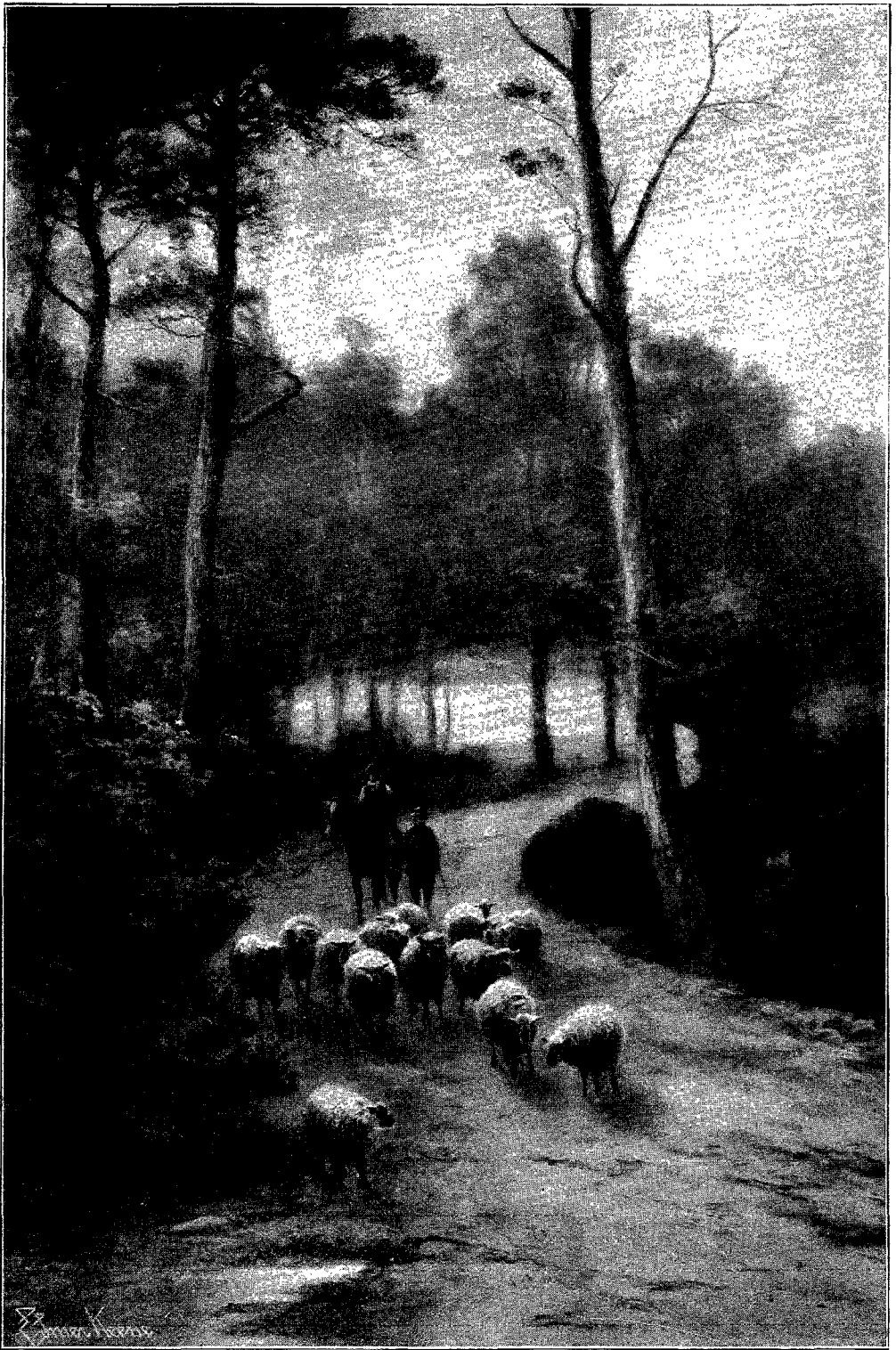


# THE LIFE BOAT

A Week's Experience  
Power of the Book  
An Inward Cleansing  
The Converted Horse  
In the Heart of Korea  
The Call of Our Large Cities  
A Health Campaign  
A Glimpse of the Needs  
Among the Girls  
Finding the Needy

The Life Boat Employs No One to Solicit Donations



—From painting by Elmer Keene.

“The Lord is my Shepherd, I shall not want; He maketh me to lie down in green pastures, He leadeth me besides the still waters.” Ps. 23:1, 2.

# THE LIFE BOAT

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

One Dollar a Year

Ten Cents a Copy

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

Volume XIX.

HINSDALE, ILL.

:: OCTOBER, 1916

Number 10

## The Scientific Verdict—Weighed and Found Wanting

David Paulson, M. D.

MORE than thirty centuries ago an inspired writer declared that wine was a mocker and a *deceiver* (Pro. 20:1). Yet alcohol continued to be regarded as an ideal stimulant, as a valuable aid in the sick room, and one of God's choicest blessings unless used in excess. Modern scientific investigations have completely reversed this notion and absolutely substantiate the scriptural pronouncement that it is a *deceiver*.

Twenty-two years ago when I graduated in Bellevue Medical College, New York City, the wise medical professors taught us that alcohol was a most useful remedy in pneumonia, typhoid fever, tuberculosis and other diseases. Any professor who would stand up in any medical school in the entire civilized world today and express such sentiments would be certain to meet with well-deserved ridicule from the members of his class.

### The Searchlight of Science

What has wrought such an amazing transformation in less than half a generation? Hundreds of thoroughly trained workers in well-equipped laboratories have made thousands of scientific experiments with instruments of precision to determine the exact scientific truth concerning the real nature of alcohol, and the final verdict has in every case been that alcohol, in any and all doses, is a paralyzer and a destroyer of vital tissues,—in short, a poison and *only* a poison.

Professor Kraepelin of Heidelberg University, Germany, after making thousands of

the most careful experiments, has conclusively shown that as small a quantity as a third of an ounce of alcohol produced paralyzing influences on the nervous system that can be detected for hours afterwards by instruments of precision. The sight is less keen, the hearing is lessened, the sense of touch is either diminished or deranged, and muscular capacity is lessened. Fatigue is reached sooner, memory is less acute, and the reason less accurate. What a startling scientific commentary on the divine declaration that they "have erred through wine, . . . they err in *vision*, they stumble in *judgment*." Isa. 28:7.

After taking a small quantity of alcohol the subject *imagined* that he could do more work, while the most rigid test with a dynamometer or strength test machine revealed the fact that he was actually not doing as much as before; and endurance tests on a large scale demonstrate the same fact.

Dr. Treaves, the great English surgeon who was selected to perform a serious surgical operation on King Edward, accompanied the British troops on one of their most trying marches in the Boer war in South Africa. Speaking of this experience Dr. Treaves says:

"As a work producer alcohol is exceedingly extravagant and leads to physical bankruptcy. I was with the relief column that moved on to Ladysmith. It was an exceedingly trying time by reason of the hot weather. In that column of 30,000 the first

who dropped out were not the tall men or the short men, or the big men or the little men,—they were the drinkers, and they dropped out as clearly as if they had been labeled with a big letter on their backs.”

In reality alcohol, as a great German investigator has remarked, “gives no strength but only a *feeling* of strength.” What alcohol can do is like morphine and chloroform: paralyze the higher centers that notify us of fatigue and discomfort, and so the user actually imagines it has refreshed, rested and improved him.

It is this same partial paralysis that prevents the cries of hungry children, the sobs of the broken-hearted wife and the sweet influence of the Spirit of God from making any impression on the drunkard’s brain.

These paralyzing influences are at the same time constantly weakening the will to resist not only the craving for alcohol but also to resist all manner of temptations. That is the real reason alcohol is our greatest crime producer. The late chief justice of England declared that, if thoroughly sifted, nine-tenths of the crime of England could be traced to drink. And Warden Tynan of the Colorado state prison says that whisky brings ninety-six per cent of the men to the penitentiary.

The sins of even the moderate drinker are visited upon the children. The offspring of such parents have four times the likelihood of having chorea, convulsions, apoplexy and idiocy. Students of heredity have demonstrated that it is just as unfortunate from the physical standpoint to have had a drunken father as it is to have had an apoplectic, a nervous wreck, or an insane parent.

Dr. L. Mervin Maus of the United States army has called our attention to the fact that there are a million degenerates in this land today, the majority of whom owe their unfortunate condition to their alcohol-using parents.

#### **A Deep-Dyed Murderer**

But alcohol not only paralyzes the nerves, blunts the moral sensibilities, incites to crime, dams the unborn, but it is a deep-dyed murderer. Dr. Webster, until recently president of the Illinois State Board of Health, says that the death rate from alcohol is as great as that from tuberculosis.

Careful experiments have shown that alco-

hol cripples the restorative functions of the body. The white blood cells, which make it their business to capture and destroy disease germs in the body, refrain from doing so after alcohol is administered, thus leaving the human body at the mercy of its invaders.

Modern medical science is banishing alcohol from the sick room just as modern sentiment is banishing the saloon from the street corner. Dr. Wiley, of national pure food fame, as chairman of the pharmacopœial convention which meets each ten years to determine what drugs shall be included in our medical pharmacopœia, the official register, so to speak, of useful and well regulated remedies, states that brandy and whisky are now no longer used as medicines in sufficient quantities to warrant their retention in the next pharmacopœia. He says that the general trend of scientific thought on this question leads to the conclusion that alcohol in its various forms is an unmitigated evil.

#### **The Most Expensive Evil in the World**

Let no one underestimate the size of this stupendous problem. The *Chicago Herald* estimates that Chicago’s drink bill amounts to half a million dollars a day. In other words, every twenty days there is worse than wasted in this city alone the amount of money necessary to construct a boulevard from New York to San Francisco.

Last year there were consumed in this land twenty-five gallons of liquor for every man, woman and child within its borders; and as I did not use any, the unfortunate individual who drank my share and also his own used fifty gallons, or enough to fill an ordinary bathtub full.

