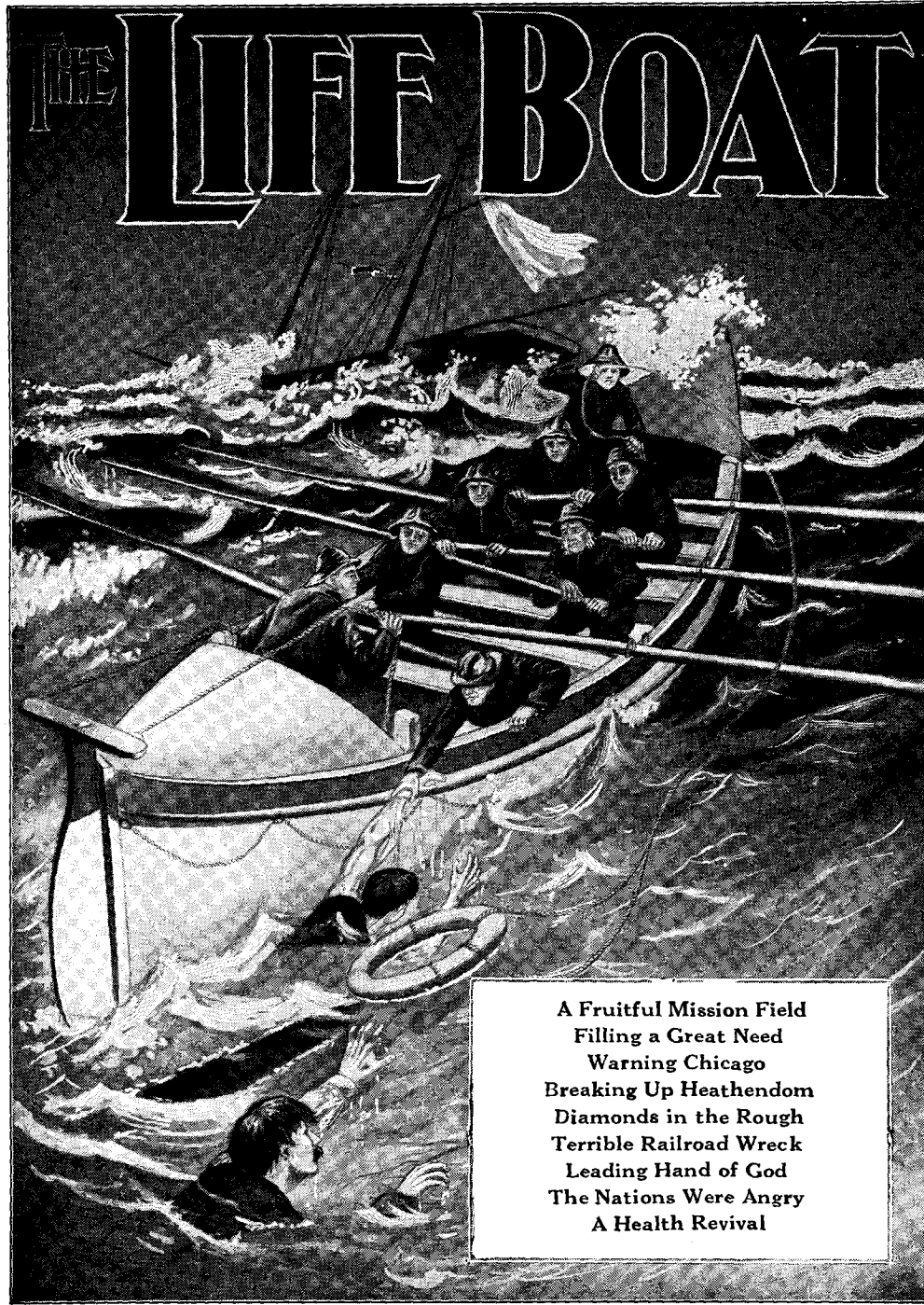


Shall We Be Thankful?

One Dollar a Year

PUBLISHED MONTHLY

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A Fruitful Mission Field
 Filling a Great Need
 Warning Chicago
 Breaking Up Heathendom
 Diamonds in the Rough
 Terrible Railroad Wreck
 Leading Hand of God
 The Nations Were Angry
 A Health Revival

The Life Boat Employs No One to Solicit Donations

Volume Eighteen
Number Eleven

Windsor, Ill.

November, 1915

The Most Deadly Disease—by the Editor

Shall We Give Thanks?

Pearl Waggoner

The time for Thanksgiving is fast drawing near,
We know it by signs which through nature abound:
The feeling of frost, and the leaf turning sear,
The leaves and the corn-shocks bedecking the ground.



But can we be thankful, and can we give praise
For blessings enjoyed in a country so fair,
When, instead of the haze of the fine autumn days,
In Europe the battle-smoke cloudeth the air?



And should we give thanks? I would ask, is it right,
When half of the world is a-counting its dead?
When fields that with autumn tints now should be bright,
With the blood of our brothers are painted instead?



Yes, time for Thanksgiving! And thanks we should give,
Albeit thanksgiving be tintured with grief;
For faith can look up, since our God doth still live,
And in Him, we know, is earth's hope for relief.



And e'en in the cannon's deep, thundering roar
A note that is joyous by faith we may hear:
It tells of the time when sin's reign shall be o'er,
It tells that redemption draws hourly more near.



'Tis true! He is coming!—the Prince of all peace,
Whom never the prince of this world can withstand,
Whose coming shall make all earth's sorrow to cease:
And so we give thanks, for our King is at hand.

THE LIFE BOAT

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

One Dollar a Year

Ten cents a copy

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HINSDALE, ILL.

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NOVEMBER, 1915

Number 11

Time for the Most Deadly Disease

David Paulson, M. D.

THE hay fever season is over, but what is far more serious, the pneumonitis season has just begun. From now till next spring pneumonia will claim more victims than tuberculosis.

Strangely enough, the pneumonia germ, like the poor, is always with us. The greater proportion of our population carry around these germs in their throats every month of the year. Why then, do they not have pneumonia? Simply because the health and vitality of the average individual is strong enough to keep the pneumonia germs in peaceful subjection instead of permitting them to get the mastery over us.

Just as it is our privilege to have enough spiritual vitality in the soul that we shall not become victims to the devilish temptations that are constantly being thrust upon us, so God maintains in every healthy mortal certain bodily defenses against pneumonia, and these must be battered down before the germs can get the upper hand.

Suspicious Symptoms

The appearance of rusty sputum and a severe pain in the chest, a persistent cough, and sudden rise of temperature in nine cases out of ten spell pneumonia. The fever, the increased heart action, and even the congestion in the lungs, are really nature's last desperate efforts to gain the victory; but these curative efforts are sometimes so drastic that instead of de-

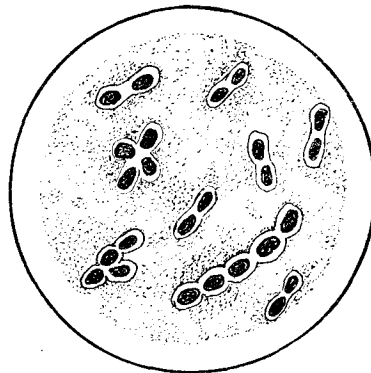
stroying the pneumonia germs, they kill the patient. Nevertheless the modern doctor is wise enough to appreciate this important principle and so co-operates with nature instead of smothering her efforts as was too frequently the case in former days. He endeavors to give healing reactions the guidance and direction that they need, for in the last analysis God has put more brains in the doctor's head, or at

least in *some* doctors' heads, than He had in the patient's blood and lungs.

The care and management of a pneumonia case is always a critical proposition. For this reason it is not wise for the average layman to undertake such a responsibility. But everyone may do something far better than to cure a case of pneumonia, and that is, prevent it.

There Is a Difference

Some people inherit such an excess of natural vitality that they can daily squander it in riotous living and yet have enough left to keep the pneumonia germs at arm's length; while others who are not so fortunate, even with reasonable care, spend legitimately each day about all the vitality they have to spare. In other words, having no deposit in the bank, they are simply living from hand to mouth, so as soon as they are subjected to some unusual exposure, such as loss of sleep, they are always in danger of taking pneumonia, for most of our vitality is generated while asleep.



PNEUMONIA GERMS

Others invite pneumonia by some outrageous dietetic indiscretion which produces auto-intoxication, which in turn cripples the natural forces of the body, so the bodily defenses go into bankruptcy and the pneumonia germs seize the opportunity to break loose like an uncontrollable mob.

We read much these days about the importance of conserving our natural resources, preserving our forests, and developing better varieties of fruits and vegetables; but it is a thousand times more important to learn how to preserve and conserve our natural vitality so that we may successfully resist the invasion of disease germs.

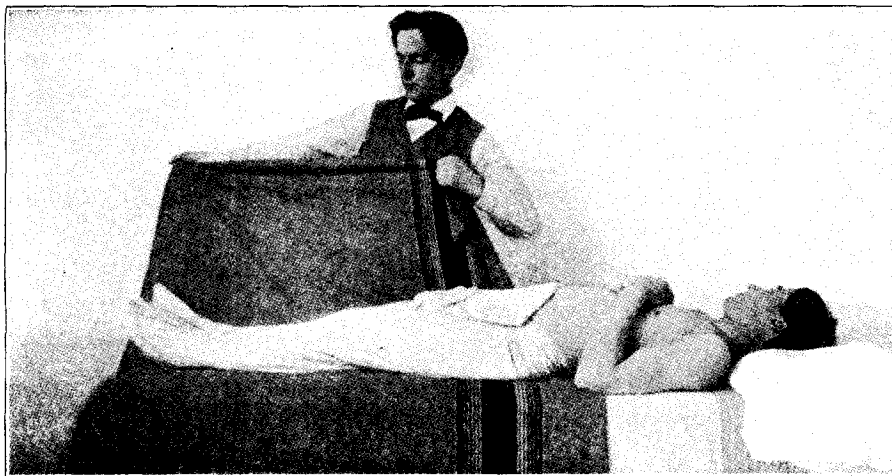
The Fresh Air Cure

Under ordinary circumstances an unusual

roof with only a wind break around it. They recently reported fifty-six successive cases of pneumonia without a single death, and not a drop of medicine was administered except a few laxatives. Compare this record with the fifteen to twenty-five per cent death rate under the old program when the patient was smothered in a stuffy room and systematically doped with poisonous drugs that only hindered his recovery. For Dr. Osler has well said that there is nothing in a bottle that is of any benefit in a case of pneumonia.

The Modern Method

Every few hours either the patient is moved indoors or the windows are closed if he is taking the cure in a room, heat is turned on and the patient is given a hot hip and leg



GIVING A HIP AND LEG PACK

A sheet or thin blanket should be put next to the patient to avoid danger of burning. Then a blanket wrung out of boiling hot water should be wrapped around the patient's hips and legs. Then another dry blanket should be wrapped around, as shown in the picture, to retain the heat.

exposure to cold, wet and damp, is sufficient to bring on an attack of pneumonia. Then why is it we do not see more cases of pneumonia during a wet camp-meeting? Simply because the people are constantly taking the fresh air cure and that is the best treatment for pneumonia. And do not forget that which can cure pneumonia can *prevent* it.

The most intelligent doctors now endeavor to move their pneumonia patients out-doors and as a consequence secure surprising results. The pneumonia ward in the Presbyterian hospital in New York is up on the flat

pack which brings twice as much blood down in the extremities as there was previously. That means only half as much blood in the lungs, and that means freer respiration and less work for the heart.

After this pack has been given a few minutes it is removed and the entire body is given a vigorous cold mitten friction. This tones up the nervous system, reduces the temperature and the reaction that follows brings the blood to the surface so it can cool off more rapidly. During this treatment an ice bag is placed over the heart and it can be

used advantageously from time to time during the day.

Great care must be taken that the shoulders shall not become chilled as this aggravates the disease.

A Free Prescription

Why not take the pneumonia cure in advance? Here is the prescription: Move your bed out on the veranda during the milder months of the year and so store up so much vitality that when the pneumonia germs begin to come in like a flood you will have resistance enough to confront them. When you finally move your bed indoors, arrange also to move as much of outdoors indoors as is possible. If you find it inconvenient to open your bedroom windows, smash one or two window-panes and forget to repair them. It is better to have a broken window than broken health.

Are you afraid of a draft? Then become accustomed to it just as your horses have become used to the automobiles. Why not wrap up your head at night just as if you were going out driving? This will do no harm provided you do not cover your face. Or hang a sheet a foot or two from the open window so as to break the force of the wind. Buy an extra blanket or two so you can keep comfortable and warm. That is cheaper than hiring nurses after you get pneumonia.

