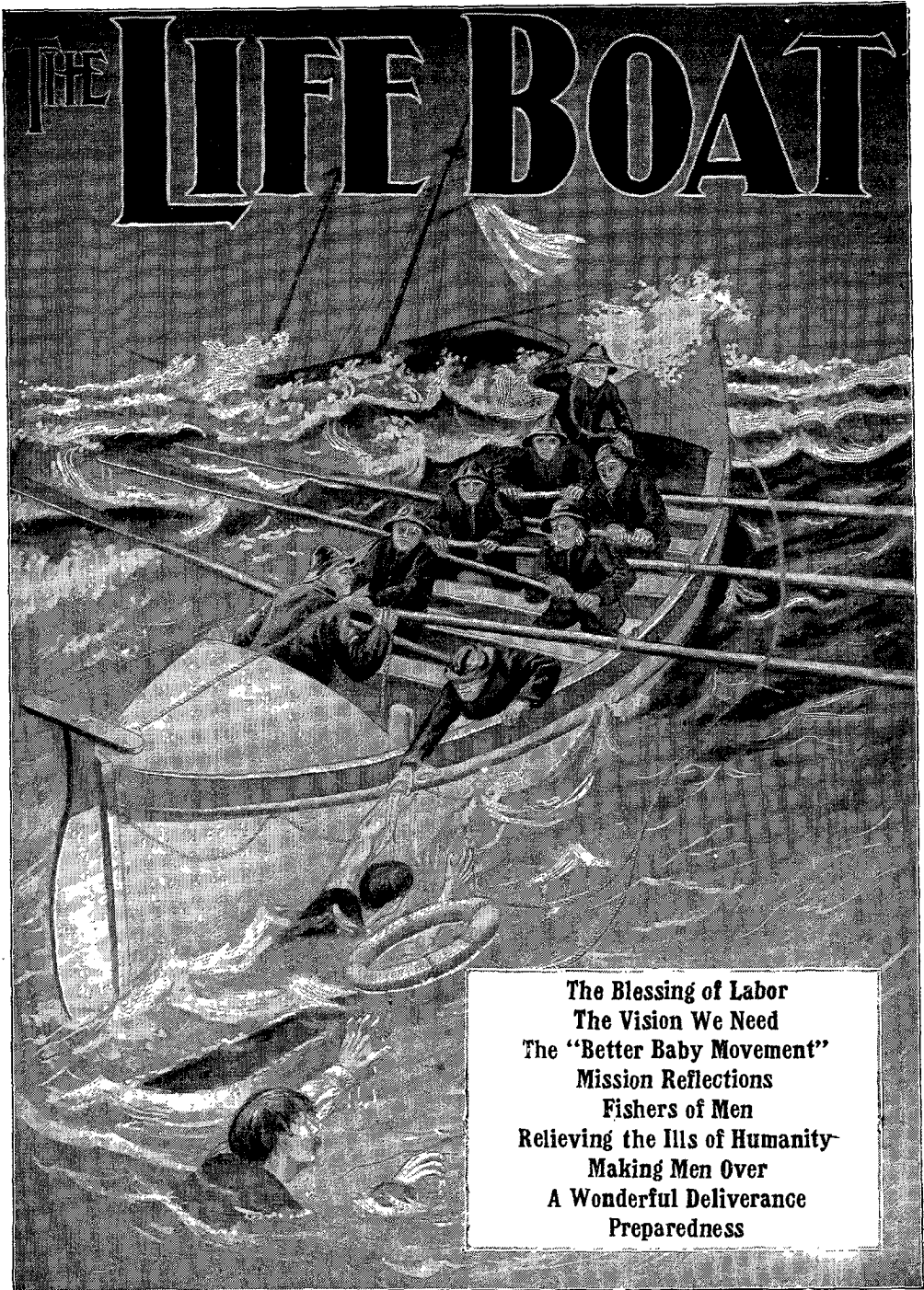


The Special Prisoners' Number Next Month

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



The Life Boat Employs No One to Solicit Donations

The Blessing of Labor
The Vision We Need
The "Better Baby Movement"
Mission Reflections
Fishers of Men
Relieving the Ills of Humanity
Making Men Over
A Wonderful Deliverance
Preparedness

Volume Nineteen
Number Four


Winsdale, Ill.

April, 1916

Spring Health Talks—by the Editor

Agents Wanted

Pearl Waggoner.




“Agents wanted!” Oft we read it—
To our ears a common phrase—
Though we seldom stop to heed it
For too busy are our days.
Agents for things manifold
Daily wanted, we are told,
Who their time and powers will lend
Some new goods to recommend.

“Agents wanted!” Pause a minute!
For the call sounds out anew;
Think not there is nothing in it:
It is meant for ME—for YOU.
Agents wanted far and near
Full of courage, faith and cheer;
Agents wanted who consent
Heaven’s wares to represent.

Agents wanted who will never
Their appointed duty shirk;
Who will use their best endeavor
To start others too, to work.
Agents wanted everywhere!
And we all the pay may share;
’Tis not limited to few:
ANY ONE the work can do.

Any one who all ambition
To the work will consecrate,
Who has caught the heavenly vision
And counts naught on earth so great.
Agents wanted who will show,
Wheresoever they may go,
God’s own character and love
And the graces from above.

“Agents wanted!”—Do you hear it?
Agents wanted! Will you go?
Bearing fruitage of the Spirit
To earth’s hungry ones below?
Agents wanted for all time
In a calling high—sublime,
Who will use the powers God lent,
Heaven’s wares to represent.



THE LIFE BOAT

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

One Dollar a Year

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Volume XIX.

HINSDALE, ILL. :: APRIL, 1916

Number 4

Spring Health Talks

David Paulson, M. D.

WE have reached the time of year when every wise farmer gives his undivided attention to cultivating the soil and planting the seed. Did it ever occur to you that there is an interesting parallel between the new scientific farming, and sane, substantial, scientific health culture?

Some people believe they can secure a crop of good health without the necessary trouble and self-denial to sow for it, without undergoing the pain of ceasing to do evil and learning to do well.

Thousands of people are sowing for the thorns and thistles of ill health. If a man sow in his front yard the seeds of thorns and thistles, sooner or later, they must pierce his own flesh and that of his children.

"Whatsoever a man soweth, that shall he also reap," means that if one desires a crop of good health he must individually busy himself in sowing for it.

Talk on Health Habits

The man who is cultivating wrong, miserable habits, is in that very process sending out invitation cards for disease to call upon him and it certainly would be remarkable if some disease did not accept his invitation.

A chronic disease comes as a result of a persistent course of evil-doing, and can usually be removed only by a persistent course of right-doing.

Just as a watermelon often grows as large in poor soil as in good, so a man may, while living on totally unsuitable diet, develop apparently good physique, but as in the case of

the watermelon, there will be an inferior flavor about his moral and spiritual nature.

Talk on Fresh Air and Sunshine

One of the new ideas in medicine is the tremendous healing possibilities of fresh air.

I would urge up all to cultivate the outdoor habit. Transform verandas into outdoor bedrooms. Begin early this spring to do your work as far as possible out on the veranda or under the trees.

An Indian chief was asked why his race was dying out. He said, "Too much house." The same thing is killing tens of thousands of our fellow men.

One of the most certain ways of producing not only unhealthy blood but also an unhealthy mucous membrane is to poultice the lungs sixteen times a minute with impure air.

We speak of things being as "free as the air"; but to many people that is absolutely a joke. In spite of the fact that we have no fresh air trust, that no one has a "corner" on the air market, many people fail to discover how to avail themselves of one of God's choicest blessings.

The bedroom climate in which a man spends about one-third of his time often makes him miserable the other two-thirds.

Your lungs can't be washed, but they can be aired. We can not all move outdoors; but as far as possible, move outdoors indoors. With all your getting, *do get fresh air.*

A flood of sunshine in the home may fade carpets, but it puts the bloom of health upon your cheeks. Take your choice.

But in order to secure the best results from fresh air, it is necessary to take plenty of deep breaths. We are more dependent upon breathing than upon anything else we do. Some breathe so superficially that they merely change the air in the center of the lungs, just as a hired girl is likely to sweep only the middle of the room. In the farther corners of the lungs the air is not changed at all, so the germs roost there undisturbed and soon begin to hatch mischief.

Talk on Spring Fever

From whence comes that all-gone, run-down, good-for-nothing feeling that steals over so many in late winter and early spring? Dr. Evans says, "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. . . . At this season of the year the yearning is for fresh vegetables and fruits."

Eat more natural food. Turn your attention to green garden truck to cleanse the blood, such as cole slaw, lettuce, spinach and carrots. When people live on the fruits, grains and vegetables that God originally provided for man (Gen. 1:29), and refrain from entirely spoiling them by so many of our modern processes and inventions, there is no danger of having spring fever.

Sane Suggestions for the Spring Diet

Aside from religion there is nothing that so effects our present and future welfare and happiness as the food we eat.

Many a man feels "put out" because of what he "takes in."

Vicious eating and drinking are the stern and unrelenting parents of four trying children, namely, Bright's disease, diabetes, rheumatism and gout.

What we eat and the state of our digestion determines to a large degree what we are and the amount of power we will wield in the world.

Fletcherize. Some one has said, "If you chew long you will live long. If you taste your food before you swallow it, you will not have to taste it afterwards."

Do not eat between meals. Children should not be permitted to piece at all hours of the day.

Do not indulge in light stimulants at meal-time.

The best way to prevent an attack of biliousness or to clear up a coated tongue is to eat nothing but raw fruit four times a day for several days.

Avoid mustard, pepper and highly spiced foods that taste hot when they are cold, for they continue being hot after they are swallowed and even after they are absorbed into the blood. Mustard plasters may properly be applied externally but they should not be used internally.

Do not eat large quantities of protein food. The body can use advantageously only a moderate amount for building and repair material. The waste products that result from it are virulent poisons and pave the way for Bright's disease, high blood pressure, nervous prostration, and many other disorders.

It is estimated that four-fifths of our chronic diseases are due to dietetic errors. They do not rain down ready-made from heaven; they are born at the dinner table and sometimes at the breakfast, or supper table, or between times.

There is a sane, moderate use of sweets which probably does no harm to the healthy individual. It is the candy craze, the disposition to absolutely cover a dish of wholesome cereal with sugar, when, in the process of digestion, it is itself changed into natural sugar,—it is this excessive use that is a curse, and many ignorantly attribute to overwork or to unhealthful climate the very symptoms that are produced by this use of artificial sweets.

Do not forget to be thankful during the entire meal. It is good for the digestion. Fletcher said, "Do not eat when you are bad, or mad, or sad; only when you are glad." Cheer up before you eat and be cheerful when you do eat.

The Bible says that the early disciples ate their food with gladness. It also admonishes us to "rejoice always." If we have not yet attained to that experience let us endeavor to at least be happy at mealtime.

Talk on Water Drinking

During the winter months many people almost forget to drink water, but the average mortal would live much more comfortably if he drank a larger quantity of water.

Do not drink while eating, nor eat while drinking.

Drink a glass of water on rising and retiring, an hour before each meal, and one to three hours after eating.

We should drink water from principle. There are poisons in the system that are not properly eliminated unless they have abundant fluid to dissolve them.

It has become a common custom to drink considerable quantities of very hot beverages at mealtime. These excessively hot drinks weaken the digestive organs. The less drunk at mealtime the better, especially at such extremely high temperatures.

There is no food in water, but it is needed in abundant quantities on the inside of the body to bathe the tissues for the same reason that it is necessary to bathe the outside of the body. There is no indication, however, that it should be taken during meals any more than it is necessary to bathe at mealtime.

The Importance of Exercise

When the Lord told Adam and Eve to earn their bread by the sweat of the face, He pronounced a blessing instead of a curse. Today steam and electricity are doing the world's work and humanity is falling into decay. Sedentary habits are promoting a thousand ills from which our forefathers were exempt. Those who have no other opportunity for exercise should determine to take each day a brisk walk with head erect, chest up, practicing deep breathing.

The body requires physical exercise just as it requires water, air, or food. You may think

that the infant kicking so vigorously has no sense, but it is genuinely sensible; it is acting out a natural instinct.

The average business man is nearly as adverse to active exercise as a healthy child is to medicine, and sooner or later he pays a dear price for having smothered the instinct for physical activity.

