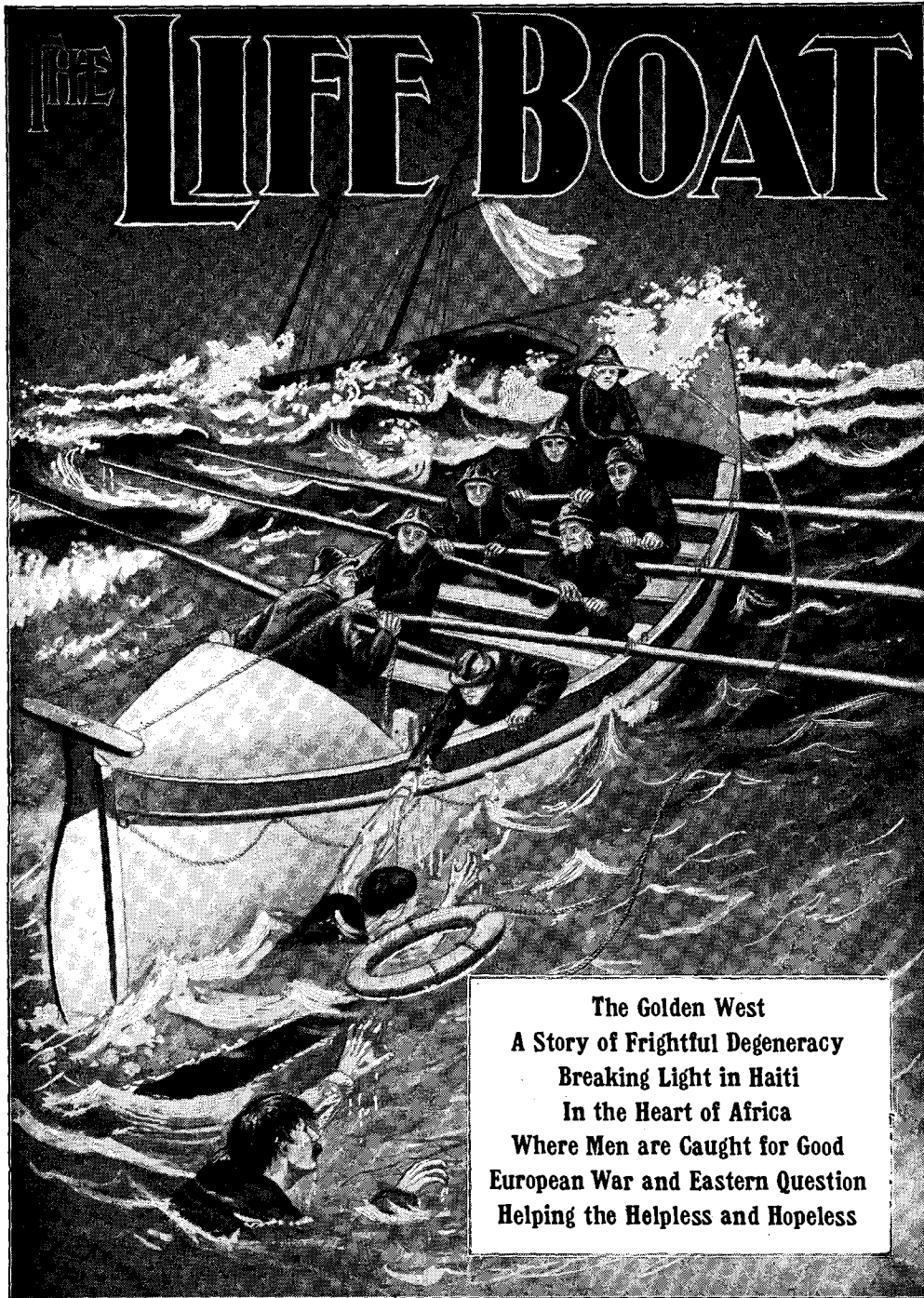


"Here Am I; send me." Isa. 6:8

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



The Life Boat Employs No One to Solicit Donations

**Volume Eighteen
Number Three**

Winsdale, Ill.

March, 1915

The Latest and Greatest Dietetic Discovery—by the Editor



Where the Creator Fills the Creature With Awe

A view in the lower Marble Canyon of the Grand Canyon. Taken by the Kolb Brothers, who traversed 850 miles of the treacherous waters of this canyon to secure photographs to give the public. See page 78.

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 XVIII.

HINSDALE, ILL.

:: MARCH, 1915

Number 3

The Latest and Greatest Dietetic Discovery

David Paulson, M. D.

THE discovery of vitamins is unquestionably the greatest find in dietetics for a generation at least. If you leave a tiny screw out of a watch the watch is put out of commission. We now know how frequently we have been leaving a screw, as it were, out of our dietary, and as a consequence it has put us out of commission the same as the watch.

Some years ago Professor Eykman of the University of Utrecht, Germany, was over in Java studying a very prevalent and almost incurable Oriental disease called beri-beri, somewhat resembling our scurvy. He was impressed with the fact that it was particularly those who lived almost exclusively on *polished* rice who had the disease.

Pigeons Destroyed by Polished Rice

He then undertook to feed pigeons on polished rice, and made the interesting discovery that in three weeks' time they became ill, began to be crippled, were unable to hold up their heads, and even their throats became so paralyzed they could not swallow, and in another day or two they would die, from a condition strangely resembling the beri-beri in human beings.

Then Eykman made this startling discovery: He took the shavings that had been removed from the polished rice, soaked them in water, passed a little of this fluid down through a tube into the bird's crop—or if they had not reached the stage where they could not swallow, fed them a little of these rice shavings. And then this astonishing thing happened: In three hours' time they began to recover and before the day was over were apparently as well as ever. It seemed like a veritable miracle.

In other words, God had put something into the covering of the rice that the birds abso-

lutely needed, and nothing else could replace it. But as little as three-tenths of a grain of this mysterious substance—like the tiny screw in the watch—was all that was necessary for the restoration of their health.

Other observers noted that all over India and some of those other exclusively rice-eating countries, as soon as our modern polished rice was introduced they began to have diseases something like scurvy; the teeth became loose and fell out and inflammation of the nerves was developed. It was also observed that when the old-fashioned rice was reintroduced the disease disappeared.

The Discoverer of Vitamine

Three or four years ago Casimir Funk in England undertook to *isolate* this mysterious substance that was present in unpolished rice, and also to determine what other foods contained it, by what means it is destroyed and what influence it has on health.

He was fortunately successful in his search, and named this mysterious but absolutely indispensable substance "vitamine." He made the important discovery that when fowls were fed exclusively on our modern steel-roller process white flour, in three weeks' time they were afflicted just the same as when they were fed on polished rice. In other words, the vitamins are in the *outer* layers in the wheat just as they are in the rice. The ordinary nice white flour that everybody wants in order to have nice white bread has the vitamins eliminated. God put the vitamins in the bran and in the yellow layer immediately under the bran, that the modern miller knows so well how to separate from the flour and sell as feed for cattle.

The thyroid gland, or "Adam's apple" as it is sometimes called, produces a secretion that is absolutely essential to the human body. Children who are born with little or no thyroid gland have hair resembling that of a horse. They have less intelligence than a monkey. Their faces appear shrunken; they are a pitiable sight to behold.

Some years ago it was found that if fresh thyroid glands were procured from a slaughter house, and thus a little thyroid extract was secured and given to such children, in a few months' time they would blossom out and become like other children. This gives a striking illustration of how indispensable the thyroid gland is to the human system.

There are at least half a dozen other equally important ferments, or hormones as they are called. We are now beginning to realize that the body can not make these indispensable substances out of protein, starch, sugar and fats. It is now believed that vitamins are the *mother* substance for the thyroid extract, for pepsin, and these other wonderful substances which are present in such minute quantities in the body but which are so necessary for its normal activity.

What Is Scurvy?

Everybody knows that in former days when sailors were fed for a number of weeks on canned meats and dried foods without any fresh food or green stuff, they would develop scurvy. Their gums would become diseased, certain nervous and digestive symptoms would develop, and in a short time they would become entirely prostrated, just as the pigeons did when fed on polished rice. And every one knows that if they could get into some port and secure some green garden stuff they would speedily recover.

Dr. Evans, formerly health commissioner of the city of Chicago, says that few ordinary people ever develop this extreme type of scurvy. But he adds: "Yet a large part of the population will have a touch of scurvy between now and May. With some it will go no farther than repeated spells of bad breath; with others a multitude of vague aches and pains variously called rheumatism, sciatica, lumbago, gout. With others there will be attacks of sore gums. With others the face will be pale and a little bloated, with dark circles and slight bloats around the eyes. With others

there will be patches of skin eruption. The reason is plain: For several months we have lived on 'hog and hominy' or what is equivalent to it. Certain needs of our systems have not been met."

Foods That Contain Vitamines

When people live on the fruits, grains and vegetables that God originally provided for man (Gen. 1:29), and refrain from entirely spoiling them by so many of our modern processes and inventions, there is no danger of having a touch of scurvy.

In 1830 Sylvester Graham led out in one of the mightiest health movements that has ever visited this country. Multitudes who had been considered incurable were restored to health by adopting his dietetic ideas.

What was the secret of it? He advised the people to eat whole wheat bread that the other people were despising, just as the nations in the East are beginning to despise unpolished rice, and suffer in consequence. He introduced the people to a normal, natural dietary. He taught them the importance of fresh green foods containing vitamins in all their strength. He hit on the idea of giving the people the very foods that contain vitamins. It must have been an inspiration from God. We are now beginning to learn the scientific reason for the things he recommended.

Raw milk contains vitamins more in summer than in winter, for then the cows have access to green things, which are particularly rich in them. Raw meat also contains vitamins. All whole grains contain them; so do yolks of eggs. Potatoes and carrots are particularly rich in vitamins. Green garden truck is a vitamin food; so are legumes. Limes, oranges and lemons are especially so.

How Vitamines Are Destroyed

Vitamins may be *peeled* off from the grains, may be *burned out* by high temperatures, and are invariably absent in *dried* foods. Baking heat, generally speaking, destroys vitamins. Those who live exclusively on baked and toasted foods and fail to add to them others containing vitamins, will sooner or later begin to suffer with symptoms of some of the various deficiency diseases.

Who has not observed over and over again babies who were fat and healthy looking when they left their mother's breast, yet when they had been fed a few months on condensed milk

and patent baby foods with the vitamins burned out of them, on white flour bread where the vitamins had been removed by the modern milling process, and on sweets and a few other foods which are wholesome and nourishing in themselves, but vitaminless—who, I say, has not seen such children become pale, anemic, scrawny, nervous, and begin to develop rickets, for exactly the same reasons that the pigeons became ill when fed on polished rice? A few teaspoonfuls of vegetable broth added to their food, a little fresh food, some gruels made from genuine old-fashioned whole wheat flour, would in most instances have completely restored them to health.

Is Pellagra a Deficiency Disease?

Thoughtful observers are beginning to believe that pellagra, like scurvy and beri-beri, is a deficiency disease. It is particularly prevalent among people who eat little or no garden truck or other foods containing vitamins, but who live largely upon corn from which the vitamins are removed in the milling process and burned out in the baking, and on roasted bacon, which, of course, contains no vitamins for the same reason.

Dr. Deaks, the noted Panama hospital pellagra specialist, is having wonderful success by feeding these patients eggs, green vegetables, lettuce, celery, onions, carrots, tomatoes, spinach, beets, peas, string beans, and fresh fruits of all kinds; and he adds some meat, but religiously avoids sugar.

Dr. Combe, the great European specialist, believes that pellagra is due to a diet deprived of vitamins. It is, of course, not yet absolutely established that this is the only cause of pellagra, but it is certainly significant that the most successful cure is feeding the patients on a food that is rich in vitamins.

There are many specialists who are beginning to believe that tuberculosis is largely a malnutrition disease, that the tubercular germs flourish in a soil that has been made favorable by living upon a one-sided diet that was especially deficient in vitamins.

Cancer is probably another deficiency disease. One thing is certain: That cancer is almost unknown among those who are living close to nature and on a natural, wholesome dietary. We shall no doubt have positive evidence in the near future that a *predisposition* to many other well-known diseases is induced

by living on a diet which is deficient in these important, mysterious, protective substances that are so absolutely essential to the natural, normal function of the human system.

