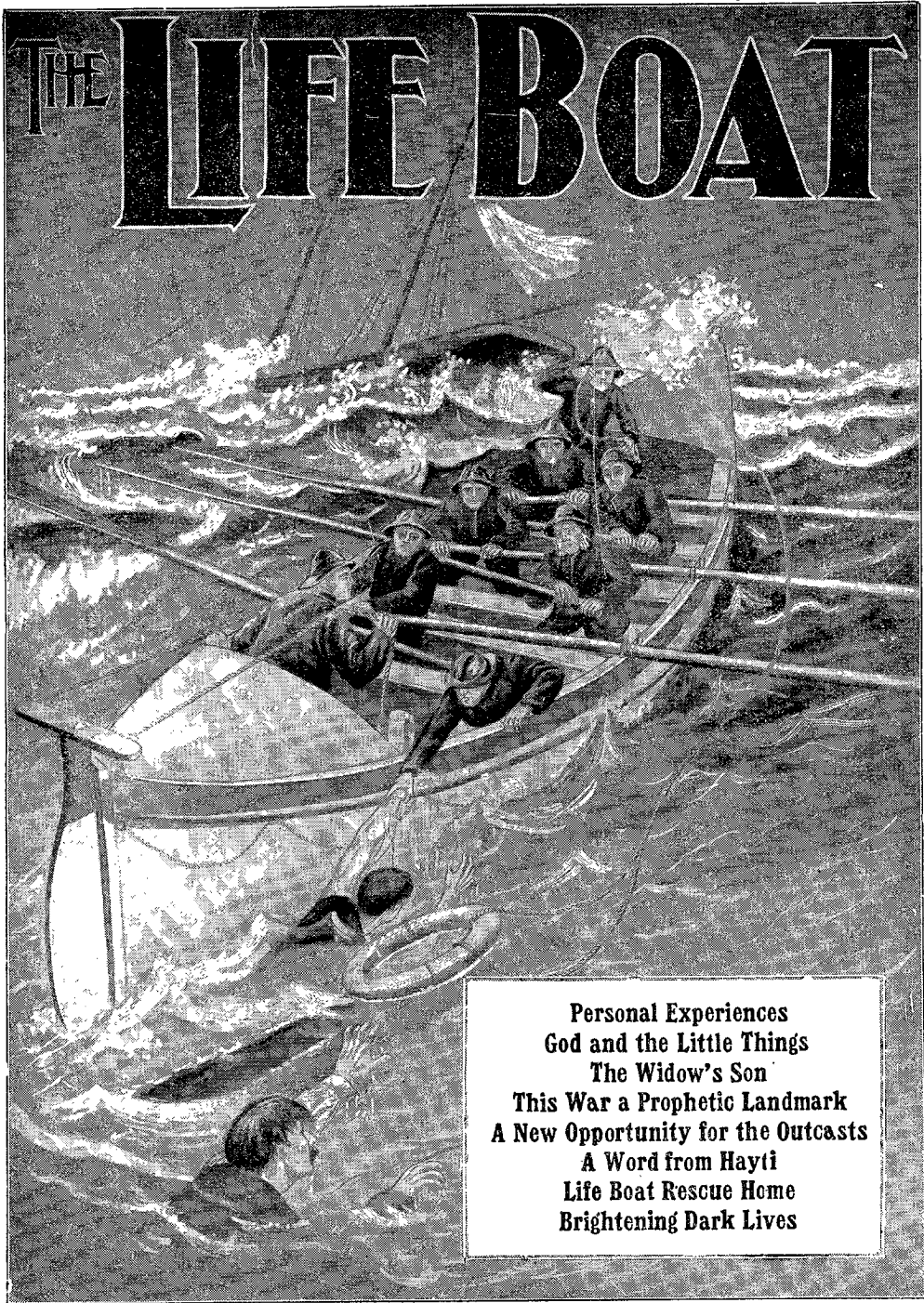


We Wish You A Happy New Year

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The Widow's Son
This War a Prophetic Landmark
A New Opportunity for the Outcasts
A Word from Hayti
Life Boat Rescue Home
Brightening Dark Lives

**Volume Nineteen
Number One**

Windsdale, Ill.

January, 1916

Winter Colds and Spring Fevers—by the Editor



Snow-Bound Sheep

PEARL WAGGONER

Many the sheep who're lost today
Out in the blinding storm,
Far from the Shepherd's fold away,—
Blind to the Shepherd's form.
Yet, of the ones He died to win
Still do they form a part,—
Blinded by storms and lost in sin,
But dear to the Shepherd's heart.

Denser than storm of snow or sleet,—
Bitter, the storms of life;
Hiding the path from wearied feet,
Piercing as sharpened knife.
Oh, what a way to start the year,—
Wandering—cold—and lost!
Who would not show the shelter near
And save them, whate'er the cost?

All whom the Shepherd sought and found,
These would He have to go,
Helping the wandering sheep snow-bound.
And would you a secret know?—
Seeking the lost for His dear sake,
Giving them hope anew,
Swelling the angels' joy, will make
A happy New Year for *you*.



THE LIFEBOAT

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

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Volume XIX.

HINSDALE, ILL.

:: JANUARY, 1916

Number 1

Winter Colds and Spring Fevers

David Paulson, M. D.

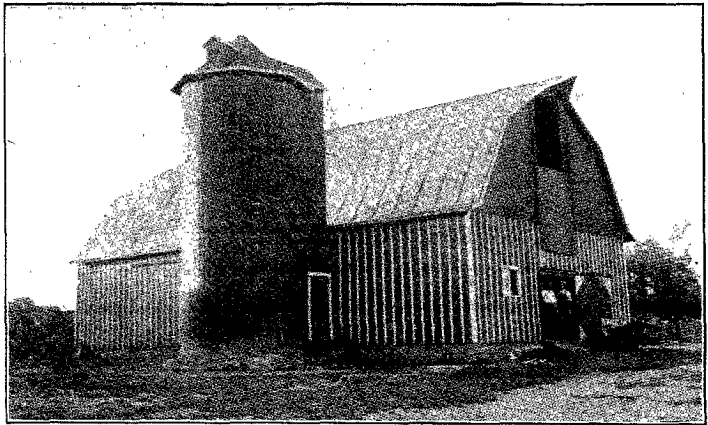
AN excess of indoor climate and too much auto-intoxication are the principal causes for such a surplus of winter colds. But from whence comes that all-gone, run-down, good-for-nothing feeling that steals over so many in late winter and early spring? Can it be avoided? If so, what is the secret?

In regard to old-fashioned scurvy, Dr. Evans, formerly health commissioner for Chicago, writes:

"In scurvy there is a swelling around the eyes, over which the skin has the color of a bruise and a pale face which looks bloated. There are rheumatic pains. The gums swell and the teeth become loose. The breath is offensive. Few people know *this* picture, yet a large part of the population will have 'a touch of scurvy' between now and May. With some it will go no further than repeated spells of bad breath. With others the face will be pale and a little bloated, with dark circles and slight bloats around the eyes. With others there will be patches of skin eruptions."

Dr. Evans adds: "The reason is plain. For several months we have lived on 'hog and

hominy,' or 'what is equivalent to it. Certain *needs* of the system have not been met. In consequence we have gotten a little out of balance. At this season of the year the *yearning* is for *fresh* vegetables and fruits. The greatest yearning is for those fruits and vegetables that are eaten raw."



STORE AWAY IN THE CELLAR SOME GREEN GARDEN TRUCK FOR
THE SAME REASON THE FARMER PUTS INTO HIS SILO
GREEN FODDER FOR THE CATTLE

Green Fodder All Winter

Every farmer knows how much better the stock thrives when taken off dry fodder and fed on green stuff in the spring. So the up-to-date farmer now has a silo so he can supply his cattle with green fodder all winter long and the difference in their condition is simply phenomenal. But that same farmer rarely has

sense enough to appreciate that he and his wife and his children, and the stranger within his gates, would receive *as much* benefit if *they* also could be furnished some green garden stuff during the winter.

It is not necessary to build a silo for this purpose. Good, sound head cabbage with a little care will keep in any cellar. They contain in abundance the very iron that the children's blood is craving. The "iron tonic" from the druggist is more expensive and is a wretchedly poor substitute for nature's kind. In addition, fresh cabbage made into cole slaw is rich in those mysterious "Vitamines" out of which the body manufactures some of its most essential life-giving elements. On this point Dr. Evans, who is now the popular health writer for the *Chicago Tribune*, says:

"This is the season of the year when raw carrots are good for the complexion. Raw carrots, by preventing and curing spring touches of scurvy, may prevent some muddiness, some puffiness, and may cure some spring blotches. Raw vegetables are better than cooked, from the scurvy standpoint."

Carrots vs. Claret

Sir Andrew Clark, the well-known physician, advised an old lady who took her daughter to him, suffering from anemia, to give her claret. Six weeks later the old lady returned with the girl, now rosy-cheeked and healthy. "I am glad she has taken her medicine," said Sir Andrew. "Oh, yes," replied the old lady. "I gave her *plenty* of them. Boiled them and stewed them and gave them to her at every meal." She thought the doctor had ordered *carrots*.

But there are *other* things besides raw cabbage and carrots that will prevent winter scurvy and postpone spring fever. Some one asked, "How can I get through this winter and early spring without skin eruptions, rheumatic pains, puffy face and other signs of a touch of scurvy?"

To which Dr. Evans answered, "The first requisite is to eat fruit for breakfast. Especially should the Southern people *substitute* fruit for some of the meat in their heavy biscuit-steak-waffles breakfasts. Two fruits should be eaten each morning, one raw and one cooked. The best raw fruits are oranges, lemons, grape fruit, pineapples and apples. In

addition cooked apricots, apples, peaches, pears, baked apples or other fruits should be eaten. If apples are not to be had, there is a good substitute, the turnip. Every farmer should go into winter quarters with plenty of turnips. A nice raw turnip is about as palatable to most people as a raw apple."

An Instructive War Object Lesson

The German war cruiser "Kronprinz Wilhelm" started out last year on her death-dealing mission with five hundred substantial, healthy German sailors aboard.

All told, they sent fourteen British vessels to the bottom of the Atlantic Ocean. Each time they replenished their larder from the good things (?) they found on the English ships. They took aboard enough fresh beef to supply each man more than *three pounds* daily for an entire year. In addition, they helped themselves to an abundance of other kinds of flesh foods and plenty of such goodies as sweet cakes, jam, canned vegetables and fine patent process flour, sago, hominy, corn-starch, ship biscuit, etc. Dr. Gray, health writer of the *Chicago Daily News*, in commenting on their subsequent experience says:

"On the theory that well-fed men make alert, hard fighting men, these men were continually well fed. Soon some of them began to complain of swollen ankles. Some fancied insects were crawling over their skin. Others experienced peculiar fibrillar twitchings of certain muscles. Some had pains in the nerves of the legs. Still others had very curious disturbances of vision, hearing, taste, smell and memory."

Directly one hundred and ten of these well-fed (?) men were suffering from beriberi, which is a disease that is second cousin to scurvy. Bear in mind, these five hundred sailors were living aboard a modern, well ventilated vessel, under conditions that were in every respect ideal from a health standpoint, with the exception that they "*ate and drank* damnation to themselves."

Different Names; the Same Disease

Dr. Gray draws the sensible conclusion that for every case of this sickness among these five hundred men aboard that ship, there are *thousands* of people in the *same* condition in

every State in the Union, and why not, when the dietetic conditions are practically *identical*?

He says: "It may not be called *beriberi*, but perhaps neuritis, neuralgia, scurvy, enlarged goiter or some other name, but that doesn't in the least alter the actual condition. The name isn't material." Dr. Gray adds that more than one case of winter itch right here at home assumed to be caused by "too dry air," actually is the result of unbalanced diet and the consequent *acid* condition of the blood.

The so-called "strengthening diet" that so many indulge in at this season of the year favors *autointoxication*; first by the putrefaction of an excess of protein food remnants in the alimentary canal, and second by flooding the blood with acid-forming material which has a natural tendency to produce to a greater or less degree just such a set of symptoms as put out of commission those hundred and ten husky German sailors.

These common winter afflictions are frequently considered mysterious dispensations of Providence, when in reality they are due to a wide departure from nature's program which responds to that divinely appointed law that "Whatsoever a man soweth, *that* shall he also reap." Gal. 6:7. Nature, like her God, "Is no respecter of persons."