Those who live sedentary lives should cultivate physical activity and put into it the play spirit. Many women who are now chasing various "cures" would have health restored if they would only take liberal doses of household gymnastics. To secure the best results from ordinary labor it is important that the chest should be kept well up, the abdominal muscles drawn in, breathing deeply.

Relation of Religion to Health

Last but not least, *have faith in God*. He is not only willing to preserve us from the pestilence that walketh in darkness (Ps. 91:5, 6), but He will also bless us with health and strength provided we are willing to co-operate with the laws of health which are indeed the laws of God.

"They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isa. 40:31.

"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, . . . I will put none of these diseases upon thee, . . . for I, the Lord, am the 'Physician.' (Spurrell's ver.)" Ex. 15:26.



A Wonderful Deliverance

F. B. Armitage

Ladysmith, Natal, South Africa

[While on a furlough to this country Brother Armitage related the following pioneer experience in founding a mission station in Southern Rhodesia, South Africa. A like faith will produce like results, even in this country and in the year of our Lord 1916.—Ed.]

I HAD occasion to make a journey from the new Somabula station, which would require several days' absence. My wife was alone at the station, with only the native orphan children who had accompanied us from the older Solusi Mission. I had started from the station early in the morning.

Toward evening a little boy came running into the tent where Mrs. Armitage was working, crying, "There is a fire in the grass!"

Our mission was located in a valley, and down the valley somewhere a fire had been started and was sweeping toward the station. The season had been dry and the grass was like tinder, standing in places as high as a man's head. One can imagine how that fire would look to the mission family, with only the orphan children and Mrs. Armitage and her own little one on the premises. We had only been a short time at the location, and had not had time to make fire-guards or provide any precautions, and the situation was indeed desperate.

For a few startled moments Mrs. Armitage watched the oncoming flames, and then to herself she said, "Our Heavenly Father has never failed us yet, and I believe He will not leave us now." There might have been a chance for flight, but there was the mission station with all that it represented of struggle and toil and future fruitfulness in the saving of souls. She turned to the text that had been the deciding word in our entering Africa and our stay and support in many a trying experience. Again she opened the Book and read the promise: "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness." Isa. 41:10.

The assurance came to her heart that she was not left alone, and she said, "Our Father will take care of us once more, I am sure."

Still the fire came leaping on. It was no use to think of meeting it to fight it, with only the little orphan children to help. It came to within seventy yards of the station, and there it went out in front, the flames dividing and passing by on both sides of the location, joining farther up the valley and sweeping on beyond, and the mission was saved.

That night I saw by the red glow that there was fire in the valley. I hurried homeward with all speed, and there I found to my deepest joy not only my family and the children safe, but the mission preserved as well. All about the mission the grass was dry, but there stood a five-acre plot untouched. The fire had stopped right in the dry grass, and no one could say why, save as we understand that the promises of our Heavenly Father are sure, and that He will not leave us nor forsake us when we trust Him in the way of duty.

AMONG THE CHINESE

CHRISTINE VILLADSEN

Siam, China

I can't tell you how dear THE LIFE BOAT is to me out here in dark China. I have now been in China two years.

I have gone out wholly depending on God and it is really wonderful how He supplies all my needs. I have never had anything of this world's goods, but I have God's love shed abroad in my heart.

We can not do anything without God. When I was at home I was so busy working for God, but do you know, dear friends, that the Lord would rather have *us* than our service. It is by *waiting* upon Him we shall renew our strength and mount up as eagles.

Out here we must get all our food from the Bible and one must give out and give out until one becomes so dry, but how good it is every time we come to the Spring of living water, He has a new supply to give to us.

"LIFTED ME OUT OF THE PIT"

Two or three years ago we received a pathetic letter from a young man in a New York prison. He had never been trained to love the Lord and knew but little about his Saviour. Consequently as he got out in the world he fell into bad company and was finally confined to prison. We have been corresponding with him ever since, sending him *THE LIFE BOAT* to read and other Christian literature. We recently received the following letter from him:

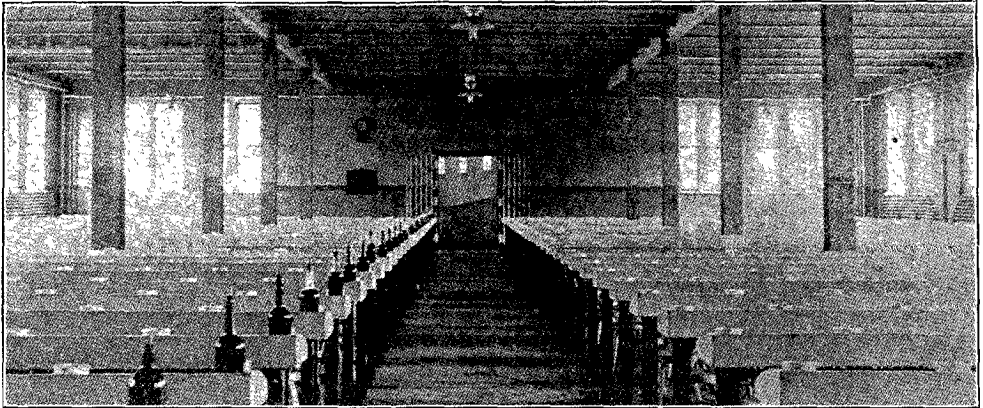
"I received your last letter and *THE LIFE BOAT*, which is full of God's sweet Spirit and love. When you wrote your first letter to me it was a godsend to me, because I was going down deeper and deeper every day. I was go-

FISHERS OF MEN

EDITH M. GRAHAM

"And Jesus said unto them, Come ye after me, and I will make you to become fishers of men." Mark 1:17.

The original word which is translated fishers is one that means a fisherman by trade, one whose business it is to catch fish as a regular, daily occupation; not one who fishes occasionally as a sport or pastime. This gives special significance to the Lord's words, for they say to us, "If you will allow me, I will so change you that your chief burden will come to be the winning of other souls for me." If we do our part in the following, He will do His part in giving us that love for perishing souls that



THE MESS HALL OR DINING ROOM, WHERE 1,200 CONVICTS ARE FED DAILY IN THE NEW YORK STATE PRISON AT DANNEMORA. WILL YOU HELP US FEED THEM WITH A PORTION OF THE BREAD OF LIFE NEXT MONTH?

ing to destruction with no hope in God. But praise God for your letter that lifted me up out of that deep pit. I read John 3:14: "And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up." That was a great help to me. Today I am strong and rejoicing in God. I thank God I can stand on this solid Rock and praise Him for saving and keeping me.

"I am doing all I can to lift others out of that deep pit where I was and get them to follow Jesus as I am following Him."

A purchased friend is a bad investment.

will lead us to continually and persistently do all we can to save them.

If, therefore, we have no desire or willingness to do anything to give the last warning message to those within our reach, it is evident we are not really following Christ. His promise is sure and can not fail. The only possible failure is in us. If we have not become what He says He will make us to become if we follow Him, this is sure evidence that we are not following Him.

It is true that there may be some who seem to be zealous in good works who are not followers of Christ. They do many things to help others, but they have not surrendered

themselves nor forsaken sin. Their motive in this service is not love for Christ, and to them He says, "I never knew you; depart from me, ye that work iniquity." Matt. 7:23.

While there may be workers who are not followers, there can be no followers who are not laborers together with God for the salvation of souls. Jesus himself has coupled together the following and the fishing for men and they can not be separated.

All will not fish in the same way. All fish are not caught by the same bait. Neither are all men and women won to Christ by the same method. Some are won by the personal talk; more this way than any other. Many are won through letters, another effective method. Others are reached through literature; some through assistance given in time of need. But every follower of Christ will find some method by which he can fish for souls.

RELIEVING THE ILLS OF HUMANITY

MRS. HAROLD KEMP

34 South Desplaines Street, Chicago

[Mr. and Mrs. Kemp are conducting treatment rooms in the basement under the Life Boat Mission. Their work was started last fall entirely by faith. Their place is open to all classes and they never turn a poor sufferer away without first giving him relief. Night or day, they are ready and willing to relieve the sick and think nothing of sacrificing their own comfort and convenience if they can thereby help some one or lead a soul to Christ.—Ed.]

As our opportunities for helping others are increasing day by day, we realize more fully that with each opportunity comes added responsibility. God is wonderfully blessing our efforts, and the patients are receiving results that bring satisfaction to them and joy to our hearts. We realize that God is answering our prayers and blessing the treatments given.

It would take a long time to tell you of all the different patients that have been benefited. Since the treatment rooms have been opened my husband has given almost four hundred and fifty treatments to men that have been absolutely unable to help themselves. We do not inquire as to whether they are worthy or not, but simply help them because Jesus loves them and gave His life for them.

One poor man came to us with sciatic rheumatism. His leg was swollen so large that for three nights he could not remove his clothes. The skin broke open in three places.

At this time the swelling is almost gone and the man has full use of his leg. This man had been afflicted for five or six years.

A dear old lady aged seventy-six years came to us in a very serious condition. She had blood poisoning and erysipelas in her limb. This has been a very hard case, as her age was against her, but God has given us the victory. This dear old lady is out of danger and has no words with which to express her gratitude, first to God and then to us.

Two Helpless Women Sick and Alone

We also heard of a poor widow woman not far from us. We found her sick in bed. We helped her so that she was able to be up the next day. In the course of a few days a baby was born to her daughter. We felt very sorry for them, as the daughter's husband had deserted her and these two helpless women were sick and alone. Some of our workers from the Hinsdale sanitarium brought clothing for the baby. We provided them with some food. The landlord ordered them out because they could not pay their rent. As I looked around their poverty-stricken room and realized that it was the only home they had, I thought my heart would break. I came home and told my husband about them and then we told Bro. Walen, who has charge of the mission upstairs. He called on the landlord and persuaded him to let them stay. They are getting along much better now.

Just one more case and that will be all this time. This man had been pronounced incurable. His heart was supposed to be affected. He weighed 256 pounds when he took his first treatment. He has taken nine treatments and has reduced nine pounds. His heart does not bother him now.

We do all we know how to do for the patients and leave the results with God. We realize that it is God who gives these wonderful results. We give all the honor to God and thank Him, because He uses us in the great work of helping others.

"Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?" Isa. 58:7.

Weakness is wickedness in the long run.

The Vision We Need

G. B. Thompson

[Brother Thompson of Washington, D. C., presented the following splendid thoughts to our workers at Hinsdale not long ago while on a brief visit to our work.—Ed.]

WHAT is a missionary? I have raised that question sometimes. Now I have come to the conclusion that the greatest need of a man is to have his soul saved. If we can benefit him temporarily we have not done much, but if we can help him physically here and spiritually through all eternity we are being missionaries. I believe the vision we need is the vision of a lost soul and the vision of what it will mean to be lost, to miss eternal life, to fail to lay hold of the fact that God has given His Son to save us.

Men get a vision of what money will do. I was reading about the funeral of William K. Vanderbilt, the multimillionaire. Five thousand people were gathered outside on the street.

When they carried him out one of the workmen said, "Is that Mr. Vanderbilt they are bringing down the steps?"

"Yes, that is Mr. Vanderbilt."

"Well, well," he said, "how things change! I stood where I am standing now hundreds of times and I have seen Mr. Vanderbilt come down those steps hundreds of times, with millions in his pocket and I did not have a cent, and now he is coming down the steps without a cent in his pocket and I have two dollars."

He was two dollars ahead. The vision of money does not amount to much. But if a man has a vision of eternal realities it is a thing that lasts.

How to Write Your Name on the Scroll of Fame

I have often thought about one instance. You remember the Crimean war. You would have to open up an old dirty history to find out who was the commander in chief and who that great man was that came down to the north of England when they played, "Here the Conquering Hero Comes." We do not know even who led the charge of the six hundred.

We do not know much about these people; but I will tell you one name everybody remembers, that is a household word—Florence

Nightingale. You know that without going to a history. She went around in the trenches and in the hospitals and where the wounded and maimed and suffering were and was an angel of mercy, helping people. You do not know anything about those men that slaughtered the thousands, but the one that *helped*, you remember all about; and they loved her so that when she came into the great ward where men were cursing God every curse would stop. They realized they were in the presence of another kind of spirit. They would kiss her shadow, and in all that army, with all those men, she was never insulted. That is the kind of work that lasts. Friends, that endures. Do you want to write your name on the scroll of fame? That is the way to do it.