Remember, the fresh air fiend rarely becomes a pneumonia victim.

Killing the Health Warriors

Several years ago, the pathologist of Rush Medical College inoculated two rabbits with pneumonia. One of them was given alcohol which used to be the orthodox remedy and is not altogether out of style yet. That particular rabbit died. The other rabbit recovered. Then he took a drop of blood out of the living rabbit and put it under the microscope, and he found that the white blood cells had eaten up the pneumonia germs. That saved the rabbit's life, for we must never forget that the white blood cells are one of God's great healing agencies as well as one of the most important defenses that He has established in our bodies.

When a drop of blood was taken from the dead rabbit it was found that the white blood cells had not eaten up the pneumonia germs, thus leaving them free to manufacture the terrible toxins that kill the rabbit just as they

destroy human beings under similar circumstances.

Now why didn't the white blood cells destroy the pneumonia germs in the rabbit that had received the alcohol treatment? No doubt because the same alcohol that made the rabbit drunk also made the white blood cells so drunk that they couldn't smell the pneumonia germs. In other words, they were anesthetized.

This instructive experiment explains why, when the drunkard catches pneumonia, he dies so promptly. It also explains why the moderate drinker is always in greater danger of pneumonia than the total abstainer.

It is a multitude of just such experiments that has taught the medical profession that alcohol has no place in the sick room, and for the same reason it is dangerous in health.

Do you sometimes take a few "drops" just to make you *feel* a little better? If you do, you are destroying your own divinely appointed defenses against disease. Isn't that a dear price to pay for a few good feelings, almost as foolish as it would be for a man to set fire to his house because he *liked* to see the flames?

The Good Feeling Drugs

But the same is true of the entire stimulant family. Tobacco comes under the same condemnation. It contains no nourishment. It is a poison and only a poison. The good feeling that it brings is the result of its poisonous effect. Some people have so much vitality that tobacco does not *seem* to do them any harm, but it never did anybody any *good*. It is better to live a poison-free life than a poisoned one. The most intelligent physicians are beginning to appreciate this although some of them, because of being slaves to some poison themselves, do not possess the necessary courage to tell the truth as they know it.

Dr. Evans, the eminent pathologist, until recently Health Commissioner of Chicago, now the popular health writer in the *Chicago Tribune*, says that the thousands who are addicted to the use of tea and coffee are "drug addicts." He says that physiologists are compelled to regard coffee, tea, tobacco and whisky as drugs in the *same sense* that opium and cocaine are. Certainly infinitely milder, but the same stimulant *principle* runs through them all.

Dr. Dixon, commissioner of health for the great state of Pennsylvania, says both tea and coffee are *stimulants* and though the mind is often stimulated for a short time by their use there is a period of *depression* following their use. It is precisely during this period of depression that sometimes pneumonia germs get in their deadly work. The "up and down" life is not an ideal one, either spiritually or physically.

Self-Poisoning and Disease

More people are poisoned from within than from without. The large intestine is a paradise for germs and under certain conditions decomposition takes place very readily and poisonous substances are produced that overwhelm the entire system just as surely as though alcohol had been taken.

The luscious fruits, the nutritious grains, the wholesome vegetables with dairy products, do not furnish a fruitful field for the germs that naturally inhabit the alimentary canal, while flesh foods are their best culture media as every laboratory worker knows. When he wants to cultivate germs he plants them in beef tea, not in fruit juice.

Is it not foolish to saturate the alimentary canal with putrescible material that is so readily transformed into virulent poisons? When stagnation of the alimentary canal exists, and that is the most common ailment among civilized people, then the conditions are ideal for auto-intoxication, and this condition not only favors pneumonia but also nervous prostration, neuritis, sick headache, depression and a long train of other evils that are often supposed to be due to a "dispensation of Providence," when in reality it is largely caused by wretched, unwholesome and thoughtless eating and drinking.

In Conclusion

The main reason the pneumonia season is

about to arrive is because the cold weather drives so many indoors. That means inhaling more poisonous air, and that furnishes an excellent opportunity for the pneumonia germs to come to the front; so to avoid pneumonia, breathe pure air. Drink pure water instead of poisonous drinks. Eat clean, wholesome food fresh from the lap of nature instead of various second-hand foods in the form of flesh, fish and fowl.

Last, but not least, have faith in God. He is not only willing to preserve us from the pestilence that walketh in darkness, but He will also bless us with health and strength that He shall freely impart to us provided we are willing to co-operate with the laws of health which are indeed the laws of God.

A REQUEST FOR PRAYER

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

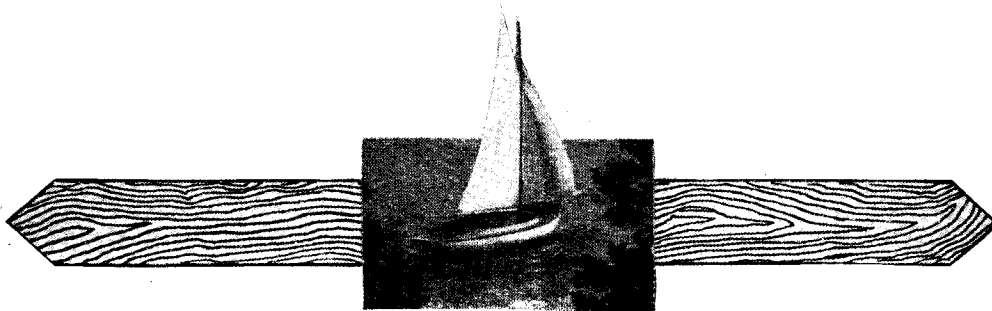
"I received your nice letter and would have answered it before, but I have been very busy writing letters and trying to get God's people to take an interest in my case. I have been here now going on eight years.

"Can you get some dear friend to write to me and give me more courage? My heart is in God and I feel good all the time. Your nice letters and nice books are good. I am so happy to know I am saved by the blood of the Lamb. The way grows brighter.

"Thanks be to God, I am on the straight and narrow way today.

"Yes, it means much to be saved and have God to keep us saved. He has put a love in my heart to love everybody and I am doing all I can to help others find Him.

"I pray that some of God's people will take an interest in me, so I can be among God's people and help sick and sinners to the cross of Christ. I hope you will pray for me that I will be with God's people."



“My Diamonds in the Rough”

F. Emory Lyon,

Superintendent Central Howard Association, Chicago

[Recently Mr. Lyon, who is engaged in a very helpful relief work for prisoners, visited Hinsdale and gave a talk in the sanitarium parlor. We cull the following from his speech.—Ed.]

OUT of three hundred prisoners who came to us, at the end of five years, seventy-nine per cent of them could be satisfactorily accounted for. In another period of six years seventy-seven per cent were doing well.

Learned How to Live

I think of a man who came to us some twelve years ago. After his first term in prison he started out with the determination to live straight, as many another. He applied for a job, and the man said, “Come again another day.” He couldn’t wait another day, so asked another man to help him. The other man also turned the cold shoulder. That made him feel it was no use and he went back to his old habits.

That went on for fifteen years. He served a sentence in Colorado, another in Kansas, and one in New York; until at last he recognized that he could live a better life. He realized it as a sort of common sense thing, that he must turn away from this thing now or never, and he came to us for help.

He was an intelligent man of thirty-five by that time. A good bookkeeper, determined to get a position where he could live decently. But who would give a position to such a man? We told his history to the superintendent of a company—got him a job. He worked for them for six years, being advanced from time to time in position and salary. Then he got another position for himself where he is working today. Last summer one evening he and his wife drove to our place and wanted us to take a ride. He said, “I never knew what it was like to live before.”

These men have tremendous patience in their effort to make good and be the best they can be. This has been manifested to me in the correspondence I have had with a man in prison. He came to prison to learn the lessons of life. He says that in the five years he has been there he has been learning to read and write. He is reading the books in

the library, particularly on plumbing, and is now asking us to pay his tuition in a correspondence school, which we sometimes do, so he can finish his course. He writes, “So that when I come out of the institution, nine years hence, I may have a trade and can earn an honest living.” Imagine the patience required. How many of us would labor fourteen years to get a trade? How many of us would face the scoffs of fellow prisoners, which I have known them to meet, successfully?

Another man was sent to Waupun prison for a year. He went to chapel the first Sunday, and said, “I realized for the first time what life should mean to me and what my life should mean to society.” He resolved then and there to make that year a golden opportunity and prepare himself for better things. It is too bad that lad had to go to prison to learn the lesson some community back home in Wisconsin should have taught him.

A year or two ago I was out in Seattle, and a young man handed me his card. I remembered he had come to us from a reformatory. He was now in business in Seattle.

In Montana I met a young man who came to us from a penitentiary. We helped him to get hold of himself, and in turn lost track of him, but there he was in Montana, a contented tiller of the soil.

So they come to us and we try to inspire them with new confidence and courage and tide them over in practical ways, get them work and clothes, and homes where they may be surrounded with influences for good and be kept away from the pitfalls that may come to them.

They have many difficulties to meet. Many of them grew up in tenements, in bad company, and really did not have much chance to be straight. Perhaps nothing I could say would demonstrate this better than to tell of a young man who was at one time in one of the reformatories and is now out making good, and doing well, so the superintendent

tells me. This young man has stated the following in the dialect of his kind:

"Oh, yes, I'm guilty right enough,
It ain't no use to throw a bluff,
And yet I guess society
Should share the guilt along o' me;
I ain't the kind to weep and whine
And say, 'What chance was mine?'"

"Born in a dirty, reeking slum,
Where God's good sunlight never come,
And starved for food and starved for air,
What chance would a fellow have living there?
Evil things, and low, and mean,
Was nearly all I ever seen;
Of course, I got to be a tough—
A hoodlum and a bad young lad.

"But yet I might have grown up
Reformed, and been some use to man
If every time I left the trail
They didn't throw me into jail
With those who taught me all I knew.

"Yes, I'm guilty; that is clear,
But every man who's listening here
And all these goody, goody folks
As scoffs so much, is guilty, too, along o' me
And will be till the world is free
Of stinking slums and rotten holes
And laws that pretend, but keep them there;
I ain't the kind to weep and whine,
But, say, what chance, was mine?"

And so it is, but when they go to prison and come out with a better purpose, do you recognize that better purpose and recognize the man as a human being because of this better purpose? Should we not aid in every way possible to help him in carrying it out?

Through all the evil influences may we not discover his dreams and extend a friendly hand that shall help recognize not only the brotherhood of man, but the patience and loving kindness of God?

IN THE HARRISON STREET POLICE STATION

G. M. SCOTT

[The medical evangelistic students have many rich experiences at the Sunday morning services in the Harrison street police station. Our workers have maintained these services for more than fifteen years. Thousands of prisoners have had the saving gospel proclaimed to them and have confessed their sins. Some we know have never gone back to the old life; many have, but we continue to cast our bread "upon the waters," knowing that we shall "find it after many days."—E.d.]

On entering the Harrison street station we immediately go to an upper room, where our folding organ, song books, and tracts are kept. And it is in this "upper chamber" that we engage in an earnest season of prayer and deep searching of heart that we have every sin confessed before God, and be in a position that He can work through us for the salvation of those precious souls.

While we are kneeling in the presence of God we can hear the voices of the prisoners below in laughing and loud talking, and how

little do they realize that just above in a small room there is a little company earnestly praying that their hearts and minds be opened for the message that is soon to be given them. As we enter the steel gates that lead to the corridors there is a quietness that comes over the room and every one is orderly and attentive, and very much interested in the short talk. We have four corridors in which to speak and usually spend a half hour in each corridor.

One Sunday morning a few weeks ago when the jailer unlocked the doors we stepped in, and bidding the boys good morning, passed out the hymn books and invited them to join us in a song service. Usually they all accept the invitation and join in with us. This morning a short talk of fifteen minutes was given on the importance of the times, calling their attention to the times in which we are living and the events of eternal interest which are taking place before our eyes, also the nearness of the second coming of Christ.

As I was speaking I noticed a middle-aged man sitting in the far corner of the cell, and apparently not interested, but as I spoke of Christ's soon coming, and how prophecy that had foretold His coming was practically all fulfilled, he became interested and drew near to where I was standing and asked me several questions about His soon coming, which I gladly answered. When the invitation was given to accept Christ, he was one of the first to do so.

We then asked if there were any that wanted us to pray for them, and several hands were raised. We then knelt down with them and had a short season of prayer together, while those who did not feel inclined to kneel sat nearby with bowed heads. As we spoke some encouraging words to them for the stand they had taken, we shook hands and bid them good-bye.

