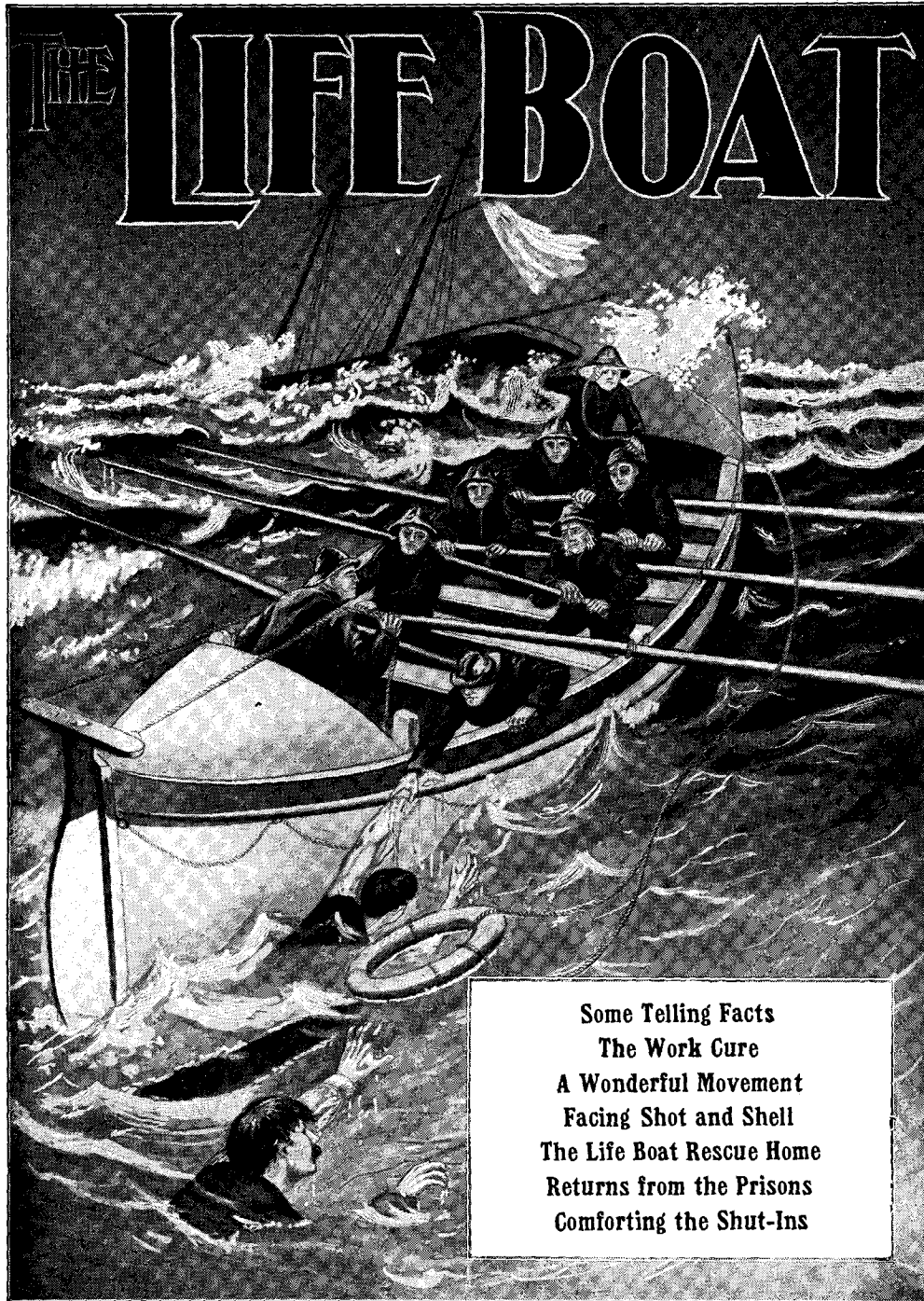


“What Are You Doing for Jesus?”

One Dollar a Year

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The Life Boat Employs No One to Solicit Donations

**Some Telling Facts
The Work Cure
A Wonderful Movement
Facing Shot and Shell
The Life Boat Rescue Home
Returns from the Prisons
Comforting the Shut-Ins**

**Volume Eighteen
Number Six**

Windsdale, Ill.

June, 1915

The Earliest and Latest Word About Digestion—by the Editor



A Scene in the Grand Canyon

Photo by Kobe Bros.

Cutting out rivers among the rocks,
He causeth the streams to flow,
To gladden the hearts of men, of flocks,—
To water the vales below.
All nature obeys when He utters command,
And even the hills He holds in His hand.

"Wonderful—Counselor—Mighty God,"—
How true is His given name!
All parts of creation, spread abroad,
His wonderful power proclaim.
Yet though to His greatness they seem but small,
He sees, too, each birdling, and notes its fall.

Why shouldst thou say, O tempted one,
Thou livest thy life alone
And hid are thy ways? Beneath the sun
Is naught but to God is known.
That power, all-sufficient the rocks to uphold
Is tender enough each child to enfold.

—Pearl Waggoner.

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 P. O. at Hinsdale, Ill., under Act of Congress of March 8, 1879.

Volume XVIII.

HINSDALE, ILL.

:: JUNE, 1915

Number 6

The Earliest and Latest Word About Digestion

David Paulson, M. D.

IN my earliest childhood I had an intense desire to discover what was behind the face of the old house clock. Finally my curiosity was gratified. For, fortunately for me, it stopped. My father took it down, opened it, and then for the first time I had the privilege of gazing upon those wonderfully fascinating works.

From Bread to Brain

That mysterious something within us, that begins the process of changing bread into brain, has been the fascinating mystery of all ages—the unsolved puzzle which has engaged the earnest efforts of philosophers throughout all human history, for Nature has seemed so reluctant to yield up her digestive secrets.

Dr. Beaumont was the man who wrote the first reliable chapter of this remarkable story. Strangely enough, he was not an influential physician. He held no chair in some well-known medical college. Instead, he was only an obscure army surgeon, stationed at Fort Mackinac, Mich.—what was then a thousand miles away from civilization and at least one hundred miles away from any other doctor. He had no laboratory or elaborate apparatus, yet he was selected by Providence to lay the real foundation for all those wonderful truths that we now know concerning the digestive process.

A Fortunate Accident

In 1822 a fortunate thing happened—fortunate for the world, although unfortunate enough for the man, Alexis St. Martin, who met with the accident. In a drunken brawl a shotgun was accidentally discharged so near him as to tear off the entire front of his abdomen and stomach. When Dr. Beaumont

reached him the patient was supposed to be dying, but, true to his physician's instinct, he undertook to remove from the wound pieces of gun wad, fragments of ribs, portions of the old flannel shirt, plenty of shot, and then dressed it the best he could.

Humanly speaking, the patient should have died, but he did not. He lived on with a horrible wound, which sloughed and refused to heal. Directly the community refused to care for him any longer, so Dr. Beaumont, although only earning a meager army surgeon's salary, took him to his own home and cared for him at his own expense. Finally the wound healed up, but leaving an opening into the stomach which had to be kept covered with a dressing to prevent the swallowed food from escaping.

The Birth of a Great Idea

One day Dr. Beaumont tied a piece of raw meat over the wound instead of the usual dressing and then discovered to his surprise that in a few hours the escaped gastric juice had completely digested the meat. (By the way, this raises the interesting question which no one has yet answered satisfactorily, "Why does not the stomach digest *itself*?") This gave Dr. Beaumont a valuable hint. It dawned on his mind here was an unusual opportunity for research and experiment.

He had only barely begun his interesting work when the lure of home and the call of the Canadian wilds became too much for St. Martin and he ran away from Dr. Beaumont and finally reached his old home in the far-away Canadian woods somewhere north of Montreal. Two years later Dr. Beaumont learned of the whereabouts of his

ungrateful patient and after two more years of effort persuaded him to return, on the condition that he could also bring with him his new wife and two babies.

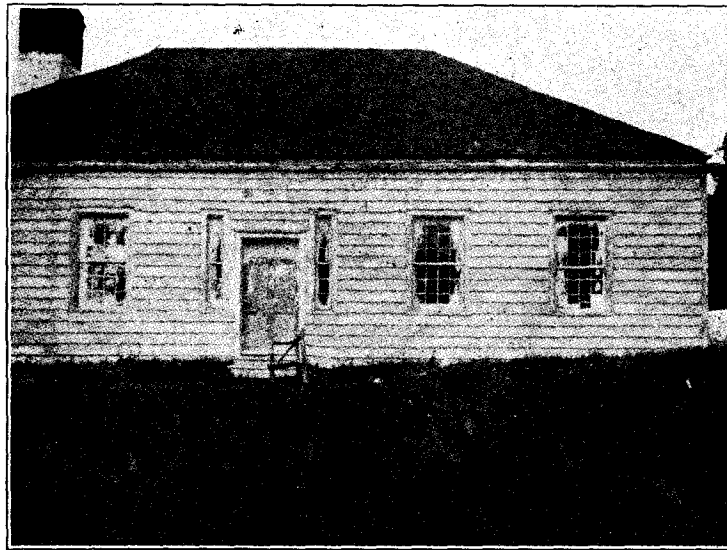
The First and Earliest Discoveries

Dr. Beaumont resumed his wonderful experiments. He observed that when his subject had an attack of fever there was little or no gastric juice.

He also discovered that when St. Martin became angry, which he did frequently, it upset his digestion. So, if people want to

Dr. Beaumont a splendid opportunity to see the effect alcohol actually had on the stomach. He found what we would naturally expect—a diseased appearance of the mucous membrane. He also became convinced that condiments produced gastric irritation.

Long before Beaumont's experiments were completed St. Martin left again. He tried unsuccessfully for ten years to persuade his "patent digester" to return. The doctor himself died shortly afterwards, while Alexis St. Martin lived until 1880, being then eighty-



Dr. Beaumont's humble hospital in which the foundation was laid for all our knowledge of digestion.

quarrel they had better arrange to have it postponed until several hours after meal time.

He also observed that milk did not call out as much gastric juice as meat. That is why every up-to-date doctor takes meat away from his gastric ulcer patient and advises milk and simple gruels. Incidentally, it is a good idea to quit eating flesh foods six months earlier and so save having the ulcer.

Dr. Beaumont also anticipated some of our later discoveries by observing that when St. Martin had a good appetite he always had good gastric juice. One day St. Martin, who happened to be a weak brother in spite of his name, became intoxicated—which happened to be his special failing—and this gave

three years old. Think of the natural endurance that man must have possessed! To all intents and purposes he had been killed, then had to go through life with an extra hole in his stomach, subjected to all sorts of unfavorable conditions, and yet he lived to a ripe old age.

A Great Gap in Digestive History

Strangely enough, no one added anything worth while to our knowledge of digestion for more than a generation after Beaumont. It reminds one of Bible times, when there were certain periods without a single prophet or teaching priest, and then God would raise up a whole group of them. It is right in our own day that God has permitted a per-

fect flood of discoveries on this subject of digestion.

Pawlow of Russia and Cannon of Harvard University easily head the list of this group of workers. I was so fortunate as to see Dr. Cannon early in his career as a digestive discoverer give a demonstration of his wonderful experimental work. He gave bismuth meals to cats and then by means of the X-ray secured accurate inside information concerning the workings of the digestive apparatus.

Up to that time we had always supposed that the stomach literally churned the food. Instead, it gradually relaxes as the meal progresses, and then there begins at the small or pyloric end a series of contractions which gradually extend toward the larger end of the stomach, constantly working toward the pylorus for the purpose of mixing the digestive juice with the food, and also to squirt some of the digested particles into the small intestine.

He found that the pyloric orifice was reluctant to let chunks of unmasticated and undigested food pass; that instead it would be worked back into the larger end of the stomach to be still further digested. This is a good argument in favor of thorough mastication.