It must also be plain that such conditions can not be cured by merely swallowing drugs, tonics and bitters, but only by a *reform* in the diet.

Too Many Improvements

Some of our many modern inventions are undoubtedly a snare of the devil, for which we are paying dearly in human suffering. For example: Whole rice contains nearly four per cent mineral matter, while polished rice, that nearly everybody is eating, contains only *one-eleventh* as much. That is what we sacrifice for appearance's sake.

The best part of our wheat is taken out by the modern steel-roller milling process because people want *white* bread. The old-fashioned stone-burr miller furnished us all the vitamins and the mineral matter in the flour because he did not know how to remove it. But the new-fashioned process takes it practically all out, and what is left and served on every modern table is just as much a deficiency food—and if used by itself would produce disease just as the polished rice did to the pigeons. Much of our excessive cooking and baking is unquestionably a curse to humanity—the cause of many of our deficiency diseases.

Worshiping False Gods

We are surprised that the children of Israel worshiped idols and went after false gods. But have we not also been chasing after false gods? We have sold good wholesome food to the market and then bought some of it back again, paying several prices, for the sake of having it put up in fancy packages with the vitamins "processed" out of it.

Then we have gone to a doctor and begged him for a prescription that we did not need nearly so much as we needed to be reformed. We have taken it to the druggist and paid him to put it up for us, have taken it according to the directions, and then continued to go astray.

Shall We Dispense With Physicians?

By no means. The conscientious and intelligent physician knows that diseases do not come without a *cause*, and he endeavors to trace human disorders to their source, to point out

what needs to be avoided and what needs to be done. He knows that he can no more heal the sick than the farmer can *grow* corn. What the farmer can do is to *cultivate* corn. What the physician *can* do is to cultivate health, and that is what he is paid for doing.

We are fast coming to appreciate that health instruction is ten times more important than "drops," that in many instances only smother

symptoms and permit the patients to be *comfortable* when they are really miserable. It is too late in the day to continue healing the "hurt of the daughter of My people *slightly*, saying, Peace, peace; when there is no peace" (Jer. 6:14), while "My people are destroyed for *lack* of knowledge." Hos. 4:6.

(Note: We will be glad to give advice as to where the unpolished rice and the genuine old-fashioned graham flour can be secured.)

Breaking Light in Haiti

A. F. Prieger

[Brother and Sister Prieger, missionaries to Haiti, have recently returned to the States for a few months' rest and recuperation. They visited Hinsdale January 24, and told the family of workers some of their thrilling experiences in working among the million and a half negro people in Haiti. We are not able to publish here all of Brother Prieger's talk, but will publish later some of the personal experiences of his converts. We know this article will be read with interest.—Ed.]

HAITI is one of the oldest islands on the western hemisphere, having been discovered in 1492, by Christopher Columbus. Haiti is also styled a "bloody island." I believe more blood has been shed on every square foot of Haiti than any place on the western hemisphere.

In the first place it had something like two million Indians—natives of the island, whom the Spaniards within two hundred years exterminated entirely so that none of them remained. After that the Spanish took possession of the island and began to send in slaves. Bloody battles were fought, and later it became the dominion of France—that is, the western third. The eastern part still belonged to Spain.

The Leading Slave Market of the World

Now a great traffic ensued of Africans, and Haiti became the leading slave market of the world. There the slaves were bought, exchanged and sold before they entered any of the mainland. During the time of the French revolution the black race had increased until there were something like sixty thousand in Haiti, and fifty thousand white. When the blacks saw they were gaining supremacy in numbers and saw that France was in a great revolution and England had war against France, they took advantage of the opportunity to free themselves. Great battles ensued until the French were nearly exterminated.

They have a different method of fighting there than in any other country. One of the principal methods is by poison. They have a

secret of poisoning people so they will not feel anything of the effects of it until two weeks afterwards, when suddenly a fever takes possession of them and they die. And so it



VIEW OF MR. AND MRS. PRIEGER TAKEN AT HINSDALE

was with the soldiers. They claim that in the city of Haiti alone forty thousand died. At the time they thought it was solely due to yellow fever; but that was not the case.

Like the Mexicans

Today the island is constantly in convulsion with revolution. We have been there two years and in those two years have had four presidents. No sooner does one man enter

the chair than one or two more are striving to get there.

A Haitian family have a son born to them. They see that he is cut out to be a president. You can see he is a typical president of Haiti. He is just as black as anything can be, and surely he must be the choice of the people, for they are all of that color.

Next they must demonstrate to their neighbors and all around them that he is the natural president. A president does not do any work, more than to hold a pen, and therefore the boy does not do any work. The work is carried on by his sisters. The Haitian gentleman has to ride horseback and talk politics, and if he is in the upper class has to have a cock fight once or twice a week, and makes his living by gambling; but to work is out of the question.

They are very intelligent and susceptible to teaching, and love to study and you would be surprised to see how quickly they can commit things to memory.

As soon as a boy gets old enough and has passed the common branches of education the parents send him to Paris, France, or to Hamburg, Germany, and there he finishes his education. He comes back with his bachelor's degree or with a title. And then everybody ought to see when he returns that he is ready for the presidential chair. He is a walking encyclopedia and that is all. He can not do anything with his hands. They can command and that is all. And in this way they become the most unhappy people in the world.

Women the Toilers

The women have to toil in the country. They have to cook their meals. As soon as they have finished cooking they go out in the field and raise the crops, then twice a week must run to the market and sell what they have produced, returning with the money so that the man may have a little to spend on rum, and then he must have sometimes a little tobacco, if he is civilized. The native that never comes in contact with the white man never touches liquor or tobacco, but after he gets accustomed to it he will use it. The woman has to do all the rest. She has to take care of the children, of the animals and everything. The man does nothing but ride horseback.

That is the natural condition. And another thing, it is hard for these people to do any-

thing in that island in the condition it is in. To illustrate: One young man told me he had forty chickens yesterday, but today had only three left. I asked what happened to them and he said they were stolen. I said, "Who stole them?" and he said, "A thief." I said, "Well, why don't you complain to your chief and see if he will get this thief?" He said, "Well, he is the one who stole them." So you see when the leading men in the country are the greatest thieves, what can the poor man do? There is no help.

Could Not Steal the Honey

Our converts that have accepted the truth are being taught how to raise bees. For a time this worked wonderfully, for Germany bought the honey and some was sent to France. When a thief came the bees would come after him, and for a long time the Haitians did not know what to do with these bees. But of late years they have found they can smoke them out, and so even these are hard to raise in Haiti at the present time. It is only through the power of God and His protecting care that anything can be raised.

The last nine months we were there we had revolutions incessantly. We passed through three or four of them and I only hope I may never see another of them; it is still in my bones.

Even in their worship they have no peace. Even when they seek their gods they only dread and fear. They have no peace from their fellow men and no peace from their god.

I have never seen a Haitian intoxicated. They are afraid that something terrible might befall them, and really they have reason to be. I wish that all people in this world had that same fear. They believe that when they get intoxicated the evil spirit will get the best of them. And really it does, every time.

A child gets sick, or dies. It is a terrible sight to see how they carry on when that happens. A child is stolen. Immediately there is a terrific cry in the family and they try to chase away the evil spirits; but it is too late.

People the Gospel Must Reach

I am glad the gospel reaches people. It has penetrated into the innermost part of Haiti and some are true believers. The Lord said it was going to go to these people and it does. Sometimes we feel discouraged and think, "Is it possible these people can ever amount to

something?" But it is so. I have never in my life seen more faithful souls than I have seen here. When they once get hold of this gospel and know that Jesus Christ has power over the evil spirit they just throw their gods away and throw themselves entirely into the hands of Jesus, and they cling to Him, knowing He is the only One who can overcome these evil spirits. They know all about the devil and his angels; they are well acquainted with them, but they do not know anything about the true God.

Now they come to the place where they have to decide between their god and the true God, and after they have the evidence He is the true God they throw themselves entirely on the true God and disregard other gods. That is why I am thankful we have the gospel. I am thankful for the privilege to have been in Haiti. The climate is not the best, as far as the conditions of the country are concerned. You read of Haiti and you will always find any one who has been there making this statement: That it is the dirtiest place in the world—and it is. There is no sewerage system in the city and all the dirt is thrown into the street. At noon it is very hot and the sun burns up most of the filth; but the odor is still there. You can smell a Haitian city far away. And that is what breaks down our missionaries. That causes the white man to stay away from the place.

The Difficulties of Travel

No white man can hold property there. Traveling is very hard. Whenever you want to travel to another part you must have a passport signed by seven or eight officials—each one living as far away from the others as he can so that the others may not know what he is doing. It took me a day to get a passport to go to the next village, and there you must have another passport to the next one. And so it sometimes takes two weeks to travel seventy-five miles. It is a difficult place to work in. You are harassed on every side.

During the revolution our converts would not

serve, believing that a Christian had no right to fight against any other man and kill another man, and therefore they would not take up arms against their fellow men. This caused them much trouble. They were put into prison time and time again. Some were beaten, and suffered all kinds of ridicule and perplexity. It was awful. And yet the Lord has carried them through in a most remarkable manner.

One Young Man With the Faith of Müller

Does it pay for us to go into these islands? I will show a few instances. One young man accepted the gospel of Jesus Christ and went to our school in Jamaica. While there he learned the English language and is now one of our best interpreters on the island. Returning to Haiti he took passage in a little sailing boat. These generally hold from five to ten people. It happened to be a very stormy time and a severe storm arose, and in his sight four of these little boats sank. The people in the boat called to their gods, and he himself was seasick. But suddenly he got up and said, "Fellow citizens, I am a man of your island; I am a Haitian, but I do not worship your gods. Your gods can not help you. There are people who have been on these other boats around us who cried to their gods and their gods could not help them, and they have gone down. I have learned of the true God who made the earth and sea and all that in them is, and this God is able to save us. I have learned His commands and have a determination to preach this gospel to my fellow citizens, and therefore know this boat will carry us to those people in safety; I believe we will get there, and do not worry about it." This was a rather cool statement to make and they looked at him in amazement. The storm did not cease, but they arrived to the shore in safety.

Now they have that faith. And you will always find before they accept the gospel that they must have a conclusive evidence that God has power over Satan and his angels. When once they have seen this evidence it seems nothing can take them from it.

God is in His heavens; what's the use of worry,
Just because you can not see the goal?
Be a little patient, worry will not hurry;
Keep the music ringing in your soul:
Worry never paid the rent,
Found a job, nor earned a cent;
Then why not let your Maker have control?

God is in His heavens, what's the use of worry?
Rome was never built within a day;
Dwell upon the bright side, don't get in a flurry
Though your plans are fading all away;
Worry never made it right,
Cleared the way, nor won the fight—
'Tis yours to will that worry shall not sway.
—Rev. Oswald J. Smith.

A Story of Frightful Degeneracy

Dr. D. H. Kress

[This article is a continuation of Dr. Kress's splendid treatise on "Drinking Smoke," or cigarette smoke inhalation, which has appeared in THE LIFE BOAT for several months past. We believe this is doing much to enlighten the public on the fearful effects of this pernicious habit.—Ed.]

IN England the degenerating effects of the cigarette are almost as pronounced as the effects of opium are in China. The average young working man of England is a stunted, poorly developed specimen. During the Boer war, when a call was made for volunteers for the army, out of twelve thousand who applied at Manchester nine thousand were at once rejected as being physically unfit for army service. These represented the choicest young men England was able to produce. "They come to us," said the examiners, "with their fingers stained with nicotin."

The *rejects* were mostly cigarette smokers, and "tobacco heart" was responsible for most of the rejections. In referring to this habit among the boys and young men of England Sir Brompton Gordon, in his speech on the finance bill, said it was a habit which left the rising generation deteriorated in physique. He said, "If in ten or fifteen years hence we should have the misfortune to engage in war, this habit among our youth of today would tell against us."

During the Spanish-American war ninety per cent of the *rejects* in the United States were cigarette addicts. Out of the total of sixty-seven graduates from medical colleges who applied to enter the medical department of the army, forty-three were rejected because of "tobacco heart." Considerable comment was made at the time in regard to this, but since then the use of cigarettes has been increasing by leaps and bounds among the young.