The Drug-Drinking Folly

Caffeine is chemically akin to uric acid, so it can by no means improve the well-being of the body. In addition, its persistent use tends to disorder the nervous system and so pave the way for spring fevers. Prof. O'Shea, the noted psychologist of the University of Wisconsin, writes:

"An investigation recently made in a large high school showed that eighty-three per cent of the pupils used tea or coffee, or both, habitually. Many of them confessed they were restless in their sleep, a few said they could hardly get any sleep at all at night. They thought their trouble was due to their having too much to do in school. They are constantly *overstimulated* by alkaloids in tea, coffee and cocoa and consequently are not in a condition to do thoroughly good work in

school. Moreover, they are high strung and irritable.

"It is much the same with tea, coffee and chocolate fiends as it is with whisky fiends. When they get the habit, they can not let go. Why do you encourage your children to form habits which will be as *mill-stones* about their necks?"

Every tea and coffee slave should take earnestly to heart the following words from Dr. Evans, who was the eminent pathologist at Rush Medical College before he became health commissioner of Chicago, so consequently speaks with authority:

"Coffee is a drug. Those who are addicted to its use are drug addicts." And again:

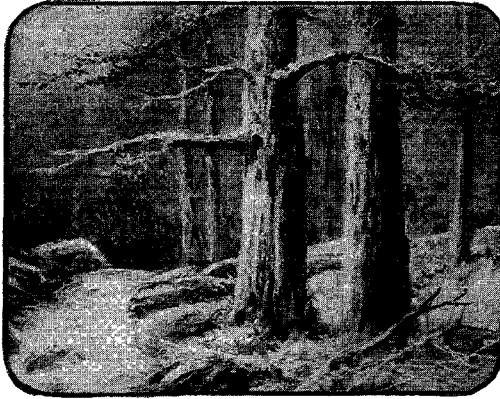
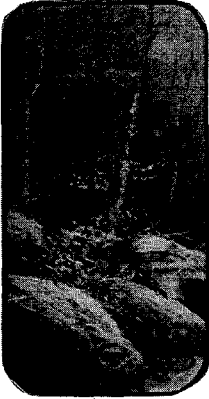
"In order that no misunderstanding may arise, I should say that physiologists regard coffee, tea, tobacco and whisky as *drugs* in the same sense that opium and cocaine are. The craving for tea and that for whisky, the hunger for a cigarette and that for a dose of morphine, are of the same kind. Each comes of an inborn willingness to *cheat* in playing the game of life."

The following sensible words are from Dr. Dixon, Commissioner of Health for the great State of Pennsylvania:

"Neither coffee nor tea are to be considered as food. Both are *stimulants*. As with all other stimulants, there is a continual tendency to over-indulgence. . . . Any stimulus which they give is transitory, for there is a period of *depression* following the use of all stimulants. . . . Hot water or the cambric tea (hot water, whole milk and sugar) of our childhood, is much better."

In Conclusion

It is gratifying to note that, step by step, painstaking modern medical investigations are clearly demonstrating that if we will *eat* and *drink* "To the glory of God," 1 Cor. 10:31, then we can save ourselves some of the most aggravating disorders that at the present time afflict humanity, for it is as true today as of old, "My people are destroyed for *lack of knowledge*." Hos. 4:6. And still others are destroyed because they do not have the moral courage to *live out* the light they have. I want to remind such that those that "Wait upon the Lord shall *renew* their strength." Isa. 40:31.



God and the Little Things of Life

F. W. Paap

Washington, D. C.

[These helpful experiences were related to our family by Pastor Paap, leader of the General Home Missionary Department in this country, on a recent visit to Hinsdale.—Ed.]

WHILE assisting in a summer tent meeting I met a woman who said she would like to have a talk with me, so we sat down together in the tent, and she said:

"I want to tell you I enjoyed what you said with regard to the wonderful facilities that God has provided for carrying forward the work and how ready the angels are to co-operate with us when we coöperate with them."

She said, "I am a nurse. I had been out on a case and just gotten through. It was heavy work, and I had come home to rest. It was seven o'clock in the evening and I had hardly gotten inside when up drove an automobile with two physicians in it and they said they had a very critical case of typhoid fever. The son of a wealthy family. They had told the family there was only one hope for the boy, if they could get me to nurse him. I said, 'Doctor, I can not possibly undertake the case; I *must* have rest.' The doctors went away and told the family, who said, 'Don't let anything stand in the way of her coming. We will give any money she asks.'"

She finally consented, and arrived and started on the case and worked till nearly eleven at night. She was completely exhausted and felt she could not go another step, so she knelt down and prayed the Lord, telling Him she *must* have help. As soon as

she got up she heard the gate click, and up stepped a stately gentleman, and said, "Good evening; is this Mrs. ——?"

She said, "Yes; step in."

He took off his hat and overcoat, and put down his little grip, and said, "I have come to relieve you of your patient for a while, but can only stay two hours, and while I take care of the patient, you take some rest."

So she went to bed and rested for two hours.

He said, "I will call you at one o'clock."

He called her at that time, and she felt much refreshed; and the patient was doing nicely. She went to the door with him and thought she would see which way he went, but he stepped off the steps, and she didn't see which way he went. She was wonderfully refreshed and took care of the patient, and he got well. The change was remarkable. He completely recovered. To this day, if they have anything especially strenuous or critical, those doctors say, "Get Mrs. ——."

Who do you suppose it was that came to her rescue? I believe it was an angel from heaven, and you would have a hard time getting her to believe it was anyone else. God is no respecter of persons and stands ready to help persons in the work ever, if we will coöperate with Him in carrying out His mer-

ciful desires. I am so glad we have such mighty allies in the work we are called to do.

How Prayer Works in the Little Things

Last summer, while attending one of the camp-meetings, a woman came to me and told me an experience that she was passing through. She said she and her husband had been to school the year before. They just got through and did not have a penny left over. They wanted to go to camp-meeting, and both work in the provision stand to pay their way.

She said, "And we worked, and earned a little over our board and room, and my husband needed a hat, so we went down town and bought a hat, and last night we went to the meeting in the big tent, and he took the hat off and left it there in the pavilion, as he had not been using one while attending the meetings, and so forgot all about it. He never thought of it until we got home; then he went back and couldn't find it, and he reported to me and I went and looked and couldn't find it."

She was considerably distressed. It was not a big thing, but under the circumstances meant *much* to them. I said, "Have you *prayed* about it?" She said, "No; that is too little a thing to pray about."

I said, "Well, let's pray anyhow." So we knelt down and told the Lord about it and I went around the camp telling different ones good-bye. I got back there again later in the day, and saw her, and said, "Sister, have you heard anything from the hat yet?"

She said, "Yes."

"Tell me about it."

"Well, after we prayed, I decided to go back and look again. I looked in identically the *same* place where we all had looked before, and there the hat was, and it looked like it had been there all night."

"Oh what peace we often forfeit,

Oh what needless pain we bear,

All because we do not carry

Everything to God in prayer."

I believe prayer in the hand of faith is the key that *unlocks* heaven's treasure house. When the Lord does something for us one way, there are a thousand other ways He could have done it just as easily. The Elder Brother of our race is by the eternal throne of God, working in *our* behalf.

A Modern Example of Elijah's Faith

I was holding some meetings in a certain city, and at the close of one service I referred to Elijah's experience with the widow of Zidon and a dear old sister came up, and said, "I would like to have a talk with you some time."

And I said, "How about now?" So we sat down there in the tent, and she said:

"I want to tell you of an experience we had last winter. I thought of it when you referred to the story of Elijah today and read that text.

"Last winter we were living back in the foothills, and there came on some very bad, stormy weather, and it was such that none of us could get out for two or three weeks. My husband was sick and I was unable to leave. The roads got washed out, so no one could get in to our place. When the storm came up, I had about ten pounds of graham flour in a barrel.

"I did my own baking and always made graham bread. The roads were washed out and things were in bad shape, so I was very sparing in the use of the flour, but it ran out in ten days, and when it ran out, I thought, 'What shall we do?' But I went to reading my Bible and came to this experience of Elijah and this widow, and I told the Lord all about it, just how we were fixed, and asked Him to come to our rescue."

And she went on to tell me in detail about the experience and how for ten days after they had used up all the flour she had in the house, each day she went to the barrel, "And for ten days, every day, I found just enough flour for the baking that day."

I thought that was really a precious experience and it is just exactly what we should expect, so I wasn't surprised. But the striking thing about it was that at the end of that ten days, when the roads got fixed up so people could get to them, and they could get more flour, the barrel dried up. The Lord took care of them while they couldn't do it, but when they could get out and buy their own things, He stopped.

A Quick Response

When I was in California a week ago last Monday, I got a telegram that a sister at a

town twelve miles away was sick, very low, and the doctors had given up all hope. She had pneumonia, with other complications, and asked me, as I had labored in that place and had been her pastor, if I wouldn't get together some of our people and have a season of prayer, and I did so, and we had prayer for her. On Tuesday I went to Riverside, and telephoned and asked how this woman was, and they told me she was much better. She

had taken a turn for the better at the hour we prayed for her the night before.

They said, "Last night, while she was so low, and her temperature was up to 104, and she hadn't spoken for some time, and the doctors were entertaining very grave fears, quite suddenly a change set in for the better and her temperature this morning is down to 99, and she has asked for something to eat." I said in my soul, Praise the Lord.

A New Opportunity for the Outcasts

Caroline Louise Clough

IT'S only a dark basement with steps leading down from the sidewalk to an underground treatment room, but once inside there is welcome and good cheer, not alone for me as I visited it yesterday, but for the many homeless, jobless and friendless men that inhabit the neighborhood;

A Story of Faith and Sacrifice

The story of the founding of this place of healing reveals a faith and a spirit of sacrifice not often found. The proprietor, Mr. Harold Kemp, a nurse from Hot Springs, Ark., was once a man, who, as he said, "was down myself, and I know how



MR. AND MRS. KEMP AND MR. SAMKOFF AT THEIR RIGHT STANDING IN FRONT OF THE ENTRANCE TO THEIR TREATMENT ROOMS

for this one bright spot is in the midst of the slum district on the West Side of Chicago. On the streets everywhere can be seen men whose faces reveal their lost and helpless condition.

these men suffer down here." Mr. and Mrs. Kemp spent about a year in training in the Hinsdale Sanitarium and then single-handed and alone, without any funds, undertook to establish this simple medical missionary

treatment room for needy men. Mr. Kemp started out with only five dollars in his pocket to find a location. He had met Mr. Andrew Paulson, a young man who was just opening up a men's lodging house on Desplaines street. He called on him and told him he had come to put in some treatment rooms.

The young man said, "There is the basement. You can have it without any rent for at least a year."

The mud, slime and filth was about sixteen inches deep on the basement floor. But this condition in no way disheartened Mr. Kemp. He set four men to work and it took them two days to haul the dirt and trash away.

How the Plumbing Was Done

He was asked, "How do you expect to get your plumbing put in?"

His only reply was, "I believe the Lord has set me at this and I know it will be done."

So he went to the plumber of the neighborhood and asked him how much it would cost to put in the necessary plumbing. After looking the situation over the plumber reported that it would take about \$220 without any extra fittings. The plumber then asked how much he could pay down on the job. Mr. Kemp replied, "I can pay you nothing. I know there are going to be treatment rooms here and I want the plumbing done."

The man smiled and said, "I like your nerve." Finally this plumber consented to do it, giving Mr. Kemp six months in which to pay the amount.

How the Lord Got the Lumber

The next thing to be procured was the lumber. After chasing from one lumber company to another each time stating his case he finally found a man big-hearted enough to trust him for the amount of thirty dollars' worth of lumber, and he gave him the best lumber in his lumber yard. When the lumber arrived, the neighbors began to say, "Surely the Lord is working for this man Kemp." With a little help from the men in the neighborhood he put in the partitions.

The next question was, how could he get the painting done. He could not afford

to buy the ordinary white paint that would be necessary. Finally some one told him of cold water paint which was less expensive, so he purchased twelve dollars' worth of it with money that had been given him by some of the Hinsdale workers.

He then started out to find a man who could put on the paint. Going upstairs in the office of the lodging house he saw a man standing there with his arms folded and asked if he wanted work. He said, "Yes." He then asked him what he could do. He said, "I am a painter." He then sent him to the restaurant across the street to get a good dinner, and went without himself as he hadn't the price for two dinners, after which he put the man to work. Thus his painting was done and his treatment room fixed up so he could begin to do good.

He opened this work with special prayer and dedication November 1st. Then the patients began to come.