Is it any wonder that insanity is increasing three times faster than our population? That heart disease, apoplexy and Bright’s disease are increasing by leaps and bounds and that there is an incessant complaint concerning the high cost of living, with such an outrageous financial waste in our midst?

#### **Can We Compromise With This Curse?**

An editorial in the *Chicago Tribune* presents this awful indictment against the saloon: “The sins of the saloon are many. It is but too often a cloak for gambling. It sends armies of men to prisons. . . . It has made murderers of thousands of men who would never have raised a hand to kill had not a

bartender stupefied them with whisky. Another ghastly accusation is now made against the saloon. It is charged with being directly responsible for the downfall of thousands of girls."

Can we compromise with this evil? Shall we enter into *partnership* with it and accept its blood-stained money? We neither tolerate nor license mad dogs; but we are sometimes so stupefied by the wicked influences of this evil that we are ready to license the saloon which is infinitely more dangerous.

When we fight the liquor traffic we are not only fighting alcohol but something *plus*, and that something is the devil. And remember God is not in partnership with either the devil or the liquor traffic. He has pronounced a woe upon him that giveth his neighbor drink (Hab., 2:15), and when *you* vote to grant your neighbor a license to do this, as certainly as there is a God in heaven you must *share* in that woe. We must outlaw this curse just as we do robbers and other criminals.

#### Are You Becoming Weary in Well Doing?

Are you becoming tired of struggling against the liquor traffic? What are you in the world for except to build up the good and to fight against evil? Just as long as the farmer wants to raise potatoes he must contend with potato bugs. As long as the devil is alive, so long every child of God will have to fight evil.

Martin Luther said, "Whoever brewed beer brought a plague into Germany. Why, enough barley is spoiled every year and turned into a curse, to feed the whole German nation. I have been praying to God that He would destroy the whole brewing industry."

John Wesley said: "The rum traffic slaughters mankind by the wholesale, and drives them to hell like sheep. No one can gain by this business, swallowing up his neighbor's substance, without gaining with it the damnation of hell."

#### A Solemn Prophecy

Major Merwin, the intimate friend of Abraham Lincoln, stated recently that he talked with Lincoln on the very day of his assassination and that he then said these memorable words, "Merwin, we have cleaned up, by the help of the people, a colossal job. Slavery is abolished. The next great issue will be the overthrow of the legalized liquor traffic. And you know, Merwin, that my head and my heart, my hand and my purse, will go into that work. A quarter of a century ago I predicted that the day would come when there would be neither a slave nor a drunkard in the land. I have lived to see one prediction fulfilled. I hope to see the other realized."

The present indications are that Lincoln's prediction is about to be fulfilled, for there is a world-wide uprising against the liquor traffic. Nearly fifteen million of our population are living under *state wide* prohibition and half of our people are in territory from which intoxicating liquor has been outlawed.

There are fewer saloons in all the southern states than there are in the city of Chicago; and without exception those communities that have wiped out this curse have instantly felt increased business prosperity, improved morals, higher grade of intelligence, less sickness and less crime. Will you who read these words sit still and fold your hands until others have fought this entire battle? Or will you arouse and assist in crowding this curse to the wall?

If you are nearing the end of your days and cannot hope to see it entirely banished from our fair land during your lifetime, it will be a source of satisfaction to you when you have reached the end of your journey to be able to say to your children or your children's children, "I helped to push it out of our community; will *you* now help to push it off the earth?"



## The Converted Horse

Mrs. Inez Hoiland-Stevens

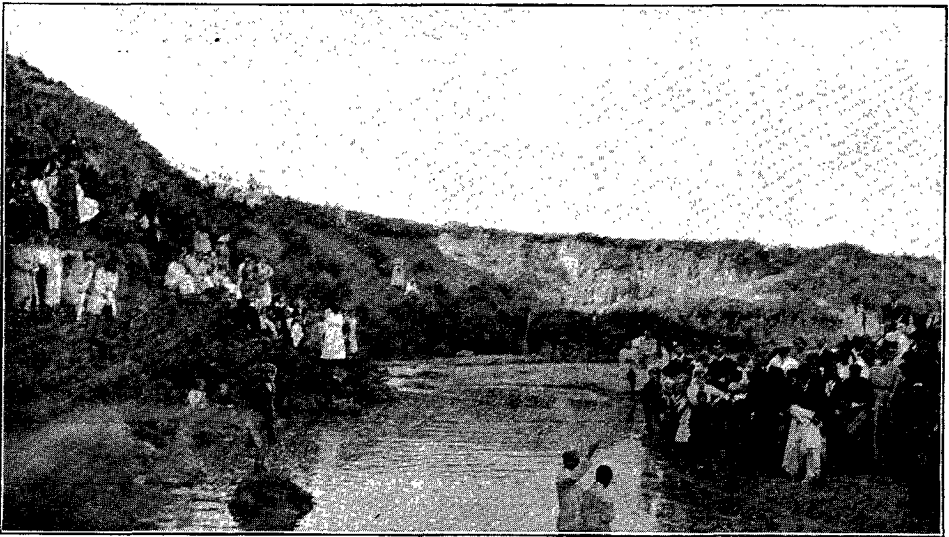
Diamante, Entre Rios, Argentina.

[Mrs. Stevens took the six months' medical evangelistic course in Chicago in 1912 before going with her husband to the missionary field of their choice. In reply to our recent letter Mrs. Stevens writes: "The Life Boat and your letter reached us last week and we were indeed glad to get both. They brought to our minds many of our Chicago experiences, all of which are very dear to our hearts. We were there only one year but somehow our friends and brethren there did find a deep corner in our hearts that can never be occupied by anyone else. We so often talk of those days spent there with so much pleasure. "And now we are way off down here in another corner. It is a fine country and the people are congenial and we are very happy in our work. Here in the school we have about one hundred and twenty children and youth preparing for the Lord's work, and we feel there is great hope for them. There is much to be done and so short a time in which to do it. I am enclosing an experience for THE LIFE BOAT."—Ed.]

**T**HIS summer while visiting among our brethren in Northern Argentine we met many of the pioneer members of our church in this country, one of them being Brother

ready a group of grandchildren in the home. They seemed to take great pride in showing us the marriage license.)

Through the efforts of his wife and



Baptismal Scene, Showing Dr. Habenicht Baptizing an Indian Boy From Peru, Who Is Taking the Nurses' Course in the Sanitarium

Pedro Peverini, who came here from Italy in 1869. His conversion and struggle with liquor and tobacco seemed very interesting to us and we pass them on to you.

Those first years were filled with struggles with the Indians and other experiences of frontier life. He finally chose a companion, which was all there was to a marriage ceremony, there being no ministers, priests nor civil law in those days. (They were legally married about thirty years later, having al-

mother-in-law (who were Waldensians), Brother Peverini was led to read the Bible and a religious paper published by the Waldenses in Italy. The wife reading aloud one day from the latter came across a paragraph wherein the editor made light of a minister from France who had recently been there preaching about the end of the world and bringing with him a French paper called "Signs of the Times."

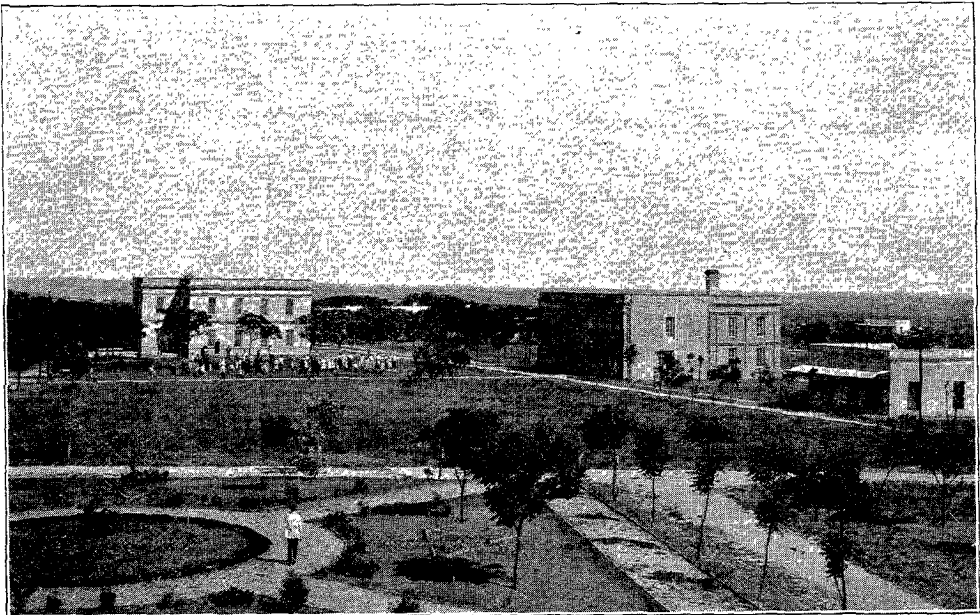
Mr. Peverini became interested at once and

remarked, "Who knows but what he is right? If the world is really coming to an end I want to know it for I'm not ready."

Through correspondence they succeeded in getting word to our office in Switzerland and became subscribers to the paper, promising to pay as soon as some one from there should come to Argentine, there being no way of sending money at that time. Five years later when a missionary was sent they paid up five years' subscription.

Through reading they were convinced of the truth and began to obey it, suffering persecution and ridicule, for such a thing was

not give them up. The two months drew near a close and he was not ready. "I shall be a slave no longer," he finally said, and then began a most terrific struggle. His most faithful and constant companion was a saddle horse, who, being well trained by long years of experience with his master, never passed a "boliche" (saloon) without stopping. Brother Peverini knew that this would be a hard test and sure enough the first time he went to the village the horse stopped, as usual, in front of the saloon, and neither by word, threat nor whipping could he make the animal budge until he had dismounted and



This Gives You an Idea of the School Buildings and the Sanitarium, Which Make Quite a Village. This Mission Station Is Twelve Miles From the Nearest Town

unheard of. In about 1891 John Wuillemuir was sent to make them a visit, but even before that Brother Lionel Brooking had sold them books. Seeing their faith, Brother Wuillemuir wanted to baptize them at once but Brother Peverini replied, "In two months you may return,—then I shall be ready." In that time he hoped to free himself from the use of liquor and tobacco, the two vices which gripped his very life.