Remarkable Mental Influences

The cat naturally did not enjoy being strapped down on her back for this experiment and finally began to scratch and struggle to free herself. Then the movements of the stomach and those interesting movements of the small intestine ceased entirely. But the professor stroked the cat, calling her "nice kitty," until finally she began to purr. Instantly the movements of the stomach and intestine were resumed. Subsequent experiments have shown that depressing mental influences have somewhat similar effect on our digestive apparatus. So whenever it is possible it is always best to postpone eating until we are in a state of mind to "purr."

In about four and a half hours after a meal is eaten the normal stomach is entirely empty. In another four or five hours, under ordinary conditions, all the remnants of food have passed from the small intestine into the colon or large intestine. Here is where stagnation is likely to take place and as a result autointoxication. If it were not for

the colon there would have been no laxative habit. In some of the most exaggerated cases Dr. Lane, one of London's most eminent surgeons, actually removes the large intestine. He is also the man who offered the very valuable suggestion of substituting liquid paraffine, a non-absorbable lubricant, for medicinal laxatives.*

Pawlow and His Dogs

Strangely enough Dr. Pawlow over in St. Petersburg, Russia, has given us the most valuable information on this subject of digestion since the days of Dr. Beaumont. He found that when his dogs ate food that they enjoyed there was a rich gastric juice poured out—in other words, that appetite almost invariably spells digestion. His experiment emphasized the importance of preparing food in a tasty, appetizing manner.

Parents send their children to art schools to improve their taste for art; they give them superior musical opportunities to develop their musical taste, but when shall we appreciate the much greater importance of developing a *taste* for good, natural, wholesome food, which is a thousand times more important from the standpoint of health and happiness?

Attractive Appearance

Pawlow found that if his dogs merely saw food that they ordinarily enjoyed they would begin to pour out gastric juice. This teaches us the importance of not only having the food attractive in appearance, but also the table and dishes. So many people overlook this important fact by saying, "Anything is good enough for ourselves," and save the nice tablecloths, the attractive tableware and the good food for the visitors. If anyone has to miss the nice things, let it be the occasional visitor. They can endure it, as they only come once in a while. Have it the best way and the right way on everyday occasions.

One day Pawlow put a cat into the dog's kennel while feeding. It was food that the dog ordinarily relished, but as he was in a bad state of mind over the company he had at meal time, his stomach failed to pour out the usual gastric juice. This emphasizes the amazing influence of the mind over digestion.

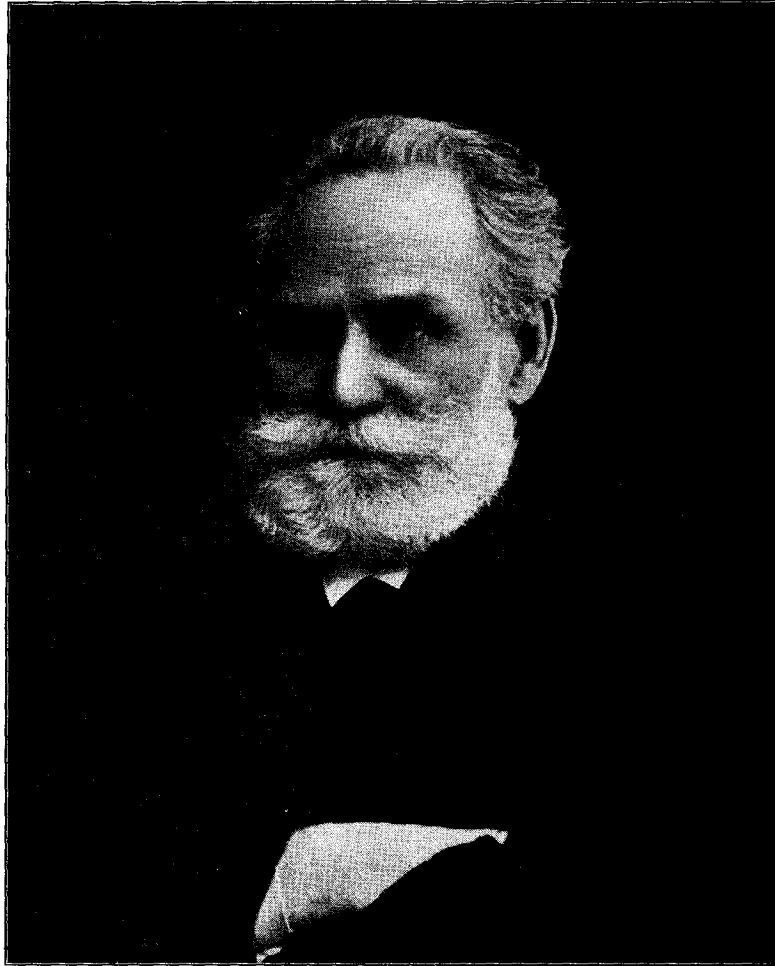
*We would refer those of our readers who can not readily procure liquid paraffine at moderate prices to the advertisement on page 188 of this Life Boat.

Some of us can remember when passing through some terrible sorrow of being invited to sit down and eat, and we answered, "Do not mention food. I could not think of eating." And yet all around us are men and women who, despite their brave efforts to hide the fact, have the *ghosts* of funerals

remainder of wrath shalt Thou restrain." Ps. 76:10. They need to hear someone who has *been* there himself say, "Come unto Me, all ye that labor and are *heavy laden*, and I will give you *rest*." Matt. 11:28.

Hunger Pains

Professor Cannon and also Professor Carl-



Prof. Pawlow, the eminent Russian digestive investigator.

in their brains. They need someone to introduce them—not to some defunct, deceptive, devilish substitute for Christianity, but to the *real* thing itself. They need to learn that "*all* things work together for *good* to them that love God," Rom. 8:28; that even "the wrath of man shall praise Thee: the

son of the Chicago University have recently shown that when we are intensely hungry there is an actual spasmodic contraction of the walls of the stomach so that the "hunger pains" of which we have sometimes heard are no longer a myth. Furthermore, Professor Carlson in another series of experi-

ments has exploded a most time-honored notion. He found that the various stomach "bit-
ters" which so many people take to touch
up their digestion have absolutely no influ-
ence whatsoever on the digestive function.

They do not increase the gastric juice in the
least; they do not influence in any way the
movements of the stomach. They only help
the druggist who sells them and the mind of
the person who takes them, and no more.

Returns From the Prisoners' Life Boat Voyage

WE have already had reports from a few
of the prisons which have received
copies of the special May LIFE BOAT. We
can only reproduce a sentence here and there
from what the officials write. For the benefit
of our large number of friends who are inter-
ested in this effort we publish the fol-
lowing:

Chaplain E. D. Face of the Vermont State
Prison writes: "The inmates here thoroughly
enjoy your paper."

Supt. H. K. W. Scott of the Minnesota
State Reformatory writes: "We thank you
for your kindness in sending one hundred
copies of THE LIFE BOAT, which were received
today. Proper distribution of your interest-
ing paper will be made."

Chaplain S. F. Forgeus of the Pennsylva-
nia Industrial Reformatory writes: "THE
LIFE BOAT prisoners' number is always appre-
ciated by the large majority of our boys."

Rev. Joseph Welch of the Eastern State
Penitentiary, Pa., writes: "We have always
prized THE LIFE BOAT as our special friend
and welcomed by our people. The only trou-
ble was there was not enough BOATS. Just
like the Titanic."

Supt. W. G. MacLaren of the Oregon Pris-
oners' Aid Society writes: "Your magazines
have been appreciated immensely and have
been distributed where it was believed they
would give the greatest pleasure. They have
done much good, as well, and I have never
heard aught but the highest praise and ap-
preciation of them."

Chaplain F. H. Pierce of the Clinton Prison,
N. Y., writes: "THE LIFE BOAT is a welcome
contribution at any time."

Chaplain A. M. Van Der Wart of the Al-
bany County Penitentiary, N. Y., writes: "I
am glad to know that a prisoners' number
will be issued, for let me tell you that my
men and women look for that little sheet very
eagerly. I know that several of my boys

were more than impressed by last year's num-
ber, for it upholds the gospel of our Lord and
Saviour, Jesus Christ. Send those life pre-
servers in my care."

Chaplain J. W. Welch of the Erie County
Penitentiary, N. Y., writes: "They enjoy it
very much and look forward to its coming."

Supt. E. M. Lawson of the Industrial
School, Lansing, Mich., writes: "We think
very highly of your paper and we shall try
to get all we can out of it."

Chaplain Cyrus Mendenhall of the Michigan
Reformatory writes: "THE LIFE BOAT is al-
ways a welcome visitor. Your kindly interest
and your generosity are appreciated by us."

Chaplain M. J. Murphy of the Massachu-
setts State Prison writes: "Your work must
be blessed with a great deal of good cheer
and happiness among those who have the
pleasure of receiving your publication."

Chaplain H. S. Johns of the Louisiana State
Penitentiary writes: "It has always been
highly appreciated."

Chaplain A. C. Shepherd of the Califor-
nia State Prison writes: "These papers are
very popular with our boys and we are al-
ways glad to use them in as large numbers
as you may feel able to supply to us. I am
sure they do great good, and we are under
lasting obligations to you."

Warden Daniel Woodward of the Wiscon-
sin State Prison writes: "We can use a
large number of copies of THE LIFE BOAT,
and would thank you very kindly for fur-
nishing that line of reading to our inmates."

Warden M. Z. White of the West Virginia
State Penitentiary writes: "We will be very
glad to receive the fifty copies, as they were
highly appreciated by the men last year."

Chaplain T. O. Reed of the Ohio State Pen-
itentiary writes: "We would be pleased indeed
to take advantage of your offer of four hun-
dred copies of THE LIFE BOAT. It has been
a popular publication with our people and

four hundred copies would about supply our Sunday school."

Chaplain S. H. Watkins of the N. Y. Blackwells Island Penitentiary writes: "I will be very glad to have the usual number of copies (400) of the prison number for distribution among the men at the penitentiary. The numbers in other years have been read with interest and I know they have done much good."

Chaplain Lucien V. Rule of the Indiana Reformatory writes: "We have just received the package of LIFE BOATS sent for distribution among the boys and young men here. This exceedingly interesting and attractive number of your little magazine is going to be a treat to every one of them. We will so arrange that the copies may be passed from one inmate to another in the reading. The articles are fresh and original. Your magazine shows that the educational and social work being done among the less fortunate people of town and country is the best preventive measure being taken in reformatory work."

Supt. R. B. Sims of the Arizona State Prison writes: "We thank you for mailing us thirty copies of the Special Prisoners' LIFE BOAT. Your courtesy and thoughtfulness in this matter are greatly appreciated and we will endeavor to pass them around in order that all of the prisoners may get an opportunity to read them."

Supt. Geo. E. Bigge of the Michigan State Prison writes: "We have received the two hundred copies of THE LIFE BOAT which you mailed us and the same were distributed in the prison chapel yesterday, May 9th. We are always grateful for good reading matter that comes to us from our friends and wish to thank you for your donation."

Chaplain Felix H. Pickworth of the Iowa Reformatory writes: "We have received the one hundred and fifty copies of the Special Prisoners' LIFE BOAT. They have been dis-

tributed among the prisoners here and have been received with the customary gratitude. We thank you for this evidence of your interest in our work and feel sure that the copies of THE LIFE BOAT distributed will prove of value to the men. They will be passed from man to man as opportunity offers."

WANTS A COPY EVERY MONTH

An inmate of the Dannemora, N. Y., State prison writes the following interesting letter:

"I have read the April number of THE LIFE BOAT with delight and admiration. Indeed, there is scarcely an article in it which is not heart touching, inspiring and full of great principles. I do wish that you could afford to send enough of them into the prisons not only in this State, but in every State in the United States, so every convict could read one each month, for they would be indeed the means of leading many a poor discouraged soul to the feet of Jesus.

"It is a long time since I had read a LIFE BOAT and I have wondered when another one might perchance find its way into my lonely cell so I could read the encouraging testimonies of those who once, like myself, had no hope of this world nor the next, but through the instrumentalities of THE LIFE BOAT were gloriously saved from a life of sin and are now rendering good service in the cause of our Lord and Master, Jesus Christ.