It seems to me that if we could get a vision of what real worth is, of the best way to immortalize our name and write it down in history, that is the thing to do; but we will have to do it along the lines Florence Nightingale did it—by reaching out and helping somebody. I tell you the fellow we want is the fellow that can help us, after all. We all need it. There are a lot of broken hearts around everywhere and they want somebody to help them. And so I believe God calls us to this work, and I am praying I may get a better vision of it than I have ever had before.

The One Thing Needed

There are a lot of things you can do without prayer. You can be a carpenter and you can be a good many things, and it is possible to be a doctor and not pray much, to saw off a man's leg and perform a good surgical operation without prayer, and I have found a man can preach and not pray much, and sit on a committee and give a lot of advice and not pray much. But when some one comes along and says, "My wife," or "my husband" or son or daughter or somebody "has been given up by the doctors and I would like you to come and talk to her about her soul; I am not sure about her experience," you have to pray then. You can't do *that* without prayer. And if

you have been off somewhere and got to spinning yarns and having a hilarious time, you can't do that kind of work. You have to be *in touch* with God.

You can't get down at the bedside of a man with much confidence and pray the healing power of God to come upon him if your own soul is not right with God; if there is a shady thing in your life that nobody knew was there but that you have been nibbling at occasionally. The real missionary for God has to pray. We have got to commune with God. We have to keep our own soul right if we do that.

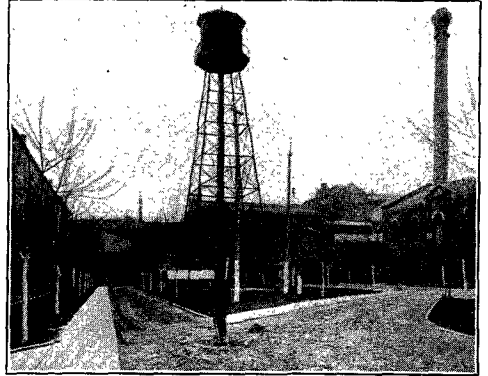
Somehow the Lord will open up avenues about us so we can help men; and I tell you the joy of eternal life will be to have someone come up—if you are there—and take you by the hand, and say, "I was discouraged. I had given up hope, I had concluded I would quit; but you came along and helped me and I took a new hold on things and I made it through and am here in the kingdom of God."

Gold and silver and institutions will go but men made immortal will live through all the eternal ages to come, and I think that is the vision we need.

ITS INFLUENCE IS APPRECIATED

A prisoner in the New York State Prison writes thus about *THE LIFE BOAT*:

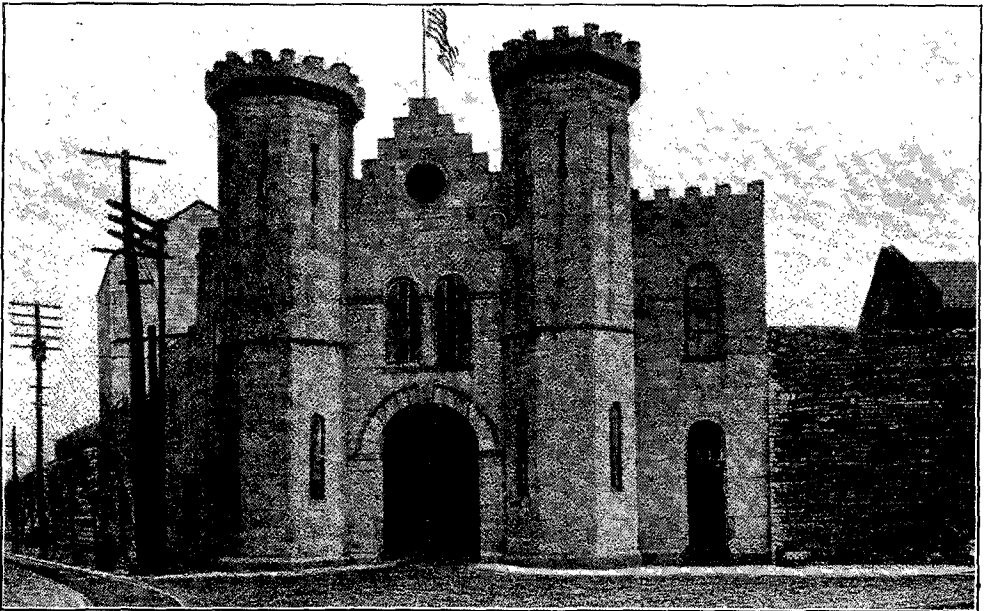
"Your little paper messenger, *THE LIFE BOAT*, is surely an interesting and educating



INSIDE THE PENITENTIARY GROUNDS AT FRANKFORT, KY.

periodical, and I am sure it will be pleasant for you to learn that it is enjoyed by many of us here, and its influence for doing good is appreciated.

"Although I am not a subscriber, I am for-



ENTRANCE TO THE KENTUCKY STATE PRISON. HUNDREDS OF MEN YEARLY PASS IN THROUGH THESE DOORS. NEXT MONTH THE LIFE BOAT WILL APPLY FOR ADMISSION HERE.

fortunate enough to secure each issue. I am interested in the good work you and your excellent staff of co-workers are doing, and I am sure God is blessing your every effort.

"Perhaps this is rare for you to receive a letter from one in prison so far away, and yet it is only proof that THE LIFE BOAT is reaching some of the men who need its influence for good. I have the issue of January at hand

and the contents have greatly interested me.

"There are many little stories in THE LIFE BOAT that remind a man in my position how far he has gotten from God. How neglectful some of us have been in our preparedness! Still we go blindly along, unmindful of the grave danger of our soul. And how merciful God has been to some of us who have so deeply grieved Him."

Preparedness

Caroline Louise Clough

The most popular word in America today is "Preparedness." It is in evidence everywhere. The leading dailies in our country are sounding the warning. Our most up-to-date magazines contain lengthy discussions on this most supreme theme. Our senators and representatives at the national capitol are struggling over this great problem. Our educators are arousing the enthusiasm of the youth. Our pastors are talking it from the pulpit. But in the last analysis, what are we to prepare for? In the minds of the most conservative it resolves itself into this: Prepare to slaughter and to slay our fellowmen by the thousands; to blow up their men-of-war; to send their merchantmen to the bottom of the sea; to wreck and ruin, not only homes, but whole villages, as we see our neighbors across the water doing today, who *were* prepared.

Be that right or wrong, we do not care to discuss here. But there is another preparedness which concerns us even greater, and of that we wish to say a word.

Before this world was sixteen centuries old the Lord had to single out one righteous man and say to him, "The end of all flesh is come before me; for the earth is *filled with violence* through them; and, behold, I will destroy them with the earth." Gen. 6:13. And you all know how Noah started that worldwide campaign of "preparedness" and at the same time *he was preparing* an ark for the salvation of those who would get ready. Our Saviour in speaking of the condition of the world before His second coming says: "Nation shall rise against nation, and kingdom against kingdom;

and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrows." And He also said that "As the days of Noah were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be." Matt. 24:7, 8, 37-39.

Every careful student of prophecy knows that this great turmoil in Europe is one of the signs of the approach of the battle of Armageddon and the coming of our Lord in the clouds of heaven. Just as Noah, after he had preached for one hundred and twenty years that a flood was coming upon the earth, knew when he saw the first rainfall that God's word would be carried out, so we may know today as we see the nations angry that the wrath of God's anger is about to break upon a wicked world. (Rev. 11:18.)

Preparedness then comes to be the slogan for every believer in our Lord's soon return. "Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh." Matt. 24:44.

Paul also sounds the warning of preparedness. In Romans 13:11, 12, he says: "And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light."

The "Better Baby Movement"

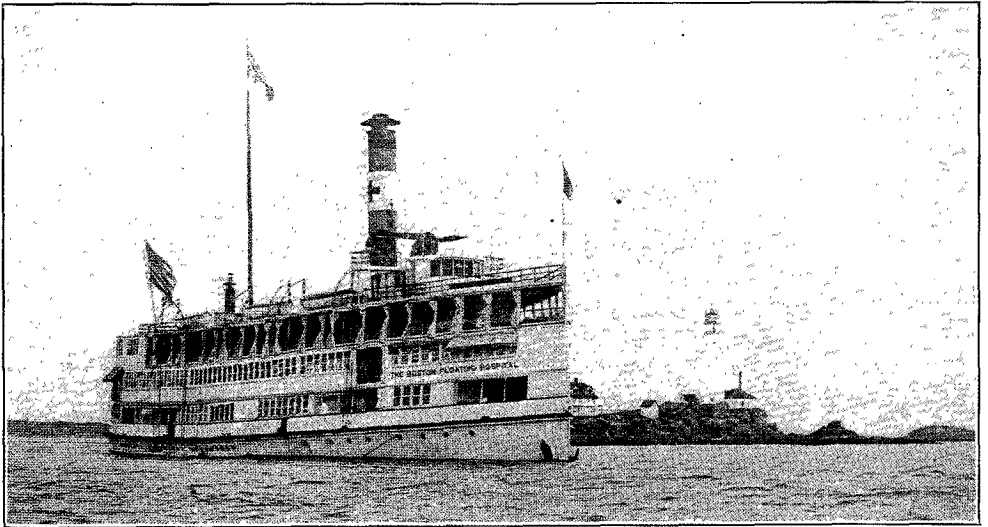
Kate D. Sanborn

[Miss Sanborn was asked to visit Havana, Ill., recently and assist the Women's Club in celebrating their "Baby Week." She did so and writes the following concerning her experience.—Ed.]

AS matron of the Life Boat Rescue Home I am deeply interested in the "Better Baby Movement." While traveling last summer I visited the Boston Floating Hospital for babies and other hospitals and maternity homes for the purpose of gaining information which would be helpful in my work. And in my health classes for the girls I try to teach them the best and most scientific methods for caring for their babies. Therefore I was glad when

to the high school boys and girls. A special talk was requested for the domestic science girls, including the demonstration of simple treatments in the home. Four school buildings were visited, ten talks given, thus reaching seven hundred children in three days. I was also asked to visit needy homes and give advice as to the care of the children, home sanitation, etc.

During the three days two mothers' meet-



THE BOSTON FLOATING HOSPITAL, WHERE BABIES ARE GIVEN EXPERT SCIENTIFIC CARE AND ENJOY THE COOL SEA BREEZES DURING THE WARM SUMMER MONTHS.

asked to go to Havana, Ill., to give some health talks; in short, to help them celebrate "Baby Week."

Tuesday I was asked to talk to the school children. I feared that I would not be able to interest them in the "Better Baby Movement," but after I talked a while they asked permission to go without recess that they might hear more about the subject, showing that even small children may be interested in health principles and may help in this good movement.

I was asked to visit every school building and give talks to all grades from the primary

ings were held and two general talks given on the care of infants, children's diseases, symptoms, demonstrations of simple treatments, home sanitation, etc.

Thursday was health day. In the morning I gave four talks to school children. In the afternoon a public meeting was held in the town hall in which I was asked to give a talk on rescue work for fallen girls, and at the close of the program to conduct a question box at which time I demonstrated treatments for a number of diseases.

Some of the illustrations I used to impress certain truths upon the children's minds were

the following: In Boston, in an asylum for children, for four years before the dental clinic was established, they averaged eighty cases of contagious diseases per year. During the three years following the establishment of a dental clinic they averaged only three contagious cases per year.

Six thousand two hundred and twenty-four babies died in Chicago in the year 1915. A large share of them died, so says the health commissioner of Chicago, because some one failed to put the baby's nose "Up against cold air." Chicago is not the only city where the mortality of babies is great. It is the case in every large city.

