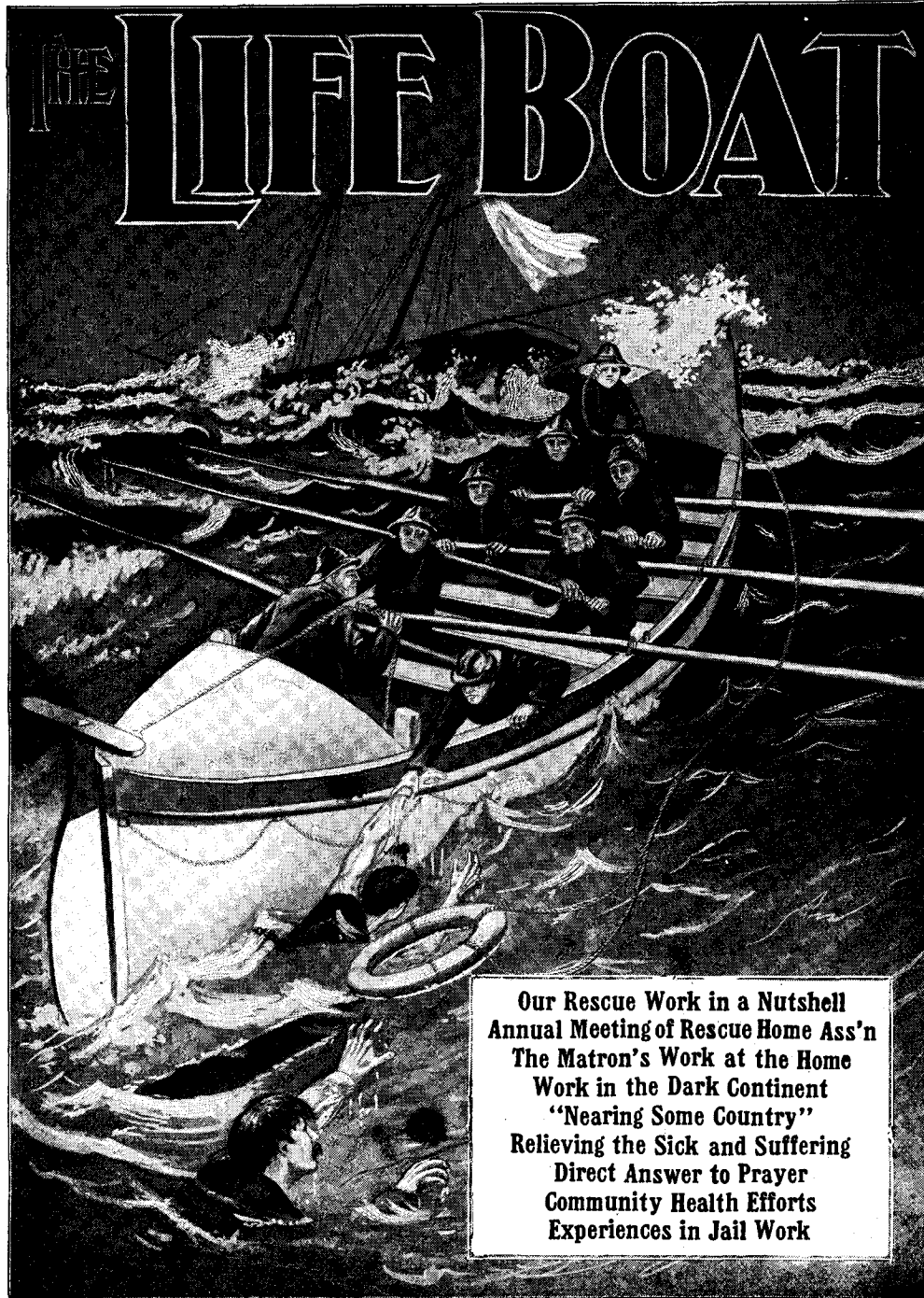


Annual Rescue Home Number

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



The Life Boat Employs No One to Solicit Donations

Our Rescue Work in a Nutshell
Annual Meeting of Rescue Home Ass'n
The Matron's Work at the Home
Work in the Dark Continent
"Nearing Some Country"
Relieving the Sick and Suffering
Direct Answer to Prayer
Community Health Efforts
Experiences in Jail Work

Volume Eighteen
Number Twelve

Windsor, Ill.

December, 1915

The Curse of the Common Cold—by the Editor



Heaven's Gift



PEARL WAGGONER

Sounds it almost like a death-knell :
"Ice-bound brooks and leafless trees ;"
Yet is life, with hope and gladness,
Still supplied at times like these.

For from out God's wondrous
store-house
Softly falls the fairy snow,
Clothing e'en with heaven's beauty
All the barren earth below.

So to barren lives, and fruitless,
So to hearts made desolate,
Needing hope, and peace,
and comfort,
Comes God's Son—
Heav'n's gift most great.

And on such—like gentle snow-flakes
Falling soothing, soft and still—
Falls the echo of the angels:
"Peace on earth, to men good will."

THE LIFE BOAT

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

One Dollar a Year

Ten cents a copy

Entered as second-class matter, July 17, 1905, at the P. O. at Hinsdale, Ill., under Act of Congress of March 8, 1879.

Volume XVIII.

HINSDALE, ILL.

::

DECEMBER, 1915

Number 12

The Curse of the Common Cold

David Paulson, M. D.

THE ordinary apparently innocent cold often proves to be in reality an uncommon curse. Nine out of every ten consumptives when asked how their disease began will promptly reply, "I caught a bad cold. It settled on my chest. I could not shake it off. Then I began to have fever in the evening, I lost flesh and had night sweats."

The bad cold and a touch of la grippe are near kin and they are often the advance guard of a long train of death-dealing maladies. Cold in the head may resurrect a fierce tonsilitis which will hatch out a group of poison-producing germs that may set up acute rheumatism in distant joints and even permanently cripple the heart.

The War Spirit Among the Microbes

The germs that produce serious colds and virulent tonsilitis, like the poor, are *always* with us. They are peacefully camping in greater or smaller numbers in the nose and throat, but, under ordinary circumstances, they are about as harmless as domestic pets.

Whence, then, comes their unusual activity and such intense and angry virulence? This, under ordinary circumstances, never happens, unless our physical vitality is lowered and our bodily defenses are battered down, and this presents the golden opportunity for the ordinary peaceful germs and then the war spirit takes possession of them and they begin to spread over everything in the most death-dealing fashion just as the Germans did to Belgium at the beginning of this awful war.

What Lowers Our Vitality?

Sometimes great grief and sorrow or some unusual anxiety and worry. More often loss of sleep, which is nature's sweet *restorer*, for we store up much of our vitality and build up

most of our resistance when we are asleep. We dissipate energy when we are awake.

Some unusual exposure like going about all day with wet feet may be just sufficient to depress our vitality and resistance below the protection point and thus encourage anarchy to break out among the germs and then they begin to manufacture poisons that produce the various disagreeable symptoms that constitute a cold.

Many stupidly follow fashion instead of sensibly promoting health and so fail to clothe their limbs properly during the winter months. Consequently the feet are habitually cold. That means contracted blood vessels in the lower extremities so that they contain only half as much blood as nature intended, and that means that twice as much blood is in the lungs, head and other internal organs and this condition invites the unwelcome activity of the ever-present microbe upon the slightest additional exposure.

The common custom of wearing an abundance of furs about the throat when perhaps the only protection to the feet is a thin layer of leather and a much thinner layer of stocking, predisposes to colds for the simple reason that the furs can not be worn all the time and then the least draft or exposure striking the relaxed skin on the back of the neck where some of the important nerve centers are located that control the circulation of the blood in the head, throat and upper part of the lungs, makes the starting point of a serious cold, especially if we are weary or worn out by overwork or have been overheated and are perspiring.

The Dirty Air Habit

Those who are foolish enough to habitually

live in poorly ventilated rooms become peculiarly sensitive to colds. Many who would seriously object to drinking a glass of water into which some one had allowed a few drops of perspiration to fall, have no conscientious



Wearing an abundance of furs about the throat predisposes to colds because it relaxes the skin, making it more susceptible to draughts.

scruples whatsoever in breathing hour after hour air loaded with sweat from the lungs of others.

Lieut. Peary, the North Pole explorer, spent months in the polar regions exposed to incredibly low temperatures, but, strange as it may seem, he didn't catch cold. But as soon as he returned to Washington and slept in poorly ventilated hotels, he speedily contracted a most serious cold. It is not always possible during the winter time to secure air as fresh as would be desirable during the day time, but to breathe impure air at night is inexcusable. Open your bedroom window sufficiently to allow you an abundance of fresh, pure air. If the draft is uncomfortable, hang a sheet a foot or two from the window so as to break its force. Wrap up your head as if you were out driving and thoroughly enjoy one of God's greatest blessings. Don't forget that sleep and oxygen make a most ideal health combination.

Those who sometimes have to care for fever patients should not hesitate to throw the windows wide open, for there is no danger of such a patient catching cold as long as there is a rise of temperature. That is an important point that most people do not know and very often even the doctor forgets.

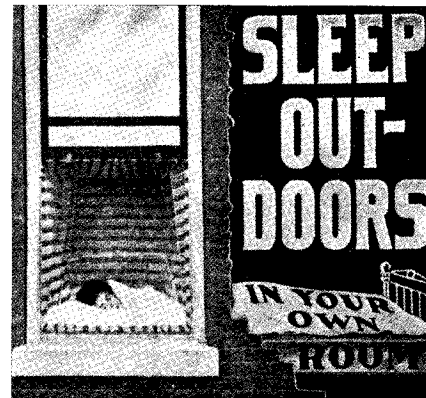
Inviting Colds at the Dinner Table

By far the most common cause for colds

and a group of similar infections is the auto-intoxication produced by such dietetic indiscretions as over-eating, partaking of juicy beefsteaks, the Christmas turkey, the holiday banquets, the midnight feasts, the rich pies and cakes, and many other abominations that the devil especially inspires people to eat during the holiday season. The doctors' business is nearly always doubled or trebled during the holidays and the week immediately following it. Many of their wives are already buying furniture subject to payment after New Years because they well know that the doctors will then be reaping their annual harvest.

Avoid flesh, fish and fowl, for when eaten in excess, the remnants decompose just as easily in the large intestine as they do in any other warm and moist place and these virulent poisons overwhelm the body and encourage the germs that produce colds to begin business.

When you know you have eaten too much and nature is likely to punish you by sending you a wicked, wretched cold, a good way to atone for your indiscretion is to *feast* a day or two on fruit. Eat it liberally three or four



SLEEPING OUTDOORS WHILE INDOORS. THIS OPEN AIR TENT IS MADE BY THE CABINET MFG. CO., QUINCY, ILL.

times a day. Its bulk will cleanse the alimentary canal and its fluid will help to starve the germs that naturally camp there, and its useful salts and vitamins will cleanse the already over-poisoned blood.

Stagnation Spells Disaster

John Wesley, the well known founder of Methodism, was a powerful evangelist who

could proclaim on earth such a mighty message from heaven that it frequently held spell-bound enormous outdoor audiences numbering from ten to twenty thousand. Yet he had the shrewd, practical medical sense that he could also give his followers such common-sense instruction regarding the importance of auto-intoxication as the following:

"Costiveness can not long consist with health. Therefore, care should be taken to remove it at the beginning; and, when it is re-

Cold Prevents a Cold

Those who are especially susceptible to colds in the head may often harden themselves against it by sponging the face and neck, and the upper part of the chest with cold water just before retiring and then rubbing vigorously until a good reaction is produced. When it is possible to take a short cool sponge bath in a warm room in the morning or following a short hot bath, this is a capital manner of building up the bodily resistance.



THE ELIZABETH M'CORMICK OPEN AIR SCHOOL IN CHICAGO FOR CHILDREN WHO ARE PREDISPOSED TO TUBERCULOSIS

moved, to prevent its return by soft, cool, open diet."

An effective way to accomplish this is to add more green garden truck or bulky vegetables to the diet, or to spread a tablespoonful or two of sterilized bran over some food eaten, or take one or two tablespoonfuls of liquid paraffin an hour or so after each meal. This is not a laxative, is not absorbed. It is purely a lubricant to the bowel contents.