"How many of the criminals in our State prisons might have been pure and happy today if only a loving, tender hand and godly life had come in contact with them. How many professors of religion, like the Levite of old, pass by on the other side, rather than forfeit their social position and reputation to lift one from his or her fallen condition. The indifference, the pride and self-indulgence manifested are keeping many pre-

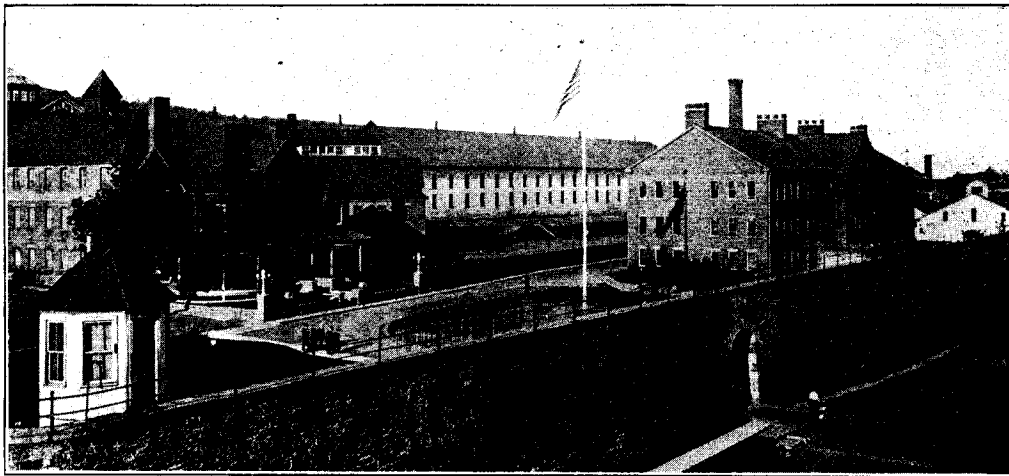
Who of our readers will help us to send a small number of Life Boats to each of these prisons every month? You who enjoy twelve visits of the magazine each year can scarcely appreciate what it means to receive only ONE copy a year. If we could send twenty-five copies each month to each of these large prisons they would be simply worn out being passed from man to man. No Life Boats are wasted in prisons. The men think too much of them. The Life Boats are furnished in clubs for this purpose at one-half price. Send in your donations and they will be mailed direct to the prisons from our office.

scious souls from the Cross and barring them from the way of eternal life and Heaven. But, thank God, in spite of all the hard-heartedness manifested on the part of professing church members, I have with God's help succeeded in settling the question of pardon in secret before my Redeemer. I let my requests be made known unto God and the peace of God which passeth all understanding now keeps my heart and mind through Christ Jesus. When I read in Matthew 24, where it says, 'One shall be taken and the other left,' I seemed to grasp the solemnity of the times that are upon us. It caused me to search my

not we give all our possessions, yea, and ourselves, body, soul and spirit, as an offering, that we might see those awakened who still lie slumbering on a bed of sin? I rejoice to know that my name is written in the Lamb's book of life, and that I am a child of the King."

GOOD ADVICE

Booker T. Washington once said: "The best way in all the world to have a permanent job in life is to make one for yourself. If you make a job for yourself you know that



View of the Dannemora, N. Y., State Prison.

heart and ask myself the question, 'How is it with me today?'

"I have a real longing desire to see Jesus and with the same fervent desire I pray for His soon coming. 'One shall be taken and the other left.' This has been a great warning to me. I do not want to be left, so I ask you to pray for me, that our dear Lord may make me worthy to be taken.

"In Timothy 2:5 we read, 'And if a man also strive for masteries, yet is he not crowned except he strive lawfully.' Many people strive for all that can be obtained in this world, but he who strives for masteries seeks for faith and right and truth. Let us observe those who fought for their country to the last drop of blood in their veins. Why should

job and you will be in it just as long as God wants you there. When I first went to Tuskegee I held my first school in an old hen house. Now we have the second biggest post-office in the state of Alabama, and a railroad of my own. It is only a mile long, but it is as wide as the Illinois Central.

"If you can get a student *inspired* it is worth ten to one of education. I believe the next thing to education is inspiration. You get young men and women inspired and with a little education they can go anywhere and do anything, but you get a large crop of education and a little small inspiration and you have got something on your hands to take care of all your days."

Facing Shot and Shell to Help His Flock

Julius Paulson,

College Place, Wash.

[Seventeen years ago my brother went down into old Mexico for his health. During all these years he built up a successful business. About a year ago when our American soldiers entered Vera Cruz he and his family barely escaped from the country with their lives. After the Constitutionalists came into power he returned to his Mexican home and his business, but on account of unsettled conditions was forced to sell his property at a sacrifice and return to the States early in this year and has now located in College Place, Wash. He recently spent a couple of days in Hinsdale, during which time he gave the workers an account of his trying experience in leaving Mexico, also giving a glimpse of the hard times our missionaries are passing through in Mexico today. We publish this month an experience of Bro. Marchisio, which will be read with the greatest interest.—Ed.]

MR. MARCHISIO, who received a nurse's training in the Battle Creek sanitarium, entered Mexico as a missionary twenty-three years ago.

He went out onto a large ranch about a hundred miles from San Louis Potosi and

never thought of that. He helped them and used his own money. He took hold in that village and began helping the people build houses until there were twenty-five families that had new houses, and it cost him only a few dollars.



The hand laundry in Mexico, giving a glimpse of the primitive life that exists on every hand in Mexico today.

there began to live among the people. He would tell them their house was bad, that it leaked when it rained. But they would say, "We are too poor to build a new one." He would reply, "There's lots of timber here. Why not build a house ourselves?" They

The Mexicans are like children—they must be visited; they must be cared for when they are sick. We have to be a father to them; look after them when they are sick and pay their funeral expenses when they die. Mr. Marchisio did that. He went into their homes

and looked after them. When they were out of money he would give them a dollar. When they got sick he would do what he could for them. If they needed a doctor he would send for one and pay the bill. He helped them until they began to take an interest in him. They began to wonder what it could be that he *wanted*. He certainly did not want their money, for he gave them money. They finally learned that he was actually working for *their* good—a thing they could not understand.

He took a personal interest in them and trained them in practical and material methods.

Then he told them about Jesus Christ. They were just as interested in that as they were to learn how to raise crops and build houses. He finally built a little chapel, about half as large as this gymnasium, that cost about three hundred dollars, American money, and began holding meetings. They wanted to see what a man like that would have to say, so everybody came to his meetings. In a little while the Catholic church was closed down and the whole village joined his church.

How God Used a Hymn Book

It is not all fun to be a missionary in Mexico today or in any other place, in fact. I think some others of our missionaries are having stirring times in Europe also.

One morning Mr. Marchisio went up on the train to visit his flock. While there the Revolutionary army came that way and he could not get back on the train, so he started back on foot. Before long he became so footsore he hired a donkey and a mozo (servant) to go with him and they started across the country. They went along a ways and were stopped by a Revolutionary chief, who told him he was a spy. He explained that he was a missionary. The soldiers knew nothing about *that* type of man—had never heard of such a person and still insisted that he was a spy and must be shot.

He began to feel that his last day had come. They said, "You will have to show us some passport or you will have to be shot." He had nothing of the sort and knew not what to do. Finally he reached down in his pocket and took out a little Spanish hymn book. One of the men took it and began reading it and found a very touching hymn. He read it through and then said,

"Just release this man, but I want to keep this little hymn book."

The chief then gave him a passport that would save him from further trouble.

Into New Trouble

He started on his journey again. They traveled about half a day, when they met the *opposing* party, the Huerta army. He knew there would be nothing left for him but death if they found that passport on him—they would be sure he was a spy—so he hastily took it out of his pocket and threw it away.

They said, "Who are you?"

He told them.

They said, "You have been through the line of the enemy. You are a spy and you have to be shot."

He sat down on a stone and prayed. He was scared at first. Then he said, "If it's the Lord's will for me to be shot it's all right." He got just as calm and felt that nothing was going to happen to him.

Pretty soon one of the officers came out and said, "After thinking it over, we have decided not to shoot you. You may go on your way."

He gave no explanation whatever for their change of mind. I am sure that the praying he had done while sitting on that stone had something to do with it. And, by the way, you will *always* find prayer efficacious. He came all the rest of the way home on the donkey and reached there, tired and footsore.

I said to him, "You are not going back there again, are you?"

He said, "Yes, when I have a chance."

He was undaunted by this experience. In a few weeks he got permission to hide himself under a lot of goods in the bottom of a wagon called a freighter that had no springs and he rode *one hundred miles* under a heavy canvas with hay and stuff in order to go back and see his flock.

"Purge Me With Fire"

We often talk about how much we sacrifice for Christ and how much we are *willing* to do for him. We often sing, "Purge me with fire, if that must be." And I often wonder if we would be willing to do what that man did, and that is not even as bad as being "purged with fire." I said to him, "Is it not awfully hard?" He said, "No, I *enjoy* it." He is not ashamed nor afraid to go through

suffering of any kind. If there were more just such earnest, God-fearing men and women it would not take long to evangelize the whole world.

DO YOU WANT THIS POWER?

C. A. RUSSELL

The mightiest power in the world is the power of prayer. We do not by our prayers try to get God to change His mind but the idea is to get our hearts in such a relation to God that He can do for us what He has been longing to do all the time.

Tens of thousands of prayers are never answered,—they never get any higher than the petitioner. There stands at the very door of God's promises that little "if," "If ye abide in Me"—twenty-four hours in the day. If that be true "ye shall ask what ye will, and it shall be done unto you." There is no promise of answered prayer to the man who is living in *known* sin. It is our part to confess with honest sincerity of heart the things we know are wrong. "If I *regard* iniquity in my heart, the Lord will not hear me." Ps. 66:18. The only prayer of the sinner that the Lord will hear is "Lord, forgive me!"

The sooner we get washed white instead of merely *white-washed* the sooner we will get answers to prayers.

The Real Secret

There was a good old man in Germany who was connected with a school. He was a real evangelist of mercy to the sick and the sinners. The boys of the school could not understand the secret of that man's godly life, so one of them determined to find out. He went into the old man's room and secreted himself in the clothes closet and there he waited and waited and waited for the good man to come in. Finally at eleven o'clock at night he came in, and what did he do? This man picked up the good Book and read and meditated, then read some more and meditated more and finally he got up and said, "Well, Jesus, we are on good terms, yet; good night." The boy learned the secret.

A Surprise to the Captain

I read of an experience which Geo. Müller had while crossing the ocean, as told by the captain of the ship:

"In crossing the ocean on one of our voy-

ages my whole life was revolutionized. We had on board a man of God, George Müller of Bristol Orphanage. I had been on that bridge for twenty-two hours, and never left it. I was startled by some one tapping me on the shoulder. It was George Müller.

"Captain, he said, 'I have come to tell you that I *must be* in Quebec on Saturday afternoon.' This was Wednesday.

"It is impossible,' I said.

"Very well, if your ship can't take me, God will find some other way. I have never broken an engagement for fifty-seven years.'

"I would willingly help you. How can I? I am helpless.'

"Let us go down into the chart-room and pray.'

"I looked at that man of God and thought to myself, 'What lunatic asylum could that man have come from? I never heard of such a thing.'

"Mr. Müller,' I said, 'do you know how dense this fog is?'

"No,' he replied, 'my eye is not on the density of the fog, but on the living God who *controls* every circumstance of my life.'

"He knelt down and he prayed one of the most simple prayers. I muttered to myself, 'That would suit a children's class where the children were not more than eight or nine years old.' The burden of his prayer was something like this: 'O Lord, if it is consistent with Thy will, please *remove* this fog in five minutes. You know the engagement you made for me in Quebec for Saturday. I believe it is your will.'

"When he had finished I was going to pray but he put his hand on my shoulder and told me not to pray. 'First, you do not believe He will, and second, I believe He has, and there is no need whatever for you to pray about it.' I looked at him, and George Müller said this: 'Captain, I have known my Lord for fifty-seven years and there has never been a single day that I have failed to gain an audience with the King. Get up, captain, and open the door and you will find the fog is gone.' I got up and the fog was indeed gone.