When I entered the adjoining corridor one brother said to me, "I enjoyed your songs and talk very much." He was deeply interested, also several others, and after the service he knelt down with us in prayer.

We then hastened upstairs, where we held a service in the women's corridor. After singing a few favorite songs with which they were familiar, one of our workers read some comforting Scriptures. Some of the girls felt heart-broken because they had wandered far

from God. On assuring them that God had not forsaken them but that they had left Him, they wept bitterly and said they wanted to lead a better life. On extending the invitation they made a new start. These are some of the experiences we meet every week. We find some very stony hearts that seem impossible to touch, but usually before the service is over they are in tears or on their knees.

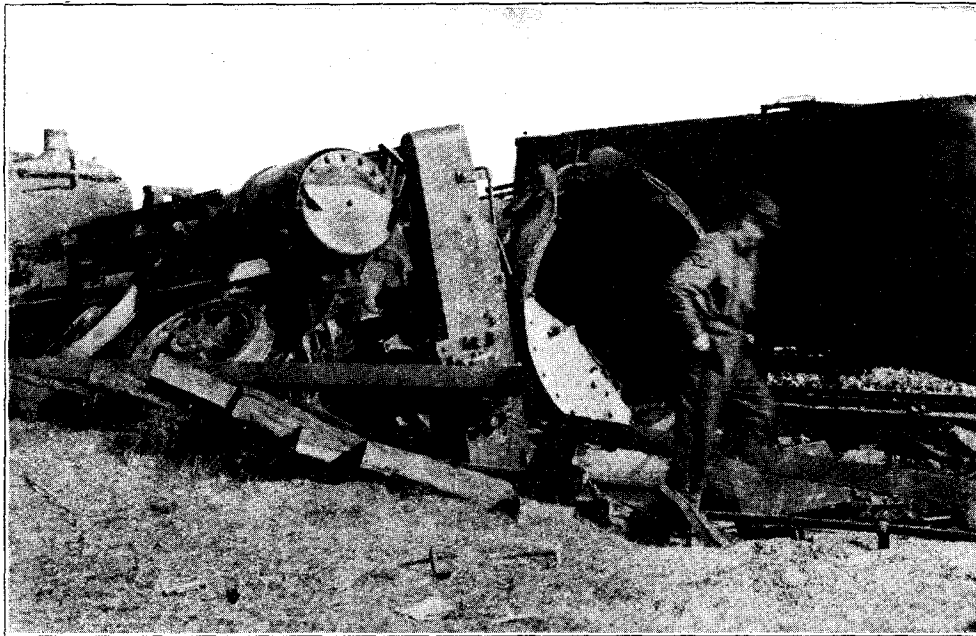
On the other hand, we receive a valuable experience working for these unfortunate people. When we first entered this work a couple of months ago, we felt rather timid, and slow of speech, but when we speak to these men and women about their soul we gain strength and have more courage, for there is no greater missionary work to be done than laboring for lost souls.

Another Terrible Railroad Wreck

David Paulson, M. D.

THE evening of September 20th, just as our union Bible Class had gathered for their Monday night study, the fire bell rang. We soon learned that an awful wreck had occurred at Western Springs, a mile away,

ble cause, one of the cars loaded with grain jumped the track over on the adjoining track in front of one of the lightning express passenger trains which was just coming from Chicago. There was no time to stop. The



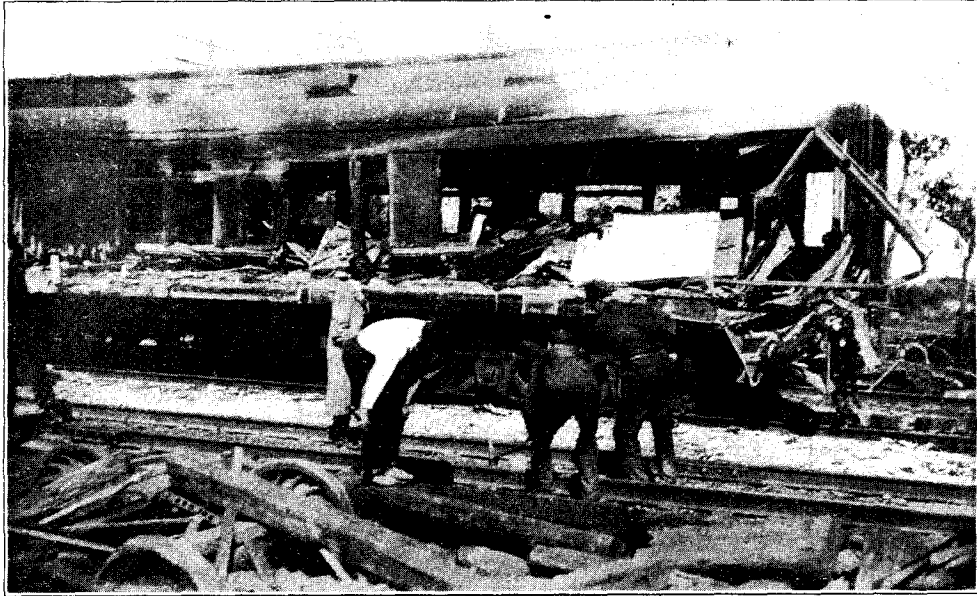
A SHAPELESS MASS OF IRON AND STEEL.—A LITERAL JUNK PILE

and that a call had come for physicians and nurses.

We instantly dismissed the class and started to the scene of disaster. What met our eyes can never be adequately described. A long freight-train had been slowly pulling toward Chicago, when suddenly, without any justifica-

tion the passenger engine had jumped the track and the next instant was a shapeless mass of iron and steel, a literal junk pile.

The brave fireman was buried beneath it all and has since died from the terrible injuries he received. The engineer escaped, almost miraculously, from any serious injury. The



THOSE WHO WERE IN THIS PASSENGER COACH SUFFERED THE MOST SERIOUS INJURIES



CLEARING UP THE WRECKAGE

mail car was turned almost end to end, the mail clerk sustaining many injuries, none of them serious. He was among those who were taken to the Hinsdale sanitarium. He was a devout Christian and said that he had been in several wrecks before, but he had always looked to God to care for him, and certainly God had answered prayer.

Those in the first passenger coach suffered the most serious injuries. Kind hands did their best to lift the injured ones from among the wreckage and to temporarily dress their wounds until they could be taken to other places and have something more permanent done for them. Some of those who were

taken to the Hinsdale sanitarium were terribly mangled.

As I saw this awful scene of wreckage and destruction, how forcibly I was reminded of the *uncertainty* of human life in these days. How important it is that wherever we are we should have our lives fully committed to God. Each day we should start out with a determination to carry out His purpose. Each night before we retire we should confess every sin and commit ourselves anew to God, so that if the record of our lives should be wound up ere we awake, that we should have no regrets when we have to meet the record at the bar of God.

Breaking Up Heathendom

R. W. Munson

[This report from Pastor Munson was given at the time of his last visit to Hinsdale. It will be read with deep interest. Bro. Munson has spent more than a quarter of a century as missionary in the East India islands, first in Singapore, then in Java.—Ed.]

THIRTY-SEVEN years ago I gave my heart to Christ and very soon after that I gave my life to the work of the ministry and to foreign missions.

In my experience as a young Christian minister I had to contend with a great deal of discouragement; but I thank God I had been to a good school. I was associated with God-fearing men and women, and I learned more theology from their company than I did from the professors in the university. These were the experiences that have been of real benefit to me in my life work.

An Incident of Work in Bahama

Brother Manuel, our colored brother, was holding Bible readings in Bahama. Peters was a native; had been a soldier and lost a leg in the war. When he heard about Brother Manuel's Bible readings he came and stood outside the meeting. The buildings there are so you can hear through several partitions. He stood hidden by these bamboo screens and went there to take notes and data with which to hit Manuel, but he found to his consternation the ground was being cut from under his feet, and he confessed he had been altogether at fault, and wanted to be taught. He had a terrible struggle; was the only one of fifty that had the courage to step out and trust the Lord for his rice. He had a family.

He did not know where his food would come from.

I said, "Peters, we can not promise you any help at all until you have definitely taken your stand." But he finally stepped out and trusted the Lord to care for Him, and the Lord did care for him in a very wonderful way.

Walked Four Hundred Miles to Find Peters

There was a man, a native of Java, who heard about Peters. So he walked into the city, twenty miles from his native city. He looked for Peters, but could not find him, and he walked back again. This journey was repeated many times, until he had walked four hundred miles to find Peters, and after all this effort he tried once more and succeeded, and the result was after hearing the gospel message from Peters he went back and proclaimed it to his people. This is only one instance showing how these people are hungry for a knowledge of the truth.

The Spirit of God works just the same among such men as He does here, because sin is the same everywhere. Men are just as much in need of religion in Java as here, and here as there, but the grace of God can regenerate the vilest of men.

Felt a Burden for the People

When we went back to Java from Australia four years ago we went to a place whose name

means "the joy of the earth." It is a very pretty spot, and a healthy spot. My business was to translate gospel literature for the people. I had very little time to hold meetings or go out and visit anybody, aside from the few meetings we held in our house. But Mrs. Munson, whose whole soul was on fire, could not live there and see the people in such darkness, without doing something. Although it was contrary to the instructions received, she said, "I must go out, I can not stay here. You may work at your desk, but I must go out and visit."

Walked the Streets to Find a Welcome

She went out, up and down the street, looking for some one to welcome her, looking for some woman, who with her eyes even, would say, "I want to talk with you." Finally she found a woman who was sick. If you can only treat the sick you are sure to find some one who needs your help.

This woman had been under a doctor's care but he did not seem to do her very much good, so when Mrs. Munson passed her door she looked so ill that she stopped a moment and spoke to her. She was invited into the house, and talked with her and counseled with her what to do, and she said, "Come over to the house; we have a little meeting there and perhaps it will do you good. At any rate, the walk will do you good."

The woman became very much interested. Her son came home and was taken very sick and finally died. We did all we could to assist them. And then the sister of this woman lost her husband by the cholera, and was so distracted she did not know what to do.

She came to our house again and again. We learned afterwards she had to steal away from her house to come. Her father, who had many years before been a Christian, had given up Christianity and would have nothing to do with it, and when we went there he gave us a very cool reception. But this daughter came to the meetings until finally she showed this seed had taken root in her heart, and the way opened for the whole family to become converted to the truth.

Repented When Facing Death

Cholera came to the island and scores of Chinese and natives were carried away. Her father was so frightened that instead of re-

sorting to rational means he drank brandy to such an extent that it caused his death. Three days before his death he was aroused to a sense of his spiritual condition and repented.

Then the funeral had to be arranged for. These people did not wish to bury him as a heathen, and yet there were heathen relatives that wanted to participate. Their plan was to bury him outside the Christian burying ground, not in it.

In a Chinese home when a father or grandfather or grandmother has died, nobody sleeps, nobody bathes, nobody does anything at all to minister to their own comfort, because it would be an act of disrespect when he was dead.

Mrs. Munson, in visiting the home—the home that had rejected her advances before—found the girl on the verge of nervous collapse, and wanted to do something for her. "Oh," she said, "I can't think of it! It would be the greatest disrespect to my father."

As the girl was sitting up one night in her chair she seemed to be in a peculiar state, and began to talk rapidly. She did not know what she was saying, but the rest of the people understood what she was saying and it produced a consternation in the household. She seemed to see her father and he was saying, "You bury me in a Christian coffin and give me a Christian burial. And not only that, but you must be reconciled to your enemies and repent and be baptized and devote your lives to the work of the gospel. You listen to what Mrs. Munson tells you, for it is all truth and you must follow it."

After the funeral Mrs. Munson said to the girl, "You thought you heard your father speaking, but that is not so. Your father is dead. It was God speaking."

Reaped a Harvest of Six Souls

As filial piety is the great virtue in the Chinese, God in that channel sought to reach the minds of these people. They were converted and became very earnest in their study of the truth, and not only this, but some more came to our house three times a week and studied the Scriptures. And before I left I baptized six candidates, and among them were these three people, members of this family.

Cleaned Out the Tobacco

They had been dealers in tobacco, and the house they lived in was stacked to the roof with tobacco. We told them this was not a proper occupation for a Christian, so they disposed of it and the mother opened a little store to sell garments—anything by which to gain a livelihood. But what surprised me most was that before I came away the mother came and placed in my hands four thousand guilders (four hundred dollars) to go into the work of the Lord. Since then she has been engaged in teaching other women in Batavia this message.

This work is carried on not simply by our knowledge of the truth. We can not do anything of ourselves, but if the Spirit of God rests upon us and accompanies us it is marvelous what power there is in the truth, and I have seen some wonderful manifestations of that Spirit of power in this work.