A Recent Curse

Cigarettes have been used practically only the past thirty years in the United States to any extent. We have here a partial explanation why during the same period the mortality from diseases of degeneracy has increased over one hundred per cent. During the past thirty years there has been an increase of sixty-seven per cent in the death rate from heart failure. Apoplexy shows an increase in deaths of eighty-three per cent, and

Bright's disease one hundred and thirty-one per cent.

In civilized countries it is difficult today to find men over forty years of age with perfectly sound hearts, arteries or kidneys. These vital organs wear out prematurely. Men die at an age when they should under normal conditions enter upon the period of their greatest usefulness. Men at fifty today are as old as men of sixty-five were forty years ago. There has been an increase of thirty-five per cent in the mortality rate between the ages of forty and fifty years. We age and die prematurely. In the United States one-third of the deaths between the ages of twenty and thirty are still caused by tuberculosis. Typhoid fever is still responsible for seventy thousand deaths each year, and pneumonia has a death rate almost equal to that of tuberculosis.

A Nation of Crippled Hearts

The high mortality rate in these diseases is due to weaker hearts. When a physician visits a patient he tries first of all to ascertain the condition of the heart. If the heart is vigorous and sound he is justified in making a favorable prognosis. But if the heart has been weakened he knows that it may not be able to endure the *extra* strain placed upon it by the fever, and that the chances of recovery are not good. Cigarette-weakened hearts are responsible for many of the deaths ascribed to tuberculosis, typhoid fever, pneumonia and other acute febrile diseases. It is possible to protect our young men from tuberculosis by preventing the spread of germs. It is possible to protect them from typhoid fever and other germ diseases. But this does not confer a great boon upon the race. Unless reforms are made the race is weakened instead of strengthened thereby, for these degenerates will produce of their kind.

The cigarette brings about degenerative changes in the arteries and a condition known as arteriosclerosis in the one who is spared from these acute diseases. Insurance companies of France have discovered that women

annuitants live longer than the men, not merely by an average of a year or two, but actually by one-third. One company gave the average age of women annuitants as seventy years, while men averaged a bare fifty. In another company several centenarians were found, all of whom were women. In attempting to account for this difference in the age of the sexes, experts said, "Men smoke too much and drink too much, while women drink ten times less and smoke not at all."

While I do not attribute all of this degeneracy to the prevalent use of cigarettes, we can not fail to recognize the cigarette as one of the chief, if not the most pronounced causative factor. The present degeneracy is witnessed in the rapid increase in defective children. We have in the United States not less than nine million children of school age who are defectives. Every child has the inalienable right to be well born, but the offspring of the cigarette addict is almost certain to be a defective. The sins of the fathers are visited upon the children.

(To be continued)

A LESSON IN SOUL-WINNING WHICH COST A LIFE

C. A. RUSSELL

[Very few of those who will read this soul-stirring story are so situated that it costs them so much to follow Christ. Does it pay to sacrifice something for one's convictions? When this good woman comes up in the first resurrection do you think she will consider she paid too dear a price?—Ed.]

A dear godly woman who lived in the country up in Michigan had a husband who was one of the most cruel men that ever lived. There were plenty of horses and buggies on the farm, but none for her to use to go to church on the Sabbath day. Without a word of complaint, she would take her Bible and other religious literature and would shut herself away in her room and commune with God alone during the Sabbath hours. Many a time her husband, possessed with a demon, would empty the contents of the swill bucket all over the kitchen floor, but she would mop it up with never a word of complaint.

By and by there came a time when that woman took sick; her husband thought he would get even now, so he left her to suffer alone. At last, when he became scared over the seriousness of her condition, he sent for a doctor and the doctor said:

"It is too late."

"But you must save her. You can have my horses and my stock."

"I can't save her. It is too late."

"But you can have my whole farm if you will only save her."

"No, it is too late."

So that saint of God passed away in a few days' time and that man said:

"Oh, if I could only live to see her and ask her to forgive me!"

That man was won to Christ through her life and death and is holding a position of responsibility in the church; and he hopes to clasp her hand in a better country and ask her to forgive him.

FROM AN EX-PRISONER

We cull the following from a letter from one of our prisoners in New York, who has recently been freed and is now looking for a friend who will take an interest in helping him up. He wants to be used of God to help his fellow prisoners up to the light:

"I am glad of having this opportunity of writing to you today to tell you what the Lord has done for me. I have been a prisoner in the Ohio penitentiary on a life sentence and have no money and no friends; but the Lord was my friend and He heard my prayer.

"I have called on Him and He has had mercy on me, and put my foot once more upon the Rock. Praise His holy name 'I said in my haste, All men are liars. What shall I render unto the Lord for all His benefits toward me? I will take the cup of salvation, and call upon the name of the Lord.' Ps. 116:11-13.

"I have been pardoned, but my heart is with those who are left behind the bars, and I think if only I can go around and give my testimony of what the Lord has done for me He will do for them if they only trust Him.

"I am now in need of a position, and I would like to be among some prison helpers that with them I can go around and help the poor ones that are left behind the bars."

There is more happiness in a clear conscience than in great riches.

Where Men Are Caught for Good

Caroline Louise Clough

FOR several months a mission effort has been carried on in the old Workingmen's Home on South State street, Chicago. A couple of Christian brothers now running this home have fitted up one room for mission purposes.

Our Hinsdale workers were invited to help with this work, so Brother Walter and members of the medical evangelistic class conduct the mission service one evening each week. Material help is also given these men who are striving for better things.

Recently I visited the home, and there I found a company of earnest, enthusiastic converts who were scrubbing floors, making beds, doing the laundry, waiting on customers at the lunch counter, and taking a genuine interest in the home.

These boys, for most of them are young or "near-young," have been buffeted about by the devil without an anchor to their souls. They have gone down the scale from bad to worse and were finally caught in this man trap and landed in the gospel net.

I interviewed several of them and will give you their own story as told to me. If you could have seen the light in their eyes and the glow of enthusiasm as they told me their experiences you would not doubt but what their conversion was genuine. The Lord has already used this mission to answer the prayers of heart-broken mothers, and wayward sons are finding Christ and are studying to make themselves useful in God's work.

Stopped Smoking, Gambling and Drinking, and Is Happy

"I was converted here in this mission five months ago. I have three sisters who are teachers and a brother who is a lawyer, but I was the wandering sheep. My parents are Christians and for nine years I was a Christian; but I got out in the world and went with 'the gang.' At first I started to buy drinks for the others. Then they got me into taking a little glass of beer and from that on to strong drink, and from drinking I went to gambling and then to smoking. I went from bad to worse for about ten years.

"Last spring I went up to South Dakota. I did not intend to come back, but some drawing power brought me back. I was down and out. I got a job shoveling coal. I told the man who was working with me about my condition and asked him if he knew of a cheap place to stay. He was living here at the workingmen's home so I came and stayed that night. The mission was not open then, but when it did open I would come in and take my seat near the door until I thought there would be



BRO. WALTER, AND TWO OF THE MISSION CONVERTS WHO ARE MAKING GOOD

a call for sinners to come forward; then I would slip out. I was afraid of the Lord. I attended four or five nights before I yielded. Then I could not resist and I let the Lord come into my soul. I found that to serve the Lord was more blessed than any other experience which I had gone through.

"After my conversion I thought of the many times I had cheated men out of their money in gambling; I had become hardened to it. But the Lord has forgiven me for what I

have taken and can not return. When I was behind the gambling table and handling the money I had to have a level head and so could not drink. Then I got the habit of smoking cigars. I have now stopped smoking and gambling and drinking and am happy in the Lord."

Saved From the Cigarette Habit

"Since I left my sister's home I have been roaming around the country until I got to be a regular down-and-out. I got discouraged with life. I would go out and pick up money wherever I could get it, and then spend it. I came in here to get a wash. I had once been a member of the Catholic church but I had turned against God and had joined the I. W. W. I was discouraged and nervous the night I came into this mission, but before the meeting was out I said, 'I am going to give my heart to God.' I quit drinking; then I quit smoking cigarettes, which was the hardest to give up. I tried to let it go gradually, but one morning I took one puff before breakfast and said, 'That is the last,' and I have not smoked any since.

"The first night I came in here was a bitter cold night. We were all sitting by the stove and had a little study together. Then we had prayer, and when they called on the sinners to pray I was the first one, and then our other brother here followed me.

"Last night as I walked down town with one of the boys I looked into the saloons as we passed and I pitied those poor men. I longed to tell them all about the better way that I have found since I was converted."

A Singer Turned to God

"I was a pagan, or an atheist, and did not believe in anything. I first came into this place to get a meal of victuals, but would not come into the mission. For two weeks I came here for my meals till finally one of the brothers got me to studying the Bible with him. I said, 'If that is the way you teach the Bible in the mission I am coming in.' I had always heard the gospel presented purely from the emotional standpoint. That did not appeal to me. But here in this mission they told me about Jesus Christ and proved everything to me by reading God's Word. I had never before been convinced from a theoretical standpoint. Now we are having Bible classes every day as we

are about our work, and there are things in the Bible that I never dreamed of.

"I never did care for the saloons or the dance halls or anything of that kind. I frequented them because I did not know anything better. Now I am glad I have found something better. I have written to my mother since my conversion and here is what she wrote in reply: 'I got your card and it was an answer to prayer. Sunday afternoon I was so sad and burdened for you, my dear son, that I could not sing, and broke down and cried. I have been praying so earnestly for you to get a new vision of Jesus, and when I looked at your card I said, "Thank God, His promises are sure!" Now you had better get ready to be a singing evangelist. Ask God to show you what you are to do for Him.'

"I have studied music for twelve years and my mother has taught music for forty years. But since I have been going wrong and smoking my voice has been gradually failing. I think it was because I was using it for the devil. Now I am going to sing for the Lord. I thought a great deal of my pipe, but the brother here told me if I should happen to die suddenly with that pipe in my mouth, that 'as a tree falleth so it lieth,' and he said I would be raised up with that pipe in my mouth. I could not stand that for I want to be raised up a clean Christian man ready to look my Saviour in the face and say, 'Lord, here am I.'"

Is Now a Bible Student

"I was converted on the 29th of last April. I had made a start several times before, but each time I was trying in my own strength. This time I let Jesus come into my life and Jesus has kept me day by day and saved me from sin. I was not clear down in the gutter, but in the sight of God I was just as bad. My determination now is to be a soul-winner for Him.

"I was raised by strangers and they taught me the Bible, but when I got out in the world I forgot all about my former teaching. Now I thank the Lord that I have decided to take Jesus as my Redeemer, and I thank these brothers who have taken an interest in me. I am glad I stopped trying and let God have His way in me. I am not only studying Bible history but I get many spiritual thoughts from God's Word, and I thank God."

WHAT WE FOUND IN THE JAIL

W. J. WALTER.

Superintendent Hinsdale Extension Work

What do you think we found in the annex of the Harrison street jail two weeks ago last Sunday morning? Listen and I will tell you. After our usual service downstairs with the men we went to the annex, where we found a little boy and girl. In talking with the matron in charge I learned the boy was seven and the girl six years old and that there was a baby brother at the Home of the Friendless, about twelve months old. She then told me the sad story, how the mother had been taken to the insane asylum a few days before and that the doctors said they feared she would never be any better.

The children were left with the grandmother. She was taken suddenly ill and had been taken to the hospital in the father's absence, and as I understand it the children were left alone in the house. On the father's



THE TWO OLDER CHILDREN OF THE FAMILY
FOUND IN THE ANNEX

return home he became discouraged and as was supposed, deserted the children. He at least decided to get drunk, which he did, and did not show up for several days. He was summoned to appear in the Juvenile Court on Monday morning.

Monday morning Mrs. Walter and I, with several of the workers, went to the Juvenile Court to see what would become of the children and to see if possibly the judge would let us take them. I talked with several people and with the lady who had them in charge and told them we were interested in them and that we would like to take them for a while.

Two of them remarked that it was a providence of God that had sent us for they did not

know what to do with them. The father came to court and I also talked with him about his children. He said he would be glad for us to take them as he did not know what to do. He said he would pay something toward their support. The lady in charge recommended to the judge that we take them. As soon as the judge learned that we were from Hinsdale he said he was glad to let us have them and that he would hold the case open indefinitely.

Miss Stapp then brought them out to the Students' Hall, where they were looked after by the medical evangelistic class until a place was found for them. The little girl, when given a bath, said with surprise, "Oh, are we going to have a *real* bath?" And the boy couldn't remember when he had had one last. They did not have any shoes and not much clothing. I bought them each shoes, and a suit for the boy, and the students fixed some dresses for the little girl. They are bright children and we all love them. They are going to kindergarten and are learning fast. The baby is being cared for at the rescue home, while the two older children are now in a private home near by.