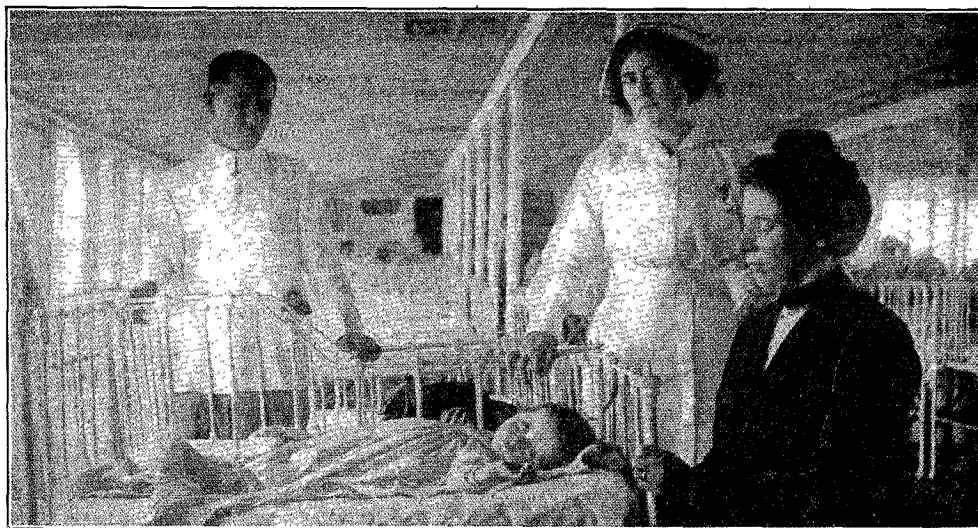
One spring, many years ago, before even

ing would be less labored and it would thus die easier. The child did breathe more and more easily. He remained there an hour or two and the child improved and finally recovered. And since that time he treats pneumonia patients by putting their beds on the veranda.

A WORD TO MOTHERS

CAROLINE LOUISE CLOUGH

There is a stream of woe and misery poured into my ears almost constantly as one after another appeals to me to help some unfortunate girl. Mothers come, and in tears of grief tell me of their mistake in bringing up their daughters. My heart is wrung as I



A VIEW ON THE DECK WHERE THE DAY PATIENTS ARE CARED FOR WHILE THEIR MOTHERS GO OUT TO WORK.

physicians realized the importance of fresh air, a young girl was told that she was dying of tuberculosis. She answered: "If I must die, let me die close to nature." So each morning upon her cot she was placed out under the trees. She got well. This and similar cases have served as object lessons to physicians, helping them to see the importance of fresh air in the treatment of tuberculosis.

One winter, in a children's hospital, the young physician in charge stood over a baby who was dying of pneumonia. He decided to take it out upon the veranda hoping its breath-

listen to these awful stories and I long to warn every mother to guard her child. I would gladly go off and weep by the hour if I could thereby wipe out the deeds that have been done, but I can not. The wounds of sin are the most terrible wounds of all and it is our duty to help the Lord heal them.

One mother confesses to me her negligence in not instructing her child in the things she ought to know. Another realizes that in some way she has failed in her training. So the story goes. If mothers could just see the misery and the sorrow that come from such a course they would begin at once to train their chil-

dren in the things that they ought to know.

During the short time that the girls are with us in the Life Boat Rescue Home we undertake to put into their lives some life-giving principles that will keep them from falling, and we are glad to report that about seventy-five per cent of our girls remain true after leaving us.

I noticed a comment editorially in the *Chicago Tribune* of March 8 which impressed me. The title of the article was "Character and



THIS HOME BABY AND ITS MOTHER PAID US A VISIT RECENTLY

Temptation." The editor goes on to speak of a certain high school principal in New York City who ordered taken down from the wall of the school building a painting entitled "Am I My Brother's Keeper?" showing a group of homeless people, including a mother and her baby, sleeping on a bench on the Thames embankment in London.

His reason for doing so was that "No man would wish his daughter to be brought in contact with a picture of this character. Girls should have all the enthusiasm, the joy, and beauty that pleasant surroundings can give and there should be no jarring or depressing note."

The editor said, "Pacifism and censorship are the means by which some of us hope to avoid the hard road of cultivating character and restraint. Censorship says we are not strong enough to resist temptation and gives up the job of making us strong enough and attempts to remove the temptation. Pacifism says that we must not see danger because the presence of danger might arouse us to resistance. It is unfortunately what a lot of Americans think. We must avoid coming in contact with life because life gives us jars and depresses us. It is rough and ruthless, so we refuse to harden our bodies or our characters to meet it." The editor goes on to say that it is the professor's influence, not the picture's, which is corrupting the American youth."

The women of today who are meeting and rightly facing difficult problems are those who in their girlhood were compelled to do the same. The men of today who are doing the world's work are the men who learned early in life to toil. We can not shield our children forever and if we did they would be like the slender sapling of the forest. Why not give them the wind as well as the sunshine so that they, like the sturdy oak, can learn to stand alone?

Our rescue work is proving a great blessing to many hearts and lives. One young woman who left the Home wrote the following:

"I love the Home and all I met there and will never forget how kind you were to me. I remember you often in my prayers. I at least was brought closer to God and it has helped me so much. I used to go to church and pray, but just for the sake of going I think. But now when I pray I pray earnestly and feel that God not only hears but answers as He sees fit. I have much to be thankful for I know."

Another one who was in the Home some years ago and has since been happily married and has a home of her own, writes:

"I shall never forget the Home. It seems

to me it was the grandest place I ever was in in my life. I had sorrow and trouble there, yet I spent some of my happiest hours there



A TINY MONTH-OLD BABY WHO IS STILL IN THE HOME

and I know there are many girls that feel as I do."

We want to paint the Home on the outside this spring, as it needs it badly. And we shall also have to do considerable painting on the inside. This will mean added expense, but we know the Lord will take care of this work.

We thank our friends for their loyal interest and support in the work of the rescue home. We ask you to remember us in your prayers.

GRANDMA AND HER FLOWERS

ANNA J. DICKINSON
The Home Grandmother

The other day there came to me by mail a little cotton bag tied up, and addressed on a slip of paper carefully pasted onto the bag. In the bag I found a little package of flower

seeds. A dear old lady friend, a great lover of flowers, had with kindly hands prepared and sent these seeds to the Home grandmother, who loves flowers too, also, much more, loves the girls of the Home.

As workers come and go, sometimes the flowers seem to be in the way, but there is a word that greatly comforts my heart,—“helps.” It is a small word found in one of Paul’s letters to the Corinthians. (I Cor. 12:28.) He is talking about gifts, prophets, teachers, gifts of healing, and other large gifts. Right in the midst of these great gifts the Spirit guided him to set the little gift, “Helps.”

The place of the helper is a place of humility. One must put self very low if one would see and do the small service that those exercising the larger gifts have no time or perhaps no taste for. Then great gifts usually call forth large appreciation. The helper must often lack appreciation, bear even to be misunderstood by the gifted, usually more from want of thought than want of heart. But the Master never fails to understand and care.

So the grandmother hopes with the aid of the faithful gardener to be able to plant her seeds that the blossoms may come for her to gather to brighten the parlor and cheer the sick rooms. She would be glad to sometimes be able to invest a little more in the flowers, but there is blessing in doing what she can, “In lowly paths of service free.”

FORGOTTEN BY THE OUTSIDE

(From the Wisconsin Penitentiary)

“I am going to renew my subscription to THE LIFE BOAT for two years so that I may get the two books, “Pastor Hsi” and “Real Prayer,” and I will ask several fellows in here to subscribe for THE LIFE BOAT also. I will make it even five dollars to help you on the purchase of the loom. I don’t earn very much per month, but am always glad to help as much as I can.

“The people on the outside have forgotten me—those whom I used to correspond with.

“A fellow is no good in this world if he does not study the Bible and other books of the like. I myself never read the Bible until I read THE LIFE BOAT of May, 1915, and I have the copy yet. If you knew all the good THE LIFE BOAT has done for me you would never regret sending it.”

What Is Divine Healing?

David Paulson, M. D.

ALMOST the last words in the Bible are these, "Beloved, I pray that in all things thou mayest prosper and *be in health*, even as thy soul prospereth." 3 John 2, R. V. What a mockery if there were nothing within the covers of that Book to tell us how to realize this divine wish!

Divine inspiration declares that the same God that forgives our sins also *heals* our diseases. "Who forgiveth all thy *iniquities*, who healeth all thy diseases." Ps. 103:3. So the doctor can no more heal the sick than the preacher can forgive sin. Then has the conscientious and competent physician no mission? Most assuredly he has. God does not forgive sin unless we confess (1 John 1:9), and He does not heal unless we cooperate. The doctor can set a broken bone, but God alone can cause it to unite. Over the door of a dispensary in India are these words, "We wash the wounds, and God heals them." When a boy I *cultivated corn*, but I did not grow corn, so in the sick room today I *cultivate health*, but I am just as dependent upon God to grow the health as I was upon nature when a farmer boy to grow the corn.

Bible Examples of Human Co-operation in Healing

Timothy's digestive disturbances illustrate a class of cases that need regulation of diet rather than special prayer. Paul did not advise Timothy, the great evangelist, to call for the elders to pray, but suggested instead that he should "drink no longer water only (Conybare & Hawson version), but use a little wine (grape juice) for thy stomach's sake and thine *frequent sicknesses*." 1 Tim. 5:23. Roth. version.

Christ himself by His example sanctioned the use of physical remedies, and left the incident on record so that we may know we have His approval of their use today. When He healed a certain blind man, "He spat on the ground, and made clay of the spittle (clay ointment), and He *anointed* the eyes of the blind man with the clay." Then He said to him, "Go, wash in the pool of Siloam." (Hydrotherapy.) "He went his way, therefore,

and *washed*, and came *seeing*." John 9:6, 7. Christ could have healed this man without these external remedies, but by using them He placed His approval for all time upon proper remedies for proper cases.

Naaman, the heathen general, came to the prophet to be healed of his incurable skin disorder. (2 Kings 5:9.) And although the patient expected to be healed by prayer and laying on of hands (11th verse) yet Elisha prescribed instead a *course of baths* over in the river Jordan (10th verse). Like so many patients today he thought the treatment was too simple to be of special value. (12th verse.) Yet, when he was persuaded to try the baths, he was healed, and this opened the way for his spiritual healing. (15th verse.)

It was God who healed Naaman when he bathed in Jordan, and it was God who healed Timothy when he regulated his diet. It was God who healed the blind man after the clay ointment had been applied and he had washed in the pool. It is the same God who heals people today when they take the necessary treatments whether they know it or not, for it is God who heals *all* disease.

Prayer Plus Poultice

Hezekiah was remarkably healed from his dangerous illness by prayer plus poultice. The patient prayed (2 Kings 20:2) and Isaiah prescribed a fig poultice to be applied to the tumor, and he recovered. (Verse 7, Spurrell.)

There is a class of invalids whose health can never be restored until their interest and energies become enlisted in the welfare of others. In other words they are too *selfish* to get well. It is a waste of time and means to apply either poultices, ointment, or any other physical treatment to these patients. God has a special remedy for such. It is, "To deal *thy bread* to the hungry, and that thou bring the poor that are cast out to thy house, when thou seest the naked, that thou cover him." Then and not until then, "Thy *healing* shall spring forth speedily." Isa. 58:7, 8, R. V. Likewise Job was not delivered from his various ills and aches until he

"prayed for his friends." Then the "Lord turned the captivity of Job." Job 42:10. All over the land today there are a multitude of self-centered, selfish, self-indulgent invalids who will never be restored to health till they do likewise.

Christian Psychotherapy

The Bible declares, "The spirit of a man will *sustain* his infirmity." Prov. 18:14. Arousing a patient's will power is one of the physician's greatest assets in the work of restoration. For "A cheerful heart is a *good medicine*." Prov. 17:22, R. V. That is Christian Psychotherapy in a nut shell, but it should be used to mend broken hearts and not to set broken bones.

The blighting influence of mind cure devotees and the various other mental healing cults is today sweeping over the world like a tidal wave. Are you, who read these words, being engulfed in it, simply because you feel there is much good in it? If so, remember that *nine-tenths* of sewerage is *good* water. It is the one-tenth that *spoils* all of it. Of course it would be possible to laboriously distill some good drinking water from this very same sewerage, but how foolish to do this if there were a pure mountain stream bubbling up which you could reach and drink to your fill!

It is equally foolish to endeavor to separate the good from the vile in these various mental healing systems when all that is good in them the devil stole from the Bible in order to give an air of respectability to his dangerous delusions. Then why not go to the Bible for it in the first place?

The Question of "Results"

But you ask, "Are not these various mental healing cults getting *results*?" I answer, "Most assuredly." We are living in the time when the Bible declares Satan is to work with *all power* and signs and lying wonders. (2 Thess. 2:9.) When Moses' rod was cast down before Pharaoh it became a serpent. Pharaoh immediately called in his group of wonder workers and they cast down their rods, and to all human appearances, they imitated the miracle. (Ex. 7:12.) The devil has no less power today, and to all human appearances actual miracles will be performed and they are already being performed. In other words,

they are getting *results*, for "as Jannes and Jambres withstood Moses, *so do these* also resist the truth." 2 Tim. 3:8.