Helping a Poor Paralytic

One of the first to be helped in this cheery basement was a poor paralytic man who in a dirty and hungry condition met Mr. Kemp on the street and asked him for something to eat. Although at the time living on five-cent dinners himself, while getting his splendid work started, yet Mr. Kemp handed out a nickel to the poor beggar. Later he was welcomed to the basement where kind hands cleaned him up, gave him a treatment and also promised to continue helping him if he would "cut out the booze." He is still receiving treatments in the basement. His stiff rigid muscles are gradually relaxing so that he can use his arms, at the same time his hard heart is being reached with the gospel under the influence of this good place.

Other Men Restored to Health

One man thought he had heart disease and could not live long, but through Mr. Kemp's careful treatment was soon well and strong. I had the pleasure of meeting the wife of this patient and she told me most emphatically of her faith in the treatment and her gratitude for what had been done for her husband.

Another man came in who thought he was suffering from an incurable disease, but

he soon discovered that he had autointoxication. Mr. Kemp's treatments made him over as good as new.

One man came with a big ugly ulcer on his leg. Mr. Kemp told me that already with just a few treatments the sore had begun to heal.

Another man came with a neglected wound over his eye which had become infected and the part was swollen. A few treatments soon cured it up in fine shape. The man went away rejoicing.

"Something Come Over Us Fellows"

A week ago Mr. and Mrs. Kemp felt a burden to start some meetings in their basement room, so they have had meetings there every evening with the result that three of these poor unfortunate men have found the Lord and have been converted. The men are asking day after day for a mission to be started.

An old soldier on the street accosted Mr. Kemp, saying, "Doc, do you know since you folks have been around here there has *something* come over us fellows that we have not had before."

One man came tottering down the steps leading to the basement, with the tears streaming down his face. Mr. Kemp had met him a day or two before on the street. He came down there and stood in the doorway saying:

"Brother, I want you to do something for me."

Mr. Kemp asked him what he wanted.

The man said, "I want to get away from this booze."

"What do you want me to do?"

"I want you to help me."

He invited him in and his wife talked to him about the Lord and how the Lord could help and gave him a Bible study while Mr. Kemp finished a piece of work he was doing. Soon he had to stop and talk with the man. They had a prayer meeting there and the man gave his heart to the Lord and went out and upstairs to the lodging house. The boys asked him how he was getting on. His reply was, "I feel fine. I am a new man." He had had no treatment for his body, but his soul was sick and spiritual treatment was applied.

Mr. Kemp has gone through hardships and privations to get this work started. Not to advantage himself in any way, but to help his poor brothers who are down and suffer as he did once. He told me that for days he had lived on nickel meals which he had gotten in the restaurant across the way and even then had had to borrow the nickel occasionally.

Prospects of a Mission

Now a large room just above this place is available for mission purposes. The rent is given free and Mr. Walen and some of our medical evangelistic students are to-day cleaning up this room and we hope before the week is out to start some live mission meetings for the poor men and women of that district.

When Christ was on earth He spent a great deal of His time in relieving the suffering of the poor outcasts and the sinners that He met in the way, thus setting an example for us. And we know that His blessing will be upon this work as we undertake to help those whom nobody helps and to lift up those whom apparently everybody is keeping down. We ask our readers to remember us in prayer as we undertake this new work.

WARNING THE PEOPLE

LEON SAMKOFF

[Mr. Samkoff, a Russian Jew who has recently been converted and is trying to obey the truths of God's Word, spent the last few months in Hinsdale and is now helping Mr. and Mrs. Kemp in their new work for the outcasts and is also visiting among his people in Chicago. He told the following at a recent missionary meeting at Hinsdale.—Ed.]

I am very glad that the Lord called me to this work. I received many blessings visiting people in their homes and bringing to them the glad tidings of the soon coming of our Saviour. Very many do not want to hear anything about Christ and His coming. They do not want to have books on this subject, they would rather have stories and fiction.

I am not discouraged when people turn me down. I know it will be in the last days when people shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy. (2 Tim. 3:2.)

While visiting in the homes of the people, I found some who were interested in health

and diet reforms. One day on my way home I noticed a little house and felt impressed to call there. In this home I found a Polish lady who had been sick for over a year. I introduced myself and my mission and asked her if she wanted to have Polish books. She refused. I gained entrance in this home, telling her I was doing not only missionary work, but as well medical work. I had prayer with her, and had a good talk, about an hour.

I am looking forward to a big field in the big city of Chicago, where thousands and thousands of men and women are rushing to eternity unsaved. "Pray ye therefore the Lord of the Harvest that He would send forth laborers into the harvest."

PERSONAL EXPERIENCES

MRS. D. K. ABRAMS,
8529 Cottage Grove Ave., Chicago

Again I take my pen in hand to write you about some of the experiences the Lord gives me in His work. One of our customers owed us a bill and he had refused to pay it by saying he did not owe it. So we prayed about it and I took the bill and went to collect, but went *praying*, and as I entered the place of business, I met the man, presented the bill, and said, "I am sure the Lord will bless you if you pay this bill as we need it." Tears came in his eyes and he paid me the money and I thanked him and told him it was in answer to prayer.

His heart was touched. I believe the Lord wanted us to talk to that man about his soul which I did and the Lord only knows what the outcome will be.

I put the money I had collected in a safe place, I supposed, in my pocketbook, and went on down town happy and thanking the Lord for hearing and answering prayer.

I went to Kimball's music house on business and I pulled out of my pocketbook a sheet of music and in so doing the bill fell to the floor and I never missed it till I got over to the bank and then I saw I had lost the money I had collected. Well, I felt very sad and began to pray silently, "Lord help me to find the money." I also asked Jesus to forgive me for my carelessness and to manifest His love to me by answering my prayer. I promised the Lord I would tell it far and near to strengthen the faith of others and I have done so.

Well, while I was praying a voice said to me, "Go back to Kimball's, go back to Kimball's. The girl has found your money." I knew that Voice as I had heard it many a time. It was Jesus, praise His name.

I went right back to Kimball's and the girl had found my money and gave it to me. Then I talked to her and another girl about their souls and gave them some tracts and a LIFE BOAT. One girl said she knew God heard and answered prayer. As I told them how Jesus sent me back there, tears came to their eyes. I believe there were two souls that Jesus wanted me to speak to and He took this way to do it. I know in whom I have believed. I know Jesus does hear and answer prayer.

I came home rejoicing over that which was lost and is found. "If thou canst believe, all things are possible to him that believeth." May this experience, dear readers, strengthen your faith in God and claim the promises of God for yourself.

I corresponded with a man who served a term of years in prison. I did not know if I would ever see him or not, but when his sentence expired he came to see me and we had prayer together. Before we prayed he said to me, "I don't want charity. I want work." And so I said, let us pray about it. We did, and while praying it came to me where to send the man to get work, so I wrote a letter of introduction and sent him over to see the superintendent. The superintendent asked him if he had any money or overalls. He said, "No." And so this superintendent gave him two dollars and went and bought him a pair of overalls and gave him work.

Now this man is making good and I believe he wants to make something of himself. He is an intelligent man. He knows the Lord. He gave his heart to God when in prison. He comes to see me and he gave me a donation for the Harvest Ingathering for Missions. May God bless this man. Pray for him for the Lord has a great work for him to do.

Oh, how I thank God that He ever put it into my heart and mind to correspond with some of the men and women who are behind prison bars. Jesus loves these shut-ins and as often as we do it unto one of the least of them just so often we do it unto Christ. Many of these men and women will be saved in the kingdom.

RESPONSES FROM THE GIRLS

KATE D. SANBORN,
Matron, Life Boat Rescue Home, Hinsdale, Ill.

I think you will enjoy reading a few quotations from recent letters from our girls who have left the Home.

One writes: "I miss the girls already and our worship at night and morning, but I wish all to still remember me in prayer just as if I were there."

Another poor lonely girl writes: "I am getting along all right. I am just doing the way you told me to do that last night sitting on the girls' bed. That is to pray and then trust. I'll never forget your kind words. It makes me

to think how lonely I am and no friend or brother to see. But the Lord sees me and poor baby all alone. I wish I could see you at Christmas. Remember me in your prayers to Jesus. I will think on the Lord, He will help me."

Another girl who is left alone in the world, writes: "I think of you every day, how kind you were to me. Well, I would not know what I would do if I did not have good friends, as my mother has gone back on me, so I am alone in the world. But I have One that I can look up to; it is my Saviour. I hope you will pray for me and I know you will. I was so happy while in the Home. I



ONE OF OUR BABIES WHO IS GROWING UP ON A FARM

lonesome to think I am so far away from you loved ones, but the Lord wants it to be this way, so we have to be satisfied. I would love to spend Christmas with you. I thank you so much for sending me the little Sabbath book. I read it every time I get lonesome and it makes me feel so much better afterward."

One girl who loves the Home writes: "I was so pleased to get your letter; I read it over and over. I often think of you workers. God bless you, you were so nice to me. I am all alone here with baby, and I cry every night

pray for my baby every night and for the Home and you."

Can you not read between the lines and see how these dear girls are reaching out for a helping hand; how their hungry hearts cry out for true friendship?

Thoughts on Friendship

One letter began, "My *dearest* friends." Ideal friendship is one of the deepest needs of the hour. Without Christ in the life it is impossible to be the ideal friend. By our loyalty we must furnish sustenance for these sad and disappointed lives until they have learned

to lean upon the Friend of friends, the "Friend that sticketh closer than a brother."

Some one has said, "It costs to be a friend, or to have a friend. There is nothing else in life except motherhood that costs so much. It not only costs time, affection, strength, patience, love;—some times one must even lay down his life for his friends." You remember Christ said, "Greater love hath no man than this, that a man lay down his life for his friends." Yes, true friendship must have the gift of sacrifice.

Often the small manifestations of friendship are the most appreciated; a look, a smile, a simple kind act or an expression of sympathy. Some one asked Charles Kingsley the secret of his beautiful life. He answered, "I have a friend."

We may well learn a lesson from one of the ancients who desired to have his house by the side of the road and be a friend to every man. It is just as wicked to be miserly with our affections as it is to be miserly with our money. Thousands of people are narrow, exclusive and selfish in their friendships. Toward their own families or a small circle of friends they are devoted, unselfish, loyal and beautiful, but they close the door to the rest of the world. But the ideal friendship will be broad. The ideal friend will be willing to perform the offices of friendship to all.

One of the most beautiful things about Christ's character was his ideal friendliness to man. He was not only a Friend to those of education, culture, of refinement, of power, of high morals, but was just as true a Friend to the poor, the ignorant, the unthankful, the obscure, the disreputable, the outcast and the fallen.

"Be careful to go strewing in and out

Thy way with good deeds, lest it come about

That when thou shalt depart,

No low, lamenting tongue be found to say,
"The world is poorer since thou went'st away."

A LETTER OF APPRECIATION FROM A HOME GIRL

"Perhaps it may be of interest to some of the readers of THE LIFE BOAT to hear from one of the girls from the Home. Being one of the girls there and having had the experi-

ence I can truthfully say it is not only a place where we can get food and shelter but a good Christian home. We have worship in the morning and evening, having prayer, Bible readings and songs and it helps to keep up the good spirit and brings us in touch with our dear Father. We are only four girls now and have two little babies. We also have a dear old lady with us, and with our dear matron who is so kind and loves us as a mother would her daughter, we are a happy family and ought to thank our Father for giving us a Home and the girls surely have reason to appreciate it.

"We try to work together and make things easier for all of us. The nurses we have with us can not get enough praise and we may well ask God to bless them for the good care they give us when we are sick.

"Our matron has lots of patience with us, and we are always ready to go with our troubles to her and she helps cheer us up and prays for us and is always willing to help us in our troubles.

"I will never forget the Home and the days I spent there and it will always be part of my prayer to ask God to bless the Home and its many workers."

BERTHA

ANNA J. DICKINSON

[Word has recently been received that one of our girls who was in the Home some years ago has passed away. Her experience was a most pathetic one, but we shall leave it to Miss Dickinson, the motherly old lady who has been in the Home ever since it was built, to tell the story in her own way, as she has kept in touch with many of the girls and written them encouraging, Christian letters.—Ed.]

There came one day to the door of the Life Boat Home a slender girl, sad and heart-broken. The betrayer had ruined her young life and her step-mother drove her from her father's house. The whole family would have none of her, but God did not forget her.

Through a kind Providence she learned of the Hinsdale Rescue Home, and in her desperation said, "I will apply there. If they refuse me I will seek the city and drown myself in the slime and mire of the great underworld." We need not say she found warm hearts ready to receive her and teach her to know a Saviour's forgiving love. She became a helpful, hopeful inmate of our Home, tenderly cherishing her little one when it came.