A TIME OF REJOICING

MRS. D. K. ABRAMS,

5529 Cottage Grove Avenue, Chicago

A young man who worked for us just called me up by 'phone to tell me his wonderful experience with the Lord, and that Brother Walter from the Hinsdale sanitarium had given such a good talk, which had much impressed him. He said he went home from church and when his mother had worship at the close of the day and asked him to come in he did so; and the Spirit of God came upon him and he gave his heart to God. He said he was so happy he could hardly wait till he could get to a 'phone to tell us how he had found Jesus. He requested me not to tell Mr. Abrams, as he was coming down right away to see him and wanted to surprise him.

I can not tell you how happy I was to hear this good news of salvation. How many times we have prayed for this young man! God has a work for him that none other can do. Pray for him that he will hold fast to the Lord and that no man take his crown.

Others of his friends who were interested

in him were notified by 'phone. If there is rejoicing here over a soul saved, how much more in heaven do the angels rejoice! I am sure the angels sang praises to Jesus over this sinner that had found Jesus so precious to his soul. I know God hears and answers prayer.

I met a lady on the street car, entered in conversation with her, and then gave her a tract. She started to read it and soon looked up, saying, "Why would this not be a good tract to give to my friend that I am going to see in the hospital?" I said, "Why, it would." Then she told me about the sorrow this friend of hers was in, whose people lived in France. They were very wealthy. Since the war broke out the news had come that one brother was killed in the war. As a result the mother had lost her mind. Then I told her that I thought this war was a fulfillment of prophecy, and that the end was near at hand. She said, "Well, it looks like it." She gave me her name and address and asked me to come and see her. I am going, for I believe there is an honest soul.

I told her I feared that if this war kept on, the United States would become involved and then would follow the last great battle between church and state, and then probation would close and Christ our Saviour would come. She said it looked like it. There never was a time when the hearts of the people were so ready to receive the truth as now.

HIDING FROM GOD

A teacher once held up a vase of water in which a goldfish was swimming about, and said to the children before him: "See this fish hide. Do you see him now?"

"Yes, sir," the children shouted.

And as the fish moved in all directions, the question, "Do you see him now?" was repeated, to call forth the same eager reply, "Yes, sir."

"Can't he hide from you?" asked the teacher.

"No, sir," was the reply.

"Why?"

"Because we see through the glass."

"So," said the teacher, "God sees right through our hearts. We can not hide from Him."—*Selected.*

FACING DIFFICULTIES IN THE HEART OF AFRICA

M. C. STURDEVANT,

Tsungwesi Mission, Rhodesia, South Africa

[We have recently received the following personal communication from Brother Sturdevant, who, with his wife, is carrying on a Christian mission and industrial school in the heart of heathen Africa. When you read this report and see what these workers are sacrificing for the cross of Christ, ask yourself the question, What am I doing for Jesus?—Ed.]

On returning home from a furlough to the United States in 1913 we found the work greatly retarded on account of the dreadful scourge of smallpox that had struck our mission while we were away, scattering the natives, and causing the death of Brother C. L. Bowen, who was left in charge of the work.

We saw at once that a hard struggle was before us. Most all of the dwellings were burned down. The older boys and young men had left, there being only a few young boys and a less number of girls to help us. Our school was greatly reduced in numbers but we went ahead to restore the work and bring confidence and good cheer to the natives again. I confess our own courage almost sank within us as we saw the work that was before us, and, to make the burden no lighter, the health of our new worker, Brother F. B. Jewell, failed up at once and we soon had to send him off to our Cape Town sanitarium. Others were sent to help us till his return, but they soon took the dreaded African fever and had to leave in just a few weeks' time.

The strain became so heavy on Mrs. Sturdevant and myself that my own strength also gave way and I was very near death's door for ten days. In this time Mrs. Sturdevant had three Europeans sick on her hands for two weeks, with all the labor and care of the mission. To us it is a wonder how God sustained my wife. Not one day of fever has she had in thirteen years, or any other sickness to hold her in bed for more than three days at a time. We take courage in this and give God all the glory due to His name.

But for all these experiences God has greatly blessed our labors and prospered our work till we have seen our mission grow in fourteen months from thirty-two boarding students to seventy-five, with thirty-five additional day students in attendance, so that we now have enrolled one hundred and ten in our school.

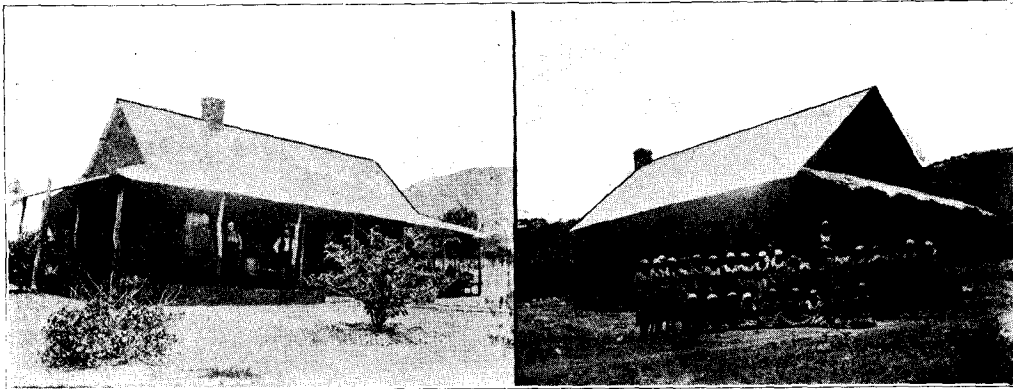
All are splendid workers and a good spirit prevails throughout.

The increase of members has compelled us to add to our buildings, so that we have enlarged our schoolhouse nearly half as large again, our dining quarters as large again, and have built a new girls' dormitory with other smaller buildings for the boys, in the native way. Not a few have accepted Christ as their Saviour and have been baptized. Forty-six in all we have baptized in the past fourteen months and among them some of the older natives, married men and women. We greatly rejoice in this, for in the past we have been able to reach only the younger natives and children.

At the last baptism we had one of the fathers, a true heathen, who had seen four

So confidence has been restored, and all that we are able to care for at present are coming to our school.

The temporal work is also prospering among us. Our school being an industrial mission, we also have to find work daily for all these students. So we make brick, build all our own buildings, care for one hundred and fifty head of stock, make and sell butter, raise fowls, and cultivate a farm of two hundred and fifty acres. Last year we raised something over 6,100 bushels of corn, besides beans, peanuts, potatoes, sun potatoes, etc. We made 80,000 brick and did our own building, also keeping a small store at the mission. By all this you may imagine we have had some labor and responsibility. But in it all God has sustained us and greatly blessed our own souls, so that



MR. STURDEVANT'S HOME IN TSUNGWESI MISSION

A VIEW OF THE GIRLS' NEW DORMITORY

of his children baptized and accept Christ, stepped up to me as I walked out of the water and really thanked me for baptizing his children. Four of our leading chiefs were there and gave the most careful attention to all that was done. One sitting all the time close to the water's edge where I baptized, I could see was deeply impressed.

The natives recognize we have the truth and are teaching the whole Word of God to them. One chief came to me not long ago and said, "When you first came among us I was afraid of you, for they told me you were a deceiver, a false prophet; but I have seen with my eyes and heard with my ears and I know that you are teaching my people the truth."

we can say we are glad for this part in His blessed work. Pray for us.

Criticism is a very acceptable tonic for the right-thinking man.

No man is so insignificant as to be sure that his example will not have an influence either for good or evil.

John Wesley said: "Give me one hundred men, whether preachers or laymen, who hate nothing but sin, and fear nothing but God, and I will shake hell itself and set up the kingdom of God."

A BRIEF TRIP TO THE GOLDEN WEST

DAVID PAULSON, M. D.

On my way to the Pacific Coast on the afternoon of December 31 I gave an address at Topeka, Kansas, to representatives from a hundred American colleges and universities. The occasion was the Intercollegiate Prohibition Association convention.

My subject was "Alcohol and the Physician of Today," a synopsis of which appeared in the February LIFE BOAT. I earnestly asked God that I might not merely bring to these earnest, brilliant young people the fruits of recent scientific investigation on this great subject, but also that I might bring them a vital message that should reach their souls and their hearts; and I believe that God answered my prayer. It was an inspiring and instructive occasion and I was glad to have a chance to be present.

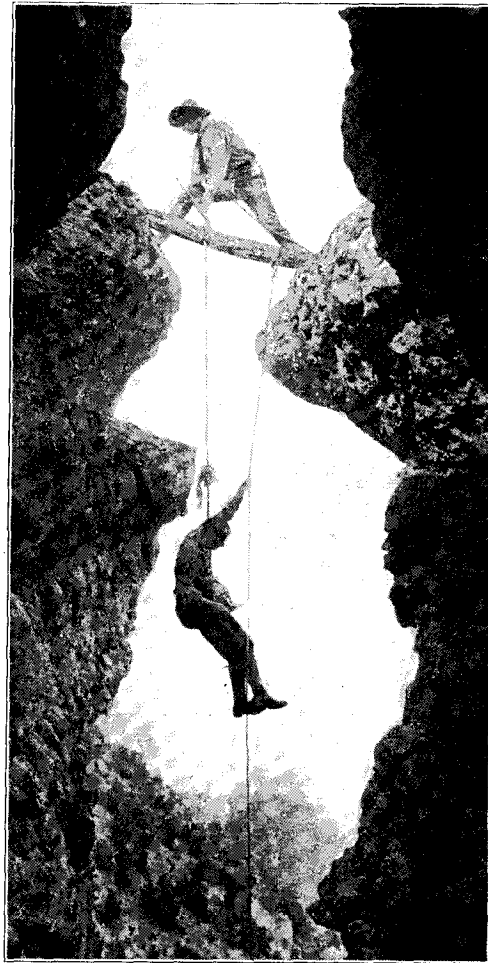
I endeavored to secure reservations westward on the midnight train, but failed, and so was compelled to wait until the middle of the next day. As I took my seat in the car the tourist conductor grasped me by the hand and expressed his great pleasure in meeting me, as it brought back a flood of former recollections. He used to come between his train runs and help us in the old mission days in Chicago; and what a delightful visit we had together, comparing notes! Then I knew *why* I had been disappointed in securing reservations on the previous train. If our eyes are only open properly, and we are willing to be led, we shall see positive evidences at every turn of the road of the Psalmist's wonderful words, "My times are *in Thy hand*." Ps. 31:15.

The World's Greatest Scenic Wonder

I stopped one day at Grand Canyon. When I stepped to its edge and first beheld this stupendous sight my soul was filled with awe. It seemed a foretaste of some of those marvelous visions that we expect to behold in the new world. One can not help wonder why this unparalleled sight was hidden away in this wilderness, where at best only a small fraction of earth's population can ever have a chance to view it. To stand on the edge of this titanic crevice and look down and see

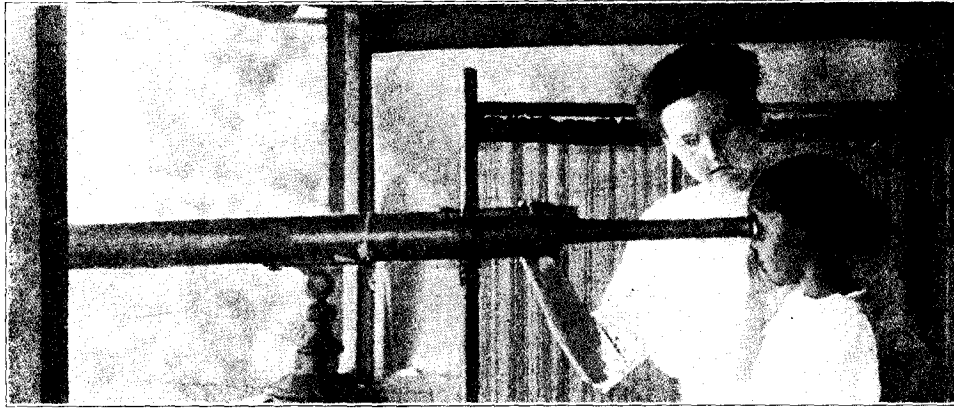
the Colorado River flowing more than a mile below, to see the ever-changing panorama of color, all pitched on a scale so vast, is a sight that never can be fully effaced from my mind.