If, after taking a cool sponge bath or cold mitten friction, the finger nails are blue, there is a cold, creepy, chilly sensation up and down the spine, and full feeling in the head, that means the treatment did harm instead of good as a good reaction was not secured. Next time the cold application should be shorter and less vigorous. Standing in a foot tub containing a few inches of very hot water while taking the cold treatment will help promote a good reaction.

How to Cure a Cold in a Day

A cold can generally be cured in a day if the right treatment is given the first day. Unfortunately the man who has caught a cold does not consider himself sick, but treats it as a sort of joke and instead of taking prompt measures to cure himself, he generally resolves to "stick it out" or "wear it out," and thus gives it every opportunity to invite in other serious disorders that altogether too often wear *him* out; and it must not be forgotten that every new attack of cold lowers the vitality of the system and especially the parts that are affected, and thus predisposes to a fresh attack.

When a cold is neglected at its beginning, then it is likely to last until the body has made sufficient antitoxins to neutralize the poisons which the germs are producing, and this may require one, two or three weeks, and sometimes even longer.

Strangely enough, John Wesley, although he lived 150 years, in his little book of health that he wrote for the instruction of the early Methodists, grasped the modern scientific conception of colds. He said:

"Obstructed perspiration (vulgarly called 'catching cold') is one great source of disease. Whenever there appears the least sign of this, let it be removed by *gentle sweats*."

Unfortunately many of Wesley's followers today, and many more who are not, when they find themselves suffering from internal congestion, instead of taking some sensible treatment that would assist nature they resort to doses of quinine or some other dope which only makes the patient more *comfortable* by smothering the symptoms while they actually compel the body, that was already struggling against one poison, to now stagger under two.

The "Sure Cure" drug remedy in nine cases out of ten is a delusion and a snare containing either alcohol, morphin, cocain or some other poisonous substance which really depresses the vitality and instead of assisting nature actually hinders the patient's recovery.

What to Do First

The earliest sign of a cold is often a dull feeling in the head and a dryness in the nose and throat. That is the time to get busy. Take a hot foot bath before going to bed. If there is a tight feeling in the chest, apply

hot fomentations. Pour two or three drops of a mixture of equal parts of oil of Menthol, oil of Thymol, and oil of Eucalyptol, which can be purchased in any drug store, into a pitcherful of boiling hot water. Make a funnel out of a newspaper and then inhale this medicated steam for 10 or 15 minutes. This stimulates the mucous membrane to renewed activity and you have the sweet satisfaction of knowing that you are co-operating with nature in a substantial manner. If the throat is painfully inflamed, swabbing it with a ten per cent solution of argyrol will generally



A HOT FOOT BATH BEFORE GOING TO BED AT NIGHT WILL HELP TO CURE A BAD COLD.

give prompt relief because it discourages the microbes without injuring the tissues. It also has the added advantage of being a good remedy to drop into the eyes when they are painfully inflamed, a condition which often accompanies a bad cold in the head.

If the necessary conveniences are at hand, take a good thorough enema, swallow two or three tablespoonfuls of liquid paraffin to discourage the auto-intoxication, pour out another dose into a glass and then snuff a liberal quantity up into one nostril till it is felt in

the throat, then do the same for the other. That spreads a film of oil all over the mucous membrane in the nose and also hinders the activity of the germs. They do not operate very enthusiastically in mineral oil. Drink two or three glasses of hot water or hot lemonade, or fruit juice, or eat half a dozen oranges, to promote the elimination of poisons by the kidneys.

Don't forget to ask the Lord to add His blessing to what you have tried to do. Then go to bed and sleep the sleep of the just. Ten chances to one, you will have a good night's sleep and wake up in the morning to discover that your cold now only exists in memory and then you will wonder why you should ever have been stupid enough not to have done these simple things in previous attacks instead of crippling around for two or three weeks fifty per cent below par struggling to shake off a bad cold.

A Dangerous Sneeze

Finally, beware of the man who is suffering from an acute cold and goes about coughing and sneezing. He is handing out colonies of furious microbes on the right hand and on the left. They are as different from the ordi-

nary harmless germs we carry about in health as the mad dog is different from a domestic pup. Don't get in front of such a man. Let him have the right of way. Don't let him cough in your face. Avoid having him sneeze all over you unless you know that you are as germ-proof as the rock of Gibraltar is bomb-proof. For remember you may have vitality enough to subdue your own germs, and yet you may not be able to cope with the virulent type that he is prepared to lend you.

The Will to Be Well

In conclusion, do not forget that a determined will is a powerful vitalizer to the nervous system and the entire body. Unquestionably the main reason why some men are well today is because they *refuse* to be sick. Furthermore do not forget that the Bible declares that a *cheerful heart* is a good medicine. (Prov. 17:22.R. V.) And it is a good remedy to combine with the others even for colds, and then last of all, learn from experience if you have never yet done so, that "They that wait upon the Lord shall *renew* their strength." Is. 40:31.

Work in the Dark Continent

R. C. Porter

[Everyone will read with the deepest interest these thrilling experiences which were related by Brother R. C. Porter to the Hinsdale family when he returned from Africa. He had general charge of that entire field and so had abundant opportunity to come in contact with conditions just as they were.—Ed.]

WE CAN go to all parts of Africa now with great comfort. Where Livingstone and Moffat found nothing but unfriendly natives, many tribes of them hostile to their work, we find today European farmers scattered all through that territory. You can not go anywhere in Africa but what you find European settlers; so that you are not alone. We sometimes have to meet with conditions that throw us out of touch with white settlement for a time, in frontier work; but the most of the places we visit we find plenty of white settlers all through the country.

In the days of Livingstone people were superstitious to an extreme. The witch doctor had more influence than the paramount chief over the natives. The witch doctor did not doctor because he had a knowledge of medicine; he simply doctored because he had

the people under his superstitious sway. Of course the witch doctors do not like our work at all because it undermines their influence.

Livingstone lived a long while before he saw any results of his work. No one else could have gone through Africa as he did, met the conditions he met, sacrificed everything that was dear in life, and opened up the interior of Africa; but he stayed by it, and finally died upon his knees. He certainly had finished his work.

A little later there was a case Livingstone had worked with. He was a man that was a very wild, rough marauder, robbing everybody in his section of the country, and stealing their cattle. Robert Moffat came along and endeavored to do some work with this man, who was the terror of the whole country. Everybody said Moffat would take his life

in his hands; but he worked with him and the man was finally converted.

How God Worked Through a Cow

But there was an incident connected with it before he was converted that affected not only him but another man. They both came to the same herd of cattle, each one trying to steal it, one on one side and the other on the other, not knowing that the other was there. Finally each of them saw the other at the same instant, trying to get that herd of cattle, and they both drew up their guns and fired, and a cow ran between and received the shots and fell dead. Later both men were converted and side by side in a prayer meeting related the story. They said they could not but believe that God's providence had spared their lives that they might be prepared for a better world than this. And that opened the way as nothing else for the work, to see such men as these, such desperadoes, change in character until they ceased that work and became kind, became helpers to everyone in that vicinity, and instead of a terror became evangelists and leaders in Christian work; and it had the most wonderful effect of opening up the work in the days of Moffat. After that the work became easier, and it is much easier today as the result.

Encountering Lions

We oftentimes in our work stop in the midst of lions, leopards and wild animals; we camp right out in the grove knowing lions and leopard are about. It is not an uncommon thing for the lion to follow just as a dog would after the wagon at night when we are driving. There will be one at the side of the wagon and the oxen will shy off and we have to put a lantern on that side because they are getting too near, and then we have to put one on the other side. They will never come up to a light. But it is not safe to stop. Just as surely as you stop you have to keep up a pretty good lookout or they will get an ox.

Met a Leopard Face to Face

I traveled with the nephew of Andrew Murray, the author of all those good books, and we had most pleasant times together. He is a good shot, and most every missionary over there knows how to use a gun, because he is right in the midst of scenes that make it

necessary to use it every little while. He went out on a hurry call because they said there was a leopard just in front of the mission. He hastened out with his gun ready, but he got too near and did not dare to shoot and the leopard sprang and hit him with his paw right on the face, took off half of his upper eyelid, and there are the marks there today all the way down. For once the native boys did not have time to get away, so they took that leopard by the tail and swung him around, and the leopard left. But that missionary goes today with only half an eyelid, and can't close his eye.

The Sleeping Sickness

Then there is the tsetse fly. Each time I have been up there in South Africa some one has been bitten by the tsetse fly and died. Our missionaries have to go through the same place every little while, but so far none of them have suffered any inconvenience from the fly. You may be bitten several times and no harm follow if the fly has not been inoculated; but certain death is the result if the fly has been inoculated. So we have to meet these conditions. But one thing that cheers my heart is that in the five years I have been in Africa not one of our missionaries has fallen in death from fever, black water, wild animals, or any of these conditions there which we must pass continually; so we feel God is continually watching over us.

Not Afraid to Go to the Front

I asked one of our missionaries if he did not feel any fear when he had to go through that tsetse fly region. Well, he said, he knew he was in danger every time he went there; he knew he might be bitten by an inoculated fly, but he said, "I always think when the government calls for men to go to the front they shoulder their muskets knowing they will be shot at, and they go fearlessly in the interests of their country. When my Master calls in the midst of such circumstances as these, why should I not go as fearlessly as men in the interests of their country?"

Drove the Lion Off With a Song

That man had an experience with a lion down in Rhodesia. He was traveling one afternoon; his boys with the gun fell behind him and he came to a place where there was

a spring. The grass was tall and he turned aside and went in to get a drink, not thinking of any danger; got his drink and started to go out, and there standing in his path was a lion. He met the lion squarely in the face. He was unarmed, but he was singing, and he said that he did not dare to stop singing because if he stopped singing the lion perhaps would think he was frightened. So he kept on singing and kept marching up to that lion and singing, and he said the lion turned around and marched out, and he followed him out, singing all the time, and the lion turned aside out of the path into the grass. And he went singing by him, and when he got by the boys were all up in a tree and the gun lying at the bottom. He asked why the boys did not bring the gun, and they said, "Oh,

teacher, we saw a lion between you and us and we did not dare to." They said, "How God protected you!" And it had the most wonderful effect on the natives and they told it all through the country, how God so marvelously delivered that man from the lion, and how he sang; and it had a marvelous effect.

Now we see God delivering us just the same today as in Bible times. God has not changed any, and if His people will go to His work unselfishly, with a spirit to do the Master's bidding, whatever may come, trusting in God, they will see the same results today of God's overruling protection as they ever did. May God give to us that spirit, wherever we may be, and may that spirit ever abide with us.

The Annual Meeting of the Life Boat Rescue Home

Caroline Louise Clough

WE WISH all our readers could have been with us at our annual meeting, which was held Tuesday evening, November 9, in the sanitarium gymnasium. This work, which is carried on for no other purpose than to bless humanity and bring back the wanderer or restore the wayward girl, has proved a blessing to us all.

The Home has no regular income and yet the free-will offerings that are received and the little that is paid in by the girls with the help of the Lord has been enough to keep the work out of debt. There have been times when we have had to scrape the bottom of the barrel, yet even such experiences resulted in a glorious victory and strengthened faith as we looked straight to God for help. We have never been disappointed. If you read carefully the financial report which was read by the treasurer, N. W. Paulson, you will see how economically the Home has been managed during the past year.

Treasurer's annual report of the Life Boat Rescue Home for the year ending November 1, 1915:

RECEIPTS	
Cash on hand Nov. 1,	
1914	\$ 55.28

From patients (board and room)	1,065.20
Donations	1,098.19
Rug sales	115.27
From all other sources..	26.90
	<u>\$ 2,360.84</u>

DISBURSEMENTS

Salary	\$ 455.23
Telephone	15.23
Medicine	32.50
Repairs	49.72
Freight and express....	1.47
Heat, light and water....	429.66
Provisions	996.50
Annuity	20.00
Transportation	22.35
Postage	10.58
Sundries (expense)	70.62
Laundry	6.56
Rugs (expense)	81.09
Insurance	15.00
Household supplies	64.36
Patricia garment (expense)	30.74
	<u>\$ 2,306.61</u>

Balance—Cash on hand Nov. 1, 1915.....	\$ 54.23
Inventory—Real estate....	\$11,000.00
Furniture and household supplies	4,000.00
	<u>\$15,000.00</u>
Present worth	\$15,054.23

The matron receives only a small missionary salary and the nurses who care for the sick practically donate their time receiving only \$2.50 per week.

