportunities for presenting the gospel. When men are deprived of human resources their hearts turn readily toward God. We are looking for a great spiritual revival in Chicago this coming winter. May we have the prayers and sympathetic co-operation of all of our LIFE BOAT readers.

OUR PREMIUMS FOR 1915

We are working up some splendid new premium offers for 1915 which will be published in the January LIFE BOAT. We are not only

furnishing some good bargains to our readers, but we are also giving you some books of inestimable value as helps to deeper spiritual life. Look for our premium pages in the next number.

NEWS HERE AND THERE

Pastor Wm. Covert of Aurora, Ill., was a welcome visitor recently.

Dr. D. H. Kress of Boston, Mass., spent a couple of days in Hinsdale.

Dr. Fred H. Weber of Boulder, Colo., called on old friends at Hinsdale recently.

Mr. H. R. Burrell of Washington, Iowa, is also spending a few days at the sanitarium.

Dr. A. J. Sanderson of Berkeley, Cal., visited Hinsdale recently while on his way to the East.

Miss Anna Kimlin has connected with the sanitarium to help in the bookkeeping department.

John G. Woolley of Madison, Wis., the noted temperance lecturer, was a welcome guest at Hinsdale.

Prof. B. B. Smith, head of the commercial department of the Berrien Springs, Mich., college, was a recent visitor.

Mrs. A. S. Steele, founder of the home for needy children, Chattanooga, Tenn., stopped off at the sanitarium on her return from a three months' vacation in California.

Ralph E. Wager, professor of biology in the Illinois State Normal at DeKalb, gave an interesting and instructive stereopticon lecture on "Bugs and Birds" in the sanitarium parlor October 21.

Mrs. Leaton Irwin of Quincy, Ill., a former patient, has returned, and Mrs. T. A. Sims of Battle Creek, Mich., is visiting the Hinsdale work.

The annual meeting of the Life Boat Rescue Home Association was held on Tuesday evening, November 10, in the large parlor of the home. This was a pleasant and profitable occasion which was attended largely by the guests and employees of the sanitarium.

Mr. C. W. McPhail, a prominent banker of Ludington, Mich., Mr. J. C. Cheney of Fort Dodge, Ia., Judge J. S. Goodwin and wife of Naperville, Ill., and Mrs. W. B. Mitchell of Chattanooga, Tenn., former patrons, have been guests of the sanitarium recently.

"BEYOND THE SHADOW"

This pleasing booklet containing 96 pages of poems by Miss Pearl Waggoner affords an opportunity to secure a fitting Christmas gift for either young or old. It may be procured in either paper (leatherette appearance), cloth, or leather binding, at 45c, 75c, and \$1.25, respectively, by addressing the author at Hinsdale, Ill.

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

WANTED.

To borrow several thousand dollars in sums of \$200 and upwards. Real estate security. Will pay five per cent interest. Address Hinsdale Sanitarium, Hinsdale, Ill.

WHY NOT BE YOUR OWN EXECUTOR?

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

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

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

The Life Boat

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

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

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

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

Single copies, 10 cents.

Yearly subscription, \$1.00.

Special discounts when a number are sent to one address.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

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

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

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

LIFE BOAT MAGAZINE AGENCIES IN CHICAGO.

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

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

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

A Sanitarium For Those in Moderate Circumstances



THE GOOD SAMARITAN INN

Conducted on the same principles as the Hinsdale Sanitarium.

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

Plain but homelike rooms are furnished at \$3.50 to \$4.50 per week, which includes all house expenses, as heat, light, etc.

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

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

Daily treatments are fifty cents each.

General physical examination on entrance is \$3.00.

Cases requiring an attendant will be charged an additional moderate rate per hour.

Special Announcement Concerning WHITE RUSSIAN MINERAL OIL

We have received so many inquiries regarding White Russian Mineral Oil from those suffering from constipation, that we have decided to furnish it from our headquarters to those who desire it.

White Russian Mineral Oil is a natural laxative. It is not absorbed by the body, it merely lubricates and softens the bowel contents. It can be used with perfect safety as it does not create any laxative habit.

The dose is from one teaspoonful to two tablespoonfuls after each meal as may be required.

PRICES

1 Pint.....	\$.35
1 Quart.....	.60
2 Quarts.....	1.00
1 Gallon.....	1.75

It is put up in tin cans so that it can be sent by parcel post. These rates do not include transportation charges.

Address, **The Life Boat, Hinsdale, Ill.**

Have You a Camera?

Let Me Do Your Developing and Printing

Many years' experience has taught me how to turn out first-class prints with "a finish" to them.

Send me your films and be sure of the best results.

Quick Service Low Prices

A post card will bring you my price list.