One of the most pleasant incidents of my stay out to Grand Canyon was a visit with Mr. Kolb, the local photographer, who with



HOW THE KOLB BROS. SECURED A DIFFICULT PHOTOGRAPH OF THE CANYON

his brother a couple of years ago went way up into Wyoming, launched an ordinary row-boat in the Green River, and then floated down until they entered the Colorado River and, of course, the Grand Canyon. They



MRS. KOLB AND DAUGHTER LOOKING THROUGH THE TELESCOPE TO SEE THE CAMPFIRE,
A SIGNAL OF THEIR SAFE RETURN

actually succeeded in making this tremendous trip of hundreds of miles, over rocks, rapids, and rushing currents, and came out at the end alive. He showed me the identical boat in which they made this trip.

I could not help but feel that if two young men could be willing to run such superhuman risks merely for the sake of adventure and to secure photographs that no one else had been able to obtain, I ought to be more willing to run some greater risks for the sake of saving perishing humanity.

The Panama Exposition

While visiting medical missionary centers in Southern California my old friend and former student, Dr. Whitelock, took me out in his machine and showed me some of the wonderful scenery surrounding San Diego. God has been good to that country. It is never too hot in summer and never too cold in winter. Consequently it has naturally become the American invalids' Mecca, and San Diego is growing with amazing rapidity.

When San Francisco won the Panama Exposition the enterprising people of San Diego did not sit down and whimper and whine over their disappointment. They simply decided to have an exposition anyway, and they wonderfully succeeded. And to me one of the most wonderful things is what human talent, ingenuity and skill, when combined with nature, have succeeded in accomplishing to the grounds themselves. They have transformed a rugged, barren hillside and plateau into one of the fairy spots of earth.

The exceedingly deep canyon lying between the city and the grounds has been bridged by one of the highest cement arch bridges in the world. It was a masterpiece and a marvel. As I stood there I thought of the labor, the toil, pluck and perseverance that it required to produce this structure. I thought of how few of the thousands of people that would surge across this bridge the coming year would ever stop to think of who built it, how it was built, or the struggle it must have been to produce it.

Then I thought of this land of liberty, where we have freedom to worship God according to the dictates of our conscience. It is just like that bridge: it is a wonderful thing, and thousands and tens of thousands are today enjoying it, never stopping to think of the life-blood it cost, of the effort that it required, any more than those thousands of people hurrying across this bridge will stop to think of the workmen that were injured and the risks that were run to build it. For every splendid privilege that we today enjoy, *some one* went through heartaches and shed tears to make it possible. Are we grateful, or ungrateful?

While I was in San Francisco it was possible for the first time to talk over the telephone from New York to San Francisco. What a wonderful attainment! And what a beautiful thing it was that Alexander Graham was on hand to throw *his* voice across the continent! What memories it must have revived in the brain of *that* great man! What

a story he could have told of what it cost to produce it, and how people laughed at him when he first was trying to produce the telephone and considered him a lunatic. But now the telephone can be found in homes everywhere, even in the most rural districts.

Alexander Graham's work has simplified life. And what do all these things mean? Is it not God's purpose that they should be used to His honor and glory? And ought we not to thank the Lord for the privilege of living in a time when such things are made possible?

There is no chance for *us* to invent a telephone: that has already been done. But each one of us has a mission in this old world just as truly as Alexander Graham had; for God has given "to *every* man his work." Mark 13:34. Have you found *your* work? If not, is it not high time that you were doing so?

A SAD DAY IN THE HOME

KATE D. SANBORN

Matron, Life Boat Rescue Home, Hinsdale, Ill.

Miss Sanborn had hoped against hope that the little youngster who had come to be almost considered a permanent boarder at the home would be left in her care indefinitely. So when his guardian sent for him and I phoned her to that effect she immediately broke down and was unable to talk to me from the other end of the line. However, we trust that the hand of the Lord was in it and are glad to have brought a little sunshine into his life during this past year.—Ed.]

Many of you know of the little boy who came to us from the other side of the earth. He was born at the very time the Titanic went down, but did not come to us until about sixteen months ago. On the seventh of this month his guardian sent a woman for him to take him away to his new home.

In a thousand ways day by day he got a tighter grip on our heart-strings until it was very, very hard to part with him. Quite a few people have left the Home since I came but no one's departure seemed to upset the entire household as his did. The girls all wanted to be of service in some way to help get him ready to go.

I went with him as far as Chicago. I can never forget how kind and thoughtful the girls were at this time. They gathered up and hid his old clothes that were left behind, even thinking to put his high chair out of sight before I returned from Chicago.

In the January *LIFE BOAT* we spoke of bring-

ing a girl to the Home with her sick baby. We found a place for her to work and recently the girl returned for a few days' visit. You would not have recognized the baby as the same who came to us in December, so fat and rosy had he grown. I do love my girls. I hope some day I will have a home where I may keep all the girls and babies whom I want to adopt.



MISS SANBORN AND HER SPECIAL CHARGE

We have recently been blessed with some new tablecloths. We certainly needed them. You should see how we have darned and patched to make the old ones hold out this long.

It will soon be time to make garden. We hope to have a large garden this year, so that we may not only have plenty of vegetables for the summer use, but some for next winter also.

A WORD FROM THE GIRLS

[The girls in the Life Boat Rescue Home have written a letter expressing their appreciation of the opportunities they have in the home. They want the LIFE BOAT readers and those who have helped to support the home to know that they appreciate this haven of rest.—Ed.]

We thought it would interest the readers of THE LIFE BOAT to hear how the girls feel about the Home.

This institution has a homelike atmosphere. We are just like one big family, and the matron, Miss Kate D. Sanborn, is very kind and conscientious. All the girls love her dearly. She has a mother's love for all of us and



A TEN-MONTHS-OLD HOME BABY

always has a cheerful word when we are feeling sad and despondent. The Home is very comfortable and nicely furnished and the surroundings are very beautiful. The greenhouse is not far from here and we have the pleasure of looking out upon the flowers in the summer time.

We also learn many things while here concerning the Bible. We thought we had studied our Bibles before coming here, but we have learned many things since. We all enjoy wor-

ship very much. It has taught us many a good lesson.

We also learn to give fomentations and simple treatments, which will be a great help to us at all times. We receive the best of care during our stay here. Some of us have had different stations in life before coming here, but we are all treated the same.

Some people advise us to give up our babies. They tell us we are not capable of raising them. In some cases it is best, when the girls are extremely young and have not had much experience in working. The majority of the girls have had experience in working before coming here, and those that have not are taught while here. The girls do all the work of the Home, but there are so many of us that the work is not hard for any.

We sincerely pray the dear Lord will send more unfortunate girls to this good Christian home—not only to shelter them through the darkest hour of their lives, but to lead them on to a better and more spiritual life after they leave here and to walk closer with Jesus Christ.

"ONLY A POOR PRISONER, BUT TRYING TO FIND THE PATH OF RIGHT"

We cull the following from pathetic letters received from a poor prisoner in Michigan City, Ind., just before Christmas. There are thousands of aching hearts stowed away behind the walls of our state prisons. Because their relations and former friends have forgotten them, should we? No, never, "For *whosoever* shall call upon the name of the Lord shall be saved. How then shall they call on Him in whom they have not believed? and how shall they believe in Him of whom they have *not heard?* and how shall *they hear* without a preacher?" Rom. 10:13, 14. For fifteen years THE LIFE BOAT has been a preacher, visiting these people once every year with the good news of salvation, and it will go again this year.

It is getting ready now for the voyage. Who will help it to get a good cargo on board? We ought to have fifteen or twenty thousand copies to go around. How many hundred copies will you pay for at four dollars per hundred?

"Your letter reached me in the best of health, but not quite as happy as healthy. But I am praying that a great happiness will come soon.

"I have three sisters living and will give you

one of their addresses. She is hardly big and old enough to help me in any way; she goes to school all the time, as far as I know. I do not know the address of the other two sisters.

"I hope you can do something toward obtaining my freedom. I have been in prison for more than four years this time. I know that I can make good if ever I get an opportunity. My mother and father are both dead and I have only my little sisters to help me. I am not more than a boy; I will be twenty-four years of age on my next birthday, on the fifteenth of June.

"We each received a nice card that the little children of the kindergarten of Michigan City sent to each boy and man in this institution, which we are all thankful for. May God help and protect them all from harm!

"Dear friend, I thank you for the card you sent me, and hope you will answer this letter, and I would like to have you send me another.

"The Song of Peace' is very nice and I thought a great deal of it, and all of the boys that read it liked it also. I think THE LIFE BOAT is the best book of its kind published in America—and there are a great many of them printed in the United States.

"I am praying that our heavenly Father will open wide these gates, so that I can be of some help to my brothers and sisters, and help those who have been good enough to help me. May God bless you and all who are trying to help the poor and unhappy. I am only a poor prisoner—one of thousands who are trying to find the path of right, and I hope that we will be able to find it soon.

"I will close, hoping to hear from you soon. I am going to do all I can toward helping others. I will send you a Christmas greeting.

Christmas Refrain to Sorrow

"How mirth and greetings jar an empty heart!
Would that, remembering mourners, they spoke low!
It is enough to set the tears astart
To hear them shouting 'Merry Christmas,' so.
If heart and home, poor brother, are forlorn,
Chide not the joy that breaks with Christmas morn!

"Oh, how those carols smite a lonely ear!
What is all music since my own is still?
Where God has left whole, happy circles here,
They may well sing of 'Peace and His Good Will.'
If heart and home, poor brother, are forlorn,
Rejoice! Today death's Conqueror was born.

"Oh, what are Christmas gifts to my sick sight,
Since God has taken gifts I love the best?

Could I but bring my precious dead to light
The merry world were welcome to the rest.
If heart and home, poor brother, are forlorn,
Welcome the day the Gift of gifts was born.

"Though thy voice falter, greet some soul that's sad;
Though thy heart ache, help other hearts to heal;
Give what thou canst to make the children glad,
And use thy woe to work the needy's weal.
If heart and home, poor brother, are forlorn,
The Prince of Peace can fill, then, Christmas morn."

BRINGING THE GOSPEL TO THE PEOPLE

THORA BORG,

Member Medical Evangelistic Class

I have been working in Chicago this winter and have had such good experiences. The Lord has been leading and blessing our efforts.

This winter has been hard for so many people. Some have been out of work since cold weather began, or even longer. We have found people hungry and children barefooted. We have made good use of the barrels of clothing sent us for our work, as we have had so many poor people to deal with.

One lady heard about our work and sent for us to come and see her. She is totally blind and all alone during the day, but is so patient in her affliction. She always takes part in prayer with us and thanks the Lord for sending us there.

We started Bible readings at another place. The lady was sick, but after we had been there several times she looked much better and said, "Ever since you came here and got down on your knees and prayed in my house I have been getting better. You have started to come here; now you must keep on." The next time I went there to give a study she was out. She had found a place to work. But we feel the Lord answered our prayer, because we had prayed for work.

We were told at one place that we were queer nurses because we were not afraid to do domestic work. I know of several places where we have read the Bible to the people with the result that they have begun studying it for themselves.

One lady where we conducted Bible studies had not had a Bible in her hands for many years. She took part in the study and did very nicely. At first she did not like to hear the Bible.

We have many invalids and aged people in our district who are unable to go to church, who appreciate our coming to read and pray with them.

The Passing of a Notable Warrior

David Paulson, M. D.

FROM time to time our readers have been cheered, admonished and inspired by abstracts of timely and Spirit-filled talks that Eld. O. A. Olsen had given to our Hinsdale family.

Several weeks ago, while traveling in Southern California, I received a telegram containing the sad news that he had ended his earthly career, at our institution, after only a few days' illness. The words that David spoke of Abner came forcibly to my mind: "Know ye not that there is a *prince* and a *great man* fallen this day in Israel?" 2 Sam. 3:38.

I can not adequately express my own personal sense of loss. He was in every sense a spiritual father to our Hinsdale family. From its very beginning he always held himself in readiness to give us friendly counsel and encouragement. He was the chairman of each of our mid-winter conventions. At every crisis in our work he proved himself in every sense a staunch supporter.

