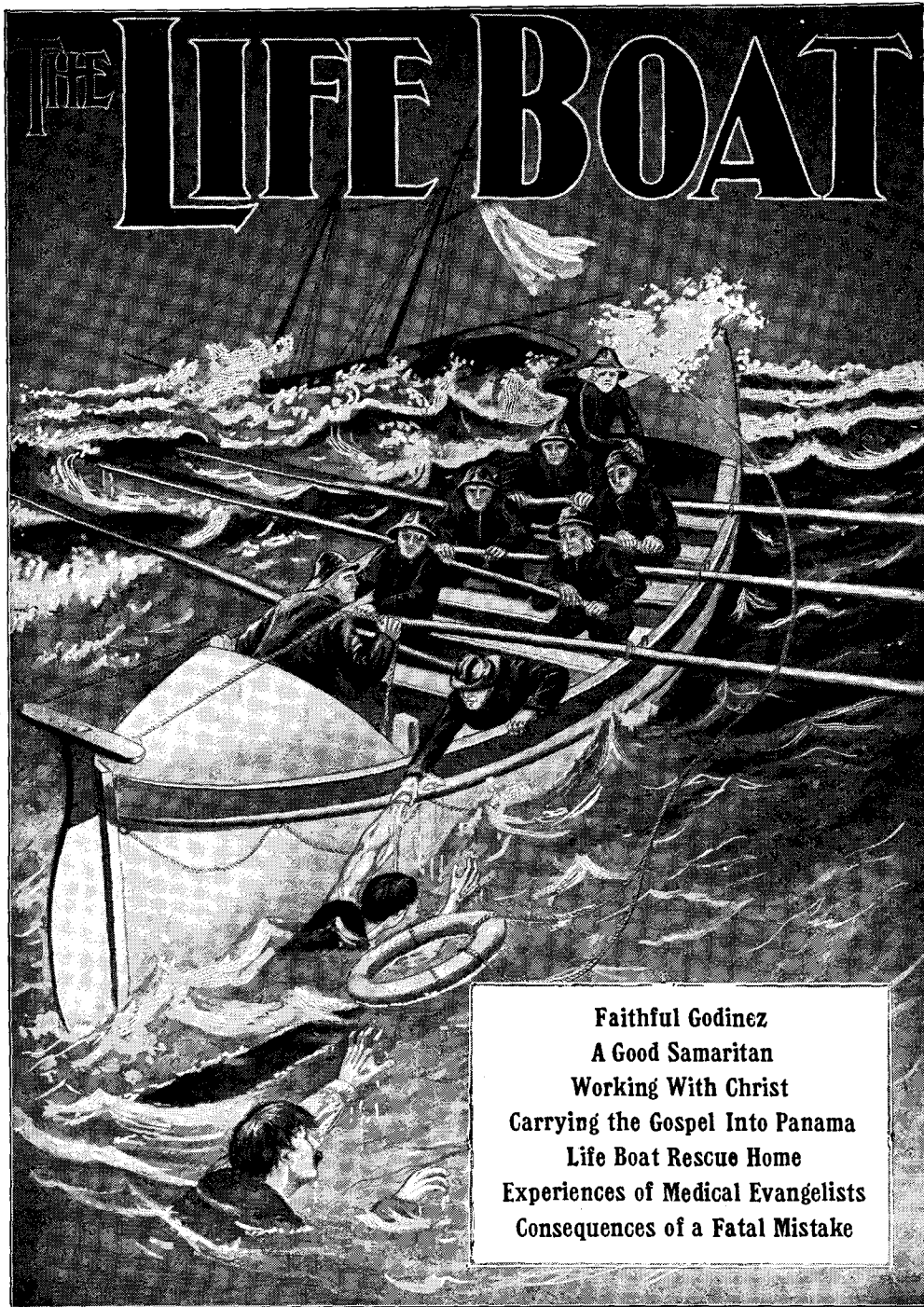


"The Land of the Free, The Home of the Brave"

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



The Life Boat Employs No One to Solicit Donations

**Faithful Godinez
A Good Samaritan
Working With Christ
Carrying the Gospel Into Panama
Life Boat Rescue Home
Experiences of Medical Evangelists
Consequences of a Fatal Mistake**

**Volume Eighteen
Number Seven**

Windsor, Ill.

July, 1915

Some Important Health Questions—by the Editor

The Land of the Free

Pearl Waggoner



How often we sing of the stars and the stripes,
And speak of the land of the free:
The land which for freedom by pilgrims was sought,
The land where our fathers for liberty fought,—
“Columbia, gem of the sea!”



We joy in the title, “The land of the free,”
Applied to this country of ours,
And oft are its charms and its beauties portrayed:
Its woods, and its glades, and its sparkling cascades,
Its prairies, its mountain-hid bowers.



“The land of the free!” we hear and we sing,—
But who of us ever were there?
For how can a country be rightly called free
In which cruel bondage to sorrow can be,
And Death claims the bravest and fair?



In which (though oft in it the exile oppressed
Safe shelter and haven has found),
Yet sickness, and greed, and King Alcohol dread
Still number by thousands their dying and dead,
And suffering and heart-ache abound?



But, ah! there's a country a short way ahead
Far fairer and freer than this,
In which all the ones who in Christ were made free,
At home with their Lord and their loved ones shall be,
With sorrow transformed into bliss.



There death shall not enter, nor sighing, nor pain,
And partings shall nevermore be.
Oh, let us each day for that glad time prepare,
That none of our number shall fail to be there,—
The only true land of the free!

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 3, 1879.

Volume XVIII.

HINSDALE, ILL.

:: JULY, 1915

Number 7

Some Important Health Questions

David Paulson, M. D.

THE frightful increase of heart disease, high blood pressure, kidney disorders, cancer, and other degenerative disorders is awakening the most earnest inquiry from both physicians and laymen. Many of those who have already arrived at the age when these diseases ordinarily develop are anxiously asking, "Is there *no* escape? Is it God's will for me to age prematurely, to have the best of my life shrivelled up by some one of these degenerative diseases?"

Fortunately light is breaking in. We are beginning to discover that these chronic maladies, instead of being Divine visitations, are but the legitimate result of our own folly. In other words, "My people are destroyed for *lack of knowledge*." Hos. 4:6.

It is not the strenuous life that is prematurely breaking down the best part of our population, but rather what accompanies it. On this point, Dr. Baldwin, lately Chicago city physician, says, "I am not sure that the work we perform in itself is the cause of the increase in heart disease, but rather the habits that *accompany* this strenuous pace. Over-eating, rich food, late suppers, too much liquor, coffee, tobacco, automobile rides, and general dissipation is what is killing off some of our prominent people."

We can not turn *back* the clock of time. It is useless for us to ask, "What is the cause that the *former* days were *better* than these? For thou dost not enquire *wisely* concerning this." Eccles. 7:10. It is the trimmings that accompany the strenuous life that are killing so many just at the very age when they should be *beginning* to live.

The Moving Picture Mania

We spent \$275,000,000 last year in moving

picture shows. Some of the pictures were good and some were bad. The important point is that they kept millions of people up late, who, a few years ago remained at home and went to bed early because they had no good excuse for doing anything else. After these various shows and evening performances are over, it is so natural to step into some popular restaurant and have a bite to eat, and sometimes several bites, and perhaps some stimulating liquid to help it down. As a consequence, many become so poisoned from autointoxication that they need sleeping powders to procure a few hours of drunken sleep. The next day the majority of them feel as if they were sobering up after a drunk. To offset these symptoms the doctor is often persuaded to give them "a tonic" to still further poison the already more than over-poisoned nervous system.

Some Unfashionable Advice

I have a quaint book in my library written years ago by a famous English physician, from which I quote the following sensible words: "Almost every malady, either by highways or byways, is connected with the stomach. I never see a fashionable physician mysteriously counting the pulse of an over-fed patient, but I feel like exclaiming, 'Why not tell the poor patient at once: You have *eaten* too much, you have *drunk* too much, and you have not taken *exercise* enough.'"

Every doctor knows that sickness increases wonderfully during the holidays and immediately afterwards, and more children die during this time than any other of the year. The *Chicago Daily News*, commenting editorially on this, says: "This is because mothers permit them to indulge in all sorts of foods, re-

straining them in nothing that will add to their holiday delights, little thinking that the sauce of tonight may call for the soothing syrups and bismuth powders of tomorrow. It is a season of feasting, of appetites, of the fat gobbler, the canvasback, the warm bird, etc."

Stupid Eating

It is encouraging to observe how much sensible, wholesome dietetic advice can now be gleaned from the pages of the daily press. Unquestionably the hand of God is in this to give people an opportunity to save themselves if they so desire from this frightful increase of chronic diseases which are largely caused by stupid eating.

I quote the following from the *Chicago Daily News*: "The human body is full of poisonous matter which is constantly being thrown off, but a certain amount always remains in the tissues. An ox or a sheep is the same as a man, in that its body is creating poisons all the time, and also constantly getting rid of them. But a certain quantity is always present in its tissues.

"Now suppose this ox or sheep is suddenly killed. All the poisons which are still in the tissues, and which would have been thrown out of the body of the animal had it lived an hour or so longer, are still *retained* in its tissues and are poisons. So that when we eat the flesh of any animal we eat together with it at the same time a certain quantity of the poisonous juices which are inseparable from the animal flesh.

"This is the great objection to meat eating made by the non-meat eaters, or 'vegetarians.' We should certainly be better off without meat, if the same materials which the meat supplies can be obtained from other foodstuffs."

The Gospel of Chewing Reform

The following is quoted from an editorial in the *Chicago Evening American*, entitled, "Learn to eat slowly and thoroughly."

"In the eyes of doctors *three* things distinguish the American people—consumption, dyspepsia, bad teeth. All three of these difficulties are intimately connected with the great national defect, our too rapid eating. Practically all of our successful men, especially in financial affairs, have suffered from dyspepsia. It causes the production of half the patent medicines and employs three-fourths of all the doctors in the United States.

"If you would eat each day exactly one-half

as much as you do at present—supposing you to be the ordinarily well-fed citizen—and if you would chew the one-half for a period three times as long as that which you now devote to your entire meal, you would be a stronger, abler man, and never know the meaning of dyspepsia."

Horace Fletcher, in an article in the *Ladies' Home Journal*, entitled, "How I Made Myself Young at Sixty," in explaining the fundamental principles of "Fletcherism" says:

"First. Wait for a true, earned appetite.

"Second. Select from the food available that which appeals most to appetite, and in the order called for by appetite.

"Third. Get all the good taste there is in the food out of it in the mouth and swallow only when it practically 'swallows itself.'

"Fourth. Enjoy the good taste for all it is worth, and do not allow any depressing or diverting feeling to intrude upon the ceremony.

"Fifth. Wait, take and enjoy as much as possible; Nature will do the rest."

There are plenty of people who prefer to *borrow* an appetite rather than earn one, so they resort to condiments and fiery spices, and sometimes other artificial stimulants to stir up an *artificial* appetite, when the body is already overfed and is frantically demanding rest.

Parents send their children to art galleries to educate their taste for art. They hire music teachers to develop and train their ear for music. From the standpoint of health and happiness it is far more important to intelligently develop and train a taste for good wholesome food that can nourish the body without destroying it.

The Observation of a Famous Man

Charles M. Sheldon of Topeka, Kansas, the well known author of that book "In His Steps," which had such a phenomenal sale, makes the following personal observations:

"The ordinary bill of fare in a hotel is a monstrosity. It is, however, no less so in nearly every farm house. I recall with a feeling of shame the immense amount of work it put upon my mother and sisters, the bill of fare we men demanded on our farm for breakfast. We thought we must have and did have, beefsteak and potatoes, eggs, hot biscuit, coffee, griddle cakes, molasses, apple sauce and very often some kind of pie. Dinner was, in the language of the card table,

several better than this, and supper was a resounding echo of breakfast. We had meat three times a day and thought we could not live without it. It is a marvel to me now that we have any of us lived so long with it.

"It would not concern me in the least, indeed, if all flesh of beasts should perish off the face of the earth except cows and hens. Milk and eggs are a part of the daily fare. The vegetarian (i. e., the one whose definition of the word is the same as mine) also adds to his bill of fare two other worlds of supply, namely, fruits and nuts. All fruits, so far as I have tried them, are healthful, especially apples and oranges. The most ideal way of getting fruits upon the vegetarian's table is for him to go out into his garden and pick them off the trees or vines.

"Not only do civilized people eat too much, but they spend twice the time necessary in getting food ready to eat. I do not see why my wife should be expected to spend more than half her lifetime planning meals and getting them on the table, or why another woman called the 'help' should spend three-fourths of her time in washing a multitude of dirty dishes and putting them back on the table to be dirtied again.