The industrial departments have already begun contributing their mite toward lifting the burden.

Mrs. Andrews, who has charge of the rug department and is also the housekeeper, gave a brief report of the financial side of the rug weaving. \$81.09 has been spent for materials and labor during the year and the sales have amounted to \$115.27, thus the Home has realized \$34.18 profit from this department besides having on hand materials amounting to \$13.65 and rugs which when sold will bring fourteen dollars.

The rugs, which have a variety of artistic designs, are made of new cloth, which is guaranteed not to fade, and will be very practical as a Christmas gift.

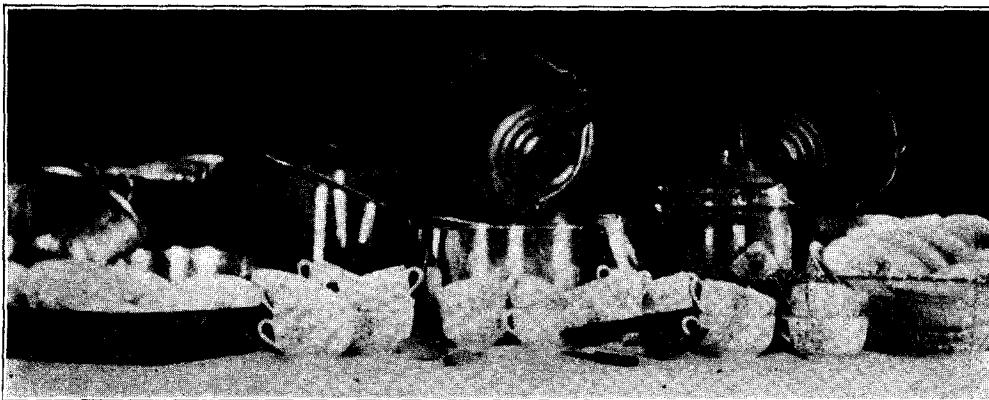
The Patricia garment industry, which has recently been added, is still too young to furnish a report more than that it is not a burden to the Home. We are anxious to introduce these garments to the ladies everywhere knowing that they will give satisfaction. All this is only the shell of the real work of the Home.

The poor unfortunate girl way off in Pennsylvania, Minnesota, or some other distant state, who perhaps has no mother and possibly a father who drinks and abuses her, who has had no one to train her, no one to love her, and has found some young man

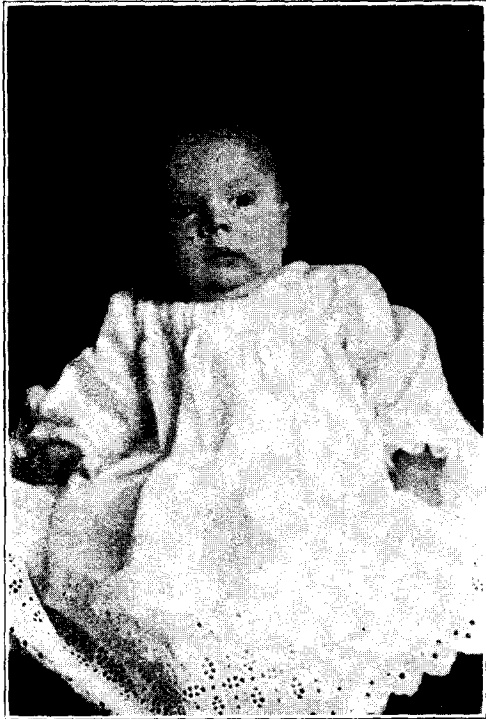
who in her ignorance she trusted, and then in her desperation knows not what to do or where to go and thinks only of committing suicide; meets at her door some day a smiling-faced young woman, who says, "Would you like to buy a LIFE BOAT?" THE LIFE BOAT is purchased and that night a heart-touching appealing letter is written and sent on its way. As a result the girl comes to us. She finds the atmosphere of the Home is uplifting, she learns that Jesus loves her as He did Mary Magdalene of old and she finds a mother who gives her motherly advice. She soon responds and begins to develop. Thus is told the story, with many variations, of the forty or fifty girls who pass through our Home each year.

After a few months' stay with us they leave the Home, in most cases, changed in every way. They go out with courage to earn their living as domestics and keep their babies with them. Or they go through an added sorrow of giving their little ones away, and then return to their former employers. Or some kind-hearted motherly woman has opened her door and taken one of these poor girls and her baby to care for as her daughter. Occasionally we have a wedding and the happy bride goes out to build up a home of her own.

A brief but interesting account of the building up of the Home was given by Dr. Paulson at this annual meeting. Also other reports of the work during the past year were given by the workers immediately connected



VIEW OF THE DISHES AND KITCHEN WARE GIVEN BY THE PATIENTS AND WORKERS OF THE SANITARIUM



A SWEET LITTLE BOY, ABOUT SIX MONTHS OLD, WHO WANTS A HOME

with it which appear in this number so I will not give a synopsis of them here.

The beautiful Rescue Home rugs were displayed and also some pictures of the Home and the babies. I must make mention of the splendid kitchen shower given by the sanitarium patients and workers. Practically all the kitchen utensils were worn out and it was

with difficulty that the girls were able to prepare the meals. Just a hint of our needs brought a generous response. As a thank offering the Home served some delicious nectar.

We are thankful to the Lord for His tender care over this work and for the opportunity we have had in helping these discouraged, unfortunate girls. Our own souls have been watered as we have endeavored to water other souls.

We get encouraging letters from the girls after they leave the Home and invariably they mention the inspiration they got while at the Home, to live Christian lives, and speak of their struggles to do so.

When Christ was on earth He spent most of His time relieving the woes of sin-sick humanity. "His life was one of constant sacrifice." "The burden of disease and wretchedness and sin He came to remove." "None who came to Him went away unhelped." "He made each work of healing an occasion of implanting divine principles in the heart and soul." "He passed by no human being as worthless, but sought to apply healing remedy to every soul." So in conducting this work we feel that with the blessing of God we are doing just what Jesus would do were He here on earth now. We ask your prayers.

One thing more: We have with us a woman about sixty-eight years of age who is in need of a home. She is enjoying fairly good health and will be a help in any home. We also have a baby about six months old who wants a home, whose picture we are giving herewith.

Our Rescue Work in a Nutshell

David Paulson, M. D.

JUST as long as we are willing to set broken bones, we shall certainly consider it a greater privilege to set *broken hearts*. It would be inconsistent if we were willing to help those who have broken bones and then turn about and refuse those who came to us with broken hearts. We can not heal broken bones, we can only set them. Neither can we heal broken hearts. That is God's work. But we can *co-operate* with Him.

We didn't begin our rescue work here in Hinsdale. It started in Chicago years ago, and we were at the most discouraging end of it—that is, slum work. There is a certain class of moral cripples whom the devil puts on his toboggan ~~side~~ and it doesn't take them very long before they reach the bottom, and when you find them there you wonder how they happened to come there.

Various rescue investigating commissions

will often assure us that people go to the bad because they are intellectually deficient. But as a matter of fact, many of them have more brains than people that are straight. It is their hearts that are wrong and not their brains. They have plenty of gray cells but are short on moral power, but it is inspiring to see what God does for such people when they yield themselves to Him.

I remember a girl that was saved right out of the very slums. She became a beauti-

pray with these girls, and the work was not altogether in vain.

Directly we leased a cottage out in West Hinsdale for twelve dollars a month. Little by little it was the unfortunate girls that came to us instead of the slum girls. The home was filled nearly all the time and soon it was entirely over-crowded. We saw that we would either have to buy the property and build an addition, or else build a new home. We put the needs of the work before those whom we came in contact with and little by little we gathered together a thousand dollars for the purpose of improvement. We hoped to get another thousand and then build an addition.

The Inspiration to Build

One day I went down there and found one little room with three girls in it, and a couple of babies staying with the matron; and everything crowded from cellar to garret. It came to me like a flash of inspiration that we must do something better, and do it *now*. I came back and told our people that we must build a Rescue

Home and build as good a one as there was in the state of Illinois, and DO IT NOW.

We bought a piece of ground for a thousand dollars and then let the contract for the building and promised to meet the bills promptly every thirty days. And remember at that time we didn't have a cent and were surrounded with difficulties to the very tops of our ears. As I look back upon it, I don't see how we had the courage to launch out. God certainly stirred our hearts to go forward.

It would be a long story to tell of how God put it in the hearts of the people to rally around us and help us in this enterprise. Fifty splendid people gave us each a hundred dollars. Widows and orphans sent us their little mite. A sick woman in St. Louis asked me to come over and see her. I wrote back I was too busy, suggesting that she come here. She replied that she was too sick to come, but if I would come over and see her she would give me a hundred dollars for the Rescue Home. I felt that was a call of God.



OUR FIRST HINSDALE RESCUE HOME—SEE BACK COVER FOR PICTURE OF THE PRESENT ONE

ful, sweet Christian girl who took her tubercular sister to Colorado so she might have the benefit of the climate. There she was, a stranger in a strange land, and took in washing to support herself and her invalid sister. She was as self-sacrificing, self-denying young woman as I ever saw in my life.

Fishing Too Near the Water's Edge

The longer we worked in Chicago the more we became conscious that we were fishing too near the water's edge. It was so easy for these girls to slip right back again into the old life. Yet we had some wonderfully interesting experiences. Our women would go down and hold little gatherings in our rescue home which was located right in the very heart of the slum district. They would serve suppers to the girls that they invited in, give them bread like their mothers used to make, and then sing some of the songs that they had learned at their own mother's knee in years gone by and then kneel down and

I went over, spent a few hours at her bedside, encouraged her, had a word of prayer with her and she wrote me a check for two hundred dollars.

A Notable Occasion

The village president, the various pastors of our town, the president of the Woman's Club, president of the Civic League, joined us in inviting the public to attend a mass meeting in the Hinsdale Club House, which was addressed by Dr. Gunsaulus, the Chicago pulpit orator.

He gave us a magnificent address and at the conclusion of the talk we raised eighteen hundred dollars. God's hand certainly was in it.

By and by our present splendid building was finished and furnished. Different individuals volunteered to furnish each a room. The total cost was not far from fifteen thousand dollars. Then we had our dedication at which Judge Orrin N. Carter, of the Supreme Court, spoke words of cheer and encouragement to us, and the building was free from debt! We thanked God and took courage and God has gone out before us ever since. Whenever we have had a pressing need Providence has put it in the heart of some one to supply it.

We are earnestly seeking God that He may keep our hearts humble that we may continue to be used as His helping hands to heal the wounds that sin has wrought. We have had plenty of obstacles in the way. Perhaps the matron would become ill and have to go home. No one seemed to be prepared to carry on the work, but ultimately the Lord always sent some one who either did it as well as the previous one or sometimes better.

The burden bearers that God has raised up are the ones who really deserve the human credit for this work.

THE MATRON'S WORK

KATE D. SANBORN

Matron, Life Boat Rescue Home

[Miss Sanborn gave a brief survey of the year's work for the girls at the annual meeting, as follows. —Ed.]

At the beginning of last year we had nine girls and three babies in the Home. During the year forty-six adults were received and twenty-five babies born. At the close of the year our family numbered seven adults and

four babies. Aside from this nine babies have come that were not born in the Home. Very often a girl comes to us with her baby. For instance, the baby is born in a hospital, and the mother and child are dismissed as soon as she can travel and she has nowhere else to go, or perhaps gets out of work, and comes to the Home with her baby. Such have been cared for too, so the total number of babies cared for has been thirty-eight.

Nine babies were placed in good homes.

Five of the forty-six girls who were cared



MISS KATE D. SANBORN

for paid full rates, which are five dollars per week, and twenty-five dollars for confinement. It would be impossible to run a maternity home on that low rate and yet only five of our girls were able to pay even that. Sixteen of them paid part, and twenty-five were wholly charity cases.