"You tell this to some people of a scientific turn of mind and they will say: 'That is not according to natural laws.' No, it is according to spiritual laws. The God with whom we have to do is omnipotent. Hold on to God's

omnipotence. Ask believingly. On Saturday afternoon, I might add, George Müller was in Quebec on time."

"God never failed him nor any other man when purity of life and power of faith made the demand."

The thing that we as Christians need to know most is to *pray*; and the studying of God's Word will help us to learn how to pray.

Moody said what the nations want is not big men, but small men—little in their own sight, nobodies, and then God will use them.

THE STORY OF MY CONVERSION

A MISSION CONVERT

I never have professed conversion until just a month ago in Chicago. My mother died when I was a baby. My father was not a Christian. I left home when I was fifteen years old, and got in with a family which drank. I never drank anything until I was twenty-five years old, then I began to drink sassafras and ginger ale. I married, but my wife and I separated on account of drink. Then I went to drinking more than ever for two and one-half years. I wanted to get off the earth, and thought I could kill myself by drinking.

I did not know anything about God until just about Christmas time I wandered into the Workingmen's Home mission at 1339 State street. I thought it was an awful place to come into, but I went in and sat down. The brother began to preach the Bible as I had never heard it preached before. It was simply the Bible all the way through, and it made an impression on me. I thought that was a good way to spend the evenings so in two or three nights I went in again and kept it up for a month.

I was out of a job. A friend of mine offered me a job as assistant saloon tender. I said, "I will let you know tomorrow." I made up my mind to go to church once more before going to the devil so I went out to the mission and heard a good service. That night I was given a room so I went up to bed. I did not sleep that night. I felt very miserable and got up and tried to pray, but all I could say was, "God help me!"

The next day I went down town. I was miserable, but did not report to the saloon

keeper. Then I thought, "Well, my mother was a good Christian, and what good will it be for me to go into the saloon business?" So I passed the saloon by and went up to the mission that night. I was rather backward about going forward. The workers talked with me a little while and at last I tried to pray. It is very hard to get rid of everything at once.

The other evening I went down to my old employer and put in my name for a job and told him I wanted to obey God and keep the Sabbath. I said, "You know I have never lived a very good life and I am trying to live right." He told me I had started on the wrong road and would not be able to get a job. But I said I was going to do my best.

JUDGING

MILTON T. AMES

St. Louis, Mo.

Oh, why should we slander a brother,
Who's trying hard to do right?
Oh, why should we grind down a sister
Who's tempted to give up the fight?

Our God never made us for judges
Of each other's conduct, I know;
For we know not the mighty temptation
That brings a poor fellow so low.

We see only that which is outward,
We magnify all that we hear;
And the tale which began with a whisper,
Is chanted e'er long without fear.

If we knew the unutterable longing,
The yearning for God and the right,
The heartache for all of the failures,
The struggle to keep up the fight,—

We would judge one another more gently,
We would help men and not drag them down;
Then, after a life filled with service,
At last we'd receive a bright crown.

"SHE HATH DONE WHAT SHE COULD"

In the May LIFE BOAT we published a request from Mrs. Odell of Pontiac for a few copies of THE LIFE BOAT to be sent to her each month to use in the county jail services. A dear old sister read this request and has recently sent in money to pay for five copies for one year. This money was earned through making and selling lace. There are many ways of doing helpful missionary work. The best way is to *go personally* to those in need, for those who can not do that they can do as this sister has done—improve their spare moments in doing something which can be sold and help the work in that way.

Some Telling Facts

Orville L. Kiplinger,

Chaplain, Indiana State Prison.

[Mr. Kiplinger and family spent a day at Hinsdale on March 31, visiting our various institutions. In the evening Mr. Kiplinger delivered before the sanitarium family his masterly address on "The Re-making and Mending of Men." After some eight years of personal contact with thousands of so-called criminal men, and from the records of the cases brought to the state prison during that time Mr. Kiplinger is eminently prepared to furnish the following telling facts in favor of temperance, which are culled from his most interesting lecture.—Ed.]

I HAVE had opportunity to come in personal contact with these men. More than 25,000 of them have come into my office of their own accord and others I have sent for and talked with, and have taken the records and looked into their cases. I know eighty-three and seventy-three-hundredths per cent of the men who have come into our institution in the past eight years have come there because of liquor, either as a direct or contributing cause of their downfall. They were either drinking or drunken when their crimes were committed, or their crimes were planned in the saloon. Led away from former standards by drink, they became careless of morals and of law and were ready to plan or be led into deeds which the law forbids and for which society demands a penalty.

I know that ninety-six per cent of the men serving life sentences in the Indiana State prison for murder, rape of child, and under the habitual criminal act trace their crimes directly to liquor as the prime or the contributing cause.

Let me tell you the story of just one such case. There is a boy named John serving for life. His father was a carpenter who lived in eastern Illinois. The father got the contract for building a barn in Indiana. He decided to bring his son John with him to work on that barn. They would load up their tools and drive over and stay until the job was done.

So they began work on this barn, and in the evenings, and particularly Saturday nights, both father and son went into the little town, where they made some undesirable acquaintances. After the barn was completed, one Friday night, the father said, "Now, John, we are all through and tomorrow we will hitch up and go see mother."

When they reached the little town the father

said, "I have to see some people here; you will have to wait for me."

John said, "All right. I will go into the park and wait."

In a little time a young man came by whose acquaintance John had made. He said, "Where are you going?"

"Going home to see mother; we are all through now."

"Where is your father?"

"Oh, he had to go and pay the lumber and hardware bills."

The young man then invited him to come and have a drink, but the boy said, "Not today. I am going home to see mother."

"All right," he said. "I will wait with you."

By and by another young fellow came along and invited the two to come for a drink. But they would not, and he sat down with them. And then another came and suggested they all go to the saloon, and they finally drew him into the saloon. Then, after drinking, they went into the pool room, where an argument arose, and during the quarrel that boy John killed a man.

That night, instead of seeing mother, he was in a lockup, and now occupies a cell, where he has to remain for the rest of his natural life. Can't you see if there had not been a saloon in that little town that boy would in all probability have reached home and mother that Saturday night?

I have investigated the case history of each of 226 men serving life sentences. Careful examination revealed the fact that 212 of the 226 crimes have much the same connection with liquor as that boy John. Except for liquor 212 of 226 murderers now serving life sentences in prison might now be living at liberty and free from the foul stain of murder. I tell you, if you want to do one thing that will do more than any other one thing to abolish crime from this land of ours, you

wipe liquor *out of existence* and you will have accomplished the desire of your heart.

We experimented with the matter in my own state in the year of local county option. I know that county option in Indiana reduced the number of commitments to the prison, and that the facts revealed by a study of the commitments received in a year when seventy of our counties were "dry" and twenty-two were "wet" are significant as to the effect it would have on crime in our state to abolish the saloon.

Of the seventy dry counties in the State twenty-seven, or 38.5 per cent, sent no men to prison. Of the twenty-two wet counties of the State three, or 14 per cent, sent no men to prison. The seventy dry counties of the State during the year committed ninety-nine men to prison. The twenty-two wet counties of the State during that year committed 125 men to prison. The population of the seventy dry counties was 1,587,263. The population of the twenty-two wet counties of the State was 928,995. Yet the twenty-two wet counties containing only 29.6 per cent of the State's population furnished 55.3 per cent of the commitments to the prison. The twenty-two wet counties furnished one prisoner for every 7,432 of the population. The seventy dry counties furnished only one person out of every 16,033 of the population. In the second half of the year we received at the prison ninety-two men. Of these ninety-two men eighty-six came from wet counties and six from dry counties, and one of the six was insane.

It seems to me that comment on figures such as that would be superfluous. It may be of interest to state that forty-seven of the ninety-nine men committed during that year from the dry counties of the State claim to have committed their crimes while under the influence of liquor obtained in counties which were wet.

HELPED BY A STRANGER

MRS. M. A. WILEY

[Mrs. Wiley, who spent a few weeks in the Good Samaritan Inn, has written up her experience in coming to Hinsdale, telling how the Lord answered her prayer and saved her goods from being stolen.—Ed.]

It was thought I was too old a woman to travel alone at the age of seventy-four years, but I had faith and trust in the Lord that He

would care for me and I found friends on every side to help me in every way—both spiritually and temporally.

When I reached the Burlington station, Chicago, it was getting quite dark and I had not thought to look at my checks, supposing they were for Hinsdale, but got my ticket and started for the train. Just as I got to the gate a lady came to me and asked me where I was going, and then asked to see my checks, and found they were only to the station. She took them to be rechecked, but asked to whom she should send them in case the train left before she should get back with them. The only name I could think of to give her was that of Mrs. C. L. Clough.

Well, the train left just before she got back to me. I arrived in Hinsdale and the next morning I sent for Mrs. Clough to tell her what I had done in giving her name to a stranger, and she asked me what the woman's name was. I said I did not know. I only knew the Lord had sent her in answer to prayer, for I was praying every minute. I saw she felt a little skeptical and I said: "I know they are all right." For I had perfect faith in the woman and felt sure the Lord sent her.

During the afternoon I felt a moment's anxiety and went to the Bible, as I always do, to ask the Lord about it, and He rebuked by saying: "Oh, thou of little faith, wherefore didst thou doubt?" I gave to the winds my doubts and felt no further anxiety about it. And on Monday morning a letter came to Mrs. Clough from such a dear, sweet lady, enclosing the checks and telling how she had lost a dear, good mother and her husband, and was alone in the city. She said she could not see an elderly lady alone without trying to help her.

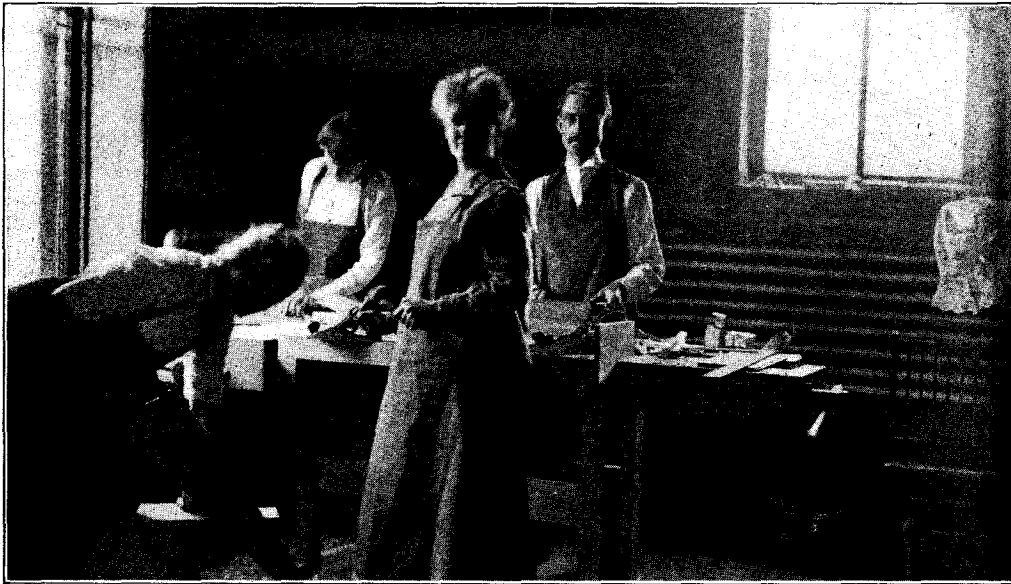
Well, when Mrs. Clough brought me the letter I think we all felt like giving praise to the Lord for His goodness.

Six months ago I did not know there was such a place as Hinsdale on the face of the earth. But I was given a LIFE BOAT to read, in which was Mrs. Erickson's experience of being healed by the power of prayer. Then that little poem, "Wits' End Corner," just fit me exactly, for I was in trouble. So I went to praying the good Lord to help me and He sent me here.