L. C. HARNER, Photographic Expert
Specialist in Developing and Finishing for Amateurs
No. 1 So. Washington St., HINSDALE, ILLINOIS

BIBLE MOTTOES

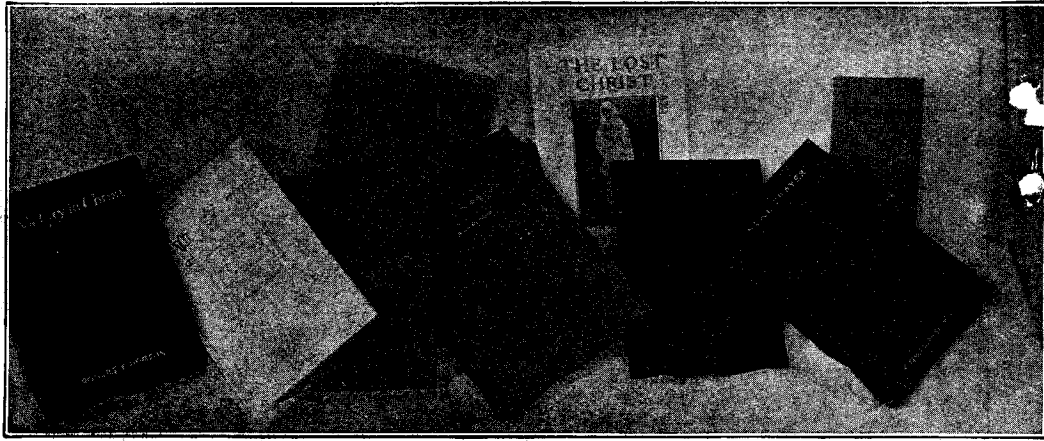
We sell mottoes direct to the Homes.

Twelve—65c; twenty-five—\$1.25; fifty—\$2.25; one hundred for \$3.75; and three hundred for \$10.00. The more you buy the less they are. 100 post cards for 50c.

Finest Summer White Cooking Oil, 50 gallons for \$31.00. For less or by the quart, write us. Our trade is increasing every day. Pure vegetable oil, no odor and never gets rancid. Address

HAMPTON ART CO.
Lock Box 403 Nevada, Iowa

Watch These Pages For Brand



Notice These Special Premium

VICTORY IN CHRIST

By Robert F. Horton. An inspiration from cover to cover. Such strong statements as the following can be found all through the 116 pages of this book: "You must not face the day till you have faced God," and "God fades out of the life of those who do not pray." Furnished free with only TWO SUBSCRIPTIONS to The Life Boat at one dollar each.

THE SONG OF OUR SYRIAN GUEST

By Wm. Allen Knight. A beautiful exposition of the twenty-third Psalm. A very attractive gift book. Furnished free with ONE SUBSCRIPTION to The Life Boat at one dollar.

STEPS TO CHRIST

By Ellen G. White. This book is just the thing to hand to your unconverted friend. It makes the way to Christ so plain that no one can miss it. Furnished in a beautiful cloth binding for ONLY TWO SUBSCRIPTIONS at one dollar each.

A MUSTARD SEED IN JAPAN

By Wm. Merrell Vories. A present-day miracle of missions. The story is told of how a young Christian teacher went alone into the heart of Japan and there amidst disheartening and discouraging circumstances, with persecutions, planted the gospel seed, which has now grown to a large and successful mission. We have only a few copies of this inspiring book left, but it is free, as long as they last, with ONE SUBSCRIPTION at one dollar.

BEYOND THE SHADOW

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

THE LOST CHRIST

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

A RETROSPECT

This book by J. Hudson Taylor is one of the most thrilling and inspiring missionary books on the market today. We have sold thousands of them. Should be read by every young person who desires to be of some use in the world. This red, paper-covered edition can be furnished with ONE SUBSCRIPTION to The Life Boat at one dollar.

REAL PRAYER

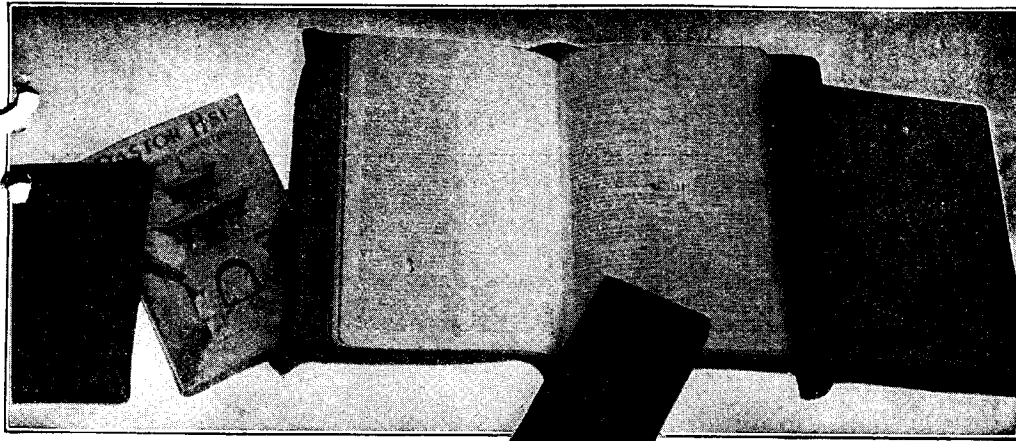
By Cortland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for TWO SUBSCRIPTIONS to The Life Boat at one dollar each.