#### "I Shall Be a Slave No Longer"

Days and weeks passed and still he could

entered. The smell of liquor and the sight of old companions proved too much for him and he yielded, time and time again.

Desperate at last, he plead with God for help, saying, "It's no use, Lord, I cannot conquer this demon. You must help me and convert that horse of mine, too." That very day he had to go to the village and that saddle horse galloped past that saloon as if he had never seen it before. From that day to this he has felt the joy of mastery over liquor and tobacco too, and is enjoying a healthy, happy, useful old age.

# In the Heart of Korea

Dr. Riley Russell

Soonan, Korea.

[The Sanitarium family have been for years deeply interested in the work of Dr. and Mrs. Riley Russell in Korea, and have shown their interest by helping him to equip his dispensary. We were greatly pleased to entertain the doctor recently and to hear him tell about the wonderful medical missionary work that the Lord has helped him to do. We are passing on some of his experiences to our readers.—Ed.]

**H**ERE in this country we do not realize what a densely populated country is like, as we do over in Korea. I can stand on the hill back of our dispensary and count thirty-two villages. Brother Wangerin, who came with me from Korea, can count over one hundred villages from a hill back of his house.

We read of how the Saviour, while on earth, was constantly thronged by sick people. We have seen something of this in our work. I have had as many as sixty patients waiting to see me after our evening meeting. I would get through the service about 10 o'clock and then it would take until 12 o'clock to look over those sixty sick people. At the dispensary we have had five or six thousand patients every year and have had forty thousand since we have been there.

There the sanitary conditions are such that sickness is much more prevalent than it is here.

## Letting the Disease Out

One of the favorite diagnoses of the native doctors is "Wind in the bones," and they insert a needle to let the disease out. Of course the patients get infected because they don't disinfect the needles. They have a box of needles from two to six inches long which they carry around, and they diagnose the case as wind in the bones and make an insertion of one of these needles in the joint. That is one of the hardest things we have to treat.

They have abscesses of every description and all sizes, also stiff knees, elbows and ankles. This also causes destruction of the bone tissue.

We have had fifty or seventy-five cases where we have had to remove part of the bone of the arm or some other part which has been destroyed by infection from these needles. Of course after the doctor has caused the trouble he will say he "cannot do anything more, they cannot get well." And when they get better at the dispensary, it

makes an inroad into heathenism and makes a favorable field for the gospel.

When we go into the field with the medical work and they see practical results, we can go in very easily and preach the gospel.

## Carried Him Seven Miles to Find Christ

A man was sick and they called in a Korean doctor who used the needle to let the disease out, and infected the patient, and when he came to the dispensary he had an abscess six inches in diameter, and three ribs and part of his liver were in sight. His mother and brother carried him more than seven miles to the dispensary. They got in about 11 o'clock at night. I told them there was nothing we could do, it was only a question of a few hours. Their answer surprised me. They said they didn't think he could live more than a few hours, but they hoped he might find Christ before he died, that was why they had brought him. It almost staggered our faith as they had had nothing to do with Christianity. I began to talk to him and I am glad to say before he died, he gave his heart to Christ and found peace, so we knew the Lord sent him there.

## Just Wanted Me to Pray for His Mother

A man came and said his mother was about to die and wanted me to come and see her. It was market day, which is a very heavy day for us. They have market day every five days. On that day we have so many patients we can do nothing else. We have our full force busy, my wife, both nurses, and a Korean doctor and everyone we can get. We have given one hundred baths on market day. Sixty to ninety are not rare at all on market days.

I told him I couldn't go, all that line of people was waiting for me.

He said, "You must come."

I said, "I cannot possibly go, you see all this great multitude waiting. I cannot go but I will send the Korean doctor."

He didn't want the Korean doctor very



much, so he went home. I told him to take the Korean doctor and if he couldn't handle it, I would come. So he went home and sent his brother. His brother came and we had the same scene. Then he went home and sent his father. His father had had indigestion and recovered at the dispensary and was a Christian.

He came and said, "You must see my wife

me to pray for her. You see we have a practical way of reaching the people. We have made a practice of never leaving a heathen home without praying.

#### Worshippers of Satan

Half of the population are spirit worshippers. Probably seventy-five per cent of them are worshippers of Satan. So when we go into their homes we tell them, "We can do some things, we cannot do very much, but we will call in the assistance of the Great Physician who never lost a case. Many years ago there was One on this earth who healed the people and never lost a case, and He has promised to be with us. His name is Jesus, and we would like to pray to Him." We have never been refused. Often we see tears running down their faces before we leave and we feel our only excuse for doing medical work is that we might teach Christ, and we are glad for any opportunity to bring them to Him.

#### Native Treatment for Eye Trouble

A woman had eye trouble and called in the Korean doctor and he inserted a needle around her eye three hundred times. That took three or four days. One treatment was fifty or seventy-five times. He thought that was sufficient for one treatment, and repeated that twice a day. But after he had inserted it three hundred times she rebelled. Then she came to us. She thought there might be something better. Her face was swollen up terribly, but we put on ice and compresses and packs, and by keeping her eyes full of argerol and silver salts we saved her sight, but she got so infected that her eyes are open constantly. The difference in treatment was quite a change for her. She has been enjoying the Christian life from that day to this. We cannot say we are so sorry it happened as it was the means of saving her soul.

A woman had sciatica, and we treated her, she got well, went home and the whole family are Christians now.

A man had lumbago. He walked seven miles to the dispensary and was cured after suffering seven years. He had been having needles stuck into him for a year and a half. He was impressed with the different treatment and went home and the whole family are



Dr. Riley Russell in a Korean Gentleman's Dress

or she will die." It was winter and there was snow on the ground, but I got on my bicycle and went five miles, and on the way I ran into a ditch and broke the wheel in three pieces and left it there and went on foot the rest of the way. The old people receive very much respect there. She wasn't very sick, she didn't want any medicine, she just wanted

now Christians. He has two students in our school.

Our dispensary is only twenty-four by thirty-six feet. Most of our patients don't stay, they just come and get a treatment and go away again.

We have a hot and cold water system. I got a pressure tank from Chicago, and a force pump, and I had a heating tank made in Japan. I knew a little about it and drew a diagram, and I got a Japanese who had a few tools, and so we put it together and we have five hundred gallons of hot water on tap. We have given a hundred treatments in a day. We do business though there isn't any nickel plate on our apparatus.

Only one baby in five lives in Korea. The birth rate doesn't keep pace with the death rate. But we are teaching the people, and the Japanese government officers have come in and they are all teaching, and the conditions are changing rapidly.

#### The Gospel Practiced

Some one said medical missionary work is the gospel practiced. People there don't think much about God. They think the world came into existence some time, somehow. But the medical work makes an impression on them.

On the whole it is very interesting work. When the Lord left here He gave the Christian people four things to do: To go everywhere and preach the gospel, make Christians of all nations, one says, to teach them His word, and in another place it says, heal the diseases of the people, and when we do that He would be with us unto the end, and we are glad to know the Saviour goes with everyone who will do that. I have been convinced that it is the only way Christ's church will met the heathen. I think it is a crying shame we are not working more in Mohammedan lands. People there are not much interested in the gospel, but they will come when in trouble, and God's promise carries power with it.

Hold yourself responsible for a higher standard than anyone expects of you. Demand more of yourself than anyone demands of you. Keep your own standard high. Never excuse yourself to yourself. Never pity yourself. Be a hard master to yourself but lenient to all others.

#### "A BETTER WORK FOR ME"

(From the Indiana Reformatory, Jeffersonville, Ind.)

"As this is my first time writing to you you will think it very strange to hear from me and of the experience that I have had. But I hope that you will believe what I tell you of myself, for I have begun to see that there is another and better work for me to do. I have been in this reformatory for the last five years and have yet to finish my time.

"I subscribed last month for *THE LIFE BOAT*, which gives me great pleasure in reading and studying, for I like the work of a book of that kind. Before I ever came to this place I attended church nearly fifteen years without ever missing, but I do not know when I will get to attend again.

"We have an excellent chaplain here and as I knew him outside I know that he will do all that he can to bring me and all fallen men in life closer to their main goal—Heaven.

"When I was attending school I used to belong to a Bible class and can yet recite verse after verse from many parts of the most wonderful book ever printed and it does me good when I have the blues to read your paper and recite verses from that book which I know so well."

#### A WORD OF APPRECIATION

(From the Southern Illinois Penitentiary.)

"I am in receipt of your encouraging letter and deeply appreciate the interest you have taken in me. I also received *THE LIFE BOAT*. I am convinced that God is with you in your noble, Christian work, and I am greatly in sympathy with the work you are doing for the babies.

"It is all right to throw out the life-line to a man of mature years, who is rapidly drifting to the whirlpool of destruction; to check the maddened career of some unfortunate who has made shipwreck of life and is ready to be dashed to pieces amongst the breakers and pointed rocks of his dissipated career, but when you reach out the arms of your loving care and protection and throw them about the hapless child and lead gently the little ones to a godly life and prove that there is still some one loves them, you are doing a much greater work.

"I certainly do thank you most heartily for the interest you are taking in me.

## An Inward Cleansing

D. H. Kress, M. D.

“EXCEPT your righteousness shall exceed the righteousness of the scribes and Pharisees,” said Jesus, “ye shall in no case enter into the kingdom of heaven.” Matt. 5:20. Outwardly the life may be blameless, and yet it may be far from attaining the standard of righteousness demanded by the law of God. The law says, “Thou shalt not commit adultery.” Jesus in interpreting this law and its demands said, “Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart;” thus the law has to do with the thoughts and intents of the heart.

It is possible to delight in the law of God and yet be a slave to the law of sin which dwells in our members. The people to whom Jesus referred were experts in conforming outwardly to the demands of the law. They prided themselves on their ability to do this. They succeeded in doing what many a professed Christian of today fails to do. They made clean the outside. Outwardly they *appeared* righteous unto men. They kept the Sabbath. They paid their tithes. They were liberal in their offerings to sustain the temple and its service. They failed in the great essential of making clean the inside. The religion of the Pharisees has to do with overt act. The religion of the Bible has to do with the thoughts and intents of the heart. The one saves from crime, the other from sin.