"The vegetable habit simplifies life. It helps us do other things besides get our meals. Ten minutes is time enough to get breakfast. Then we have leisure to eat slowly the little we have. The general American plan is to spend half an hour in getting twice as much food on the table as the family needs and then omit family prayers and hurry through breakfast in fifteen minutes."

Edison as a Health Reformer

Every school boy knows something about Thomas A. Edison, the great electrician, but there are many who are not aware that Edison insists that his tremendous ability to work, his freedom from the ordinary ills and aches and other infirmities of old age, are due entirely to his abstemious diet.

Mr. Edison says: "Every practical man knows that to get good work out of a machine one must know how to take care of it. If you have a hundred horsepower boiler, no wise engineer will fire that boiler to its full capacity when he only wishes to take eight horsepower of work out of his engine. If he does this, he sooner or later burns the grate bars out of

his fire box, but that is just what the majority are doing. Is it any wonder that the boiler flues—the arteries—get clogged up, that the pipes burst, causing apoplexy, and that the machine breaks down *before* its life is half lived out?"

When Harriman, the great railroad king, died, some one said that thinking in bed was the cause of his death, but this is Edison's explanation: "Why did Harriman think in bed? Because he ate too much. I eat one-fourth as much as Harriman did. The result is, that I am asleep thirty seconds after my head hits the pillow. Harriman overate, and by overeating poisoned his lower intestines."

Senator Tillman, while pleading recently that tobacco smoke, which was such an annoyance to him, should be banished from the senate chamber, said that since he was elected senator twenty-four United States senators and one vice-president had died—not from overwork, but from overeating; killed, not in the service of their country, but in the service of self; destroyed by banquets, juicy beefsteaks, rich wines, tobacco, tea, coffee and other things that kill the body rather than to nourish it.

Rockefeller's New Stomach

We all remember when the story went the rounds of the newspapers that the Standard Oil king was offering a million dollars for a new stomach, but that is all in the past. Rockefeller is now enjoying a degree of health that many a young man might well envy. What is the secret? He fell into the hands of a common sense physician whose principles literally rebuilt the Standard Oil chief into a veritable human dynamo.

Here is some of the advice which he gave Rockefeller, which is just as good for the rest of us who own no Standard Oil shares, but who do have what is much better, some share in God's great work on the earth. "Fresh air and plenty of it, moderate exercise, and plenty of it, simple food in moderate amounts, well masticated, with a mind free to enjoy the things that can not be bought and yet which are freely given to men and women—air and sunshine—will make any man young again and full of desire to live as long as the natural course of human machinery will permit him to live.

"Liquor and tobacco should be eschewed.

The body can stand only a certain amount of poison, and the natural waste fills this amount. . . . As far as diet goes, the older a man grows the less meat he should eat. A mixed diet in which well-cooked vegetables and ripe fruit have a large part are maintainers of health in old and young. Buttermilk and clabber are excellent for the body and he is a wise man who makes these a part of his daily diet."

The Secret of Ex-Senator Depew's Renewed Health

On Senator Depew's seventy-fourth birthday a dinner was given in his honor, and in his speech revealing the secret of his splendid health he said:

"I date my freedom from almost chronic rheumatism from the day when I stopped eating beef, and sleep, digestion and clarified vision such as I had never known before have kept increasing as I dismissed flesh and fowl for vegetables."

Salvation Army Health Ideas

The late General Booth, founder of the great Salvation Army movement, was seventy-nine years old when he made his last trip to the United States. I had the privilege of hearing him give a notable address to an immense audience that crowded to the very top-most galleries in the great Chicago Auditorium. He had already talked to crowded houses twice before during that day. Yet he was an invalid at forty! He attributed his tremendous endurance, clear-headedness, freedom from ordinary old age infirmities largely to his simplicity in diet. He ate neither flesh, fish nor fowl. The main articles of his diet were toast, potato, rice, stewed fruit, milk, vegetable soups, and these were eaten in moderation.

The *Daily News* commenting upon this said editorially:

"The public knows what General Booth has done for the bodies and souls of poverty-stricken or sinful human beings. He has a message, also, it appears, for the bodies of those who have access to the fat of the land."

A Chinese Health Missionary

Several years ago when Wu Ting-fang was ambassador to the United States he wrote a notable article entitled "How I Expect to Live Long." The principal things are summed up in the following eight suggestions: (1) Eating

only two meals a day. (2) Abstaining from all flesh food—my diet being rice or whole-wheat bread, fresh vegetables, nuts and fruit. (3) Avoiding coffee, cocoa, liquors, condiments and all rich food. (4) Giving up salt. (5) Masticating every mouthful of food thoroughly before it is swallowed. (6) No drink at all with meals, but between meals or one hour after. (7) Practice deep breathing. (8) Moderate exercise.

How to Make Sickness a Blessing

Few men in this generation have done more to educate the public healthwise than Pro-



PROF. IRVING FISHER

fessor Irving Fisher of Yale University. Fourteen years ago he was stricken down with tuberculosis. It appeared to him as though his whole life was blasted. He was banished to some forsaken part of the earth, living an outdoor life for three years in order to recover his health. This directed his attention to the health question. He says:

"If you want to live long, catch an incurable disease and get cured of it; and there is a world of wisdom in that. My own experience since I was an invalid in trying to preach the gospel of health to other people, has taught

me that the people who will *listen* are the people who are themselves somewhat ill. I have often talked to well people and said, 'You ought to take care of yourself. You ought to conserve the precious heritage of health that you have and not get yourself into the condition I was in.' 'Oh,' the man replies, 'I am not bothering about that.' Well people are deaf and blind to health admonition. But as soon as they find something is the matter with them they come around to me and say, 'What was that you were telling us the other day?'

Speaking of his own experience, he says, "Nothing gives me more satisfaction than when I find that the waste places in my life have been valuable to somebody else."

Of the many thousands who will read this article a certain percentage are already invalids. To such I would speak a word of encouragement—*obey* and live. There is nothing that causes me so much amazement as to see what God not only can do for a poor wretched invalid, but what He is constantly doing for those who adopt reform, not only intelligently, but in dead earnest. Over and over again, like Job of old, the Lord blesses them so that their *latter end*, from a health standpoint, is *more* than their beginning. (Job 42:12.)

THE CONSEQUENCES OF A FATAL MISTAKE.

T. D. CROTHERS, M. D.
Hartford, Conn.

[Dr. Crothers is one of those eminent, scientific physicians who has, in season and out of season, used his splendid talents to arouse the medical profession to the importance of medical temperance. It must be gratifying to him to have lived long enough not only to see this seed take root, but beginning to produce a beautiful harvest.—Ed.]

Professor Brown placed his oldest son under my care some years ago. The boy began to drink in school secretly, and in college had drink excesses. He graduated with honors and accepted a good business position. Later he lost it, and had to accept a poorer one. From this time on for several years there was a steady decline, until finally he became a tramp inebriate. He boasted of his parents and accepted their support, only to become more and more dependent.

His father was an eminent professor in one of the leading colleges of the country, and his mother was a woman of strong character. Both were intensely depressed because of this son's failures and drinking habits.

His two brothers had graduated from college with honors and occupied positions of trust. A married sister was an excellent woman and lived in the center of a large circle of very respectable people.

John, the oldest son, was said to be the "black sheep" of the flock, and was the center of the most intense anxiety and fruitless efforts to restore him. As a patient he was degenerate and had a very low sense of duty and truthfulness. He would recover in a short time and hold out the most alluring prospects of permanency, then suddenly relapse.

Finally, one day, he was injured in a motor accident, and suffered concussion of the brain. His condition was so serious that he was taken to an insane asylum, where he is today, a hopeless dement. His parents, who were deeply religious, were inclined to believe that this was the judgment of God for their idol worship of the son in his infancy. They had come to regard it as one of the afflictions which persons are called upon to bear and one of the mysteries, the causes of which an all-wise Providence had screened from their observation.

At a dinner one day, the professor, sitting next to me, remarked as an explanation for his use of wine, that in his early student life he drank a good deal, but after marriage was practically an abstainer, only using wine at intervals. He remarked that he used to think total abstainers were extremists, but lately had changed his mind. After a little questioning he related something of his history as follows:

In college he drank moderately with the boys, and in a post-graduate course in Germany drank daily for nearly two years, and was occasionally intoxicated. He married the daughter of a wealthy man, who had been accustomed to wine from infancy and together they used wine and spirits daily.

Before John was born his mother drank more than usual for its medicinal tonic effects. After his birth she still continued to use spirits both as a beverage and medicine.

Later they withdrew wine from the table and only on certain occasions used it. As John showed a strong fascination for spirits, they gave up its use, trying by example to correct his weakness. He was weakly from infancy. He had convulsions, was irritable, precocious and excessively nervous. This continued until school life, when he became

stronger physically, but mentally he was unable to control his appetite for drink.

Here was a distinct chain of causes. The wine and spirit drinking of the parents had retarded the normal growth of the child. He was crippled, defective and actually born without the normal consciousness of his own condition and the necessity of control.

It was more than inheritance of the parents' desire for drink. It was the failure of parents to give normal growth and development to the child. He was a degenerate in the sense of being incapable of living a normal, natural life.

The parents were responsible, directly and indirectly. No amount of culture or training could have prevented this inevitable result. They had committed an unpardonable sin, bringing into the world a wrecked body and mind, one that could not live normally.

His brothers and sisters, born under different conditions when the parents were abstainers, are examples of obedience to laws, while John, the victim of the violation of these same laws, is now in an insane asylum. The parents of John awakened too late in life to prevent the results of their ignorance, but they saw a great light, and were bowed down and crushed by the magnitude of their failure. They in a feeble way try to help others to avoid the same pitfalls.

This is not an unusual incident, but it shows the power of the laws of growth and the terrible damage that comes from alcohol on cell and nerve tissue. Human seed, imperfect, dwarfed and feeble, grew up in imperfect soil, wanting in the best elements of nurture and growth, with only one termination, which should have been foreseen from the beginning.

Mental culture and learning are insignificant when associated with profound ignorance of the human body, its sacredness and the possibilities of making or marring it for all time.

We are made in the image of our Creator, and it is our highest duty to develop and perpetuate this. We are responsible for the inebriates, the criminals, the paupers and a host of other degenerates that pervade the community.

We are responsible for an intelligence that would have prevented them. The highest gospel of the present is an intelligent experience that will develop the gift of divine self-control

within us, thus checking the march downward and turning back to the great central thoroughfare toward heaven.

THE CROSS AND CROWN

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

"I received your nice letter and was very much pleased. God bless you in your good work. I also received *THE LIFE BOAT* that brought happiness to my heart. I love to read it and if I had money to send for it I would feel much pleased to send you my last dollar for it. That is just how I love to read it. I read it then I pass it to my dear brothers whom I have helped save and they love to read it too.

"I have no money. If I did have I would be very glad to send you some. No one has ever sent me a dollar in nine months. But I have something better than money and that is Jesus Christ in my heart and I am following Him and doing all I can for Him. How wonderful it is to have the Spirit in our heart!

"I pray for you all. There is nothing but the blood of the Lamb that can deliver a soul bound in sin. Praise God for the power in the blood of Jesus Christ. It was the blood that flowed out of the wounds of Jesus Christ after they nailed Him to the cross that saved my poor soul.

"It is joy the world wants. They are running after it with every cent of money they can get. But if you want the joy that will be full and will satisfy the longing of your soul you must get Jesus. There is a crown waiting for every soul that will bear the cross, but without the cross there is no crown. Any soul that will deny self and take the cross will get a crown.

"Thank God, my spirit is so strong in Jesus Christ."

THE ROCK WAS SOLID

A sailor in a shipwreck was once thrown upon a small rock and clung to it in his great danger until the tide went down.

"Say, Jim," asked his friend after he was rescued, "Didn't you shake with fear when you were hanging on that rock?"

"Yes, but the rock didn't," was the significant reply.

Christ, the Rock of Ages, remains ever true and steadfast. If we cling to Him we shall be saved.

Carrying the Double Gospel Into Panama

Lillian S. Connerly,

Bocas del Toro, Panama.

[Last September the workers at Hinsdale enjoyed a visit from Brother and Sister Connerly, who had just returned from Panama for a few months' furlough. These workers, who some years ago obtained their training in the Chicago Life Boat Mission, have been in recent years doing pioneer missionary work in and near Panama. Their inspiring talks to the workers were of lasting benefit. Since their recent return to Panama we received the following from Sister Connerly.—Ed.]

SINCE our delightful sojourn in the Hinsdale sanitarium last September, I have many times promised myself the pastime of writing a few words to the kind friends whom we met at that time, through the medium of *THE LIFE BOAT*, but neglectable pleasures, as well as duties, are many times put aside for the convenient season which never comes.