I want to say to young people who are contemplating missionary work that it is the only life that is worth while.

I think I never realized in my life so much my absolute dependence upon Jesus Christ. I can not do anything of myself. I know when I first went to Singapore and saw the flocks of Chinese filling the streets, I thought I might as well go home. I went up on the hillside after I had been there some months and prayed God would give me grace to meet the situation. As I went down the hill I went down with a song of praise on my lips. The enemy never tempted me as to whether I was in the place the Lord wanted me or not, but I went on each day in the strength of the Lord and had the satisfaction of seeing a few brought to the Saviour.

Forty-two Millions on Two Islands

But oh, there is so much to be done! There is great need. We can not get workers enough. This country must furnish the workers. In Java alone we have thirty-two million people—a little island no larger than the state of Ohio. Think what that means, and then we have another island with ten million people. Are we going to preach this message to all these people? It is impossible in our own strength. We can never accomplish the work except by the power of the Spirit of God, and I am sure if we want a part in

that work and desire the gift of the Spirit to fit us for it, He has promised it. And I believe we shall live to see more wonderful signs than were witnessed in the early church.

SEEDS THAT GROW IN EVERY LAND

J. E. FULTON

[A word from Pastor Fulton, who has spent more than ten years as a missionary among the South Pacific Islands, as given before the Hinsdale sanitarium family on his last visit to the States.—Ed.]

I am glad the gospel of our Lord Jesus Christ is suitable to every land. I was anxious, when I first went to the Pacific Islands, to see some of the old home plants grow, so I sent for some apple seeds and peach seeds and planted them, but found they were not adapted to the climate. It is not so with the religion of our Lord Jesus Christ and His gospel; it is suitable to every land, to every people.

Shortly after I arrived in Fiji I was thrown on the little island away from all Europeans. I was in a native home and walked in and out among the people and I had a native young man with me who was my companion on the boat, and it was a great blessing to me, so I quickly got hold of the language.

Then I began to preach the gospel message, and did it very much the same way as we do in this country. I had a folding blackboard and charts of different kinds. The people are very fond of pictures, and they responded to the gospel taught in this way.

We taught them, among other things, that there must be a higher standard set up for Christians than some of them had learned about. We told them some of them must give up their filthy habits, such as their native drink, which is almost universal in the islands. Many who professed to be Christians still held to this filthy custom.

How They Prepare the Native Drink

They take the root of a plant and one or two young men or women are detailed by the chief to prepare the drink. A large wooden bowl is set in the middle of the room, and the chief and the others sit around the room against the wall. There are no chairs in the houses; they all sit on mats. In our churches over there the people all sit on the floor, except perhaps the white minister, who has a stand.

So two young men or women sit down at the

bowl with the root in its dry state, which they chew. After it has been sufficiently masticated it is placed in the bowl. When a sufficient quantity has been mixed in this way, water is placed with it and then a strainer used to pass out the fiber. Then it is passed to the chief and he drinks, and then it is passed to the others next in rank. They always have great respect for Europeans, and it would be first passed to them. Many a time I have had this passed to me, but am glad to say I do not know how it tastes yet.

The governor has passed an ordinance now that it should be ground up instead of chewed, as in former days, but I know it is still ground up in the old way by those grinders we all know so much about. It is poisonous, and acts differently on the system from what the white man's drink does. The white man's drink goes to the head. But this goes to the knees and they lose their power of locomotion and sink down. It is a very degrading habit.

We have a most interesting native population connected with our Australasian field. They have many different languages. We have a large number of islands—thousands of them—and all the languages are not the same.

In Fiji alone, with which I am best acquainted, after working there ten years, I might say there are ten different dialects in that little group of people. So it gives you some idea of the work that must be done. There are many differences in the languages in the South Seas. Some words are the same in all these languages. Still they have distinct characteristics as people.

They know very little about the world at large. I have had the boys in school have their eyes stand out to hear of the great cities of the world and learn that in one of those cities there were as many people as could be found in all Fiji. Was it possible Chicago was as large as Fiji? It was doubtful, but they had respect for their missionaries, though they could not accept it fully.

There are opportunities for us all along the way every day, and I believe as workers we should have our eyes open to see these opportunities; and the Lord will give us opportunities. We do not *pray* enough as workers; we do not *believe* enough. I think if we would believe more we would expect more from Him.

A PLEA FOR THE PRISONERS

(From the Anamosa, Iowa, Prison)

"I received your welcome letter and THE LIFE BOAT some time ago. I have nearly finished a close study of 'Daniel and Revelation,' by Uriah Smith. I never could understand much of the Revelation before. I had 'Steps to Christ' four years ago and I liked it very much. I also have read 'His Glorious Appearing.'

"There are times when things seem to go wrong. Then they brighten up again. At the time, I think that I might as well give up trying to live to the honor and glory of God. The time sin presses the hardest is when I am in my cell where I can't fight it down by filling my lungs with pure air, and working it off my mind. I long to get out into the woods and learn of nature's God again, especially when the past and present seem to be overhanging and surrounding me.

"There are not many outside who know how hard it is to live up to one's conscience in prison, especially if he was brought up in a Christian home. When I pay my debt to the State I am not ever going to transgress the Lord's day again, if it is possible not to. And this vow is made with my Saviour's strength to aid me.

"If people understood the degrading tendencies that are pulling men in prison downward, I think the prisoners would be mentioned more often during the hour of prayer. It is the Spirit of God that can keep a man's mind and aspirations pure. The intercession of the faithful, in behalf of the prisoners, is a good means of changing the men from their wicked way."

A grouch is a barnacle on the hull of happiness and good health. If you have one, scrape it off and get under way at your proper speed.

Don't fail to read "Great Principles from a Great Book" on page 337 and observe the plan at the end of the article how you may help yourself and the sick poor at the same time. Enlist several of your friends in the same project.

A Fruitful Mission Field

Mrs. Kittie Polmanteer

[Mrs. Polmanteer, a member of the last year's medical evangelistic class and now taking the junior nurses' class, was called to the Rescue Home last May to take the place of the matron, Miss Sanborn, who left for a summer's vacation in the East. Mrs. Polmanteer feels grateful for the experience she has gained in this time.—Ed.]

EACH month brings some new girls to our Home. Since my last article several of the old girls have gone and new ones come to fill their places. We are made sad to see girls leave, but how encouraging to hear the reports from them after they leave. Following is part of a letter which was written by one of our girls to the Home family:

"Dear Girls: I suppose most of you are wishing you could go home and are rather lonely there at the Rescue Home, but, dear girls, if you could realize all the heartaches you are liable to have when you leave, I believe it would help you to appreciate the Home and what it stands for more.

"I was sick there a long time, as some of you know, and really was glad to have a change, although it separated me from my baby—all I have ever had in this world, as I have no relatives—but now I often think of the Home and every one of the workers there and at the sanitarium, for they all had a pleasant word for me, which is better than having friends who refuse to speak, or even make unkind remarks about you.

"Dear girls, please try and be happy together so that your memory of each other

will be bright. Remember a light supper with plenty of kindness and laughter is better than a rich heavy supper *alone*, too lonesome to eat.

"I want you to realize how much good there is in the Home. If you could only appreciate it. I have made a new start and I am not going to give up, but keep on till I force people to see that I can do right.

"I often think of the evening and morning worship and pray for all the girls in the Home, also for those that have left. I hope you will remember me in your prayers for I need the prayers of all who trust in God."

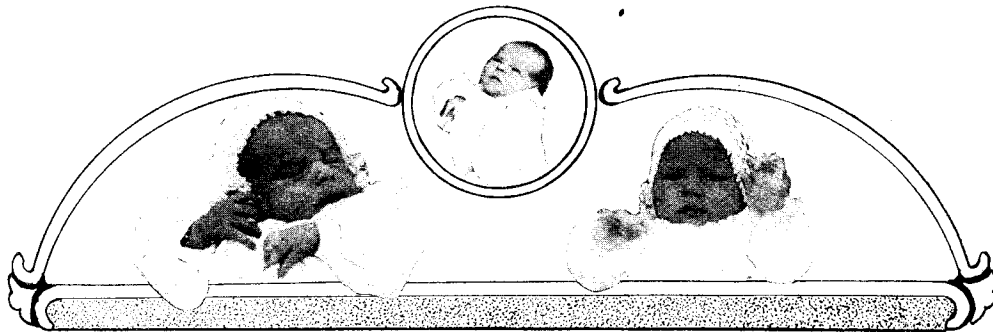
In writing a personal letter to me, she says: "I used to pray after a fashion, but now I know the real depth and meaning of prayer and when I feel lonely and heartsick I go and tell Jesus, which makes me feel better and stronger."

This is a mission field of its own. So many ways in which we can do missionary work.

We have with us for a few days a dear old lady who has become very much interested in the truth by reading a book called the "World's Crisis," which was loaned to her in the Home. This woman found something



DOING WELL.



better than she had already possessed and went and told her friend about it, resulting in the friend purchasing a copy of the book. So you see by watching for opportunities to work for Jesus we can do a little wherever we are.

My time will soon be up at the Home as the matron is coming back the latter part of the week. I am sure I shall often think of my stay at the Home and shall find it was one of the most interesting chapters of my life.

Perhaps there are some of our readers who would like to help in replenishing our cooking utensils for the kitchen which we are in very great need of. We also need some song books, "Christ in Song," and also some Bibles to be used in our morning and evening worship. We also need money for groceries and for coal. We can all help each other by our prayers, so let us pray for one another.

HOUSEKEEPING AT THE RESCUE HOME

MRS. EVA ANDREWS
The Home Housekeeper

I will say, although the sun is not at its brightest, I am of good courage. I know God is with us.

I am enjoying my work immensely, I am sure. I realize more pleasure from it than from any other work I have ever done. We meet many perplexities, but God's guiding hand bears us through them. The constant changes in our family always mean something new, whether it be good, bad, or indifferent, but we are thankful for our trials, for we know God has not forgotten us.

No one could be here without receiving a blessing. It is my earnest desire to make myself a blessing to the Home and the ones about me. I am thankful for the small part I have in this work.

No doubt you are waiting to hear from the weaving department. Since we started there have been woven about thirty yards of carpeting and in the neighborhood of seventy-five rugs, large and small ones. Our orders have subsided for a little just now. We are now threading our loom with a colored warp which, together with our new Roman border, will add a new and interesting feature to our rug making.

INVITES CORRESPONDENCE

Are you discouraged? Does the world to you seem dark and dreary? Does it seem as though every friend had forsaken you? If so, remember there is One who has said, "I will never leave thee, nor forsake thee," He "is a Friend that sticketh closer than a brother." If anyone reading these lines would like to have a cheery letter from a friend, our Office Laborer's Missionary League would be glad to write an encouraging letter.

We are already in correspondence with scores who are glad to receive a Christian letter and help in Bible study. We are in this world to bless it. As we spend our days in the office, we wish to use our spare time in sending a kind, helpful message to those who are afar off. We do not spend our evenings attending theaters, the dance hall, or other places of amusement; on the contrary, we want *all* our time to be used for the Lord.

Address us: Office Laborers' Missionary League, care LIFE BOAT, Hinsdale, Ill.

"THIS PLACE HAS CHANGED HANDS"

Going down the street a few days ago, I saw a banner hung out in front of a building with these words on it:

"UNDER NEW MANAGEMENT. THIS PLACE HAS CHANGED HANDS."

The same can truly be said of you if you have been *genuinely* converted. The old devilish management is over. You are under *new* management, even a Divine management. You are no longer carrying out the devil's schemes and plans, but are *responsive* to God's Spirit, to God's ideal and to God's program. In other words, you have *changed hands* just as truly as that building.

Are *you* actually under new management? If not, make arrangements for it at once.

If you try to dodge the truth, you are sure to bump into the devil.

The people with all the liberty they want usually end up in prison.

The man who is always looking down will bump into a stone wall and see stars without looking heavenward.

A Health Revival at Naperville

David Paulson, M. D.

THE majority of Christian people appreciate the importance of having spiritual revivals from time to time, but many of them do not know that the need is equally great for genuine health revivals; for the same Bible that commands us to do all things to the glory of God, also admonishes us to glorify Him *in our body* as well as in our spirit. (1 Cor. 6:20.)

With this thought in my mind, I went down a few weeks ago and visited the president of the Naperville W. C. T. U. and told her that I had a burden in my soul to organize a health revival in the town of Naperville, a village of about 5,000 inhabitants. She was deeply interested and said the local W. C. T. U. would meet the very next day and asked me to come and present the matter to them. This I did. They were enthusiastic over the idea and voted their full cooperation.

