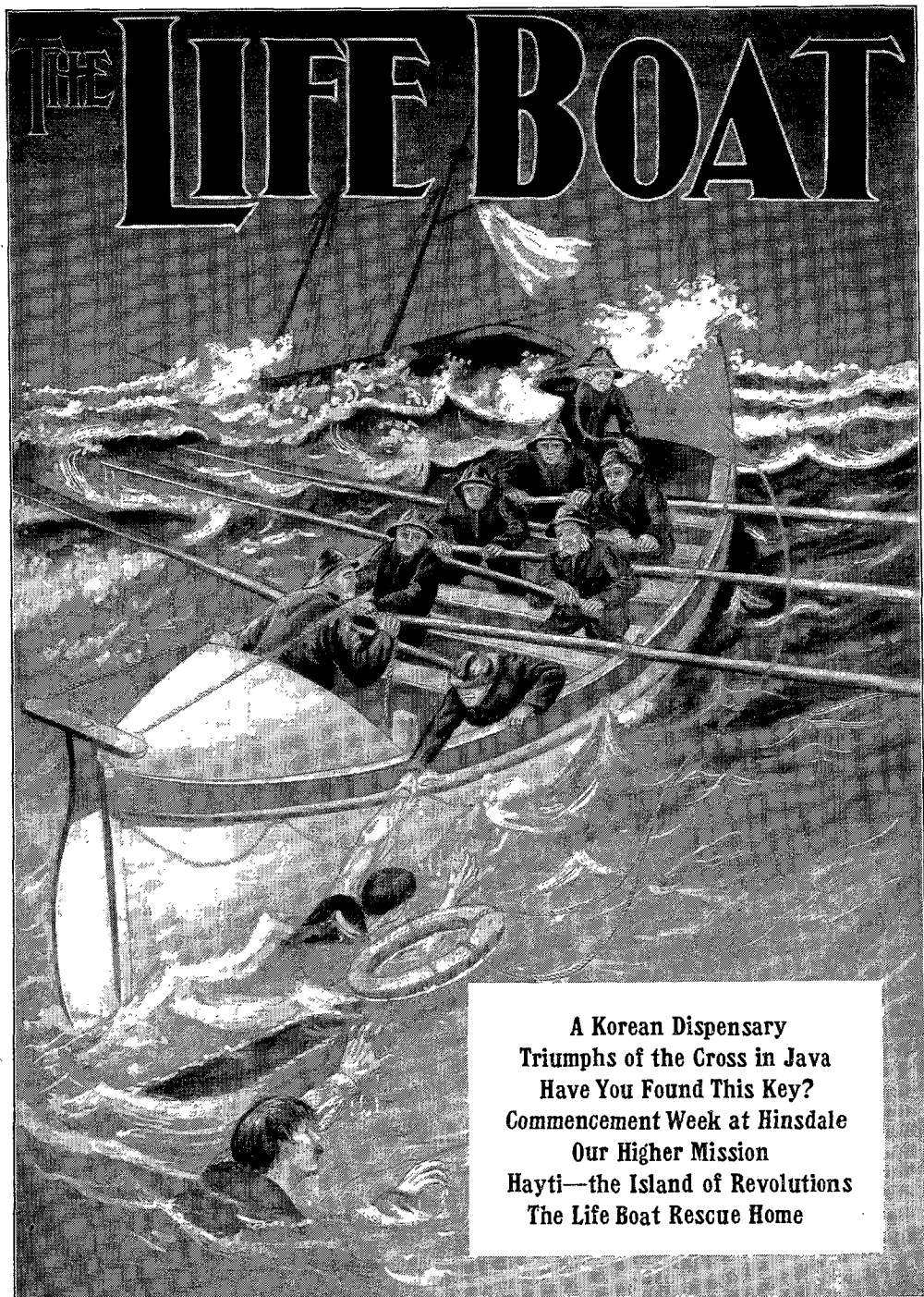


Are You Preparing for the "Impending World Crisis?" See Page 249

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Volume Nineteen  
Number Eight

Hinsdale, Ill.

August, 1916

Two Dreadful Plagues—by the Editor

# The Gospel According to You

Ø  
R. HARE  
Ø

There's a sweet, old story translated for man,  
But writ in the long, long ago,—  
The "gospel according to Mark, Luke, and John,"  
Of Christ and His mission below!

Men read and admire that gospel of Christ,  
With its love so unfailing and true,—  
But what do they say and what do they think,  
Of the gospel "according to you"?

'Tis a wonderful story, that gospel of love,  
As it shines in the Christ-life divine,  
And O, that its truth might be told once again,  
In the story of your life and mine!

Unselfishness mirrors in every scene,  
Love blossoms on every sod,  
And back from its visions the heart comes to tell  
The wonderful goodness of God!

You are writing each day a letter to men,—  
Take care that the writing is true:  
'Tis the only gospel that many will read,—  
That gospel "according to you"!

# THE LIFE BOAT

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

One Dollar a Year

Ten Cents a Copy

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Volume XIX.

HINSDALE, ILL.

:: AUGUST, 1916

Number 8

## Two Dreadful Plagues

INFANTILE PARALYSIS AND PELLAGRA

David Paulson, M. D.

JUNE 26th an epidemic of infantile paralysis began in New York City. Only nine days later the disease had already ended the earthly career of a hundred children. By July 8, less than *two weeks* after the disease began, there had been about a thousand cases in New York City and nearly one in four had died. Death was not caused by overwhelming the heart by some poison as in diphtheria, or by ruining the kidneys as in scarlet fever, but by suddenly paralyzing the breathing apparatus. Most of those who lived have had one or more limbs paralyzed so that humanly speaking to many of them death would have been preferable.

Before these two weeks were ended cases of this dreadful disease had appeared in Boston, Chicago, Iowa, Kansas, Ohio, Kentucky, Wisconsin, San Francisco, Seattle and other places.

### What About Infantile Paralysis?

Is it the legitimate *result* of wrong habits of life like those disorders that follow acidosis of the blood from erroneous dietetic habits or is it a veritable *scourge* permitted by God to fall alike upon the "just and the unjust?"

Cases of infantile paralysis have occurred here and there from days of old and it was not supposed to be any more contagious than toothache or sick headache and, generally speaking, only one child in a family contracted the disease. It did not spread through the community, but nine years ago it assumed its present terrific death-dealing and tremen-

dously contagious character. It began to spread from northern Europe and soon it had circled the entire globe.

In spite of the earnest study that eminent medical specialists have given this disease the last few years, the death-dealing germ, if such it be, has not yet been discovered. On this point the editor of the *Rocky Mountain News* says:

"This disease is gaining rapidly in this country every year. It has baffled the medical world and the bacteriologist and will continue to do so until the fortunate investigator is able to distinguish the germ and isolate it and mark it, after which the rest will be easy—the discovery of an antitoxin."

Whether the "rest" will be *so easy* as the editor imagines, remains to be seen.

### The Voice of Medical Science

Dr. Flexner, head of the Rockefeller Institute in New York City, who has made a most thorough investigation of this disease, says that the infection is contained in the secretions of the nose and throat and also from the bowel discharges. The most discouraging part of all this is the fact that persons who are apparently in good health may carry about the infection in their nasal cavity and thus scatter the disease, just as some healthy individuals carry diphtheria germs in their throat.

The secretary of the Illinois State Board of Health gives the following sensible advice:

"Restrict all affected children to the prem-

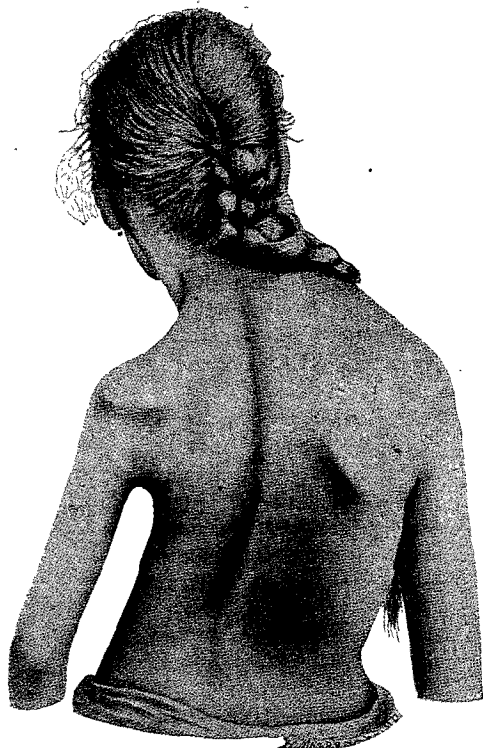
ises. They must not come in contact with other children.

"Thorough disinfection of patient and of everything coming from sick room.

"Milk containers must not be removed from quarantined premises.

"Members of family should use 1 per cent solution peroxide hydrogen for gargle and general disinfectant.

"Books, toys and other things used to amuse patients must be burned. Library and school books must not be returned.



A Case of Infantile Paralysis of Long Standing, Showing Curvature of the Spine and Paralysis of the Entire Left Side.

"Household pets must be strictly excluded from the building.

"Care of the teeth is highly essential as a preventive measure."

#### Some Serious Reflections

Suppose the Lord should permit this germ to become several times *more* infectious and virulent than it is at present, *who* would survive?

Those of us who have our Bibles in our hands should stop and consider if there is

not something inside of its cover that sheds light on the outbreak of such a plague.

The Lord told the children of Israel if they *failed* to observe His law and to *fear* His glorious name, then "the Lord will *make* thy plagues *wonderful*, and the plagues of thy seed, even *great* plagues, and of *long* continuance, and *sore* sicknesses." Deut. 28:58, 59.

Inasmuch as the Lord is the *same* yesterday, today and forever, there is no reason why He should not deal with the people of this nation today, if *they* forget Him and fail to serve Him, just as He did three or four thousand years ago.

If we overlook the hand of God in these plagues and calamities that are coming upon us, we are *missing* something important. The Lord himself says: "I have *sent* among you the *pestilence* . . . yet have ye not *returned* unto me, saith the Lord. . . . Therefore . . . *prepare* to *meet* thy God, O Israel." Amos 4:10, 12.

The great lesson for each one of us to learn is to see in all these things a *call* to repentance and a more definite preparation to meet the Lord.

#### New Light on Pellagra Plague

Curiously enough about the same time infantile paralysis started out on its genuinely deathly career pellegra came also to the front. Of course, there had been isolated cases of pellagra recognized in the South for some years previously, but ten years ago it took on a new virulence and it has spread and increased until last year there was estimated that one county in Tennessee contained ten thousand cases, and it is by no means confined to the South. Plenty of cases have occurred in the North, although, strangely enough, thus far it is practically unknown west of the Missouri river.

#### Pellagra a Dietetic Disease

It was natural enough that a disease which sprang into such sudden prominence should receive earnest medical attention. There were soon numerous theories as to its cause.

It was Dr. Funk of Lister Institute, England, who isolated "vitamines"—those mysterious food substances that exist in minute quantities but are absolutely *essential* to life and health. If they are *entirely* left out of the diet, in a few weeks' time the same symptoms

appear that prostrated the one hundred and ten sailors on the German war cruiser Kronprinz Wilhelm, when they lived on a one-sided diet. But God has put these vitamins in the *covering* of the grains, that are now being entirely removed by modern milling methods. They are also abundant in green garden stuff, fruits, vegetables, milk and fresh meat.

Funk suggested that pellagra was caused by a diet *deprived* of vitamins. The time has not yet come for the last word to be spoken on the subject of pellagra, yet evidence is rapidly accumulating to show that Funk was right rather than those who have been attempting to prove that it was caused by too little protein in the food.

#### No Vitamins Spells Pellagra

Let the reader remember that a diet of *polished* rice causes beriberi in the Orient, a disease closely resembling pellagra. When *unpolished* rice is used it does not occur. Let it also be remembered that when fowls are fed *exclusively* on either polished rice or pearled barley or modern milled corn meal or white flour, they develop the *same* disease in a few weeks' time, while they can live indefinitely on the *whole* grain.