After a vacation of six months in the States, every hour of which seemed precious to us, we returned to our field of labor in Bocas del Toro, Panama, to await the decision of the West Indian Union Conference with respect to our future.

that our field of labor, and while Mr. Connerly is away on that trip I am busy both heart and hand among the needy people of Bocas.

As is always the case, the missionary is the one to whom the people turn in all cases of sickness, whether of soul or of body; and whether professional or not, all missionaries must know something of how to minister to these needs. His work is greatly handicapped if he is unable to minister to the body as well as to the soul.

I never put into practice the simple principles which I learned while connected with the Chicago work that I do not feel grateful for these



A NATIVE VILLAGE SCENE IN PANAMA

As we had expected, it was decided that we leave this needy field for the needier unentered field of Columbia. As soon as Mr. Connerly can make an initial trip to determine where it will be best to locate we will make

early experiences which taught me these things. It is remarkable how much of the suffering of humanity the "simple treatments" can relieve.

The other day a woman who speaks the English sent for me to come to her as she

was very sick. When I asked what was her trouble she told me, "A rat bite me toe in the night, mom, and it seem like it poison up me whole leg," and sure enough the rat's bite left poison enough to promise a bad case of blood poisoning. How glad I was that I knew enough to relieve her suffering and offer prayer for her soul. On this same visit I saw another very sick woman who said, "O, mom, I so sick, I sure I going to die this time."

Very often we are called to offer prayer for those who believe that they are about to depart this life from acute indigestion, and before offering prayer simply relieving the stomach and bowels will place the patient where the prayer can be listened to and appreciated.

It is very often a cause of regret that we did not delve deeper and obtain more knowledge along these lines while the precious opportunity was ours.

Let me urge our dear young people to improve the time while in training to lay hold of the things, for the great needy world, comprised in the mission fields, is suffering while it waits for your coming. I covet our young men and women for the work. On every hand the work is great. Truly, as never before, the fields are white ready to harvest, but the laborers are few. "Pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest," and pray for us who have gone forth that wisdom and physical health may be ours.

A STRUGGLE AND A VICTORY

Pastor A. F. Prieger from the island of Haiti who, with his wife visited Hinsdale a few months ago and gave several splendid talks, reports of which appeared in *THE LIFE BOAT*, also read the following interesting letter from a black girl who sought and found forgiveness in Christ Jesus. She writes thus to Brother Prieger:

"Your letter was received this evening and I am thankful it did not come any other day than today for I can now feel that I submitted myself truly to God, not by your letter or any other way, but of my own free will.

"I feel that some one has been praying earnestly for me for I know without it I could never have been changed so completely. It was the other evening while sitting at the

piano singing hymns that my heart was touched, but I felt there was now no Christ to go to, He seemed so far away. I went to my room and began to think. I felt as though I could not ask God to forgive me for my many sins, yet I knelt down and began to pray but I knew I was not forgiven. My prayer did not reach Him, for I felt it was too late. Did you ever feel like that? Oh, it is an awful feeling.

"I took the 'Bible Footlights' and began to study it and I read page after page, but did not get any comfort, so I knelt down and prayed again. It was still dark above me. I nearly went into hysterics. I told Satan to get behind me, and I said, 'Lord, I will not let Thee go until Thou bless me,' and I then read again and thought of the brethren in the church that were at peace with Christ and how terribly far I was from Him.

"The evening was exceedingly warm but I was shivering like one freezing. For the third time I knelt down but could not say a word; I felt so miserable I just cried, and without uttering a word I felt that forgiving spirit just so plain, and then I wept for joy and turned myself wholly to God in every respect.

"The ring which I had again taken was taken off my finger and I threw it on the floor and have not found it since. Should I find it, even though my brother gave it to me, I shall throw it so far that no one will ever attempt to hunt for it.

"There, brother, was my conversion, and I'll never forget it. At first it was the terrible moment of my life. But after that it was the happiest. Since then I have been trying by His help to live a true and earnest Christian life. I have many worldly friend (girls) that coax and beg me, 'Oh, do come on, we'll have such a good time.' Here is where I need your prayers."

A TESTIMONY

(From the New York Penitentiary)

"My one desire is to follow the Lord under His leadership with what strength I have, to go forward to better and purer things in this world, and to win the battle against sin and Satan."

If you want your faith to grow, exercise it.

A GOOD SAMARITAN

FRANK HALL

Tortola, Virgin Islands, W. I.

[Brother Frank Hall a couple of years ago came up to this country to get a few months' medical missionary training. He attended our classes and learned how to give treatments in our bathroom. He gathered up all the information he could in a few months' time, then went back to his needy field in the West Indies, where he has been doing a wonderful work for the Lord, as our readers will see from reading his article, which has just been received.—Ed.]

Shut away, as it were, from civilization, among these islands, it may be interesting to the reader to hear of some of the experiences which I have had. Visiting from house to house, I met a woman who had been suffering from a tubercular sore on her nose for three years. It had been pronounced incurable. I learned that the light cure could be used in this disease. Having no arc light, which I had used in the sanitarium at Hinsdale, my mind reverted to a microscope which I had. This I used by focusing the light of the sun on the sore spot of the nose. With the assistance of fomentations and a little caustic potash, which she procured somewhere, the nose was completely healed.

A young man who had been taking treatments from a doctor for rheumatism by using the hypodermic, came in contact with me in his store. After reasoning with him that hot and cold water could cure him he was astonished, and asked me to go home with him that night. I did, and gave him a good hot blanket pack and massage, and left him with some written instructions. These he followed, and on my way from the West Indian Union Conference I saw him a cured man.

Another person suffering from partial paralysis was greatly helped by the use of hydrotherapy, massage and electricity. Several times he walked over six miles to see me and is very thankful for what has been done for him.

Fevers, rheumatism, skin diseases of all kinds, consumption, liver and kidney troubles, stomach and other ailments, were treated more or less with thorough success.

At the West Indian Union Conference held at Colon I was instrumental in the hand of God in helping several of our native delegates to keep well during all the sessions of the Conference.

To God be the praise for all that has been accomplished.

No medical missionary work can be carried

on successfully without the help of Christ Jesus, the founder of this work, who in His life on earth "went about doing good, and healing all that were oppressed." Acts 10:38.

The medical missionary has a two-fold advantage. He is armed with the gospel for the soul as well as the body. With this principle in his mind he has the privilege of disarming prejudice of all kinds. In this way the unconverted are often reached through the physical. When people are sick they will seek for help even from those who would do them harm. How happy should the Christian physicians and nurses be who know that they are called by God and have the privilege of being co-workers with Him in helping suffering humanity! This is angels' work.

No one knows but He who feels and the man or woman who will help to restore the worn-out bodies of men and women is doing a work that will never be forgotten.

Florence Nightingale, that star of hope to sick humanity, is gone, but her work remains to tell the story of her untiring zeal.

Those who take up this special phase of the work should realize that they are called of God and are His co-workers in the vineyard. The world is a great hospital, and wherever we go we see the necessity of doing something in this line for the Master. Good Samaritans are needed everywhere.

LONELY AND IN TROUBLE

This letter was written to the Office Laborers' Missionary League, Hinsdale, Ill., by an inmate of the Connecticut State Prison. There may be others who would like to have a cheery Christian letter break into their lonely lives. If so, write to the League.

"I came across one of your LIFE BOATS and I like its reading well. I shall be very much obliged to you if you will send it to me regularly. You asked on page 153, 'Are you lonely or in trouble?' Ah, dear sir, God knows how lonely I am and what great trouble I am in. Nineteen months ago I had scores, yes, hundreds of friends. I thought they were friends but I was mistaken, for I found them to be wolves in sheep's skins. I loaned money to some of these friends in good faith and in the time of my greatest need they turned their backs on me. Is there any greater trouble than this? I pray God to judge them."

Faithful Godinez

Julius Paulson,

College Place, Wash.

[Last month we gave our readers an interesting account of Brother Marchisio's experience in Mexico, as told by my brother on a recent visit to Hinsdale. This month we publish, from the same report, an account of a native Mexican worker, which is just as inspiring as last month's article.—Ed.]

THE question is asked, "Are there any *native* missionaries in Mexico who are any good?" A few years ago a Mexican named Godinez came to our town as a nurse with Dr. Erkenbeck. After the doctor left he stayed there to do missionary work. Through some difficulty and misunderstanding he was released from the mission pay roll. Everybody said, "Now we will see that Brother Godinez will give up his religion as soon as his pay stops."

We have been told that all Mexican protestants are such because it pays, but this man worked two years without one cent of income. He got a loom and made coarse Mexican shawls and sold them. He worked on these nights and mornings and in that way made barely enough to keep him alive, then he spent all his time doing missionary work.

Worked for the Mountain People

He took a peculiar interest in a little company about eighteen miles back in the mountains from San Louis Potosi. The only way to reach them is over a very rocky, steep and dangerous path. One can hardly pass with a donkey without getting hurt. This brother had no donkey, so he went on foot every week to visit those people, traveling about fifty miles each time.

I appealed to the mission in Mexico to give him some kind of salary as he was an honest, Christian man, but they could not do it. After I saw him struggling the way he did for two years I knew there was something in him. I put him on a salary from my own account, and he has been on a salary from me ever since. He would not take much. He insisted that I give him not more than twenty dollars a month—ten dollars in American money. He said that would keep him in shoes as he hurt his feet on the rocks when he had to go barefooted, and he could weave shawls and earn enough for the rest of his expenses.

Traveled Fifty Miles Every Week

He has walked over those rough, rocky roads

every week for ten years now to visit that little church. He has built up three large congregations—one way back in the mountains. The people there in the mountain got together and gathered up stones to build them a church, and we at San Louis Potosi donated the money. The other companies meet in private rooms. There are now from one hundred and fifty to two hundred people who have been brought into the truth by Mr. Godinez.

Held for a Spy

Just before I left Mexico, he and his wife, one of the most wonderful Christian characters I have ever met any where, were coming home from one of those visits and the revolutionists met them and took them for spies. He hid in a house, but they broke in and hit him on the head, cutting a big gash. He sewed it up the best he could and came back with his head all bound up.

I said, "Godinez, I think you have had about enough now, haven't you?"

He said, "No, I am going back there just as soon as I can."

We did what we could for him and he started right back there again. We have dozens of workers in Mexico among our own people and some among other denominations who are doing just such work as that today.

That is what it means to work for Christ in Mexico. If all the workers in Mexico were that kind of people then we would have a mighty effort there. It means something to be a missionary. It is not all glory; it is not all "flowery beds of ease."

Happy Amidst Hardships

I have noticed in talking with such men and women that they do not think *they* are having a hard time. If they were to tell you their story they would never say they had a hard time. They are the happiest people there ever was. It never enters their heads that they have sacrificed at all. These are the kind of people who are worth something. If all the

effort we have put forth in Mexico has only produced one man like Brother Godinez the effort has been worth while. Helping him has been one of the most enjoyable recollections of my life in Mexico. The great work he and

Godinez's efforts have brought in about two-thirds of our converts in Mexico today. Mr. Godinez has had no salary except what I have given him. Mr. Marchisio persistently refuses to accept more than thirty dollars per



PHOTOGRAPH TAKEN WHEN DR. PAULSON WAS VISITING HIS BROTHER IN OLD MEXICO SEVERAL YEARS AGO.

Julius Paulson
Mr. Rodriguez

Dr. David Paulson
Mr. Godinez

Mr. Marchisio have done has brought more into the truth than all the work in Mexico.

We have about twelve missionaries in Mexico now. Mr. Marchisio's and Mr.

month. He is giving his whole life for the Mexicans. In the effort there he lost his wife and child.

I have noticed that those who draw the

highest salary do the least; but those humble men and women who receive a bare living are doing a wonderful work. I think the ones who get a big salary spend too much time thinking about it; but the others do not think anything about their salary. That is the kind of spirit to have if you are to succeed in any effort.

I trust here in this place where so many young men and women are training for life

they will devote their lives to service for others. That is the only thing that brings *real* happiness. I believe you all have a desire to do good. If you are ever tempted to be discouraged because things don't go just right, remember the experiences of these noble men and women of God. It will bring the same happiness to you if you will devote your time and service to others.

Typical Experiences of a Medical Evangelistic Student

Mrs. Kate Williams

[Mrs. Williams has spent the greater part of her time during the year's medical evangelistic course in helping the people in Chicago. She has gone from door to door and brought relief to the sick, clothing to the naked, advice and counsel to those in distress and perplexity, has fed the Word of God to hungry souls and has left gospel literature in every home. Her work has been a blessing and she has been blessed. At the close of her year's course of training she will go forth to do more efficient work for God elsewhere. On July 7 a new medical evangelistic one year's class will be started. If you feel a hungering in your heart for just such self-sacrificing work as Mrs. Williams writes about, write to the editor for further information. There is still room for a few more to be accepted.—Ed.]