The plan of beginning on the outside and working inward is a failure. God's plan is to cleanse the heart that the streams flowing from it may be clean also. Here is where the religion of the Pharisees failed. It was this which led Paul to exclaim, “O wretched man that I am. Who shall deliver me? . . . I thank God through Jesus Christ,” there is deliverance. When he saw what the law demanded, he acknowledged it was good and just in its demands, and he saw his own inability to meet this demand. What he had prided himself upon as gain he found was actually a loss and a hindrance in the attainment of heart righteousness.

There was less hope for the man who said, “I thank thee, that I am not as other men are,” than there was for the poor publican

who smote upon his breast and said, “God be merciful to me, a sinner.”

To the rich young man who came to Christ with the inquiry, “Good Master, what good thing shall I do, that I may have eternal life?” Jesus said, “Keep the commandments.” This young man could truthfully say, “all these things have I kept from my youth up.” Matt. 19:20. Outwardly his life was blameless. When told to sell that he had and give to the poor, he went away sorrowful. While outwardly his life was in conformity to the law of God, inwardly he knew nothing of the grace of God which implants in the heart the love which is the fulfilling of the law, the great principle upon which the law hangs.

Nicodemus, a man well thought of in the community in which he lived, who was a strict observer of the Sabbath; careful in the payment of his tithes; liberal in his offerings and all that, when he came to Christ acknowledging Him as the sent of God, Jesus said to him, “Except a man be born again, he cannot see,” much less enter “the kingdom of God.” He was a total stranger to the renewing grace of God. When told that the law of God demanded purity of heart, unselfish motives, mercy and confession, he replied, “how can these things be?”

Although a teacher in Israel, he knew nothing of the new birth, which makes duty a delight and sacrifice a pleasure. There is a difference between coming face to face with the law of God and saying, “all these things will we do,” and having the law, the same law, written in the heart so that the doing of it will be a delight and a pleasure.

What are some of the evidences of conversion and of the new birth? One is this: “The truly converted man will have *no disposition* to think or talk about the faults of others.” That does not mean that he shuts his lips and refuses to utter what he feels, although this is commendable. He does not need to do this because he has no disposition to talk about others' faults.

Love springs up in the heart, a love which will delight to do that which caused the rich young man to go away sorrowful. This love governs the impulses, controls the passions

and ennobles the affections. It sweetens the life and sheds a refining influence on all around.

The fruit of the spirit, "love, joy, peace, long suffering, gentleness, goodness, faith, meekness and temperance," will appear in the life. Well may we ask, "how can these things be?" There is but one way. Jesus must be enthroned within, the hope of glory. It is this that makes a man a new creature, and enables him to say, "I am crucified with Christ; nevertheless I live; yet not I, but Christ liveth in me." Gal. 2:20. How is this change brought about? It is a mystery which in Paul's day he said had "been hid from ages and from generations" but was then being made known to the saints, "which is Christ in you, the hope of glory." Col. 1:26, 27.

We are in danger today of outwardly aiming to meet the demands of the law and relying upon it for salvation. Keeping the Sabbath, the payments of the tithes and offerings, and outwardly leading a correct and well ordered life, may all spring from selfish motives and lead to spiritual pride. We may say "I am rich," and yet in the sight of God be the poorest of all men.

The truly rich man is he who feels he is poor. "Blessed are the poor in spirit: for their's is the kingdom of heaven." The one who feels his poverty is not far from the kingdom of grace. A sense of our great need and undone condition is the key which unlocks the door that has been barred by spiritual pride, and admits Jesus into the heart. To the remnant church Jesus says, "Behold, I stand at the door, and knock; if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me." Rev. 3:20.

### A GOOD DETERMINATION

The following is a letter from a prisoner in the Indiana State penitentiary who sent money last year to help make a pleasant Christmas for the Rescue Home girls:

"I am writing a few lines to let you know that I have not forgotten either you or Miss Sanborn, the matron of the Home, and I hope that you are getting along all right with your work in the Home. I am going to send you another money order in November and you can use the money for Christmas at the Home.

Perhaps you wonder how I am able to send money, as I am in prison, but I make this money working overtime. I make from six to nine dollars a month, so you see by the first of November I shall have enough made to send you ten dollars for Christmas.

"I must let you know that I am making a success at the Bible, and it is doing me a whole lot of good. Paul tells me that after putting on Christ the Christian's joy is to imprint the face of Christ on human hearts. When I get out of prison I am going to lead a good, clean Christian life, and I am going to do all I can to lead others to Christ.

"God is blessing you that you may be a blessing to others. It is the used talent that multiplies. To be Christlike is to give out the best of your life in the Master's name and to seek to be a blessing to every one who comes under your influence. God wants to pass His gifts and blessings through us to others. When we fail as His messengers, we fail in our mission here in this world."

### THE BEST

(From the Wisconsin State Penitentiary.)

"I have been the delightful receiver of your wonderful magazine called THE LIFE BOAT. I think it is the best little magazine that I have ever read. When through reading it I pass it on to my fellowmen. I have now subscribed for the same as I do not want to miss a copy.

"I have met with misfortune and am now in prison. Drink has been the cause of my downfall. That stuff has put me behind these bars for seven long years. This is my fourth term in a penal institution and I want to make it my last. I am only thirty years old, so you see I was quite young when I first made my mistake. I realize that there is only one thing for me to do in order to live a happy, successful life, and that is to leave drink alone and get right with God. If you can spare the time to write me I will appreciate it very much."

"O for a passionate passion for souls!

O for a pity that yearns!

O for a love that loves unto death!

O for the fire that burns!

O for the pure prayer power that prevails

That pours itself out for the lost!

Victorious prayer in the Conquerer's name,

O for a Pentecost!"

# “A World Aflame”

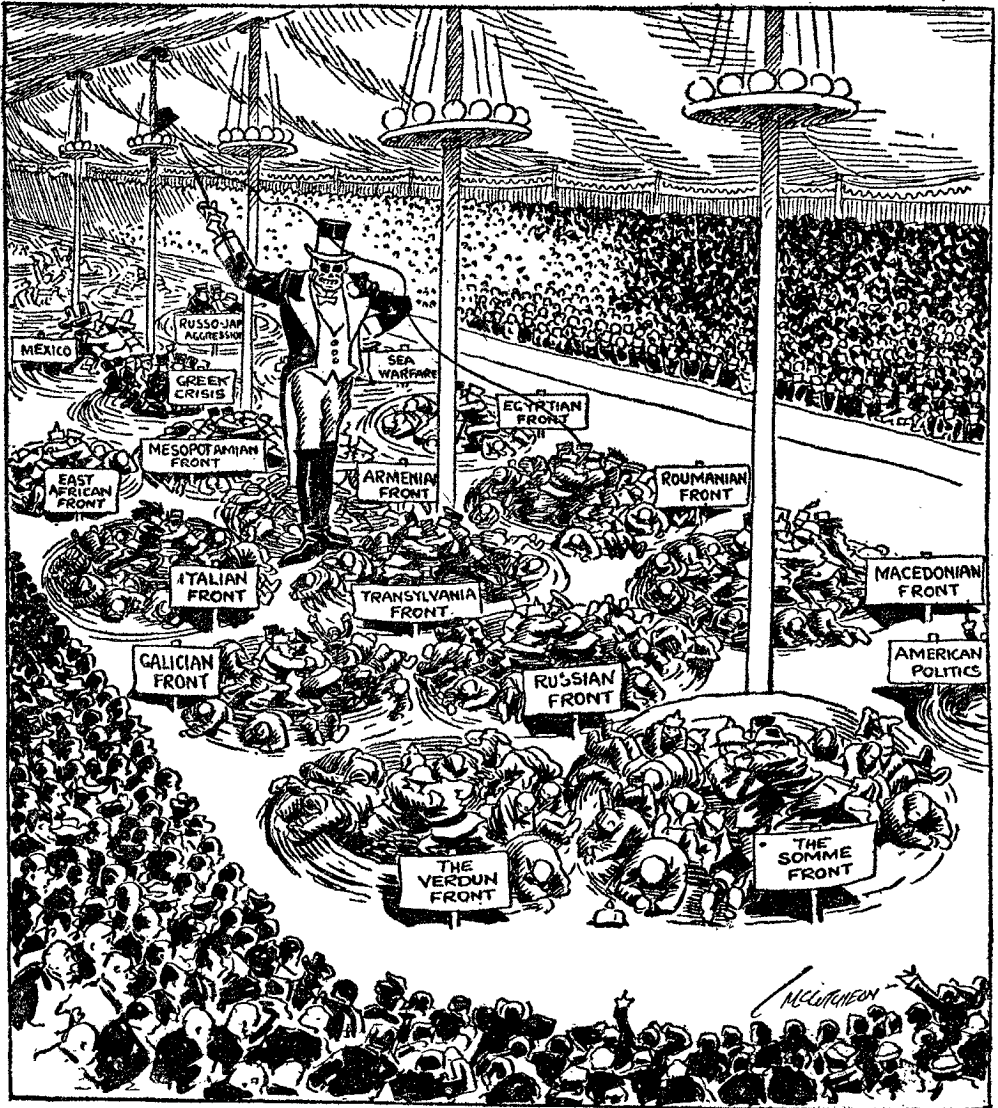
David Paulson, M. D.

This is the startling title which introduces the leading editorial in a recent Chicago *Tribune*. We quote the first few words of this editorial:

“Explaining the large increase in appropriation for the army and navy, the Democratic

chairman of the ways and means committee declared they were *needed* in ‘a world aflame.’ The statement is within the facts. The world is aflame.”

What prevents the little that is left of this old world from also becoming aflame? John,



—From Chicago Tribune.

“Too Gigantic to Comprehend”  
Death, the Ringmaster, Is Taking Charge of the Nation

the inspired seer, looking down the ages, caught a glimpse of the *closing* work of God in this earth. He saw four angels who were commissioned to *hold* the winds of strife till the servants of God had been sealed for eternity. (Rev. 7:1-3.)