No doubt certain Christian workers will soon have to decide whether they want physical strength imparted to them from a devilish source, or like Paul continue to cripple along in human feebleness if that is God's will. Paul struggled, as many of us are doing, with some wretched, miserable, nagging, physical trouble that he could only compare to a "thorn in the flesh." (2 Cor. 12:7.) Finally, in his desperation, he made it a matter of special prayer three times that he might be delivered from it, and God said to him as He is saying to many of us, if we only have sense enough to appreciate it, "My grace is sufficient for thee: for My strength is made *perfect* in *weakness*." 2 Cor. 12:9. Paul happened to be so constituted that he and God could do better team work with the Lord having all the *strength* and Paul having all the *weakness*, and when he grasped this wonderful truth he was able to say, just as we will be able to say after we have prayerfully made every reasonable and legitimate effort to be delivered from our infirmities, "Most *gladly* therefore will I rather glory in my infirmities, that the power of Christ may rest upon me." 9th verse.

The Prayer Remedy

In conclusion we will consider the most *expensive* remedy of all, for it demands the most of the patient and that is the prayer remedy. "Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord." Jas. 5:14. The anointing means *complete consecration* to God's will. If the patient when he is anointed means anything less than that he is insulting God. "Confess therefore your sins one to another, and pray one for another, that you may be healed." Verse 16. R. V. "And the prayer of *faith*" (that is a prayer that is in *harmony* with God's revealed instruction, for any other prayer under such circumstances would be a prayer of presumption) shall save the sick." If the one who prays, and the patient are not in harmony with God's will both spiritually and physically, and determined to obey, then such a prayer not only is not answered but it is an actual "abomination" to

God as His word plainly teaches. "He that turneth away his ear from hearing the law, even his prayer shall be *abomination*." Prov. 28:9.

For fear that God's purpose is not fully discerned the invalid who asks God to remove the bitter cup of sickness should always add the words of Christ when He prayed to be delivered from the cup of death: "Nevertheless not My will, but Thine, be done." Luke 22:42.

A WORD OF THANKS FOR THE BIBLE

In response to our recent call for a Bible to supply a prisoner in the Ohio State Penitentiary, we received five dollars with which we purchased a beautiful Bible and sent to the prisoner. We received the following appreciative letter in reply:

"The Bible was received and please accept my many, many thanks for it. I can not find words sufficient to express my appreciation to you for that beautiful Bible. I prize it more than any gift that I ever received in my life, and by God's help I am going to make good use of it while I am in this institution. I dedicated my life to God and my fellowmen, and shall read and study this Book, for I know that it contains the Bread of life for the soul.

"Since I gave my heart and life to God I am doing all I can for Him, for I can never pay Him for His goodness to me. I was as deep down in sin as a man could be, but when I turned to Him and trusted Him fully I received pardon and peace. Praise His name forever. I had not one friend on earth to give me a cheerful word. I had almost given up, but when I remembered my dear old mother and what she had taught me and how she had prayed for me, I said I would arise and go to God in prayer, and ask His pardon and forgiveness for my many sins, and God heard me and answered my prayer.

"And I am trying to let my light so shine that the world may know that I am a Christian, for Jesus said, 'Let your light so shine before men, that they may see your good

works, and glorify your Father which is in heaven.' Matt. 5:16. You know sometimes our actions speak plainer than words. Pray for me that I may hold out faithful until the end."

BRIGHTENING OTHER LIVES

MISS GERDA BENGTSON

[Miss Bengtson and Mrs. Harrison, medical evangelistic students, are working together in house-to-house visitation work in Chicago.—Ed.]

We are glad to tell the readers of THE LIFE BOAT we are continuing our city work with increasing interest. With but few exceptions our numerous experiences we have with our Bible readers and different ones we meet and help in our work are very encouraging.

You will remember the article in the March LIFE BOAT where we were able to find positions for two men. One of the men still has his position. His wife was telling us the other day it was only a month ago when they were in distressed circumstances and want, and now her husband has been promoted and earns \$19 per week and they are getting along nicely, are located in a better neighborhood, and their future looks more bright than any time since they have lived in Chicago. And above all, she says, "We have a chance to study the Bible, and had it not been for you girls our circumstances no doubt would not have been the same." We have sold Bibles to both her and her sister.

On one occasion we were asked to call upon a lady who had had many reverses in life. She lived in a very humble home and surely told us a very pathetic story. She was the mother of five children and has been a widow for almost nine years. Within a month there were two deaths in this home. One, her brother, who died with tuberculosis, and the other, a young man who was boarding with her, fell from a second story veranda and was instantly killed. With the exception of one little daughter earning \$6 per week, this left her without any means of support. She herself is afflicted and unable to work and support her family. We are trying to help this poor widow to get a mother's city pension, which

Who will help us send Life Boats to prisoners next month? Ten dollars will pay for 250 copies. Five dollars for 125 copies. Four dollars for one hundred copies. Any amount of money will be thankfully received and put into Life Boats to send to prisoners. Do you want a hand in this good work and thus share the blessing with us?

she is entitled to for her three children under fourteen years of age. We feel this will be truly missionary work, for the family is so needy.

One Sunday morning when we were attending jail services we went to the annex. There were three girls I was particularly interested in. The girls seemed to be touched very much by the words we spoke to them that morning of the love of God and how Jesus had left His home above and came to this world to suffer and die that we might have eternal life. They broke down and began to weep bitterly. One girl confessed she had run away from home. They all resolved that that Sunday morning would be a turning point in their lives. I was able to get the girls' addresses and afterwards wrote a letter to each of them to encourage them to live better lives. In answer to one of the letters I had written I received a letter from one girl's mother. She said:

"If you can imagine a mother half-crazed, you can picture me, but the heartaches can never be known. I had a letter from a dear Christian sister, who wrote and said, 'Dear, do not despair, but turn to the thirty-seventh Psalm and be comforted,' which I did, and it did help, and I prayed, too. I am afraid I do not study my Bible enough and therefore perhaps do not live up to its standards, but I pray, God will help me to do better in the future.

"My daughter's letters are all very encouraging. She seems very repentant and longs to be with mother, and I only hope she will be a good girl in the future."

There are times when our hearts are made extremely sad when we see some who take so little interest in the Word of God and the signs that are fast fulfilling that our Saviour's coming is very near. In cases like this we can only sow the seed and our Heavenly Father can bring forth the increase. For He has promised His word will not return unto Him void.

Again we are glad to know there are many who are believing the things found in God's precious Word and are anxious to study farther into these deep lines of prophecy which our Heavenly Father has so wondrously pictured before us through the prophecy of old. This is the privilege of each one who will

study and watch the things that are fast fulfilling before our eyes, which must shortly come to pass before Christ will come in the clouds of heaven.

We are glad to have a part in this great finishing work. "The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest." Luke 10:2.

A CURE FOR DISCOURAGEMENT

PAUL L. WILLIAMS

Member Medical Evangelistic Class

It seemed quite a task for me to take part in the service the first time I visited the Harrison Street police station, for my idea of conditions of things was far from right. Now after having been there several times, my interest is greater and I have lost my fear to speak for my Saviour. As I try to tell those behind the bars the love of God and how His love for man was so great that "He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life" (John 3:16), I feel more and more the need of a closer walk with God that I may be an instrument in His hands to save souls which are perishing day by day because no one has thought enough of their souls to give them a helping hand, but instead they pass by on the other side as did the priest and the Levite spoken of in Luke 10:31, 32.

For some time before my first visit to the jail I felt discouraged and had about reached the place of giving up the work I had started as a medical evangelist. Up to this time I had done no evangelistic work. I can now see that that was the reason for the feeling of discouragement which had taken possession of me.

I will tell of some of the experiences we have had. One Sunday morning in the criminal side in the farthest cell from the entrance was a man who seemed to be greatly depressed. Bro. Scott had a talk with him and he appeared to be hardened against what was said, but a little later in the service he began to weep and I knew the Lord had touched his heart, so I stepped up to the cell and began talking with him. He said he knew he was a lost man and felt as though he was too far gone to be saved. Then I quoted to him the

words which Jesus spoke to Zacchæus as recorded in Luke 19:10, as well as other comforting Scriptures.

When prayer was to be offered I asked him to kneel with us. He refused, but asked us to pray for him, and while we were praying he got down on his knees. I knew then that the Spirit of the Lord was present. After prayer he was a different man and promised to live a Christian life.

Another experience which encouraged me we had last Sunday. In the first place Bro. Ford gave a talk on the love of Christ for lost man and the preparation necessary for us to make that we may have a home in the New Earth. After this we had some interesting talks with the men, and on leaving this part to go to the criminal corridor I noticed several men had started to read the tracts that were given them.

On entering the criminal side our prospect looked discouraging at first. There were six men in this part. Three were asleep and one did not want us to talk as he wanted to sleep. But in the last cell were two men who took part in the singing and paid good attention to the words which were spoken, also bowed with us in prayer. After prayer was offered one of these men gave his heart to God. He said he didn't know how long he would have to serve for the wrong he had done, but he was going to start a new life that morning and wanted us to remember him in our prayers.

One thing more I wish to mention before closing is that every Sunday when we enter the police station in the room where we have our coats and hats we have a season of prayer and ask the Lord to take all sin out of our lives and to go before us and give us words to speak.

BEING OVERCOMERS

MRS. D. K. ABRAMS

3529 Cottage Grove Avenue, Chicago

[The wonderful story of Mrs. Abrams' conversion in the old Life Boat Mission some years ago no doubt can be recalled by many of our readers. After her conversion she began at once to pray for the conversion of her husband. For six years she pleaded with the Lord in his behalf and then he gave his heart to God. They have been earnest Christian workers ever since and have led many a wanderer to Christ.—Ed.]

It does seem good to know that the Lord has used Dr. Paulson to open up a new Life Boat mission. It seems like old times. How I praise God for the mission! I love the mis-

sion. It is my home. It's where I first found Jesus precious to my soul.

The meeting last night was fine. The Spirit of the Lord was there and hearts were touched and some gave their hearts to God. Prof. Spaulding gave a fine talk about the Reubenites and Gadites. He told how the Reubenites were weak as water and tried to get out of doing hard times, when, if they would have borne responsibility and done the hard things, how they would have had a strong character.

I thought he had surely struck the keynote, for I could see where I had evaded this and that hard thing and had been afraid to do things for fear I would make a mistake, and thus I was a Reubenite—a weak character. Had I gone ahead and done the things the Lord wanted me to do, I would have been a strong character and able to do things. I do know this, that those that don't go through hard things don't amount to very much. It is those that can do things that are wanted today. I want to belong to the tribe of Gad, for they were *overcomers*, and I want to overcome sin and not let sin overcome me. "Be not overcome of evil, but overcome evil with good." Rom. 12:21. I want the Lord to make me more willing to do the difficult things.

I have gone through some hard experiences, but it was for my good, and I thank the Lord for taking me through them, for it has made me better able to endure. The promise is, "He that shall endure unto the end, the same shall be saved."

Two of our old Life Boat Mission converts came to our new mission last night, and I can't tell you how much good it did me to shake hands with them, to hear their testimonies, and to know that God has kept them and also used them to save souls. How good the Lord is and so greatly to be praised, and what a privilege it is to work with Jesus for souls!

Our jail service this morning was one of the best we ever had. The Spirit of the Lord was manifested and hearts were touched and melted and many expressed themselves in different ways and also raised their hands for prayer. I believe the seed sown this morning will spring forth and bear fruit. There were three splendid looking men in one cell whose hearts were touched. They said they longed to live a better life, and they raised their hands for

prayer and also knelt with us in prayer. Others were touched and prayed, and every one of the women in the cells knelt down as we prayed. Oh, the misery and sorrow all because of sin! All I can say is, see what sin hath done.

MISSION REFLECTIONS

H. M. WALLEN

Life Boat Mission, 34 South Desplaines Street, Chicago

In our work at the mission we find a very large number of transient people. They are here today and gone tomorrow. The thought often comes to us, what can we give these precious souls that will be of value to them as they battle with life in other places? A thought that will help them to meet a temptation successfully, lend a helping hand to a fellow man, also to remind them that the Lord wants them to become true and noble men and make them dissatisfied with the mean things of life.