Our warm-hearted, motherly matron encouraged her purpose to keep and care for the child rather than to give it up to foster parents. Again a kind Providence helped the poor girl. A good woman in a distant state wrote to our matron saying she would take a girl with her little one into her home. Bertha gladly accepted the kindly offer, finding her services appreciated in a sunny home from early spring until late fall, when she returned to us to make ready to become the wife of a worthy man. Her sweet little girl became at once the pride and pet of the Home.

In due time there was a quiet wedding in a neighboring house, and a wedding dinner in the Home, and rejoicingly we bade the happy couple God-speed as they went from us to make a home of their own.

From time to time we have heard of Bertha's

prosperity. Later, through another dear Home girl, word has come to us that Bertha's health was poor. Still later she was not at all well. But she had the care of a good, kind husband and the joy of reconciliation with members of her family. Her sisters came to help care for her.

A few days ago came the word, "Bertha has passed away. Am sure she died in the Christian hope." Her sisters have taken the dear little girl to love and cherish.

Who shall say what Bertha's fate might have been if God's providence had not brought her to the Life Boat Home? And she is only one of a goodly number saved through its influence.

"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me."

Is This Awful War a Prophetic Landmark?

David Paulson, M. D.

THOUGHTFUL people are beginning to ask themselves, "Is not this war, after all, an awful chapter in God's great book of human affairs?" We dimly discern the *human* plan in this great conflict. Is it possible for us to anticipate what *God* is working out of it? One thing is certain; God's plan, whatever it is, will *prevail*. It *always* does; it *always will*.

Daniel, the inspired prime minister of Persia, saw in advance the conflict that crumbled proud Babylon in the dust. He was shown the clash of arms which brought Medo-Persia to the ascendancy. He saw by divine vision the unfolding of human events that brought Alexander to the front and made Greece a universal world power. He also saw the iron monarchy of Rome arise and crush Greece in its cruel grasp. He then saw Rome divided into ten kingdoms. He was even shown the *last* act in the great drama, the kingdom of God restored in a renovated and regenerated world.

All this can be read in plain English in the book of Daniel. Should we not look for hints in other portions of the Bible that may shed light on this, the most awful conflict that has ever taken place in this old war-stricken and sin-cursed earth?

The Bible outlines a divinely-inspired program that will be carried out in *these* last days. Is it any credit to us who have experts to *forecast* the weather, if we fail absolutely to *discern* the *signs* of the *times* in which we live? (Matt. 16:3.)

Universal Peace Talk but Feverish War Preparation

As was shown in the last article, the Bible predicts that in the *last days* there will be *talk* of universal peace. (Micah 4:1-7.) But at the same time, a delirious *preparation* for universal war. (Joel 3:9-14.) Today, on account of the European conflict, war preparation even in this country is in the very air we breathe. It promises to become the overshadowing question in the National Congress just assembled. It bids fair to become the master issue in the next presidential election. So this war is fulfilling this divine prophecy. Will it yet help to fulfill *other latter day* prophecies?

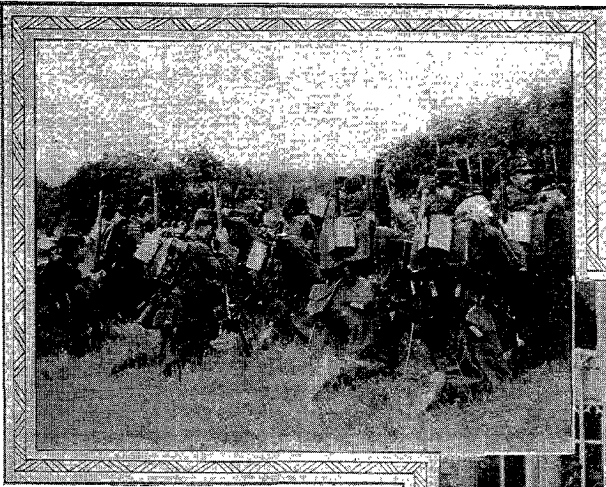
World-Wide Restoration of Religious Persecution

John, the inspired seer, when he was a prisoner on the lonely isle of Patmos, caught a glimpse of what would happen to the *remnant*, or *last end*, of God's true church in this old earth's history. He says, "The dragon (the

devil, Rev. 12:9) was wroth with the woman (the church) and went to make war with the remnant of her seed (the last church), which *keep* the commandments of God and have the Testimony of Jesus Christ." Rev. 12:17. And in the very next verse, Rev. 13:1, he saw "A beast," the earthly representative, to which the dragon gave "His *power*, and his seat, and great authority." 2nd verse. John's attention was directed to this beast until "It was *wounded* to death," and he kept watching the

beast before him, and causeth the earth and them which dwell therein (that is universal) to *worship* the *first* beast, whose deadly wound was healed." 12th verse. And this worship will be drastically *enforced*. "He causeth *all*, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: and that no man might buy or sell (universal boycott) save he that had the mark, or the name of the beast (same religion) or the number of his name." Rev. 13:16-17.

The very next chapter shows this will take place in the last days. There is also an inspired warning against yielding to this revival of false worship in order to avoid its pains and penalties. "If any man worship the



GROUP OF SOLDIERS HIDING A MOMENT BEHIND A CLUMP OF TREES

unfolding of events until "His deadly wound was *healed*; and *all* the world wondered after the beast." 3rd verse.

John observed that out of the mouth of this beast came "*blasphemy* against God." 6th verse.

And what was more, "It was given unto him to make war with the saints, and to *overcome* them." 7th verse.

No student of the Bible and human history has any difficulty in *identifying* this prophetic symbol. But before the end of all things, John saw a *revival* of this power and this persecution so nearly similar that he speaks of it as "An *image* to the beast, which had the wound by a sword, and did live." 14th verse. And this *image* to the beast, it is divinely predicted, "Exerciseth *all* the power of the *first*



TRYING TO SHOOT AN AIRSHIP

beast and his *image*, and receive his *mark* in his forehead, or in his hand, the same shall drink of the wine of the *wrath* of God (the *seven last plagues*), which is poured out without mixture (after probation is closed) into the cup of His indignation." Rev. 14: 9, 10. And in the very next chapter John was given a view of the ultimate outcome. He saw "Them that had gotten the *victory* over the *beast*, and over his *image*, and over his *mark*, and over the *number* of his name, stand on the sea of glass, having the harps

of God. And they sing the song of Moses the servant of God, and the song of the Lamb." Rev. 15:2, 3. If you and I fail to be in that company we have made a total failure of life, no matter how wonderfully our friends *think* we have succeeded.

Too Civilized for Persecution

Two years ago we were told in a most convincing manner that the world had become too civilized to go to war, but instead, we have today the most *uncivilized* war the world has ever seen. Brave men are suffocated with poisonous gases. They are drowned without warning in the depths of the sea like rats. It is conceded on every hand that this is the most *unhuman* war that has ever been fought.

Now the same group of men who are forced to admit that the word of God which predicted "wars and rumors of wars" in the last days, has been fulfilled to the letter; this same group of men also tell us we are too *civilized* to ever have any more religious persecution, but the same inspired Book that told us we were to have war in the last days, *also* predicts that we shall have universal religious persecution in the last days and it remains to be seen whether God's prediction will come true or whether the theories of men will hold or crumble.

When the divine finger points to the hour of God's prophecies and God's great clock strikes, then things always wheel into line and fulfill the inspired prediction, and remember this prophecy will be no exception. Just as certain as God's book is true, something will happen to give *life* to the beast and to his image and then we shall again see the same spirit of persecution as in the Dark Ages, for exactly the same reason we have now on our hands a more inhuman war than ever darkened the shadows of the Dark Ages.

Thoughtful persons who are studying this war intently believe they are beginning to see the parts assembling that will help to fulfill *His* prediction. The world will yet be startled to see the beast's deadly wound fully healed, and when it is healed there will be a *revival* of religious persecution. Those who have kept their eyes open and who make God's book their study will not then be taken unawares any more than this war took them unawares. They were not *surprised*, because they *knew* that God had predicted the spirit of universal

war in the last days, in spite of the universal peace talk.

Next month we will consider other divine predictions that this war may be the means of fulfilling.

A WORD FROM HAYTI

MRS. A. F. PRIEGER,
Cape Haytian, Hayti, W. I.

[Some of our readers will remember the thrilling account of missionary work on the island of Hayti by Pastor A. F. Prieger in the March, 1915, *LIFE BOAT*, which was a report of a talk given before the Hinsdale workers when Pastor and Mrs. Prieger were in this country for a few months' vacation. No doubt many have read in the daily papers of the terrible revolutions in Hayti since that time. However, in spite of the uncertainty of human life these good people have returned to this needy field and we quote the following from a recent letter from Mrs. Prieger.—Ed.]

Eld. Prieger returned to Hayti July 25th. Just then there was very serious trouble here, the president was massacred and the American forces had just taken charge. So the State Department thought best for me to remain in the States, until all was settled. So I took their advice, and I returned two weeks ago. It is so different here now. The streets are being cleaned and the whole island is being renovated. There has been severe fighting out in the interior with the rebels and marines but just recently the rebel chief and eighty of his men were killed and a treaty of peace was fixed up and signed so now we will have rest.

We can get something to eat now, but for six months it was impossible to get sufficient food. People nearly starved to death.

We have started our work again with full force. The native workers are all out in the field and soon the colporteurs will start out and the Y. P. M. V. work will soon be resumed. Two of the societies have already started their meeting.

RELIEVING THE SICK AND SUFFERING

FRANK HALL
Danish West Indies.

[Brother Hall, a native pastor of the West Indies, came up to Hinsdale a couple of years ago to receive a medical missionary training. In a year or so he returned to the Danish West Indies, where he is doing a splendid work today. The following interesting letter was recently received.—Ed.]

Lessons on health principles including hydrotherapy, dietetics and temperance are being given every Monday night in our little chapel. These health talks generally reach such classes

of men and women who are not interested in their soul's salvation. In this way, they come to learn of the better way. Demonstrations of treatments are being given, so that they may know how to perform them without uncertainty for themselves, at their own homes.

All the members of our church are health reformers. If the ministers, physicians and nurses in our churches would live and teach this principle of health reform, all the spiritual members of the family would follow, for example teaches better than precept.

Working under the Great Physician, who went about doing good (Matt. 9:35), a woman whom the doctor gave up on account of blindness is now able to see by the scientific application of hot and cold water administered to the eyes and back of the head. Now she can see even a pin, and is able to do her domestic duties with the utmost ease. I told her not to speak of it, but she is telling all who are interested in her. She is about fifty-five years of age.

When in the Isle of Tortola, a mother brought her little boy, about three years of age, who was suffering from paralysis of both lower limbs. I then gave him a mild current of electricity over the affected parts followed by simple massage. Further instruction for the child's diet and the use of cold water to the spine, hot sand around the lower parts of the body and sea bathing after was carried out and the child is now able to use its limbs.

"Water treatments are not appreciated as they should be and to apply them skillfully requires work that many are unwilling to perform; but none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple treatments. Mothers, especially, should know how to care for their families in both health and sickness. In health and sickness pure water is one of heaven's choicest blessings."

Sufferings are seen on every side, but the day is coming when "the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped." Then shall the lame man leap as an hart, and the tongue of the dumb sing." Isa. 35:5, 6.

The second coming of Christ Jesus will bring total relief for all who love and serve Him.

"DID HE DO THAT FOR ME?"

MISS EDITH STRONG

[This little incident was told at a recent missionary meeting held at the Hinsdale sanitarium, by Miss Strong, who has been leading out in medical evangelistic field work.—Ed.]

Never in my whole life have the days seemed sweeter than they have since I have been in this work, and never have souls seemed more precious to me than now.

A few nights ago I left my territory, where I was working, and on the way to the depot came to a dark street—it seemed like a dark alley to me; it was a cold, windy night and a lot of little children were about, going in and out of the houses, and they looked half-starved and their clothes were so thin. Farther on half a dozen were carrying cabbages from underneath a train where the trainmen had discarded them, purposely or accidentally, and the children had gunny sacks, some of them looked as big as the child itself, in which they carried them. My heart ached for those children as I went to the depot. It made me sick at heart. I felt how little and helpless we were to do anything for that mass of children, and there were so many, I thought, what can I do for so many?