It would be hard to sum up the spiritual results of the work during the year. We have

not really tried to keep any record but in hurriedly going over the number of conversions—in fact we didn't go over the whole list—we counted seven. If you could read the letters we have received repeatedly, you would feel, I believe, that many more have been helped in a decided way to live a righteous life through the influence of the Home.

One of our girls is preparing for baptism but doesn't want to take that step until she is fully prepared.

One thing they seem to particularly appreciate is the home-like atmosphere. I wish you could see them when they come back to the Home. You would think after spending a time in a place like that, they would never want to see the place again, but if you could see them when they come back on a visit or to spend a day, you would realize what the Home has meant to them.

We are now carrying on educational work, having classes for the girls. Two classes a week are held in hydrotherapy, simple treatments, dietetics, personal hygiene, care of infants, etc. I wish you could see the way the girls are taking hold of this work and practicing nursing on each other and on me. We hope perhaps later, to invite you down and let them go through some demonstrations for you and you will be inclined to believe you are watching a class of graduate nurses if they keep on as they have the past few weeks.

MY EXPERIENCE AT THE HOME

MRS. KITTIE POLMANTEER

[Mrs. Polmanteer, who was matron of the home during the summer months in Miss Sanborn's absence and who is a nurse in training, gave the following testimony of her personal experience.—Ed.]

I was at the Home a little over five months and I certainly enjoyed the work while I was there. As Miss Sanborn said, it is encouraging to see the way the girls listen to the songs and morning worship. Anyone would think they would be sad or despondent, but several times when we have asked them what songs they wanted to sing, they would choose the song, "Never be Sad or Despondent," or "Sunshine in the Soul," and those cheering songs. It is really encouraging to be in a place like that and have such a spirit.

To say I enjoyed the work doesn't express

it. I thoroughly enjoyed it. We have many opportunities to work for God in the Home that we could not get any place else. The Lord helped me while I was there. In helping others we get strength ourselves.

Oftentimes I would get into places where I hardly knew which way to go. Then I would go to our superintendent and she would help me. This work would drive me to my knees, to which otherwise I probably wouldn't have gone.

The letters we get are encouraging. One girl while in the Home didn't seem to appreciate it the way the girls generally do, but after she left she wrote back and told them to do as the matron told them to do because when they left there they wouldn't hear the morning and evening worships they hear at the Home, and to make the best use of them while there. She was going to live a better life. They do get inspiration and reach up for higher ideals.

A great many times we have prayer with the girls, especially when they are sick. Some of them have their babies placed in homes and adopted, and it is at such a time we can go to them and have prayer. The heart is softened as at no other time. If we go to them in a prayerful attitude with Jesus' help, we can touch them as at no other time and when nothing else will reach them.

There were twelve babies born while I was there. I received a blessing, as I said from my summer's work. I always want to be where God wants me.

THE HOME PHYSICIAN

DR. ORA BARBER

[Dr. Barber has taken a faithful and enthusiastic interest in the work and many a time has lost a night's sleep to help some poor girl. She was next asked to speak from the standpoint of the home physician.—Ed.]

Several years ago, when I was a student, I came to Hinsdale with several friends to visit the work. Among other things, we visited the Rescue Home, then in West Hinsdale. That made a very small impression on me. The principal thing I remember then was a big cherry tree which was in full bloom in the front yard.

But since I came here I have been very much more impressed by the present Rescue Home and that is because it is partly my

work now. I have seen many girls come here looking sad and discouraged, and I have seen them upstairs waiting in the reception room. I have gone and taken them to the Home myself, and I am glad to say I have seen them leave the Home with happiness in their faces and I am thankful we know we have done something to help them get through a dark hour.

I am glad I have been able to help them through some of the dark hours during this time and am always willing to be faithful in the work I have to do down there.

THE HOME GARDEN

DUNCAN PURDON

[Brother Purdon took the nurses' course here, went to Canada and lost his health, then came back and we prescribed the work cure for him, so he has been managing the home garden this year and at the annual meeting he gave a report of his stewardship.—Ed.]

Until spoken to recently regarding this report, it had never entered my head that I would be called upon to give publicly, an account of my stewardship as gardener at the Home this summer. Consequently I will not weary you with statistics, but in a few rambling thoughts endeavor to tell something of what has been accomplished.

When I arrived on the ground this spring, considerable gardening had already been done

in the neighborhood, but nothing was started in the Home garden as there seemed to be no one here available for that work.

This fact, together with other more convincing evidence which I will not mention here, proved conclusively to me that my coming here was providential.

After planting and getting under way some of the earlier garden truck, we proceeded to look about for some cabbage and cauliflower plants. A call at Vaughan's green houses, a few blocks east of the Home, resulted in obtaining free about one hundred good cabbage plants and nearly half as many cauliflowers. We also received from our nearest neighbor about fifty cabbage plants at the same liberal price. In all we had about one hundred and eighty cabbages and cauliflowers that withstood the trying tests through which tender plants have to pass.

Our cauliflowers were nice ones. Some of our cabbages were show cabbages, one weighing ten pounds, some eight and one-half pounds and others seven and one-half pounds.

Our lettuce and radishes did fairly well. Although they did not supply all our wants in that line, yet they reduced our food bill somewhat.

The greatest success we had, I believe, was the corn crop, which supplied all the corn our



GENERAL VIEW OF THE RESCUE HOME GARDEN, SHOWING BRO. PURDON, THE GARDENER

large family could possibly eat during the sweet-corn season.

The tomatoes were only a fair crop, this being a poor season for them.

The carrots, parsnips, beets and vegetable oysters are very good, there being enough in the ground now, after what has been used, to supply our winter wants and possibly more.

We set out a good-sized strawberry patch and the plants are doing well. We anticipate good returns next summer. Our grape crop was small, but what we had tasted good.

It would perhaps be misleading to speak of our gains and say nothing of losses. Our cucumbers and egg-plants were a failure, but as we did not go into either one very extensively, the loss in seed and labor expended was not felt very keenly.

Just a word in closing regarding the general appearance of the place. We have heard a number of favorable comments from outsiders with reference to our lawn and garden, some of them speaking of a marked improvement over previous years.

Our hearts are made glad that the Lord has used us and that through His help and blessing our work has favorably impressed the passer-by.

We hope to press on and do better in the future for we believe that a good lawn and a good garden are silent witnesses as to what God is willing to do not only in producing a crop of vegetables but also in bringing about a crop of health, because it is only obedience to His laws that can produce results in either case.

WE DO NOT UNDERSTAND

LELIA PATTERSON

[Miss Patterson is one of our graduate nurses who formerly had charge of the sanitarium ladies' bathroom. When Sister Walen had to go south Sister Patterson consented to take her place as matron in the medical evangelists' home. The Lord is giving her good experiences, as she is endeavoring to help the students in their different lines of work.—Ed.]

As I attended jail services last Sunday morning and looked at men and women of intellect, of talent, shut in behind prison bars, I asked, "*Why* are they here?" All of them are not degraded people but many of them have been true citizens up to the time of their trouble which placed them where they are now. In an hour of temptation, in a moment of weakness they yielded and fell victims to

the enemy of souls and also to the laws of our land. If ever they needed help it is now. If ever they needed friends to comfort their sad desponding hearts it is during those long, dark gloomy days when they are separated from all that is dear to their hearts. Shall we turn from them with contempt at such a sorrowful moment? Oh, no! *Now* is the time to help them.

We do not understand how hard the struggle through which they passed nor do we understand their weakness, therefore we should not look at them with a critical eye but with pity and sympathy. We know not how *we* should have borne that same temptation had we the same disposition as they and had been surrounded by the same circumstances.

The human flesh is nothing but weakness and unable to fight against temptation in its own strength. But there is One who is strong. One who understands our frailty and in Him there is comfort. His tender heart of sympathy is wounded because of the misfortune that has befallen them, and He says, "Come unto me, all ye that labor and are heavy laden, and I will give you rest." There is hope for them in Christ. Their weakness can be united with His strength and they can have victory over that very temptation, yes, complete victory. "Nay, in all these things we are *more* than conquerors through Him that loved us." Rom. 8:37. "Sin shall not have *dominion* over you." Rom. 6:14.

It brings joy to our hearts to take the message of hope to our prison brothers and sisters and bid them look to Jesus and live. The day is not far distant when we shall all lay our burdens down and go home and all who have cried unto the Lord in sincerity of heart He has heard and will hide them in His pavilion, in the secret of His tabernacle shall He hide them.

CITY WORK A GREAT BLESSING

MABEL ANDERSON

Member Medical Evangelistic Class

Our city work has been a great blessing to me. It has made me realize the great need of humanity so far as spiritual things are concerned.

Probably it would interest THE LIFE BOAT readers to know the way in which we carry

on our city work. This month ten workers are engaged. Two of us go together and each two are assigned a certain territory in which we are expected to visit every home. We try to make it a point to leave Hinsdale on the 7:52 train and as soon as we reach Chicago we begin our work.

We visit an average of from eight to twelve houses a day. In some homes we give treatments, in others Bible readings and hardly ever do we leave a home without having a spiritual talk or leaving tracts or some other kind of religious literature.

We try to cover this territory twice or three times so that we can further help those who are interested or need our assistance.

We find a great many who are intensely interested, others of course are not. Wherever we gain a hearing we feel it our duty to tell them of the second coming of Christ or leave a tract telling of this great event because we know not whether these people will ever have another opportunity of being warned.

We carry our lunches with us and do not return until 5:18 unless something calls us back earlier.

Some of the workers labor among the wealthy people, others among the poor and some of us work among the middle class. We all have very good experiences. The Lord works wonderfully among all classes of people.

I greatly enjoy this work and I feel it is something I have needed for some time. It brings me in closer connection with my heavenly Father because it causes me to pray more. This work can not be done in our own strength, therefore, we must seek God earnestly.

The work is hard but when we see souls born into the kingdom we can only rejoice.

DIRECT ANSWER TO PRAYER

MISS GERDA BENGTON

Member Medical Evangelistic Class

In our city work the Lord has been very near to us and we have had some blessed experiences.

We are not working among the wealthy people nor in the slums. Our work is among the middle class.

One morning we met a dear old lady who

was living all alone. She had hurt her head by a fall some time ago. We gave her a treatment and had prayer with her and she was very thankful for our help and encouragement. We left THE LIFE BOAT and some tracts for her to read. But we were sorry to learn she did not have a Bible.

One day in our house-to-house work we were directed to a sick lady who was a Christian but her husband was not. We turned our footsteps toward her home. We rang the door bell and she came to the door. We introduced ourselves and she in turn introduced us to her husband and she asked us to come in.

She had been very sick and could not do her housework as she liked, and could not afford a housekeeper as all their money went to pay doctor and hospital bills. She had been praying that morning that God would send some one to her. Just before we came, her husband said, "Isn't there some one from your church who could help you?" She said, "Yes, but it costs money." Just then we came and were truly thankful that we could tell her our services did not cost money. We helped her with her housework and spoke words of encouragement to her.

A few days later we brought her out to the Good Samaritan Inn for examination and treatments. She said she knew it was a direct answer to prayer.

The experiences we gain in this city work cause us to be brought in closer connection with our God and at the close of every day we feel greatly repaid and blessed for the efforts put forth.

LOVE PAID THE RANSOM FOR YOU AND ME

EDITH STRONG

[Miss Edith Strong is one of our graduate nurses who goes out with a group of the medical evangelistic students to help them in their field work. The first two months they worked in the suburban towns. Now they are working in Chicago and they are having blessed experiences.—Ed.]

Never in my whole life have the days seemed sweeter and happier to me than these last two weeks that I have been in the city doing nurse's visitation work. Never has my Saviour seemed so precious and dear to me. I can not express in words my gratitude and praise to God for directing my footsteps to Hinsdale to do this very work that I longed to do for two years or more.

My longing has been to work among a poorer class but Christ has given us many precious experiences among the people He has directed us to now. I know these souls are precious to Christ and if we love our Saviour with all our heart and with all our mind, with all our soul, we will live in such close communion with Him that they will also be precious to us and we will know the value of human souls.

Not long ago we made arrangements to give a lady who was suffering intense pain a treatment. The next morning she greeted us with a smile and seemed happy to know that we took an interest in her and came. While we were there, in the midst of giving her a treatment, another lady called up and wanted to know if the visiting nurses were there. The husband answered the call and said we were, and that I could talk to her. She was suffering pain and wanted us to come over and give her a treatment. My partner in the work had to leave on the next train so I went over to give this treatment. I had a blessed experience in both homes. We read and studied the Bible together and had prayer before I left the home.