On this point Dr. Edward Jenner Wood of Wilmington, N. C., writes in a recent number of the *Journal of the American Medical Association* under title, "Vitamin Solution of the Pellagra Problem:"

"Until recent years, in the South especially, corn was simply crushed between two stones, and the power was that of the stream nearby. Each neighborhood had its own mill. The only thing removed was the coarse particles of outer skin or husk. This method of milling has been largely replaced by steam or electric milling. By this process the corn is subjected to heat in order to loosen the outer coarse husk. . . . After the heating process the grain is passed into a 'degerminator,' which removes the *germ*. This is done because the germ contains such a large amount of fat that rancidity would soon occur if it were left in the meal. Besides this, the germ would give to the meal a yellow color which by modern standards is counted undesirable."

#### An Interesting Prison Experience

Dr. Wood then calls attention to Dr. Nightingale's experience with prisoners in South

Africa. When they were fed on *whole* corn meal ground in the jail in the old-fashioned way they did well and were free from disease. On account of a shortage in the crop he was compelled to buy the modern-milled corn meal. Directly the prisoners came down with a redness of the skin exposed to the sunlight, sore mouth, digestive disturbance, diarrhea and mental depression, all of which are *typical* symptoms of pellagra. I quote Dr. Wood's comments on this experience:

"Nightingale found that prisoners who had been fed on whole meal ground in the jail did well, and were free from disease. Owing to a crop shortage, he was forced to use milled meal, and there soon developed a disease for which he coined the term 'zeism,' thinking it to be an undescribed condition. The symptoms were symmetrical erythema of the exposed portions of the body surface, sore mouth, digestive disturbances with diarrhea, and even mental symptoms. He says that it somewhat resembled pellagra, but was not that disease, even if an acute form of it occurred. In 1905 the failure in making the diagnosis was because we did not recognize an acute form of pellagra which is unknown in European literature. A careful reading of Nightingale's paper will convince any one who has seen pellagra in America that this disease could not be otherwise diagnosed. Certainly, if it is not pellagra, then the disease going by that name in the United States has been erroneously classified. No better animal experiment will ever be done than this experience of Nightingale to confirm the *correctness* of our belief that the protective vitamin is *removed* from corn by the present method of milling. He says that after he found that commercial corn meal caused the trouble, he secured a fresh lot of corn and had it hand-milled in the jail. The result of its use is declared '*immediate and magical*.'"

Dr. Wood then fed a group of pigeons on *commercial* corn meal. They speedily developed symptoms which were exceedingly suggestive of pellagra, "redness of the legs, weakness, and loss of feathers with the prospect of prompt death. The next group of pigeons was fed on the best corn, which was not kiln-dried, and it was ground in the laboratory at the feeding time. These pigeons have made a striking contrast with the former group. In spite of the fact that the only food allowed

was corn, they have remained *perfectly healthy* and active."

When we remember that North Carolina is particularly afflicted with pellagra, the following words are of special significance:

"In a search through the mountains of North Carolina, I have found *no cases* of pellagra in those counties removed from the lines of railroad travel. The mountaineer lives on much the same food and in equally as unhygienic conditions as the lowlander, but there the difference in the corn is again quite striking. The mountaineer is too far away from the railroad to get milled meal, so he must send his corn to the local mill, where it is ground in small amounts at a time, and the *whole grain* is eaten, giving him the *necessary* protective substance. The man in the low country can get the meal from the village store, and thereby save the time and labor of a man and a mule to send to the mill. In so doing he *fails* to get the protective substance, and unless his diet is otherwise adapted to *supplying* the vitamin, pellagra should naturally follow. In an eastern county remote from railroad travel, there are broad areas where pellagra has never been seen, and it is notable that the people eat water-ground *whole* meal. In all other respects this country seemed to be peculiarly suited to pellagra, and the fact of its absence has always been very puzzling."

Dr. Wood concludes his article with the following words:

"These observations lead me to believe that it is probable not only that pellagra is a deficiency disease, but also that the deficiency can be definitely placed in the modern method of corn milling. It would appear, therefore, that the eating of the *whole grain* in corn countries will stop the ravages of pellagra. Deterioration of corn is productive of pellagra because the germ is the portion of the grain most subject to the action of molds and animal parasites."

#### Dr. Goldberger's Experiments

Dr. Goldberger of the United States health service, having observed that pellagra generally occurred in those families that lived on refined sugar, over-milled starches, white flour bread, polished rice, etc., came to the conclusion that pellagra was caused by eating too much starch and too little protein. He seemed to overlook entirely the importance of

the vitamins that had been removed from these starches as Dr. Wood has already called attention.

#### The Famous Prison Experiment

Nearly all our readers have no doubt heard of that group of Mississippi life-term prisoners who volunteered to be experimented on for pellagra by Dr. Goldberger on the condition that they should be pardoned at the conclusion of the experiments. On this interesting subject I quote from the *Chicago Daily News*: McCann, the noted chemist who was associated with Dr. Wiley in the government service, and who was called upon to prescribe the diet that restored the one hundred and ten dying sailors on Kronprinz Wilhelm, writes:

"Then came the sensational poison squad experience in which twelve convicts, six of whom were murderers, risked their lives in the interests of medical science in order to enable Dr. Goldberger to prove his theory that pellagra is directly due to the consumption of inadequate food.

"These victims in the Mississippi penitentiary were fed exclusively on *degerminated* and *dimineralized* corn products.

"November 2, 1915, after six of the men had developed pellagra in a pronounced form and two others had shown definite symptoms of the disease, Governor Brewer pardoned them all.

"Several of the convicts attempted suicide during the test. Two of them, Guy R. James and D. W. Pitts, made formal application to the penitentiary board to be sent back to their cells in order that they might serve their life terms in preference to continuing further the sufferings they underwent.

"One of the pardoned convicts, W. H. English, describing his experience on the day following his pardon, stated:

"For the first few months I felt only lazy and stupid. Along about July first I began to lose weight. At that time I tipped the scales at 167 pounds. Now I weigh 118 pounds. When Gov. Brewer pardoned us yesterday, he told us we could remain in the penitentiary and be cured by a "balanced diet" treatment. One might think this invitation would have been accepted by some, but not even one of the eleven accepted it. The twelfth had broken down two months before and was sent home."

It was reported that he had committed suicide."

Dr. Goldberger observed that by feeding pellagra patients on a generous all-round diet they improved and that it also prevented pellagra. So he recommends a more liberal addition of protein food to the general dietary. He suggests that each family own a cow, and chickens for eggs, that peas and beans be cultivated, that economic conditions be improved, wages increased, unemployment reduced, with other very helpful suggestions.

#### McCann's Pellagra Recommendation

McCann in commenting on these suggestions adds the following of his own which should be taken to heart by every one who *desires* good health, whether he lives north or south, whether he fears pellagra or not.

To these recommendations, which will be difficult, if not impossible to follow some day, the following will be added:

"Eat the foods already at hand, but eat them in their *natural* unrefined state. (Not difficult to do.)

"Grind the *whole* corn and consume it in the form of corn bread, corn pone, corn cake, corn porridge, containing all of the corn. (Not difficult.)

"Adopt the same principle with regard to wheat, barley and rice. (Not difficult.)

"Eat something green *every* day and make sauces or soups of the waters in which vegetables are boiled, instead of throwing them down the waste pipe or into the sink. (Not difficult.)

"*Forget* the fresh meat if you can't get it and use the milk and eggs, beans, peas and lentils instead. (At least not as difficult as getting and keeping a whole cow where wages are low and unemployment abundant.)

"If you can get large quantities of fresh meat, eat of it *sparingly* and only once a day at the outside. (Rather economical and sensible.)

#### A Faulty Interpretation

"Certainly, but a mere fragment of the real value of the pellagra poison squad has been given to the world. Through faulty interpretation the sufferings of men, so severe that their very violence caused some of them to attempt suicide, have been in this experiment almost lost to their fellows, even as the Kron-

prinz Wilhelm experience was lost to humanity.

"According to the reports given out the men were fed collards, hominy, corn bread, corn grits, fried mush, biscuits, brown gravy, rice, coffee and sugar. Nothing was said of the fact that hominy is a demineralized, degerminated, refined corn product; that corn bread is the same kind of demineralized corn product; that fried mush, made from degerminated corn meal, or grits, is the same kind of refined corn product, and that it was not because they were corn, but because they were bolted corn, only part of the corn, that a diet of such foods *resulted* in disastrous consequences, which consequences, in this case, were aptly named 'pellagra,' just as they would have been named something else had they been named by another set of scientists.

"That these comments are shocking is admitted, but that the conditions which justified them were even more shocking is obvious to any scientist or layman who considers them in connection with the well-established laws of nutrition."

#### In Conclusion

Truth is *always* wrought out between the hammer and the anvil. It is curious how even great men overlook such simple truths as McCann has so well called attention to.

The present indications are that humanity needs to adopt again and use in moderation the following bill-of-fare which God provided *originally* for Adam. "See, I have given you for food every *fruit* and *grain* bearing plant upon the surface of the whole earth, as well as fruit and seed bearing trees and all *vegetation*, so that they may be *food* for you." Gen. 1:29. (Fenton's Translation.) Those who use such food unspoiled by modern milling processes or ruined by erroneous methods of cooking will undoubtedly not only be to all intents and purposes delivered from pellagra, but also in a large measure from Bright's disease, high blood pressure and the majority of nervous disorders, digestive disturbances, and, as Dr. Bulkley, the eminent New York cancer specialist, has said, they will be almost entirely immune to cancer. They will be spared many of our other chronic diseases which are not cured for the simple reason that the *cause* continues. "My people are destroyed for lack of *knowledge*." Hosea 4:6.

## A REMARKABLE CONVERSION

R. HARE,

Cooranbong, N. S. W. Australia.

Ratu Ambrose was a Fijian chief. In his young days cruelty and cannibalism were features of the native life. Later on strong drink and tobacco did their dreadful work among the natives, and Ambrose was one of the victims. In referring to his life, before a large congregation in Australia, I heard him say, "I was the cruelest man in Fiji." Speaking of the extent to which he and his companions had gone in drinking he said, "We often drank ten bottles of whisky before breakfast."

But there was a time when this man, so deep in sin and slavery, heard the gospel of the kingdom, and he began to struggle toward the light. The missionaries with whom he came in contact seemed almost to doubt the sincerity of the man, yet he continued to attend the meetings and to ask about the truth. One by one his bad habits were cast aside and a clearer faith lit up the chambers of his soul. Pipe and bottle both went, and the eyes that had looked only at evil and sin looked in astonishment at the revelations of the Book of God.

His attendance at worship became constant and the whisper went around the village and the island that he had gone to the "Lotu Savasava"—the clean church.

It was so, and from breaking all the commandments of God, that chief became a sober, sensible Bible-loving Christian. He died in December, 1912, but the miracle of his conversion still lives among the islanders as a testimony to the power of the gospel and the value of the Book of God. He died a clean man—clean in body and spirit—cleansed through the power of the gospel of Jesus Christ.

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## MODERN EVES AND ADAMS

MRS. D. A. FITCH,

Santurce, Porto Rico.

Probably all who scan these pages are familiar with the first three chapters of the Bible and so know the story of Adam and Eve, how in their beautiful garden they disobeyed God and so lost that home. Had not Eve left the company of her husband she

would not have been tempted by the serpent. This was her first mistake. After having taken of the fruit and found it was pleasant to the taste she wished Adam to taste of it also. We are instructed on good authority that he knew full well that he was doing wrong and what would be the consequences. In choosing to share the fate of his wife he brought upon the world the condition that human beings have had to face for six thousand years.