As we go among the people of Chicago to find those who are in need of help in one way or another, we have various experiences. This morning let me take the reader on a visiting tour to the people we have met in the past. However, before we start, we must thank God for the blessing of life, home and rest and for the new day in which we may work for Him. Let us ask for this guidance and protection for the day.

Now we are ready to take the 7:52 train for the city. In about thirty-five minutes we are there and aboard the street car going to our district. Forty-five minutes more and we arrive at the home of a little lady whom different ones of us have called on at regular intervals for the last seven months. She has been a sufferer with rheumatism for the last three years. It was hard for her at first, she said, to be confined to her bed, but since she is devoted to her Bible and loves good books Jesus helps her to carry her load and she is resigned and patient under His care. We fully believe that when she can grasp the truth of God's word and obey it, God will manifest Himself in a wonderful way to her. We have had many precious seasons of talking, reading and praying with her, while we tried to make her otherwise more comfortable.

Next we call on a young married woman

who lives in a neat, comfortable flat, has a devoted husband who does everything he can for her, yet we found her sick and discouraged. Here we had to give treatments for a while, but the main thing was to lead her to see the beautiful things in life, and to study the handiwork of God which He has given for us all to enjoy. After talking with her about these things, entreating her to let Jesus come into her heart and asking the Lord to accept and bless her and hers, I bade her good-bye, and the last report was she was feeling fine.

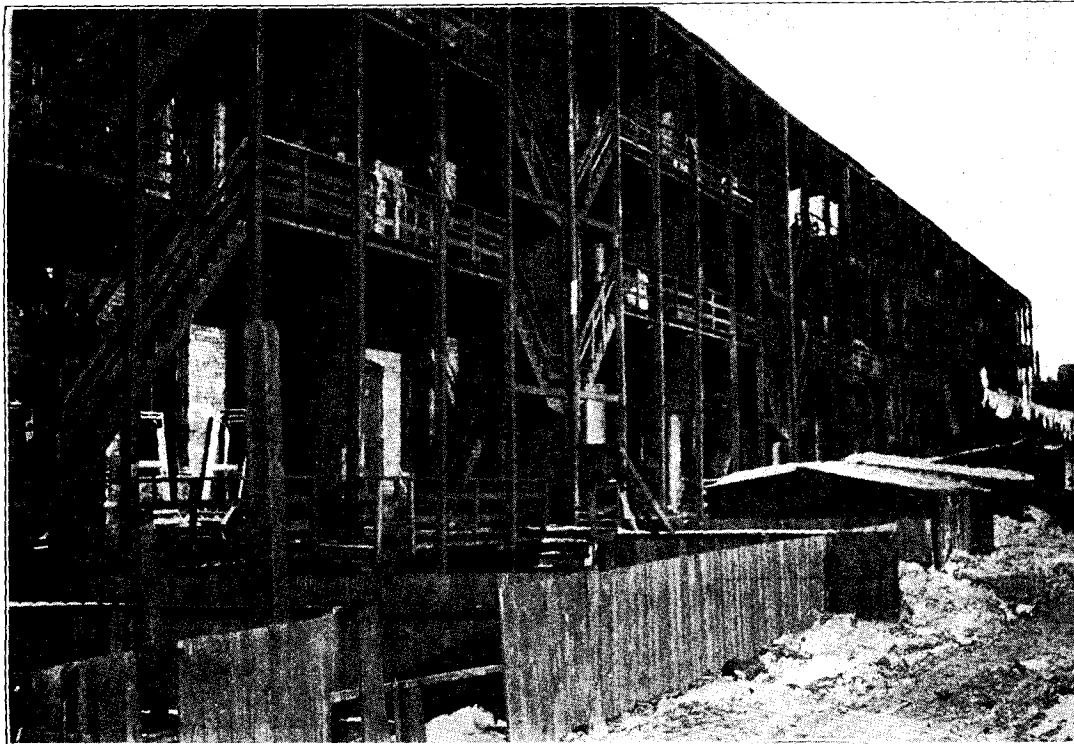
After stopping in a place to see a sick baby, advising the mother to consult a doctor, we called on a lady who met one of our workers while on her way to Joliet to see her brother who was in the prison there. Of course, like all devoted sisters, she clings to her brother with unswerving faith. We told her it may be the Lord in His wisdom permitted this trouble to come upon him that he might have time to reflect and turn to God and live a better life. We all joined in prayer for the conversion of the brother. We advised the sister to keep on praying for him, and we would send him good literature and *THE LIFE BOAT* regularly.

Only a little further on we stopped at the home of a Polish family. They were in sore distress. It was very cold, the husband was

out of work, the children thinly clad, nothing in the house to eat only what the poor neighbors brought them, and the baby very sick.

Something had to be done at once, so we bought them some bread and butter and promised to come again. The next day we took them groceries from our home. On the next visit a bundle of clothing was taken. We could not talk with them to explain our conduct, as they did not understand us and were evidently afraid they would have to pay for the cloth-

band died a year ago and left her alone with seven children, the oldest being five and the baby two and one-half years. She had a little money left her, but it was gone and she was in deep distress. She could not go out and work for the children needed her at home. She could not get work to do at home so she was nearly beside herself. After reading to her the promises of God's Word that He will be a husband to the widows and Father to the fatherless we knelt in prayer and laid her



THE GREAT CROWDED TENEMENTS PRESENT A FRUITFUL FIELD FOR THE MEDICAL EVANGELISTIC NURSES' EFFORTS

ing, so we had to procure an interpreter. Such a one was hard to find for everybody was Polish and mistrusted us. Finally one was found and all were happy. The mother kissed our hands in gratefulness, but we pointed them to the Father and Giver of all good things. The husband has since found work through the United Charities.

Now come with me to the home of a timid little German woman, a widow whose hus-

band died before our pitying Father and claimed His promises. We then set a day to visit the widows' pension office. On the appointed day we went there, and she was told to file her application and in due time she and her children would be looked after.

Next we met with an unfortunate girl who had placed too much trust in her lover. In her sorrow and shame she found herself without a home. We tried to persuade her to come to

our Rescue Home and be cared for like a sister by those who are devoted to that work. The girl was glad to come but meanwhile her mother decided to give shelter and care.

Go with me now to investigate a home for placing a Rescue Home baby. We found a very motherly woman who had a great deal of experience in helping to raise children, but having none of her own she wished now to adopt one, which is very commendable. I felt justified in reporting favorably and the woman will get her baby next week.

We will stop just a few minutes with a lady who has decided that the most blessed thing in all the world is to obey God in all His precepts and thus have His assurance of love and approbation. We do enjoy to see her love and ardor for the cause of God.

Before we return home we must leave a Bible with a lady who finds pleasure in reading it but is too poor to buy one for herself. She accepted it with tears of gratitude. We praise God for giving us the privilege of working together with Him in even this humble way of visiting the people and scattering truth-laden literature. Oh we pray that many more may enlist in the work and receive the blessing and joy there is in working "O Christ with Thee."

"The harvest truly is plenteous, but the laborers are few; pray ye therefore the Lord of the harvest, that He will send forth laborers into His harvest." Matt. 9:37,38.

DOING GOOD AND HOPING FOR NOTHING AGAIN

LA VINNIA HANSEN

[Miss Hansen, one of the medical evangelistic students, is having a wonderful experience in helping the poor and needy in Chicago. Her article this month will be read with interest.—Ed.]

The Lord has more than one way for us to enter the homes in the city. One day as I was on my way to make a call a lady stopped me and asked what time it was. I told her. She said she was waiting to take her little boy home from school. Then she asked if I was a nurse, and I said, "Yes." I also told her of the work we were doing in the city. She said she would like to have us come and treat her little boy's throat.

In a few days we called, and after treating the child's throat she told us how miserable her life was. Her husband drank and wouldn't support her and her two little boys. She said

her husband would not even let her go to church and would not let her read her Bible nor my religious paper or book.

We told her the only thing we could do was to pray for her husband; so we read the ninety-first psalm and had prayer. We left some tracts and promised to call again, which we did the next day. She came to the door and seemed so happy she could hardly wait to tell us that her husband had read the tracts we left and he said they were just what he needed and he had treated her lots better. He hadn't been drinking at all. She was anxious to know where there was a Swedish church she could attend.

Last Monday we took some clothes to a poor lady. She was so glad we came, as she had just received word that she should go to court the next day. She has not been able to pay her house rent for some time and the landlady is going to put her out and she doesn't know where to go. She said she wanted us to pray for her, because the other time we were there when her little girl was sick it helped, and she knew it would this time, too.

In doing house-to-house work we find so many are willing to open their doors when we tell them we are missionary nurses; so we have a chance to tell them of our work. One lady said, "It almost seems too good that there are some that are willing to help the poor who can't pay for it." We tell them we believe in doing missionary work wherever we can.

One lady, who is paralyzed in one side, after we gave her massage a few times, felt much better. She is always so thankful to have us read and pray for her, as she is not able to go to church.

To another lady who has been suffering with rheumatism we gave several treatments and she is now able to apply the fomentations herself. She is so glad that she is getting better as she is anxious to get to work so she can make her own living.

I am very thankful that the Lord brought me here. The work is very great and the laborers are so few.

"You never can tell when you do an act

Just what the result will be;

But with every deed you are sowing a seed,

Though the harvest you may not see."

The Life Boat Rescue Home

Mrs. Kittie Polmanteer

[Mrs. Polmanteer, a member of the medical evangelistic class, is acting as matron of the home in Miss Sanborn's absence. Her report will be read with interest.—Ed.]

WE ARE kept busy at the Home now. We are twenty-three in the family which includes eight babies. Just today we have another sweet baby girl to add to our list. Having myself had the joys of motherhood for a few short months my heart goes out to the helpless little forms lying in their pink or blue baskets. It seems wherever I am I can hear their voices and see their upturned little faces.

One little fellow of only a few weeks always seems to wait for me to come and love him

sitting room during the hot afternoons, spending a good deal of their time out in the open air.

We have just placed a baby girl in a good home. The foster mother was indeed proud of her little treasure as she carried it to the depot.

We live as one large family. One would think with so many girls of different dispositions together we would have many difficulties in managing the work, but we get along beautifully, because we realize that we can not in our own strength so we leave all difficulties



MRS. POLMANTEER AND SOME OF THE BABIES. THE TWO SMALLEST ONES ARE FOR ADOPTION

each morning after he has had his bath and before he goes to sleep for the day. A little seven months old boy came here sick and has been here a little over a week and you would be surprised to see the improvement in him.

We have an outdoor sleeping porch so we can get all the pure fresh air we need during the nights and the girls use the porch as a

that arise with Jesus and He helps us through.

Just a few days ago one of our girls who has done the cooking took sick. That meant a new cook. We did not have any one that we thought could do the work so we prayed about it. I felt impressed to have one of our younger girls take the place and she has been doing splendidly.

The other day one of the girls asked me if slang was as bad as swearing. I told her, "That every idle word that men shall speak, they shall give account thereof in the day of judgment." Matt. 12:36. That seemed to be a new thought for her. That evening for worship I gave them a Bible study on, "Our words."

There are many ways to show our kindness here. Always some one needs some word of encouragement, or simply a smile. I try to impress the golden rule on their minds.

It would do you good to see the girls busy doing their week's cleaning before the Sabbath comes. I really believe every one does better that day than on any other day.

I love all the girls and when Jesus comes to gather His jewels what a gathering it will be to see some souls there from this Home. I am of good courage and have so many blessings to be thankful for. Above all I am thankful for the wonderful love of Jesus.

Though we can not see the results we would like to see now, if we are faithful in sowing the seed Jesus will do the rest. We need the prayers of all who read these lines. If you can not help us with means you can remember us at the throne of Grace. (James 5:16.)

MORE NEWS FROM THE HOME

CAROLINE LOUISE CLOUGH

Unfortunate girls from all stations in life find shelter in our Rescue Home; a little Polish mother, who can not speak English, with her baby, is enjoying the shelter of the Home for the time being until a place can be found for her to work. Another little girl with no immediate relatives in this country was found

in an unfortunate condition and brought to the Home. A little year-old baby boy whose mother had to be sent to the asylum is also being cared for at the Home until another place can be found for him. Some of the girls have had good opportunities in life while others have had nothing but hard knocks, not even the love and confidence of a mother, but all have a common heartache and their hearts are blended together by one overwhelming misfortune which has come alike to them all.

Since we have begun to pen these lines a new little rosy-cheeked girl baby has come to join the family, and we only hope that if time should last she will be saved from having to travel the same way which her mother has trod.