The present situation would certainly indicate that these angels are beginning to let the winds blow that are fanning this world into flames. The very next scene that caught John's eye was "A great multitude, which no man could number, of *all* nations, and kindreds, and people, and tongues, stood before the throne, and before the Lamb, clothed with white robes, and palms in their hands." Ninth verse. And in the fourteenth verse these further words were spoken concerning this company: "These are they which came out of *great* tribulation, and have washed their robes, and made them *white* in the blood of the Lamb."

God is unquestionably in these days doing the last work that will ever be done to make up that company. There is the greatest danger that we may be so near such awful things as this war that we actually *lose* their significance. If you and I are not being sealed for eternity now we probably never shall be.

"We are living, we are dwelling,  
In a grand and awful time,  
In an age on ages telling,  
To be living is sublime."

## OUR DIVINE OPPORTUNITIES

LUCILE G. MALLORY

[The new medical evangelistic class have been studying for several weeks the foundation principles of medical evangelistic work, including a preparation of the heart and life for consecrated self-sacrificing work. The students have been requested to write on the various topics presented. We publish here Miss Mallory's paper on divine opportunities, trusting that some one may thereby be inspired to do something to advance the cause of God in the earth by improving the apparently trivial opportunities close at hand.—Ed.]

In a Jewish battle an officer brought to one of his soldiers an important prisoner. "Keep this man," he said, his skill in leading the enemy has cost our side many lives. If by any means thou shalt suffer him to escape "then shall thy life be for his life." The soldier tightened the cords around the prisoner's hands and feet and guarded him carefully for a time, then he became hungry and busied himself preparing some food. Soon he became tired and indulged in a nap, when

he was suddenly awakened in time to see the prisoner make his escape. When the general came the only answer the soldier had to make was, "As thy servant was busy here and there, he was gone." I Kings, 20:40.

An opportunity gone forever, for it is not in the power of human beings to bring back lost opportunities. Are we busying ourselves here and there, eating, sleeping, indulging in selfish pleasure, and allowing opportunities to take their flight? Often a destiny is determined by our use of opportunities. All opportunities do not come in the form of prisoners to be guarded, but life is full of golden opportunities, and if grasped at the opportune moment and improved, eternity alone will reveal the results.

Christ invited the three disciples to pray with Him in the Garden. What a precious opportunity it was to watch and pray with Christ, but three times they were found sleeping, and soon they were left to mourn over the neglected opportunity.

A young woman once saw an opportunity to pick up some street urchins and form a Sunday-school class. The superintendent took a great interest in the class and gave each boy a new suit of clothes. One bright boy, Bob, ruined his suit and so dropped out of the class. The generosity and faith of the superintendent supplied another suit, but that soon shared the same fate. Upon Bob's promise to attend Sunday school faithfully he received a third suit. Bob soon became a changed boy and an earnest student. When he reached manhood he studied for the ministry. As the result of an improved opportunity that teacher was privileged to see Bob,—whom the world now knows as Dr. Robert Morrison,—found Protestant missionary work in China, and translate the Bible into Chinese. Finite mind cannot judge as to the results of an improved opportunity.

Says one, "That Sunday-school teacher possessed great ability and tact to enable her to lead wayward youth to God; I could not do that." But there is One who has promised to be our strength. Daniel sought wisdom of that source and received it. To acknowledge that we cannot do the same as did Daniel is to admit that God's power is lessened. We may not all have ability in the same line, but as surely as we have all received talents, we

shall all receive opportunities to use these talents. Are you going to hear the "Well done, thou good and faithful servant," or "Thou wicked and slothful servant"? In the last great reckoning day we shall have to give an account to God of our misspent opportunities.

Satan is not taking a vacation. He will see to it if he can that you idle your time away. If possible he will cause you to feel discouraged because you do not see results. While on earth Christ saw few results of His efforts, but He prepared the way so that after His ascension five thousand were converted in a day. We may not be privileged to see on this earth any benefits of our work, but "in due time we shall reap if we faint not." God may permit opposition and obstacles to arise, but these are only his providences to drive us nearer to Him. Remember that if you reject the opportunities God gives you for doing good, He will raise up others who will do the work.

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### HOW IT HELPED HIM

The following is from a prisoner of the southern Illinois penitentiary:

"Your most welcome letter received and I will say that I read it with a great deal of interest and pleasure. I received the LIFE BOAT last evening. I find that it is very interesting to read of the great work you are all doing to relieve the suffering and help them along to a better life by teaching them the loving mercy of God.

"There is a card hanging on the wall of my cell that has these words on it: 'Come unto me, all ye that labor and are heavy laden, and I will give you rest.' I guess that I have read it a thousand times and I have wondered what it meant about as often as I read it, until I happened to read something in THE LIFE BOAT and it started a new thought.

"I took up the Bible, wiped the dust off of it, and opened it, and the first words I read were 'Blessed are the pure in heart: for they shall see God.' I thought that would be quite a treat, and then I took a mental analysis of myself and I found that I was not what you would call pure of heart. I prayed to God to show me the way and the more I prayed the better I felt toward my fellow prisoner and

the officers. I found the meaning of 'Come unto me, all ye that labor and are heavy laden, and I will give you rest.'

"I find that it pays to live a Christian life, but there are so many stumbling stones from within and without that beset one that I must keep in mind all the time that God so loved the world that He gave His only begotten Son, that we might be saved."

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### A WORD OF ENCOURAGEMENT

(From a New York Prison.)

"I received your welcome letter and was more than pleased. I know your heart is with God and I know God is with you. I read the little LIFE BOAT you sent me and I got down on my knees with tears in my eyes and prayed to my God for such good people. Once I was a sinner, but, praise God, I can say it today I am a saved man in Jesus Christ.

"It is not the man with money, it is not the man with knowledge, it is the man that is true to God and His dear Son who will win. No matter where we are, in or outside of prison, we are all sinners. I would rather stay in prison with God than be out in this world without God. I read my Bible always. That is how I am getting my knowledge from God.

"You cannot realize what God has done for me; with the blood He washed every sin out of me. He took out that stony heart that started me in sin, and put in a heart with His spirit in it. Oh, my friends, it takes God's power to clean us; it takes His Son to wash us clean and it takes the Holy Ghost to make good strong Christian men and women of us. As God saved me He can save all that come to Him through Jesus Christ."

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### FOUND IT DOESN'T PAY

(From the New York Penitentiary.)

"My nationality is Jewish, but I must confess to you that I don't know much of any religion; but I know this much, that the life I have been leading does not pay. I'll be honest and frank with you. It will be hard for me at first in regard to your rules for daily living, but I'll give you my word of honor to do my utmost and lead a good, honest life."

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Character is what a man is in the dark.

## A Health Campaign

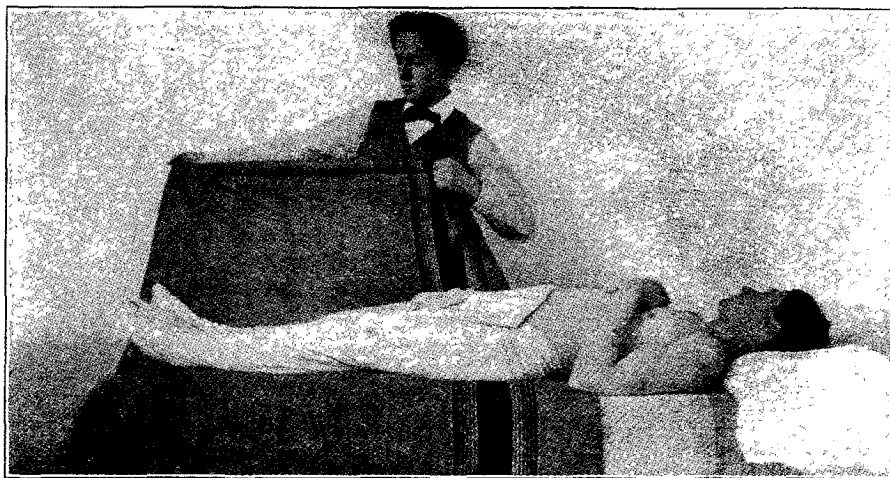
Caroline Louise Clough

SOME of the members of the new medical evangelistic class which started in July began at once to do house to house visitation work in Chicago, working two and two. They called on every home in their district, and found that the ladies were interested in learning something about how to care for the health of their families.

The women were deeply interested in attending some lectures on health, so a room in the school house in the center of the district was secured, and a school of health held each evening for three evenings. All the homes

are wrapped around the patient's hips and legs and the blankets folded over carefully to exclude the air. The purpose of this treatment is to draw the blood away from the lungs and to bring it out to the extremities, thus relieving the congested condition of the lungs. The doctor, of course, emphasized the importance of calling in a physician for such a case.

The nurses also demonstrated treatment for headaches which is much better than headache powders, as it leaves no ill effects in the system. This was given by placing an ice bag



Giving a Hip and Leg Pack

were visited and invitations to these health lectures were given out.

The first evening Dr. Elizabeth Jamieson gave a most helpful talk on home treatments for simple disorders. Miss Stiles and Miss Tyrer showed the ladies how to give fomentations, packs, etc. The treatment for pneumonia was demonstrated, which consisted of a hip and leg pack with a cold compress over the lungs. This pack is given by wringing a single blanket out of boiling hot water, placing it on another blanket, which is laid across the bed, and then on top of that placing a thin single blanket or a sheet to prevent the patient from becoming burned. These

at the base of the brain and another one on the back of the head, or if these are not available, use cracked ice wrapped in a towel. Then a fomentation made from one quarter of a single blanket, wrung out of boiling water, and wrapped in another dry piece of blanket the same size, placed over the forehead and around the face. This will often give relief in a few minutes from a severe headache.

The audience was made up almost entirely of women who were mothers and housewives and who showed a deep interest from the start. They took note of the interesting things presented.