At the present time we find in existence many of the relatives of mother Eve. Many a modern Eve is luring her husband to destruction by the practice of her good (?) cooking, and he, poor soul, is acting the part of ancient Adam in choosing rather to sacrifice his health on the altar of mistaken love, than to assert what he knows to be wise, right and best for him even though it be only from a physical standpoint—the privilege of living the simple, hygienic life.

He well knows what science, experience and other counsel equally as good are teaching, and yet he will freely partake of the tempting viands, prepared with the sole purpose of pleasing the palate, and run the risk of dyspepsia or something worse, brought on by the predisposing cause, improper dietary.

He knows full well the effect of soda and its concomitants in food, the admixture of free fats with other foods, and yet he is happy while partaking of the hot soda and baking-powder bread, the greasy piecrust and cake composed of mixtures fit to give a king indigestion. When men learn wisdom and a grain of self-control there will be a better state of things in the physical world and the number of candidates for the Heavenly kingdom will be greatly increased.

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Are you hesitating to become a Christian because no one has ever invited you to become one? Think a moment, friend, someone has invited you. He said, "Look unto me, and be ye saved, all the ends of the earth: for I am God, and there is none else." Isa. 45:22.

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Life is a check signed in blank. What it is worth depends on how you fill it out.

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Better to be small and shine than to be great and cast a shadow.

# Triumphs of the Cross in Java

Miss Petra Tunheim

[We were pleased to have Miss Tunheim as our guest at Hinsdale recently. Miss Tunheim has spent thirteen years in foreign missionary work, first in Australia, then in Java. It was interesting to learn that she partly paid her way to Australia by selling THE LIFE BOAT magazine, and had sold thousands of copies after reaching Australia. The Lord has wonderfully used this Spirit-filled woman to extend the Gospel in that far-away island.—Ed.]

**WE** HAVE in Java five leading languages. The Malay language is spoken by the Chinese and the people on the West coast. The Javanese is spoken in the Eastern part of Java, and others in different parts of the Island. We have a mission station in East Java, and one in West Java. In this territory we have thirty-six million people. We are

reading literature. The doors are open for the gospel in every nation now and you will notice how it is going to the Chinese, Japanese, Europeans, and other nations. It doesn't matter about the color of their skin, Jesus loves them just the same.

Java is a beautiful island. It is called the Garden of the East. It has drawn my heart



A Typical Street Scene in Java.

glad to have a part in taking this message to them.

We now have two hundred and fifty Christians, and there are plenty more to work for, but it is wonderful how the message is going.

One young man accepted Christianity, came to Java and then to Singapore, and is now attending a training school, and has been baptized and is going back to take the gospel message to his people.

Many have become Christians just through

closer to God as I have thought if God has made this earth so beautiful, what will not the New Earth be, and I long for the time to come when this earth shall be made new.

## Rice Culture on the Island

The staff of life is rice instead of bread as it is here. They let the water run on the fields for a few days. Then plow a small patch with the water buffalo, and then plant the seed, and when it is a few inches high, the women transplant it and they stand up to their knees

in water and stick it down one plant at a time.

After four months the rice is ripe and then the women cut it with a little knife by taking one straw at a time between their thumb and finger. It is a slow process; and so it is in the work of the Lord. As they cut one straw at a time, so we save one soul at a time.

They usually only have a little rice, and there are so many thieves that they can not leave it in the field. When they cut five bundles, they receive one as wages. Those who have a little, put it beside their beds and watch it at night. Then they stamp it, and then cook it.

Some of the children have one meal a day, and that begins early in the morning, and lasts till late at night, consequently we have thousands of children dying because they are fed constantly.

#### **The Traveling Restaurant**

The most interesting thing I saw when I first went there was the traveling restaurant. There is a pot of soup boiling as the vender goes through the street. On one side is a weight, and on the other side, the fire and soup. And whenever customers come along, they squat down on the ground and he gives them a square meal for five cents. He carries his dish cloths along, which are as black as the pot of soup, and when the customer is through eating he washes the dishes with the black cloths and passes on to another.

Frequently by the roadside can be seen stagnant water where the mosquitoes dwell and it is very unsanitary. The houses there are homes for the people and also for the animals; if the people are rich enough to have any. In the dirty river they wash themselves, wash their clothes, and afterwards wash their rice in the same water.

#### **Now a Little About the Work**

Last year in May we had a meeting in China. I met a brother at this meeting. He was always happy. I couldn't talk with him for I didn't understand his language, but we could smile and shake hands. And one day I asked through an interpreter why he was so happy. He said, "I have received this wonderful gospel message. That is what makes me happy."

Sometimes there are forty or fifty sick people in a village, and we go and help them what we can, and then get out our chart and teach

them from the Bible. Some of them come with terrible sores from head to foot, and we fix up little medicines for them to help purify their blood, and tell them if they drink half a cup each morning, it will help them. And sometimes instead of drinking half a cup each morning and taking it that way, they will drink the whole thing at once. But it is wonderful how they will respond to the treatment.

#### **Our First Convert**

The first convert we had in East Java was a spiritualistic medium. She used to talk with her father and others who were dead. But the light of the gospel came to her and she got rid of all that.

One girl was very prejudiced. When we would hold Bible readings with her mother, if she came into the house at all, she would turn her head the other way so as not to see us and get contaminated. But we prayed for her, and the Lord touched her heart tenderly, and now she has been in Australia for five years attending our school and I know she will be the means of leading many souls to Jesus.

#### **A Thief, a Robber and an Opium Smoker**

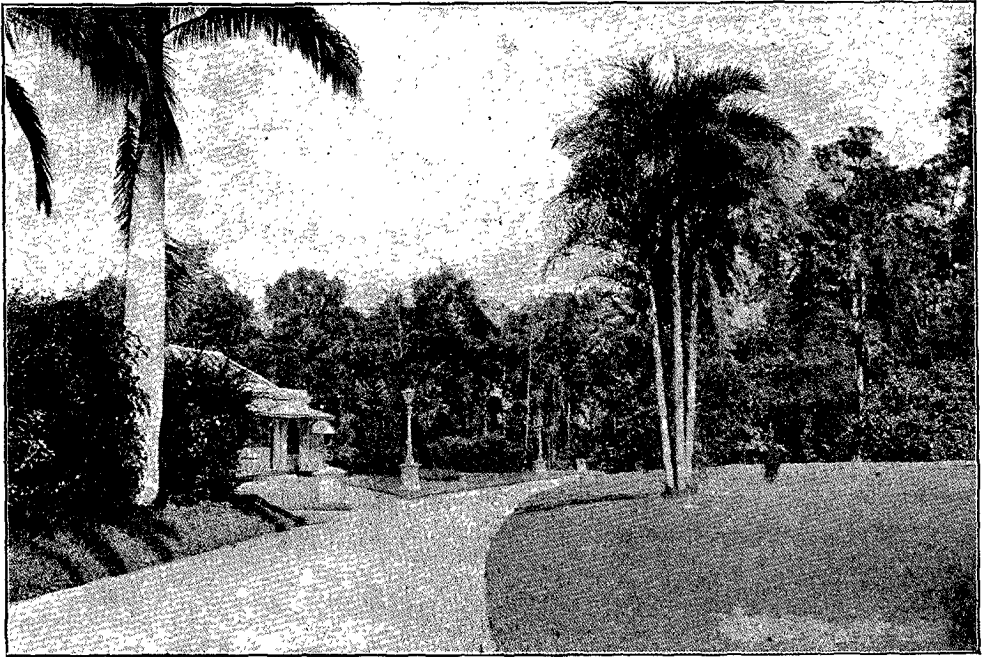
One of the most wonderful conversions I know of is a man who once used a dollar's worth of opium a day. He was a thief and a robber, besides smoking opium. He says, "I was a terribly bad man." But I have never seen a more beautiful character than he is since he was converted. In teaching him, when I told him about opium, tobacco, tea and coffee, those four things he gave up, and has never touched them since. Afterwards he heard I didn't eat meat, and he gave up that also and has never touched that since. He always attends prayer meetings, sometimes walking six miles and back again.

Another, an old brother sixty-eight years of age, who smoked opium, was under conviction. We had revival meetings and prayed especially for this old man and another one, and they got the complete victory over opium, and neither of them has touched it since. The old brother used to get so sick. He tried to give it up for a long time and he would fall to the ground and foam at the mouth, and finally would have to smoke some more opium. But God gave him a wonderful victory and he is rejoicing. At the last prayer

meeting before I left, his face was simply beaming with the joy of heaven because God had helped him. His wife was a gambler and would gamble and chew betel nut for hours at a time. And oh, what a wonderful victory she has had.

I sold my camera to a young man who, with another man, was developing pictures, and while doing that they got to studying the Bible together. It stirred up the whole Chinese town and they were not talking about anything else but this young man who had torn

the big letters on it, and that is the top, but she can not remember it. She goes out and stands on the corner and says, "It is almost the end of the world and you must become converted and give your heart to God. Turn away from your sins and become Christian and soon you will have a home with Jesus." When I left Java, she was so sad. She said, "When my mother died, I could stand that and came to live with you, but to have you go away for a whole year, I don't know how to bear that." And I was sad as I left her to



One of the Many Attractive Spots in Java.

away from the faith of his fathers and accepted Christianity. And finally one of his relatives went to the idol and asked what to do. The idol answered, "You mustn't be harsh with the young man. Be patient, and everything will come out right." That was a pretty good answer from the idol, I think, don't you? It did come out right. He has taken a firm hold of Christianity and has been baptized.

#### How She Sells Papers

The girl who is my servant and helps me in the house work, sells papers, and as she can not read, she often gets them wrong end up. I try to tell her to always notice the end that has

come on my furlough.

Though the heathen may not know how to call for us to come over and help them, and tell them about Christ, Jesus does it for them. He says, "Go ye into all the world, and preach the gospel to every creature," and "then shall the end come."

One of the greatest signs we have ever had in the world that we are near the end is the great European war. Oh, we are near the close of time. I have moved from place to place hundreds of times, packing and unpacking, and meeting people and saying good-bye again, and how sad it is at times, but how

good it will be when we meet in heaven and will not have to say good-bye again. That will be a glorious place.

### A KOREAN MEDICAL MISSIONARY DISPENSARY

RILEY RUSSELL, M. D.,  
Soonan, Korea.

[We have just received a personal letter from Dr. Russell from which we quote the following interesting report of medical missionary work in Korea.—Ed.]

Our dispensary work is very heavy. We have one Korean graduate doctor and two nurses that we have trained. There are two foreign doctors seventeen miles south of us and one eighty miles north off of the railroad, and as we are in a thickly populated place, we get about five to six thousand patients each year, of all kinds. We have a good bath room, that is, we have plenty of hot and cold water and the spray runs almost constantly. Our patients respond to the treatment in a marvelous manner. We have found that the Lord is not dependent on a nickel-plated spray for results for He uses our home-made gas pipe spray to wash heathenism out of this people and prepare a clean, respectable people for the indwelling of His Holy Spirit.

I was once interested in machinery, and have run a steam engine some in my younger days for wages, and I thought it was a great thing to be able to make repairs, but that is not a spark to the sun in comparison to being a servant of the Maker of man and seeing Him take a poor old heathen who has been bowing to stone and worshipping Satan and living wholly in the dark until his poor old scarred body is well nigh finished for destruction, and seeing God create him anew inside and out, and change his life and start him up the road to life.

### A REPROOF AND ITS RESULT

Dr. Talmage once said that many years ago a clergyman was on a sloop on the Hudson river and hearing a man utter a blasphemy the clergyman said, "You have spoken against my best friend, Jesus Christ." Seven years after, this same clergyman was on his way to the General Assembly when a young minister addressed him and asked him if he was not on the sloop on the Hudson river seven

years before. The reply was in the affirmative. "Well," said the young minister, "I was the man whom you corrected for uttering that oath. It led me to think and repent and I am trying to atone somewhat for my early behavior. I am now a preacher of the gospel and a delegate to the General Assembly."