We are living in a time when it takes the courage that is born from Above to *do* right. Society is corrupt. The associations of the average young people today tend only to advance the devil and his kingdom, and to work ruin and disaster in the hearts and lives of the young. Even professedly Christian parents today are asleep and blind to the inroads of the devil and many will not wake up until it is too late to avert some terrible disaster or disgrace.

Just recently we received a letter from a heart-broken mother, saying: "My daughter has fallen. I have just learned of it. Can I send her to you at once?" Many other mothers will have a similar experience unless the Lord helps them. Our boys and girls must be guarded as never before and carefully guided through the tender years of youth.

But I have wandered from my subject. We wrote last month that we were praying for linen such as towels, sheets and the like for the Home. We are so thankful to report



SIX MONTHS OLD AND DOING FINE!

that our prayer has been answered in a check for twenty-five dollars which we received, the sender at the same time requesting that the gift be credited as a thank-offering from the little sixteen-year-old girl who after nearly



A TREASURE

three months of illness in the Home is now restored to health. Her sweet little baby boy is waiting for a good Christian home to open its doors to him.

We are starting another industrial department in the Home, that of sewing, and especially making a new health undergarment which we have found to be very satisfactory. Our greatest burden now is to secure a good sewing machine for this work. We have already secured one dollar toward this machine and are praying for the rest. The sewing machine company have promised to make a liberal donation if we can raise the balance. We have also reached the time of year when our treasury is nearly empty, but we know the Lord will take care of us. Remember us in your prayers.

NEEDS GOOD CHRISTIAN FRIENDS

(From an Inmate of the Maryland Prison)

"After reading through the LIFE BOAT magazine I discovered your invitation to the shut-ins. I have been a shut-in for several years,

and will be for a couple of seasons yet. But the first day that I was shut in I started to walk in a new life, and through the revelation of God I was converted and have been anxious to do something to further the gospel of Christ.

"I am trying to prepare for such work when I am liberated, and trust that your prayers may be offered in my behalf. I am writing this letter according to your invitation, for I need good Christian friends. It is so easy to get help to urge us on the downward grade, but helpers on the upward grade are few. Thanks be to God, there are those who are sincere in their endeavor to help the unfortunate.

"I like the LIFE BOAT magazine. I received the May number through some kind friend. I will still hope on and remember the dearest way has nothing of sadness or sorrow, for the brave heart that smiles at the ill of today will hope for a brighter tomorrow."

AN ODE TO THE WATER-LILY

O, star on the breast of a river,
O, emblem of beauty and grace
Did you fall down out of heaven
Out of that sweetest place?
You're white as the thought of an angel,
Your heart is steeped in the sun,
Did you grow in that beautiful city?
My pure and radiant one?

Nay, nay, I came not from heaven
Not from that land of light
I slowly grew in the darkness
Down in the silent night
Through the ooze of the slimy river
I won my beauty and grace,
White souls, fall not, my poet,
They rise to the sweetest place.

—Selected.

A SACRIFICE

"I trust that some bright ray of cheer may come to some lone cell in reading these numbers. I have earned these dollars by my own labor and I give them as a sacrifice to my own pleasure for self to help those in darkened cells, to be a light to their pathway of life."

A WIRELESS WHICH TOOK EFFECT

The following narrative as told of Captain Brown in 1877 gives us a glimpse of the effectiveness of a wireless system which was in existence long before Marconi invented his wireless telegraphy, and it is still in existence today and just as effective. However it is very important that the sender of the message have his wireless station—his heart—cleared of all rubbish as it interferes with the vital connection.

"Capt. Robert Brown, master of a bark, was once sailing from New York to Charleston. At eight o'clock on the morning after the departure from Sandy Hook, he changed the vessel's course and then went below to engage in his customary morning devotions.

"Opening his Bible, he read the first verse of the Fifty-first Psalm, and then felt an irresistible impulse to go on deck at once. He ran up, looked about, and inquired of the mate, 'Is everything right?'

"'Yes, sir,' replied the mate.

"Before going back to his cabin Capt. Brown stood a moment at the rail looking to the windward. As he did this his eye caught sight, off almost at the verge of the horizon, of something on the water. Calling the mate's attention to it they both examined it with the glass and made out that it was a boat or piece of a wreck.

"Thinking it might be a boat, the captain ordered the ship's course to be changed and laid for the distant object. It proved to be a battered boat containing the almost exhausted crew of the brig *Pandora* of New London. On the night before, the brig had been sunk in a collision with an unknown schooner.

"The men were taken on board the bark and kindly cared for. One of them, coming aft, said to Capt. Brown:

"'When we first sighted you in the morning we felt sure, from the tack you were on, that we should be saved. But when you tacked ship we knew that you had not seen us. Then we began to despair, but instantly prayed, as only men in our despairing condition can pray, that you might see us quickly, or we should be lost. Our provisions were all out; we had but little water and the sea was rising. Our prayers seemed to be heard, for in a few moments we saw the bark go about and stand down for us.'

"The prayers of the sailors had been offered when the captain was below at his morning devotions, and at the same moment when he had received the impression that led him to go on deck to inquire if 'all was right.'"

THE OPPORTUNITIES OF A CHRISTIAN NURSE

LELIA PATTERSON,
Hinsdale, Ill.

"O taste and see that the Lord is good." I am so glad that eleven years ago last summer I tasted and I saw "the Lord is good; there is no want to them that fear Him." I am so glad I have learned to know this loving Saviour, and it is my desire to so represent Him that my patients may know and see there is a power that can save from sin.

I have had a blessed experience since I have taken up the nurses' course. Since I knew the Saviour and knew this blessed truth I wanted to be engaged in the Lord's work, but it seemed the way did not open until my sister became sick and I had to go from Missouri to Washington to care for her. Then I started to take the course in the training school near where she was living.

When you are dealing with life and death you feel your weakness and you must come to the Lord to find how to deal with these people. Many of them, if they do not get well, will sink into a Christless grave, and these things appeal to my heart.

I remember one experience we had at Port Townsend, Washington: A patient came to us very sick and it was necessary to undergo an operation. This she did, but did not grow any better and the doctors found she would have to be operated on a second time; and she was, yet without receiving any benefit. The women of the sanitarium had organized themselves into a prayer band just the week before. Recognizing the dangerous condition the patient was in, one of the good women said, "Let us make this woman a special matter of prayer."

So the head nurse went to the patient and asked if she would like us to make her case a special matter of prayer and she said she would—for she realized she was getting worse all the time and she feared she would never see her mother again. We had prayer at

three-thirty in the afternoon. She was alone at the time, but said she felt the Spirit of God was with her—that the Lord laid His hand on her at that moment. And I had the blessed assurance she was going to get well. That night she commenced recovery and is now a well woman and rejoices in her blessed experience at the sanitarium.

I have been delighted with experiences that I have had here. I have met many patients that were honest in heart. I believe the Lord is searching out the honest in heart in any church, and I believe He is sending us such

as we can help if we only live close to Him.

Just recently I cared for a young lady,—a patient from the city, who also had an operation. The promise I had was this: "Ah, Lord God! behold, Thou hast made the heaven and the earth by Thy great power, and stretched out arm, and there is nothing too hard for Thee." "Behold, I am the Lord, the God of all flesh: is there anything too hard for Me?" Jer. 32:17, 27. Isn't that a special promise? So I gave her that promise. She wrote the date in the margin of her Bible and reads that promise every day.

Working With Christ

Edith Strong

[Miss Strong, one of the sanitarium senior nurses, came to the office one morning and asked for the privilege of going out and selling this magazine to the people. She had had no previous experience in such work, but after a season of prayer she started out full of courage in the Lord. One has but to read her article to know that God fulfilled His promises to her. Others are having wonderful experiences in this work. Why not you?—Ed.]

ONE afternoon I came home to my room in one of the little sanitarium cottages heavily burdened for a certain line of work that I felt in my soul if carried through would glorify God. When the appeal came to me I knew I wasn't in a position where I could help in this cause unless God worked for me. The still small Voice within me seemed to plead, "This is the way, walk ye in it," so strongly that I hesitated before saying I could not. Then God spoke to my soul, "Why don't you pray your way *through*; the great storehouse is mine, I have been your strength and aid in the past, prove me now?" I then answered: "Lord, all is in Thy hands and I will trust in Thee."

As I said before, I came home burdened with the thought I must help in this work for Christ. I knelt earnestly seeking God to open the way and show me what He wanted me to do. I claimed the promises in John 15:7 and Ps. 32:8. Light broke in, the burden was lifted and I knew God would answer my prayer.

But when my Saviour revealed to me how my prayer was to be answered, I said: "No, Lord, I can never do that." How often when Jesus bids us do some service for Him and reveals His way not ours, we are rebellious; little thinking, and little discerning what is the best for us. Then the Lord sent that

blessed promise in Phil. 4:13 to me in full assurance that it was meant for me just then. "I can do all things through Christ which strengtheneth me." That spirit of rebellion left me and I could only praise my Saviour. I know while we trust in Him He will never forsake us, and that the burden placed upon us is never heavier than we can bear in His strength. I could only say, "Lord, you have opened the way and I am willing now to follow."

Next morning I went out with LIFE BOATS. My courage was good, I knew Christ was my guide and would go before me in the way and open hearts to receive some message of truth. Those days working with Christ and feeling Him so very near are days that will ever be remembered. The blessed privilege and joy of working with Christ, the lessons of helpless dependence on Him will ever stand out as landmarks in my Christian experience. Those days I can always look back upon as the means of a greater yearning for a closer walk with my Lord.

I will relate here just one or two instances where Jesus worked for me. I fervently asked God to put words in my mouth. I knew my words would count for nothing only as instruments in Christ's hand that He could speak through me to some hungry parched soul. At the close of the day I wanted to say with

Christ to my heavenly Father, "I have given unto *them* the words which thou gavest *me*." John 17:8.

One experience that stands out so clearly to me now was an hour I spent with one lady, an honest soul. By her careworn face one could see she had been a hard working woman. We talked together at the door for a little while and then she said:

"Won't you come in and talk to me? I am busy, but I have time to talk if you will only tell me more about Christ and the faith you have."

I stepped in and we sat down on the stair-step. One subject led on to another and before we parted we had a Bible study on the soon coming of our Saviour, and the Sabbath, which our Lord set apart for us to keep holy unto Him, not doing our own pleasure.

When I told her about the home Jesus was preparing for the faithful and we read the twenty-first chapter of Revelation together, that woman's face lit up with a new light. At first when I looked into that face it looked rather hard; there was nothing that really drew me to her, but after Jesus opened the way and gave me words to speak she seemed so changed. Her face, lit up by this new light, was really beautiful to me.

My whole heart went out to that soul and I longed to see her know her Saviour better, know Christ as her own *personal* Saviour. I left her some tracts on the second coming of our Saviour, the Sabbath and other literature. She told me she was going to study her Bible as never before and asked God to help her that she might know Him better. I told her that if we seek God earnestly for light He will never turn us away empty, but will give us understanding. (Ps. 119:34.) I could only praise the Lord as I left that home. What a joy it is to be an instrument or a channel for Christ to carry light to some soul!

Another was a little experience where I had a direct answer to prayer. I met a lady working out in the yard. I talked to her about THE LIFE BOAT. No, she said, she did not want it at all. She had more magazines than she knew what to do with. I said THE LIFE BOAT wasn't like a common every day magazine, that she would find it contained words of truth. She said, no, she did not want it and knew she would not be interested in it at all.

Before turning to go I asked her if she knew what time the train left going west. She said, no, but she had a time card and she could find out in just a moment. I felt somehow that was my opportunity and I earnestly asked the Lord that if THE LIFE BOAT contained some seeds of truth that would touch this woman's heart that He would in some way impress her that THE LIFE BOAT was just the magazine she needed then. Do you know the very first words that lady said as she came out of her home again was:

"Well, I'll take a LIFE BOAT. Maybe there is something in it I need."

I gave her some other literature and left her praying that God would through those little tracts and THE LIFE BOAT shed a new light abroad in her heart. Prayer is the *unseen* channel through which a soul meets with God.

Here are just two experiences out of many I met with every day. There are souls hungry for Christ, some longing for what they have not and yet not understanding what that aching void means. Do you wonder it is a joy that can never be told in words, that Jesus only understands, just to know we are working together with Christ as channels through which His light and wondrous love can be carried to just such souls, hungry for this blessed hope we have in our Saviour. I am thankful today that Christ has promised, and He is faithful that promised, "Blessed are they which do hunger and thirst after righteousness; for they shall be filled." Matt. 5:6.

"Sometimes the day may seem dreary,

Sometimes the pathway be steep,
And our poor aching limbs may be weary,
And the way may be rough to our feet;
'Tis then we feel the soul yearning
For comfort and solace and rest,
Little thinking and little discerning,
God knows what for us is the best."