I then sought an interview with the president of the Ministerial Union to see if it was possible to have a union meeting of all the churches on Sunday night in order to usher in this Health Revival Week. He called a meeting of the Ministerial Union and laid the question before them, and they voted their unanimous co-operation and arranged for the Union meeting to be held Sunday night, Sept. 26th, in the First Evangelical Church, which is the largest one in the city. The following program was printed and circulated through the town by the members of our medical evangelistic class.

SUNDAY, 7:30 P. M.

Union meeting held in the First Evangelical Church. "The Mystery of Health and Healing," lecture by Dr. David Paulson.

MONDAY, 3 P. M.

The Grace United Evangelical Church. "Home Nursing," by Dr. Mary Paulson. Various practical demonstrations by trained nurses.

TUESDAY, 3 P. M.

The Grace United Evangelical Church. "Scientific Dietetics," by Dr. David Paulson. With demonstration of healthful cookery.

WEDNESDAY, 3 P. M.

The Grace United Evangelical Church. "Gymnastics Without a Gymnasium," "What to Do First in Accidents and Emergencies." Illustrated with instructive demonstrations.

THURSDAY, 3 P. M.

The Grace United Evangelical Church. "The Newer Science of Digestion." Practical health hints. Question box. Drs. David Paulson and L. H. Wolfson.

Although Sunday was a very stormy and unpleasant day, Dr. Jordan, the pastor of the

church, estimated that there were eight hundred people present at the evening service. I brought to them a vital message from the Bible on the sacredness of the human body, the divine principles regarding the maintenance of health, and I showed them how fully the latest scientific evidences emphasize the great truths that were given to us by Inspiration more than thirty centuries ago. The Lord helped me in a very special manner to bring clearly before the people some important truths that went straight to the hearts of the people.

Health Instruction to Students

The previous Thursday afternoon I had already talked in the grammar grades of the public school as a part of this health effort, and on Friday morning I talked to the students in the high school on "Health and Efficiency," outlining the alphabet of health, and especially emphasizing the curse of the cigarette evil.

Monday morning I gave an address to the four hundred students in the Evangelical College located in Naperville. I showed these young people the importance of being anchored on solid, substantial *principles* instead of chasing superficial fads. I told them how easy it was to secure a law banishing the common drinking cup, but how difficult it was to secure an effective law to banish the *wine* cup. Yet where anyone had caught any disease from the common drinking cup, there were 50,000 people who had caught damnation for this world and the world to come from the wine cup.

I told them how easy it was to secure a law making it unlawful for a boy to do substantial work until he was after sixteen years old, but how next to impossible it was to get a law prohibiting any one from selling him cigarettes to ruin his brain and to burn out his soul. But where one boy has been injured by working too much before he was sixteen years old, there were ten thousand who had been ruined for time and eternity by the cigarette evil.

I called their attention to the fact in some states a woman could not be married until she had a certificate that she was physically fit.

But it is ten times more important to pass a satisfactory examination as to whether she can make a good loaf of bread, and cook a meal of victuals that will not sour on her husband's stomach. In other words, that a practical knowledge of hygienic cookery is far more important than a smattering of eugenics.

Church School of Health Work

Monday afternoon three hundred of the very best people of Naperville gathered in the Grace United Evangelical Church and Mrs. Paulson gave them a study on Home Nursing. The nurses gave demonstrations on how to give hip and leg packs, fomentations for pain in the stomach, hot and cold for headaches, how to take exercise to strengthen the abdominal muscles, and many other similar things. The audience was deeply interested.

Dr. Scott, the pastor of the Methodist Church, opened the session with prayer, as we felt we could consistently ask God's blessing upon what we were about to undertake.

Tuesday afternoon I gave a talk on scientific dietetics, food values, how to eat for efficiency and strength, and to the glory of God. Our sanitarium cook had prepared samples for all of hygienic soup, health sandwiches, sticks, health wafers, and a fruit drink.

Wednesday afternoon was household gymnastics day. I gave first of all a little Bible study on Ezek. 16:49. "This was the iniquity of thy sister Sodom, pride, fulness of bread and abundance of idleness was in her and her daughters, neither did she strengthen the hand of the poor and needy." I had a tree with four roots drawn on the blackboard, each root representing one of these fundamental things. One of the branches of the tree was named "Vice," another one "Degeneracy," another one "Crime," another one "Intemperance." Across the top of it was written "Sodom."

The Sap of Sodom

I showed them how if we had any one of these four fundamental things in our lives, some of the *sap* of Sodom was flowing into our souls. I called their attention to the fact that steam and electricity were now doing the world's work. That we are more and more working with our brains, and yet, although we are working less, we are eating more, that the leisure life is producing disease and immorality. That those who are compelled to work do

it as a *drudgery*, and thus lose a blessing every day.

I told them that the ordinary athletics have become a curse; that we must grasp the idea of how to make the daily work gymnastics. I told them how to get the right position, and how to fix chairs so as to sit comfortably and hygienically. How to put the washtub up on the table instead of on low chairs, so as to do the work without stooping. I had a washboard, washtub, sawbuck and saw, dusting broom and dusters, and brooms, all there, also a step-ladder to show them how to walk upstairs so as to get exercise out of it instead of harm. It was suggested that there was as great a benefit derived from punching pillows and making beds as going into a gymnasium and punching a bag.

It was an interesting hour, and, I believe, profitable for all the people. Then Dr. Wolfson showed them how to give artificial respiration, and how to get out of a burning building safely, etc.

Thursday afternoon was our last session, and there were just as many present as at first; in fact, more. I gave them a study showing some of the remarkable things that have been worked out on digestion in recent years, and called attention to some of the practical lessons that they suggest. I then read one or two very helpful statements from "Ministry of Healing" on the same subject.

Dr. Wolfson answered some questions that had been handed in, and showed them some other practical things that had been crowded out of the previous hours. Then I closed the session with a word of prayer.

We who carried on this effort could naturally see many shortcomings in it, and no doubt many of the audience could do the same. During this Health Week I think I saw as never before how we may be able to carry on such a work much more thoroughly from a Bible standpoint than we have ever attempted before. In fact, make it more than ever a real religious effort. I am coming to believe that whatever we undertake must have stamped upon it the Divine trade mark, whether it be a gospel effort, or a temperance campaign, or a health educational work. And then the people who hear God will hear us. The class who have no respect for the Lord, we are wasting our time

over anyway. It was an earnest, responsible class of people who came day after day to the Naperville effort.

It is now our plan to organize smaller community efforts in school houses and little chapels where perhaps only fifteen or twenty families will come together and can be instructed in these great principles. I believe the Lord will go before us as we try to build up this health revival work.

GREAT PRINCIPLES FROM A GREAT BOOK, No. 2

Last month we quoted some instructive principles from "Ministry of Healing." This book is brimful of truths that appeal to every heart. It contains just the information that every family needs. It is a beautiful blending of the gospel for both soul and body, and it sheds light on so many vital issues.

With so much turmoil and trouble in all parts of the earth everyone will want to give holiday presents that are only of the highest value.

Here is a book that would make a most

acceptable present for your friends and you will wish to have one for your own use.

The temperance question is one of the greatest issues before us today. On this subject I quote the following from page 171:

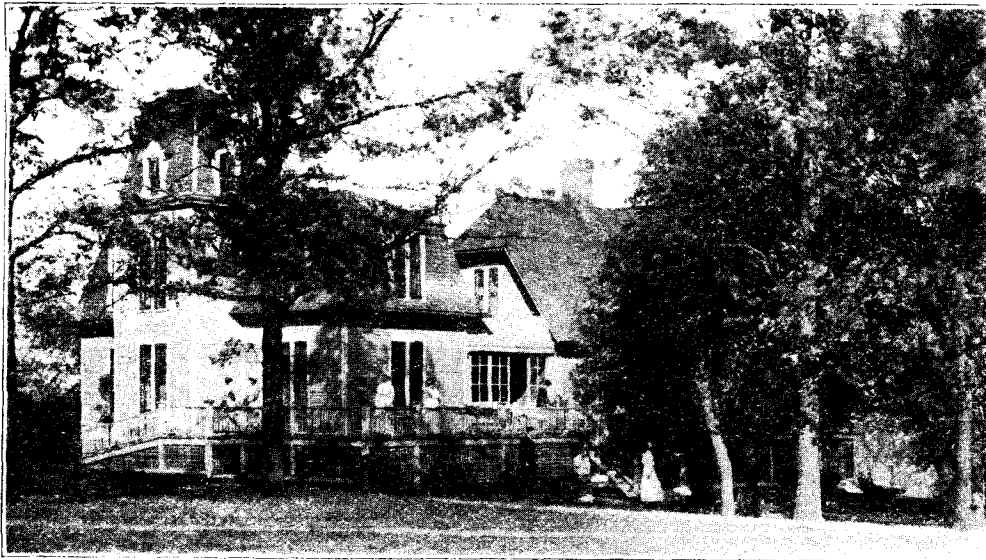
"Especially does the temperance reform demand the support of Christian workers. They should call attention to this work and make it a *living* issue. Everywhere they should present to the people the principles of true temperance, and call for *signers* to the temperance pledge."

The hour has struck when the children of God not only should labor to crush the liquor habit, but to *uplift* the drunkard. We are undoubtedly on the eve of another great revival among God's children for reaching the lost. On this point we read on page 173:

"You must hold fast to those whom you are trying to help, else victory will never be yours. They will be continually tempted to evil. Again and again they will be almost overcome by the craving for strong drink; again and again *they may fall*; but do not, because of this, cease your efforts."

The Relation of Diet to Intemperance

Temperance reformers are just beginning to appreciate the fact that juicy beefsteaks, fiery



A RECENT PICTURE OF THE INN

The Good Samaritan Inn is a humble but efficient sanitarium home, so simply and economically organized that the charges are within the reach of all. Rooms are rented for several dollars a week. Board on European plan at three to five cents a dish. Treatments at one-half price. Nursing likewise. And to those who absolutely can not afford to pay for nursing, the medical evangelistic girls donate their time. The Inn is crowded nearly all the time. We want to build a substantial addition, so we will not need to turn any worthy sick invalid away, whether they can afford to pay or not. Here is a good chance to assist in enlarging a most practical and unique charity for the sick poor where it will bring rich dividends in blessed relief to those whom Christ commends us for helping.

spices and condiments, and other stimulating foods and drinks, create the *thirst* for liquor. Note the following statement on page 176:

"Those who are struggling against the power of appetite should be instructed in the principles of healthful living. . . . Only by living obedience to the principles of health can they hope to be freed from the *craving* for unnatural stimulants."

Do you sometimes have dark and discouraging hours when you do not feel you can possibly look up to God and pray? Notice this encouraging principle on page 181:

"Many who have been overcome by temptation are humiliated by their failures, and they feel that it is in vain for them to approach unto God; but this thought is of the enemy's suggestion. When they have sinned, and feel that they can not pray, tell them that it is *then* the time to pray. . . . Those whom Christ has forgiven most will love Him most. These are they who in the final day will stand *nearest* to His throne."

It is not those who have been the greatest saints on earth who will stand the nearest to God's throne. It is those who have been forgiven the *most* on earth. Isn't that a wonderful comforting thought?

The Fatal Flaw in Socialism

As long as we have to contend with human selfishness, the dream of the socialists can no more become true than can the dream of the peace advocates while the spirit of war is in the hearts of humanity. In this world the rich have a mission to the poor, and the poor have a mission to the rich. On page 186 we read:

"It was not God's purpose that poverty should wholly cease. It is one of *His means* for the development of character. 'The poor,' He says, 'shall *never* cease out of the land; therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor and to thy needy, in thy land.'" Deut. 15:11.

The "Back to the Land" movement is beginning to inspire with hope thousands of thoughtful people. On this we read on page 189:

"Thousands and tens of thousands might be working upon the soil who are crowded into the cities, watching for a chance to earn a trifle. . . . Think of the families herded together in miserable tenements, many of them in dark basements, reeking with dampness and filth. . . . If the poor now crowded into the cities could find homes upon the land, they might not only earn a livelihood, but find health and happiness now unknown to them."

Genuine missionary work includes this very enterprise. We read on page 192:

"There are multitudes of poor families for whom no *better* missionary work could be done than to assist them in settling on the land and in learning how to make it yield them a livelihood. . . . It is God's purpose that the rich and the poor shall be closely *bound together* by the ties of sympathy and helpfulness."