### WANTS CHEER

(From the Blackwells Island, N. Y., Penitentiary)

"Just a few lines in regard to your LIFE BOAT. I read there where you say, write, and you would write a letter that would help to lead a better and a Christian life. Well, I can say I would be very glad to hear from you in regard to leading a better life when I leave here.

"This is my second time in prison and I want it to be my last. I am twenty years old and I want some one to give me good advice. The way I feel now is that everybody is down on me. I haven't received a letter from mother since I came over here and I don't know if she is dead or alive, but I hope alive. I hope you will give me some kind word and cheer me up. I am a stranger to you, but I know you are good Christian people and glad to do the best you can to help a poor fellow like me.

"I want to say that I enjoy reading that book very much as it tells so many things that I really want to know. I hope you will answer as soon as you can."

### WHO WILL VOLUNTEER?

PEARL WAGGONER-HOWARD

A call from over the ocean sounds—  
A call from lands afar—  
A call from earth's remotest bounds;  
And all we have and are  
Must needs be given to that call  
When once the call we hear;  
It asks recruits of one and all;  
Who now will volunteer?

Not all, to go to the fields beyond,  
The privilege may know,  
Yet every heart should quick respond  
To Christ's commission, "Go."  
For need abounds on every hand  
And lost ones, too, are near;  
At home to help, or foreign land,  
Oh, who will volunteer?

The ones in need are an army vast—  
The workers, oh, so few!  
To reach some, ere the day is past,  
The Lord has need of you.  
And there's a promise He has given  
That strengthens, guides and cheers:  
His presence to the end will bless  
All faithful volunteers.

## HAYTI—THE ISLAND OF REVOLUTIONS

MRS. MARGARET E. PRIEGER  
Cap-Haitien, Hayti.

[A year ago Mr. and Mrs. Prieger, missionaries to the island of Hayti, visited Hinsdale while on a furlough to the United States, and the thrilling report of their work for the natives of that island, which for a number of years has been noted for its terrible and repeated revolutions, was read with interest by our LIFE BOAT readers at that time. After the landing of American marines on the island, which resulted in the establishment of peace and better sanitary conditions, these two faithful workers returned to their chosen field to carry the gospel to the ignorant, untrained and neglected Haitians. This report has just been received.—Ed.]

The work is onward in Hayti. March 16-26 our first general meeting was held in Grande Reviere, a town of about one thousand in-

were buried with their Lord in baptism. Since then Brother Roth and my husband visited Port de Paix, St. Marc and Port au Prince, where meetings were held. At the present time Mr. Prieger is on a trip to the far interior, where he will organize churches and baptize many candidates. It is the first opportunity to visit that part of the island since 1913.

Dr. and Mrs. D. E. Blake, who are both physicians, are now located in Port au Prince and we are very grateful to the Lord for their presence to give prestige to our work and to help in a material way to build up the cause of God in this Republic.



A Gathering of Native Believers in Hayti.

habitants in the interior. Pastor G. G. Roth of South Lancaster, Mass., who is in charge of the French Department of the General Conference came to assist us. His help was very much appreciated by the believers, who could listen to the gospel story proclaimed in their own language.

After two years of revolution, destruction and devastation, most of the people were left destitute. They are commencing life over again since the American occupation and they appreciate the sense of security which they are laboring under at the present time.

After the general meeting, thirty-two souls

There has been some fighting since last November, although companies of marines are stationed at all the principal seaports and some important towns in the interior. One month ago a revolution broke out in Santo Domingo and about one-half of the troops were sent to that part of the island. Just now we hear reports of sharp skirmishes between the Dominican rebels and the American troops at Puerto Plata and Monte Cristi. It will no doubt be necessary to make expeditions to the interior to put down the revolution. We hope and pray that it will end the troublous times that this island has been passing through since

their independence one hundred years ago, thereby opening up the country for the gospel message.

The climate at the present time is very hot, but tempered by a cool sea breeze which helps us to endure the oppressive heat. The Lord is keeping us and blessing us in every way. We ask the prayers of the LIFE BOAT readers.

### READY TO FORSAKE THE PAST

(From the Ft. Leavenworth, Kansas, Penitentiary)

I am serving a sentence of two years for unlawfully entering a stable, which term, I am happy to inform you, expires on December 14 of this year.

Since coming to this prison I have become converted. It is now my soul's desire and purpose to become an evangelist as soon as released from my present imprisonment.

I have wasted so many precious years in the pursuit of pleasure that I am now tired of and utterly disgusted with this sort of life. I have learned through my conversion that there is light, warmth and life where God is; darkness, coldness, and death where He is not. I owe so much to Him, so much more than I can ever hope to pay, that at least I must show my gratitude to Him by working for His poor and forsaken creatures, and I hope by concentration and persevering effort to accomplish much.

I know that if I trust God and do right that He will open the way for me to a life of usefulness, respectability and Christian service. It is this that has spurred me on to a greater determination to fit myself to fight successfully the great battle of life, counting as lost the unfruitful and unhappy years of the past.

I have always felt that God created me to help others, but it seems that until now I have pursued the wrong course in life. Even in my childhood my heart longed to be of service to humanity and I felt then that God had chosen me. I have now reached the age of thirty and I feel that no more time should be wasted and that I should begin at once as soon as liberated. Only the other day my conscience said to me: "You have a duty to perform in life; see that you do it with your whole heart. Remember that the world is large and you are a small part of it and yet you may make that part of wonderful value. Be brave, honest,

upright and true, and I will not be prig enough to say that you will be happy. You will deserve to be happy, and deserts sometimes win." So I began to feel a great love for humanity, an impelling desire to be of service.

"Now, doctor, one such soul helped in the realization of its desire and purpose is worth the weight of the world in the eyes of Him who is the Guiding Star of your work, and causes joy in the presence of the angels of God."

### A STRANGER TO HAPPINESS

This letter from the Jeffersonville, Ind., Reformatory is in response to our invitation in the May special prisoner's LIFE BOAT for those in trouble to write us. We shall be glad to correspond with any who are looking for spiritual help. Address the Office Laborers' Missionary League, THE LIFE BOAT, Hinsdale, Illinois.

"I received the first copy of THE LIFE BOAT on May 21st, and think it is the best paper I have ever read of its kind. I want to subscribe for it next month.

"I have read THE LIFE BOAT with much interest, and hope it will help me to lead a better life, which I am trying to do. I read the letters telling what God has done for others and think with the help of some good Christian friend He can do the same for me.

"I am going to take Him at His word, and at whatsoever price it may cost and see what He will do and make out of me. I believe what He says in 1 John 1:9, and will try and do as this verse tells me, and I want you to help me win out for Christ. He is the only one who can keep me out of trouble and out from behind the bars. I have seen all of this kind of life I care to see, and I think now is just as good a time to make a start and confess my sins as any other time, and think God will make something of me.

"My life has all been dark and I really don't know what happiness is and my home, I think, will be broken up long before I am released from this institution, but what I need is a home in heaven, where all is happiness, if God's life is what I think it is.

"I handed THE LIFE BOAT to one of the boys in the shop and when he read it I asked him what he thought of it and he said: 'I could not do it in here, but I might on the outside.'

I am going to ask that you pray for him the same as you do for me.

"This is a great pleasure for me to get to write to you people. The chaplain asked the superintendent to grant me permission to write this letter. Our chaplain here is very much interested in the boys and he has done me much good since I have been talking to him."

## THE RESPONSE TO OUR INVITATION

FYRNN FORD,  
Hinsdale, Ill.

For the last prisoner's number of *THE LIFE BOAT* the Office Laborers' Missionary League inserted a note entitled, "Will you write to us?" Several responded to this invitation and it has been my privilege to answer some of these letters.

The following is part of a letter received from a young man who has recently become a prisoner in Jefferson City, Missouri:

"Your letter was received. It did me a world of good. I have read Phil. 4:13. Of course I don't understand it all as well as I want to. My heart is so sad, my condition at present is so heavy for me to bear. This twenty-five years I am serving now looks to me as a burden, a load of sorrows, disappointments and sadness.

"Oh, great God! will I ever get over that punishment?

"Yes, I do understand that I will be an old man before my time is up. My heart is suffering after kindness and some one who understands my condition—the disgracing of my manhood.

"I have twenty-five years to do, and every new day is but a growing of the amount of my disappointment. My soul is hungry after peace."

Indeed, many souls outside as well as inside the gray walls are longing for peace. There may be degrees of peace but God will keep him in *perfect* peace whose mind is stayed on Him, because he trusteth in Him. (Isa. 26:3.)

One boy writes from the Indiana State Reformatory. The following are a few extracts from his letter:

"Your letter has been almost around to the

boys and officers as well. Some of the officers say it is a fine letter. Our band master is a Christian man and he says to go ahead and do as I have started and I am sure to make a success in whatever I undertake. Just put my trust in God and look to Him and all will go well. Thank God I have learned to trust Him and to take Him at His word. Praise God from whom all blessings flow."

Another, who is an inmate of the Dannemora, New York, State Penitentiary, writes:

"After reading your letter over twice, I stopped to think how I missed such good times, I mean really good times, by not living in the light of God. When you mentioned that we can do all things through Him who died on the cross and Him who gave His only begotten Son, I remembered how well the Sunday school teacher used to impress that phase on our little souls. I also remember of my mother asking me what the sermon was about. She used to have me to repeat it.

"I have in hand, at present, a New Testament, one I borrowed. I am sorry I haven't one of my own. I am looking straight to the verse which reads: 'I was a stranger and ye took me in. . . . I was in prison and ye came unto me.' Matt. 25:35, 36.

"I remember how I have passed by missions and was tempted to go in. Then suddenly I would say, 'Oh, what's the use? I can not get any worse.' But, thank the Lord, I have come to my senses at last. I never wish to go back. I don't mean I am a saint, but I am endeavoring to live a clean life with the help of God and prayer."

Another writes from Jefferson City, Missouri:

"I wish to thank you for writing to me and also for the advice you gave me, for it is good advice and I appreciate it.

"In regard to praying, I have done lots of praying, but I am afraid it was not the right kind.

"I read the twenty-seventh and twenty-eighth chapters of Matthew as you requested me to do for I desire to learn all there is to learn about religion. We have chapel exercises here every Sunday. I have not been going but I will go to church next Sunday and continue to do so to show you that I appreciate your kindness."

Thus the letters continue to come, and while

I pray for the writers it is worth while to know some of them are praying for me. Though I can not heal their broken hearts I am so glad I can lead them to the One who can.

Oh, the misery and the heartaches this reign of sin has ushered in! But it shall not always be so. It was not in vain when the thief on the cross said, "Lord, remember me when thou comest in thy kingdom." I pray the Lord

may remember the prisoners who are pleading with Him now, when He comes in His kingdom. For "God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain; for the former things are passed away." Rev. 21:4. Dear reader, I too want to be remembered in that kingdom. Don't you?

## Commencement Week at Hinsdale

Caroline Louise Clough

**I**T IS impossible to tell our readers about all the blessings we enjoyed here in Hinsdale the first week in July, but we want to tell you something about our nurses' graduation, closing exercises of the one year's medical evangelistic course and starting a new class.

Prof. J. G. Lamson, who was with us last year on a similar occasion and who is now connected with the Beechwood Academy at Fairland, Ind., with Mrs. Lamson, spent the entire week with us from July 1 to 8.

Evangelist Milton St. John of Chicago gave the baccalaureate sermon on Sabbath, July 1. He took for his text Matt. 20:28: "Even as the Son of man came not to be ministered unto, but to minister, and to give His life a ransom for many." From that text he drew a beautiful picture of Christian ministry and service prompted by love. The couplet with which he closed his splendid address is well worth repeating here:

"We should measure our lives by loss, instead  
of gain,  
Not by the wine drunk, but by the wine poured  
forth,  
For love's strength standeth in love's sacrifice,  
And he who suffers most, hath most to give."