THE PRISONERS' LIFE BOAT

The report of the visit of the May LIFE BOAT to the Indiana State Prison has been received in the following from Chaplain Kiplinger:

"On behalf of several hundred men in this institution I wish to thank you for your generous donation of May LIFE BOATS. The men to whom they were originally distributed read them, then they were passed from cell to

cell until all who wished had the opportunity to read the informing and inspiring material contained."

"DOING GREAT THINGS FOR ME"

The office workers at Hinsdale have banded together for united missionary effort. They invite correspondence with those in prison or those who are discouraged and would appreciate a cheery letter from a Christian friend. Any desiring to correspond may address The Office Laborers' Missionary League, THE LIFE BOAT, Hinsdale, Ill. The following interesting letter has just been received from the New York penitentiary in response to an invitation from this League published in the May number:

"The article in THE LIFE BOAT entitled, 'Invite Missionary Correspondence,' was read by me with tears streaming down my cheeks; to think that there are still some whose hearts are filled with the tender love of Jesus, who are willing to write a few words of cheer to one whose life has been blasted through sin. God bless you. I have been shut in for nearly six years in this prison. God has deprived me of everything I held most dear on earth: my home, my friends, my precious wife, my health, and yet I am thankful to Him for doing so, for it was the only way He could save my soul.

"Each time when I am weeping and groaning under the terrible pressure of sorrow, a thought comes to me that if there were no tears, who would know the blessedness of having them wiped away? I have truly repented of all my sins and put my trust in Jesus Christ.

"God is doing great things for me of late. He has healed me from consumption in answer to prayer, and is blessing me in leading others to Him. He is beginning to raise up friends for me again from unexpected sources. I dare say you are smiling at the very thought of me becoming an evangelist, I have been so wild and reckless, but it seems clearly the way of duty, and in spite of the past I hope to succeed. I have been reviewing my studies and find that I have memorized one hundred and forty-two verses of Scripture, besides several whole chapters, five hymns, one sermon on the unpardonable sin, and many other spiritual articles.

"Yes, I would enjoy regularly reading THE

LIFE BOAT. I love it very much indeed. I have taken up the study of the Bible in order to become qualified and fitted for God's work, and ask you to send me some literature that would be helpful to me in that line.

"Would I welcome a cheery letter from a Christian friend if I knew where I might find such a one? Why, my dear friends, if you could only suffer for just one week the loneliness of heart that I do, not having a friend in the world, you would no doubt send me several letters every week; but I do not want to become a burden to you, so just write whenever the Lord leads you.

"God has opened a door of opportunity for me in this prison beyond my expectations; the people are made willing in these days of His power. Though Satan designs to discourage my efforts, and break my heart, yet Jesus supports me under all abuses and wipes away my tears. My relief under all discouragement is, the work is Christ's, the power is His, He is with me, and I am a worker together with Him."

A CONNECTING LINK WITH THE OUTSIDE

This letter addressed to our Office Laborers' Missionary League was recently received from an inmate of the Fort Madison, Iowa, prison. The League will be pleased to make others happy by corresponding with them. Address the League in care of THE LIFE BOAT, Hinsdale, Ill.

"It should be unnecessary to say that a letter from you would be a source of great pleasure.

"I mention it just this way because I can not emphasize it too strongly. You can not possibly imagine what a great relief to the monotonous life is created by a letter. It is just a little thing but it is something tangible, something that somehow connects one with the world outside. It is even more: it is an evidence that regardless of the magnitude of our disgrace there is some one at least who may be interested in our destiny. You've no idea what an encouragement that thought is.

"It is impossible for me to say how keenly I feel the disgrace that attends my environment, nor yet can I describe the incidents of each passing day that serve to sink the iron deeper into the soul.

"I of course owe it to my self-respect, when the time comes for the great gate to swing behind me, to make good, and God helping me, I shall do so.

"I believe if ever I am granted the opportunity I can prove that one is not always as black as he is painted.

"Even as the lily may spring from the soil of a loathsome pond so may a pure and lasting affection and desire for the better things in this life be born from the moat of shattered hopes.

"My lot seems hard at times, but I am fully convinced that it will be the means of enabling me to help mankind to a better life hereafter."

HAVE THE OLDER WORN OUT NURSES NO PLACE?

MRS. RUTH HICKS-FEE,
Charleston, S. C.

Listen! Statistics tell us that the "average life of a nurse in active service is less than ten years." Does that mean that they will either die or be fit for nothing? No, surely not.

Twenty-six years ago I took a nurse's training in a hospital in St. Paul, Minn. Having no home, no parents or anyone to especially care for me, I found great satisfaction in my lifework chosen when a child, and put my whole soul into it.

The anxiety of just giving medicine and waiting and watching for it to accomplish the desired results was *awful*. I wanted to be doing something; so it was with great joy that I learned, just in time to avoid a nervous breakdown, of the gospel of health, and I was so fortunate as to be able to take a three years' training at the Battle Creek Sanitarium, graduating in 1897, at the age of twenty-nine.

A life of indiscreet overwork and violation of nature's laws previous to learning the great principles of health, though as a child an exceptionally strong "Scotch lassie," would doubtless have landed me in an asylum had it not been for the timely rescue of God's precious truth, and His desire that His people should "prosper and be in health" even as their "soul prospereth." 3 John 2.

O, but these habits of ours! They begin in cobwebs and end in iron chains. I loved to work. That was my hobby. O, if some one had just reached out a hand to save me! If

only some one had shown me "the more excellent way" of studying to fit myself for the highest place of usefulness possible, of having a definite aim and realizing the desire of and power of God to help us attain to any height of usefulness!

If some one had only shown me how to combine study with my work, but "Forgetting those things which are behind," not wasting time over the mistakes of the past, the dear Book admonishes us to "press toward the mark for the prize of the high calling of God in Christ Jesus." Phil. 3:13, 14.

Indiscreet overwork and violation of other laws of health have a number of times set me aside for a short time and again a year ago it was found necessary to undergo a serious operation. What was I to do?

Most of my work had been among a class of people unable to pay and I was without a dollar, but God's Word never fails. He has promised, "Cast thy bread upon the waters; for thou shalt find it after many days." Eccles. 11:1. Providence led me to the Hinsdale sanitarium. The superintendent said, "Don't worry. When we started this work we made up our minds that this would be *one* place where our old faithful nurses would not be turned out to die."

I had the operation and was cared for and sent back to rest. But oh, how could I rest when there was sickness and misery on every hand and I had been trained to know what to do to relieve it?

Life-long habits of indiscretion are hard to break and I began to realize the enormity of the sin of violating nature's laws which are the laws of God, when I found myself unable to undertake prolonged work of any kind.

In agony of mind and body I question: Why? Why is this? And I love so to work.

The answer came: "Not by might, nor by power, but by my Spirit, saith the Lord of hosts." "Be still, and know that I am God."

On returning to the city of Charleston, S. C., last November I secured one room and later three. Willing hands, black hands, too, God bless them, helped clean, alabastine and paint, then unpack and arrange our household goods, for my husband was unable yet to leave his work of attempting to deliver the books ordered during the year in good faith before

that awful war that has made such hard times for cotton growers.

Let me tell you how God works. Into the heart of a little colored maid of fifteen came a great longing to be a medical missionary. She came to me.

I said, "Viola, it will mean hard work, and I have no money to pay only as God sends it from day to day."

"That is all right," came the cheery reply from the willing heart, and she is still with me, studying, praying, working, singing as she goes.

People ask, "Where ever did you find such quiet, humble, respectful colored helpers?" I reply, "God sent them." He sends the work for us, too. First came a man in a great hurry one morning. Would I come right away? Wife very ill. I found a poor frail little creature tossing with pain and burning with fever. Claiming the precious promises of God for strength and wisdom I undertook the work of relief, but what about the four hardy children, one a baby, and a disorderly house besides? A telephone message brings Viola. It was a three weeks' battle, but thanks be to the One who always comes off victorious, the entire family are now out on a farm, getting strong and happy, co-operating with the great Creator and watching things grow.

I would like to tell of others but will come to the case right now on hand—a family of just father and daughter. The father once in an extensive manufacturing business failed, losing everything, even the home. Worry did its work. We have fought the grim enemy of death for weeks, but unless the Lifegiver works a mighty miracle the awful battle between life and death will soon be over. The tide has turned. Thanks to the Lord, the sick one is actually getting well, and God bless my faithful little helper who bears the heavy burdens so cheerfully "as unto the Lord."

I have written this in the hope that my experience might inspire other nurses who may feel as if laid aside, to train *others* to do the hard work, and thus not only bring a blessing into their lives, but be able to carry on the work they have spent so many years learning to do.

A live meeting needs but little leading.

AN OPPORTUNITY FOR CHILDREN

Now that school has closed the children have more time, and the question to settle is, "How are you going to spend it?" Here is a good opportunity for you to spend a portion of your time in helping others, and that is by selling the LIFE BOAT magazine to your neighbors.

A host of children all over the country have already undertaken this work and are going to use their proceeds to help foreign missions.

One little boy sold five copies that were sent him and borrowed fifty cents more and ordered a dollar's worth. Others are writing, "I have sold my five copies and want ten more. I will sell ten each month."

For any children who would like to take up this work we will advance five copies, they to pay for the same when sold.

You will receive a three-fold blessing in taking up this work. You will be scattering seeds of truth which will bless the hearts and lives of those who read the magazine. You will have a good experience in doing it, which will be of the greatest value to you. And if you decide to give your proceeds to foreign missions that will be the third blessing.

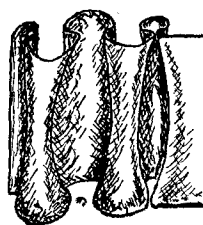
Why not try this? Write for further information. Address Mrs. C. L. Clough, Hinsdale, Ill.

Keep the blessings at the fore,
Press the murmurs back awhile;
Others' hearts are troubled sore,
Needing cheerful words and smile.

THE PATRICIA GARMENT

We are now ready to put on the market a health undergarment originated by Mrs. E. O. Farnsworth of Minneapolis and indorsed by prominent health promoters. The garment is a combination waist, bust support, drawers and short skirt and is a very beautiful garment, giving grace and beauty to the form. At the same time it is thoroughly hygienic. Arrangements have been made to furnish these garments in stock sizes at a reasonable rate. Further information will be given by addressing The Patricia Garment Co., Hinsdale, Ill.

If you are afraid to do a thing, don't—it is usually wrong.



Editorial Department

DAVID PAULSON, M. D., Editor



THE DEVIL NEVER TAKES A VACATION

This is the time of year when most of the missionary schools close their doors; the churches discontinue meetings for the summer, and thousands of Christian people relax their activities just a little. But not so with the devil and his agencies. The saloons don't close down for the summer; the gambling hells and the red light district are in full blast. The various outings—vacation parties where prayer is forgotten and God is not taken in as a partner—may be certain to have the devil as a privileged guest.

Have you given this question careful and prayerful consideration? If not, do so, and then perhaps the Lord will help you to *revise* some of your summer plans. Remember, as your days are, so shall your strength be. Prayerfully determine that this shall be the most blessed summer of your life.

If you set aside some part of each day for secret prayer, for earnest study of God's book and other spirit-filled literature, you will speedily discover new and *unsuspected* missionary opportunities, and your life will be filled with a sweet peace that you never before enjoyed. Try it, and then a little later write us some of your experiences.

ARE YOU LEARNING SOMETHING FROM THIS AWFUL WAR?

One day a group of Christ's disciples came to Him and asked Him three important questions: "When shall these things be? and *what* shall be the *sign* of Thy coming, and of the *end* of the world?" Matt. 24:3. The Master said, "Ye shall hear of *wars* and *rumors* of wars. . . . Nation shall rise against nation, and kingdom against kingdom." Matt. 24; 6, 7. Never has that been so strikingly fulfilled as we see this very day. Does that mean anything?"

Furthermore, the Master said, "Because in-

iquity shall *abound*, the love of many shall *wax cold*." Matt. 24:12. All about us we see a declension of genuine godliness. How is it with your own Christian experience?

And Christ gave still another sign: "This gospel of the kingdom shall be preached in *all the world* for a witness unto all nations; and then shall the *end* come." Matt. 24:14. It is precisely in our day that that has actually been fulfilled. As certainly as Christ spake the truth, we are near "the end." It behooves us to "Therefore be ye also ready: for in such an hour as ye *think not* the Son of man cometh." Matt. 24:44.

GRADUATION AND SOME OTHER EXERCISES

The time between July 7 and 12 will be important days in our Hinsdale work.