Many questions were asked at the close of



the meeting, and as the ladies left, they promised to come back again the next night. One lady said it was prayer meeting night but she was going to ask her pastor to excuse her from prayer meeting this time so she could have the opportunity of getting this splendid instruction on health.

The next evening the first to come was one woman who had been there the night before. This time she brought her husband and four children. Other ladies brought their husbands and friends.

Dr. L. H. Wolfson spoke on "Eating for Health and Efficiency," emphasizing the importance of eating the food that contains the necessary elements to build up the body. He also illustrated the results on the human system of leaving some of these important elements out of the diet.

Mr. Cole, our sanitarium chef, then presented a few recipes which the ladies very eagerly took down. In the meantime samples of these different dishes were served to the audience.

The third night practically the same audience was in attendance and others had come in. Dr. Wolfson spoke on the "Marvelous Story of Digestion," introducing his talk by giving the Lord our Creator credit for the wonderful work of the human body. He told about the white blood cells, which are sometimes called the "standing army of the interior," because of their seeming intelligence in going after and destroying the poisonous germs which have entered the body. He then told about the remarkable experience of Dr. Beaumont on Alexis St. Martin, who had accidentally had the front of his stomach shot off. From watching the work of the stomach through this opening Dr. Beaumont made some very important observations.

Time was given at the close of the lecture for questions to be asked along the line of health, and many responded. These lectures we feel sure will result in much good, and our workers, as they continue to visit the homes in that district, are finding many open and appreciative hearts who are longing to learn more of these things.

What an absurd thing it is to pass over all the valuable parts of a man and fix our attention on his infirmities.

## FINDING THE NEEDY

PEARL STILES

(Leader of City Department of Medical Evangelistic Work.)

Each morning before leaving for our work in the city we nurses meet together for prayer. We ask God to go with us and help us that we may do our work as unto Him. For this hour I am always glad, because it is a daily consecration of ourselves to God, and helps us to remember the sacredness of our work. And His ear is not heavy that He can not hear our petitions, for each day we have tokens of His presence with us as we visit the people and minister to their wants.

Today the first thing we did when arriving home from our work was to meet together and pour out our hearts to Him in gratitude for the sweet experience He had given us during the morning. There are souls who are in need of not only physical but spiritual help, and each call this morning seemed to connect us with that kind of need. Our own souls were watered and our hearts made glad. While we may not have such a number in succession, yet these experiences are daily occurrences in our city work.

Cold weather is coming on and we soon will be needing clothing to distribute to the poor, and if any who read this article have any old clothes to discard we shall be very glad to have you send them to us, for we can make good use of them. Please send them by prepaid freight to THE LIFE BOAT, Hinsdale, Ill.

## IN NATURE'S SCHOOL

PEARL WAGGONER HOWARD

One learns the most in Nature's school.

Her voice, so calm and sweet,

In rippling cadences clear and cool

To students at her feet

Impresses, through her running brooks,

More wisdom than is had from books.

One gains a wideness in her school

As wide as East from West;

Her precepts are not learned by rule,

And hence remembered best.

Yet time and time and time again

She says them o'er, to make them plain.

The illustrations which she gives

To students in her class

Are means by which the lesson lives,—

Like flowers, and trees, and grass.

The "blackboards" which she teaches by

Are verdant slope and azure sky.

Wouldst harmony and music know?

Learn more God's ways and speech?

Take time to Nature's school to go:

All lessons she can teach.

In landscape, or in skies above,

The keynote to them all is Love.

# Shattering Another Dietetic Superstition

David Paulson, M. D.

Some years ago Prof. Irving Fisher, of Yale, showed conclusively by extensive experiment that the vegetarian had two or three times the endurance of the flesh-eater. An endurance, not temporary spurts, is what counts in life's battle. Recently some one asked Alfred W. McCann, the eminent chemist, what his opinion was of the ordinary athletic's diet. His answer as given in the *Chicago Daily News* is so sane, sensible, and scientific that we present it entire:

"The diet of most college and university training tables is ridiculous. The more intelligent athletic coaches know this, but are afraid to make the radical change that the correction from the wrong way to the right would necessitate. Should anything go astray they might possibly lose a game, and coaches who lose too many games sometimes lose their jobs. Hence the old way of feeding athletes seems destined to remain for an indefinite time.

"Football and crew men are called upon during the training season to make away with so much steak that it is not to be wondered that what is known among athletes as "going stale" is the *rule* rather than the exception. "Staleness" is one of the many forms of poison resulting from an excessive protein diet. If the athlete who "goes stale" were not engaged in vigorous exercise his condition would probably manifest itself as rheumatism or gout.

"Staleness" does not confine itself to any particular branch of athletics, but crops out in some form or other in all. It not only makes the oarsman a passenger in the shell, but incapacitates the runner, wrestler and gridiron warrior as well.

"Crew men, as a rule, complain of biliousness. This is because they are gorged with eggs. It is not unusual for one man to consume as many as eight at a breakfast. Track athletes suffer from constipation, particularly those in the short distances, like the 100 yard dash or the 220. These men are given as much beef and eggs as the two mile runners.

"The training table diet seems to be based

on the vicious notion that muscularity is directly proportional to the amount of protein consumed. While it is perfectly true that muscle consists for the most part of protein, and protein goes to repair broken down muscle tissues, it is also true that any protein in *excess* of that necessary for the restoration of waste becomes a *troublesome* burden.

"An ideal training table diet is no different from any other diet that is truly ideal. The *keynote* in every case is natural and unrefined food—whole wheat or whole rye bread, natural brown rice, unpearled barley, ungerminated corn, unrefined sugar and un sulphured fruit. An important feature of correct dieting is a minimum of meat, and this supplemented with an abundance of green vegetables.

"It is greatly to be hoped in the interest of intercollegiate sport that the training tables will soon undergo a thorough transformation and that a rational system of feeding athletes will be universally adopted. A change in the spirit pervading athletics may help greatly toward the attainment of this end. As soon as victory ceases to be the sole aim of contest, coaches will not be so backward in exercising their better judgment when it means *departure* from fixed custom."

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When you give others a piece of your mind, you have no peace of mind left.

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Let us be of good cheer, remembering that the misfortunes hardest to bear are those which never come.—Lowell.

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I expect to pass through this world but once. Any good thing that I can do, or any kindness shown to any fellow creature, let me do it now. Let me not defer it. I shall not pass this way again.

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The man who never reads will never be read; he who never quotes will never be quoted; he who will not use the thoughts of other men's brains proves that he has no brains of his own.

## TAKING MY SABBATH SCHOOL CLASS TO PRISON

MRS. D. K. ABRAMS,

3529 Cottage Grove Avenue, Chicago.

I have a Sabbath school class of boys and I love them and am interested in them and have been praying and asking the Lord to help me to know what He would have me do for those boys, that they might see what disobedience leads to and see some of the results of sin. So I wrote the superintendent of the Women's Prison in Joliet and asked if I might bring my boys and some of the



Mrs. Abrams and Her Sabbath School Class, With Miss Fuller, the Superintendent of the Women's Prison, Standing Just Beside Mrs. Abrams

teachers and some friends to visit the prison.

My request was granted and so there were eleven of us who went. The Lord was with us and we were shown all the favors that could be shown anyone. Miss Fuller, the superintendent, passed us through the men's

prison, and then we had the privilege of talking to the women prisoners in the yard. The superintendent is a sweet, lovable woman and the women all love her. She said to me, "If it was not for the love of these souls I would not be here." Pray for her and may God bless her and give her souls for her labor.

Miss Brown, the matron, is a sweet, pleasant woman and I am sure the Lord called them both to this work from the spirit they manifested. I bought the book, "In Touch With God," and had some of the boys of my class present it to Miss Fuller. My boys will never forget the experience. It will leave an impression on them for life and I am praying it will be a warning to the boys. Then I talked to the boys and told them how those men and women started, when they were boys and girls, to tell stories and take things that did not belong to them, and it grew on them and they went from bad to worse. It is step by step that the young go the downward road to destruction and I told them that if they told stories and took things that did not belong to them they would be punished for their sins, for God is no respecter of persons.

On our way out to Joliet we met a woman who was going to the prison to see her husband for the first time, as he had only been there a month. I tried to comfort her and told her about Jesus—how He loved her and wanted to save her. Since then I visited her in her home. She is just a young woman. Pray for this woman that this sad experience may cause her to give her heart to God and go to work for souls.

I love this work and know God called me to do it. God has blessed my work. I love to write to mothers' boys and girls and cheer and bring hope to them, and tell them Jesus saves all who will come unto Him, and they can be happy behind prison bars with Jesus. Oh, it pays to serve Jesus. There is peace and joy and happiness the world cannot give nor take away.

May God bless the work and workers everywhere, and at last when Jesus comes may we all come rejoicing, bringing our sheaves with us.

Oh, what a tangled web we weave  
When first we practice to deceive!

—Scott.

## A WEEK'S EXPERIENCE

AGNES JENSEN

[This month six of our medical evangelistic students are engaging in house to house visitation work in Chicago. They go two and two and visit every home in their district several times. Miss Jensen and Miss Ida Peterson are working together this month. The Lord is wonderfully enriching their souls as they seek out the hungry hearts and the discouraged ones.—Ed.]

This has been a week of unusual interest to me. I have had more interesting experiences than any other time since I have been in this work.

Monday was Labor day, so we didn't go to the city, but Tuesday morning we started out and visited homes where we had been before. The people seemed glad to see us again and were interested in our work. We called on one old lady who must have been seventy or eighty years old, who lives all alone in a miserable looking place and takes in washing. We always try to talk with the people of the love of the Lord if possible, and something of their spiritual condition, and we certainly had a good talk with this old lady. She was trusting in the Lord.

Wednesday morning we called on the people again and had some interesting experiences. The one who interested me most was a partly paralyzed woman who could hardly get around. We had a good spiritual talk with her and she wants us to give her Bible readings.

Thursday morning we saw a lady we had been giving treatments to. She was glad to see us and said, "Be sure to come back."

Many said they would have liked to attend the school of health lectures that we had in our district the first of the month, but couldn't just then and they thought we were going to have more later on. One lady wanted a cook book, so she must have become interested in reforming her diet.