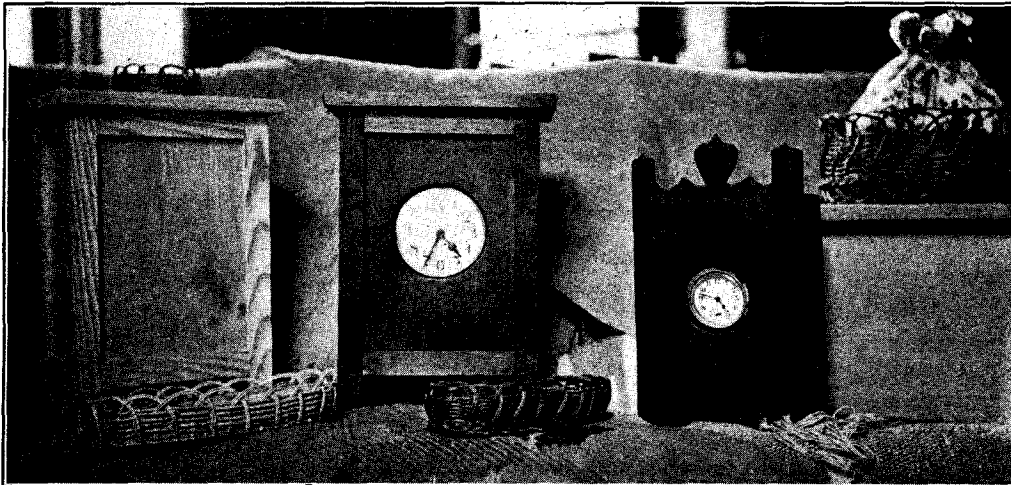
The Sanitarium Work Cure

David Paulson, M. D.

FOR several years we have tried to introduce the "work cure" as a regular part of our sanitarium therapeutic program, and now, by the help of the Lord, we have succeeded. We already have weaving, which is a fascinating and splendid exercise for a certain class of invalids and yet so simple that the actual movements required can be learned in a few minutes. We have also established a woodwork or



A kodak picture of Bro. Walter and several patients taken the very first afternoon that the work cure was started.



The very first articles that were made were some neat, attractive cases for ordinary alarm clocks. The baskets and rugs are also among the first fruits of the sanitarium work cure department.

box furniture department, where the patients are learning to make a variety of such dainty articles as clock cases, book racks, etc. These are made from ordinary store boxes, which when torn apart, planed and fitted are beautiful examples of creative work. The patients are intensely interested in it and so are also the helpers, for that matter. Brother Walter, who is a natural mechanic, has charge of this department.

The work cure is just coming into its own. At Brompton Hospital, England, it is already being used successfully in the treatment of tuberculosis. In Marble Head, Mass., and other places it has also been found greatly beneficial in the treatment of nervous diseases.

It has always been God's plan that spiritual influences, physiological treatments and physical activities should all be *combined* in the healing of the sick.

We firmly believe that the work cure has in it some special physical blessing greater than the amount of exercise that it provides, just as there is a special spiritual blessing in baptism more than the physical reaction that results from coming in contact with the cold water.

Gymnastics which have now become so popular are all right and good, but they can never take the place of the work cure. There is nothing wrong in gymnastics any more than there is wrong in taking a day off in the middle of the week for an outing. But, as there is no Sabbath blessing found in such a vacation, so there is no special blessing in gymnastics, such as I am sure God has wrapped up in the work cure for us. Let us not forget that it was "the stone which the builders refused" that became "the headstone of the corner."

If you pray for rain you should have an umbrella handy.

A great many people fail to find happiness because they travel the wrong way looking for it.

It's well to lay out a schedule for the day's work, but it's more important to do the work.

"LACKED YE ANYTHING?"

KETURAH MERCER

[When Miss Mercer took up the medical evangelistic work last July she had no financial resources in sight, and although she has worked nearly the entire year in the homes of the needy people in Chicago, yet the Lord has wonderfully verified His promise that when we are doing His will He will *provide* the means. The Master once said to His disciples, "When I sent you without purse and scrip and shoes, *lacked ye anything?*" And they said, "Nothing." Luke 22:35. And Miss Mercer is able to give a similar testimony now near the end of her year's work as a medical evangelistic student. Those who are hungering and thirsting for a similar preparation will do well to remember that there are yet a few vacancies in the new class, which begins July 7. Those who so desire have the opportunity, if it seems best to so encourage them, to afterwards complete the second and third years of the nurses' course. —Ed.]

Today I was sent to assist Miss Josephine Hanson in the home where the mother and a new-born baby were sick. A neighbor had come in to help with the child, who was failing rapidly. It was heart breaking to see the mother's grief as she realized that her child was dying. About twenty minutes after I came the child had a spasm and breathed her last. We tried to revive her, but all efforts were in vain. The mother needed our sympathy, so we turned our attention to her.

The little visitor will be sadly missed, but the parents rest in the hope of seeing her again, as they believe in a soon-coming Saviour. Tenderly we prepared the little one for her last resting place. How glad we were that we could help in this time of need. Scenes of this kind help us to realize that it is time to prepare our hearts to meet our Lord, not knowing when our call will come.

The work in the city lately has been mostly visiting those whom we have gotten interested in spiritual things, giving Bible studies, talks, praying with the sick, giving away flowers and canvassing. We have sold only a few magazines, as the people in our district are very poor. We give away old papers to such as can not buy.

Just now we do not find many sick which we can help. Measles and scarlet fever are broadcast, but we can not go into such places, as we would carry the germs to others.

This is my tenth month of city work and though I have not seen the results of this month's work, still I know that God is watching over the seed sown and someone else will do the reaping. Only two more weeks of city work and then I must leave my part for others to carry on.

This year's experience has been one of

blessings for which I will always be grateful. The Lord proved Himself able to help me physically and financially. I have enjoyed good health all this time. When I stayed out for a month to help with the cooking at the students' hall I took a severe cold, which was the only illness I had, and even then I did not stop work. So you see, God helps those who trust Him and who try to do His bidding.

COMFORTING THE SHUT-INS

VERA MORLOCK

Member Medical Evangelistic Class

[Miss Morlock had already taken a nurse's course before she joined the medical evangelistic class, but she felt that she needed just the training that this year's work afforded as a better preparation for medical missionary work. She intends to return to Minnesota to engage in self-supporting medical missionary work, as Providence may direct. Our prayers go with her that she may be entirely successful and gather many stars for her crown.—Ed.]

Some few weeks ago I was called on to visit at a sick home to see what could be done. There were two sisters, widows, living together. One I found very ill, the other trying to care for her, but she herself was sick and trying to work to keep up the expenses.

I often stayed at the home most all day while the sister was away. In our conversation I had opportunities to tell her of the present events of the world's history in the line of prophecy. Each day as I went there to treat her she had more questions to ask me and became deeply interested.

I not only told her about these important events, but she invited me to call on two other parties, acquaintances of hers, and tell them these things also. It pleased her so much when I expressed to her my willingness to do so.

The one was a lady who has been very ill for a year, and she wanted someone to read the Bible and pray with her.

The other friend became much interested in our work, especially from the spiritual standpoint. After I visited with her a few times she decided she wanted Bible studies so as to learn about the way to live a Christian life. She became much concerned about her soul's salvation and decided that from then on she would go to church and Sunday school every Sunday.

That was an encouragement to me, for I could see that what I was trying to impress upon her was taking effect. She also has

cordially invited us to dinner at different times; wants to help us in every way she can, although she herself has not an abundance of means.

The first patient mentioned said to me, after hearing the results of the other two friends' interest, that she could not help but feel that her sickness had been for a purpose, for she was led to think about the present condition in the world today and what it means to us, and whether or not she herself was ready to meet the Lord face to face in that great and final day which is so near at hand.

Circumstances now call me to leave this medical evangelistic service in which I have been engaged the greater part of a year. It is with great regret that I leave all our interested and sick ones. I have only praise and thanks to offer to my Lord for the marked manner in which He has helped me to labor for fallen humanity and for the many blessings I received in doing so.

ADVANTAGES OF STUDENTS' HALL LIFE

SELMA PETERSON

We as a class are learning to appreciate more and more the value of our Students' Hall home, from at least three standpoints.

One is that we can enjoy the family life by coming together in prayer, sharing each other's joys and sorrows, and talking over our experiences of the day. In this way if one among us be disheartened she can gain courage and comfort from those who have had encouraging experiences. Thus we can help one another.

While seated at our meals we take pleasure in talking over our experiences. Then when the day's work is over we all gather in our spacious parlor to invoke God's blessing on the day's service and to thank Him for His protecting care through another day. And somehow there comes a feeling of new strength, fresh courage and a more earnest desire to delve deeper into the things of God, "forgetting those things which are behind, and reaching forth unto those things which are before."

Second: So many times we have things come up during the day that perplex us with regard to general nursing and treatment, but

we have Miss Hibben, our preceptress, to go to for advice.

Now supposing each one of our number was scattered here and there and everywhere among the different neighboring homes and one of us had something that must be solved immediately, you can readily see how much time would be lost in looking for some one to advise us. You can appreciate, then, how much we are gaining by living together in one body and having the benefit of mutual counsel with one another.



Lavinnia Hanson, one of the medical evangelistic students, holding one of her little patients that she came in touch with in her Chicago work.

Third: We are getting an economical training. By each member taking his or her turn in the kitchen we not only help keep down expenses but we all feel that the experience is going to prove a valuable one to us.

We have always before us the one thought of cooking food that is the most wholesome, with the greatest amount of nourishment and at the same time the most economical. We realize that sooner or later we much teach

others the true principles of health reform, therefore it behooves us to first acquire them ourselves, and put them in practice; and I know of no better place than Students' Hall, where they are practiced constantly.

The fact that we are compelled to be self-supporting helps to make us independent and self-reliant. This in itself is a part of character building.

Coming as we do from different homes and surroundings, each bringing his own peculiarities, his own likes and dislikes, it would naturally be difficult for so many to live together in peace and quiet. But just in proportion as we have Christ dwelling in our hearts do we overlook each other's faults and exercise brotherly kindness one toward the other.

As we go out from the tender care of this home I am sure each one can look back and say, "There is where I learned some of the most precious and valuable lessons of my life. There is where I got hold of some principles that serve as continual stepping stones to a sweeter and nobler Christian life."

HELPFUL MINISTRY AT THE GOOD SAMARITAN INN

MRS. ANNA RYAN

[Mrs. Ryan, who is a whole-souled, practical Christian woman, is the matron of the Good Samaritan Inn and a real mother to the sick who come there. The following is a brief report of recent experiences.—Ed.]

I never can be thankful enough to the Lord for sending me here to have a little interest in His work. One verse is a great comfort to me, as I try to talk to people in my humble way and show them the way to Christ: "If thou *draw out* thy soul to the hungry, and *satisfy* the afflicted soul, then shall thy light rise in obscurity and thy darkness be as the noonday! And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not." Isa. 58:10, 11.

I see we will die spiritually if we do *not* do these things. I am kept busy looking after the cooking and other things to make it pleasant for the patients, and I know that when I have prayer with them I feel better myself, and I know they do.

There was one woman who came to us in bad shape and suffered intensely. I went into

her bedroom and knelt down and asked the Lord to relieve her and give her rest, and she was relieved. We would go into her room and have morning worship when there were not many of us, and she enjoyed it. She said she wanted to be baptized when she went home.

Was Longing for Prayer

We had a lady, seventy-five years old, come to us who had asked the Lord to send her to friends, and she said He certainly did. The first night she was all tired out and felt so bad, I said: "Would you like to have me pray with you?" and she threw her arms around my neck and said: "Oh, I wish you would." And she told other patients: "You don't know how much good it did me to come in here among strangers—I had just lost my daughter—and then have Mrs. Ryan pray with me. It is just what I was *longing* for."

We have a Bible worker who is regaining her health at the Inn and also helps with the domestic work in whatever way she can and I find her a great blessing spiritually in our home.

The workers at the sanitarium are coming over and conducting the morning and evening worship. They are bringing out helpful things from the Bible. It is wonderful how they can get up such Bible readings, especially the young call boys. They are so helpful to the patients, who enjoy their studies very much.