On the evening of July 7th will be held the graduation exercises of the sanitarium missionary nurses' training school. On the following evening there will be the closing exercises of the medical evangelistic course, and on Friday night will be the opening exercises of the new medical evangelistic class. The following two days we trust will be the "great day of the feast" when God shall in a special manner visit His people here.

Professor Lamson of Cedar Lake, Mich., will be with us during the entire time, Pastor L. H. Christian and Pastor W. A. Westworth, at least part of the time.

Arrangements are being made to pitch a large evangelistic tent on the Hinsdale sanitarium grounds, and we trust that this occasion will be an holy festival unto the Lord: one that shall put a new impulse into all of our work, and an occasion that many will look back to as a time when they received a new inspiration in their own souls for the performance of high and noble deeds.

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

THE SPIRIT OF UNREST AND DIS-SATISFACTION

In Chicago all building operations are at a standstill. The carpenters, who are already receiving sixty-five cents an hour, struck for an increase in wages, which was denied them. From fifty to a hundred thousand men have been idle in Chicago during the winter months because there was no employment for them. Now when it seemed as though conditions were about to improve, progress is again blocked by a wretched strike. A few days ago fourteen thousand Chicago street car men went on a strike, and all elevated and surface street cars were brought to a standstill. The streets of Chicago have been congested with tens of thousands of people who scarcely knew how to get home.

Men in other activities are threatening to strike if their demands are not met. The same spirit that has plunged Europe into bloody turmoil is evidently slumbering in the hearts of the people in this country. What does it all mean? Simply this—the Spirit of God is being withdrawn from this old world. The spirit of pleasure and self-seeking, of gluttony and violence, is taking its place. Are you welcoming the Spirit of God into your heart, which alone can enable you to be a bright and shining light in these dark and stormy times, and fit and prepare you for a place in His soon coming kingdom?

A NEW BIBLE CLASS IN HINSDALE

The latest thing we have undertaken is the organization of a unique Bible class for all the non-medical help who were not already taking some regular Bible study. We began with the first chapter in Genesis, which is really the seed plot of the entire Bible. *Every* great truth in the Bible begins in Genesis. So our plan is, each time we meet one of those, to follow it up through the Bible.

For instance, the first one called to our attention is in the second verse of the first chapter: "The spirit of God *moved* upon the face of the waters." That suggested to us a study of the Holy Spirit. The next thing is the diet question, (Gen. 1:29); the next is the Sabbath question, (Gen. 2:3); the next is the marriage institution, (Gen. 2:24), etc.

The office girls, stenographers and bookkeep-

ers already have a missionary society of their own. They meet together and study, and each one works out six of the strongest verses in the Bible bearing on that subject. They then arrange for one of their number to select the best verses from what they have all studied, to make a five-minute public presentation at the union Bible class held on Monday night. The call boys do likewise; also the outside workmen, the kitchen help and chambermaids.

I wish all of our readers could have been present last night at our union Bible study. A representative of each section presented a five-minute Bible reading. They all did beautifully. We then selected what seemed to us the strongest verse from each of these presentations to put in the margin of our Bible opposite Genesis 1:2.

The interest was intense. On next Monday night a different person from each of these sections will make their public presentation.

Thus, not only each one gets a new experience in individual Bible study, but also in public presentation work, and all will get the benefit of what each one is doing.

These folks are not the student nurses, they are the general non-medical help, including of course the graduate nurses. We ought to have undertaken this long ago. That is a class of help that is ordinarily neglected in this direction, and as a consequence the devil generally keeps some of them busy. If one of the domestic help should get small-pox, the rest of us would catch it just as quickly as though one of the nurses should have gotten the disease. The same is true morally and spiritually.

THE LAST CALL FOR THE NEW CLASS AT HINSDALE

On the evening of July 9th will be held the opening exercises for our next medical evangelistic class. At this writing there is still opportunity for a few more to be admitted.

This medical evangelistic year takes the place of the first year of the three years' medical missionary nurses' course. No one is admitted into the second year classes who has not taken this year's work first of all.

It specializes on field work right from the beginning. The workers are taught how to do house-to-house work; how to reach the people in their homes. It develops resource-

fulness and initiative as no amount of routine institutional work could possibly do. It gives an admirable outlet for genuine medical missionary activity.

For those who have only one year to spend in preparation for practical medical missionary work it is an opportunity of a lifetime. The instruction includes nearly all that is ordinarily given in the first year nurses' course, and in addition it emphasizes practical medical missionary work.

This is an eleventh hour call. Perhaps even at this late day some one ought to lay hold of this opportunity and not wait another year. In view of what has happened in Europe during this past year who can tell what will happen in this country in another year? Today, if you hear His voice, go to work in His vineyard. If the Spirit of God is deeply burdening you over this matter, do not try to smother the promptings of His Spirit. The call may never come to you again.

Write immediately for an application blank and further information. There may yet be room for you.

OTHER EDUCATIONAL OPPORTUNITIES AT HINSDALE

There are employed in the various departments of our work five young Italian workers. They are all earnest Christians. We have been anxious to furnish them opportunities, not merely for employment, but to fit them to go forth from this institution as active laborers in the great Italian field.

One of these young men has been taking the medical evangelistic course the past year and now we have arranged for Pastor Calderone to come out from Chicago once a week and conduct a Bible class for them in the Italian language, and we have organized studies in the English for them. We will also teach them physiology and some of the simple principles concerning the care of the sick. They are gratefully accepting this opportunity.

Others in our domestic departments are availing themselves of similar opportunities. We believe Providence has put it in the heart of Miss Fyrrn Ford to connect with the Hinsdale movement and to lead out in this educational work.

As stated in the last LIFE BOAT, if there are

young married couples who have recently discovered that the Lord has bigger business for them than merely making a living; whose early education has been sadly neglected; who do not now see their way clear to go to some intermediate school and sit down in the same classes with a group of children in order to acquire what they lack in the common branches: to such, if thoroughly consecrated, Hinsdale holds out a special opportunity. It is entirely possible that you may be able to secure employment in some department of our work, make up these studies right on our premises and at the same time learn many other valuable missionary principles. We should be glad to correspond with such and any other humble workers whose early education was neglected, and who do not now have the means to put themselves through school. A limited number can receive a self-supporting education in our institution. Classes are being organized and will be held the year around.

NEWS HERE AND THERE

Mrs. S. C. Dickey of Winona Lake, Ind., has recently been a patient in the sanitarium.

Miss Anna Johnson of Marshall, Mich., Miss Bethel Avery and Miss Strickland of Cedar Lake, Mich., have recently connected with the Hinsdale work.

Mr. and Mrs. D. D. Fitch and mother, Mrs. D. A. Fitch, of Glendale, Cal., spent a day in Hinsdale recently while enroute to Porto Rico, where they will take up evangelistic work.

Prof. C. A. Russell and wife of Berrien Springs, Mich., were among the guests at headquarters this month.

Miss Caroline M. Brunson, a trained nurse, who has been engaged in medical missionary work in the heart of India for the last six years, has recently returned to this country on a furlough. Miss Brunson was formerly stenographer in the LIFE BOAT office, and so Hinsdale was one of her first places to visit. The workers all enjoyed the reports of her work among the natives of India.

Dr. Ellen A. Richards of Streator, Ill., is spending a few weeks at Hinsdale.

Pastor and Mrs. C. T. Everson of New York City visited relatives in Chicago this month. The workers in Hinsdale enjoyed their help and presence at the weekly prayer meeting.

Miss Carey, head of the women's department of Moody Bible Institute, Chicago, is at present a patient in the sanitarium.

Miss Lulu Haygood, a former worker at Hinsdale, returned for a few days' visit.

Dr. Paulson gave the graduation address for the Oak Park Academy, Nevada, Iowa, also for the Cedar Lake Academy, Cedar Lake, Mich., and the Broadview Swedish Seminary, La Grange, Ill.

Miss Esther Aalborg, Miss Emily Johnston and Miss Irma Christenson, sanitarium junior nurses, left Hinsdale for a few weeks' vacation at their respective homes.

The Hinsdale sanitarium entertained twenty-two students from the Emmanuel Missionary College, Berrien Springs, Mich., who were passing through Chicago to their various appointments for the summer.

Dr. Ora Barber enjoyed a visit from her relatives, Mrs. H. E. Osborne and daughter, Barbara, of South Lancaster, Mass., and Miss Jennie R. Bates of West Paris, Maine, who were en route to attend an educational convention on the Pacific Coast.

Mr. Wiley Pleasant, a graduate of the sanitarium, who is connected with sanitarium treatment room work in Decatur, Ill., spent a week in the institution.

Pastor and Mrs. J. O. Corliss of Los Angeles, Cal., and T. Marie Mohr, R. N., from Canada, were among the recent visitors.

Dr. and Mrs. Paulson and the members of the senior nurses' class visited the State Hospital at Elgin, Ill., recently.

Mrs. Walen and Miss Lulu Musser of Fountain Head, Tenn., have recently connected with the Hinsdale work.

Miss Mildred Knowles, a graduate nurse, left recently for a vacation to be spent at her home in Halifax, Nova Scotia.

Miss Marguerite Mason, one of the junior nurses, enjoyed a visit from her brother, L. V. Mason, of Bellefontaine, Ohio.

Mrs. E. O. Robbins of South Lancaster, Mass., and her daughter, Miss Louise E. Robbins of Melrose, Mass., spent a few days in Hinsdale while on their way to San Francisco.

Dr. G. T. Harding and wife of Columbus, Ohio, were welcome visitors at Hinsdale.

Miss Ethel Dean, a member of the last graduating class, has returned and taken up work in the sanitarium.

Pastors F. M. Wilcox and W. W. Eastman of Washington, D. C., were guests at the sanitarium recently.

Miss Clara Meister, a sanitarium graduate who is connected with the Craig Treatment Parlors in Decatur, Ill., returned on Wednesday accompanied by Miss Marie Carle.

Miss Fyrnn Ford of Berrien Springs, Mich., has recently arrived and will take charge of intermediate educational work in the institution.

Miss Nellie Jeffers, who has been visiting friends in Ashley, Mich., during the past month, has now returned.

A SPECIAL OFFER

Forty acres mostly timber, having oak, soft maple, birch, also some pine upon it. It has abundant saw timber for buildings and saw mill two miles from it. By the direct road passing place it is two miles to Lake Michigan, one mile south to Muskegon Lake. A quiet resting place and fine for vegetables, small fruit, etc., with good demand for all produce. Price \$25.00 per acre.

Description, S. W. of S. W. 10-10-17, W. Address, THE LIFE BOAT, Hinsdale, Ill.

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

WANTED

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

SPECIAL NOTICE

Agents, your opportunity has come—the grandest state song ever written—the "Glory Song of California"—famous already all over United States. Only been out four months and the second large edition is now partly gone. Sample copy post-paid 25 cts. Write at once for agents' prices.

Waterbury Specialty Co., Pomona, Cal.

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.

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

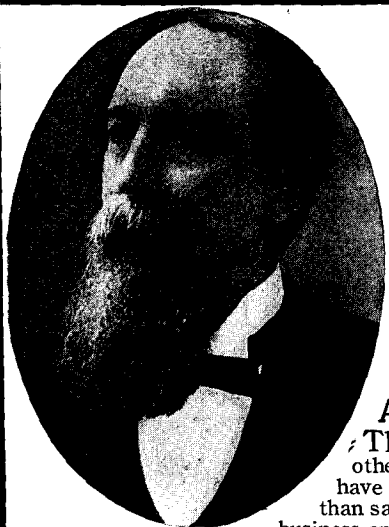
Do You Want Natural Rice?

ELEVEN-TWELFTHS of all the mineral that God put into rice is scoured off to produce the polished rice that is ordinarily eaten. What is more important, the "vitamines," the lack of which when people are fed on rice exclusively produces beri-beri, scurvy and perhaps pellagra, are also contained in the covering of the rice.

We found it difficult to purchase the natural brown rice even in the Chicago markets, hence we know that it is practically impossible for the majority of our readers to secure it. So we have decided to buy direct from the Southern growers the natural brown rice which has neither been scoured nor milled to remove its bran. It is put up in neat pound packages. Price ten cents a package. Transportation additional.

Address

The Life Boat, Hinsdale, Ill.



Ridpath's History of the World

"The Work of the Century"

JOHN CLARK RIDPATH'S History of the World is unquestionably the greatest literary work of the nineteenth century. Other men have written great histories of single countries or periods—Gibbon of Rome, Macaulay of England, Guizot of France—but it remained for Dr. Ridpath to write a complete History of the entire World, from the beginning of civilization down to the present time.