Friday morning we didn't have any literature to hand out so instead of visiting in our district we went to another place and sold magazines. The first two places we came to neither of the ladies could read English, but they bought the magazines anyway. One lady was washing her hair and she said, "Why, of course. Why shouldn't I help? I know it is a good work."

At one place Miss Peterson went inside and canvassed a lady and I canvassed an old man outside. I tried to explain to him about the

work, but he couldn't understand me. All he could understand was "sick" and "ten cents." He understood that I wanted ten cents for the magazine. So he gave it to me.

### The Faith of a Little Boy

At one place where we had a good talk with the woman she told us an experience. She said eight years ago she was very sick at a hospital and her ten-year-old boy came to her when she was getting better and said, "Mother I know why you are getting well," and she thought it was because of the doctor taking care of her, so she said, "Why is it?" He said, "I have prayed every day to the Lord that He would heal you and I can see He is doing it." She had never gotten over the experience and had great trust in the Lord and believed she was healed through the prayer of her child.

We called on an old couple who were sick and sold them a magazine. The lady wanted to give all she could, so she gave us eleven cents; all she had in the house.

At the next place the woman on the first floor couldn't read and didn't want the magazine, but the lady on the second floor came down and talked to her and so they each paid five cents and took the magazine.

### People Coming to Us

One thing seemed to show to me that the Lord was with us. A lady came up to us and said, "I want to speak to you." We wondered what was coming and she said, "What are you girls doing?" We told her and she said, "I knew you must be doing some good work and felt I must see what it was." So she bought a magazine. People even come across the street to get the magazines.

Sometimes they are afraid to come to the door, so they open a window and one lady bought a magazine through the window.

At the next place we found a woman who couldn't understand English. After we had left her and gone to the next house we found her talking to the next door neighbor, who told her what we were doing and told her to buy a magazine, so she did.

That morning, as we were arranging our magazines in our bag, going in on the train, a man asked if they were for sale and he bought one. The Lord helped us so much that day. I am greatly encouraged with this week's work.

# The Call of Our Large Cities

David Paulson, M. D.

**O**UR large cities are today the modern wilderness in which we must search diligently for the lost sheep. The concentration of sin is almost beyond comprehension. Chicago alone contains over seven thousand saloons which, if placed side by side, would make a solid wall of sin nearly sixty miles in length, and in more recent years there have sprung up an almost incredible number of nickel theaters and "movies" which are accustoming to scenes of sin and iniquity the eyes of tens of thousands of young people and even mere children who throng to them.

Can any one question for a moment that our large cities have about reached the condition of Sodom, and hence must soon have meted out to them the doom of Sodom? But just as certainly as this is true, there must be Abrahams today who are pleading with God to spare these cities for the sake of God's children who are still in them.

We have reached the time when there must be men and women who are fired with such a love for human souls that they will search out the modern Lots and seek to arouse them from the lethargy of sin, even if they have to lay hold of their hands as the angels did of the hands of Lot and his family to bring them forth.

## Need to Do More Than Weep Over Them

Our hearts are touched as we read of Christ weeping over Jerusalem as its day of probation was fast hastening to its close, but today every true follower of Christ who has really caught the Master's Spirit and who realizes the importance of the hour in which we live, must begin to weep with Christ over the present condition of our large cities.

But Christ did something more than weep. He *entered* Jerusalem, cleansed its temple and preached the gospel, and laid down His life while doing it. So today it is not enough for us merely to weep over our large cities; somebody must enter them and again heal the sick and preach the gospel and perhaps lay down his life and then *fail* in saving the city even as Christ failed, for the servant is no greater than his Lord.

## Present-Day Calebs Needed

As we look at these large cities walled up to heaven with sin and sinful practices, we can understand a little better the feelings of the ten spies when they said, "We be *not able* to go up against the people; for they are stronger than we. . . . We were in our own sight as grasshoppers, and so we were in their sight." Numbers 13:31-33.

But those whom God will use to make the last final and decisive stroke in our large cities will possess the spirit of Caleb and Joshua, who "*wholly* followed the Lord" and knew that He would go before them and fight for them.

## Open Door for Consecrated Workers

The proportion of the poor in our large cities is constantly increasing and the sick among them are becoming more numerous. Hence there is an open door for consecrated workers who are prepared to enter with healing for the body in one hand, and healing for the soul in the other.

It is often very difficult for the Bible worker to secure entrance into the homes of the city dwellers; but let the heavy hand of sickness lay some loved one low in one of these homes and then that same Bible worker, if she is prepared to treat the sick one, will not only be welcomed into that home but she will have ten times better opportunity, after the Lord has used her to heal the sick, to say, "The kingdom of God is come *nigh* unto you." Luke 10:9. As soon as we adopt literally the Saviour's original plan we shall have no lack of opportunities to present the saving gospel for this time.

Viewed from a human standpoint there are but few young women who possess the genuine consecration that will be needed to resist the commercial allurements that lie before the nurse and who will dedicate their lives so unreservedly to the saving of human souls that God will go out before them and prepare hearts for them and have His holy angels attend them and thus make their work effective. But God is unquestionably raising up just such genuine missionary workers for this closing work.

## FROM A MEDICAL EVANGELISTIC STUDENT

BERTHA BRUBAKER

The medical missionary work brings new interest and blessing as we continue in it and also a greater responsibility.

Through our visits and the health lectures held we have come in closer touch with the people and have been able to help them in many ways. We have distributed several numbers of *THE LIFE BOAT* and some tracts in each home and we feel that the people are becoming acquainted with our mission.

Some have already expressed a desire to study the Bible with us. Then there are those who seemed interested at first in the temporal side of our work, but who have shown a lack of interest and appreciation as we have presented the spiritual. These are being sifted out, but we trust it is not the final sifting for them.

"The Lord is long suffering and of great mercy," but He has said, "My spirit shall not always strive with man." We know that probation soon closes, so let us work while we may.

Work for the Master while it is day;  
Night comes when no man can work or play.  
If we are faithful He shall repay,  
And make us joint heirs with Him.

Visit the lonely, comfort the sad;  
Give to the hungry and poorly clad.  
Help lift some burden, make some heart glad;  
Do it in Jesus' sweet name.

Reveal the Christ-life to friend and foe;  
Carry the message where e'er you go.  
In rain or sunshine let the world know  
Something of Jesus each day.

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## NEWS FROM THE LIFE BOAT MISSION

ELIZABETH A. KEMP

34 South Desplaines Street, Chicago.

"Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted." Gal. 6:1.

Working in the slums of Chicago we have much need of patience and forbearance toward others. We meet with many discouraging experiences; we are often deceived, yet we have the assurance that God is in this work. I try to place myself in their position, considering myself, lest I also be tempted as they are tempted. I feel my need of God's help more each day.

Last week we were kindly remembered by a sister in Minnesota, who sent us a suit of men's clothes, also a pair of shoes. May God's blessing rest upon this sister for her thoughtfulness and generosity. Winter is coming and these poor men certainly need help. We are trusting our Heavenly Father to help us to help them.

We have good news to bring those who are interested in the salvation of mankind. The night of August 31 a man came to us for help. He had been sent by a business man who had heard of the work we are doing; that is, that we care for the sick poor and the unfortunate free of charge. This man had been a man who was able to hold good positions, but drink got the best of him. Poor man, he was on the verge of suicide when he came to us.

Mr. Kemp took the poor man to our treatment rooms and everything was done for him that could be done. The three of us knelt before the Great Physician, and He heard our petitions. This man was wonderfully saved. We heard nothing more of him for several days; then we heard from the man who sent him to us, who had been to see him and learned that all was well. This man said that he was a new man.

At present we have with us a brother that has had a wonderful experience. God sent him to us when he needed our help. Next month I hope to tell you something of his experience.

We are of good courage. We are having good meetings every night. We are teaching God's Holy Word and know that God will take care of the results. We need the prayers of praying people. There is a great work to be done in this district. "Let us not be weary in well doing; for in due season we shall reap, if we faint not." Gal. 6:9.

### A GLIMPSE OF THE NEEDS

CAROLINE LOUISE CLOUGH

The other day, just as we were sitting down to dinner, I happened to glance out of the window and there in the road stood a forlorn looking boy, scantily clad, and looking the picture of despair. I soon recognized him as Henry, one of a family of four children whose mother died several years ago and who had been left to grow up with no one but a drunken father to care for them. After hav-



The Boy in Center of Picture Who Walked Seventeen Miles to Find a Friend, and His Two Younger Brothers

ing these children in the country for six months, at the urgent request of the father, and the promise that he would be good, we let them go back to him again.

All went well for many months, then the father fell through drink, and so little Henry, sure that his father did not care for him, traveled seventeen miles, barefooted and alone, on the railroad track, to find a friend. His heart yearned for sympathy and love. We wish there was a Christian country home that could open its doors to this poor little waif of the slums.

That is only one of our problems. I must tell you about some other little children. Our medical evangelistic students spend part of the time during their training in visiting from home to home in Chicago, caring for those who are sick, clothing the naked, feeding the hungry, and encouraging those who are discouraged. One day a year or more ago they found a very unhappy home. In fact the mother, while telling me about it today, said

she had decided to commit suicide and thought there was no use in her living any longer, but that just then there came to her door two of our medical evangelistic workers. They said they had come to see if anyone was sick or in trouble, or in need of help of any kind in that home. The story was soon told and they proceeded to help. While doing that they taught this poor mother from the Word of God. She accepted the truth of God's Word as she saw it, and was baptized and joined the church.

We have undertaken to help this poor woman and we must hire some one to care for the children temporarily until the mother



Bessie and Norman, Who Are Looking for a Home

can do so herself. This woman, with tears in her eyes, said, "The Lord sent those women to my house and they are the only friends on earth who care for me."

We also have two dear little children who have been with us for some time. Their father has entirely deserted them and their mother is confined in an institution. We want to find a home as soon as possible for this seven-year-old girl and her little brother.