He was a man of deep piety without the least suggestion of morbidness; for he naturally possessed a genial, amiable, and optimistic temperament. Being a man of powerful faith, wherever he went he was called upon to pray for the sick and suffering. This was never done in a perfunctory way, but in a manner that harmonized with that great gift of sound, rugged, common sense which

so characterized him.

As a physician I feel it to have been a liberal education that in a number of instances I had the privilege to unite with him in these solemn exercises. Before praying he would endeavor to analyze in a most thorough-going fashion the patient's purposes and desires so as to determine their genuineness. He would

in a tender but none the less emphatic manner insist that all health-destroying habits must be absolutely abandoned; that if health were regained it must be placed unconditionally upon the altar for *service*, and not for self.

It was a searching test; but when it could not be unqualifiedly met, his faith did not permit him to pray for healing, but merely that the sufferer might be led more fully to Christ.

On the other hand, frequently the responses to this kind of prayer were amazing. I personally know of more than one case that, from a human standpoint, were absolutely hopeless, and yet were almost instantly re-

stored to health. These cases were convincing evidence that God has not ceased, even in this generation, to respond to the genuine prayer of faith when its conditions are met.

Brother Olsen was a standard bearer in the fullest sense of the word, and the vital question that confronts some of us is this: Have *we* the preparation and necessary cour-

WHEN A STANDARD BEARER FALLS

PEARL WAGGONER

Another worker smitten:
One faithful soldier less
To fight the world's oncoming tide
Of sin and wickedness.

A standard bearer fallen,
In sorrow laid away;
But shall the standard suffer loss
Or perish in the fray?

Nay! Let it be a signal
To those who still remain,
To grasp and lift it higher still,
Until he rise again.

Our Captain's cause is urgent,
It needs each worker true;
Beside the enemy's vast hosts
How few we seem—how few!

Yet still they fall around us,
One more e'en now is gone;
Let those who stand their armor take
And gird more firmly on.

Wherever one has fallen
Let many more press in,
And press the battle to the gates,
The victory to win.

No time is there for idling,
Indifference or ease;
From those whose hands have loosed
their hold
The banner we must seize.

For just an hour remaineth,
A crisis is at hand;
But, oh, the glory, when we meet
In fought-for Canaan's land!

age to fling aloft the standard that dropped from his hand when he fell?

For years he carried an intense burden that the great multitude of un-churched and un-Christianized foreigners, who are flocking to our shores, should be reached with the searching gospel message for this time. He was about to establish in Chicago an important training school for foreign workers. This project, for lack of efficient leadership, has for the time being been abandoned; but the need is none the less real. We feel that God is bidding us to open wider our doors for the training of this very class of workers for which he carried such an intense burden.

FINDING OPPORTUNITIES FOR SOWING GOSPEL SEED

RUTH STAPP

After several months' absence, it is again my privilege to be actively engaged in city work. Miss Butcher, a sanitarium graduate nurse, and myself, are now located in the original nurses' center on the West Side. We are looking up our old patients and finding as many new ones as possible. We are trying to take up the work where we left off. Already several opportunities have come to us for treatments and Bible studies.

It was recently my privilege to visit the Oak Forest Infirmary about twelve miles northwest of Chicago. This institution is maintained by the state. It affords a home and cares for the sick who are not financially able to otherwise receive help.

The institution is well named, for its massive grounds are literally covered with oak trees. The buildings are so constructed that every room receives plenty of sunshine and ventilation, which is a very important factor in such a place. A few rods from the main building are the tubercular cottages. These consist of one room, well ventilated and kept warm by the means of steam pipes. Each patient has a cottage of his own and the monopoly of all the fresh air around him.

There are enough people in this one institution to make a little city of their own.

As we visited the various departments of the work we were allowed to distribute Christian literature and speak a word of cheer to the inmates. As I remember how eagerly they held out their hands to receive our papers,

I can not help but wonder how many of them are looking forward to a better life. We left the place with a prayer that our visit might not have been in vain.

An opportunity is open to us here to regularly visit this institution and distribute our literature and to give Christian talks. We intend to take up this work just as soon as possible.

Another institution which I recently visited was the Chicago Industrial League. It is always an inspiration to see what others are trying to do to uplift humanity. The league is located at 10 East Twelfth Street. Its object is to give shelter and employment to men who can not find work.

There are several industries carried on here: plumbing, harness making, furniture repair, paper sorting, etc. The men are given work in one of the departments at a small salary until they can find employment elsewhere. It is interesting to see these men make good tables out of old wooden bedsteads, upholster old chairs, repair old stoves so that they can be used again, or sort paper for the mill. When the various articles are in good shape they are taken to the store and sold at a very reasonable price. The money received hereby helps to support the work.

Above the workshops are the dormitories, dining rooms and one large living room. Both sleeping accommodations and food can be obtained here for a very small fee.

Connected with this work and only a few blocks from the Industrial League is "Popular Hall." Here we find a dormitory containing three hundred beds. The price of a bed for the night varies from ten to twenty-five cents. In the basement is a large dining room. A man can get a good wholesome meal for five cents. A large lobby is used for the reception room. Thus it is possible for a man who has been unfortunate financially to have a comfortable and clean place to sleep and good wholesome food for a very small sum. Instead of the saloon which usually adjoins a cheap boarding and rooming house, here we find a mission. The men are here taught to put their trust in God. Surely such a work is worthy our prayers.

Trust the promise, and God will make good the performance.

HELPING THE HELPLESS AND HOPELESS

JOSEPHINE HANSON

[This brief report by Miss Hanson, a member of the medical evangelistic class, gives our readers a good glimpse of the splendid work these students are doing among the needy of Chicago. Those whose hearts are touched by the report of this humble, Christ-like ministry and who feel a call of God to enter the work, please write for particulars concerning the next class, which will start about July 1st. —Ed.]

Chicago certainly is a big field for missionary work. Until you go down to this great city with its millions of people, many of whom are without Christ and without hope in the world, you can hardly realize the Saviour's request to His disciples: "The harvest truly is plenteous, but the laborers are few; pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest." Thousands of children are growing up practically on the streets, some hardly knowing what a real home is.

This winter especially has been a hard one. We often wonder how they live. "Well," they say, "we can live on water, but the rent is worse. We have to have a place to live in." So every penny they get goes toward rent. It seems this hard time has touched some landlords' hearts, for we often hear them say, "Our landlord is good. He waits with the rent."

There is one family we found where the husband has been out of work five or six months, the wife sick in bed, and two children in the family, the smallest sick from lack of nourishing food, and nothing in the house to eat. They live in two small rooms, where scarcely a ray of sunlight can penetrate. They are foreigners.

The wife and mother told us she did not have a friend nor a relative to come and see her. She was so happy to see us, and we have had many good visits with her. She is now feeling better and her husband has had work for a couple of weeks. She has not been out for several months, because she had nothing to wear. We took in some clothing for the children, which she appreciated very much, and we have also gotten a coat, shoes and dress for her. So now she can be out a little.

We have several sick people that we treat, and we always take these cases to the great Physician and ask His blessing to rest on the treatment, and He has not forsaken us.

He has heard our prayer and pains have been relieved wonderfully.

One lady who during last winter suffered a great deal of agony and pain, this winter is feeling well and is always smiling and happy.

Another one has been troubled very much with arthritis, and has gone to different doctors and tried almost everything without result. We started to give her hot applications, and after a few treatments she felt very good, and since giving a number more she has made a remarkable recovery. She seems very interested in our great truth.

We had a very sick patient who had cancer of the stomach and suffered much. We took her case to our loving Saviour, whom she had learned to love during her sickness, and with His tender mercy and a few simple treatments her suffering was relieved a great deal. She has been tossed about in this old wicked world and gone through poverty and its hardships. Her husband died a drunkard. He was the means of influencing her into the same habit of this awful curse till at last she was on a sick bed, and then she realized the condition she was in and was willing to surrender all to Jesus. She enjoyed our Bible readings and prayers, for which she would always ask.

It gives us joy to be able to go and help the sick and poor and tell them how Jesus suffered for them and how in all our affliction He is afflicted. Our hearts are in this work. Pray for it and for us, that we may come boldly to the throne of grace, that we may obtain mercy and find grace to help us in the time of need.

TEACHING THE BIBLE IN CHICAGO HOMES

KETURAH MERCER,

Member Medical Evangelistic Class

"I believe the Lord sent you to me to help me love Him and obey Him again. He knew how I had been slowly drifting away, until I did not pray or even go to church. Now I want to know what is coming upon the earth, and I tell it to my folks. They make fun of me for believing, but I believe this is true just the same. I have begun to teach little prayers to the children and tell them Bible stories. If I am to go to heaven, I want to take my children with me, and as many others

as I can." This is what one woman said the other day when I made my regular call to give her a lesson from the Bible.

Nearly all of our Bible readers restudy their lessons and many times read the whole chapters where the texts are found instead of reading just the texts.

One special point of interest to our readers is the preparation to meet Christ. They realize that only those with strong, clean bodies can live through the time of trouble and plagues which is even now bursting upon us in various forms. So several have decided to eat and drink just such things as will promote growth, health, and a clear mind. It may mean a struggle for some to give up tea, coffee, spices, meat, etc., but with a determination and God's blessing they will be the victors in the end.

It is a sacred pleasure to meet with honest-hearted souls to impart to them the precious truths of God's Word. You may ask if it pays

to do this work for strangers? Yes; but they are now no longer strangers, but become some of our best and dearest friends. The Word of God draws mankind together into one family—the brotherhood of Christ. They appreciate the truths brought to their doors and praise the Father for sending the messenger. To many the Bread of Life is presented, but only a few reach out to claim it for their own. We are told to "go" and "scatter the seed." The rest must be left with Him, for who knows which will prosper, this or that?

The sower must patiently wait for the harvest, for then he receives the reward of his labors. We may then enter into the joy of our Lord in seeing the souls which were saved from ruin and death. To see their happiness and to share together the blessing of heaven, our home, will be reward enough. This reward is open to all who work. Will you, dear Reader, enter the contest?

The European War and Eastern Question

Prof. P. T. Magan

[During the midwinter convention Dr. P. T. Magan gave a series of studies that were of thrilling interest, bearing on the significance of this present war. We present herewith the first installment, almost word for word as first given, and believe it will be read with the deepest interest.—Ed.]

I WILL be glad if you will all turn to Hos. 9: 7, 8:

"The days of visitation are come, the days of recompense are come; Israel shall know it: the prophet is a fool, the spiritual man is mad, for the multitude of thine iniquity, and the great hatred. The watchman of Ephraim was with my God: but the prophet is a snare of a fowler in all his ways, and hatred in the house of his God."

The Bible teaches that a time of great trouble is coming upon the world; that greater calamity, more bloodshed, death and sorrow and famine and trouble of every nature is coming than this old world has ever seen before. And tonight as we are sitting here in this peaceful place it seems that we are living under the most awful shadow of war and trouble which the world has ever seen.

Tonight some seventeen million men in Europe are under arms; for the past four months blood has been poured out like water; fortunes have been expended for the destruction of human life as never before in the history of the world. You can hear all kinds of theories. You can hear one class of thinker who will tell you that when this war is all over

Germany will be a universal empire, that Kaiser Wilhelm the Second will occupy as large a place in the earth as Pharaoh did in the days of Egypt or as Nebuchadnezzar did in the days of Babylon; that France will be no more and England a mere speck on the map. And you can hear another class of thinker who will tell you that when this war is over the name Germany will not be found on the map; that the clanging hammers of Krupp will have sounded for the last time, the heavy tread of the Potsdam drill sergeant will have come to an end forever, and that England and France, who this class say are fighting for the liberation of Europe, will dominate the Old World as the United States dominates the New.

Or again you will find a third class of philosophers who will tell you that this is the last war that the world will ever see; that everybody will be so *horried* with the destruction of life and property, with the terrible waste of men and blood, with the awful sights and sounds and sufferings of this titanic struggle,

that automatically all the nations of the earth will come to the place where they will banish war from the universe forever. And I suppose if it were not for the Bible that any man could take any one of these philosophies or propositions and argue from it in a most convincing manner. If he would only take the right line of literature and only follow one side, he might pretty well prove his point.

The Bible and This War

The point I particularly want to drive home tonight is that it would be passing strange and altogether beyond human thought to believe that this war is not mentioned in the Bible. I can not for a moment understand how any one who believes the Word of God and who studies it diligently, can come to any conclusion which would take out of the realm of Bible mention the present awful struggle which is filling the world.