Many of our Christian farmers are rapidly shriveling up. They don't see how they can do any missionary work. They are simply burying their talents in the earth. Such should take to heart this statement on page 193:

"Christian farmers can do *real* missionary work in helping the poor to find *homes* on the land, and in teaching them how to till the soil and make it productive. Teach them how to use the implements of agriculture, how to cultivate the various crops, how to plant and care for orchards."

The Best Charity

"Real charity helps men to help themselves. If one comes to our door and asks for food, we should not turn him away hungry; his poverty may be the result of misfortune. But true beneficence means *more* than mere gifts. . . . To give thought and time and *personal* effort costs far more than merely to give money. But it is the truest charity." Page 195.

There are so many who give to charity what they do not need for themselves, but that is *not* charity in the Bible sense. The higher ideal is well expressed on page 206.

"No one can practise real benevolence without *self-denial*. . . . Upon the walls of our homes, the pictures, the furnishings, we are to *read*, 'Bring the poor that are *cast out* to thy house.' On our wardrobes we are to see written, as with the finger of God, '*Clothe the naked*.' In the dining-room, on the table laden with abundant food, we should see traced, 'Is it not to deal *thy bread* to the hungry?'"

A New Burning Bush

Some who are reading these lines may be in deep trouble and distress. To such I would commend this wonderful statement found on page 212.

"Those who are suffering reverses are represented by the bush that Moses saw in the desert, which, though burning, was *not* consumed. The angel of the Lord was in the midst of the bush. So in deprivation and affliction the brightness of the presence of the Unseen is *with us* to comfort and sustain. Often prayer is solicited for those who

are suffering from illness or adversity; but our prayers are *most needed* by the men entrusted with prosperity and influence."

Dear reader, as you have read these statements so full of instruction and genuine sound wisdom, do you not desire to *own* the entire book? There is a beautiful chapter on what *to do* in the sick room. One on the use of nature's remedies, such as the diet cure, use of water, the mind cure, the power of the will, the vital principles of health, and chapters on general hygiene; a most delightful chapter on dress.

The chapter on "Diet and Health" contains just such practical topics as the following: Selection of food, variety, preparation of food, regularity in eating, wrong conditions of eating, overeating, reform in diet, flesh as food, changing the diet, extremes in diet. Then there is a wonderfully inspiring chapter on stimulants and narcotics. On the liquor traffic and prohibition. On preparation of the home, the care of the child, and many other similar practical topics.

We will send you this entire book, containing 541 pages, for \$1.50. The author's work was donated to the cause of the sick and suffering. The publishers also donated their entire profit to the same cause. We shall turn all the profits from the sale of these books into our Good Samaritan Inn fund for the care of the sick poor who can not afford to care for themselves.

Almost every week some such are knocking on our doors, so every one who buys a copy of this book is indirectly donating to one of the most practical charities in existence; at the same time they are procuring for themselves a charming book. What an ideal combination! Send \$1.50 for a book today.

"JUST WHAT SHE NEEDED"

"A surgical patient had been having worries of her own and was strictly down. Some relatives came to see her, and she had been praying they might give her the help she needed, or read something to her that would lighten up things, she told me afterwards. Then, shortly before they left, when she was feeling all disappointed in their visit, I handed in a LIFE BOAT, and she couldn't get over talking of the good it did her; was just what she needed, she said. She thought some of the things in it were written especially for her."

FILLING A GREAT NEED

MARTHA KLEIDON

Member Medical Evangelistic Class

These last three months I have spent in Chicago, working among the needy. It has meant everything to me. I have learned that it is "more blessed to give than to receive."

In one home that I visited was a mother with a baby a year old. The mother had no shoes and the child was almost without clothes. The husband had been out of work ten months, so he had no way to provide for them. I gave her help the best I could. I brought her some clothing for the baby and for herself. I gave her some comforting words from the Bible and prayed that her husband would get work.

A week later I called to see her and brought her a Bible, for she had none. She met me with a happy, smiling face and said, "My husband is working now."

The Bible is almost a new book to her. We have had some studies together, and she is so interested in them.

In another home I found three motherless children, their aunt caring for them, but she could not do much of the housework for she has one arm crippled. The father has been out of work for a few weeks, and she said the last week they had hardly anything to eat and very little clothing for herself and children. She said she hardly knew what she would do when winter comes. I left her some food for that day and promised to bring her some clothing, but I knew she also needed some spiritual food from the Bible. I read the last few verses of Matt. 6, and had prayer with her. She felt so grateful. Those words were of courage to her. She said, "Just what I needed! I know now there is One that provides for the morrow. I will take no thought for the future." I left her with her face beaming with happiness.

There are other homes we visit where people are sick. We give treatments and leave them some good reading matter. How many hearts we cheer that way!

When I look over the large city of Chicago, the many lonely hearts to cheer, I think of Luke 10:2. "The harvest truly is *great*, but the laborers are *few*; pray ye therefore the Lord of the harvest, that He would send forth *laborers* into His harvest."

MORE VALUABLE THAN GOLD

PEARL M. STILES

[Miss Stiles is a member of the medical evangelistic class and has spent practically all her time since starting the course in active missionary work among Chicago's needy poor. Money could not buy the valuable lessons she has learned in this time.—Ed.]

I can not find words to tell how grateful I am that the Lord opened the way for me to become a member of the medical evangelistic class this year, for since coming here I have found that for which my soul has been longing—a closer walk with God.

One subject in our course is Bible, and in studying this book we learn that we are living

Another lady, after having a spiritual talk with her, said, "Your visits to my home are so helpful to me. Your talks about the Bible and heavenly things are making me a better woman." We then knelt in prayer with her, and when we raised from our knees her face was shining so with happiness that it reminded me of the time of which the Bible speaks when Jesus prayed and "His countenance was altered." "He satisfieth the longing soul, and filleth the hungry soul with goodness." Ps. 107:9.

One thing that appeals to me is the children on the streets. I have counted them and some-



A COMMON SCENE ON CHICAGO'S STREETS

in the end of time and that Jesus is coming again soon to take home with Him all those who have given themselves completely to Him.

In our city work we tell this message of truth to the people as we meet them in their homes, and it is wonderful with what rapt attention they hear this story. Many who are not ready for this event express a desire to prepare for it. One lady said, "I have everything to make me happy, my husband is good to me, and I have everything in my home that I want, but I am *not* happy. There is a feeling of dissatisfaction in my heart. I want to be right with God, but I am not."

times find twenty-five to thirty playing together. They never seem to be quarreling or fighting, but are very congenial to each other.

We are working among thirteen different nationalities in Chicago. So far we have had literature for only the Germans and Bohemians beside the English.

We take the book, "Ministry of Healing," back and forth on the train and study it on the way.

Every day we visit the poor woman who was hurt by an insane man, whom we met the first day we began this work. We carry our lunch with us and she lets us eat in her kitchen.

She is very cordial. We treated her knee and have had prayer with her and read the Bible with her. One morning when telling me of her trials she said, "Really, I don't see why this trouble should have come." It caused her to lose her position and she is a poor woman, anyway.

She said, "I feel like this: Had this not happened I never would have met you girls, because I would have been in the factory instead of at home when you came by. As it was, I was hurt when you came and if I hadn't been I never would have learned to love the Bible as I now do."

Little experiences like that we treasure as gold and blessings from heaven, because we know the Lord is cooperating with us in our work and working through us. Yesterday morning when we stopped in I had "Ministry of Healing" with me, and said, "I will leave it, and if you have time to look in it, you cannot open it up anywhere but what there are good things which you will enjoy."

She said, "I don't know that I can, because I am so busy."

I said, "Well, that is all right; just look at it if you have time."

And when we came in at noon, she said, "Oh, I have read some in your book. It is a wonderful thing. It ought to be in every home. I just started to read a little piece and I could hardly keep from crying because it was all so good."

As we work from day to day and meet with such sweet experiences my own heart becomes more tender and my life fuller of gratitude for the love of Jesus to me. "Oh that men would praise the Lord for His goodness, and for His wonderful works to the children of men." Ps. 107:8.

WARNING CHICAGO

ESSIE A. DEVITT

Member Medical Evangelistic Class

Of all people, I feel the medical missionary nurse has the most opportunities. She has the opportunity of caring for the sick, relieving the distress of the poor and also finds opportunities to pray with the people and to read to them from God's word and speak of the Saviour.

In the age we are living it is very necessary that a nurse should know how to teach the

people and draw their attention to the things happening in the world today. It is surprising to find so many people who have not been paying any attention to these things. Many we find have lost faith in God and also lost confidence in man. But they appreciate the acts of sympathy and helpfulness. They are often eager to listen to us speak of these things.

I called at a door the other day and while telling the woman my mission, she said, "How nice it is of you to *want* to help in this way." Finally our conversation drifted onto the war and the different things that are happening in the earth today. She asked me what I thought it all meant. I asked her whether she had not read Matt. 24, Luke 21, and 1 Thess. 4:16. Having my Bible with me, I turned to these passages and read them to her. She then told me she had been a Sunday school teacher at one time and had always gone to church, and she asked, "Why do we not hear of these things?" I also read 2 Tim. 3:1-4. She became so interested I could scarcely get away and when I left she begged me to come back and tell her more.

Another woman I met invited me in and asked me to sit down. She lived alone and was feeling lonely. I talked to her for a while. She told me about her husband, who had died a number of years ago and that he was a sincere Christian, and she told how they used to study their Bible together. She said she seldom read her Bible any more. I asked her whether she believed the Bible, and she said, "Some of it." I found she did not believe very much. She believed there was a God but not very much more. I talked to her and gave her Scripture and she said she had never heard it explained before as we explained it. She seemed very much interested and invited me to come again.

We brought a woman out to the Good Samaritan Inn who had had rheumatism for twelve years. She seemed greatly pleased to think we had taken such an interest in her.

We never come home without feeling greatly blessed for the experiences gained and the effort put forth. We always pray for God's hand to guide us and help us in our day's work and He surely answers our prayers. He always does when we call on Him.

No one can read Ezek. 3: 17, 18 without feeling a great burden to warn the wicked to mend their ways.

THE LEADING HAND OF GOD

EDITH STRONG

[Miss Strong leads out in the Life Boat field work for the medical evangelistic class. Several of the students are assigned to her department for a month at a time. Thus all get an experience in the work.—Ed.]

I can only say from the depths of my being this walk grows sweeter each day as I tread the way with Jesus. From my own personal experience with my Saviour I know that Christ can take away all sin, cleanse us from every defilement with His own precious blood and make us free and pure in Him. God has promised He will dwell in us, and walk with us, and will be our God and we shall be His people. How richly He has fulfilled this blessed promise to the medical evangelistic canvasser: "Not by might, nor by power, but by my Spirit, saith the Lord of Hosts." Zach. 4:6.

I desire to tell you here of the leading of God in a few of the experiences we meet every day. One bright, beautiful morning not long ago I started out in good courage, with Christ's light shining radiantly as the sun of that morning into my own heart. My prayer as I was bound for my territory was, "Lord, let me carry the love and light of Jesus to some soul and make some heart happy in Thee today." God wonderfully answered that prayer for me. The very first house He directed my footsteps to that morning was where one lay suffering as the result of an accident two years ago. The Lord gave me words to speak to that soul that brought comfort and light through Christ. I asked him if he believed in prayer. He said, yes indeed he did. That Christ had been His only strength through this severe sickness, but sometimes the way looked dark, and he asked me to pray for him. His wife and sister were touched, and we three knelt together at that bedside. Christ drew very near in that little sick room and the suffering one praised God for His goodness in sending some one to help Him to stand more firmly upon the promises of God. I left THE LIFE BOAT and some tracts for him to read and started on my way rejoicing that I had such a precious Saviour.

A few mornings ago I found a soul that loved her Saviour. I talked to her a few moments at the door, and she said, "Won't you come in and talk to me?" I knew it was the leading of the Holy Spirit and I couldn't resist the pleading tones of her voice. We talked of the soon coming of Jesus, the preparation to meet Him with the redeemed in that glorious day and read those dear promises all over again. We read and studied God's word for over an hour.

At length she said, "I was so blue and discouraged this morning I didn't know what to read for comfort nor which way to turn and I feel God has answered the prayer of my hungry heart in sending you here."

"Being in the way the Lord led me." Gen. 24:27.

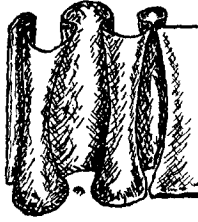
She told me of the trials of her Christian life and how rough the way seemed at times. I told her that Christ had never promised us a smooth flower-bedded path in this life here. He says: "In the world ye shall have tribulation: but be of good cheer; I have overcome the world." John 16:33. More precious still to me is the promise, "Peace I leave with you, My peace I give unto you; not as the world giveth, give I unto you." John 14:27.