A special devotional service was held each morning. In spite of the busy activities of commencement week our large family of workers gathered together at each morning service. The spirit of the Lord was with the messages given from morning to morning by Prof. Lamson. The student nurses met by classes

for special prayer and consecration. The expressions of gratification for the evangelistic training these students had received were numerous. Josephine Hanson, who is now a senior nurse, said:

"The first year's training was worth more to me than anything in this world. No one was more timid than I was about having prayer with others. Last year I was thrust out into the work. I asked the Lord to help me and He was able to do something through me and I had a rich experience. I never will forget it."

Miss Stiles, who is now a junior nurse, said:

"This year's work has made life a new world to me. It has been the very best year of my life."

Mabel Anderson, of the same class, said:

"My soul has been watered and I know that I am on higher ground now than when I first reached Hinsdale. I think the nurses' course is not complete without some training in city medical evangelistic work."

The sanitarium gymnasium where the graduation took place Wednesday evening, July 5th, was beautifully decorated with green and white and a wealth of pink roses. The white floral motto, "True to our Trust," appeared in bold relief on the green background of the platform.

Three members of the graduating class presented valuable papers embodying some of the ideals of the nurses' training course. Miss Marguerite Mason presented a paper entitled "Bible Dietetics"; Grace Redwine, "Divine Dress Ideals"; Miss Leah Chaffee, "Our Higher Mission." The music was furnished by Mrs.

Marie Jones-Anderson and Mr. Irving Fischer of Chicago.

Prof. Lamson in his graduation address talked on the subject of "What We May Expect of This Class." In keeping with their motto he laid before them the great trust that has been committed to them. He spoke of the message that is due the world today to fit a people to stand when Jesus appears, that message that demands the reformation of every

the prophets of the false god. Elijah is a type of the people who dare to speak words against the false gods today.

He also reminded the class of that incident in Christ's life when He turned to the fig tree to find fruit but found nothing but leaves. He then turned to the class and asked them that if after receiving their token of preparedness, should any one come to *them* and find "nothing but leaves." He then went on to tell the class



THE GRADUATING CLASS OF 1916.

Top Row—Leah M. Chaffee, Esther J. Aalborg, Mina B. Amundsen, L. Marguerite Mason, Helen E. Meleen  
Middle Row—Emily M. Johnstone, Geneva M. Erikson, Lily E. Argo, C. Mabel Eggum  
Bottom Row—Edna I. Eggum, R. Beatrice Clough, Lillian B. Jordan, Grace E. Redwine, Irma I. Christenson

crooked thing. He spoke of the message that John the Baptist bore. He said that John was no reed shaken by the wind; that he stood true to his trust even when he knew his head would come off. He then spoke of Elijah, that great man of faith who could stand before the four hundred prophets of Baal and call upon his God for fire to come down, and who dared to bring about the destruction of

what we expect of them. He said: "We expect that if in weal or in woe, perplexity or in trouble and in sorrow, you will be true to your trust. We expect you to faithfully represent the principles of this institution. We expect you to be loyal to the message that made this institution possible. We expect you to be long-suffering and gentle. We expect that that Spirit which has been training your

hearts these years will produce the fruits of the Spirit in love, joy, peace, long suffering, gentleness, meekness, faith and temperance."

In response to this appeal the class arose and sang, "We'll Be True," the last verse of which reads:

"We'll always be true to the cause we love,  
Work for it day by day;  
We'll cheerfully serve the dear Lord above,  
Gladly His voice obey."

A. C. Gaylord, secretary of the sanitarium board, then presented the diplomas to the class of fourteen members.

The members of this class, without an exception, are planning to go out and engage in the work of the Lord wherever He may call. Miss Argo will connect with the Sheyenne River Academy, Harvey, N. D., and Miss Amundsen with the Beechwood Academy, Fairland, Ind., Miss Jordan, a native from Trinidad, will return to her homeland to

speeches were given by members of the class who have been engaged in helpful medical missionary work in the homes of poverty, sickness and distress in Chicago.

Prof. Lamson gave a short talk on the experience of the seventy whom Christ sent out to heal the sick and preach the gospel.

The music for the evening was furnished entirely by the class, and the services closed with the triumphant song, "If God Be for Us, Who Can Be Against Us?"

## A SUMMARY OF THE YEAR'S WORK

LELIA PATTERSON

[At the closing exercises of the one year's medical evangelistic course, which were held the evening of July 6th, Miss Patterson, who has been matron of the class home, made the following summary of the year's work.—Ed.]

The time has come when an inventory should be taken of our last year's work.

We have here a record of the hours spent in missionary work, of visits made and liter-



The Class of Medical Evangelists Who Have Just Completed Their First Year's Work. Miss Patterson Is Seen in Center of Picture.

carry on medical missionary work. Others are ready to take up the work wherever needed. They are waiting for the Lord to open the way.

The closing exercises of the medical evangelistic course were held on Thursday evening. At this time a class of twenty-two members completed their work. Short but impressive

ature distributed, but the results of our work we are leaving with God. He has promised, "My word shall not return unto Me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it." Is. 55:11. His word has been carried to many homes this year and we are confident He will verify His promise to us.

Seven thousand nine hundred and twenty-six hours were spent in different phases of missionary work. Four thousand three hundred and ninety-eight visits were made to various homes in the great city of Chicago and in many of those homes want, misery and sickness were found. Four hundred and sixty-seven were visited who were suffering with disease. Helpful suggestions on health principles were placed before them and two hundred and forty-two simple treatments given.

Mothers were taught how to give such treatments as will relieve colds, sore throat, acute bronchitis, indigestion and other common ailments. Many were surprised to see what could be accomplished by such simple remedies and thankful to be spared from an otherwise large drug bill.

The conditions in many of those homes showed that every cent earned needed to be spent for necessities of life. Five hundred and sixty-four articles of clothing were given to those who could not provide for themselves. Two hundred and seventy-nine Bible readings were held with those whose hearts were hungering for a knowledge of God and His word. In closing our year's work the Bible readers have been given to capable Bible teachers who will continue the study with them and we believe many will be brought to a knowledge of the truth and be true and loyal to the commandments of God. Three have decided to obey God and are rejoicing in the peace it brings to their souls.

Literature was left in every home visited. Twenty-two hundred and ninety-three magazines were disposed of and thirty-two hundred and one tracts were given out with prayers that a rich harvest will be gathered from the seed sown. Four hundred and twenty-five books filled with the gospel of truth which points the way to the Cross were placed in many homes. Two hundred services were held at the Harrison Street Police Station and about one thousand two hundred and thirty-two prisoners were reached with the gospel of salvation.

Different members of the class assisted with the services at the Life Boat Mission and men and women bound by sin were shown the way to life eternal.

Thus closes our year's work and if it is our blessed privilege to stand before God in that happy day clothed in the garments of right-

eousness may many of these souls for whom we have labored be glad and rejoice with us is our earnest prayer.

## NEWS FROM THE LIFE BOAT MISSION

ELIZABETH A. KEMP,

34 S. Desplaines St., Chicago.

[Mr. and Mrs. Kemp have toiled, struggled and sacrificed to establish a work in the heart of Chicago's floating population where they could actually carry out the Master's commission to heal the sick and preach the gospel. After a severe test of faith, Mr. Kemp succeeded last fall in installing and equipping treatment rooms in the basement of 34 S. Desplaines St. Christmas evening a mission was opened on the main floor above with H. M. Walen in charge. And the doors of this mission have swung open every night since then and men have come in and listened to the gospel story. Mr. Walen was obliged to return to his home in Tennessee a few weeks ago and since then Brother and Sister Kemp have carried on the work of both the mission and the treatment rooms. They need our help and our prayers.—Ed.]

We have been earnestly seeking God for help in our work and He has not failed us. In looking over my notes for the past month I find quite an increase in our attendance. The men in our district are becoming more interested in the truth. We are having splendid meetings.

There is one incident that I want to mention. It is encouraging to those who send so many LIFE BOAT magazines to the penitentiaries.

On the evening of June 29 I was called out from the meeting by a young looking man of fairly good appearance. He seemed very anxious to get a May number of THE LIFE BOAT. I searched carefully but could find none. When I told him this he seemed so disappointed that I tried again. After doing my best, and when ready to give up in despair, I found that one of the brethren had a copy. When I gave it to this young man he took me aside and told me why he was so anxious for the magazine. He had been receiving this special number for eight years. Can you imagine where? The poor man had spent those eight years in the Pontiac Reformatory. THE LIFE BOAT seemed like a friend he could not part with, even after he was a free man. He told me that he had steady work now and expected to be on his feet again. He refused to give his name. I would so have liked to know more about him and I pray that God will send him to us again and that we may be able to win his full confidence and lead him

to Jesus. Do you not think that God was good to direct this poor man to the Life Boat Mission?

On June 28 six men took their stand for the truth, promising to keep the commandments of God and accepting the Bible only as their guide. You can not realize how this has caused us to rejoice.

Last Sunday afternoon we had our first outdoor meeting. We had a splendid time. I am so grateful to my Father in heaven for His goodness to us. God has helped us to win the confidence of so many of the men down here and that makes it easier for us to tell them of Jesus. We have so many opportunities for doing good. So many men are hungry and have no place to sleep. How we long to feed the hungry and give them a place to sleep. We do our best for them, but it seems so little when there are so many that need help. We are praying earnestly that God will send us the means to help them more. Jesus died for each one of these poor men. Do you want to help them? It is your privilege to do so.

"And whatsoever ye shall ask in my name that will I do, that the Father may be glorified in the Son. If ye shall ask anything in my name I will do it." John 14:13, 14.

## WHAT THIS YEAR HAS MEANT TO ME

PEARL STILES

[This testimony of Miss Stiles represents the experience of others in the same class who have just completed their one year's medical evangelistic course and are now entering upon the second year of their training. This was given by Miss Stiles at the closing exercises.—Ed.]

When considering the nurses' training course and deciding on the Hinsdale Sanitarium as my choice of school, my friends discouraged me, saying that I would have to drudge, work long hours when they were short of help, do grinding hard work, and so forth. And not having been accustomed to such a schedule, I listened with consideration to what they said. But something which they did not hear spoke louder to me than they did. To this something I also listened. For some time I had not been satisfied with my Christian experience and was hungering to get back to that sweet relationship with God I once had known, and this quiet conviction came to me, that I would find it at Hinsdale.

Having been acquainted with *THE LIFE BOAT* for several years, and having already received many rich spiritual blessings from reading its pages, I could not help but feel that there was something more at its home than hard work. Thus with the recommendation given me of the place, also with the intention of falling into line with whatever I met, as far as my physical strength would bear it—I came.

Our class was soon organized and each member assigned to special duty, I being among those to whom city work was given.

This was an entirely new work to me, but as I became more and more acquainted with it, it grew to be really fascinating to me and I did not have to *learn* to love it. Our object in doing this work is to find the souls who are needy, either of physical or spiritual help. To do this thoroughly, a district in the residence portion is assigned to two students who take charge and visit the homes from door to door, thus coming in contact with every home.

In our introductory visit many would tell us they could not afford to have us give them treatments and when told that we did not want their money but wanted only to help them, they were astonished at such an effort, and would inquire the reason of our working to help them without wages. For such questions we were always glad, because this gave us an opportunity to tell them we were working for them because we loved our Saviour.

In the space of a few weeks we found ourselves devoting most of our time to giving treatments. Later, many having read *THE LIFE BOAT* and other literature distributed on our previous calls, became interested in the study of the Bible and soon we were spending *all* our time in Bible work.

In homes where despondency and discouragement were found, we read promises from the Bible that were unknown to them. They found them precious to their souls. Then we would have prayer and when rising from our knees, their faces would shine with happiness and sweet relief. We knew we had been in the presence of God and that He had visited that home with us.