These souls are both hungry for Christ and love to study His word. It does seem sweet to meet souls who really know Christ as their personal Saviour in a world where so few people are looking to Jesus as their help and strength. Both these ladies have received great help from the simple treatments already given. The second lady I treated told another lady about the things we had studied together. As I said to her, it was not anything that I had done but it was the power of Christ working through us.

"Not I, but Christ, to gently soothe in sorrow,
Not I, but Christ, to wipe the falling tear;
Not I, but Christ, to lift the weary burden,
Not I, but Christ, to hush away all fear."

"But without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him." Heb. 11:6.

Each day is just full of precious experiences and it only makes us long for more of Christ in our lives—to really have a spirit-filled life.

The other morning I had just time to make my train and a police matron in one of the

waiting rooms as I was just leaving, called me back. She said, "I have noticed you several mornings and somehow I feel that I want to talk to you." She told me she knew I was a Christian. That soul was hungry for the things of God and she wanted to know His love in a richer measure. We had a blessed experience together and though I missed the train I did not regret it.

These little experiences from day to day make life so much richer and sweeter. No words of mine can express the joy of working with Christ in His service. Often the girls have started out in the morning and felt free in Christ, that every sin was confessed and forgiven and yet we meet different obstacles during the morning and when we meet together at noon as we do each day, we read promises and have a season of prayer together and our souls are refreshed and strengthened, for in unity there is strength.

Though there are often trials and perplexities that come up that we do not expect, we know that we can carry everything to our Saviour and that He understands as no human being can understand. As in 2 Tim. 4:17 we read that the Lord does stand by us and strengthen us.

When these different souls express in wonderment how the simple treatments are helping them and what an inspiration our lives are to them we can only say that the joy is on our side because there is no sweeter life that one can know than the life in Christ working with Him.

This journey here will soon be over and it is only the life we have lived for Christ that will count for anything then.

"I KILLED SOMEBODY LAST NIGHT."

PEARL M. STILES

[Miss Stiles, a member of the medical evangelistic class, has been attending the Sunday morning jail services. At a recent missionary meeting she gave the following report.—Ed.]

Some years ago I was in Chicago and attended the LIFE BOAT mission and was also asked to attend the service at the police station. What I saw there was beyond anything I could describe. I can not tell what a feeling I had of sorrow and sympathy for those people. We had prayer and song services with

them. Then we went upstairs to the girls' ward. I didn't know she was going to do it but Mrs. Van Dorn, who then had charge of the jail work, asked me to talk to the girls.

They came in and sat around the large table and I talked to them and told them in my weak way what the Saviour had done for me, and I knew they were just as good as I. I may not have fallen into the depths they had but I had things in my life that would keep me out of heaven unless I went to the same Source they would have to, for forgiveness.

This is the story I told them, and that was the first experience I ever had in prison work, until I came here in July. It was with great pleasure I could go with Mrs. Clough to the jail services again. I am glad each time that I can go, for even if I don't do anything for *them*, it does draw *me* closer to heaven. I can only feel as though they were my own brothers and sisters and how anxious I would be for them. They are all these to somebody.

When I talk to any of them (usually we talk to the women and girls) I never feel free to say anything until I have explained to them that we are not there because we are any better than they, as our souls have to be saved through the same Source theirs are, and when forgiven they are just as pure and clean as we are. And we have had many experiences where men would weep for their sins and we feel that they are penitent.

We often think that anyone who was hard-hearted enough to do things which would place him in the penitentiary, his heart would be so hardened that it would not respond to sympathy and kindness, but that is not so.

We tell them of Jesus and read the word of God to them and tell them what God has done for us, and they want the same thing we have. In telling them this and seeing, through their tears, how they repent and want something better, it makes us want to live closer to God. This is the way it affects me. I want to live free from hypocrisy.

We always talk in the men's ward first, on the ground floor. One day we went in and found some little boys in the jail. I asked how they came there, and they said they had jumped a train and stolen their way to Chicago because their stepfather was unkind to

them. We went upstairs and found another little boy from Cleveland, the same place the others were from, and we knew he belonged to their crowd. The little boy, when I talked to him heart to heart, had the tenderest sympathy. He wanted love. I think it is for lack of love that many of these people are there.

One incident I will tell you before I stop. One morning we had almost finished our work, but there were a few in a back cell and we had but little time to get around and talk to them in order to catch our train. Mrs. Clough asked me to go and talk to them, which I did. We sang a song and then I asked them if there were any who would like to have us pray for them and a soft tender little hand slipped into mine and grasped me so tightly, and a voice said, "Do pray for me. I did such an awful thing last night." Just as nicely as I could, I asked, "What did you do?" Because I knew she wanted sympathy, that is the reason I asked the question. She said, "I killed somebody." It was awful to think I had hold of a murderer's hand, yet this tender little soul, sympathetic as she was, had done this through the impulse of the moment probably. We don't know how it happened, but we know she did it, but can hardly realize that one so tender-hearted could do such an awful thing. I told her that Paul, one of the greatest workers for Christ, had done the same thing. Had sanctioned the death of Stephen, and yet had become one of the greatest workers for Christ. We told her we would pray for her and did.

It is just such things as this we come in contact with in jail service. I want my whole life to be free from hypocrisy so when I do talk to people about Jesus, it will be from the heart.

When you are in a hurry, better go slow.

Money given to the poor will bear good interest in eternity.

Some church members only pray when they are in trouble.

A good many "black sheep" were petted lambs.

"Nearing Some Country"

David Paulson, M. D.

"**A**BOUT *midnight* the shipmen deemed that they *drew near* to some country; and sounded, and found it twenty fathoms: and when they had gone a little further, they sounded again, and found it *fifteen* fathoms." Acts 27:27, 28.

They did what every sensible sailor does; took soundings, and they knew they were nearing shore.

Some one called, "Watchman, *what hour* of the night?" And he was able to respond immediately, "The *morning* cometh." Is. 31:11, margin.

In Matt. 16:1-3 the Master condemned that generation because they could intelligently "*Discern* the face of the sky"; but could "not discern the *signs* of the *times*." The earnest Bible student can today "discern the signs of the times" from reading the daily newspapers.

Are We Nearing the End of the World?

In a recent newspaper clipping I read the following from Cardinal Gibbons of Baltimore: "It looks as if the Scriptures are being *fulfilled* and the end of the world is *approaching*. The news coming from Europe is terrible," he declared. "It awes me. It is beyond our realization. We can not grasp its magnitude or what it means. It is terrible—horrible, indeed." Then the reporter asked him this question: "Does it not look as if the Scriptures are being fulfilled? Nation shall rise against nation, and there shall be sorrow throughout the world, which will be a sign that the *end is near*?" And he answered, "Yes, it does."

The editor of the *Sunday School Times* says in the last issue of that paper:

"President Wilson, in his proclamation calling upon the people of the United States to turn in praise and thanksgiving to God at this time, reminds us that it is a time when *all the world* is shaken by unparalleled *distresses* and disasters."

When a man like President Wilson thus expresses himself, should we not read anew Luke 21:10, 25, 26? "Nation shall rise against nation, and kingdom against kingdom; . . . upon the earth *distress of nations*,

with *perplexity*; . . . men's hearts failing them for fear, and for looking after those things which are *coming* on the earth. . . . And *then* shall they see the Son of Man coming with power and great glory. And when these things *begin* to come to pass, then look up, and lift up your heads; for your redemption *draweth nigh*." 28th verse.

It was "*At midnight*" there was a cry, "Behold the Bridegroom *cometh*, go ye out to meet him." Matt. 25:6. Christ comes at the darkest hour of the world's midnight. The editor of the *Sunday School Times* continues:

"How *near* we are to the blackest part of the night that must intervene before God's love is revealed in the return of His Son to this earth, no one can know. But we do know that it will be 'at midnight' that the cry will sound, 'Behold, the Bridegroom.'"

The Angry Nations

The inspired Seer on the island of Patmos, looking down the ages, caught a glimpse of the closing scenes of this earth's history and he saw that "The nations were *angry*" and immediately following that, God's *wrath* is come and next, the *judgment* of the dead. And then the *reward* to the righteous and the *destruction* of this earth. (Rev. 11:18.)

This very last week the editor of the *Chicago Daily News*, in a powerful editorial, said:

"Humanity, cowering before the ravening pack of *hates* that have been unleashed, cries out for moral leadership." The Bible says there is a time coming when the nations will be *angry*. The *Daily News* says, "Humanity is cowering before the fearful exhibition of anger that is *now* unloosed."

If the nations are to become still more angry before John's prophecy is fulfilled, how can any editor express it in stronger language? But bear in mind, when that prophecy is *fulfilled*, immediately after that God's *wrath* will be unloosed without mercy. Then probation will be closed and the seven last plagues will be poured out:

Is This War a Prophetic Landmark?

This war is vastly *different* from all others. I quote the following from a remarkable editorial in the *Chicago Daily Tribune*, entitled, "A War of Slaughter":

"What terrorizes the imagination, and occasionally annihilates the reason, of observers of this war is that it is avowedly one of *slaughter*. . . . The attack is against the *entire manhood* of the nation. Resources in men as well as resources in money and sup-

"I have read with great care the history of all the European countries for the last one hundred years and I have read all the state documents issued in connection with the present war, but I confess that I do not know *why* this war is being fought."

If men like the vice-president of the United States can see no satisfactory *human* cause for this war, there must be some divine *purpose* back of it all. When the clock strikes for God's prophecy to be fulfilled, it makes



A GROUP OF ARMY OFFICERS MARKING IN SAND THE PLAN OF THEIR CAMPAIGN

plies are to be annihilated. . . . These are *nations* fighting, not armies. . . . If Germany conquers France it will be by the destruction not of the French army but of the French *nation*, because now the nation is the army. To conquer a nation in arms the reliance is placed on slaughter. The proclaimed purpose of this war is to destroy *half the manhood* of Europe."

No Satisfactory Human Cause for This War

Mr. Marshall, the vice-president of the United States, said in a recent speech:

but little difference whether there is a human cause or not; it will happen.

When an automobile is built, the parts have to be assembled. The wheels come from one place, the axles from another and the engine from still another; at first it might be difficult to determine what kind of machine was being built, but by and by there would be abundant indications.

Likewise we are beginning to see enough parts of God's program "assembling" so we may begin to *forecast* the significance of this

awful war. Things are beginning to shape up. God's prophecies for this time are beginning to take form and outline.

Peace Talk But War Preparation

The Bible predicts that in the *last days* there will be talk of universal *peace* (Micah 4:1-7), but feverish preparation for universal *war* (Joel 3:9-14). In Micah we are told that in the *last days* it shall come to pass . . . many *nations* shall come and say . . . They shall beat their *swords* into *plowshares*, and their spears into pruninghooks; nation shall not lift up a sword against nation, neither shall they learn war any more. But they shall sit every man under his vine and under his fig tree; and no one shall make them afraid: for the mouth of the Lord of hosts hath spoken it."

That is a fascinating program, but remember it is the *people* that are insisting that this is God's program. But the prophet caught a glimpse of their *real* situation in the next verse when he says, "For *all people* will walk every one in the name of *his god*."

But in the midst of all this universal peace talk God will "*assemble* her that *halteth*, and I will gather her that is driven out, and her that I have afflicted; and I will make her that halted a *remnant*." 6th and 7th verses. Now notice what God says *will* actually happen. In Joel 3:9-14 R. V. we have in a few words the events leading up to the battle of Armageddon. This is what the prophet saw:

"*Prepare war*. Stir up the mighty men. Let all the men of war draw near. Let them come up. Beat your *plowshares* into *swords* and your pruninghooks into spears. Let the weak say I am strong. . . . Let the nations *bestir themselves* and come up to the valley of Jehoshaphat (Armageddon), for there will I sit to judge *all the nations* around about. Put ye in the sickle for the *harvest is ripe*. Come, tread ye, for the wine press *is full* and the vats overflow, for their *wickedness* is great. Multitudes, multitudes in the valley of decision, for the *day of Jehovah is near* in the valley of decision."