As I sat in the depot, a newsboy was sitting beside me, reading one of those little trashy books, "blood and thunder stories," as the expression is, and I asked him, "What are you reading?" He looked up and said, "Oh, a story." I said, "Wouldn't you like to have something better than that to read that would help you to form a noble, strong character?" And he said, "Yes," and I gave him a LIFE BOAT and turned to something I knew would interest him, and I talked with him of the Saviour and asked if he ever heard of Christ. He said, "No." He was about twelve years old.

I said, "Did you ever have a friend who loved you so dearly as to lay down his life for you?" He said, "No."

"Well, Jesus did that for you. He left his home in glory and came all the way here to seek and save the lost and gave His life for just such children and sinners as we are."

He looked up and said, "Did He do that for me?" His eyes were filled with tears, and I didn't feel near so bad, my heart didn't ache as much as before. I felt that is the way the

work is to be done. It is one by one that we can help and do something for them.

We are exhorted in 2 Tim. 4:2, 3, "Preach the Word; *be instant* in season, out of season; reprove, rebuke, exhort with all long-suffering and doctrine, for the time will come when they will not endure sound doctrine."

THE WIDOW'S SON

MISS D. TYRER,

Member, Medical Evangelistic Class

We have had very many interesting experiences in our jail services this month, but perhaps the most interesting one happened last Sunday.

Before starting out to our work we earnestly sought the Lord to direct us to those who were honest in heart, and we know that He answered our prayers.

As we were singing in one of the corridors between the cells we noticed an old lady come in and peering anxiously around for a moment she went up to one of the cells and between sobs started talking to a young man behind the bars.

Miss Champaign and I went up and talked to her and tried to comfort her, and before she knew it she had told us the whole, sad story.

She was a widow and this man behind the bars was her only son and her only support. He was a slave to the demon drink. He had been born into this slavery, for his father had filled a drunkard's grave. He had tried again and again to stop, but each time had fallen back into the old paths. They lived in one little room on which the rent was past due. She had no money and could get no work and now that her son was locked up, what was to become of her?

I'll tell you our hearts were wrung when this poor little, broken-hearted mother had sobbed out her story. The son himself was in tears. He felt his own weakness. We told him that the Lord was the only One who could ever free him from this awful bondage and make a man out of him again. We told him to get down on his knees and ask the Lord to help him. We gave him a LIFE BOAT and told him we would not forget him in our prayers. His mother gave us her address and we promised to call the next day to see what we could do for her.

The next day, true to our promise, we called at their home, but the landlady told us that she had gone down to try to get her son out of the police station. The landlady then went on to tell us how that this was no uncommon occurrence. In fact, she could scarcely remember when she had seen this man come home sober. She said he had abused and mistreated his dear old mother and still she stuck to him and shielded him and loved him because he was *her* boy.

Like as a Mother

Then I thought of Jesus' love for us and how, no matter how often we drift away or how badly we misuse Him, still He loves and pities us.

We left the house somewhat disappointed and were hurrying down the street to catch a car when our way was suddenly obstructed by a man stopping in front of us. He tipped his hat and then grabbed each of us by the hand, as he said:

"Girls, I recognized you and I simply had to stop you. I felt as though I must tell you how your words impressed me yesterday and how they are sticking by me."

And then we recognized the mother's son that we talked to the day before. He went on to say that he had read our little paper and that nothing had ever touched him so as when we girls acted as though we really were interested in him.

He said, "Girls, I am determined, by the help of God, to be a man once more. I am going to turn over a new leaf—no, I'm going to *tear out* all the old pages and begin a new book today."

We told him not to depend on himself or he would surely fail. He said that although he was weak he knew the Lord was strong. He asked us to pray for him and to call and see them again, and he added, "I'm going to show mother and you girls that I mean what I say this time."

We are making this man a subject of special prayer and are anxiously awaiting results. Dear readers, we need your prayers, too.

Take life as you find it. But don't leave it so.

Troubles, like babies, grow larger by nursing.

BRIGHTENING DARK LIVES

MRS. ETHEL HARRISON,
Member Medical Evangelistic Class

After being away from the work for over two months on account of sickness and death of my father, I was truly glad to return to the class, and take up work in the great city of Chicago with my classmate, Miss Kleidon.

This is without doubt a great field for labor, a field of broken hearts and unhappy homes, because they know so little about trusting in a kind and merciful Heavenly Father who loves and cares for us each day of our lives.

When we stop and think of the enlightened age in which we live and that every one can have a chance to hear and know of God's promises to us, yet it is really surprising that we find many who are willing to learn but are kept in ignorance of the precious word of God.

Two ladies I especially call to mind, they were very poor, did not even have a Bible in their homes. We took them a Bible, and when we had prayed with them we read Mal. 3:16, 17, "They that feared the Lord spake often one to another; and the Lord *hearkened*, and *heard* it, and a book of remembrance was written before him for them that feared the Lord, and that *thought* upon his name. And they shall be mine, saith the Lord of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him." Their countenances were changed and one of them said, "O, it's *good* to study God's word!"

We always try to go and study the Bible with these ladies every week, for they enjoy the studies and want us to come often, as they say they can not understand when they have no one to teach them. We also took them some clothing, for some of them were very poorly clad and they seemed to be so grateful for all the things we gave them, especially the little girl seemed to be so happy, for among the things were some hair ribbons.

In doing this work we can get a faint idea of Christ's mission on earth, and how He helped and cared for suffering humanity.

There is also another poverty-stricken family. We tried to care for the father, mother and four children, the baby being six weeks old. The father had worked only a few days in the past five months.

Thanksgiving day they did not have a bite in their home to eat. We sent them in groceries to last a week or two and prayed that our Heavenly Father would open the way for this man to get work, so he could care for his family. We are surely glad to know this man has been working for over a week now, and we are praying that his position will be permanent. This family seemed to be so grateful for the little we could do for them.

We have many blessed experiences, meeting the different people, but the best of all to know we are doing something for our Master who has done so much for us.

"And the King shall answer and say unto them, Verily I say unto you, inasmuch as ye have done it unto one of the *least* of these my brethren, ye have done it *unto me*." Matt. 25:40.

GREAT PRINCIPLES FROM A GREAT BOOK

DAVID PAULSON, M. D.

For several months we have been introducing the book "Ministry of Healing" to our readers. Every page is filled with choice truths on health, hygiene, wholesome living, and the gospel for soul and body.

We present to our readers another group of gems culled from this mine of truth:

The Dress Problem

"Many a poor girl, for the sake of a stylish gown, has deprived herself of warm underwear, and paid the penalty with her life. Many another, coveting the display and elegance of the rich, has been enticed into paths of dishonesty and shame. Many a home is deprived of comforts, many a man is driven to embezzlement or bankruptcy, to satisfy the extravagant demands of the wife or children. . . . Many a mother with throbbing nerves and trembling fingers toils far into the night to add to her children's clothing ornamentation that contributes nothing to healthfulness, comfort, or real beauty. . . . Almost as soon as they come into the world the children are subjected to fashion's influence. They hear *more* of dress than of their Saviour. They see their mothers consulting the fashion plates more earnestly than the Bible. The display of dress is treated as of greater importance than the *development* of character." p. 290.

Some of our most fashionable fashions

come from Paris, but *where* does Paris get them from? On this point we read on page 291:

"It was the *adversary* of all good who instigated the invention of the ever-changing fashions." It is certainly a trick of the devil to have too much clothing on parts of the body that do not need it, and too little on other portions that especially require abundant clothing.

"The feet and limbs, being remote from the vital organs, should be especially guarded from cold by abundant clothing. It is impossible to have health when the extremities are habitually cold; for if there is too little blood in them there will be too much in other portions of the body. Perfect health requires a perfect circulation; but this can not be had while three or four times as much clothing is worn upon the body, where the vital organs are situated, as upon the feet and limbs." p. 293.

It may require courage to carry out this instruction, but it will be worth your while.

"Let women themselves, instead of struggling to meet the demands of fashion, have the *courage* to dress healthfully and simply. Instead of sinking into a mere household drudge, let the wife and mother take time to read, to keep herself well informed, to be a companion to her husband, and to keep in touch with the developing minds of her children. Let her keep cheerful and buoyant. Instead of spending every moment in endless sewing, make the evening a pleasant social season, a family reunion after the day's duties. Many a man would thus be led to choose the society of his home before that of the clubhouse or the saloon. Many a boy would be kept from the street or the corner grocery. Many a girl would be saved from frivolous, misleading associations." p. 294.

Such a home would be a touch of Eden; a little spot of heaven on earth. Are you building up that kind of home? If not, why not?

Healthful Dietetics

"In order to know what are the best foods we must study God's *original* plan for man's diet. . . . Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator." pp. 295-296.

Those who have been in the habit of eating

green olives which are indigestible and unfit for food should take to heart this statement:

"When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives and it is healing to an inflamed, irritated stomach." p. 298.

Pawlow, the great Russian investigator, discovered that there were different kinds of digestive juices made for different kinds of food. That emphasizes the importance of simplicity. It is brought out in this statement:

"There should not be a great *variety* at any one meal, for this encourages overeating, and causes indigestion. It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal and the vegetables at another." p. 299.

Pawlow also discovered that food that is relished is easily digested. On this point the author states:

"If the food eaten is not relished the body will not be so well nourished." p. 300.

The amazing discoveries made the last few years on the importance of using the grain as God made it, not after it has been injured by some of our modern methods, is brought to light in this statement:

"For use in bread making the superfine white flour is *not* the best. Its use is neither healthful nor economical. Fine flour bread is *lacking* in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions." p. 300.

It is the covering of the grain that contains the various mineral salts and the "Vitamines" that are so indispensable to the health of the body.

The Sweets Curse

Thoughtful physicians are beginning to recognize that the eighty pounds of sugar that is eaten for every man, woman and child in our land is a cause of many of our disorders. We eat thirty pounds of candy per capita.

McCann, in his startling book, "Starving America," calls attention to the fact that this excess of sugar creates an acid condition of

the blood that robs the lime from the bones and even the teeth, to neutralize it. This is the real cause of the defective teeth which candy-eaters invariably have, and the ricketts in children who are fed on excessive sweets and candies. In addition, the candies invariably contain poisonous coloring matter. In reference to this sweet evil we quote the following:

"Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided." p. 302.

Healthful Cookery

The day is not far distant when a knowledge of the art of cookery will be regarded as of greater importance than a knowledge of painting, or of music or any of the so-called fine arts, because it more vitally concerns the health and happiness of the human race. On this subject we quote the following:

"It is a *sacred* duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is *more religion* in a loaf of good bread than many think. There are few really good cooks. Young women think that it is menial to cook and do other kinds of housework, and, for this reason, many girls who marry and have the care of families have little idea of the duties devolving upon a wife and mother.

"Cooking is no mean science, and it is one of the most essential in practical life. It is a science that all women should learn, and it should be taught in a way to benefit the poorer classes. To make food appetizing and at the same time simple and nourishing requires skill; but it can be done. . . . In many places hygienic cooking schools afford opportunity for instruction in this line." p. 302.

How to Secure This Book

"Ministry of Healing" contains 541 pages of just such important truths. It is profusely illustrated. The entire book is dedicated to the relief and blessing of humanity. The author accepted no royalty, the publishers printed it without profit, so that all the earnings might be devoted to the care of the

sick poor. The book sells for \$1.50 and all the profits from the books that we dispose of go directly to our Good Samaritan Inn to help care for poor patients who can not afford to pay for their care and treatment. So if you buy a copy of this book you are not only benefitting yourselves, but you are helping to donate to a most worthy charity.

Patients are constantly appealing to be admitted to the Inn who have nothing to pay. We do not dare to refuse these people. On the other hand, it requires money to care for them. Will you help our Good Samaritan Inn and at the same time help yourself by ordering a copy of this book?

TESTIMONY OF A GOOD SAMARITAN INN PATIENT

The Good Samaritan Inn is a sanitarium for those in moderate circumstances, conducted on a simple plan. The patients pay for just what they get. Occasionally appeals come from those who have no means. We take them in and trust the Lord to make up the deficit. The profits on the splendid book "Ministry of Healing," which can be furnished by THE LIFE BOAT at \$1.50, go to the support of this splendid enterprise. Have you a copy of the book? If not, why not get it? The following letter of appreciation is from a very difficult patient, who was not able to pay a cent toward her cure:

"I am nearly thirty-five years old and have been using the morphin drug for about eighteen years. I tried to get rid of it about four years ago and did not succeed. It made a great coward of me. I was afraid to try again.