In homes where clothing was distributed, we viewed many sweet lessons of humility. Prosperity had been the earlier life of many, yet in time of need they were not too proud to accept help.

This was the most interesting part of the

year to me, because in this work I found that to which the "still small voice" was calling me. In telling the hungry-hearted of the love of our Saviour, and in brightening homes and making souls happy by messages of hope and salvation, ere I knew it, my own soul was burning with that sincerity and zeal I had been longing to regain and had come to Hinsdale to procure, and more than this I had been lifted

to a sphere in the Christian experience I never had known before.

One year of our nurses' course is gone, and what has it meant to me? We have not been carried about on flowery beds of ease, but if the work which I have done is termed hard, grinding and drudgery, I want to say in response that it is associated with the very best year of my life.

## Have You Found This Key?

David Paulson, M. D.

FIVE years ago a godly woman asked Mr. Trumbull, the editor of the *Sunday School Times*, this important question: "Have you ever specially studied the subject of the second coming of Christ?" He replied, no, he had not. "Do so," she earnestly replied; "and do so at once; it is the key to the Bible."

He was so impressed with the earnest manner in which she presented the importance of it that he started in directly with his new study, and as a result there came into his life, as he expresses it, a "Great revolution as the Lord showed me the tremendous bearing of this wonderful truth upon practical, present-day life.

Such a wide-awake man as the editor of the *Sunday School Times* could not help but observe that there was a terrible *downward* tendency in the professing Christian world. To quote his own words:

"There seemed to be a general increase of the worldly spirit. I was sure it was going to come out all right in the end; but I could not account for the movement in the opposite direction. Yet I kept saying to myself, 'It's going to be all right, of course, because Christianity is going to prevail.'"

He then speaks of reading some magazine articles in which the writer claimed that church conditions were very lamentable, that religious life was *declining* rather than improving, but Trumbull being so certain that the world *must* be getting better said to himself:

"It's 'up to me' to show how mistaken this man is. I must do it some time. The church is all right. Christianity is going to *prevail*."

Then Mr. Trumbull speaks of a member of their office staff suggesting they take up in the *Sunday School Times* the child labor problem

and conditions in the factories, saying that was certainly the business of a religious paper and of the church of Christ. Then he spoke of meeting a leading business man who had said he had no time to study the subject of the second coming of Christ, but when the European war broke out this same business man said it "Had well-nigh shaken his Christian faith. He could not understand it; to him it was unexplainable. He had been giving his life and his money for the Christianizing of the world, and for the preventing of any such war as this."

### The World to Grow Worse, Not Better

Then Mr. Trumbull asks the question, "Is it practical so to ignore a truth which is given to us throughout the Word of God, that when that which God's Word has plainly foretold comes to pass we wonder whether our entire Christian faith has not been a mistake?" And he then goes on to tell his own experience which will be the experience of every other earnest seeker of truth as he discovers that the Bible has plainly *foretold* that not only are we near the end of all things but the very things that are taking place in the world today are positive signs of it, and instead of the world growing better it will rapidly grow worse until it will *resemble* the days of Noah and the days of Lot. Quoting Mr. Trumbull's own words, he says:

"I found, after I had taken the advice of Mrs. Speer's mother and had begun to study the truth of the Lord's return, that these problems were cleared up in a way so satisfying, so illuminating, and so final, that the unrest, the uneasiness, the fog and confusion of my mind were taken away. I found that there was nothing in God's Word to the effect that

the observance of the Lord's Day was going to increase in this age, until we finally had a Sabbath-keeping world. I found that what my magazine writer had said as to 'Blasting at the Rock of Ages' in the colleges of our land was not only true, but was foretold, and was a clear fulfillment of prophecy; that for me to say it was not true was a most 'visionary' thing. I realize now that the man who wrote the magazine article had gotten at facts, real facts, as to the increasing movement away from Christ. And the other magazine writer, who treated of the life of the churches, had also given facts—though I had unintelligently, with superficial and impractical optimism, supposed at the time they were not facts.

"When I saw the Bible truth as to the foretold apostasy of the Christian church, I no longer wondered; I was no longer confused. God's Word gave me the answer. Prophecy was being *fulfilled, confirmed* in the articles which I had read. I found as a practical man that I could not intelligently follow current events unless I had a clear understanding of prophecy concerning the course of this age.

**The Lord Expects His Church to Get Souls  
Ready to Meet Him Rather Than  
Try to Save Society**

"I did not know what the business of the church was until I had studied the truth of the Lord's return. Then I found that it was not our Lord's commission that the church should devote itself to having factory conditions, or child labor conditions, made what they ought to be. Of course, I did know that every time an individual factory owner is brought into the liberty of the Gospel, and allows the Lord to rule in his own life, he will have a better factory than before. I knew that temporal conditions would be made better in the administration of the individual Christian. His home, his factory, his employes would be treated as Christ would have them treated; but as for making it the business of the church to deal directly with these temporal conditions, I saw from the Word that this would be to start up a blind alley. . .

"It is not that a Christian man has never to interest himself in making temporal conditions better. He ought to do this under certain circumstances—as an introduction to the Gospel, as a way of winning men to himself and to Christ; but all the time he must, if he would be practical, keep a clear head and re-

member that this is not his chief duty. *That* is to preach Christ and to *call out* from the world into Christ all who will come."

**Efficiency the Master Word**

Efficiency is a word to conjure by today. Books and magazines are published that deal exclusively with this one subject. What is the *key* to efficiency in our Bible study and in our spiritual experience and our missionary work? I again quote Mr. Trumbull's words:

"Efficiency is the great word today. We must learn how to capitalize our energy at one hundred per cent. Well, if a person wants to be efficient he must know the truth as to our Lord's return. Ignorance of this subject means inefficiency while on this earth. If we want to know, first of all, what our duty is, and, secondly, how to do it, we must *know* God's program for this age. If we want to know how to capitalize our life, our time, our money, our energy, all our resources, to get the biggest present as well as future results, we must know what God has said concerning our Lord's return. That Christian woman who said in the Sunday school teachers' meeting that she was not interested in the subject, but she *was* interested in her present duty, did not realize that she *could not know her present duty*, and, therefore, of course, could not be sure of doing it, until she knew what God has revealed as to the real work and mission of the church in this age, in relation to the consummation of the age at Christ's coming.

"I found that I had never understood my Bible until I began to see the truth of our Lord's return. My friend's word to me, 'It is the *key* to the Scriptures,' is absolutely true; and what a marvelous key it is to the marvelous Book! So, also, we can not know what we ought to pray for until we see this truth."

"One can not be wholly intelligent on missions, much less be a wholly efficient missionary, unless he knows the truth of the second coming."

In conclusion I can personally confirm the experience of the editor of the *Sunday School Times* that a knowledge of this great truth illuminates the entire Bible and I beseech all of our readers in view of the thrilling events of world-wide importance that are following one another so rapidly, to *earnestly* investigate this vital topic. We will be glad to suggest helpful literature on this topic to all who desire it.

## THE LIFE BOAT RESCUE HOME

CAROLINE LOUISE CLOUGH

Miss Sanborn, our matron, left us last week for an extended vacation on account of the feeble condition of her father. Mrs. Polman-teer, who looked after this work last summer, is now in charge. The family has not been very large during the past month, numbering only seven girls besides the helpers and five

to repeat some helpful verse from the Bible as they were called upon to do so.

We are so glad that the Lord is so kind and so compassionate as to overlook the mistakes of all of His children and that He is ready to draw near to those who seek Him.

We trust our readers will all remember The Life Boat Rescue Home not only with their prayers but that they will help us with their means to care for these girls.

## SUMMER DAYS AT THE HOME

ANNA J. DICKINSON

[Miss Dickinson, who calls herself the "grand-mother" of the Home and who has been in the Home now for some seven years, has written the following report. Her unfailing interest and thoughtfulness of the affairs of the Home has made her a valuable factor in the Home life. She will pass her seventy-seventh birthday in a few days from now.—Ed.]

The cool weather with continued rains made everything fresh and green about the Home grounds and was good for early garden stuff. But how the weeds did grow, getting fairly ahead of our gardener, who is also burdened with so much indoor renovating and no end of odds and ends of service. But he did his best, as our daily fare of fresh things from the garden testifies. Strawberries are just gone of which there was an abundant feast for all as well as some to be canned for winter use. Some way there was a miss on



A Baby Who Has Found a Good Home in Michigan.

babies, yet with five patients in bed everybody has been busy.

We are always thankful to report every month that our girls are getting along nicely. The Lord has wonderfully cared for the work. In spite of the fact that girls are continually coming to us who are heart-broken and sick of life, some of whom no doubt have wished some time or other since their fall that they could drop out of existence, yet we have had no tragedies in the Home, no serious accidents and no deaths of our little mothers. We thank the Lord for His protecting care.

We love these girls who have made this misstep and we know the Lord loves them. And we note with pleasure the change that comes over them as week by week they yield themselves to the sweet influence of the Spirit of God.

We were pleased to note the response from the girls Sabbath as we attended the Sabbath school, which was held on the screened porch upstairs where the patients in the ward could take part in the services; they all were ready



Miss Mercer, the Nurse at the Home, and the Five New Babies.

peas, but other greens are fine. Beans and corn will follow with tomatoes. The fine squash vines rejoice the grandmother's heart, so far doing unusually well.

As to flowers, it has been a pretty severe struggle between weakness of old age on the

grandmother's part and the weeds, but some are coming on fine in spite of the destructive mischief of our two little youngsters, who took it into their heads to slip out together and uproot and destroy with amazing dispatch. It is hoped they are learning to be a little more thoughtful every day and that under a kind Providence they may be tenderly cared for and develop into men with energy for all that is good. Some one can do blessed service caring for such little ones.

Real summer weather has been slow in coming but is here at last with its more or less enervating weather. It finds nurses uncommonly busy and plenty of work for girls and housekeeper. Our matron is off on her vacation, but we have a warm-hearted substitute in Mrs. Polmanteer, who held the same position last summer. Surely we hide under the shadow of God's wing and His mercies are manifold toward us. We dwell in security, our wants bountifully supplied while wars and distresses afflict many lands and the times are perilous among the nations.

Good words come to the grandmother from time to time from girls who remember with appreciation their sojourn in the Home, giving great encouragement that the work done here is one blessed of God.

### FINDING OPPORTUNITIES THROUGH SELLING LITERATURE

MISS D. TYLER

[The literature selling is one avenue through which our medical evangelists reach the homes and hearts of the people. During the past year the students have had rich experiences in this department of the work.—Ed.]

When Christ sent out the twelve disciples on their first missionary tour He bade them, "As ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give." Matt. 10:7, 8.

Although this message was given over nineteen hundred years ago, it has lost none of its force. The world needs today what it needed then—a revelation of the love of God.

We can not all be preachers if we would, neither can we all be teachers, but think of the vast number of people whom neither the preachers nor teachers reach. Surely here is work for us who can only tell of the love of Jesus in our own simple words.

I think we could hardly find a better or more efficient means of reaching the people and gaining an entrance into their homes than by distributing the gospel literature.

We have done considerable of this work during the past year and have received many rich blessings from it. At first we went out just selling LIFE BOATS in the surrounding towns, but later we combined city visitation work with canvassing and found that we were able to reach nearly as many people as the regular city workers and at the same time sell enough papers to make our work practically self-supporting.

When we went to a door we introduced ourselves as medical evangelists, explained our work and methods of treatment and last of all presented THE LIFE BOAT and nearly always found people interested and willing to buy. Often we were invited into their homes and had many precious heart to heart talks with hungry souls. And you would be surprised to find the number of people who are really hungering and thirsting for spiritual food.