War Preparations in the United States

Every up-to-date magazine or daily paper contains something in regard to the importance of *preparation* for war. The secretary of the United States Army, and the sec-

retary of the United States Navy have outlined a program to strengthen the defenses of the nation, to submit to the next congress, which includes ten new dreadnaughts, six battle cruisers, twenty-five scout cruisers, eighty destroyers, and one hundred twenty-five submarines, and a large increase in our land forces. If carried out the cost for next year will be over four hundred million dollars, or more than was spent in ten years in building the Panama Canal.

So in our own land there is a fulfillment of the prophecy concerning peace talk, and side by side there is a mighty stirring up of the nation for war preparation. As predicted in the Bible we see those two parts of God's prophecy are being assembled.

Next month we will consider some other events that are now taking shape and which shed light on some more Bible prophecies which we have every reason to believe are about to be fulfilled. Let us *discern* the signs of the times.

ONCE A HARD SINNER, NOW SAVED

(From an Inmate of Dannemora, N. Y., Penitentiary)

"I was more than pleased to receive a nice letter from you and that sweet LIFE BOAT that is so dear to my poor heart. Glory to God, I am feeling good all the time and how I love to praise God for it all. When I was full of sin I could never feel good.

"When I was a young man I used to sin all the time. I did not know that God had a Son that could help any one. I had no learning at all. That is just the reason I am in prison today. I had no one to tell me anything but kept on sinning and this is where I landed—behind the prison bars.

"I have been a hard sinner in my early days, but I want to tell you that I found God who has saved me and is keeping me. That is the dearest and sweetest of all. It makes no matter how much sin one has done, it makes no matter where you are, it makes no matter how black our past has been, I find that Jesus Christ can make us all right. His salvation is free for us all.

"It pleases me very much to read of your home and the good work God is having you do. God bless you and the girls in your Home. I hope they will all serve God and do right. I pray that God will more than bless you."

COMMUNITY HEALTH EFFORTS

HERMAN WALEN

Organizer of Medical Evangelistic Field Efforts

After the Naperville Health Effort we planned to do a little of the same kind of work in the near-by rural school houses.

Starting out one pleasant October morning to look up Prof. Brookings of the Fullersburg school, we found him at his post of duty. He was very glad to have us hold a three-night community health effort in his school-house. Prof. Brookings and his assistant, Miss Fuller, spread the news and we had a good attendance each night.

Dr. Paulson gave us the first evening a very important talk on "The Bodily Defenses," showing how God has given us natural defenses against disease and how we can retain them or break them down by unwise habits.

The second evening Dr. Mary Paulson gave us instruction on home nursing, bringing out the fact that the mother is the *health officer* of the family; that on the mother rests the responsibility of the health of the family as well as preparing the food to sustain the bodies. Also our bodies are not our own but are loaned to us by God and some day we must give an account of the use we have put them to. Miss Chaffee and Miss Argo, nurses, demonstrated the many ways fomentations can be used in relieving pain.

Wednesday evening Dr. Wolfson and Dr. Elizabeth Jamieson gave interesting facts concerning "Eating for Health and Efficiency." Dr. Wolfson told us how nature was given to holding back many of her secrets but through accidents, such as happened to Alexis St. Martin, it was revealed to Dr. Beaumont the secret of the stomach's care of the food. Dr. Jamieson gave a unique demonstration of a burning wick fed by the oil from huts.

Mr. Jared gave an interesting talk on Auto-intoxication, what it is, its cause and prevention, telling us if more of Fullersburg's whole wheat flour and green vegetables were used that auto-intoxication could be prevented.

Mr. Scott gave us a good demonstration on home gymnastics.

Mr. Cole, our sanitarium chef, demonstrated his talk by the samples of whole wheat sticks, soup and salad.

The attention was good and the following Wednesday night we gave another health talk.

The next schoolhouse entered was at Clarendon Hills, Miss Butler, teacher. This school is two miles west of Hinsdale. Here we held meetings two nights.

Dr. Mary Paulson showed the danger in using the so-called headache remedies, and the nurses demonstrated a way of removing a headache. Misses Erickson and Christenson demonstrated the use of blanket packs and heating compresses.

Tuesday night Dr. David Paulson gave us the facts concerning the growth of cancer and the value of a vegetarian diet, also that mustard and condiments are better on the outside than on the inside of our bodies. That more people are killed by over-eating than by under-eating. Mr. Jared followed by impressing on our minds the need of keeping the alimentary canal in a sanitary condition and the necessity of knowing about these things.

Mr. Cole demonstrated the very tasteful foods that make up a good vegetarian diet. These were certainly appreciated by the audience.

We had a good attendance here and questions were asked. We are in hopes to visit this neighborhood again.

Ten days later we carried out very nearly the same program at the Torode school, Miss Vivian Torode, teacher. This school is three miles north of Hinsdale. This is a rich farming community. The audience were nearly all adults, strong and hearty, showing that the outdoor life is the life to lead. They gave us good attention, though the nights were cold they came and took in the good things that were given them.

Here Dr. Mary Paulson gave a very important talk on appendicitis. How to take care of it at its first approach and thus avoid trouble later. Misses Johnston and Meleen assisted in demonstrating packs, chest compress and cold compress to throat.

Dr. Wolfson, Mr. Jared and Mr. Cole gave interesting talks the second night. Dr. Wolfson burned the alcohol in Peruna, using it as a substitute for gas in lighting the room.

We believe we owe to our neighbors some of the wisdom God has given us in the care of the body. We come in contact with many who are interested in these things. This work also gives our nurses and helpers an opportunity to understand just how such work can

be carried on in their own communities.

These efforts show to the people that there are better ways to help the sick than by using drugs.

No small part of the program was the good music we had, Miss Beatrice Clough having charge of this part. We find that in our sanitarium family we have good musical talent. Our orchestra, Miss Sanborn, leader, is another leading feature in our program.

We must not overlook the willing services of Mr. N. W. Paulson, who carried the workers to and from these school houses in his automobile.

We find that the ones who go are helped and that God has given us a wonderful piece of mechanism in our bodies and small as it may seem our appetite plays an important part in the destiny of our souls. Shall our bodies be made up from second-hand food such as flesh foods, or from the foods God has given us, such as grains, fruits, nuts and vegetables?

ANOTHER RAILROAD WRECK

CAROLINE LOUISE CLOUGH

The other day as I was eating dinner in my home a long freight train stood on the tracks a few rods away. The engine, which had been down to Hinsdale to switch off a few cars, came back and coupled on to the train with so much force that it sent a thrill down along the line. One empty car just opposite our house broke in the center and crushed in. Just then another through freight was approaching from the west on the second track, too near to avoid the impact, which was *fearful*. When the dust and smoke cleared away

we saw that the crushed car and also another car had been thrown over onto the third track in front of the one o'clock passenger train, which, had it been on time, would have also been wrecked. No one was hurt, as the engineer and fireman of the second train jumped before the impact, receiving only a few scratches. While their engine was not derailed, it was stripped and badly twisted up.

I discovered it was one thing to read about wrecks, but it was a vastly different thing to stand by and see one happen. These accidents, which are becoming more and more frequent, only point us to the sure word of prophecy found in Matt. 24, Luke 21 and Zeph. 1:15, and a host of other Scriptures which tell us that troublous times are right upon us and soon our King will come to claim His own. It is important that we be ready.

EXPERIENCES IN JAIL WORK

MRS. G. M. SCOTT

Member Medical Evangelistic Class

Thinking it might be of interest to the readers of THE LIFE BOAT to hear a few experiences of our gospel jail work in Chicago during the past few weeks, I will try to relate a few.

In Eccles. 11:6 it says "In the morning sow thy seed, and in the evening withhold not thine hand: for thou knowest not whether shall prosper, either this or that, or whether they both shall be alike good." Just so it is, as we go forth to sow the truths of God's word from day to day, we can not tell how much will take root and bear fruit, but we do know if we sow in faith believing and with



TWO VIEWS OF A RECENT RAILROAD WRECK

the Spirit of God, that He will water the seed and will not let all go to waste. We are so thankful for the opportunity to do for Him.

Of course each week we find a new group of men and women, so we can not follow them from place to place with literature or spiritual talks but we can and do so with our prayers and hear results, which are encouraging to us.

Two weeks ago, the 31st of October, we had the most trying time of our experience. About the first of October Mayor Thompson of Chicago had issued a notice for all saloons to be closed on Sunday. Up to that time the city had been wide open. Of course the drinking people felt very much abused. The first two weeks some of the saloons did not close, but after having a little exercise with the law the "lid" was closed tighter, at least it was very hard to find a place open.

The men were distracted and some would buy several quarts of whisky and sell it to those in need. The jailer told us that the night before, on a Saturday night, four men had literally drank themselves to death. They had purchased enough liquor to last them over Sunday, but its presence was so tempting they could not *resist*, therefore drank it all at once. It simply shows how Satan gets men in his grip and leads them to degradation and ruin.

On this day mentioned we found fifty-six men in the cells, and while there six more were brought in, even while asking God to help us we would have to arise to allow these men to pass.

So many of the men were talkative, that we could hardly be heard. We felt unless the Lord would especially help us at this time we could do nothing. We had a season of prayer and then sung, "Meet Mother in the Skies," and the men, with the exception of three, quieted down, and they were asleep before we left.

Of course we realize that it is not the men but the demons within that cause the commotion, so we pity them from the bottom of our hearts and greatly desire to help them.

In one cell where the noise was the greatest one brother requested prayer and he knelt with us amid the jeers of his companions. He told us he had determined to get the victory. Twenty-six of the fifty-six knelt with us in

prayer. The Lord is surely good to us. Why not help these fallen brothers? If only more of God's people would reach out and lift, the sin-bound souls could be set free, but our own selfish interests keep us so bound with the cares of this life, that we forget to look around us.

On November seventh the services held at the jail were very interesting, owing to the big wet parade. The saloons were closed until after the parade. The Chicago papers stated that 44,000 people marched in the parade, all nationalities were represented. It was the largest parade ever held in Chicago. It shows to us how strongly Satan has bound the people in his grasp.

The service yesterday morning was a source of comfort to each of the workers who assisted. We found many eager souls, several broke down and in tears said they wanted to live a better life and would try. Several were splendid looking young men who told us they had been brought up in good Christian homes. When we would ask for a song they would choose "Lead Kindly Light," and "Onward Christian Soldiers," "Abide With me." Two of the boys told us they never knew there was a hereafter. What they put into this life was all they expected to get out of it, but they saw differently and seemed anxious to hear more. They expressed thanks to us over and over for coming to give them the gospel message.

In the women's wards we were glad to find only one Italian mother and children and four colored women. Sometimes we find these wards full.

Does it pay to work for Christ? Yes, most assuredly so. For it not only helps to lift others to a higher plane, but our own souls are refreshed.

May the Lord ever bless this work and may many souls be garnered at the harvest.

We earnestly seek your prayers in our behalf to always carry the seeds of truth and at all times represent our Saviour aright.

You can't walk straight in a crooked path.

None of us are indispensable. We have a short life at best, and still the world improves year after year.

AN IDEAL CHRISTMAS-PRESENT BOOK

DAVID PAULSON, M. D.

Our readers are ordering the book, "Ministry of Healing," and they are not disappointed. Following are a few quotations. The entire book of 541 pages is filled from cover to cover with just such choice instruction.

"It is labor lost to teach people to look to God as a healer of their infirmities, unless they are taught also to lay *aside* unhealthful practices. In order to receive His blessing in answer to prayer, they must cease to do evil and learn to do well." p. 227.

That contains a great truth in a nutshell that many good people are overlooking. At a time when there is so much talk and agitation concerning divine healing, the following principle contains refreshing instruction:

"Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a *denial* of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration." p. 231.

Concerning the diet cure, we select this quotation:

"In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A *fruit diet* for a few days has often brought great relief to brain workers. . . . An abstemious diet for a month or two would convince many sufferers that the path of self-denial is a path to health." p. 235.

Sensible Psychotherapy

Those of our readers who have something to do with the sick should take this statement to heart:

"Sympathy and tact will often prove of greater benefit to the sick than will the most skillful treatment given in a cold, indifferent way." p. 244.