"Last year I was going to try and come here but everything interfered with me. I got as far as Chicago and then had to go home. I wrote to one of our sanitariums and I did not receive any answer. I wrote to Dr. Paulson at the same time. The letter was lost and I did not receive an answer from him. I was becoming very discouraged and wrote again and Dr. Paulson wrote me telling me to come. I came almost at once.

"I have been here about five weeks altogether and it has been an awful struggle. I have suffered everything in my life while taking this drug, but it has been nothing but prayer and loving-kindness that has brought

me through. Doctors and nurses have prayed for me, also the members of my home church. It has left me free now to do some work in return for what has been done for me.

"Words fail to express my gratitude for the kindness and help I have received while here."

Since this patient has returned to her home we have received the following from her in a recent letter:

"I am doing fine and am not going to backslide if I can help it and am never going back to morphin as long as I live."

THE ETERNAL STRONGHOLD

CAROLINE LOUISE CLOUGH

I heard an influential woman say recently, "I was not getting out of my church what I *wanted*, so I began to search for something else."

I soon learned that this splendid woman had had her faith in the fundamentals of Christianity undermined. She now believes that the Bible is not inspired, that Christ was a mere narrow-minded man, that there is no God except in nature, and no future life that anybody can depend on.

When I heard this, which, by the way, is being taught in many of our leading universities, I determined to speak a word for the Bible, which has been my Guide in life and source of help in every hour of need. As a result I have gathered up the following strong statements from undisputed sources for your consideration. I beg of you to try it out in your own life, not to prove an argument, but as a humble seeker after truth, and write me the results of the experiment.

"The truth of God is found in *His word*. Those who feel that they must seek elsewhere for present truth need to be converted anew."

"In the Bible *every* duty is made plain. . . . In the Word the science of salvation is plainly revealed. Search the Scriptures; for they are the voice of God speaking to the soul."

Philosophy of Truth vs. Human Philosophy

"Study not the philosophy of man's conjectures, but study the philosophy of Him who is truth. Other literature is of little value when compared with this."

"The word of God, spoken by Christ in the Old and New Testaments, is the bread from heaven; but much that is called science is as

dishes of human invention, adulterated food; it is not the true manna."

"Those who receive and assimilate the Word, making it a part of every action, of every attribute of character, will grow strong in the strength of God. It will be seen that their faith is of heavenly origin. They will not wander into strange paths. Their minds will not turn to a religion of sentimentalism and excitement."

"Let us go to the word of God for guidance. Let us seek for a 'Thus saith the Lord.' . . . Let your hearts be yielded to the power of the Holy Spirit, and they will be made *susceptible* to the teaching of the Word. Then you will be able to discern the deep things of God."

Reform in Bible Study Needed

"Throughout the world there should be a reform in Bible Study; for it is needed now as never before. . . . A knowledge of God and of Jesus Christ 'whom He has sent' is the highest education, and it will cover the earth with its wonderful enlightenment as the waters cover the sea."

An Aid to Other Study

"Let the student take the Bible as His guide, and stand *like a rock* for principle, and he may aspire to any height of attainment."

"Enlightenment always comes with an earnest study of the Word of God. . . . Nothing will so help to give a retentive memory as a study of the Scriptures."

"From the study of the Words of Life, students may come forth with minds expanded, elevated, ennobled. . . . Every intellectual faculty will become quickened."

Results of Neglect

"The reason why the youth, and even those of mature years, are so easily led into temptation and sin, is that they do not study the Word of God and meditate upon it as they should. The lack of firm, decided will-power, which is manifest in life and character, results from their neglect of the sacred instruction of God's Word."

Aid to Christian Life

"If we would live a true Christian life, the conscience must be *quickened* by constant contact with the word of God. . . . We must eat the word of God—make it a part of ourselves."

"The increasing knowledge of Christ that is

gained by a study of the Scriptures, under the teaching of the Holy Spirit, enables the receiver to distinguish between right and wrong in *all* the affairs of life."

"Read the Bible and regard it as the voice of God speaking *directly* to you."

"Satan can never gain advantage of the child of God who *relies* on the word of God as his defense."

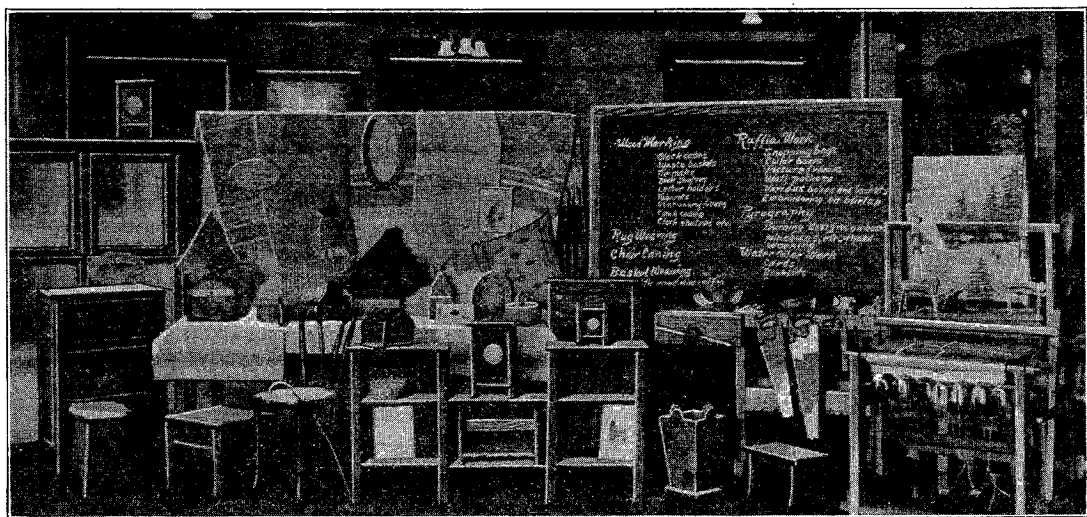
"The Holy Spirit will come to *all* who are begging for the bread of life to give to their neighbors."

"Its *living principles* are as the leaves of the tree of life for the healing of the nations."

THE WORK CURE

DAVID PAULSON, M. D.

When Adam was transferred from his Eden home one of the Lord's prescriptions for him was the work cure. Many of the sons of Adam would be benefited today by the same prescription. When patients are indisposed they are constantly being admonished, "Now, do *rest*," "Be careful you don't overdo," "Now, don't try to work," "Let somebody else help you," until the patients are hypnotized into the belief that they are absolutely useless and good for nothing. The work cure, intelligently supervised, cures all this. It



HANDICRAFT WORK DONE BY THE PATIENTS

"Our convictions need daily to be *re-enforced* by humble, sincere prayer and reading of the Word."

A Testimony to the Word

"I needed help, and I found it in Jesus. Every want was supplied, the hunger of my soul was satisfied; the Bible is to me the revelation of Christ. I believe in Jesus because He is to me a divine Saviour. I believe in the Bible because I have found it to be the voice of God to my soul."

Make a rule, and pray God to help you to keep it, never, if possible, to lie down at night without being able to say, "I have made one human being at least a little happier, or a little better this day."

takes the patients' mind off themselves. It draws the blood away from the congested nerve centers out into the muscles, where it belongs. It gives the patients the satisfaction of feeling that they can yet do something in the world. They forget a group of wretched symptoms and miserable feelings in the joy of construction.

The Hinsdale sanitarium now has a fully established and well-equipped work cure department under the leadership of Professor and Mrs. Colburn, both of whom are teachers and efficient instructors in the various fascinating handicraft arts.

The above illustration shows a few of the many articles that the patients have made in the work cure department the last few weeks.

WISHED SHE COULD DO MORE

"I have been requested by my neighbor to send you one dollar for the work as she can not write in English, also to state that it is all that she can do just now, but will try to do more later on. She felt deeply because it was so little.

"I wish you could have seen her when my wife read out loud the letter you sent her (she brought it over for us to read); the tears rolled down her cheeks and she remarked, 'Oh, how I wish I could do more.'

"Our sincerest prayers go out to God for you and the great and noble work you are doing. May His richest blessing attend all your efforts."

A THANK OFFERING FROM A PRISONER

The following letter was received from an inmate of the Indiana State prison and a little later there came a check for ten dollars for the Life Boat Rescue Home.

"Your welcome letter was received and I was glad to hear from you again. I received the little leaflet that you sent and you may be sure I read it through many times. I think the little leaflet tells a beautiful story and I have gotten a good lesson from it and thank you very much for sending it to me. I thank you with all my heart for the kindness that you are showing me while I am in prison and when I get free from prison I shall not forget the good you have done for me.

"I read the story about the little ones at the Home and think it is just fine. The picture, showing the wheelbarrow load of babies looked just all right. I would like to help in this good work if it was so I could. I shall try and send some money for Christmas if I can, and you may use the money in the best way you see fit."

A WELCOME LETTER

"Enclosed you should find check for the sum of fifteen dollars. I understand some of your nurses labor among the poor in the city of Chicago, and I am sending this little offering to help supply food and clothing to some of the destitute in that great city.

"I am seeking to live in harmony with Isaiah 58:7, and the few hundred dollars I called my own are mine no longer, for I have consecrated all to the Lord, and now what I had is being given to carry the gospel to those who sit in darkness, and to supply bread to the hungry and clothing to the naked.

"I am so glad to do this for the sake of my dear Lord and Master, and my faith lays hold of and claims His precious promise in Isa. 58:8-11. I know now it is more blessed to give than to receive, and to give *all*, too.

"May the Lord continue to bless you and your faithful co-workers. And may this little offering bring comfort and cheer to some poor souls in need is my earnest prayer."

BROUGHT A TIMELY MESSAGE

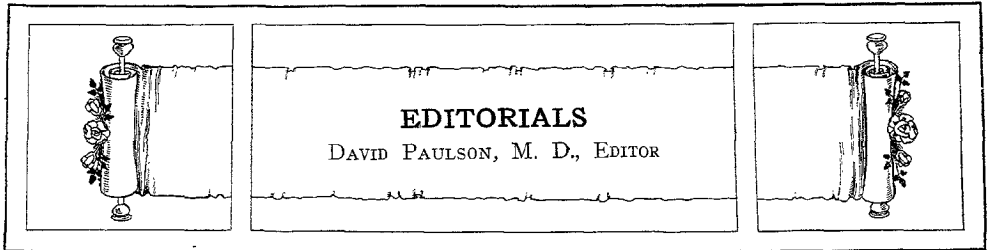
"I want to thank you personally for the copy of THE LIFE BOAT you sent. It contained a special message to me for the hour. That was in the article from the pen of Eld. R. C. Porter. We have been asked to locate at New Orleans, and I was tempted to think of the climate and circumstances almost apart from God, but this article led me to view that call and all that will be connected with it from God's standpoint. It hides the natural dangers and difficulties. The magazine is filled with many good things, but this one came home to me at the right time. I intend to send in my subscription for the magazine soon."

A PROFITABLE THANKSGIVING

"Herewith I enclose \$2.79 as a Thanksgiving offering. I was invited to a Thanksgiving dinner, but instead I picked corn for one of our neighbors, and I am sure I enjoyed the dinner I got there better than I would at the other place, as my appetite is always the best when I work. I picked sixty-two bushels at five cents a bushel, amounting to \$3.10. The tithe being thirty-one cents, leaving \$2.79 to be used as you see best. I feel thankful for spending that day as I did.

"I enjoy the monthly visits of THE LIFE BOAT. It is the best paper I ever read. Would not be without it, as it always comes loaded with food for my poor soul."

He that seeks even the highest good for himself alone shall be disappointed.



A HAPPY NEW YEAR

On the very face of it what a mockery it is to say, this year, "I wish you a Happy New Year," when half of the world is plunged into turmoil and trouble and anguish with many indications that the other half may soon be similarly situated. Christ Himself said that in the world we are to have *tribulation* but be of *good cheer*. The man who has learned that *all* things work together *for good* to them that love the Lord has acquired the secret of how to have happiness *within* although there is trouble *without*.

If you know nothing of this by personal experience, you have so far missed the larger half of life, no matter how much prosperity and other outward blessings you have enjoyed, for if you should lose these then you would have nothing to fall back upon. When you reach the end of the journey and face eternity, *what* have you then? So make your calling and election sure. Learn how to have that peace that passeth all understanding. Make that your first business at the very beginning of this year.

THE NEXT PRISONER'S LIFE BOAT

Almost ever since THE LIFE BOAT was first launched on its errand of mercy and salvation we have issued special prisoners' numbers annually. The Lord has blessed these efforts to the salvation of perishing souls. He has put it in the hearts of His children all over the world to help to make this possible so that a multitude have become *partners* in this enterprise and have *shared* in its blessings, and will meet the fruit of it over on the other shore.