I remember one morning last November we were going from door to door when we came to a brick house which looked forbidding and unapproachable and somehow we couldn't muster up courage enough to go up to that door. We walked up and down in front of the house several times, almost tempted to pass by and leave it, but a still small voice kept saying "Go in, go in." We went in and oh! how glad we have been since that we did. We found a poor sick lady there who said she had been watching us through the window and praying we would come in. She said she felt sure now that the Lord heard her prayers.

We had a wonderful talk with her and afterwards called many times to see her, doing what we could to relieve her pain and pointing her to the Great Physician. She has since fallen asleep to await that great awakening day, but we feel sure that she did not die without hope, for with her last breath she was praising God.

Another day we stopped at a house and when we presented our magazine the lady said, "Oh, I know that paper and I'm very much interested in the work you people are doing." She urged us to come in and asked us many

questions about our work, our belief, etc. We told her what we could but she seemed so eager to hear more that we asked her if we might not arrange to have a Bible study with her. She was delighted and suggested that we come back the following Sunday evening when her husband would be at home.

On Sunday evening we found not only the lady and her husband awaiting us, but the superintendent of a Baptist Sunday school and his wife and several neighbors who had just "happened in" that evening (but later we found out that they had happened in by invitation). So we had quite a meeting. Mrs. Gaylord

gave them a splendid little study on the law of God and they seemed deeply interested and anxious to learn more. We are praying for these dear people and hope for a chance to study further with them.

And so it is that we get next to the people through the printed page. I wish I could tell you some more of our most interesting experiences and how much this year has really meant to me, but words fail me when I start to count my blessings of the past year, and I can only say, "Let us not be weary in well doing, for in due season we shall reap, if we faint not." Gal. 6:9.

## Our Higher Mission\*

Leah Chaffee

THE medical missionary nurse, in order to fulfill her mission, must do something *more* than relieve pain and suffering. She must be prepared to educate humanity in the way of health. In order to make others realize the importance of the gospel of health she herself must *first of all* have burned into her own soul that the human body is *more* than a mere machine—that it is God's masterpiece and that He regards it as sacred. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price; *therefore glorify God* in your body, and in your spirit, which are God's." 1 Cor. 6:19, 20.

The medical missionary nurse in order to do her *best* work will remember that the same Hand that wrote the ten commandments on the two tables of stone arranged the laws of our body and that they are as truly divine as the law of the ten commandments. And that it is just as much a *sin* to violate the laws of our own being as to break one of the ten commandments, for we can not do either without breaking God's commandment.

When the nurse grasps this glorious ideal her work will always seem sacred to her own eyes and her patient or those whom she is seeking to instruct is almost certain to catch at least some of the same spirit. Such a nurse can never *sell her services* for mere hire.

While sin and transgression of natural laws has brought a thousand different diseases upon the human system it is fortunate for the nurse whose opportunity for medical study is necessarily somewhat limited, that there are only a few ways of becoming sick and it is the nurse's religious duty to become an *expert* concerning these few common causes of disease.

The most advanced physicians now believe that the majority of chronic diseases are due largely to dietetic errors. The missionary nurse should have an ambition to be not only a sensible cook, a practical dietitian.

While it is the physician's duty to prescribe treatments, in nine cases out of ten, the nurse has opportunity to practically regulate the diet which in the end may prove *more important* to the patient's recovery than *all other* treatments combined.

The new plague, pellagra, has now been shown to be due to a one-sided diet. Even cancer is now believed to be caused largely by dietetic excesses. Nervous prostration, neuritis and so many other painful disorders yield almost as if by magic to a *correct* dietetic program.

Fortunately it is unnecessary for the nurse to know the caloric values of every food in order to prescribe them intelligently. If she faithfully teaches the public to adopt the diet originally given to Adam, prepared in as natural condition as possible, she will not go far astray.

\*Paper read at the Hinsdale nurses' graduation, July 5, 1916.

All about us are those who, while passing for persons in perfect health, are suffering more keenly from heart sickness than many others do from gastric ulcer, neuritis or neuralgia, for broken hearts are far more common than broken bones and heal far more slowly and it should not be forgotten that heartache gradually saps the foundation of physical life, rendering the body more susceptible to various diseases. It's precisely for this class of sufferers, who cannot possibly receive the least benefit from powder, pills, or even fomentations, no matter how skillfully applied, that the consecrated nurse finds her largest mission. Here she may have the blessed privilege of clearing the darkened windows and letting a little sunshine into darkened minds and discouraged souls. If she herself has been able to lay her burdens at the foot of the Cross she may successfully direct others to the great burden Bearer, for the influence of the Spirit of God is the very best medicine for diseases. The nurse who has learned how to kneel at the bedside of storm-tossed souls and commit them to the keeping of Him who spoke to Galilee's storm-tossed waves, has entered into the greatest privilege that is accorded to mortals here below.

#### **"THERE WAS PARDON FOR ME"**

(From a New York State Prisoner)

"I was very much pleased to receive a nice letter from you. I received *THE LIFE BOAT*, which brings joy and love to my heart. God bless you all in your good work. I am doing all I can for God, who saved my poor soul. I am so happy to know I am saved and washed in the blood of the Lamb. The way grows brighter; I find it so delightful in the service of the Lord.

"When Jesus found me I was a poor outcast. But today I am on the straight and narrow way. I praise God that He told me to rise and shine; that my light is come, and the glory of the Lord is risen upon me. God told me no matter how hard a sinner I have been, there was a pardon *for me* and He will do the same for any sinner or sick one who will first give his heart to God as I did. He will save you as he did me.

"I not only tell about God to men in prison; I love to tell it to people that are on the outside, who are full of sin and sickness. Give

your hearts to God all of you. He is the One and only One who can save and make you all well and happy."

#### **FOUND LIFE HAD BEEN WASTED**

"I have just recently been incarcerated in the California State Prison at San Quentin for a term of five years.

"But while in the county jail prior to coming here I came to the realization that my past twenty-seven years had been wasted, and that if I continued pursuing the present course it would be nothing but misery and untold heart aches for the remainder of my life.

"So, like others who have come to the realization of their utter helplessness, I quite naturally turned to God, so at last I have found the path to joy, happiness and success, and as I continue the path grows broader and lighter. In the distance I can see Jesus with His nail-pierced hand begging me to come to the haven of rest.

"So my advice to those who are discouraged and in need of some one to help them is to turn to the Lamb of God, that taketh away the sins of the world."

#### **A FOOLISH INCIDENT WITH A GREAT MORAL**

A story is told of a colored man, who came to a watchmaker and handed him two hands of a clock, saying:

"I want you to fix up these hands. They just don't keep correct time no more."

"Where is the clock?" answered the watchmaker.

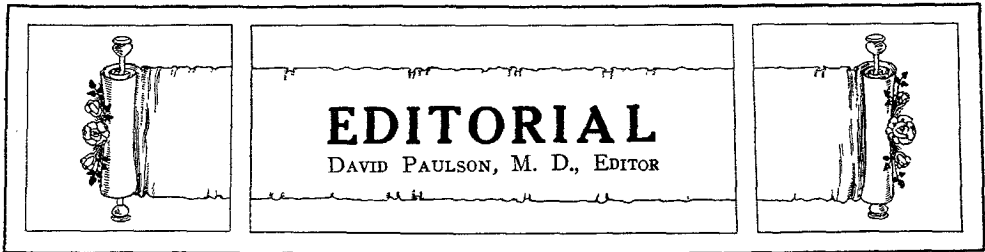
"Out at the house."

"But I must have the clock."

"There's nothing the matter with the clock excepting the hands? And I brought 'em to you. You want the clock so you can tinker with it and charge me a big price. Give me back them hands."

And so saying, he went off to find some reasonable watchmaker.

This seems foolish indeed but does not this colored man's action look much like that of those who try to regulate their conduct without being made right on the inside. Such may be able to make their friends believe that they are all right. But the Lord looks at the heart and He knows when that is wrong.



## HERE IS A SUGGESTION FOR YOU

I distinctly remember when a mere child seeing my father before he went anywhere put a few choice tracts into his pockets to hand to people that he would meet. Following his example I always take a few LIFE BOATS with me whenever I leave home. They are much more likely to be read than a tract for the simple reason that this is a magazine reading age. There is neither time nor space to relate the many encouraging experiences that have come to me as a result of systematically carrying out this plan.

The other day I handed a LIFE BOAT to the table waiter. A day or two later she brought a dollar to have the magazine sent to her parents. During the year they may loan it to their neighbors and souls may be saved as a result of merely handing this one copy to that girl.

I commend this plan to all our readers. Those who desire to order a dozen extra each month to give to others just as they would tracts will be furnished such copies at regular agents' rates just the same as if they ordered a hundred or five hundred at a time.

If you think a dozen is too many for you to use to good advantage order half a dozen or even three or four. "Cast *thy* bread upon the waters (that seems like throwing it away, but) thou shalt *find it* after many days." If you are waiting for some specially favorable opportunities then remember "He that regardeth the *clouds* shall not reap." Eccles. 11:4. If you let the clouds disturb you the devil will see to it that you have plenty of them. Instead of that, "in the morning sow thy seed, and in the evening withhold not thine hand." In other words, keep at it early and late.

## "THE IMPENDING WORLD CRISIS"

The newspaper report of a recent meeting of the Wisconsin Bar Association says:

"An appeal to the legal profession for *moral* leaders in the impending world crisis which he sees as a result of the European war was made tonight at the meeting of the Wisconsin State Bar Association by Justice M. B. Rosenberry of the Wisconsin Supreme Court.

"This country,' he said, 'grown rich and *indifferent*, impatient of the slightest discipline, totally *oblivious* of everything but the business and pleasure of the hour, untrained, profligate, unorganized, almost wholly individualistic in thought and action, is practically without national consciousness.'"

That is a terrible indictment of present day conditions, but it is only what God predicted in His word concerning *this* age, so it is not strange that some thinking men at least, even though they are not Bible students, should get a glimpse of it. The Master said, "Likewise also as *it was* in the days of Lot; they did eat, they drank (high living), they bought, they sold (tremendous business activity), they planted, they builded (industrial expansion); but the *same day* that Lot went out of Sodom it rained fire and brimstone from heaven and *destroyed* them all, *even thus* shall it be in the day *when* the Son of Man is revealed." Luke 17:28-30.

### What Was the Matter With Sodom?

Sodom was undoubtedly an up-to-date city just like its modern prototypes. Its fundamental sins were all high-toned in character just as they are today. Fortunately we have an *accurate* picture of the condition of Sodom: "Behold *this* was the iniquity of thy sister, Sodom, *pride, fullness of bread, prosperous ease*. . . Neither did she *strengthen* the hand of the poor and needy." Ezek, 16:49. R. V.

One would almost think that the following

editorial from *Leslie's Illustrated Weekly* entitled:

**"Lest We Forget"**

was written especially as a present-day comment on the above Scripture:

"The fathers of this nation gave it a wonderful heritage. They made our land a place of refuge for all who sought political and religious freedom.

"Providence blessed this people as it has blessed no other in history. The struggling colonies, expanding by leaps and bounds, finally became one of the greatest nations on the globe. Prosperity was unbounded and *luxury* was on every hand.

"Then came a spirit of discontent, distrust and envy, a demand for the upheaval of established institutions, attacks on vested rights, a development of the strangest notions of fantastic socialism, and finally the blackhand, the bomb, the dynamiter and the assassin.

"All these, while a thoughtless people continued to *eat, drink* and be merry. The captains of industry enjoyed their *leisure* on the golf links, in ocean travel, in gathering works of arts or in distributing their wealth among deserving philanthropies. While the nation *slept*, the enemy was *sowing tares*.

"Do we need a rude *awakening* to remind us of our weakness, our thoughtlessness, our ingratitude and folly? Is it necessary that many innocent shall suffer, that so many guilty be reminded of duty neglected, *religion forsaken* and the Omnipotent Hand *forgotten*?

"Lest we forget!"