We are establishing the "work cure" at the Inn. One of the patients insists on cleaning the rooms, washing dishes, preparing the vegetables, etc. Another patient in a wheel chair helps with the baking.

An Encouraging Result

One of the city juvenile court workers brought a young girl out to us. We hope to do her some good in teaching her cooking and other useful things in life, so as to make her useful, like the little girl that we had with us last summer, who since she returned home has not forgotten the things that she learned while here. She is not only keeping her own little home, but she is helping her neighbors in different ways, and when asked where she learned these things, she says: "I learned them at Hinsdale."

The day she left I went into her room and she was on her knees praying and started to

get up, but I said: "Never mind, Annie. I just came in to pray with you." Then she went on and asked God to make her a Christian and not allow her to enter into the temptations of the other girls like she had done before she came to Hinsdale, and she asked God to help her father not to drink any more. I never heard a more beautiful prayer than she prayed. I could hardly give her up, but no doubt it is the best thing; she is now making a good home for her father and brothers and he has not been drunk since.

We have a full house here now. Some of the patients that were here last fall went home too soon and now are back again. We have had to turn some away, and have sent some to the sanitarium.

The medical evangelistic students give the treatments and care for the sick. They come and take the patients over to the sanitarium to the meetings. The patients enjoy it very much. These students do everything they can to make it comfortable and pleasant for the patients.

The work is becoming more interesting to me every day. I felt when I first came here that I could not do the work, but now I am just so engrossed with the work that I don't feel that I can be away from it for a day.

Without gun and ammunition, it's useless to have an aim in life.

Every day is judgment day and most people are self-appointed judges.

It's just as essential to be sure you're wrong before you quit, as to be sure you are right before going ahead.

Doing today what you might have done yesterday crowds tomorrow in its duty.

A road paved with good intentions only is a mighty hard road to travel.

It requires all one's strength and nerve to grasp the first round of the ladder of success; the rest are in easy reach.

Our News Letter From the Home

Caroline Louise Clough

MISS SANBORN, the matron of the Life Boat Rescue Home, left this week for a couple of months' vacation. Mrs. Kittie Polmanteer, a member of the medical evangelistic class, will take her place during her absence. Miss Sanborn will be greatly missed by us all, for she has won the respect and confidence of her associates and the girls in the home are without an exception greatly attached to her.

To show their appreciation of her loving care over them, they asked the privilege of having a surprise farewell evening and presenting her with some little tokens they had made for her comfort while traveling. They had also prepared a nice, wholesome lunch, which was very beautifully served by the girls themselves. To make this lunch possible they had decided to go without dessert for their dinners for a week or more previously.

As the matron opened package after package, each containing some dainty article and a loving message, the tears came to her eyes and with difficulty she read aloud each missive. One dear little girl, only sixteen, who has been confined to her bed constantly since she came to the home, had expressed the thoughts of the others in verse.

The best there is in these girls is being brought to the surface and the old tendencies and habits that were leading downward are being left behind with the dreary past. One girl, who the second day after her arrival wanted to go back to the old life, has now taken hold in earnest to help make a useful woman of herself, as can be seen from the following which she expressed to a friend:

"I am doing my best. I help with the work and do just as they ask me to. I just think the girls and the matron are grand to me, and the babies are so sweet.

"I think if I went to some other place to work that I could still live to be a Christian and a true one. I have a long life before me, and if I ever expect to be anybody I will have to live a life worth while and give my heart and soul to Christ or I surely will go so far that no one will ever care for me. I love this little home and will never forget it.

"The matron is so dear to me. It seems as if all is coming out all right in the end. In the morning I can hardly wait for our worship, and the same at night. It seems to cheer me up when I have evil thoughts."

Many of the girls are brought up in homes that are far from ideal. One young woman



THE ONE WE LOVE.

said she never knew what it was to be loved at home until she came to our home. She said her mother had neglected to train her aright and then when she went wrong the mother beat her for it.

Mothers, improve your opportunity to start your girls right while they are young. A little time spent early in life planting right principles will save many a heartache later on.

The sweet, helpful spirit which prevails among the girls in the home is really a gift of

God and is the result of *daily* communion with Heaven. The matron and her assistant get together at stated times for prayer and once or twice a week all the workers, including the nurse, the gardener and Miss Dickenson, meet for a prayer season. These private seasons with God help much to make the morning and evening devotional hours effective.

The workers have recently been asking the Lord to impress some one to send in some new pillow slips. Their prayers were answered the other day, when a package arrived containing twenty pairs of new pillow slips from Mr. and Mrs. Frank Baker of Chicago. We thanked the Lord and have gathered courage to ask again, this time for hand towels and sheets and spreads.

Our more than half an acre of garden looks better this year than for many years. Thanks to the faithful gardener the Lord sent to us just in time to put in the seeds.

We are now bending our energies to get another industry started—that of making health undergarments, which we trust will be another source of income for the girls, who have nothing with which to meet their expenses. We are endeavoring to help these girls to help themselves, and with the Lord helping us all we hope that some souls may be saved in the kingdom.

PERSONAL OBSERVATIONS IN THE HOME

MRS. KITTIE POLMANTEER

I realize more since coming down to the Rescue Home what Christian home influence does for girls. The girls seem to enjoy morning and evening worship. When the bell rings we see them coming to the bookcase, each one to get a song book and a Bible, and different ones have selections that they want to sing.

We have Sabbath school on Sabbath afternoon and we take up the study of the Sabbath school lesson at our morning and evening worship hour. The girls have organized a prayer band. Five of them met together the other evening. The Spirit of the Lord is working with them.

Two of the girls went to the jail services yesterday and were very much impressed with

the services. One of the girls said it was an experience she never could forget, and the other made the remark that she wished she had courage enough to talk with the girls there.

We have a great opportunity to do personal work among these girls. There is always someone that needs encouragement or prayer. The girls who are not able to come to worship, we go to their rooms and have prayer with them. In working for others we gain a great blessing ourselves. The Lord is blessing our work and I am of good courage.

HOW SOME SEED WAS SOWN

ANTONY CATALANO

[Brother Catalano, a young Italian who is now taking the medical evangelistic course at Hinsdale, is spending the greater part of his time carrying the gospel to his own people in Chicago. He related the following experience in broken English at a missionary meeting at Hinsdale, which gives a glimpse of how he is watching for opportunities to do good and sow the gospel seed.—Ed.]

I was asked to attend our missionary meeting here on Sunday evening and tell some of my experiences, but something in my heart called me to Chicago. As I got off the train at Union Depot I heard two Italian boys speaking in their own language, so I spoke to them. I found they were strangers in Chicago and did not know how to find their way around. I asked them to let me help them. We asked a policeman to direct us and then we got a cab and went over to the address which they had given me. When we arrived at the place they offered me money, but I refused it. I told them I was not doing this for money. Then they said, "Come on in and have a drink." I told them I did not drink that kind of stuff. They said, "What do you want?" Then some one said, "Bring him some water."

The people who live in Sicily are antagonistic to the people who live in northern Italy, so when I told them I was a Sicilian they said, "Look at this Sicilian boy doing good to us northern people." Then I had a chance to tell them that it was not because I was a Sicilian but because I was a Christian that I was trying to help them; that the Lord had *changed* my heart and given me a love for all classes of my people.

A Wonderful Movement

David Paulson, M. D.

ALMOST the last word in the Old Testament is a promise that God will send us just "before the coming of the great and dreadful day of the Lord," Elijah the prophet. Mal. 4:5. This was partially fulfilled in the case of John the Baptist, but we shall see it even more completely fulfilled as we approach "the great and dreadful day of the Lord."

John the Baptist came "in the *spirit* and power of Elijah," and his work was to "prepare a *perfect* people for the Lord." Luke 1:17, Syr. Ver. We may be sure that the work that is to take place just before "the great and dreadful day of the Lord" will be of a similar nature and of a similar power.

We may also be certain that only those will have the *power* of Elijah who have first caught the *spirit* of Elijah and none of us will get the *spirit* of Elijah without literally saturating our minds with the truths that the Bible has left on record concerning Elijah.

When John the Baptist had caught the *spirit* of Elijah, his message moved the people with a new, strange power, and the whole nation was stirred. "In this age, just prior to the second coming of Christ in the clouds of heaven, such a work as that of John is to be done." But in order to give such a message as John gave we must have a *similar* spiritual experience.

Humble Obedience

Repeatedly it was said of Elijah that he "did *according* unto the word of the Lord." 1 Kings 17:5. Elijah himself said again and again, "As the Lord of hosts liveth, *before whom* I stand." 1 Kings 18:15. Like John the Baptist, he was conscious that he was in the *presence* of the great God of the universe, and that thought will make and keep any man humble, and it is only humble workers that God uses; He *hates* a proud man, no matter how superior his qualifications.

Although Elijah was a wonderful evangelist, yet he did not for a moment imagine that it was *his* preaching or *his* work that converted the people, for in his prayers he said, "Hear me, O Lord, hear me, that this people may *know* that Thou art the Lord God, and that *Thou* hast turned their heart back again." 1 Kings 18:37. After the fire had descended

from heaven and consumed the wood in answer to his prayer, just as the Spirit of God always will come down into our hearts to burn up the rubbish there in answer to our earnest prayers, "so Ahab went up to *eat* and to *drink*." Verse 42. That is the biggest thing many professed Christians are thinking about today, rather than having their starved souls fed with the heavenly manna. But "Elijah went up to the top of Carmel" to pray. He confessed his sins and shortcomings, humbled his heart and then sent his servant to see if there was any rain. The servant returned with the report, "There is nothing." Elijah prayed and confessed some more sins and sent his servant back. Six times he returned with the same discouraging report, no sign of rain.

Effectual Prayer

Have you prayed two or three times for the Lord to pour out His Spirit upon your family, your church, or your community? If *you* have caught the *spirit* of Elijah you will continue to ask the Lord to show you some more sins to confess, and get a larger vision of God and a smaller estimate of yourself. And by and by when God becomes everything to you, and you seem *nothing* to yourself, then you have caught the *spirit* of Elijah and you will not have to wait long before you will also have the *power* of Elijah and you will soon begin to appreciate the droppings of the latter rain.

The seventh time the servant returned he reported that there were indications of rain. Until we are of that kind of Christians there will be no latter rain to fall upon our parched and thirsty hearts.

"Subject to Like Passions"

The Bible says that Elijah "was a man *subject* to like passions as we are." Jas. 5:17. We all know that though an epileptic does not have fits or convulsions all the time, yet he is subject to them. Likewise, some people are especially subject to colds when they fail to take the proper precautions. Well, Elijah was subject to "*like passions*" when he failed to take proper precautions.

It was only when he "*prayed earnestly*," Jas.

5:17, that he was *not* subject to those miserable passions. When we catch the spirit of Elijah and also pray earnestly, then we will speedily discover that we are no longer subject to *our* particular passions and failings. It is only when there is a break in our communion with God that they overcome us just as they did in Elijah's case.

Have you been used of God in a wonderful manner? Have you had some special experience? Beware that the devil does not steal a march on you and you become subject to your special passions. Elijah was thus taken unawares and this man who was so *brave* when he prayed earnestly became the cheapest kind of a coward when he quit praying earnestly, and he "went for his life," 1 Kings 19:3, into the wilderness instead of staying by his job and *following up* the results of his revival. He gave the devil every opportunity to ravel it out. He even prayed, "take away my life." 1 Kings 19:4. If God had *answered* his prayer he would not have been translated. If the Lord should answer some of our prayers, it would be the worst thing that could happen to us.

Can You Answer This Question?

Finally the searching question came to him that sometimes comes to us, "What doest thou *here*?" 1 Kings 19:9. And Elijah being just like the rest of us when he did *not* pray, began to do just what we do when we do not pray—telling *how good* he had been. He said he had been "very *zealous* for the Lord," verse 10. And he also told the Lord how *wicked* the other folks were. And we may always know we are backslidden when we talk that way, even though we may think we are wonderfully good.