There are thousands in prison who thought they were too busy to consider the claims of the gospel when they were free men. Now, with hopes crushed, hearts humbled and

chastened they are *ready* to receive the gospel of peace and they *are* receiving it. God's kingdom will be partly made up of those who have been imprisoned here below. "Publicans and harlots will go into the kingdom of God before you."

Christ identified Himself with *these*, for He said, "I was *in prison*, and ye came unto me." But we have no record that Christ personally spent even one whole day in prison. What does He mean? He explains it, "Verily I say unto you, inasmuch as ye have done unto one of the *least* of these my brethren, ye have done it *unto me*." Matt. 25:40.

Begin to get ready to help us make this the greatest, grandest and most extensive LIFE BOAT distribution we have ever undertaken.

OUR MIDWINTER CONVENTION

When this LIFE BOAT reaches the majority of our readers, we shall be in the midst of the most important convention we have ever had. Times are more critical, our work is further developed, our responsibilities are greater, our need for divine guidance is more apparent and so this will unquestionably be an occasion that will be especially blessed of the Lord.

In the next LIFE BOAT we will try to pass on to our readers some of the good things the Lord will give us on this special occasion.

SUBSCRIBE AND GET SUBSCRIBERS

New subscriptions are pouring in upon us. THE LIFE BOAT is being appreciated. Be sure to renew your own subscription and ask others to subscribe. No other magazine covers the field of THE LIFE BOAT. Every month the health question is considered from a practical standpoint. Vital godliness is proclaimed. Interesting and inspiring experiences are re-

corded. A glorious message of rescue from sin and of forgiveness and pardon is preached in its columns.

If you think it is a good piece of missionary work to invite others to subscribe for this do so, at the same time you will be earning some splendid premiums which will be a joy and rejoicing to your own heart.

THE NEXT MEDICAL EVANGELISTIC CLASS

Almost every mail brings us inquiries from young people in all parts of the country concerning opportunities for medical missionary training at Hinsdale. To such we would say the next class begins July 1st, but applications are already being acted upon. Send for full information.

The Hinsdale plan in brief is this: The *first year*, or "the medical evangelistic year" is largely devoted to active aggressive medical evangelistic efforts at the same time the course of instruction is practically equivalent to the ordinary first year's nurses' course only there is more Bible instruction given and practical things are taught so as to help the students to be of use to the people with whom they come in contact.

During this first year the students learn *how* to approach people and to reach them with the gospel. They lose the fear of men. They learn how to pray, to get answers to their prayers; they learn how to recognize divine guidance. Every student who has already taken this year's work has been grateful to God for such opportunity.

Then those who desire to do so and are accepted are admitted into the *second year's* nurses' course and receive actual bedside training and more technical instruction, and the following year into the *third year* and then they graduate from the full-fledged three years' nurses' course.

The students who are taking the medical evangelistic course this year have so far been entirely self-supporting. God has especially helped them and blessed them. This seems almost incredible, but it is so. If people *follow* the pillar of cloud they still find the manna. It is the people who are wandering way off from the pillar of cloud who are having a hard time to meet their expenses.

OPPORTUNITIES FOR PREPARATION AT HINSDALE

Young people can come here to take the one year medical evangelistic course and be fitted for practical medical missionary work and later graduate from the full-fledged three years' training course recognized by the New York State Board of Regents. In addition, young people who have been deprived of an early education, or who do not have the money to take a regular course in school can come here and work in the domestic departments earning their way and at the same time having splendid preparatory educational opportunities.

Twenty-five young people in our various departments are enjoying these privileges this winter. There is no vacation to this course. Its classes run twelve months a year. The instruction is of the very highest grade, given by teachers of the highest order. These students are self-supporting and appreciate their marvelous opportunities.

In addition we are now laying plans to create such additional educational opportunities that suitable people can come here for a *month's* preparation, or *six months' practical* medical missionary preparation. We will impart to them what we can in the time they have at their disposal. We will give short courses in hydrotherapy, cookery, dietetics, and teach them how to open the Bible in an interesting and helpful manner to the people, and how to give instruction on practical health subjects, etc.

Such opportunities will be particularly valuable to married couples who are beginning to believe that they have bigger business in the world than merely just camping around and making themselves comfortable. We want to help those who want to make themselves more useful in their communities, or go elsewhere and do a larger work for the Lord. Our opportunities at present to receive such, are necessarily limited, but as God enlarges our work, we shall be enabled to do more and more of this kind of work. We are asking the Lord to make Hinsdale an open door of missionary opportunity to those whose hearts are *hungry* for a preparation for active aggressive work for the Master.

THE VALLEY OF ACHOR

Achan was a weak brother and as a consequence he brought trouble upon the whole camp of Israel. Turn to Joshua the seventh chapter and read the entire interesting story. He was finally stoned in the valley of Achor (26th verse), or, in other words, the "Valley of Trouble."

Seven hundred years afterwards, Hosea, speaking of God's backslidden children, says "Behold, I will allure her, and bring her into the wilderness, and speak to *her heart* (margin), and I will give her vineyards *from thence*, and the valley of Achor for a *door of hope*; and she shall *sing there*, as in the days of her youth." Hosea, 2:14, 15.

Some of you who shall read these words are camping in the valley of Achor. You are surrounded with trouble. Just remember that God intends all that to be a *door of hope for you*, an introduction to some wonderful experience if you will only let the Lord have His way. The rich parents of so many sons too often see to it that they have no hardship and so they generally amount to nothing. Hardship is an ingredient that God *always* puts into *every* great character.

When the children of Israel were thirsty they came to a place where the water was so *bitter* they could not drink it. They murmured. But Moses had good sense and so he did what we may do, he "Cried unto the Lord." Ex. 15:25. Then the thing happened to him that will *always* happen to us. The Lord showed him a tree which when he had cast it into the waters, the waters were made *sweet*.

When you are brought to bitter water, you may have the satisfaction of sweetening it up so that that valley of Achor can become a door of hope to you. I will suggest two or three verses that will *always* sweeten bitter water. I know it because I have *tried* them.

The first one is in Psalms 76:10. "Surely the wrath of man shall *praise thee*; the *remainder* of wrath shalt thou *restrain*." Sometimes wicked men work up some devilish scheme to make trouble for us. Remember they can't make us any more trouble than the Lord *permits*. The remainder He will *restrain*. We want to restrain it a little before that, but that is too early. We haven't camped long enough in the valley of Achor

to appreciate that it is really a door of hope. God will not let anyone exercise any more wrath towards you than is *good* for you. So don't let the trouble that you are passing through give you nervous prostration. Instead it will prove a door of hope to a larger and richer experience.

If this verse does not help you *out* of the valley of Achor, try Romans 8:28. "*All things* work together for *good* to them that love God."

I grew up on a farm in the distant west. When I was eighteen years old I was stricken down with diphtheria and was dying and knew I wasn't prepared to die. I begged God to raise me up and promised Him I would dedicate my life to His service. God changed that curse of sickness into a blessing and I was again restored to health. That illness which was such a valley of Achor proved to be a door of hope.

When you can't *understand* why you have to pass through such a severe course of discipline, turn to your Bible and read:

"Now, at the time, discipline seems to be a matter not for joy, but for *grief*; let it afterwards *yields* to those who have passed through its *training* a result full of peace—namely, righteousness." Heb. 12:11. Modern speech. A cold spray never feels good. It is the *reaction* that comes afterward that makes us feel good.

Nevertheless, like corn, it yields a good crop. Some of you who are reading these lines may be taking a post graduate course in the school of discipline. You didn't *finish* all the grades when you took the course before, so remember if you are camping in the valley of Achor, the next thing to look for is the door of hope. If you haven't found it yet, ask God to show it to you. *It is there*.

SOMETHING BETTER THAN SOCIAL PURITY TALKS

The saddest part of the *last* chapter of the long record of the children of Israel's wilderness wandering is recorded in Num. 25 and is introduced by these words:

"And the people began to commit *whoredom* with the daughters of Moab."

The king of Moab had hired Balaam to come and curse Israel, but he made a dismal failure of it. In fact he was compelled

to *bless* them. Then a devilish thought came to him and he suggested to the Moabites that they arrange a great feast and invite to it the children of Israel. (Num. 31:16.) And the Moabites "called the people unto the sacrifices of their gods; and the people did *eat*, and bowed down to their gods." Num. 25:2.

Paul adds another interesting item. He says "The people sat down to *eat* and to *drink*, and rose up to *sport*." 1 Cor. 10:7. (Syriac translation.) Observe that wicked eating and drinking *preceded* the subsequent devilish practices, for the grossest *immorality* was mingled with the worship of this heathen deity.

How does this story concern *us* who are living in this enlightened age? Very much indeed. Paul, commenting on this and similar incidents, says, "All these things which befell them were for an example *to us*; and they are written for our instruction, on whom the *end* of the world hath come." 1 Cor. 10:11, Syriac translation. "Wherefore, let him who *thinketh* he *standeth*, beware lest he *fall*." 12th verse.

Paul furthermore says that "Every man that striveth in the games exerciseth *self-control* in *all things*." 1 Cor. 9:25, Rev. Ver. And he adds: "I keep under my body, and bring it *into subjection*; lest that by any means, when I have preached to others, I myself should be a *castaway* (or an outcast)." 27th verse.

I have seen a piece of tobacco less than an inch square lead a big broad-shouldered man around like chickens chasing after corn. That man knew nothing about *self-mastery*.

Out-breaking sins do not happen all at once. It takes *time* to bring down an individual from high and holy ideals until he lays in the dust. Some demoralizing process is going on in that man's mind. The open sin is the last chapter in his experience.

The Roots of Immorality

I have been asked a hundred times to give social purity talks. I have always refused because social purity work generally speaking is only *symptomatic*. It does not lay the axe to the root. What are some of the roots?

First, *the moving picture* shows are familiarizing children to scenes of iniquity, vice and sin so that it ceases to be exceedingly sinful

because of intimate familiarity with it. At least half the things shown in the ordinary *theaters* have a cheap flavor to them. They are bankrupting and demoralizing the mind. More than half the *novels* produced today are moral junk. They smell as if they had been dipped in moral sewerage. The young who are storing their brains with slush, slime and rubbish *can not* sweat out high and holy ideals. He who feeds his mind on filth can not keep his soul disinfected. My Bible says, "Touch *not* the *unclean* thing." There is natural depravity in every human heart. That is why every man daily needs to have a dose of moral *antitoxin* administered to him.

Furthermore he who indulges his appetite day by day for the things that are injurious to his health simply because he *likes* them, is in a fair way to yield to every wicked passion that the devil may plant in his soul. Health reform goes hand in hand with all other reformatory ideals. He who backslides in eating and drinking is paving the way for moral backsliding. The man who does not know how to *eat* or *drink* "To the *glory* of God" (1 Cor. 10:31) has yet to learn the *first* lesson in keeping under his body, and the *last* chapter of that is to become an *outcast*. If we want to live in heaven by and by, we must have some of the heavenly atmosphere in our souls here.

The True Remedy

"Wherewithal shall a young man *cleanse* his way? By taking heed thereto according to *Thy word*." Psal. 119:9. David says furthermore, "Thy word have I hid in *mine heart* (Not upon the bookshelf) that I *might not* sin against Thee." Psal. 119:11. The soul *needs* the word of God for the same reason the plant needs to be periodically watered.

As a physician I know better than some other folks how near multitudes are to the *same* ragged edge that the children of Israel were when they were camping on the borders of the promised land. Each one of us ought to constitute ourselves a committee of one to help to establish others on high and holy ideals.

"Please find enclosed one dollar to pay for another year's subscription to THE LIFE BOAT. I do not want to miss its arrival. I have taken it since 1897, never missed it once."

MORE FOOT AND MOUTH DISEASE AGAIN

It cost about ten million dollars to eradicate the epidemic of foot and mouth disease last year, and the dairy interests congratulated themselves that it had been done effectually; but this past summer it has again broken out in Illinois and in other parts of the country. Some of the very finest, high bred dairy herds in the vicinity of Chicago have been infected. Some of them have been slaughtered, others have resisted it by securing injunctions restraining the inspector from slaughtering their animals. More than 11,000 head of cattle have been slaughtered in Illinois alone. The week preceding October 2nd nineteen additional herds were infected.

In Europe, hoof and mouth disease has secured such a foot-hold that the government has entirely given up any hope of ever stamping it out. It is said that the hoof and mouth disease infects about one-seventh of all the dairy herds in Europe each year. The day may not be far distant when we shall have a similar situation here.