I do not know how many of you have ever stopped to think how large a part of the Bible is made up of the story of the wars and strifes of different nations. You go way back to the book of Genesis, to the earliest days of the race, and you will find along in the days of Abraham how Chedorlaomer and the five kings came and fought together. Now you and I may say that we have no interest in Chedorlaomer and those five kings, and in a concrete way I do not suppose we have. But somehow or other God thought that that thing was of enough importance to mankind for Him to put it in the Bible.

Now the Lord never wrote the Bible for a fairy tale. He never wrote it just to interest us in an intellectual way, but the Lord wrote the Bible for the salvation of the souls of men and women. And while the very opening chapters of the book of Genesis begin with the story of war and bloodshed, and while that same story runs through all the Old Testament and is not altogether left out in the New, it is well worth while for you and for me to stop and consider why the Bible has so much to say about war. In other words, Why does the Bible tell about the wars of Pharaoh? Why does the Bible tell about the wars of Nebuchadnezzar? Why does the Bible tell about the wars of Darius the Mede, and Cyrus, and all of the different princes and potentates who are mentioned in the Old Testament?

God has written those things out for a

purpose, and He has placed them in the Bible because in some way or another you and I will see that these things form a large part of God's great plan in ultimately bringing about the salvation of men and women.

Hence, it would seem altogether strange that the present war should have no place in the Scriptures; for there have been *more* lives laid down in this war already than in any other war of five or six times the length that has ever gone before it. There are more men under arms tonight than there ever were in all the history of the world before.

You and I look back to the wars of Julius Caesar; we study about them in our school books; but all the armies Julius Caesar ever had would not make a good advance guard for Kaiser Wilhelm the Second. We talk about the wars of Charlemagne; but all the armies in all the battles he ever fought would not form a force sufficient for a good rear guard action. You talk of the Spanish Armada, and yet all their ships put together are a mere bagatelle compared to one superdreadnaught of today. You take the wars of Napoleon and all the men beneath his flag, and the whole thing sinks into insignificance beside the fighting that is taking place at the present time.

I want you to get your perspective right on that thing. I want you to know we are living in the most tremendous days this old world has ever seen, and that more *world-shaking* things are being done at the present time than have ever been done in all the history of the world before. And when this struggle is over, when this awful war is closed, when the last signature has been put to the last treaty, you are going to see greater changes in the affairs of men than the human mind can contemplate. When this thing is all over the world is never going to be the same again. There has come a rude awakening, a rude shaking up, which is going to change the whole tenor of the thoughts and ideas of men and women. And you are going to see the strangest things, and things the most extraordinary, come out of all this that have ever been conceived by the mind of men.

Now the verse which I read says, that "the days of visitation are come, the days of recompense are come; Israel shall *know it*." And I want to ask you all, how many of you have stopped to think how that in all the ter-

rible fighting which there has been thus far up to date, no side has gained any real material advantage? Every side has lost hundreds of thousands of men. Men have been blown to atoms and their lives snuffed out as if they did not amount to the very dust of the earth. The most hideous artillery destruction has taken place.

But with all the fighting on land, under the land in the trenches like moles, on the high seas and in the air, there is not one side of the combatants that can claim they have really gained a thing. The Germans started out to go to Paris. They got within twenty-five miles of the gates of the city; but little by little they were driven back to the northern part of that country and even to their own borders and to Belgium, and when this present so-called Battle of the Aisne, which stretches from Switzerland to the North Sea, began, the common prophecies were that that battle would last three or four days; but that battle has lasted week after week, and month after month.

One day one side will gain fifty or a hundred yards; the next day the other side will take it all back again, and they just sway and roll back and forth from Switzerland to the sea and neither side has gained a thing. The Germans are no nearer Paris than they were months ago, and in many ways not as near. The allies are not able to make a particle of impression that is worth speaking about, to show any advance on Berlin.

Go over to the other side—the eastern theater of war. One day the newspapers will be full of the news of a great Russian victory and will tell you how the whole army corps of the Germans has been annihilated and another has been taken prisoner, and within a few weeks' time the Russians will be in Berlin. In a few hours' time the news flashes across the wire that the Germans have annihilated a Russian corps and Warsaw is about to fall. And back and forth that tide of battle rolls, and no one gains anything substantial at all.

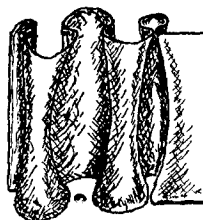
Come down to little Serbia, and Austria. It was supposed that Austria would crush Serbia to the ground. It was supposed the Austrian legions would wipe out the Servians in no time at all. At times we have read how Austria had gotten half way across Serbia, and then news came again that there was not an Austrian left on Servian territory. A few

weeks ago the news was flashed over the wires of how the German squadron had met a British squadron and sunk every ship they had. And then a few days ago came the news that that victorious squadron had been met by a British, and practically every ship of the Teutonic squadron was sunk.

Now what ought all of that to teach us? Why, my friends, to my mind it spells that these are days of *visitation*; that these are days of *recompense* and of vengeance, and that in some way or another God is bringing judgments and punishments and visitations upon this old earth. It has not been a walk-over for anybody; it has not been wonderful victories which have swept over miles of country for any side. But in trenches, in water up to their waists, day in and day out those men have fought, and no one has gained anything, and hundreds and thousands and hundreds of thousands of lives already have been laid down in the terrible struggle.

The days of visitation *are come*. But the Bible says that Israel shall *know it*. In other words, God does not want the people who are looking for the coming of Jesus Christ in the clouds of heaven to be carried off their feet by this struggle. He does not want us to become intoxicated with patriotism or with loyalty to any one side or the other. But God wants you and me, my friends, to see in this thing judgments from heaven falling upon this old earth.

God wants us to realize that this thing is a visitation, that this thing is a recompense. For God says that when days of visitation and recompense shall come, Israel shall know it, and outside of Israel all prophets (as this verse states) are *fools*. Note the text. Now that does not mean that the prophets of God are fools. The prophets of God foretell *real* things; but everything outside of that is mere conjecture, is mere speculation. And the only way to understand what all these things mean is to know these things as they are told to us in the Word of God. And I say, with more homes devastated in Europe than there have ever been in the history of the world before, with more hearts broken, with women and children dying of famine, with the most awful state of destruction and devastation the world has ever seen, should we think the Bible would be silent upon such solemn events?



Editorial Department

DAVID PAULSON, M. D., Editor

DON'T FAIL TO READ THIS!

For more than fifteen years we have, each May, issued a special prisoners' number of *THE LIFE BOAT*, and kind, generous-hearted readers have made it possible to send tens of thousands of them to the prison cells of nearly all the great state prisons in the land. The good they have accomplished only eternity can reveal.

At each great revival of Christianity the gospel has been given to the prisoners. If you are interested in giving the gospel to the prisoners it is an *indication* that the Spirit of God is speaking to your heart. When Christ returns He will say to such, "I was in prison and ye came unto Me."

Many of those who have helped to send the gospel to the prisoners will be surprised and say, "When saw we *Thee* . . . in prison, and came unto Thee?" How surprised and gladdened will these humble workers be when the Prince of heaven and earth shall say to them individually and personally, "Inasmuch as ye have done it unto one of the *least* of these My brethren, ye have done it unto *Me*." Matt. 25:30-40.

It is a tremendous effort to furnish *THE LIFE BOAT* magazine to the prison population of this country. *THE LIFE BOAT* is the only periodical that undertakes to do this on such a large scale once a year. The prisoners everywhere look forward to this annual visitor just like your children anticipate Christmas. Shall they be disappointed?

Do not begin to say within yourselves, "I can not do anything for the prisoners this year; this is war time and money is scarce." My friends, this is just the year the prisoners *need* this special help. God will reward you in making the self-denial and self-sacrifice to do this. He will water your own soul, and see to it that in the end you will be none the poorer.

Four dollars will pay for 100 *LIFE BOATS*

to be sent to your state prison. Any sum will be thankfully received. Begin to talk up the matter among your friends. Encourage the children to begin saving their pennies. Read them some of the letters from the prisoners in *THE LIFE BOAT*. Let candy money, chewing gum money and a host of other little indulgences all go into the self-denial box for the prisoners' fund, and you will be surprised what you can do in a month's time. Whatever you do, *DO SOMETHING*.

HOW YOU MAY HELP CHICAGO WITHOUT COMING TO CHICAGO

Next to New York City, Chicago presents the largest city problem in the United States. Thousands and tens of thousands of its inhabitants never enter a church. The gospel must be carried to their *homes* by workers who have it in their hearts to do it, and who are willing to wear out their own shoe leather for the sake of saving precious souls.

We are sending in from Hinsdale every morning more than a dozen of such workers. Most of them are poor in the fullest sense of the word. Rich young people, generally speaking, take no interest in such work.

It costs about \$75 per month to pay their daily carfare into Chicago, and then there is street carfare. Some of these workers need a little assistance from time to time with their own personal expenses. They are doing a glorious work; they are reaching the people with the gospel for both soul and body. They are doing just what many of *you* who are reading these words would like to do. Here is the next best thing for you to do:

Will you help these young people to continue their work? Some time ago a generous-hearted man put at my disposal a fund for just this purpose. It is now exhausted. Will *you* replace that fund? If you can not do this, will you not *help* to replace it? You will be glad when you get over on the other

shore that you have made a good investment in Chicago.

Do not forget how *you can help* Chicago without coming to Chicago.

THE NEXT MEDICAL EVANGELISTIC CLASS

Dozens of young people are applying for the privilege of joining the next medical evangelistic class, which will be organized the first week in July.

All over the land there are young people whose hearts are longing for an opportunity of becoming genuine gospel medical missionaries. This class affords first theoretical instruction in Bible, physiology and hygiene, health reform principles, hydrotherapy, practical nursing, treatment of disease, physiologic principles, massage, obstetrics, principles and ethics of nursing and hygienic cooking.

In addition it affords practical opportunities for field work, medical missionary work, cottage meetings, missionary work, jail services, with actual experience in caring for the sick at the Good Samaritan Inn.

Those who desire to remain longer than this special one year's course will be taken into the second year nurses' class of the Hinsdale Sanitarium, and finish their course the third year.

This is a most superb opportunity for those who have a genuine desire in their hearts to be medical missionaries, and none others need apply. Send for application blank and full information.

DRAWING THE SAP

It is one thing to admire a maple tree, but it is altogether another thing to gather sap from its sturdy trunk. There are thousands of people around us who are admiring Christ and Christianity, but who have never learned the secret of feeding their souls upon its vital sap. "Not every one that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven; but he that *doeth* the will of My Father which is in heaven." Matt. 7:21.

It was not an accident that the Lord tells us *first* of all to *taste* and then "see that the Lord is good." Ps. 34:8. If up to this present time you have simply been a great ad-

miration of Christianity, if Christ has only looked good to you—begin this very day to appropriate to yourself its vital sap.

A MODERN WITTENBERG

Wittenberg was Luther's home town. In this little hamlet he conducted the most notable missionary training school of the early Reformation period.

Spirit-filled workers with hearts aching for truth and reform came from Bohemia, Poland, England, France, Switzerland, and other European countries, and of course from different parts of Germany, to spend a little time in the inspiring, missionary, educational atmosphere of Wittenberg. Then they would return to set their home communities ablaze with the Reformation.

Has not the time about arrived for every missionary training center to be the same? For years we have prayed that the Lord would be pleased to make Hinsdale a modern medical missionary Wittenberg. And we believe if we will humble our hearts and go through the necessary self-denial and self-sacrifice, that God will be pleased to graciously visit this place. We believe He will send us Spirit-filled young people who have heard the call of God in their hearts and have felt the needs of perishing humanity in their souls, who will come here and receive a special preparation to go forth again to toil in the Message and gather precious sheaves for the harvest that is evidently drawing so near.

DO YOU FEEL THE SAME WAY?

We are constantly receiving appreciative letters from our readers concerning THE LIFE BOAT. They enjoy the health instruction, or they have been inspired to a closer walk with God, or perhaps have been led to undertake some little, humble, but encouraging missionary work in their community that they had never thought of doing until they read THE LIFE BOAT.