The leaves of her Bible were worn with usage. It certainly did my heart good to find a soul in whose home the Word of God really seemed to have been used and not left on the shelf. The Hand that leads me is the Hand of love. Christ has exhorted us to "Preach the word; be instant in season, out of season . . . for the time will come when they will not endure sound doctrine, but after their own lusts shall they heap to themselves teachers, having itching ears; and they shall turn away their ears from the truth, and shall be turned unto fables." 2 Tim. 4:2-4. Before we can be instant in season we must have God's word hid on our hearts. We can not give to others what we haven't ourselves.

To make it manifest to you with what earnestness and importance some of the other workers regard this service for Christ, let me relate here one experience one of them had. This faithful, persevering worker canvassed six streets to put her last LIFE BOAT in some home because she felt in her heart God wanted

that in some home that day. God verified His promise to her by giving her a very sweet experience in speaking words for Him to a soul that was hungry for Christ. One other work-

er expressed the sentiment of my own heart, as she said, "When I go to home after home to speak to hungry souls I may find, I say to my Saviour, 'Not I, but Christ.'"



Editorial Department

DAVID PAULSON, M. D., Editor



A SPECIAL OFFER TO NEW SUBSCRIBERS

If you will ask your friends and neighbors to subscribe for THE LIFE BOAT during November and December, we will send them THE LIFE BOAT all next year, including the present November and December numbers, for \$1.00, the subscription price for one year. In other words, they will receive fourteen numbers instead of twelve.

In order to receive the benefit of this offer, when the subscriptions are sent in, the fact should be mentioned that you are taking advantage of this special offer. Now is the time to induce your friends to subscribe. Look over our special premium offers. They will interest you.

THE HINSDALE MID-WINTER MISSIONARY CONVENTION

For a number of years we have had a stirring medical missionary convention here at Hinsdale between Christmas and New Years.

The meeting this year will begin Thursday night, December 30th, and continue till Sunday night, January 2nd. It will be an especially interesting occasion. Earnest, substantial laborers will be with us from a distance; representatives of those who have launched out to start important medical missionary enterprises will be here to tell their experiences and the lessons they have learned. Much time will be given to such vitally important questions as the following:

How to carry on medical missionary work in the large cities, and especially Chicago. The best means and methods for establish-

ing community gospel of health efforts. How to carry on non-institutional medical evangelistic work. It will be an occasion for especially seeking God and the outpouring of His Spirit, a time when we believe God will, in a special manner, visit us.

The Hinsdale sanitarium will furnish free room accommodations for all who come; board will be furnished on the European plan at helpers' rates. Arrange to attend this important gathering.

"NEITHER WERE THANKFUL"

With these words Paul described the heathen 2,000 years ago. (Romans 1:21.) Could not the same truthfully be said of the vast majority of *civilized* people today? It sometimes seems as if those who should be the most thankful are really the least.

You know a magnifying glass brings out certain details in an object that could not be discerned before. The Psalmist said, "I will *praise* the name of the Lord with a song, and I will *magnify* Him with thanksgiving." Psa. 69:30. Isn't that a wonderful proposition. When we are genuinely thankful to God for His blessings, we are magnifying God so that those who are associated with us will catch fresh glimpses of His character.

Does the Lord appreciate our thankful spirit? Most certainly. "This also shall *please* the Lord better than an ox or bullock that hath horns and hoofs." 31st verse. In other words, a genuine spirit of thanksgiving is *more* gratifying to God than costly offerings. Did that ever occur to you? If not, you can readily understand why the devil is trying so hard to rob the

children of God of the spirit of thanksgiving.

But that is not all. We are not merely pleasing the Lord, but we are genuine missionaries to our fellow men as well. "The humble shall see this, and *be glad.*" 32nd verse. In other words, such a spirit is *contagious*. Those who are brought in contact with it will catch it from us. The spirit of thanksgiving, like any other gift, is susceptible of growth and development. Are you letting yours shrivel up? If so, you are robbing God, you are impoverishing yourself, and you are depriving your associates of something that is due them. Can you afford it?

Remember that one of the reasons Paul gave for the existence of heathenism was "Neither were thankful. . . . And their foolish heart was *darkened.*" Rom. 1:21.

Dear reader, if you are not thankful for the many blessings that are daily showered upon your pathway, perhaps the day is not far distant when it may be truthfully said of you that *your* foolish heart becomes darkened.

How are you going to spend Thanksgiving Day this year? Will you celebrate it by feasting and drunkenness and selfish indulgence, or will you devoutly remember how much we have to be thankful for? Nearly all the great nations of the earth are drenched with blood. Almost every home is sorrowing for some lost one and is staggering under the terrible burden that war otherwise entails.

In this land we have peace and plenty within our borders. Are we really thankful, or are we simply accepting it as a matter of course, almost assuming that we deserve these great blessings? Was there ever a year when Thanksgiving Day ought to mean so much to this country? Will you set an example in observing it properly, and will you pass on the suggestion to others who, perhaps, have not stopped to think how much is involved in this simple question of thanksgiving?

THE NEXT MEDICAL EVANGELISTIC CLASS

As we are receiving many inquiries as to when the next class will start, we wish to

announce that it will be organized July 1, 1916. Opportunities will, no doubt, be open for some to come early and work for a few weeks, or even a few months, before the class begins.

Begin now to lay plans to take this class. Read about the experiences the present class are having this year. Those who complete the one year's medical evangelistic course, may then, if accepted by the committee, be admitted into the second year's nurses' class to complete the regular three year's nurses' course the following year.

Are you hungering and thirsting for a definite medical evangelistic experience? Then this is the opportunity of a lifetime. Begin to ask the Lord to open the way for you to take the next class.

"THE NATIONS WERE ANGRY"

During the last few weeks Bulgaria has entered the war arena. That means that 300,000 war-seasoned men have entered the fray. It is believed that there are 300,000 more available. Greece and Roumania are also about to plunge into this war.

The *Chicago Tribune*, commenting upon this editorially, says:

"A year and a half ago this avalanche of military might have thrilled us. Today, though we are intellectually conscious of its importance, we have become so accustomed to thinking of armies, counting millions, and battles covering hundreds of miles in extent and weeks in time that we have lost the *capacity* for wonder or surprise."

The inspired seer on the isle of Patmos, two thousand years ago, looking down the future ages, discerned a time when "the nations were *angry.*" Rev. 11:18. Was there ever a time in human history when there were so many nations engaged in war, and there was so much anger and hatred let loose? If not, then may not this present situation be a *fulfillment* of those prophetic words? And if so, remember that the next scene that caught the eye of the inspired prophet was this:

"And *thy wrath* is come." When *that* time comes it means that God's mercy has ceased, and the angel of mercy has folded his wings and departed, and God's wrath

is poured out on the earth; and the *next* event, "The time of the dead, that they should be *judged*, and that thou shouldst give *reward* unto Thy servants . . . and shouldst *destroy* them which destroy the earth."

We, who are living in this grand and awful time, should earnestly take to heart these words of our Master:

"Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and *cares* of this life, and so that day come upon you *unawares*." Luke 21:34.

HOW REVIVALS ARE BORN AND KEPT ALIVE

It was said of the early church that "The Lord *added* to the church daily such as should be saved." Acts 2:47. That shows the Lord is back of all genuine soul-winning. The people that the Lord don't add to the church only make trouble for the church. Now, on the other hand, when a group of Christians gather week after week and month after month and no one is added to their church, what is the matter? It is very evident that something keeps the Lord from getting His hand in, and here it is:

"Behold, the Lord's hand is *not shortened*, that it can not *save*; neither is His ear heavy, that He can not hear: But *your iniquities* have separated between you and your God, and your sins have hid His face from you, that He will not hear." Isa. 59:1-2.

When God is put out of the camp by our sins, then soul-saving stops. Occasionally some one may be added to the church, but God has not added them. When stagnation creeps into God's work, that is the secret of it, no matter what other explanations may be given for it.

Under such conditions, what are we to do? Read Rev. 3:2. "Be *watchful*, and *strengthen* the things which remain, that are ready to *die*." In these days of general backsliding, all about us are souls that are ready to die. We must strengthen these, and also be *watchful* or we will never even know what needs to be done.

Are you longing for a revival in your

neighborhood and in your church? Remember God has one ready for you. He always has one ready. Are *you* ready to touch the button that will bring it? Remember, ten righteous people could have saved Sodom; but there wasn't ten righteous people in it. Thank God it only takes *one* person to start a revival. You may be the one. Will you do this?

"When churches are revived, it is because *some individual* seeks earnestly for the blessing of God. He *hungers and thirsts* after God and asks in faith and receives accordingly. He goes to work in *earnest*, feeling his great *dependence* upon the Lord and souls are aroused to seek for a like blessing, and a season of refreshing falls on the hearts of men."

A splendid spiritual revival, like a small-pox epidemic, only needs one genuine case to start it, and you may be that person. A revival never can die out in a church as long as there is some one who is watchful, who has it in his heart to strengthen the things which remain, which are ready to die.

May God kindle the revival spirit in your community. You can not afford to let it go out any more than the owner of an apartment house can afford to let the fire die out of his furnace right in the heart of winter just because the fireman has gone to sleep.

It is when soul-winners go to sleep that God's revival spirit has to be withdrawn from the earth. It can't find any channels to flow through.

A TEMPERANCE BATTLE IN MINNEAPOLIS

Our readers know the question of whether Minneapolis, Minn., should be a Dry or a Wet town was voted upon October 4th. It was the largest city in America that had voted upon this question by itself, and so the struggle there naturally attracted national attention.

I was invited to participate, the last three days before the election, in the whirlwind closing campaign. On Sunday morning I lectured in the Bethlehem Presbyterian church. It was a splendid, responsive audience, who felt deeply the call of the hour.

This temperance campaign had been waged

largely on the economic issue. I felt especially impressed of the Lord to present the question from the Bible and from a moral standpoint. God says, "Woe unto *him* that giveth his neighbor drink, that putteth thy bottle to him, and *makest him* drunken." Hab. 2:15. That settles the saloon-keeper's status with me. He may ride in an automobile here. He may live on Prospect Hill, and his wife belong to the Woman's Clubs, and his children move in the best society in the city, but God has pronounced a *curse* upon him and that can no more be reversed than the law of gravitation. Unless he repents from his sin, and abandons his business, that curse will be *ratified* at the bar of God, if not before.

Twice the Bible declares no drunkard shall inherit the kingdom of God. That settles the saloon question with me. I am interested in getting men ready for heaven, and the *product* of the saloon can not be admitted there. The Saviour Himself said, "Every plant, which my heavenly Father hath *not* planted, shall be *rooted up*." Matt. 15:13. I know God never planted the saloon, and so I know He wants it rooted up, and I propose to be earnestly at work pulling it up, and if the job is not entirely completed when the Master returns, He will certainly say, "Well done, good and faithful servant."

John the Baptist said that every tree which bringeth not forth *good fruit* is hewn down, and cast into the fire. (Matt. 3:10.) I have had abundant opportunity to sample the fruit of the saloon. I have heard the unearthly shriek of the victim of delirium tremens. I have seen the poor drunkard's wife beaten into a pulp by her insane and infuriated husband while under the influence of drink. I have seen the children driven to the "home of the friendless" by this accursed traffic.

I know the fruit by personal observation and I know it is not good fruit. I know God wants that tree *cut down*, and God being my helper, I am going to spend my spare time hacking away at it. If the tree should not be entirely cut down when the Master returns I will have been in a good deal better business than if I had been watering it, defending it, and building it up.

Sunday afternoon I spoke in the Oliver Presbyterian Church, and in the evening at the Walker Methodist Church. The Lord added

His blessing to each of these efforts. Minneapolis was stirred as it never had been before. The newspapers said that no political campaign in the memory of the oldest inhabitant had been one-tenth as enthusiastic. I believe the Dry forces had nearly a hundred street meetings in operation that same Sunday evening.

The Dry forces believe they have abundant evidence that men voted illegally and that much corruption was utilized to win the day. The whisky forces spent thousands and thousands of dollars in expensive advertising and in importing great speakers to deceive the working men into believing that if Minneapolis went dry they would lose their positions and that the grass would grow on the main streets. The devil not only has a special gift for *originating* lies, but he can also make a host of people actually *believe* those lies, and especially those who naturally belong to his church.

I was glad to contribute my mite to this splendid campaign. My heart was wrung the next morning on my return home to learn that Minneapolis had gone Wet by a majority of something like 9,000 votes. Nevertheless, I believe that much good was accomplished. The temperance forces were aroused as never before. The next time they have an opportunity they will no doubt sweep this accursed traffic from that beautiful northwestern city, if not from the entire State.