But God, who had fed His servant on His backslidden journey, just as He has fed us during our backsliding, took pity on His poor, discouraged soul, just as He has pity on us, and kept wooing him by the same "still small voice," verse 12, that is, continually whispering to your heart and my heart until finally Elijah was coaxed out of his *cave* of doubt and discouragement, and he was persuaded again to "stand *upon the mount* before the Lord," verse 11, out in the sunlight of God's presence.

If you are catching the spirit of Elijah,

even if you do backslide, the still, small voice will get you out of your miserable cave of darkness that you have crept into, and get you back again on the "mount *before the Lord*." Elijah missed the great opportunity of his life, just as you and I have done who are just like him in that respect when we cease to *pray earnestly*. But we may be thankful God did not cast him off, and He does not cast us off because of our failings. Remember, Elijah was translated into Heaven without seeing death, just as you and I may be if we have the blessed privilege of living until Christ's second coming. Read 1 Thess. 4:15.

Dear reader, if you have been praying for the *power* of Elijah, begin instead to pray for the *spirit* of Elijah, and when God answers your prayer you will be led through things that will not be *pleasant* to the flesh, but it will put you in the way of receiving the power of Elijah. And do not forget that "the effectual, fervent prayer of a righteous man *availeth much*." Jas. 5:16.

BETTER THAN MOVING PICTURE SHOWS

Recently the following letter came from away down in the woods of Alabama, which we read with interest and set about to help this company of young people who are hungering for truth and enlightenment. The young man writes:

"I do not know you by name, but a friend of mine let me see one of your little books, THE LIFE BOAT, and I see by reading it that your aim is to spread the gospel through the world. I myself am in a weak and unlettered way trying to do some of the same kind of work right here at home among my own people.

"Some of us do not read or write and we are all poor, but we have organized what we are pleased to call a Bible society. The society is only a few months' old and yet there are twenty-five members who attend regularly, and we hope to have as many more in a few months, but we have only three Bibles and they are torn and defaced now.

"What I wanted to ask you is, can you help us a little? Can you give us one or two Bibles and some of your little books? I am going to start a donation fund to send you to

help some in this great work that you are doing."

In reply to this letter we sent some LIFE BOATS and three new Bibles, and received the following response:

"We received with the greatest of pleasure and thankfulness both the package of LIFE BOATS and the three lovely Bibles that you so kindly sent us, and we thank you from the bottom of our hearts.

"We got the Bibles last night. The class was in session when the brother got back from the post office. I just wish you could have been standing outside of this little farm house and heard the expressions of thankful surprise and pleasure when I cut the string and laid before the boys and girls this gift from you and told them something of you and your work and that you had sent us those nice Bibles free.

"They are all hard-working country boys and girls, and some of them come a long ways at night, but you see there are no moving picture shows or theaters here to detract their attention and therefore they are always glad to come to the class meetings. I am trying in my feeble and unlettered way to gain some souls for the Lord.

"There are many of the members who can not write, so all the writing, as well as all of the teaching, falls on me, but I am glad to be a wheel horse in the service of the Lord.

"We thank you with all our hearts for the kind interest that you have taken in our work and we would be very glad for any assistance that is not too much trouble to you. In the meantime I am trying to show the members here how important it is that we do all we can for ourselves, trust to the Lord for something and then appeal to our fellow men.

"I beg that you and all will remember this small band of laborers away down here in the woods, who have heard of a place called Heaven and are trying to make it our home."

A CHANGE OF MASTERS

(From the Southern Illinois Penitentiary)

"While I have another chance to write again, the pleasure is mine. I have read the last LIFE BOAT, which I enjoyed very much, and have learned that you are going to send a number of next months' books to the State prison, which will be a blessing.

"In this change in my life there has been a change of masters. While I was in sin the devil was my master and I was his faithful servant, but now things have taken a change and I am a servant of the true and living God. It is a blessed thing to know that a way has been opened whereby people can be saved from all their iniquities and have the stains and guilt of sin entirely removed, nevermore to be remembered against them. But so many fail to obtain this precious gift which has been offered free to all."

A BIBLE STUDY ON PROFANITY

CAROLINE LOUISE CLOUGH

1. Who is to be blamed for originating the practice of using slang and swearing?

"But let your language be, 'Yes, yes,' or 'No, no;' anything in excess of this comes from the *evil* one." Mat. 5:37, Modern Speech Version.

2. Where must the swearing be before it is spoken?

"Out of the abundance of the *heart* the mouth speaketh." Matt. 12:34.

3. What is the effect of a swearing heart on the life of that individual?

"An evil man out of the evil treasure of his heart bringeth forth that which is *evil*." Luke 6:45.

4. What effect does the swearing habit among people have on the land?

"Because of swearing the land mourneth; the pleasant places of the wilderness are *dried up*, and their course is evil, and their force is not right." Jer. 23:10.

5. If we go through life sowing slang and profanity, what shall we reap?

"Be not deceived; God is not mocked; for whatsoever a man soweth, *that* shall he also reap." Gal. 6:7.

6. Will we be willing to report on our crop at the final harvest day?

"Every idle word that men shall speak, they shall give *account* thereof in the day of judgment." Matt. 12:36. We will surely be ashamed of our sowing at that time.

7. What instruction did Christ leave us about using profanity?

"But I say *unto* you, swear *not* at all." Matt. 5:34. Read also James 5:12.

8. If we have been swearing in the past what ought we to do *now*?

"But *now* ye also *put off* all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth." Col. 3:8.

"Let no *corrupt* communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice. And be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you." Eph. 4:29, 31, 32.

9. What experience did Peter have when he denied his Lord?

"Then began he to curse and to swear, saying, I know not the man. And immediately the cock crew. And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me thrice. And he went out, and *wept bitterly.*"

10. What experience must we each have before we can be delivered from speaking evil?

"The Lord is nigh unto them that are of a *broken heart*; and saveth such as be of a *contrite spirit.*" Ps. 34:18.

11. When our heart is converted what will our mouth be speaking?

"For with the heart man believeth unto righteousness; and with the mouth *confession* is made unto salvation." Rom. 10:10.

12. On what are we exhorted to keep our minds?

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, *think* on these things." Phil. 4:8.

"Jesus Christ, the same yesterday, and today, and forever." Heb. 13:8.

Who will say, "By the help of God I promise to refrain from the use of slang and profanity of all kinds and to help others to cease the practice?" I shall be glad to hear from such. Address me, Hinsdale, Ill.

Hot words burn somebody.

FROM OUR MAIL BAG

"Both letters and package received today. I am much pleased with those attractive spiritual books, and I thank you for them. I shall find their contents so helpful, inspiring, and interesting."

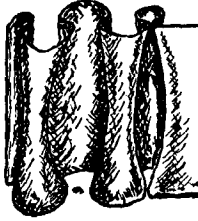
"I am sending for THE LIFE BOAT for one year. I have been lost without it but I have been in such circumstances that it was impossible for me to subscribe for it. I had a birthday dollar given to me and I thought that I could not invest it in any better way than to send for the little magazine that I love next to my Bible."

"In November 1912, I bought a copy of THE LIFE BOAT and am still reading the magazine. It is old, yet so new. I would like to sell THE LIFE BOAT, also take subscriptions for it. I make my own living, and if selling your journal pays I can devote all my time to selling it."

"While living in Kansas some ten or twelve years ago a crippled man came to our door selling a variety of little booklets. I glanced them over, was attracted by the picture of THE LIFE BOAT, so turning its pages I saw it was a religious paper and bought one. Never did I regret it. Later I subscribed for it, and have helped to get it into several homes. May it continue to be a blessing and Godsend to many more as it was to me and has been since.

"It is time well spent to read its pages. It is highly appreciated in our home and each copy looked forward to with eagerness. I read it all through to the children. You have been so kind to us, sending THE LIFE BOAT to us for the benefit of the orphan children in my care. We are now trying to get subscribers for THE LIFE BOAT and do something for you."

Don't overlook our new premium offers for 1915. You will want some of them.



Editorial Department

DAVID PAULSON, M. D., Editor



THE AMUSEMENT MANIA

It is almost impossible to estimate the amount of money that is now being annually spent in the United States to gratify the amusement mania. An enormous automobile speedway is being constructed near Chicago with seating accommodations for 120,000. In view of the advance sale of seats for the first race the indications are they will be filed.

A banker in St. Paul told me recently that fully *one-half* the automobiles sold were for *pleasure* instead of for any useful purpose. Think of the enormous sums of money expended! Then consider the baseball mania and the one hundred and one other schemes and devices for exchanging money for *amusement*. And then with this thought fresh in your mind go into the average church and observe the mere handful of the faithful in attendance. Note the beggarly small contribution received, no matter how worthy the object, and then remember that the Bible declares, "Know also that in the *last days* . . . men shall be lovers . . . of PLEASURE more than *lovers* of God; having a *form* of godliness, but denying the power thereof." 2 Tim. 3:1-5.

Have *you* seriously made the Saviour's self-denying program (Luke 9:23) your own, or are you also chasing after the vain bubble of selfish amusement? If so, remember you are selling your soul for naught, you are *missing* the best things in this world and everything in the next world.

DO YOU DESIRE A MEDICAL MISSIONARY TRAINING?

We have become convinced that there are scattered throughout the length and breadth of the land young people whose hearts are aching—not for a professional nurse's training, but for an opportunity to become genuine medical evangelistic workers. Hinsdale holds out a chance for this class.

It provides, first of all, a year's medical evangelistic training and experience, covering practically the ordinary first year nurse's theoretical instruction, but in addition giving special attention to Bible Study, Missionary Methods, Personal Work, How to Help the People in Their Own Homes, etc. And what is equally important, it leads the students right out into practical first-hand missionary experience right into the homes of the people.

There have been many who have questioned whether such a thing could be done or not, but it has *already* been accomplished one year here at Hinsdale, and God has given these workers blessed experiences, and what is better still, souls for their hire. We have every reason to believe that next year with the special blessing of the Lord we may look for far greater things.

We have not only gathered experience in wrestling with this new problem during the past year, but our workers in every department are reaching up toward Heaven for a visitation of God's Spirit. We believe these prayers will be answered in a definite and decisive manner, and that we shall have a divine element in our work the coming year that we have never had before.

SPECIAL TENT MEETINGS AT HINSDALE

The graduating exercises of our present senior missionary nurses' class will take place the evening of July 7th, the closing exercises of our medical evangelistic class will be the following evening, and the opening exercises of the new medical evangelistic class will take place the next night.

Special meetings will be held during these days and several days following. It is hoped that the entire occasion will be an inspiring medical evangelistic effort—a genuine visitation from on High—an occasion when God

will water many thirsty hearts with the dews of Heaven.

Anticipating all this, we have decided to pitch a large evangelistic tent on our spacious grounds, have it well seated, properly lighted with electricity and conduct all these services under this canvas.

We invite our friends from a distance to come and share with us the blessings of this special occasion. We ask others to remember us in their prayers. We believe that the same hand of Providence that has so clearly established this Hinsdale work and whose guiding hand has been so definitely seen from time to time in its upbuilding has still greater blessings in store for us if we will humble our hearts and prepare ourselves for a gracious visitation.

A SPECIAL EDUCATIONAL OPPORTUNITY

There are young married couples who now have an ambition to do something more definite for the Master than merely making a living, but they are confronted with the fact that their earlier education was more or less neglected. Again there are husky, substantial young people who, either from choice or necessity, were pushed out of school, perhaps to help support sick parents, or for some other good reason which does not now exist; but they dread to go to an intermediate school and sit down in the same classes with a group of children. Yet their hearts are aching to receive as speedily as possible a *practical* training that will fit them to act a part in some portion of the Master's vineyard.

To all such, if they are willing to thoroughly consecrate themselves to the Lord, Hinsdale holds out a special opportunity. You can come here and receive seventh, eighth, ninth or tenth grade studies, as the case may be. In addition you can have live inspirational Bible studies, learn practical medical missionary methods by actually engaging in them, and at the same time receive helpful health hints and some practical instruction in how to care for the sick, how to prepare wholesome food and otherwise be useful for the Master with both head and hand and heart. You can arrange to come to Hinsdale for a few months of such opportunities, or for one

or two years, as you may decide. Furthermore, if industrious and economical, you can be nearly, if not entirely, self-supporting while you are receiving this unique preparation.