Is your subscription about to expire? Do not fail to renew it. If you do not receive the paper regularly, why not subscribe? Can you get anything more for a dollar than its monthly visits will bring you in a year's time? If you are already a subscriber ask some neigh-

bor or friend to do likewise. Look at our magnificent premium offers. Perhaps you know of some one who should be encouraged to take up the sale of them in your community. Suggest to them to write for wholesale rates and sample copies. Don't put this off until the evenings are short and there is less time to read.

From Our Readers

"I will renew my subscription for THE LIFE BOAT for it is one of the best magazines there is published."

"I see my subscription expires this month, so will renew for another year, as I can not think of doing without THE LIFE BOAT. It is like a dear old friend and it gets better all the time. I get so much comfort and encouragement by reading it. May God's blessing continue to rest upon THE LIFE BOAT and all THE LIFE BOAT workers."

A PAYING PROPOSITION

The Lord told the children of Israel that when they entered the land of Canaan they were to *drive out* the abandoned and degenerate inhabitants. If they allowed them to remain they would be "pricks in your eyes and thorns in your sides, and shall vex you." Num. 33:55. Joshua's parting admonition was to the same effect: "They shall be snares and traps unto you, and scourges in your sides, and thorns in your eyes." Josh. 23:13.

Instead of driving out these nations, the children of Israel found it more *profitable* to put them under tribute. "It came to pass, when Israel *was strong*, that they put the Canaanites to *tribute*, and did not utterly drive them out." Judg. 1:28. Finally God sent them a heart-searching condemnation because they had made a league with the inhabitants of the land, and did not obey His voice. Why have ye done this?" He asked; and then added, "They shall be as *thorns* in your sides, and their gods shall be a snare unto you." Judg. 2:2-3.

To what extent does this same message apply today? Have we not been more anxious to put the world around us under tribute, to establish good business connections, than we have been to get the heathen principles out of our own lives and out of the lives of those with whom we have had dealings? As a consequence their gods have become a snare to us.

NEWS HERE AND THERE

Mr. and Mrs. A. J. Aalborg visited their sister, Miss Esther Aalborg, a sanitarium nurse.

Mr. and Mrs. H. A. Bollman of Wheaton, Ill., warm friends of the work, spent a few weeks at Hinsdale during the month.

Mr. Chas. F. West of Baldwin, Mich., formerly a member of the Hinsdale family, visited the work and workers again.

The Hinsdale workers enjoyed the pleasure of having for a guest a few days Mr. David Ramsokal, a native Hindu student, who is preparing to return to his country as a medical missionary. Mr. Ramsokal gave two lectures on India which were greatly appreciated.

Dr. Amy R. Humphrey of the Walderly School, South Range, Wis., visited Hinsdale recently while on her way to Attleboro, Mass., to spend a few weeks.

Prof. C. A. Russell of Berrien Springs, Mich., and Miss Edith E. Shepard of Chicago gave an interesting Missionary Volunteer program for the workers' missionary society.

Miss Anna Kimlin, a sanitarium bookkeeper and stenographer, spent a few days visiting at her home in Normal, Ill., recently.

The Hinsdale family were all glad to welcome back again Dr. David Paulson, who has been traveling on the Pacific Coast during the month of January.

Carl Clough spent a few days visiting the college at Berrien Springs, Mich.

Miss Anna B. Peterson, one of the sanitarium nurses, returned recently from an extended visit with relatives in New York City.

L. A. Hansen of the Takoma Park sanitarium in Washington, D. C., was a welcome visitor at Hinsdale recently. Mr. Hansen gave a very interesting stereopticon lecture to the sanitarium family on sanitariums in this and other countries.

Mr. and Mrs. A. F. Priege, returned missionaries from Haiti, W. I., spent a day in Hinsdale recently. Mr. Priege gave several interesting talks to the workers on their experiences in this dark island.

Mrs. F. F. Johnson, the sanitarium superintendent of nurses, enjoyed recently a visit from her brother, Mr. H. R. Langley of Walker, Mo. Mr. Johnson is spending a few weeks in Florida.

Mr. Frank E. Baker, superintendent of the

hospital department of the Clow Manufacturing Co., Chicago, made a pleasant visit to the institution this week.

Rev. Wm. P. Pearce of Appleton, Wis., spent a few days in Hinsdale recently.

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.

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 Flower Queen" and "The Flower of Paradise"—two beautiful soprano and piano solos for 35 cents. Order from Otto Lundell, 140 N. Dearborn St. Chicago, Ill.

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.

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, 3545 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	Shipping weight 2 lbs.
1 Quart.....	.60	" " 4 lbs.
2 Quarts.....	1.00	" " 6 lbs.
1 Gallon.....	1.75	" " 10 lbs.

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.

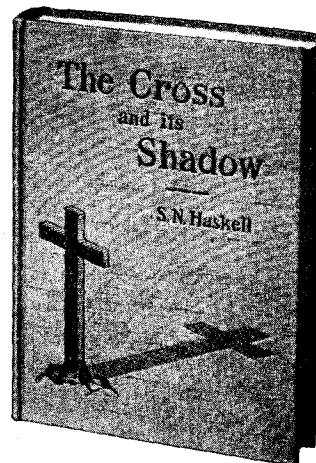
Finest Summer White Cooking Oil, 50 gallons for \$31.00. For less or by the quart, write us. Our trade is increasing every day. Pure vegetable oil, no odor and never gets rancid. Address

HAMPTON ART CO.
Lock Box 403 Nevada, Iowa

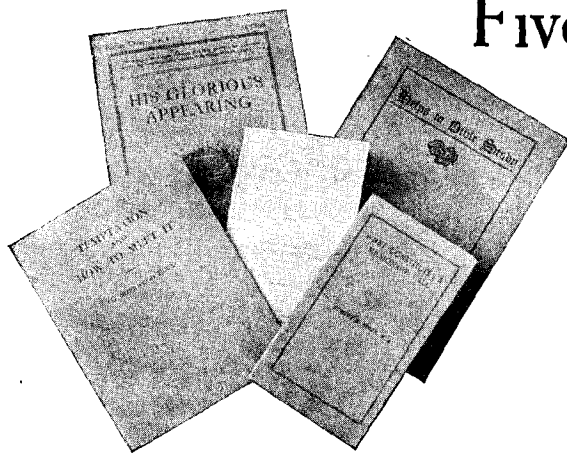
T W O S P E C I A L O F F E R S

THE CROSS and its SHADOW

A brand new book by S. N. Haskell



THIS book presents the whole Old Testament sanctuary service in a new and living setting. The sacrifice of Christ for us is beautifully portrayed on every page. This book is a marvelous inspiration to a holy life and should be in every home. It contains 388 pages, 50 chapters and 218 illustrations, and will be given absolutely free for only TWO SUBSCRIPTIONS to The Life Boat. Take advantage of this offer while it lasts.



Five Truth-Laden, Soul-Inspiring Booklets

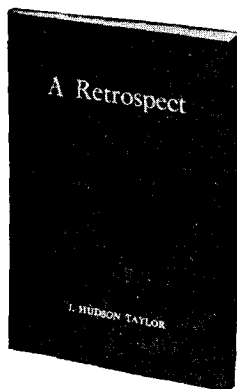
given free
with ONE
SUBSCRIPTION to The
Life Boat at one dollar.
The booklets are:

*His Glorious Appearing;
Helps to Bible Study; An
American Girl's Struggle*

and Surrender; What Constitutes a Missionary Call; Temptation and How to Meet It. The size of these books is all out of proportion to the good that they will do. The reading of them will do more toward making you a valuable man or woman than a hundred-dollar set of the classics. They are Spirit-filled and ought to be widely read.

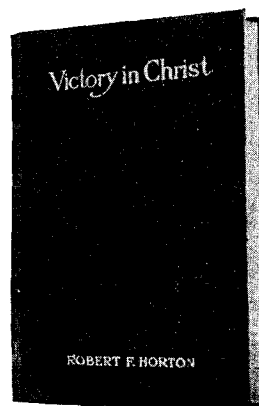
These offers apply ONLY to orders sent directly to The Life Boat Publishing Co., Hinsdale, Ill.

Remarkable Offers in Books and Useful Articles



A RETROSPECT

This book by J. Hudson Taylor is one of the most thrilling and inspiring books on the market today. We have sold nearly four thousand 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.

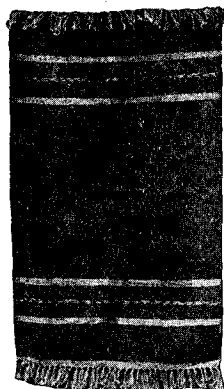


VICTORY IN CHRIST

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 ONE SUBSCRIPTION to The Life Boat and fifteen cents. Send us \$1.15 and receive The Life Boat for one year and this valuable book.

A BEAUTIFUL RESCUE HOME RUG

24 x 52 inches, made from high quality new material which will not fade and is guaranteed to give excellent service, given for only TWO SUBSCRIPTIONS at one dollar each and twenty-five cents extra.



OXFORD TEXT BIBLE

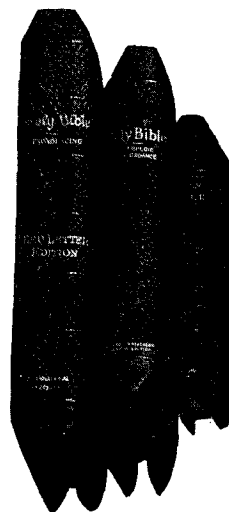
For Two Yearly Subscriptions at one dollar each we offer the Oxford Text Bible, which is just a little larger than the ordinary size pocket Bibles; contains six maps; size 5 1/4 x 3 1/2 inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, 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 Cyclopedic 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 1/4 x 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 1/4 x 9 1/4 inches. It is bound in French Morocco, has divinity circuit, round corners, red under gold edges and extra grained lining.



A FOUNTAIN PEN for only One Yearly Subscription and twenty-five cents extra. Every pen is guaranteed 14-carat solid gold and will do good service. This is your opportunity to receive a good fountain pen for a quarter and only a few moments of your time in securing the subscription.

A beautiful gold or silver **WATCH FREE WITH ELEVEN YEARLY SUBSCRIPTIONS AND ONE DOLLAR EXTRA.** This is a seven-jeweled watch, gold filled, with a ten-year guaranteed case and beautiful design. We have placed hundreds of these watches where they are giving the best of satisfaction. You will be pleased with this watch. Send us eleven yearly subscriptions and twelve dollars cash and receive this watch.

A NEW WEBSTER'S POCKET DICTIONARY for only ONE SUBSCRIPTION or renewal at one dollar. This book is really five books in one. It is not only a dictionary but a complete parliamentary manual, a rapid calculator, a compendium in business and social forms, a letter writer and literary guide, and a pronouncing and statistical gazetteer of the world. Everyone should possess a copy of this handy booklet; bound in Morocco and stamped in gold.



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

Read About Our Valuable Premiums for 1915



PASTOR HSI

This charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year. 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 for one year.



THE VEGETARIAN COOK BOOK

should be in every Life Boat reader's home. It is a splendid compilation of valuable recipes for a sane and sensible dietary. If you want to learn how to cook for health and not for drunkenness send us \$1.35 for The Life Boat one year and this useful book. This is an unusual offer.

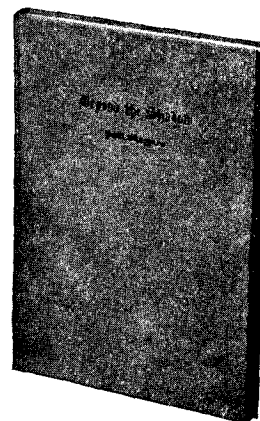


REAL PRAYER

By Courtland 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 only ONE SUBSCRIPTION and fifteen cents. Send us \$1.15 and receive The Life Boat for one whole year and this splendid book.

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 [free with TWO SUBSCRIPTIONS to The Life Boat at one dollar each or a paper-covered copy for only ONE SUBSCRIPTION. Subscribe now before you forget it.



THE LOST CHRIST AND THE SONG OF OUR SYRIAN GUEST

"The Lost Christ," a beautiful little booklet by Gipsy Smith. Just the thing for a gift book, containing several full-page illustrations in colors. "Our Syrian Guest" is by Wm. Allen Knight. A beautiful exposition of the twenty-third Psalm. A very attractive gift-book.

These two attractive booklets and The Life Boat one year for only \$1.10.

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