The increase of disease in the animal creation is the most telling argument in favor of a non-flesh diet. There is more nourishment in a pound of corn than there is in a pound of meat. The same is true of wheat. The sensible thing is to get our nourishment first-hand from nature, instead of second-hand in the form of flesh foods, especially when it takes seven or eight pounds of good corn to get one pound of meat that may be more or less tainted with disease.

The old notion that there is something especially strengthening in flesh food has long since been exploded. Real strength and endurance can be gotten better from natural foods than from flesh foods. The waste products from flesh are an additional task on the eliminating organs. They decompose more readily in the alimentary canal, and thus favor auto-intoxication. Every sensible doctor advises rheumatism, high blood pressure cases, those suffering from Bright's disease, and fevers, to discontinue the use of meat. Why not do the same five years before any of these diseases come and then perhaps they will not come at all.

WHAT IS BEING RECORDED FOR YOU?

"A young man was going down as fast as it was possible for a man to go, through strong drink. His friends had pleaded with him, but he had taken their warnings as an insult.

"One of them, who was a court stenographer, was sitting in a restaurant one evening, when the young man in question came in with a companion, and sat down at the table next to him with his back to him, and not seeing him. He was just drunk enough to talkative about his private affairs, and on the impulse of the moment the stenographer pulled out his notebook and took a full shorthand report of every word he said.

"It was the usual maudlin folly of a young man with his brain muddled by drink, and included a number of highly candid details of his daily life—things which, when he was sober, he would as soon have thought of putting his hand in the fire as of speaking about to a casual acquaintance.

"The next morning the stenographer copied the whole thing neatly, and sent it round to his office. In less than ten minutes he came tearing in with, 'What is this, anyhow?' 'It's a stenographic report of your monologue at the restaurant last evening,' his friend replied, and gave him a brief explanation. 'Did I really talk like that?' he asked faintly. 'I assure you it is an absolutely *verbatim* report,' was the reply. He turned pale and walked out. He never drank another drop."

This instance, copied from the *Herald and Presbyter*, is a striking illustration of what is taking place daily in your life and mine. In Mal., 3:16, we have the words: "And the Lord hearkened, and heard it, and a book of remembrance was written before Him." Then in Rev., 20:12, "The books were *opened* . . . and the dead were judged out of those things which were *written* in the books, according to their works." Christ tells us in Matt., 12:36, "That every idle word that men shall speak, they shall give account thereof in the day of judgment."

Every day the record of our lives is being carried heavenward and whether we will or not we must face it and render an account. We may, like the young drunkard, stand aghast at the report but *then* it will be too late to reform, as he did.

The Life Boat

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

The Life Boat is published at Hinsdale, Ill., by the Workmen'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.

NEWS HERE AND THERE

F. W. Paap of Washington, D. C., called while on his return from attending a council in Los Angeles, Cal.

Mr. H. H. Todd, manager of the Tri-City Sanitarium, Moline, Ill., visited us recently.

Dr. L. H. Wolfson is spending the month in California, where he was called on business.

Dr. Mary Paulson is enjoying a few weeks' vacation with friends in Michigan.

Mrs. A. B. Gray returned missionary from Nanking, China, is a patient at the sanitarium. The account of her experiences in working for the Chinese women was interesting.

Dr. M. R. McGuffin of Joliet, Ill., spent a week at Hinsdale recently.

Prof. S. G. Burley of Harvey, N. D., was also a welcome visitor during the month.

Prof. Arthur W. Spaulding of Hendersonville, N. C., and Mr. M. E. Johnston of Eufola, N. C., were among the recent visitors, and Prof. Spaulding gave a most interesting stereopticon lecture entitled "The Men of the Mountains."

Prof. A. W. Kelley of Milton, Wis., is among the recent arrivals.

Dr. Mary Dodds, who for many years was head of the Hydropathic Sanitarium in St. Louis, Mo., is spending a few days at Hinsdale.

Miss Florence B. Dufur, superintendent of nurses of the Madison, Wis., Sanitarium, and Mrs. C. H. Mikkelsen, matron, visited the work in Hinsdale recently.

Mrs. Leaton Irwin and daughter, Winnifred, of Quincy, Ill., are among the recent arrivals.

Mr. C. A. Long, head gentleman nurse of the Boulder, Colorado, Sanitarium, spent a few days in Hinsdale recently.

Judge Jesse Arthur and wife and daughter of Battle Creek, Mich., spent their Thanksgiving in Hinsdale.

One of the features of the month at Hinsdale was a Harvest Ingathering service held in the sanitarium gymnasium in the interest of foreign missions. A program by the children and also a short stereopticon lecture on foreign lands by Dr. Paulson was rendered.

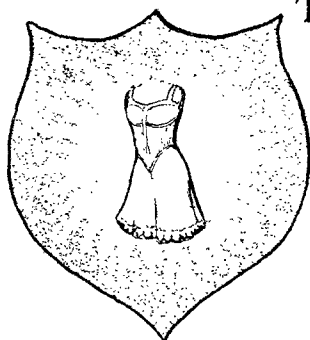
Miss Marguerite Mason, a senior nurse, left recently for a brief vacation at her home in Bellefontaine, Ohio.

Last week Miss Mina Amundson, a senior nurse, was called to her home in Minnesota on account of sickness.

Miss Delight Cemer is enjoying a few weeks' vacation at her home in Indiana.

Mr. Robert Stapp, who has been away attending school, has now returned.

Pastor A. G. Daniells and wife of Washington, D. C., who have recently returned from a missionary trip around the world, visited the institution on Friday, December 3. Pastor Daniells gave a stereopticon lecture illustrating his trip on Friday evening.



The PATRICIA

A SHIELD TO HEALTH

The PATRICIA GARMENT 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 buttonholes. 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 from 32 to 42 bust measure, made from the very best of materials and carefully shrunken before making. Write for further particulars and prices.

Address **THE PATRICIA GARMENT CO.**
HINSDALE, ILL.

WHAT WOMEN SAY OF THE PATRICIA

"I received the PATRICIA and think it is just the garment for health."

"I wish I might have the pen of a ready writer to express my appreciation of the PATRICIA garment. I simply will never be without it. It is absolutely all I could wish in every way.

"For comfort, style, saving of time in dressing,

saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without them."

"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."

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

WANTED

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

SPECIAL NOTICE

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

Waterbury Specialty Co., Pomona, Cal.

"The 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.

Excelsior Treatment Rooms

Sanitarium treatments such as electric light bath, shampoo, salt glow, shower and massage are given by an experienced attendant, at 34 South Desplains St., Chicago. Mr. Harold Kemp, the proprietor, is ready to answer any call for help day or night.

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.

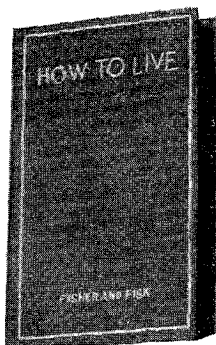
Quick Service Low Prices

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
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NEW PREMIUM OFFERS

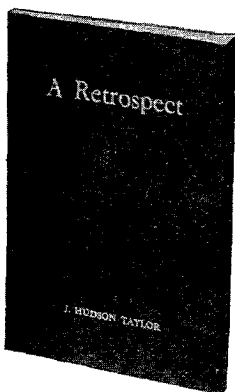
"How to Live, or Rules for Healthful Living, Based on Modern Science"



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. We 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, and how to avoid colds; signs of the increase of degenerate diseases, etc. 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 this most excellent book.

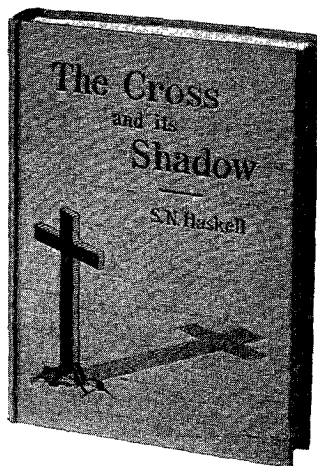
The Cross and Its Shadow

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



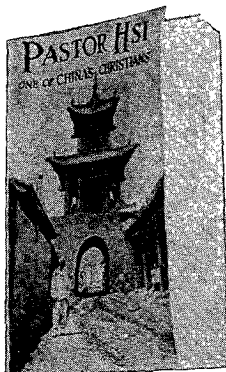
A Retrospect

This book by J. Hudson Taylor is one of the most thrilling and inspiring books on the market today. We have sold nearly 4,000 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.



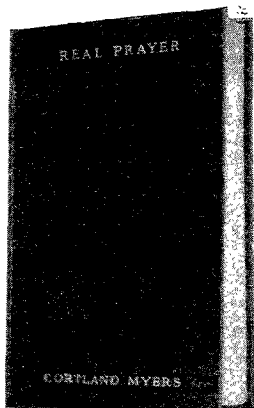
Pastor Hsi

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



The Vegetarian Cook Book

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



Real Prayer

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

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.



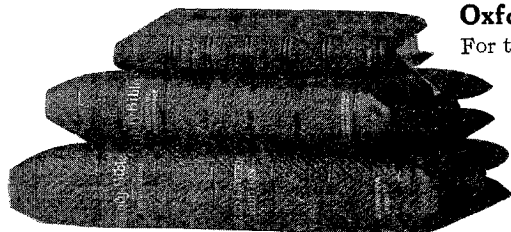
A Fountain Pen

for only one yearly subscription and 25 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.



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 Bible; contains six maps; size $5\frac{1}{4} \times 3\frac{3}{4}$ inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.

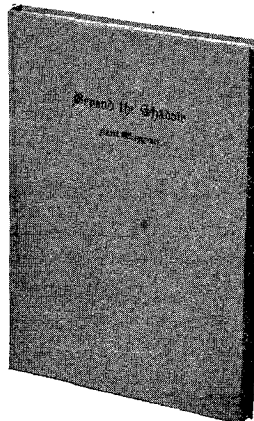


Genuine Oxford Teachers' Bible

For four new subscriptions or renewals to The Life Boat we will send you a genuine Oxford Teachers' Bible, printed on good linen paper, containing New Cyclopedia Concordance, with all helps, index, Bible dictionary, tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles. Minion type, size $7\frac{1}{4} \times 5$ 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.



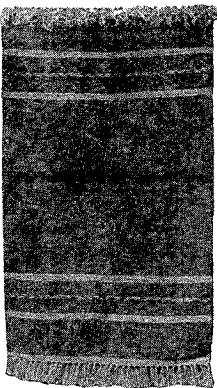
high quality new material which will not fade and is guaranteed to give excellent service, given for only two subscriptions at one dollar each and 25 cents extra.

Beyond the Shadow

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

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 Beautiful Rescue Home Rug

24x52 inches, made from



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.

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 \$2.25; weight for shipping 3 lbs.; smaller size \$1.25, 2 lbs. Parcel post extra. Address

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

VISIT HINSDALE FIRST



The Main Building

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

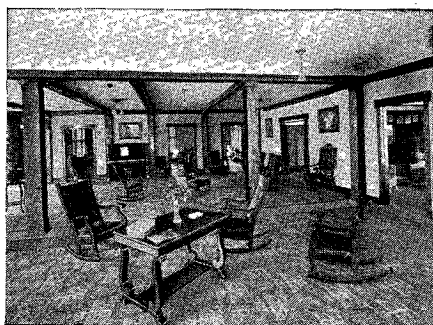
Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis court.

A work cure department.

Musical entertainments and lectures.

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

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



The Main Parlor

Let Us Send You Our Booklet "Visit Hinsdale First"

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

The Hinsdale Sanitarium

Phone
Hinsdale 645

Hinsdale, Ill.

Endowed by Nature Equipped by Science

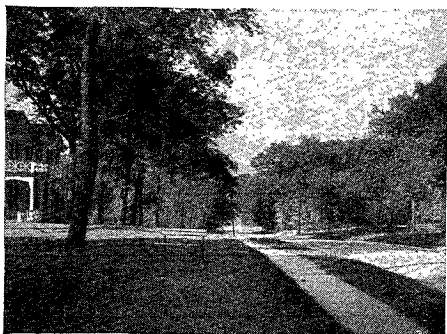
Do not go abroad for what you have at home. Were it possible for you to see Hinsdale as it is, you would come. So pleasant as to attract many guests who have no ailment. Patients are kept so busy getting well that they have practically no time to worry over their troubles. Pleasant, refined associates.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



The Driveway

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

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



A Glimpse of the Lawn