**Discerning the Signs of the Times**

We ask our readers to observe how closely this description of our nation matches the Divine description already given of Sodom and which Christ declared *should exist* just prior to His return.

When worldly editors are beginning to "*discern* the signs of the times," Matt. 16:3, is it not time that those who claim to be His followers should be giving the trumpet a *certain* sound?

**SOME BOOK BARGAINS**

Most of the books that are printed today are moral rubbish and mental junk, but thank the Lord there are some exceptions. We have tried to select a few of the *choicest* of these

exceptions, and to bring them within the reach of all of our readers we offer them as premiums on the most favorable terms.

Think of being able to secure what the different boards of health acknowledge as the greatest health book of this generation for *one* new subscription and twenty-five cents additional.

Again you may secure the most thrilling missionary book I have ever read, for only one new subscription. We have put out four thousand of them. When you get one you will wish you had read it years ago.

The most remarkable book on prayer I have ever read and the one that did me the most good you can secure for one subscription and fifteen cents.

Look over our premium offers for yourself. Every one is a choice bargain.

Remember those who subscribe will thank you afterwards for calling their attention to THE LIFE BOAT.

**HAVE YOU THIS BRAND?**

Years ago when a medical student at Bellevue Hospital, a grand old missionary leader told me of a young lady who came to him for a missionary preparation. Her heart *yearned* for the natives in Africa and she wanted to go and work for them, yet she had such a desperate *dislike* for the colored people in New York City that she did not even want to get near them. In other words, it was easier for her to love the natives over *in Africa* than it was to love those she came in daily *contact* with.

At the time I thought she was an *unusual* character, but as the years have rolled by I have become more and more convinced that there is a streak of that woman in *every* heart that has not been fully transformed by the grace of God.

There are plenty of professed Christians who think they *love* the cause of God. They donate to its advancement and tell of its progress in glowing terms, yet they have no deep,  *fervent* brotherly love for some of the feeble, erring church members that they constantly come in contact with. While they imagine that they themselves are model church members, they can not say "We *know* that we have *passed* from death unto life, because we *love* the brethren." 1 John 3:14. Not the brethren

a hundred miles away but those who are near by and are so thoughtless as to *constantly* step on our toes. Those whom we never could love *naturally* and the very fact we love them in spite of their annoying shortcomings is a *positive* evidence that we have "passed from death unto life."

Natural humanity *can not* manufacture this kind of love in its own strength. But without this love having been put in our heart by God himself we might in our *zeal* meet even a martyr's death, yet we would be regarded by God merely as a deluded enthusiast or an ambitious martyr. (1 Cor. 13:3.)

"Love not only bears with others' faults, but *cheerfully* submits to whatever suffering or *inconvenience* such forbearance makes necessary. This love never faileth." Do you possess *this* kind of love? If not, your brand of religion thus far has only been in God's sight as "sounding brass or a tinkling cymbal" (1 Cor. 13:1.), no matter how highly it has been *approved* by men.

### NEWS HERE AND THERE

We enjoyed another visit from Mrs. A. S. Steele of the Steele Children's Home, Chattanooga, Tenn. Mrs. Steele is often called the mother of eleven hundred children because of the splendid work that she has done for the neglected children of the South.

Mr. and Mrs. Leaton Irwin of Quincy, Ill., visited Hinsdale recently.

Mr. C. E. Kimlin, business manager of the Glendale Sanitarium, Glendale, Cal., made a short visit at Hinsdale.

Mrs. S. T. Dickey of Winona Lake, Ind., spent a few days at Hinsdale.

Martha E. Borg, one of our sanitarium graduate nurses, after spending several weeks at her home at Bear Creek, Wis., returned, and her brother, Mr. S. T. Borg, has also connected with the Hinsdale work.

Dr. and Mrs. David Paulson left on June 21 for a few weeks' stay in Boulder, Colo. Dr. Amy Humphrey of Chittenden, Vt., is assisting with the medical work at Hinsdale in their absence.

Mrs. Elsie A. Longacre of Elkhart, Ind., was a visitor during the month.

Miss E. L. Lalendorff of Vintonville, Wis., has recently connected with the work at Hinsdale.

## The Life Boat

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

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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.

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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:

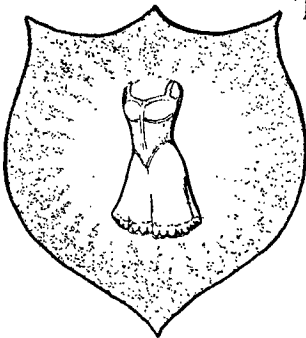
D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.  
Illinois Tract Society, 3645 Ogden Avenue. Phone, Lawndale 7022.

Miss Petra Tunheim of Java was a welcome visitor, also Prof. and Mrs. J. G. Lamson of Fairland, Ind.

Mr. B. N. Mulford, who has charge of the industrial school at Fountain Head, Tenn., called recently.

Mrs. Edward Taylor of Byron Center, Mich., has now connected with the Hinsdale work. Mrs. Taylor has been assisting in the Michigan Home for Girls for some time.

A class of fourteen senior nurses completed their course and graduated July 5 and a new class of medical evangelists numbering twenty-two has been formed.



# 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.**  
HINSDALE, ILL.

### WHAT WOMEN SAY OF THE PATRICIA

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

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

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

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

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

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

### WANTED

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

### THINKS IT THE BEST

"I would subscribe for THE LIFE BOAT if I had the money as I enjoy reading it more than any paper I ever read. I want to get some subscriptions for it soon."

"I feel so grateful for what I learn from THE LIFE BOAT. I always feel as though I had been to a revival when I read THE LIFE BOAT."

### 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. Phone, Monroe 6135

### "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, 2c 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 Quart .....	.60	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.

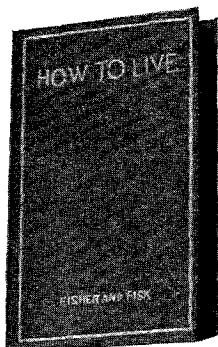
## HEALTH SPECIALTY No. 4. A New Health Garment.

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

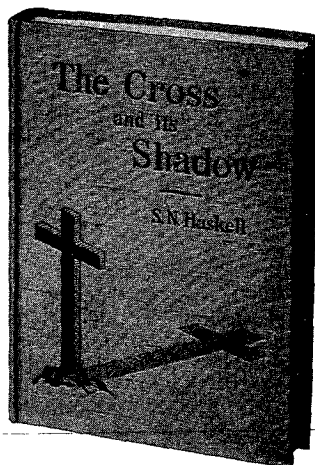
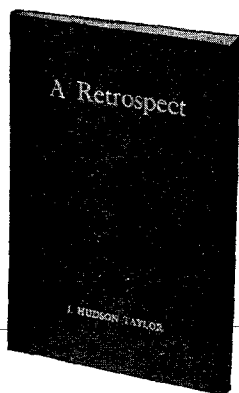
## "How to Live, or Rules for Healthful Living, Based on Modern Science"



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

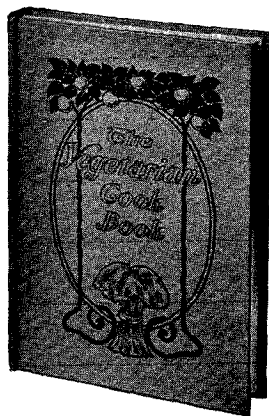
This book by J. Hudson Taylor is one of the most thrilling and inspiring books on the market today. We have sold nearly 4,000 of them. Should be read by every young person who desires to be of some use in the world. This red, paper-covered edition can be furnished with one subscription to The Life Boat 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

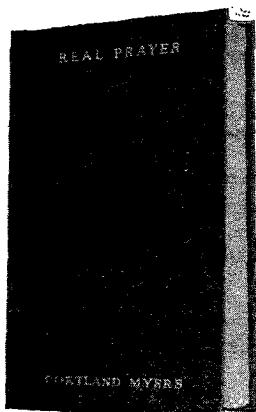


readers everywhere that we are offering it again this year. The author gives in a most fascinating manner the remarkable story of the life work of Pastor Hsi, the man who, after his wonderful conversion from heathenism, founded more than forty medical missionary centers in the province of Shan-Si. His 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.

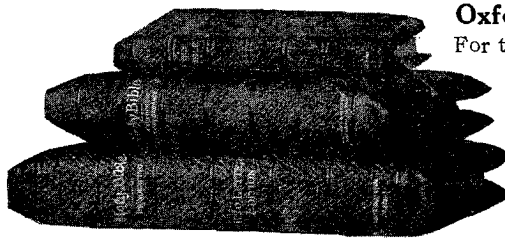


## A New Webster's Pocket Dictionary

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.

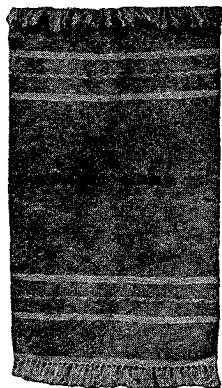
## A Fountain Pen

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

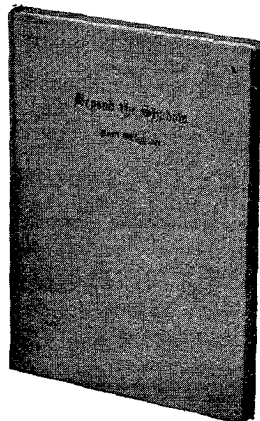


## Genuine Oxford Teachers' Bible

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

## Red Letter Teachers' Bible

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



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

## Beyond the Shadow

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

## Beautiful Gold or Silver Watch

free with eleven yearly subscriptions and one dollar extra. This is a seven-jeweled watch, gold-filled, with a ten-year guaranteed case and beautiful design. We have placed hundreds of these watches where they are giving the best of satisfaction. You will be pleased with this watch. Send us eleven yearly subscriptions and twelve dollars cash and receive this watch.



## A Beautiful Rescue Home Rug

24x52 inches, made from

# 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.



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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.

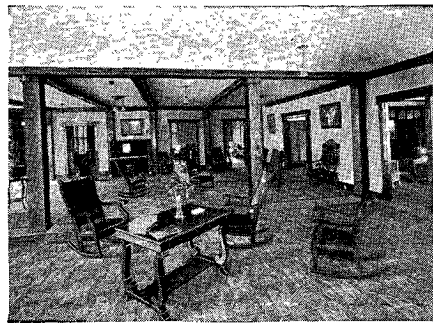
Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis court.

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

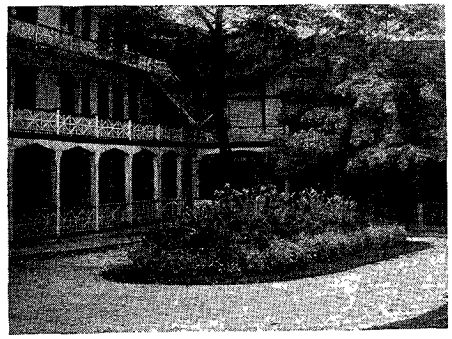
**The Hinsdale Sanitarium**

Phone  
Hinsdale 645

**Hinsdale, Ill.**

## *Endowed by Nature Equipped by Science*

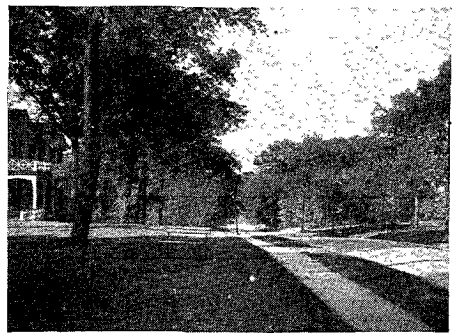
*Do not go abroad for what you have at home. Were it possible for you to see Hinsdale as it is, you would come. So pleasant as to attract many guests who have no ailment. Patients are kept so busy getting well that they have practically no time to worry over their troubles. Pleasant, refined associates.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



*The Driveway*

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

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



*A Glimpse of the Lawn*