We have never felt it necessary to mix falsehood with our medical treatment. We commend the following statement to those who have considered it necessary to do so:

"Never should the physician or nurse stoop to prevarication. He who does this places himself where God *can not* co-operate with him; and in forfeiting the confidence of his patients, he is casting away one of the most effective human aids to their restoration." p. 245.

Much of modern so-called psychotherapy is mere rubbish and here is a statement that contains a great truth:

"Let the will be kept awake and rightly directed, and it will impart *energy* to the whole being, and will be a wonderful aid in the maintenance of health. It is a power also in dealing with disease. . . . Often invalids can *resist* disease, simply by refusing to yield to ailments and settle down to a state of inactivity." p. 246.

How to Sweeten Bitter Waters

Some who shall read these lines are overwhelmed with trouble and trial and tribulation. For the benefit of such this statement will bring courage:

"For *every* trial, God has provided help. When Israel in the desert came to the bitter waters of Marah, Moses cried unto the Lord. The Lord did not provide some *new* remedy; He called attention to that which was at hand. A shrub which He had created was cast into the fountain to make the water pure and sweet. When this was done the people drank of the water and were refreshed. In *every* trial, if we seek Him, Christ will give us help. Our eyes will be opened to discern the *healing promises* recorded in His word. The Holy Spirit will teach us how to appropriate every blessing that will be an *antidote* to grief. For every bitter draught that is placed to our lips, we shall *find* a branch of healing." p. 248.

The Work Cure

At the Hinsdale Sanitarium we have established a work cure department which is proving a valuable adjunct to our other therapeutic means. I quote the following regarding work cure:

"For those who are able to work, let some pleasant, easy employment be provided. . . . Encourage them to breathe the fresh air. Teach them to breathe deeply, and in breathing to exercise the abdominal muscles. Exercise in the open air should be *prescribed* as a life-giving necessity. . . . Let the patients have flower beds to care for, or work to do in the orchard or vegetable garden." p. 265.

The importance of sunlight is emphasized in these words:

"In building, many make careful provision for their plants and flowers. The greenhouse or window devoted to their use is warm and sunny; for without warmth, air, and sunshine, plants would not live and flourish. If these conditions are necessary to the life of plants, how much more *necessary* are they for our own health and that of our families and guests." p. 275.

The benefit of bathing is emphasized in these words:

"Most persons would receive benefit from a cool or tepid bath every day, morning or eve-

ning. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy regular flow is obtained. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, and the liver, giving health and energy to each, and it promotes digestion." p. 276.

Send us \$1.50 for this book, "Ministry of Healing." All the profit from the book goes to help the sick poor in our Good Samaritan Inn. You will be charmed by what you will read. It is a beautiful blending of the spiritual and physical gospel. Every page contains some inspiring, elevating and instructive truths. Send \$1.50 today.

THE HARD SIDE OF LIFE

MISS ANNA WILLIAMS

Member Medical Evangelistic Class

I am certainly glad I have the privilege of taking the medical evangelistic course. In our work in the city in each place we visit we find souls to win for Christ. Many of the people are very, very poor. One experience we had last week touched my heart. We had been out with LIFE BOATS in new territory, and on our way back, we thought we would stop at one of our old customers. She had just finished washing, and said "Come in, and we will have a chat." We were talking over things, and she said her husband was out of work and was out looking for a job. We said we would take it to the Lord and ask Him and see if He couldn't help her husband find work.

As we were praying, she said, "Here comes my husband and he is under the influence of liquor." So of course we didn't know what to do. It seemed providential, however, as we got him quieted down, and then turned to the Scripture and showed him there were hard things to look for in this world. He said he wanted us to give him Bible readings and he asked us to pray for him to overcome the liquor habit.

That is only one of many we meet. I am glad the Lord has given me a part in this work.

FROM OUR MAIL BAG

A school teacher in Decatur writes:

"I enjoy THE LIFE BOAT magazine. I write, 'PLEASE READ AND PASS IT ON' over the top

of the front cover and ask my friends to keep the gospel of health moving."

That is a splendid idea. Would it not be well for others to do the same? When you have read THE LIFE BOAT, instead of letting it rest on a shelf, pass it on to your friends. You can not tell the good it may do. A single stray number may be the means of saving a soul. We have abundant examples of that.

A prominent business man writes the following after purchasing his first copy of THE LIFE BOAT:

"The other day I bought almost by accident a LIFE BOAT, not knowing what it contained.

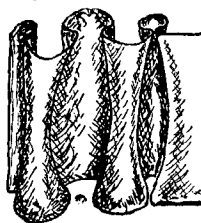
"On my way from Chicago to New York I felt as if I was wasting my substance in a far country. I missed the joy and fellowship of God's Spirit and not having a Bible, perused your LIFE BOAT and found consolation. I was heavy-hearted but after reading and while reading its contents, a clear star of hope became a source of courage and aspiration. Like other Christians, I am struggling against all forms of sin, its temptations and allurements, but never losing faith, knowing that my Redeemer liveth. You can realize how glad I was that I bought a copy. Now I must express my thanks and appreciation.

"Continue in your work to the benefit and blessing of God's children and the coming of His kingdom.

"Will you kindly add my name as a regular subscriber, for which I enclose one dollar to which I add \$1.50 for a copy of 'Ministry of Healing.'"

"Thank you for the copy of the good old LIFE BOAT. My mother was sitting near when I read your letter, mentioning THE LIFE BOAT. She said, 'Yes, that dear LIFE BOAT, the good that it has done.' She then mentioned some experiences she had while selling it in San Francisco, San Jose and elsewhere. She is again more or less at liberty now so is going to take up the magazine work to fill in her time and to get the truth before the new settlement we have just moved into."

"It is a good paper to read and it has helped me sometimes when I was discouraged."



Editorial Department

DAVID PAULSON, M. D., Editor



THE LIFE BOAT FOR 1916

Eighteen years ago THE LIFE BOAT was first launched. It was an act of faith and only in answer to prayer that it was possible to begin its voyage. No living soul at that time could have predicted that it was to have such a widespread field of usefulness. We can only say, "What Hath God Wrought?"

He has blessed feeble human efforts. This magazine has carried the vital gospel to hundreds of thousands of prison cells. It has been eagerly read by the rich and poor, by the high and low, the learned and unlearned. It has been used of God to dry the tears of the broken-hearted. To help bind up the wounds that sin has wrought. It has put a new direction into a vast multitude of lives. It has inspired hundreds and perhaps thousands to take hold of simple practical gospel work. The credit belongs to God, it is not to us. A providential hand has *guided* it in its stormy voyage.

Before preparing any number for the press the editor and his assistants kneel and earnestly ask God for wisdom and guidance, pleading with Him to rule and overrule our blunders and mistakes and shortcomings to His glory, and we believe those prayers have been literally answered; and we have every reason to believe that the coming year THE LIFE BOAT will be used as never before as an agency in God's hand for the awakening of souls to their spiritual needs, and the education of thousands of people in the principles of physical righteousness or the gospel of health, as a star of hope to many a lost and stranded soul.

Will you help to extend its circulation? Will you lend it to others? Will you order extra copies to sell or to give away to your friends? Will you ask some one to subscribe? What you do may be the means in the hand of God of saving some soul so that throughout all eternity some one will thank you because you did a kindly deed. Will you

not co-operate with us in this labor of love?

THE HINSDALE MID-WINTER MISSIONARY CONVENTION

The medical missionary convention that is held here in Hinsdale during the holiday season is the most important event of our entire year's activities. It is always an occasion of special blessing. New light is shed upon perplexing problems, and new inspiration comes into our entire work.

Those who have attended have always felt abundantly repaid for the time and expense. We believe the coming one will be the best of all. It will begin Thursday evening, December 30th, and close Sunday night, January 2d.

Dr. Magan of Nashville, Tenn., will be present. His stirring, inspiring Bible studies are always occasions long to be remembered.

Prof. Lamson of Grand Rapids, Mich., an evangelist and educator of long experience, and who is also deeply interested in medical evangelistic work, will be here to take part in the program.

Other laborers will attend. The Hinsdale sanitarium will furnish free room accommodations for all who come. Board will be furnished on the European plan at helpers' rates.

Arrange now to attend this important gathering. We are living in stormy times. It is important that we should get together and take careful observations. Seek God for a special outpouring of His Spirit. Pray that God may in a very special manner visit this occasion.

WHAT ARE YOU DOING WITH YOUR ROD?

When the Lord told Moses to go down to Egypt and deliver His people, Moses offered all kinds of excuses. He had nearly forgotten the language. He now had no military

equipment or outfit. He had no elaborate facilities that would naturally *impress* the people and strike *terror* to the heart of Pharaoh; so he insisted, "They will *not* believe me, nor hearken to my voice; for they will say, 'The Lord hath *not* appeared unto thee.'" Ex. 4:1.

Then it was the Lord said to him: "What is that in *thine hand*?" In other words, What do you actually have? And Moses said, "A rod." 2d verse. And the Lord assured Moses that with that simple rod he should be enabled to do such marvelous works that the Children of Israel would believe in the genuineness of his mission, and proud Pharaoh would be humbled into the dust. Then "Moses took the *rod of God* in his hand." 20th verse. In other words, after Moses had dedicated his rod to the service of God, it became the rod of God.

Have you a gift of music or a gift for organization, or a gift of speech? Are you a shrewd farmer, or a capable salesman? Whatever gift you have, dedicate it to God and then it will become the *rod of God*. You can keep it, but you will not be able to use it for Him and do things that you never could have done before. Moses could do things now with his staff, after it became the rod of God, that he could not do before, when it was simply Moses' rod.

SOME ONE LOOKING ON

"There was a *strife* between the herd men of Abraham's cattle and the herd men of Lot's cattle; and the *Canaanite* . . . dwelled *then* in the land." Gen. 13:7.

Whenever the devil stirs up any strife between God's children he will see to it that there is an audience looking on. When Abraham and Lot were poor they had no difficulty in living together, but when they became prosperous, strife broke out. Are you deploring the fact that you are poor? Perhaps you ought to thank the Lord instead. It may be saving you from more trouble than you ever dreamed of.

"And Abraham said unto Lot, 'Let there be no strife, I pray thee, between me and thee,' for we be *brethren*."

The devil can't hatch up a very good-sized quarrel when one of the parties has that spirit. If one of your brethren wants to quarrel with you, see to it that you have

enough of the Spirit of the Lord to say, "Let there be *no strife* between us . . . for *we* be brethren."

THE NEXT MEDICAL EVANGELISTIC CLASS

We are constantly receiving applications from those who desire to join the next medical evangelistic class. This begins the first of next July.

The students during the medical evangelistic year are especially engaged in house to house work, bringing the gospel of both soul and body to needy souls. The best illustration of what their work is, can be seen by reading reports of some of the members of the class in this issue.

Those who desire to take further training and are accepted by the board, will be admitted into the second year nurses' class at the end of this one year's course of training. Then they will have experience in bedside nursing and more technical instruction; and the following year they complete the regular three years' nurses' training course.

This is an unparalleled opportunity for those whose hearts are aching for genuine medical missionary experience, and who desire to receive a practical training that will fit them for the same. Write for application blank and full information. Remember this class is only open to those who want to especially dedicate their lives to genuine medical evangelistic work.

A NEW PREMIUM OFFER

There is a new book on health just off the press entitled "How to Live, or Rules for Healthful Living, Based on Modern Science," by Irving Fisher, Professor of Political Economy, Yale University; and Dr. Eugene L. Fisk. Hon. William Howard Taft, formerly president of the United States, has written the foreword, and in fact has edited the entire work.

This book is represented to be the most authoritative epitome thus far available in the great but hitherto neglected realms of individual hygiene. I quote the following from the Preface:

"A sad commentary on the low health ideals which now exist is that to most people the

expression 'to *keep well*,' means no more than *to keep out of a sick bed.*"

This book has a splendid chapter on air, another one on food, another one on poisons, such as those due to constipation, and those due to infected teeth, etc. A chapter on exercise, one on hygiene; a chapter containing the last word on alcohol, and on tobacco. How to avoid colds; signs of the increase of degenerate diseases, etc.

Of the many books that have been written on health recently this book contains more things that are good and praiseworthy, and less that need to be criticised or condemned than any other book that has come to our hands except the book "Ministry of Healing," which naturally covers the field of health from a more general standpoint providing both the spiritual and the physical.