A Quarter of a Million Sets Sold

The sale of this great work exceeds that of any other set of books published in America. Over 250,000 sets have gone into American homes, and every purchaser is more than satisfied. It is strongly endorsed by scholars and statesmen; business and professional men, and by the thousands of owners, as the greatest history ever written. We are closing out the remaining sets of the last edition

AT A VERY LOW PRICE AND EASY TERMS

We will name our special low price and easy terms of payment and mail the beautiful free sample pages to all who ask for them. A coupon for your convenience is printed on the lower corner of this advertisement. Tear off the coupon, write name and address plainly, and mail now before you forget it. Dr. Ridpath is dead, his work is done, but his widow derives her support from the royalty on this History, and to print our low price broadcast for the sake of more quickly selling the sets at our disposal would cause great injury to future sales. Mail the coupon now.

Review of Reviews

says: "The reader feels himself in the hands of a great historian whose authorship shows singular breadth of view and sanity of judgment."

Boston Post said: "John Clark Ridpath is above all things an historian. His history is accepted as standard in schools, colleges and homes."

Christian Herald

said: "No other work has ever supplied a history so well suited to the needs of all men. We cheerfully commend this most popular and complete of all world histories to our readers."



Nine
Massive
Volumes

Free

We will mail free a beautiful 46-page booklet of sample pages from Ridpath's History of the World to every reader who mails to us the coupon.

2000
PICTURES
4000
PAGES

5
15
FREE
COUPON

THE REASON for Dr. Ridpath's enviable position as an historian is his wonderfully beautiful style, a style no other historian in any generation has ever equaled. He pictures the great historical events as though they were happening before your eyes; he carries you with him to see the battles of old; to meet kings and queens and warriors; to sit in the Roman senate; to march against Saladin and his dark-skinned followers; to sail the Southern Seas with Drake; to circumnavigate the globe with Magellan; to watch that thin line of Greek spearmen work havoc with the Persian hordes on the field of Marathon. He combines absorbing interest with supreme reliability, and makes the heroes of history real living men and women, and about them he weaves the rise and fall of empires in such a fascinating style that history becomes as absorbingly interesting as the greatest of novels. Hundreds who read this have decided to buy Ridpath some day; now is the time.

**WESTERN NEWSPAPER ASSOCIATION
CHICAGO**

FOLD HERE, TEAR OUT, SIGN AND MAIL

**Western
Newspaper
Association
H. E. SEVER
President
140 So. Dearborn St.
CHICAGO, ILL.**

Please mail, free, 46 page sample booklet of Ridpath's History of the World, containing photographs of Napoleon, Queen Elizabeth, Socrates, Caesar and Shakespeare, diagram of Panama Canal, etc., and write me full particulars of your special offer to Life Boat Magazine readers.

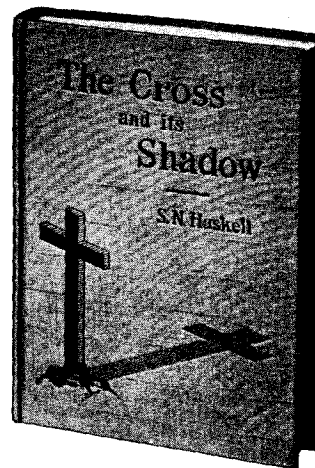
Name

Address

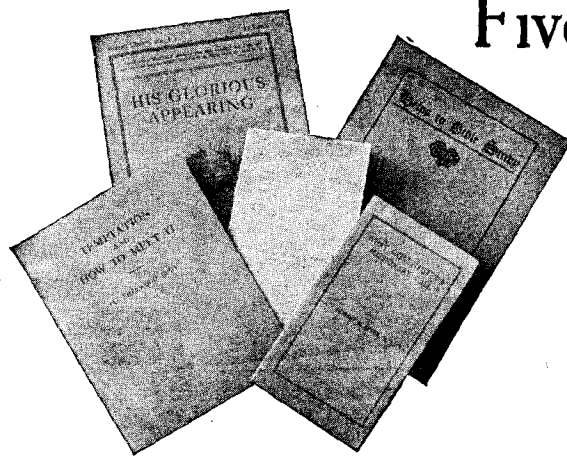
T W O S P E C I A L O F F E R S

THE CROSS and its SHADOW

A brand new book by S. N. Haskell



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



Five Truth-Laden, Soul-Inspiring Booklets

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

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

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

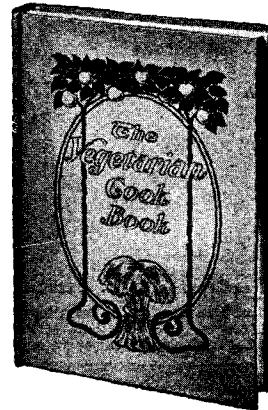
These offers apply ONLY to orders sent directly to The Life Boat Publishing Co., Hinsdale, Ill.

Read About Our Valuable Premiums for 1915



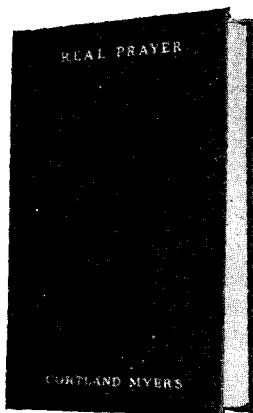
PASTOR HSI

This charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year. The author gives in a most fascinating manner the remarkable story of the life work of Pastor Hsi, the man who, after his wonderful conversion from heathenism, founded more than forty medical missionary centers in the province of Shan-Si. His remarkable faith and power in prayer has brought his work to the attention of the entire Christian world today. This book is an inspiration, and you can have it by sending us **ONE DOLLAR FOR YOUR SUBSCRIPTION** to The Life Boat for one year.



THE VEGETARIAN COOK BOOK

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

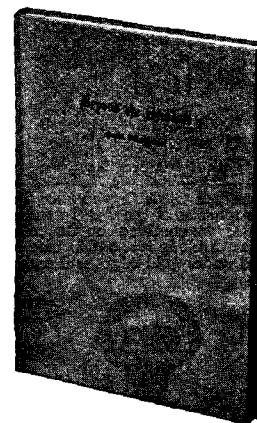


REAL PRAYER

By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only **ONE SUBSCRIPTION** and fifteen cents. Send us \$1.15 and receive The Life Boat for one whole year and this splendid book.

BEYOND THE SHADOW

Miss Pearl Waggoner, The Life Boat poet, has recently collected some of her best poems and published them in book form. The book contains ninety-six pages. We will send the cloth binding free with **TWO SUBSCRIPTIONS** to The Life Boat at one dollar each or a paper-covered copy for only **ONE SUBSCRIPTION**. Subscribe now before you forget it.



THE LOST CHRIST AND THE SONG OF OUR SYRIAN GUEST

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

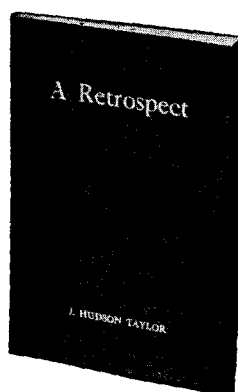
These two attractive booklets and The Life Boat one year for only \$1.10.

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

Remarkable Offers in Books and Useful Articles

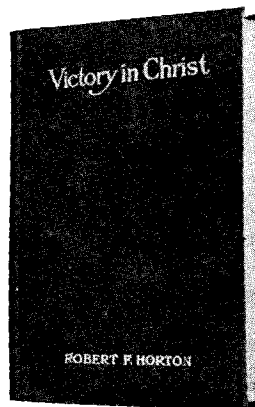
A RETROSPECT

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



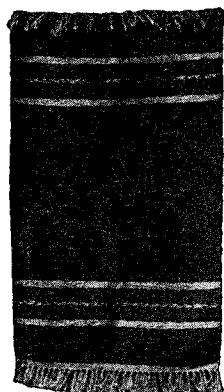
VICTORY IN CHRIST

By Robert F. Horton. An inspiration from cover to cover. Such strong statements as the following can be found all through the 116 pages of this book: "You must not face the day till you have faced God," and "God fades out of the life of those who do not pray." Furnished free with only ONE SUBSCRIPTION to The Life Boat and fifteen cents. Send us \$1.15 and receive The Life Boat for one year and this valuable book.



A BEAUTIFUL RESCUE HOME RUG

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



OXFORD TEXT BIBLE

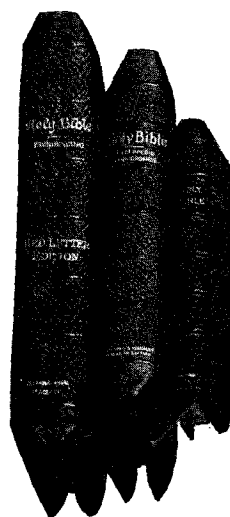
For Two Yearly Subscriptions at one dollar each we offer the Oxford Text Bible, which is just a little larger than the ordinary size pocket Bibles; contains six maps; size 5 1/4 x 3 1/2 inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners,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

GENUINE OXFORD TEACHERS' BIBLE

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

RED LETTER TEACHERS' BIBLE

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



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

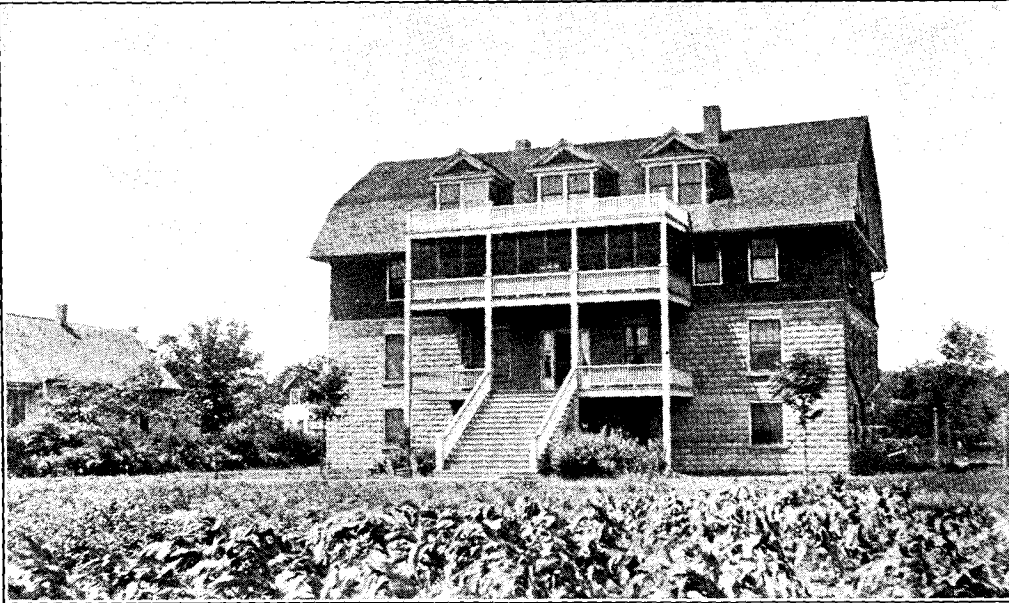
A beautiful gold or silver **WATCH FREE WITH ELEVEN YEARLY SUBSCRIPTIONS AND ONE DOLLAR EXTRA.** This is a seven-jeweled watch, gold filled, with a ten-year guaranteed case and beautiful design. We have placed hundreds of these watches where they are giving the best of satisfaction. You will be pleased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

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



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

THE LIFE BOAT RESCUE HOME



Physicians, pastors and other workers are constantly perplexed as to how to properly extend a helping hand to the unfortunate girl. To meet this pressing need the charitable public assisted in erecting this splendid eleven-thousand-dollar institution.

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

SUPERIOR HIGH QUALITY RUGS

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



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

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

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

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

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

VISIT HINSDALE FIRST



The Main Building

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

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

A work cure department.

Musical entertainments and lectures.

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

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



The Main Parlor

Let Us Send You Our Booklet "Visit Hinsdale First"

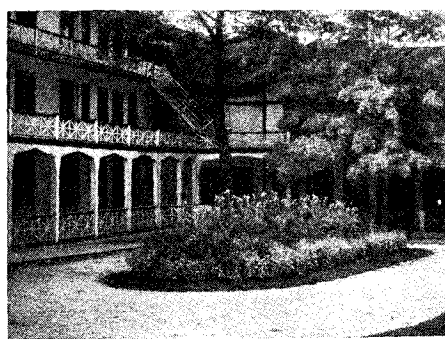
It is completely descriptive and beautifully illustrated. Once you read this book and note the location, the charm of Hinsdale and the ability of this institution to benefit the sick, you will realize that we offer you every possible means of restoring your health and of becoming completely rested, among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

The Hinsdale Sanitarium
Hinsdale, Ill.

Phone
Hinsdale 645

Endowed by Nature Equipped by Science

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



The Driveway

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

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



A Glimpse of the Lawn