THE LIFE BOAT LIST IS GROWING

The way THE LIFE BOAT subscription list is growing is extremely gratifying. Have you helped to make it grow? If not, why not? Look at our splendid premium offers then think of some of your friends who would appreciate THE LIFE BOAT just as much as you do if you only took the trouble to call it to their attention.

We offer liberal cash commission to those who prefer it to premiums. Send us ten cents for several sample copies to be used *only* to interest your friends in THE LIFE BOAT.

THE LIFE BOAT is the only magazine of its kind, so those who subscribe are not duplicating anything they already have.

"Find enclosed one dollar and fifteen cents for which please send me THE LIFE BOAT one year more. Start with the March number, and send the book, 'Victory in Christ.' I am anxious to read it. I can't do without THE LIFE BOAT, as I have taken it for eighteen years. I love the message it brings."

WORKERS WANTED

More workers are wanted to sell the LIFE BOAT magazine. Some of the more experienced workers can dispose of one hundred copies a day. One can do well at selling fifty copies per day. If only twenty-five copies are sold think of the wonderful possibilities for good of twenty-five sermons left in the same number of homes, which may be read by one hundred people! If you are interested in joining this band of workers write for full particulars.

If you constantly air your grievances you will gain the reputation of being a person to be shunned.

Opportunity is a good "knocker," but it seldom repeats the performance on the door.

NEWS HERE AND THERE

Mrs. W. J. Walter and daughter, Wilma, left this month for an extended visit among friends in Ohio.

Dr. Wolfson and family left for their old home in California on April 28th for a two months' vacation.

Miss Grace Redwine, one of the junior nurses, left during the month for a short vacation at her home in Indiana.

Miss Mabel Cutler, the sanitarium book-keeper, spent a couple of days in Grand Rapids, Wis.

Mr. F. F. Johnson, one of the sanitarium nurses who has been away with a patient for a couple of months in Cuba and Florida, has now returned.

Mr. and Mrs. H. A. Collins of Havana, Ill., were among the visitors during the month.

Miss Leah Chaffee, who has been spending a month at her home in Detroit, Minn., returned this week and Miss Thora Henrickson, who has been a nurse in the institution for some time, has returned to her home in Mankato, Minn.

Dr. and Mrs. David Paulson visited El Paso, Ill., where Dr. Paulson lectured before the County Tuberculosis League. They also spent a few days in Minneapolis and Duluth, where Dr. Paulson was called to give several lectures in those cities.

Dr. A. W. Hewitt of Flanagan, Ill., spent a few days at Hinsdale recently.

Mr. and Mrs. F. J. Dille of Spokane, Wash., old-time friends of the Hinsdale work, spent a couple of days visiting the various institutions.

Mr. E. G. Fulton of Los Angeles, Cal., author of the popular Vegetarian Cook Book which THE LIFE BOAT furnishes as a premium, spent a few days in the sanitarium recently.

Susan L. Heron and Ida E. Hood, the founders and promoters of the well-known Belmont College for girls in Nashville, are numbered among the recent guests at Hinsdale.

Mr. L. A. Hansen of Washington, D. C., who has been attending an important conference in California, stopped off at Hinsdale on his way back to Washington.

Rev. Wm. P. Pearce of Appleton, Wis., author of several most helpful books, gave an interesting stereopticon lecture before the san-

itarium family on the famous Mammoth Cave, Mr. Pearce having been the guest of the owner of the cave at the time his photographs were taken.

Another rare treat was enjoyed by the workers in a visit and lecture by Ralph E. Wager, professor of biology in the DeKalb State Normal School, who showed some unusual views of our neighbors of the woodland.

The sanitarium had among its guests during the month Miss Grace M. Shepherd, state superintendent of schools of Idaho and also treasurer of the National Educational Association.

Mr. Julius Paulson, brother of the editor and formerly of San Louis Potosi, Mexico, spent a couple of days at Hinsdale recently. The sanitarium family enjoyed the thrilling accounts of his experiences in leaving Mexico.

The sanitarium has established a new department called the Work Cure. A carpenter's bench has been installed and the patients, both men and women, are making small articles of furniture out of boxes. They are also weaving baskets and rugs. This useful exercise is proving to be of great help toward the restoration of health among the patients.

Miss Pearl Waggoner, who for ten years has been THE LIFE BOAT stenographer and proof reader, also THE LIFE BOAT poet, left this month to take up other work in Washington, D. C., for a year. Her faithful and efficient service will be greatly missed.

Leisure moments are the gold dust of time.

Time well spent is truly owned.

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

WANTED

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

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 Avenue. Phone Douglas 6743.
Illinois Tract Society, 3645 Ogden Avenue. Phone, Lawndale 7022.

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 decided to furnish it from our headquarters to those who desire it.

On account of the war it has become impossible to import any more of this particular form of mineral oil, but we can furnish a similar American product at the former prices.

This mineral oil is not a 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.

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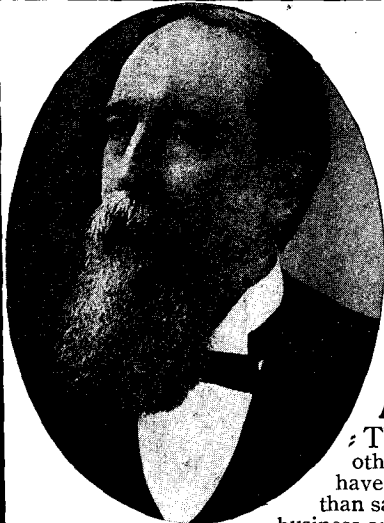
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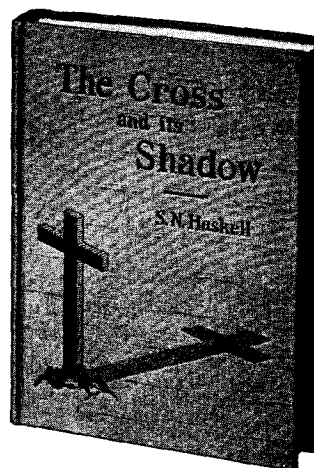
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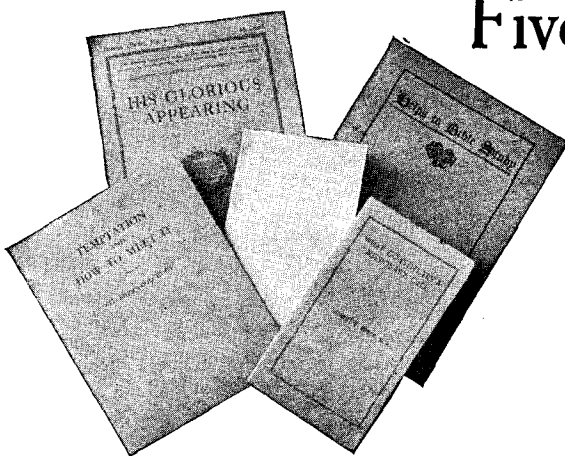
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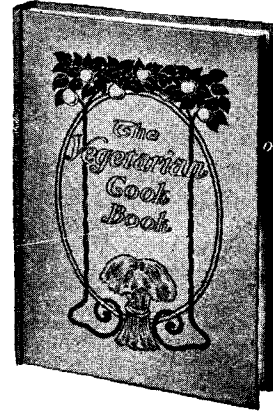
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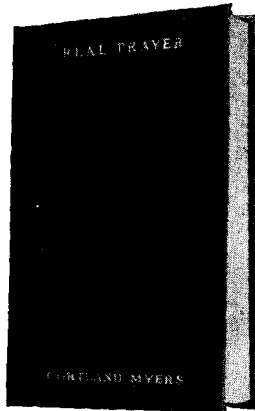
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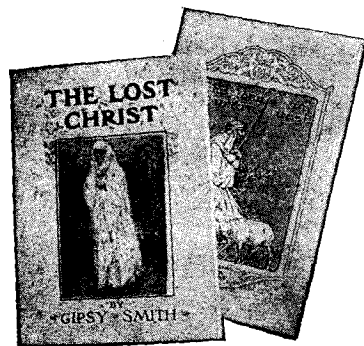
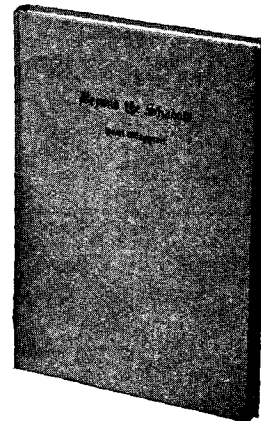


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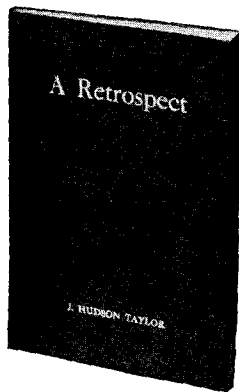
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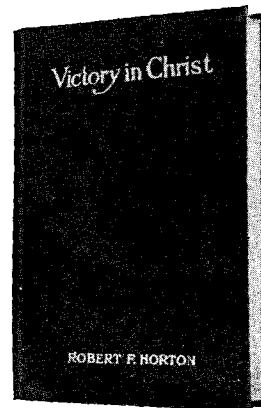
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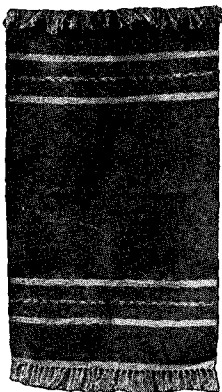


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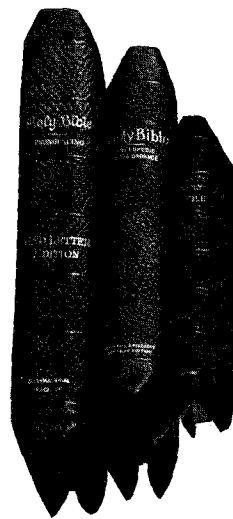
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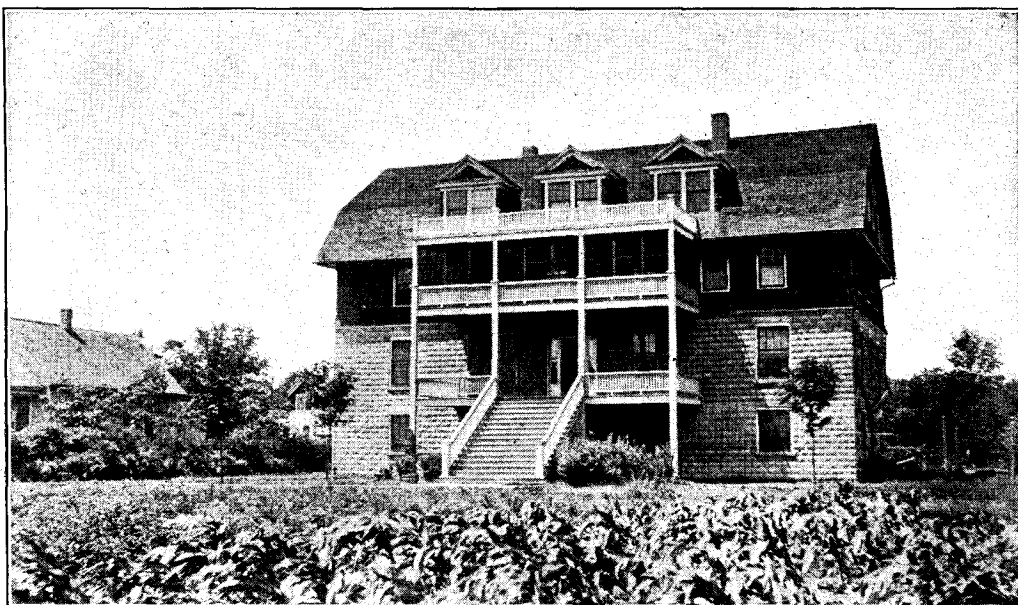
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