The greatest health experts in the United States have contributed to this book.

By special arrangement with the publishers, we are enabled to offer this book as a premium for *one new subscription* and 25 cents additional. Induce some one to subscribe for THE LIFE BOAT the coming year and receive yourself this most excellent Christmas present; or the book will be sent you for \$1.00. Address THE LIFE BOAT.

A TERRIBLE INFECTION

Several years ago one of our boys ran a rusty pitchfork into his leg and to my mind that spelled tetanus, or lock-jaw, for rusty pitchforks generally have tetanus germs on them. It is a horrible sight to see people die of tetanus. I have had the misfortune to see that several times.

So I rushed a man into Chicago on the first train to purchase some tetanus serum or lock-jaw antitoxin. When it came I didn't say to the boy, "I'll put that up on the shelf. It is a great remedy for lock-jaw. Just keep your eye on it." No, I injected it into his blood. That was where it was needed.

You who read these lines are infected with sin. It is worse than tetanus, or lock-jaw. Christ is the *only* great sin specialist, and His words, when hid in the heart, are a *preventive* against sin. (Psa. 119:11.)

Five hundred years ago people were burned for reading the Bible. The devil doesn't burn

people now for studying the Scriptures. He has found a better way. He gets them so interested in other things that they have no *time* nor *interest* for God's word. In other words, he has *killed* their interest in the Bible instead of killing them, for he knows that if he can only accomplish that, they will be burned up by and by anyway and it saves him the trouble of doing it now.

Go into most homes and look for the Bible and you will find it put away in some corner covered with dust. It doesn't have any thumb marks on it. It is not being Fletcherized and digested, so sin becomes as rampant all through the system as flies do in summer when no one goes after them.

But sin is an awful burden to carry around and the one who is struggling under it will chase after this foolish thing or that, to find a cure for their restlessness. "Ever learning, and *never able* to come to the knowledge of the truth." 2 Tim. 3:7. Learning everything except the thing that is most important. That is, how to get right with God.

We see today all sorts of fads, fancies, higher ethics, and disinfected heathenism from India, fake healing systems, psychotherapy perfumed with religion, and just as sewerage contains much good water but enough poison to *spoil it all*, so these things contain much good; enough to sugar-coat them, but enough devilish poison in them to spoil all. They contain no salvation for the soul.

The whole thing is a trick of the devil, and that is *why* these fads apparently get results. The devil is *back* of them. "As Jannes and Jambres withstood Moses, (they drew down their rods and they became serpents. Ex. 7:12) so do these also *resist* the truth; men of corrupt minds, reprobate concerning the faith." 2 Tim. 3:8.

So in these last days these false teachers fascinate people who are carrying a burden of sin without helping to get *rid* of their sin. Are you trying to *satisfy* your soul with all this rubbish? You will find when you are tested at the great bar of God that it will not stand the searching test of the judgment. Go on your knees and ask God to enlighten your soul. Take your neglected Bible and ask Him to give you His spirit, prayerfully go over its pages and light will begin to burst into your soul.

NEWS HERE AND THERE

The Drs. Percy and Lillian Magan from Madison, Tenn., were welcome visitors recently.

Mrs. J. W. Rhodes, who has been a patient in the sanitarium off and on for a year or more and a warm friend of the LIFE BOAT work, has now returned from a few weeks stay at her home.

Dr. Hattie Schwendener and Mrs. O. M. Galentin of St. Joseph, Mich., have been spending a week at the sanitarium.

Mr. H. A. Collins of Havana, Ill., the "life-annuity man," visited Hinsdale recently.

Dr. D. D. Comstock of Glendale, Cal., who was formerly on the Hinsdale sanitarium staff of physicians, made a brief visit while passing through.

Mrs. L. M. Hall, former matron of the Battle Creek Sanitarium, spent a couple of days visiting old friends in Hinsdale while enroute to Oakland, Cal.

Rev. Walter C. Scott of Naperville, Ill., enjoyed a week's rest in the sanitarium.

Dr. Henry R. Harrower of New York City was among the recent visitors.

Dr. and Mrs. Paulson visited Kankakee on Wednesday, Nov. 10, where Dr. Paulson gave a lecture before the county W. C. T. U.

The annual meeting of the Life Boat Rescue Home Association was held in the sanitarium gymnasium on Tuesday evening. Interesting reports from the workers, special music and an exhibition of the various industries of the Home made the evening both interesting and entertaining.

The sanitarium patients and workers enjoyed recently a stereopticon lecture on nature by Prof. Ralph E. Wager, head of the science department of the State Normal School in DeKalb, Ill.

Mrs. A. C. Woodbury of Beloit, Wis., was a patient in the sanitarium during the month.

Some of the sanitarium workers have been conducting health lectures and demonstrations in the nearby rural school houses during the month.

Dr. Mary Paulson and some of the nurses gave a lecture and demonstrations before the women of the Kirkland Mission, Chicago, recently.

Dr. H. A. Green, superintendent of the Boulder, Colorado, Sanitarium, visited our work in Hinsdale recently.

The Life Boat

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

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

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

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

Single copies, 10 cents.

Yearly subscription, \$1.00.

Special discounts when a number are sent to one address.

EXPIRATIONS

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

CHANGE OF ADDRESS

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

MISTAKES

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

PREMIUMS

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

RATES FOR ADVERTISING

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

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

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

LIFE BOAT MAGAZINE AGENCIES IN CHICAGO

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.
Illinois Tract Society, 3645 Ogden Avenue. Phone, Lawndale 7022.

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 girding 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 shrunk 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.

"I received a copy of the May LIFE BOAT. I read it through. I think it is a very wonderful little encouraging book. I am sorry I am unable to purchase a year's subscription to THE LIFE BOAT.

"I am so thankful to God to hear and learn through THE LIFE BOAT that you good people are taking care of the poor and rescuing the perishing and also taking care of the sick. May God bless you daily is my earnest prayer."

SPECIAL NOTICE

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

"The Flower Queen"

A beautiful 3-page Soprano Solo. List price 50c. Will be sent for 25c to anyone who mentions this paper. Write to Otto Lundell, 310 Unity Bldg., Chicago, Ill.

Have You a Camera?

Let Me Do Your Developing and Printing

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

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

Quick Service Low Prices

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.

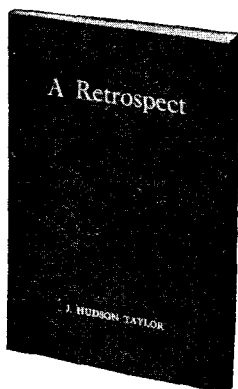
A New Health Garment.

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.

Remarkable Offers in Books and Useful Articles

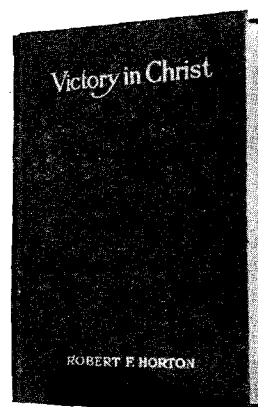
A RETROSPECT



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.

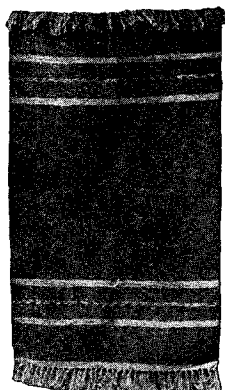
VICTORY IN CHRIST

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

24x52 inches, made from high quality new material which will not fade and is guaranteed to give excellent service, given for only TWO SUBSCRIPTIONS at one dollar each and twenty-five cents extra.



OXFORD TEXT BIBLE

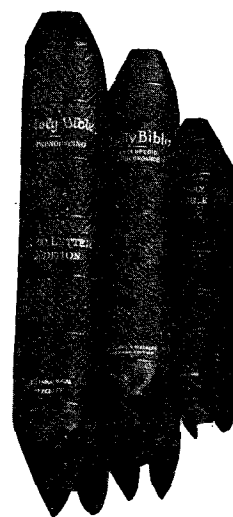
For Two Yearly Subscriptions at one dollar each we offer the Oxford Text Bible, which is just a little larger than the ordinary size pocket Bibles; contains six maps; size $5\frac{1}{4} \times 3\frac{1}{2}$ inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit,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

GENUINE OXFORD TEACHERS' BIBLE

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

RED LETTER TEACHERS' BIBLE

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



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.

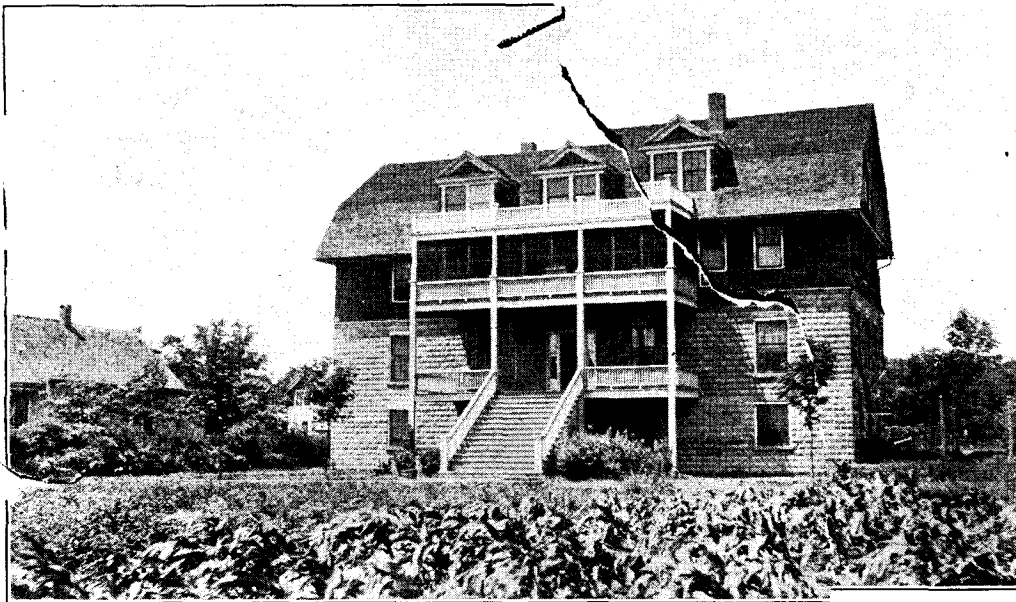
A beautiful gold or silver **WATCH FREE WITH ELEVEN YEARLY SUBSCRIPTIONS AND ONE DOLLAR EXTRA.** This is a seven-jeweled watch, gold filled, with a ten-year guaranteed case and beautiful design. We have placed hundreds of these watches where they are giving the best of satisfaction. You will be pleased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

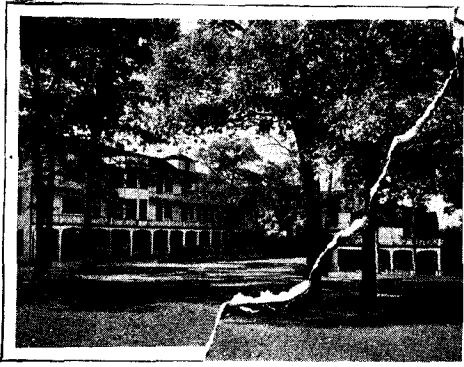
In purchasing these rugs you are not only getting a good bargain, but you are at the same time helping the Life Boat Rescue Home and the young women in the home who make these rugs.

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

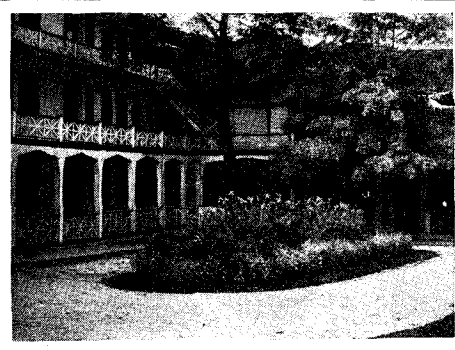
The Hinsdale Sanitarium

Phone
Hinsdale 645

Hinsdale, Ill.

Endowed by Nature Equipped by Science

Do not go abroad for what you have at home. We make 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