As we look into their faces we find there men who will some day make a mark in the world and whom God will use in bringing other souls to Christ. How many different homes and environments one sees represented in this work! If we could look back of the scene it would surprise us to see that many a man hides himself in a large city, that, by the allurements of city life he might forget his past. Leaving a good home and without restraint, he goes the way of the great majority. Why? Because of the lack of an encouraging word that would have set him right. Many times the parents were too busy with other things to look after the boys, or the boys only had parents that fed and clothed them, forgetting the boys had a heart yearning for friendship.

At our Sunday Bible studies we have a good number in attendance. One Sunday morning Mrs. E. W. Webster gave us a study on the New Jerusalem, and everyone was interested. These studies are new to the men. They see things differently—they see that heaven is a real place. In the afternoon Mrs. Patterson gave us a good talk on the ministering angels and their help to mankind. Taking up the Bible this way is something new to a great many. How few there are that really know of Christ's second coming.

We need your earnest prayers that the Life Boat Mission in its little corner may be a saver from the toils of the enemy.

We have men who have seen the rough side of life stand up and testify of God's saving power. One night one man stood up and told of his experiences of the week before and how he had made up his mind to end all, but the hand of God interposed, and how glad he was that the Lord held onto him. He had been a Christian, but of a violent temper, and giving way to it he became discouraged and thought there was no use in trying. But he sees he needs God's power, not his own. O, how we ought to travail in prayer for the men and women who are fighting against odds that we little know anything about. If any of that number read these words, remember God's promises in Isa. 40:28-31; 41:10, 13.

We extend a cordial welcome to any reader of THE LIFE BOAT to our services, while they are in Chicago. Services every night at 7:30 p. m. Sunday, 10:30 a. m. and 2:45 p. m.

Our little folding organ still holds out, but we would gladly exchange it for a piano.

HELPING TO MAKE MEN OVER

G. M. SCOTT

[Brother and Sister Scott, who are taking the one year's medical, evangelistic course at Hinsdale, thus getting a brief training in medical evangelistic work, have been rendering valuable help at the Life Boat Mission.—Ed.]

One evening at the Life Boat Mission I recall an experience that made a deep impression on my mind. It was in the after meeting, as we call it, when the workers speak to different ones and invite them to stay for a short prayer meeting, that I met a middle-aged gentleman. After talking with him I found that he had been a Christian years ago, but he had backslidden. He came forward with several others, and while they were praying for God to take them back again, this brother broke down and cried like a child, and amid those sobs of sorrow he asked the compassionate Saviour not to pass him by. Surely the Lord hears the cry of the penitent child.

Another instance—a young man of about thirty-five years of age came into the mission, he said, to spend an hour or so before his train left. He was under the influence of liquor and seemed rather talkative. After the service Mrs. Scott and I asked him to stay a few moments for prayer, but he refused, say-

ing that his train left in a short time, but on finding out that his train did not leave for two hours, we felt safe in taking up his time that he would probably have spent in a saloon. So we asked the brother if he had ever given his heart to the Lord. He replied that he had a long time ago. We then asked him to make a new start. But he refused, saying, "There is no use." After talking to him about the effect of alcohol on the human body and giving him some water to drink, we succeeded in getting him to stay for prayer. After we had had a short season of prayer with him, he took us by the hand and said, "Why, I am sober now." This is one of many results that we see at the mission.

After the close of another meeting I found one man who was discouraged and downcast. He said he used to read and study the Bible, but somehow he slowly drifted away, and now when he read the Bible there were so many things he could not understand. I told him we would be glad to study the Bible with him and explain it, but he said he didn't care to know about it. So it is when we turn our back on God, we slowly drift away and truth becomes darkness to us.

But there were some whose hearts were touched, and one said that by the help of the Lord he would henceforth live a better life. Another young man eighteen years old, addicted to the cigarette habit and separated from his mother and friends, gave his heart to God and said he was going to live a better life from now on. Two or three raised their hands, and said, "By the help of God I am going to live a better life." And the Lord sees those hands go up in distress and He is anxiously waiting for the lost to come back to Him.

To finish the work God has intrusted to His people, there must be more individual and personal work, for every one has a work to do in the vineyard of the Lord.

He has committed unto us talents, and holds us responsible for their use.

Jesus was our example in all things. He was an unselfish, earnest and constant worker. Whether in the synagogue, by the wayside, or at the feast, He spoke to men about their soul's salvation. So it should be with us wherever we are, we should watch for opportunities of speaking to others of the Saviour.

The work of Christ was largely made up of personal interviews, as He had a faithful regard for the one-soul audience.

Henry Clay Trumbull said: "Whenever I am justified in choosing my subject of conversation with another, the theme of themes shall have prominence between us, so that I may learn his need, and, if possible, meet it."

All around us are precious souls. May we continue to search out the suffering ones and point them to Christ, the One who is able to save to the uttermost.

LOOKS AT THE BRIGHT SIDE OF LIFE

Will you help us to reach such men as this with the Prisoners' LIFE BOAT in May? Why not send four dollars for one hundred copies of this special Prisoners' number to be sent to your State Penitentiary? The following is from an inmate of the Iowa State prison:

"I have only corresponded with one person since my arrival here. This supposed friend stopped writing last August. Since then I have not had a scratch of a pen from the outside world until your letter of the 24th.

"I am improving all my time while here. We have an excellent library and good schools. I have taken up the study of bookkeeping. I am also learning a good trade, which is bringing me in a little money each month.

"You say in your letter that the Lord is just as near me in prison as He would be on the outside. Yes, that is true, and I am trying to do what is right in here as well as I would outside. I look at the bright side of life in here, which helps me to forget the fact that I am in a place of this kind.

"I am a young man yet, with the future before me. I have met men who spent some of their life behind prison walls who were leading honorable and respected lives. What another man has done I can and will do."

"A lady missionary had resided for fifteen years in one section of China, where the city all this time had been half full of water, and the poverty and misery constantly increasing. The secret of such patient service was revealed by two lines written in her Bible:

"Only one life, it will soon be past,
Only what's done for Jesus will last."

The Blessing of Labor

H. M. Colburn

[Through the competent direction of Professor and Mrs. Colburn, the work cure department of the Hinsdale Sanitarium has come to be a reality. Crowds of people visit this department every day. The patients are so enthusiastic over making rugs and other articles to take home with them that they forget their ailments. The workers are also enthusiastic and a regular course of training in this department has been outlined for the student nurses.—Ed.]

"This is the gospel of labor,
Ring it ye bells of the kirk,
The God of Love
Came down from above
To live with the men who work.

"This is the rose He planted,
Here in this thorn-cursed soil;
Heaven is blest
With perfect rest,
But the blessing of earth is toil."

SO says Dr. Henry Van Dyke and surely every thinking person must agree that labor is one of man's chief blessings.

Dr. H. J. Hall of Marblehead, Mass., who has made and is making an extensive study of the value to invalids of useful and interesting employment, is responsible for these statements:

"Work is so much a part of the normal

human life that the absence of it for any length of time throws the individual out of balance." "It has always been realized that work may be curative, that it may reorganize and regenerate lives that have long been idle." "In hospitals where patients are allowed work to while away the time, they have had one tie to hold them to the work of health and activity, and have had, too, less time in which to meditate on their own sufferings and on the short-comings of their nurses."

That the author of the book, "Ministry of Healing," does not consider the blessings of labor suited to those alone who are enjoying health is plainly shown in the following quotations taken from pages 238-240:



A VIEW IN THE WORK CURE DEPARTMENT, SHOWING THE PATIENTS AT WORK. MR. COLBURN IS SEEN STANDING AT THE END OF THE WORK BENCH

"Those who have broken down from mental labor should have rest from wearing thought; but they should not be led to believe that it is dangerous to use their mental powers at all. . . . Those who have overtaxed their physical powers should not be encouraged to forego manual labor entirely." "When invalids have nothing to occupy their time and attention, their thoughts become centered upon themselves, and they grow morbid and irritable. Many times they dwell upon their bad feelings until they think themselves much worse than they really are, and wholly unable to do anything."

"Inactivity is the greatest curse that could come upon most invalids. Light employment in useful labor, while it does not tax mind or body, has a happy influence upon both. It strengthens the muscles, improves the circulation, and gives the invalid the satisfaction of knowing that he is not wholly useless in this busy world. He may be able to do but little at first, but he will soon find his strength increasing, and the amount of work done can be increased accordingly."

After careful study of these and other authors concerning the need for and the satisfactory results accomplished by the providing of useful occupation for invalids, the management of the Hinsdale Sanitarium has established a Work Cure department for its patients. The work was begun late in November and has steadily grown in popularity with patients and nurses alike.

Work benches are provided where many useful and ornamental pieces of wood work have been made. Three small hand looms have been used in weaving dozens of neat little bath and bedroom rugs. Wheel chair and other almost helpless patients have with the others shared the pleasure of mat weaving, of pyrography, of fashioning numberless quaint and beautiful baskets of reed and raffia. Artists' colors are provided for those whose tastes lead in that direction. Each week shows progress in the variety of Work Cure products.

Few patients leave the institution without making a farewell call at the Work Cure and the expressions of grateful appreciation for its help are enthusiastic and abundant.

We feel that God is directing in this new department and we are glad to know that

through its work many weary souls are finding the path to hope and health and happiness.

LOOK INTO IT ONLY WHEN IN TROUBLE

This letter is from a young man who is serving a sentence of twenty-five years in the Connecticut State Prison. Three years ago, while on his way to the "movies," he got into difficulty and committed a crime which has practically cost him his freedom for life. Had some one introduced him to the love of Jesus before that time and interested him in the things of God, he might have been on his way to a prayer meeting that night instead, and no doubt would have been saved from the awful sin which has blighted his entire life. Many a person is behind the bars today because some one neglected to warn him of the evil of his course.

The Lord has given to these men another chance to turn to Him, and has put it into our hearts to furnish suitable gospel literature for them to read. The very next LIFE BOAT will be our special prisoners' number. We want to send twenty thousand copies into the prisons of our land. Four dollars will pay for one hundred. Do you want to help us send some into your state prison?

The prisoner writes:

"I received your welcome letter and I thank you very much for your kind sympathy toward a poor unfortunate wretch like me. I do not worry as much for myself as I do for my dear ones at home. Scarcely a night goes by without having a glimpse of them in my dream. Were they a little younger it wouldn't be so bad. But they are old, 72 and 73 years of age. It is for them that I desire to live. And I pray to God to remember me, "For I am poor and needy, and my heart is wounded within me." Ps. 109:22.

"Yes, thank God, I am drawing nearer to Him every day. Had I been as much interested in that old Book in which so much truth is to be found, as I am now, I believe I wouldn't be here. But a great many of us men only look into it when we get into trouble. For only then do we know that 'God is our refuge and strength, a very present help in trouble.' Ps. 46:1.

"I thank you also for the tract you sent me

and THE LIFE BOAT magazine. There is so much light and truth in it that I always read it four or five times before I pass it on to some other hungry soul.

"As I write these few lines you can not imagine how I feel as I look back to my dear old home. I see my dear old mother and father looking out through the window for me. They have been looking through that window since 1913, when I wrote them that at Christmas I would be home. And God knows how many more years they must look before they can see me coming home."

A GREAT BOOK CONTAINING GREAT PRINCIPLES

DAVID PAULSON, M. D.

For several months we have been giving, through the columns of THE LIFE BOAT, some strong statements from the book, "Ministry of Healing," thus presenting before our readers some of the highest ideals of life. Recently while in Washington, D. C., Pastor Geo. F. Enoch told of the following incident which gives us a glimpse of the high appreciation which even a native of India has for this book. He said:

"One of our canvassers while working in the native state of Mysore, in South India, many miles distant from the influence of our missionaries, canvassed a wealthy educated Brahman gentleman, high up in the government service. As soon as this man saw that he was a seller of books, he brought out "Ministry of Healing," and inquired if he knew anything about that book. When the canvasser informed him that he represented the people who published that book, the man was overjoyed and gave him a hearty welcome, telling him that he had read and re-read that book and had become convinced that it represented the true religion. He further said, 'When I find that kind of people outside that book that I read about in that book I am going to be a Christian. But I have not found them yet.'"