SOUL-WINNING TEXTS

By Dr. W. S. Sadler, is just the book to help you in your study of the Bible and to prepare you for more effective soul-winning work. This is no ordinary book. Size, 3 by 6 inches. Contains 192 pages and more than eight hundred verses of scripture carefully classified. It is furnished for only ONE NEW SUBSCRIPTION. Do not fail to get this helpful book.

These special book offers apply **only** to orders sent directly to The Life Boat Publishing Company, Hinsdale, Ill.

New Premium Offers Next Month



Offers of Inspiring Books

OXFORD TEXT BIBLE

For Two Yearly Subscriptions at one dollar each we offer the Oxford Text Bible, which is just a little larger than the ordinary size pocket Bibles; contains six maps; size $5\frac{1}{4} \times 3\frac{1}{2}$ inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.

GENUINE OXFORD TEACHERS' BIBLE

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

RED-LETTER TEACHERS' BIBLE

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

PASTOR HSI

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

WEBSTER VEST-POCKET DICTIONARY

Every one should possess a copy of this Vest Pocket Library for ready reference. It not only contains a dictionary of 45,800 words, but it is also a Pronouncing and Statistical Gazetteer of the World, a Complete Parliamentary Manual, a Rapid Calculator, and Compendium of Business and Social Forms, and a Letter Writer and Literary Guide. It is by far the best pocket dictionary and reference book on the market. It contains only 192 pages and weighs two ounces. For only One Subscription to The Life Boat at one dollar we will send you one of these books bound in Morocco, stamped in gold, with gold edges and thumb index.

These offers apply ONLY to orders sent directly to The Life Boat Publishing Co., Hinsdale, Ill.

SUPERIOR HIGH QUALITY RUGS

Made by the Girls in the Life Boat Rescue Home, Hinsdale, Ill.



¶ These beautiful Rescue Home rugs are made from high quality *new* materials which will not fade and are guaranteed to give excellent service. They are made in two sizes; the larger ones are two yards long and one yard wide. The smaller ones are twenty-five by fifty-four inches. They are made of dark blue, trimmed with white, or a rich brown and white, or pink and white, and other light shades for bath room and bed room use. They can be made to order in sizes and colors to suit customer.

¶ In purchasing these rugs you are not only getting a good bargain, but you are at the same time helping the Life Boat Rescue Home and the young women in the home who make these rugs.

¶ If you are in need of rugs for your own home, why not purchase them of us and thereby help this good work along? These rugs will also make splendid gifts to your friends.

Prices: Larger size \$2.50, weight for shipping 3 lbs.; smaller size \$1.25, 2 lbs.
Parcel post extra

Address:

Mrs. C. L. Clough, Supt., Life Boat Rescue Home, Hinsdale, Ill.

THE LIFE BOAT RESCUE HOME

HINSDALE, ILLINOIS



Physicians, pastors and other workers are constantly perplexed as to how to properly extend a helping hand to the unfortunate girl. To meet this pressing need the charitable public assisted in erecting this splendid eleven thousand dollar institution and it was dedicated July 25, 1909, Judge Orrin N. Carter of the Illinois Supreme Court giving the principal address.

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

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

Address for further information

DR. DAVID PAULSON, Pres. Life Boat Rescue Home
HINSDALE, ILLINOIS

Are You Contemplating Making Your Will?

OR

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

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

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

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

THE HINSDALE SANITARIUM

Endowed by Nature

Equipped by Science



THE MAIN BUILDING OF THE HINSDALE SANITARIUM

VISIT HINSDALE FIRST

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

A suburb of Chicago—trains every few minutes—fifty trains a day.

Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis courts.

An outdoor gymnasium.

Musical entertainments and lectures.

No experiments or medical fads. Common-sense, honest treatment.

Electric light, private telephones in each room, a beautiful outlook from every window.

Open air treatment, Swedish movements, hydrotherapy, electric light baths and electrical treatments, massage, scientific dietetics, sun baths, and sensible health culture, cure thousands of invalids when ordinary means fail.

You will find any of these treatments not only beneficial but delightful and refreshing. We do not countenance routine of baths, the heroic reducing idea nor the starvation cure. Every case is decided on its own merits and treated accordingly. We rely on substantial, scientific methods, offer all these features to be rationally enjoyed.

Let Us Send You the Book of Hinsdale Sanitarium

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

Write for our book today. It is free. We will be glad to send it by return mail.

THE HINSDALE SANITARIUM
HINSDALE, ILL.

Phone: Hinsdale 645.