NEWS HERE AND THERE

Dr. P. T. Magan of Madison, Tenn., and his son Wellsley P. Magan, were welcome visitors at Hinsdale recently.

Judge Jesse Arthur and family of Battle Creek, Mich., spent a few days at the sanitarium.

Pastor J. H. N. Tyndal, who has been laboring in Indianapolis, Ind., during the past summer, visited Hinsdale recently.

Dr. A. B. Dunn of Chamberlain, S. Dak., who was formerly connected with the Hinsdale sanitarium staff, called at the institution during the month.

Dr. and Mrs. W. R. McGuffin of Joliet, Ill., spent a few days at the sanitarium.

Mr. and Mrs. A. M. Anderson of Chicago spent a day at Hinsdale and visited the various institutions.

Dr. M. M. Martinson of Graysville, Tenn., was a recent caller.

Mr. C. J. Tolf of Aurora, field agent for the Northern Illinois Conference, spent a week or so at Hinsdale recently, giving the Medical Evangelistic class some instruction.

Mrs. E. C. Jarvis of Wheaton, Ill., a warm friend of the Hinsdale work, is now a patient in the sanitarium.

Pastor and Mrs. E. W. Webster of Mt. Pleasant, Mich., were recent callers at the sanitarium.

Rev. F. Emory Lyon, superintendent of the Central Howard Prison Association of Chicago, visited Hinsdale and gave a talk in the sanitarium parlor on "My Diamonds in the Rough."

Mr. Cecil Fowler of Hillsdale, Mich., spent a few days at the sanitarium.

Louis E. Mueller of Grand Rapids, Wis., a former employe of the sanitarium, stopped off at Hinsdale while en route to the George Washington Medical College in Washington, D. C., where he is studying medicine.

Prof. C. A. Russell of Berrien Springs, Mich., was a recent visitor.

Dr. and Mrs. Paulson and the sanitarium workers conducted a health week at Naperville. Sunday evening Dr. Paulson spoke at a Union meeting of the churches on the subject of the "Mystery of Health and Healing." Each afternoon during the week lectures and demonstrations were held in the Grace Church. All of these services were attended by large and interested audiences.

Dr. Paulson also spent a few days in Minneapolis, where he was called to assist in the city's campaign for temperance.

Dr. Mary Paulson visited Berrien Springs, Mich., recently.

Mr. A. C. Gaylord spent a few days in the southern part of the state on business.

Mr. J. C. White, business manager of the New England Sanitarium at Melrose, near Boston, with his wife, visited Hinsdale while en route to southern California.

Miss Anna Pedersen, one of the sanitarium workers who has been spending the last three months on the Pacific Coast, has now returned.

Miss Therese Arntzen, a sanitarium graduate nurse, was called home recently on account of the sickness and death of her father.

The Life Boat

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

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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.

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

A NEW HEALTH GARMENT

The Patricia garment comes as a boon to many women whose conscience will not permit them to wear the ordinary stiff conventional corset or girdle, who desire to give nature every possible advantage in dressing as well as in other habits of life and yet who wish to appear neat and attractive in their dress.

This undergarment combines in one piece four garments usually worn at the same time, namely: Drawers, skirt, bust supporter or corset and skirt supporter. This garment comfortably and perfectly sustains the heaviest bust from the shoulders, relieving the individual of the discomfort of its weight, hence is a perfect substitute for the corset and a great improvement in other respects, as it permits natural circulation, perfect respiration and freedom for every muscle, with no bands or strings and countless buttons and button holes. There is no opportunity for girdling the soft parts of the body, as it follows the natural curves, preserving the contour of the figure.

We are now able to furnish the Patricia health garment in stock sizes as follows: 32, 34, 36, 38, 40 and 42 bust measures at \$3.50, \$4 and \$5 per garment. These garments are made from the very best of materials and carefully shrunken before making. The difference in price depends on the trimming; the \$3.50 garment is trimmed with a neat scalloped edge, which will launder well. The more expensive garments are more elaborately trimmed. Special rates in quantities of three or more. Write for further particulars. **The Patricia Garment Co., Hinsdale, Ill.**

TESTIMONIAL

I have worn this garment now for three years and find it eminently satisfactory. I consider it superior in many respects to any other garment of its kind which I have worn and can heartily recommend it to other women.

MRS. C. L. CLOUGH.

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.

HAVE YOU TRIED IT?

"To my mind THE LIFE BOAT is the best paper there is to work with those that do not know the Saviour, and its message is straight to the point. It seems to grow better with every issue, and it contains a message for this time that must awaken those who are honest and sincere. May God bless every copy that is sent out."

We culled this statement from a letter recently received. Many are finding out that THE LIFE BOAT reaches hearts, it "touches the spot," and carries a healing message with it. Why not order some to sell or hand out to the unconverted? Write for terms.

We must never throw away a bushel of truth because it happens to contain a few grains of chaff.

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.

Have You a Camera?

Let Me Do Your Developing and Printing

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

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

Quick Service Low Prices

Any size roll film developed for 10c; film pack, 25c. Velox prints, 3c to 5c each.

L. C. HARNER, Photographic Expert
Specialist in Developing and Finishing for Amateurs
216 Hinsdale Ave., HINSDALE, ILLINOIS

The Life Boat Practical Health Specialties

From time to time our friends write us that they find it difficult to carry out some of our health suggestions because they can not really procure in their own neighborhoods what we recommend. To accommodate such we have undertaken to carry these things in stock and send them to our readers everywhere by parcel post, express or freight.

PRACTICAL HEALTH SPECIALTY No. 1. Natural Rice.

Eleven-twelfths of all the mineral that God put into rice is scoured off to produce the **polished** product 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 favors pellagra, are also contained in the covering of the rice. But people are so used to the inferior product that grocers do not ordinarily have natural brown rice in stock. We handle the genuine article. Price, ten cents per pound. Transportation additional.

NOTE.—Natural rice requires more cooking than the scoured variety, but it is worth more.

PRACTICAL HEALTH SPECIALTY No. 2. Genuine Graham Flour.

The white flour on the market today has been over-processed by the steel roller milling methods, and, like the polished rice, it has been largely deprived of some of its most valuable ingredients, such as the germ, its most valuable mineral salts, and vitamins. In our vicinity there is an old mill which still grinds wheat with the old-fashioned stone burrs of our childhood days, and for the accommodation of our readers we will furnish this flour in hundred pound lots for \$4.00. Freight charges additional.

PRACTICAL HEALTH SPECIALTY No. 3. Liquid Paraffin.

Stagnation of the bowels is the most common disorder among civilized nations and is perhaps by far the most common cause of our various chronic diseases. These diseases are not readily cured for the simple reason that the **real cause** is not removed. The laxative drug habit is the most common drug habit among mankind. Every remedy of this kind sooner or later loses its effect and, unfortunately, in every instance does the system more or less harm. Bulky food, plenty of green garden truck, and an abundance of fruit will relieve many of these cases. But some cases have such a tendency to hyperacidity and to intestinal irritation that the liberal use of these things actually seems to aggravate the condition.

Liquid Paraffin, or what we called White Russian Mineral Oil when we imported it from Russia before the war, seems to be a veritable godsend to thousands of these cases. Being a mineral oil 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 three or four times a day as may be necessary. It can be procured in any town, but by buying it in large quantities we are able to furnish it to our readers at about one-half the prevailing retail price.

Prices

1 Pint	\$0.35	Shipping weight.....	2 lbs.
1 Quart60	Shipping weight.....	4 lbs.
2 Quarts	1.00	Shipping weight.....	6 lbs.
1 Gallon	1.75	Shipping weight.....	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.

HEALTH SPECIALTY No. 4. A New Health Garment.

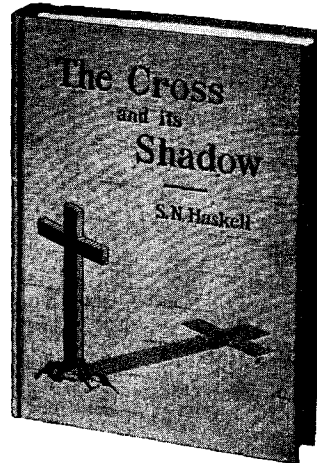
So many inquiries are constantly coming to us regarding how to dress healthfully that we have decided to carry in stock a health garment that we can fully recommend. We would direct the attention of our readers to the notice on another page about the Patricia Health Garment.

THE LIFE BOAT, Hinsdale, Ill.

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



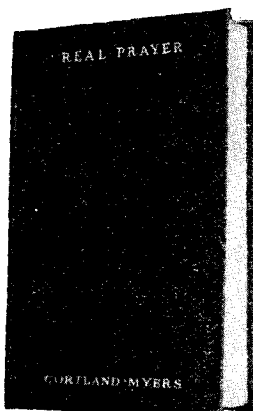
PASTOR HSI

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.

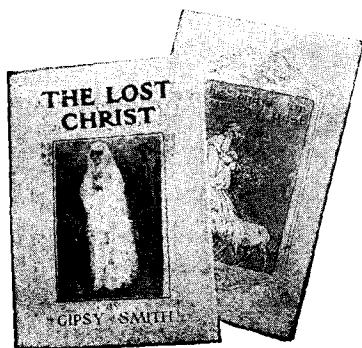
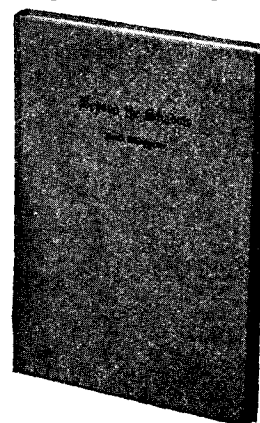


REAL PRAYER

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

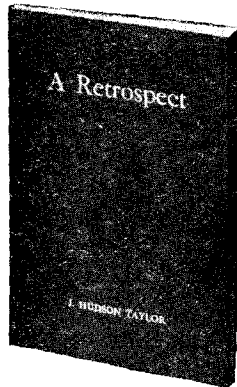
"The Lost Christ," a beautiful little booklet by Gipsy Smith. Just the thing for a gift book, containing several full-page illustrations in colors. "Our Syrian Guest" is by Wm. Allen Knight. A beautiful exposition of the twenty-third Psalm. A very attractive gift-book.

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.

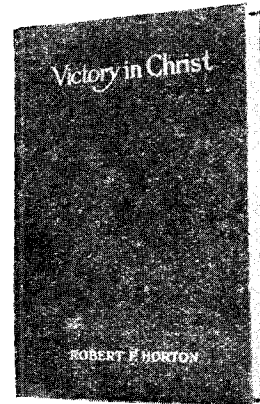
Remarkable Offers in Books and Useful Articles

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.

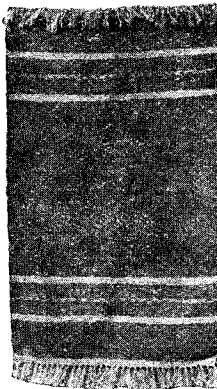
VICTORY IN CHRIST



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

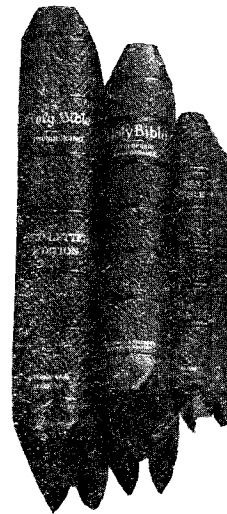
For Two Yearly Subscriptions at one dollar each we offer the Oxford Text Bible, which is just a little larger than the ordinary size pocket Bibles; contains six maps; size 5¼ x 3½ inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under 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 Cyclopedia 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 7¼ 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. 39070, size 6¼ x 9¼ 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.

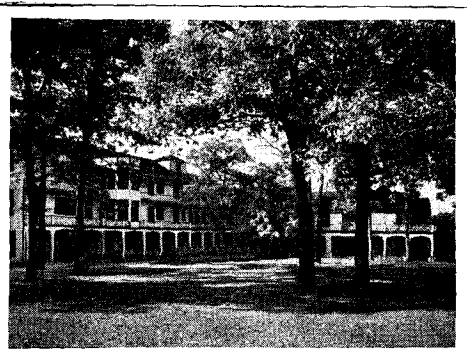
In purchasing these rugs you are not only getting a good bargain, but you are at the same time helping the Life Boat Rescue Home and the young women in the home who make these rugs.

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

Phone
Hinsdale 645

Hinsdale, Ill.

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