No doubt this learned Hindu gentleman referred to some such statements as these: "It is our own character and experience that determine our influence upon others. In order to convince others of the power of Christ's grace, we must know its power in our own hearts and lives. The gospel we present for the sav-

ing of souls must be the gospel by which our own souls are saved. Only through a living faith in Christ as a personal Saviour is it possible to make our influence felt in a skeptical world. If we would draw sinners out of the swift-running current, our own feet must be firmly set upon the rock, Christ Jesus.

"The badge of Christianity is not an outward sign, not the wearing of a cross or a crown, but it is that which reveals the union of man with God. By the power of His grace manifested in the transformation of character the world is to be convinced that God has sent His Son as its Redeemer. No other influence that can surround a human soul has such power as the influence of an unselfish life. The strongest argument in favor of the gospel is a loving and lovable Christian." Pages 469, 470.

This book, "Ministry of Healing," is one that you shall want to study alongside your Bible. It contains just the truths that are needed in the home to promote higher and holier living, both physically and spiritually. This book was written and dedicated by the author for the relief of suffering humanity. The publishers have printed it without any profit so that all the earnings can go for the help of the sick poor. The book is a beautiful work of art, profusely illustrated, and contains 541 pages. The price is \$1.50. All our earnings from the sale of this book are placed in a fund for the care of the sick poor who come to the Good Samaritan Inn and can not pay even the small sum that is required by this institution. So when you send \$1.50 for this book you are not only procuring something that will be a blessing to you, but you will help to bless this most practical charity.

EVERY WORKER A STUDENT

FYRNN N. FORD

Although the Hinsdale nurses' preparatory school was established primarily for prospective nurses, it affords an excellent opportunity for each one of the sanitarium helpers to continue his education. The academic classes conducted are those required preparatory to the prescribed nurses' course.

Fortune has not favored many with means enough to attend an academy or college, but here such are offered sufficient work to at

least compensate for tuition and running expenses. Then work rests the mind from study and both work and study become more pleasant.

Our aim is, "Every employe a student," for surely idle brains are as dangerous as idle hands. The students this year represent almost every department of the institution, including not only the nurse, but the call boy, the chambermaid, the janitor, the store clerk, the farmer, and the stenographer. Consequently a variety of ability is discovered. Convenient periods are arranged, however, in

suspended before its owner, where it serves as a convenient reference during spare moments and a constant reminder to use correct English.

But all our study is only a means to the end that we may be ready always to give an answer to every man that asketh us a reason of the hope that is in us. (I. Pet. 3:15.) The time of our preparation and our service has become one, for indeed we learn by doing. And while we study to become more efficient, the needs of the sin-sick city at our door appeal to us, and we find the spark of our en-



STUDENTS OF THE PREPARATORY SCHOOL, WITH MISS FORD, THE INSTRUCTOR, IN CENTER OF PICTURE, AND DR. PAULSON, IN THE CENTER OF TOP ROW

which students may receive individual attention.

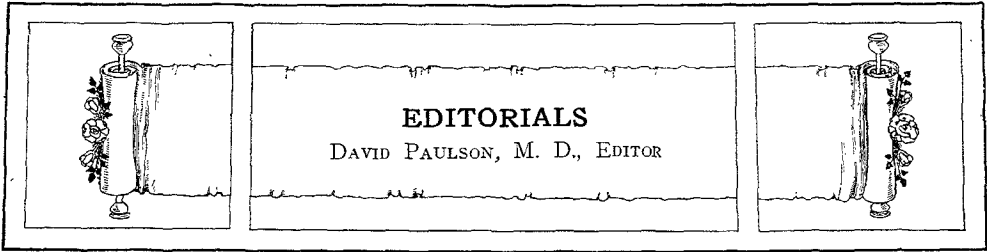
But we believe, with the wise man, that "the fear of the Lord is the beginning of knowledge." Recently when surprise was expressed at one student's progress after some time of comparatively slow progress, she said, "Well, I found I could not get these English lessons, so I just prayed that God would help me." Another who finds memorizing Bible texts exceptionally difficult, said, "I put my Bible beside my wash tub, and I have rubbed clothes and repeated verses as fast as I could all morning." Others prove quizzing each other on current lessons more profitable than idle conversation. One English text book has been

thusiasm grown brighter in proportion to the extent we heed the appeal.

May fifteenth this school year closes. Then classes will be organized again the first of June for our ensuing school year.

"How tired your foot must be," said an on-looker to a potter, who was turning his wheel with one foot, while the other rested on the ground. "No," was the answer, "it isn't the foot that works that gets tired; it's the foot that stands still."

The Lord gets his best soldiers out of the highlands of affliction.



WATCH FOR THE SPECIAL PRISONERS' LIFE BOAT NEXT MONTH

The May number will be our seventeenth annual special prisoners' LIFE BOAT. The prospects are that it will be one of the finest numbers ever issued. We already have some strong articles in hand for this number and others promised. It will be a splendid number for general distribution and for soul-winning work. Every prisoner in this country who can read ought to have a copy of this LIFE BOAT. An effort will be made to send enough copies to each prison so that every prisoner may read one. Would you like to have a part in this wholesale distribution? If so, why not send in four dollars to pay for one hundred copies to be sent to your state prison?

To give you a glimpse of the high esteem in which the prisoners hold THE LIFE BOAT, we quote here from a recent letter written by a banker recently released from the Colorado State Penitentiary. He writes:

"For seven years previous to Feb. 20, 1916, I was an inmate of the Colorado State Penitentiary and was sent there for illegally manipulating the funds of a bank that I was cashier in. While there I read with great pleasure and profit a monthly magazine called THE LIFE BOAT. To say that I read it would not anywhere near convey the idea that I wish to convey. I digested it, shed tears over it, and prayed for the unfortunate girls in your care. Not using tobacco at all, I used to trade my tobacco and matches allowance at the penitentiary for THE LIFE BOAT. THE LIFE BOAT never reaches the waste paper basket; it is read and reread until it is worn out.

"I have been a free man for only the past twenty-two days and therefore I have no money and am simply working for six dollars for three days a week, which is my only income.

"There is one good, honest Christian inmate who is doing 'life' at the penitentiary, and he has charge of all the religious tracts and magazines that come to the penitentiary, and he sees that they are properly distributed, and that the same go to the inmates that appreciate them.

"THE LIFE BOAT is the hardest magazine to secure and it is the best magazine to read. I would subscribe for it and have it sent to the penitentiary, but I simply can not afford it at present.

"It would be the means of saving many a man's soul. It saved me and made a better man of me.

"I was at one time a devout church worker, but the death of my dear and loving wife started me in the wrong direction. Gambling and a high life led to the wrecking of a bank that I was cashier in. I am the son of a banker and I have an A. B. degree from college, but that did not save me from prison."

THE UNPARDONABLE SIN

A poor, wretched, nervous invalid wrote me in great despair because she believed that she had sinned the unpardonable sin, and it worried her night and day. Thinking perhaps this copy of THE LIFE BOAT may fall into the hands of some one else who is suffering in the same manner, I feel impressed to publish for their benefit my answer to her letter:

I want to help you in regard to the unpardonable sin. No one while probation lasts, has committed the unpardonable sin who is at the same time deeply concerned about her spiritual condition. This concern is always brought about by the agency of the Spirit of God. The very fact that the Spirit of God is working on a person shows that she has not grieved it entirely away. It is a trick of the devil to stick that notion into your head.

Instead of being wicked, you need physical health and, of course, spiritual encouragement as well. God knows how to make allowance for your physical condition. He knows that you are a nervous wreck. He doesn't expect as much of you as He would of one who is in health.

To give you an idea of God's willingness to forgive, you just ask God to fix in your mind what I am now writing to you. Turn to 1 Kings 21, and read the entire story of how Ahab and Jezebel killed an innocent man to get his vineyard. Read how Ahab literally *sold himself* to work wickedness, worse than the heathen that the Lord drove out. (Verses 25 and 26.) No one ever received a more scathing rebuke from the Lord than this wicked king. And then notice in the 27th and 28th verses how he humbled himself. Then read the 29th verse. "Seest thou how Ahab humbleth himself before me? Because he humbleth himself before me, I will not bring the evil in his days."

I know no better illustration in the entire Bible of God's *willingness* to forgive. His mercy endureth forever. You ask God to forgive your sins, and He does so. That is the end of it. It doesn't depend on your feelings or anything of that kind, for the same reason that when you ring up on the telephone, the girl at the other end doesn't ask you whether *you* are a good woman or not. The fact that you ring up is a signal that you want a response, and you get it. The Bible says, Ask and ye shall receive.

There is salvation *for you* because you are a sinner. Christ came to save sinners. He didn't come to save good people. They don't *need* it. Day by day ask God to accept you. Not for your own sake, but for Christ's sake. Day by day ask Him to forgive your sins and believe He does it, *because* He says so.

No doubt a great deal of your despondency comes from the absorption of poisons from the alimentary canal. Eat plenty of garden stuff, which does not decompose readily and make poisons. Also plenty of green garden stuff and other plain, simple foods. Look after your bowels carefully so as to prevent stagnation. Carry out these spiritual and physical suggestions, and don't forget to spend as much time as possible in the out-door air, for fresh air is one of God's great blessings.

WHO WILL ENLIST?

An army of workers is wanted to scatter THE LIFE BOAT far and near during the coming spring and summer months. THE LIFE BOAT contains the saving gospel for lost souls

and it also carries the gospel for physical righteousness. The story is told in simple language that can be comprehended by all. Humanity needs THE LIFE BOAT.

This magazine is born in prayer. We earnestly seek the Lord for His guidance in making up the matter and ask Him to direct us in putting it together that it may bear the imprint of His Spirit. From the bread that occasionally returns to us from the water we know it is a force for good in the world and that many are led through its influence to bend their knees for the first time before their Saviour and Creator.

Now we need *you* to help us extend the influence of this soul-winning sheet. THE LIFE BOAT campaign is on. We want to take every city, town and hamlet and begin right away. You can start right where you are. If you devote your entire time to it we will give you a special rate. Why not write at once for sample copy and further information?

WATCH THE SIGNAL

Some one says, "I don't believe there is a God or He would not permit me to have all this trouble." The child when it runs away from home and falls into the creek does not say, "I do not believe I have any mother," but instead it cries loudly for mother to come. We often get into trouble because we have wandered away from God. We must not forget that He is our Father and that He is dealing with us in the kindest way He can. Keep watch of the signals as you come to them. It may be you will discover *why* you have to pass that way.

NEWS AND NOTES

Mr. W. C. Boynton, who with a colony of about fifteen enthusiastic young students and teachers has recently started a self-supporting rural industrial school near Douglasville, Ga., visited Hinsdale recently and told our workers something about his pioneer work.

Mr. Julius Paulson, who spent some twenty years in Old Mexico, who was driven out of the country about a year ago, has now connected with the Hinsdale work and has located his family at Hinsdale. Mr. Paulson has already given several most interesting lec-

tures on life in Mexico to our guests and workers.

Miss Kate Sanborn, matron of the Life Boat Rescue Home, was asked to assist the Women's Club of Havana, Ill., in their "Baby Week" campaign, and spent several days in Havana, giving instruction on how to care for babies.

Mr. A. C. Gaylord spent a few days attending the session of the Lake Union Conference in Battle Creek, Mich.

Pastor W. C. White of St. Helena, Calif., spent a few hours in Hinsdale recently while en route to Nashville, Tenn.

Prof. A. W. Hallock, principal of the Walderly Industrial School, located near Superior, Wis., was a welcome guest at Hinsdale recently.

Mr. H. H. Hall, vice-president of the Pacific Press Publishing Association, Mountain View, Cal.; J. W. Mace, of South Bend, Ind.; J. S. Rouse, of Clinton, Mo.; F. F. Byington, of College View, Neb., and G. W. Wells, of Minneapolis, Minn., made a brief call at the Hinsdale sanitarium recently while en route for the West after attending the Lake Union Conference at Battle Creek, Mich.

Dr. T. S. Suleeba, a native of Mesopotamia, visited Hinsdale recently and entertained the sanitarium family on Wednesday evening, March 15, by telling of his personal experience in accepting Christianity in his native country, and also of the habits and customs of his people.

Miss Alma Hill, a student of the Emmanuel Missionary College of Berrien Springs, Mich., was a patient in the institution for a short time during the past month, and her parents, Mr. and Mrs. Hill of Canada, accompanied her.

Dr. P. T. Magan of Nashville was a welcome visitor during the month.

"A GOOD MISSIONARY"

"Allow me to thank you for THE LIFE BOAT magazine, which was read with pleasure. We know it to be a good missionary. We have a much esteemed brother in the church who, while in Oregon, was led to the Saviour through reading THE LIFE BOAT. We read your articles on health and diet topics and appreciate them very much."



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

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

Checks, drafts and money orders should be made payable to The Life Boat, Hinsdale, Ill.

Do not send currency in your letters, as The Life Boat will not be responsible for receipt of the same.

Single copies, 10 cents.
 Yearly subscription, \$1.00.
 Special discounts when a number are sent to one address.

Expirations

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

Change of Address

When writing to have the address of The Life Boat changed, be sure to give the old address as well as the new one.

Mistakes

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

Premiums

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

Rates for Advertising

Full page, single issue, \$20; three months, \$50.
 Half page, \$12; three months, \$30.
 One inch, column width, one insertion, \$1.00.

Life Boat Magazine Agencies in Chicago

The Life Boat magazine can be secured in quantities at wholesale rates from the following agencies in the city of Chicago:

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

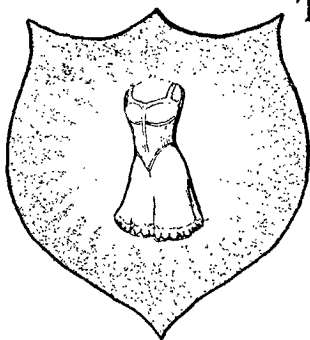
HAVE YOU PROCURED THIS PREMIUM

We recently received the following letter:

"I appreciate my book, 'The Cross and Its Shadow.' I never could understand the Old Bible so plainly as I do now after reading this good book. It is written so plain and is so easy to be understood that it is a pleasure to read it. I do enjoy it so much. I have read it once and I am reading it again."

Why not send in two subscriptions for THE LIFE BOAT and get this splendid book if you do not already have it?

Kindness does not consist in gifts, but in gentleness and generosity of spirit.



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 shrunk before making. Write for further particulars and prices.

Address **THE PATRICIA GARMENT CO.**
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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.

HAVE YOU DISCOVERED THE SAME?

"It seems like I can hardly get along without THE LIFE BOAT."

"I providentially secured a copy of your valuable paper and am glad to report that I have received help from your important health proposition. THE LIFE BOAT is like a letter from home to me. It encourages me to take new courage and go forward."

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.

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.

"The Flower Queen"

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

Have You a Camera?

Let Me Do Your Developing and Printing

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

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

Quick Service Low Prices

Any size roll film developed for 10c; film pack, 25c. Velox prints, 8c to 5c each.

L. C. HARNER, Photographic Expert

Specialist in Developing and Finishing for Amateurs

216 Hinsdale Ave.,

HINSDALE, ILLINOIS

The Life Boat Practical Health Specialties

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

PRACTICAL HEALTH SPECIALTY No. 1. Natural Rice.

Eleven-twelfths of all the mineral that God put into rice is scoured off to produce the polished product that is ordinarily eaten. What is more important, the "vitamines," the lack of which, when people are fed on rice exclusively, produces beri-beri, scurvy and perhaps favors pellagra, are also contained in the covering of the rice. But people are so used to the inferior product that grocers do not ordinarily have natural brown rice in stock. We handle the genuine article. Price, ten cents per pound. Transportation additional.

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

PRACTICAL HEALTH SPECIALTY No. 2. Genuine Graham Flour.

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

PRACTICAL HEALTH SPECIALTY No. 3. Liquid Paraffin.

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

Liquid Paraffin, or what we called White Russian Mineral Oil when we imported it from Russia before the war, seems to be a veritable godsend to thousands of these cases. Being a mineral oil it is not absorbed by the body. It merely lubricates and softens the bowel contents. It can be used with perfect safety as it does not create any laxative habit. The dose is from one teaspoonful to two tablespoonfuls three or four times a day as may be necessary. It can be procured in any town, but by buying it in large quantities we are able to furnish it to our readers at about one-half the prevailing retail price.

Prices

1 Pint	\$0.35	Shipping weight.....	2 lbs.
1 Quart60	Shipping weight.....	4 lbs.
2 Quarts	1.00	Shipping weight.....	6 lbs.
1 Gallon	1.75	Shipping weight.....	10 lbs.

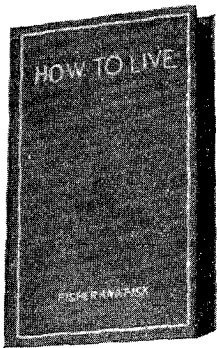
It is put up in tin cans so that it can be sent by parcel post. These rates do not include transportation charges.

HEALTH SPECIALTY No. 4. A New Health Garment.

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

THE LIFE BOAT, Hinsdale, Ill.

NEW PREMIUM OFFERS

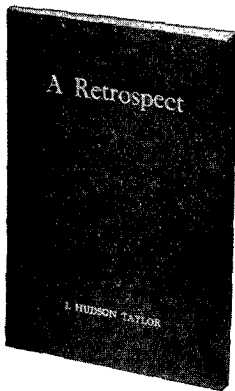
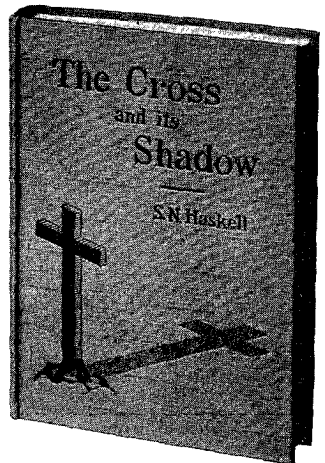


“How to Live, or Rules for Healthful Living, Based on Modern Science”

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.

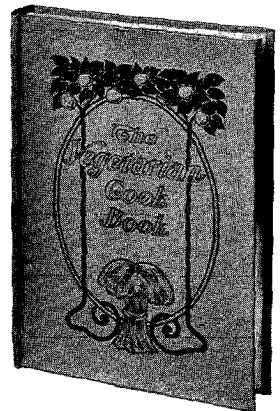
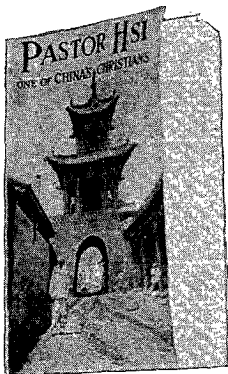


A Retrospect

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.

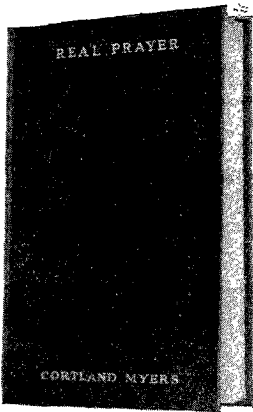
Pastor Hsi

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.

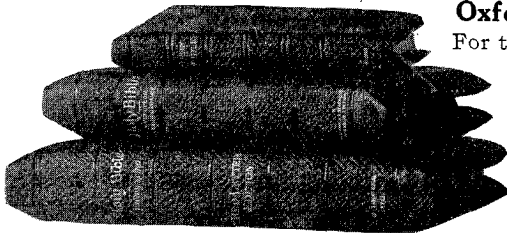


A New Webster's Pocket Dictionary

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.

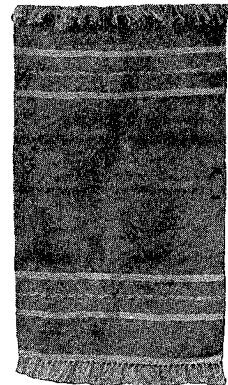
A Fountain Pen

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 1/4 x 3 1/2 inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.



Genuine Oxford Teachers' Bible

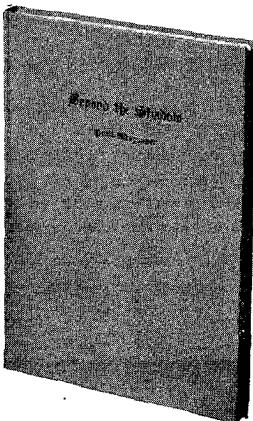
For four new subscriptions or renewals to The Life Boat we will send you a genuine Oxford Teachers' Bible, printed on good linen paper, containing New Cyclopedia Concordance, with all helps, index, Bible dictionary, tables, etc., under one alphabetical arrangement, with new illustrations. The latest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

Red Letter Teachers' Bible

For five new subscriptions or renewals at one dollar each you can secure The International Red-Letter Teachers' Bible; self-pronouncing; contains the words of Christ in the New Testament printed in red, and the prophetic types and prophecies of the Old Testament which refer to Christ, also printed in red. It contains the combination Concordance, in which the helps are all under one alphabet. This Bible is No: 39670, size 6 1/2 x 9 1/4 inches. It is bound in French Morocco, has divinity circuit, round corners, red under gold edges and extra grained lining.

A Beautiful Rescue Home Rug

24x52 inches, made from high quality new material which will not fade and is guaranteed to give excellent service, given for only two subscriptions at one dollar each and 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.



Dictate to the Dictaphone

The Dictaphone is the busy man's ideal amanuensis — always there, always ready, invariably accurate, and unlimited in speed.

It saves his time, his money and his nerves.

He dictates just as he talks to the telephone and with no more thought of the instrument.

He does better work and more of it.

His typist writes more letters and better letters and does it more easily.

No office busy enough to find use for a typewriting machine is operating at 70 per cent of its potential efficiency without a Dictaphone equipment.

THE DICTAPHONE

(REGISTERED)

The primary purpose of the Dictaphone is to conserve the costly time of the high-priced man. But the same result applies to the operation of transcription.

The typist does not do more *work* but more *letters*. And the better stenographer she is, the better Dictaphone operator she will become. For skillful stenography is not a product of nimble fingers but of brains. And every quality that has contributed to making a valuable stenographer, will be apparent in her work as a Dictaphone operator.



Send for Catalog

Let Us Show You What the
Dictaphone Will Do for You

The DICTAPHONE

12 N. Michigan Ave.
CHICAGO

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.

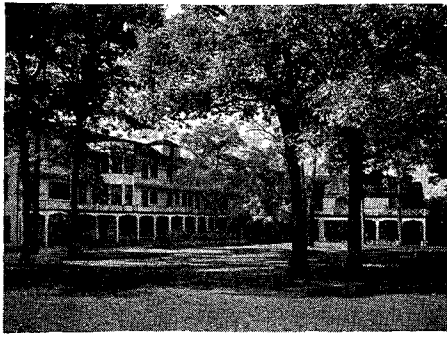
In purchasing these rugs you are not only getting a good bargain, but you are at the same time helping the Life Boat Rescue Home and the young women in the home who make these rugs.

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.

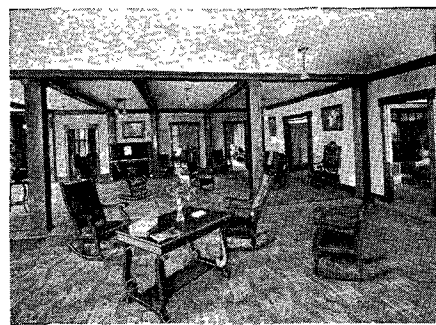
Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis court.

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
Hinsdale, Ill.

Phone
Hinsdale 645

Endowed by Nature Equipped by Science

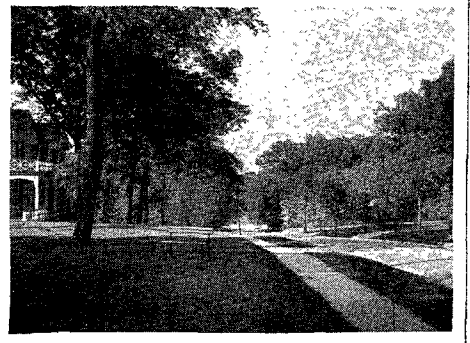
Do not go abroad for what you have at home. Were it possible for you to see Hinsdale as it is, you would come. So pleasant as to attract many guests who have no ailment. Patients are kept so busy getting well that they have practically no time to worry over their troubles. Pleasant, refined associates.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



The Driveway

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

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



A Glimpse of the Lawn