I could go on telling you of the many cases of need that come to our attention. We are sadly in need of more means to carry on this



One of Our Home Babies, Who Is Much Loved and Cared For by Its Own Parents

good work and to care for the unfortunate young women who appeal to us. Several of our girls who have recently left the Rescue Home have gone out, we are sure, fully determined to serve and obey the Lord, come what will. This rejoices our hearts. We trust the friends of this work will remember it this fall with a good, liberal offering, and also with your prayers.

## AMONG THE GIRLS

MISS LEAH CHAFFEE

Acting Matron Life Boat Rescue Home.

Perhaps our home at present might well be called a children's home, as our family consists largely of children. A couple of weeks ago a mother brought her two little daughters, four and six years of age, to us to be cared for. Their home has been broken up by that terrible demon, "drink," and this Christian mother, who knew that her children could not be reared well under such conditions, decided to leave it all and go out to work that



Two Sweet Little Girls Who Are Enjoying Country Life at the Home

they might be better cared for. It is needless to say that these dear little girls are a ray of sunshine in our Home and we are glad that Christ has said: "As ye have done it unto one



of the least of these my brethren, ye have done it unto me."

No doubt our readers will be pleased to know that the husband of our new Home bride, who was mentioned last month, will be able to obtain a permanent release from the navy, and as soon as possible this young couple will start a home of their own. Providence has indeed been kind to these young people and it is our prayer that they will ever be found walking in the path that leads to eternal life.

One dear girl who gave up her baby and left the Home determined to follow in the footsteps of her Saviour, no matter what the cost, is having a hard struggle, as even her loved ones have turned against her. Though often discouraged we are glad that she is willing to pay the price. Dear readers, these girls need your earnest prayers that they may be able to resist all temptations.

#### A SYMPATHETIC RESPONSE

"It seems I can not resist an appeal like this, though I have had no income for five months and have now come to stay with my aged and feeble father, which will debar me from earning any money for an indefinite time in the future, and he has nothing for me.

"But the dear Lord has always supplied my needs and I believe it will not be wrong for me to spare a wee bit from my exceedingly small store. I will enclose one dollar, but before I send it I believe I shall read the letters at our little church next Sabbath, with the hope that some one else will respond, though we are so few and so poor. God knows how happy I should be to contribute liberally to this and other worthy work of His."

Later we received the following from this dear sister:

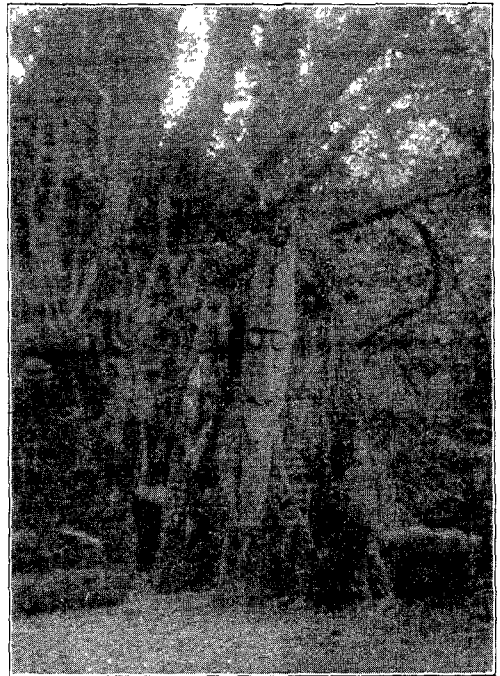
"After I sent you that little sum, I found on the street a little purse containing \$1.50. It lay at my feet when I saw it as though it had dropped from the sky. It was some one's loss for which I am sorry. I watched the paper to see if it were advertised. What is more, that very evening a dear friend from another state came for a few hours and before leaving pressed a five dollar bill into my hand, insisting that I

keep it. This is a friend who knows my circumstances. Hasn't the dear Lord richly rewarded me already in a very practical and material way? Beside the joy I have of knowing that the small sum I sent you will do a very little good."

#### POWER OF THE BOOK

R. HARE,  
Victoria, Australia.

In 1835 there was not one Christian in Fiji. In 1885 there was not one heathen. What wrought the change? The Bible and its message. When the men of the Book first



A Carved Sacrificial Altar in Fiji

went to Fiji the inhabitants were fierce, cruel, and defiant cannibals and devil-worshippers. Some of the altars where human sacrifices were offered still stand to attest the depth of wickedness practiced. But all else is changed. In 1835 human life was not safe for an hour. Now anyone may walk withersoever he will among the 225 islands with their 125,000 inhabitants in perfect safety.

In 1840 Moffat went inland among the natives of South Africa. In the interior he met

with both the savage and the brutal, and among these, Africaner was perhaps the most dreaded of all the lawless ones. He was a man of great prowess, and possessed a mind capable of studying all the tactics of savage warfare. He spread devastation around him, and inspired a terror that carried his fame afar. Moffat sought and obtained his acquaintance, though dread of him had led the government to offer a reward of one thousand rex-dollars for his head. Strange to say, Africaner began to read the Book, and with that reading his life began to change.

Moffat planned a visit to Cape Town and invited Africaner, the supposed irreclaimable savage, to accompany him. The old man looked in wonder, but after studying the question for three days he went off with the missionary. While on the way, Moffat told at a farmhouse of the wonderful change in the son of the wilderness. The farmer replied, "I can believe almost anything you say, but that I cannot credit; there are seven wonders in the world, but that would be the eighth."

At Cape Town the people were struck with amazement. After conferring with Africaner, the governor was not only convinced of the change in the man, but the money formerly offered for his head was spent in the purchase of presents for him and for his people. What was the reason, the cause of such a change? The answer was found in a worn copy of the New Testament that the old man carried with him, and to which he continually referred. The color of that dusky savage had not changed, neither in his stature had there been any alteration. The change was all within the man, and the knowledge gained from the Book had wrought the change.

### GLAD TO GET THEM

(From the Indiana Reformatory.)

"I received your kind letter, also the leaflet and card of rules, and was very thankful for them. I am mighty surprised to find a stranger, and yet not a stranger, who is interested in me. I kept looking and asking the mail boy every evening if he had a letter for me. I was glad when I did get it, for he also had a LIFE BOAT, which is a life boat to me, for it has done me a lot of good and is still doing good work here. When I read it I

pass it on to somebody else. We are glad to get those little papers which will help us closer to God and the right way of living."

### SPARKS FROM THE ANVIL

Life is too short to spend in hunting mistakes.

Have thy tools ready; God will find the work.

Do not feed your character on the faults of others.

He is richest who is content with the least.—Socrates.

You may glean knowledge by reading, but we must separate the chaff from the wheat by thinking.

Being all fashioned of the self same dust,  
Let us be merciful as well as just.

—Longfellow.

Be not simply good, but good for something.—Thoreau.

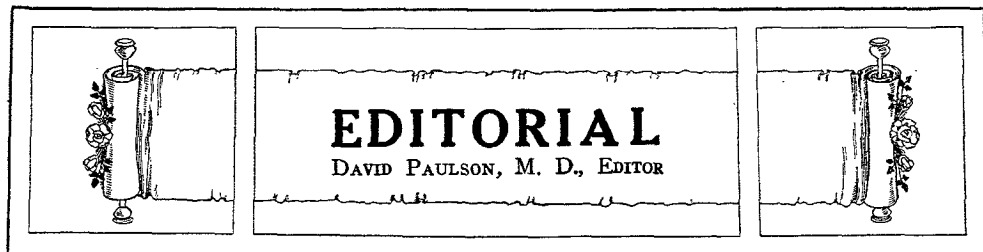
The world turns aside to let any man pass who knows whither he is going.—David Starr Jordan.

It is always easier to feel that you love your neighbor across the ocean than to show you love the one across the street.

Beautiful thoughts make a beautiful soul  
and a beautiful soul makes a beautiful face.

Each day should be distinguished by at least one particular act of love.

It is faith in something and enthusiasm for something that makes a life worth looking at.—Holmes.



### DO YOU WANT TO BE A MEMBER?

Do you want to be a member of THE LIFE BOAT family of workers? You can be and still remain at home and you can enter the joy of service right where you are. Our workers are writing us of the marvelous success that attends their work with THE LIFE BOAT. One worker placed an order for 2,800 copies at one time and less than two weeks afterward wrote, saying, "I am going to place another order in a week or so." The Lord is blessing the sale of this magazine. Do you want to have a part in this good work? Write for further particulars.

### ARE YOU DOING IT?

So many followers of the master have met together in committee meetings and other councils to lay great plans for missionary activities. This is all right, but did you ever notice how few of the plans are ever worked out? Something invariably interferes. The enthusiasm soon dies, other cares are pressing and so the work is never done. On this point the editor of the *Sunday School Times* has written:

"Best methods of doing things usually are not nearly so important as *doing* things. It is often not difficult to work out a really brilliant plan for doing a certain piece of Christian work, but a method one-tenth as good is far more effective if the method is *worked*—if the thing really gets *done*. Many Christians would have surprisingly new results in their prayer life if they stopped trying for a perfect prayer plan and, plunging ahead with a blundering plan—*prayed*. The best way to arrive at the best method for doing anything may be by actually getting it done by the poorer method just at hand."

### JUST LIKE THEIR FATHER

The other day in Washington, quoting from the *Literary Digest*, when a committee of United States Senators were having a hearing on the railroad strike situation, with the railway presidents and the leaders of the railway laborers' union present, Mr. Garretson, who was one of the principal representatives of the laboring men, said:

"In times of great industrial readjustments men *go back* to primal instincts. They go back to the day of the caveman, the caveman who, with his half-gnawed bone, snarled at the other caveman who wanted to take his bone away." It reminded Mr. Garretson, who was speaking in his capacity of president of the Order of Railway Conductors and chairman of the four Brotherhoods' conference committee, of his railroading days in Mexico, "where the vulture was a sacred bird." "When we hit a caw," he said, "specks in the sky that were vultures could soon be seen over the carcass. Now the *public* is the carcass. And *we are all, perhaps, the vultures.*" And Mr. Garretson pictured the Brotherhood leaders as protecting the pockets of their men, the railroads protecting the pockets of their stockholders, and the shippers protecting their own pockets, while the public, *without* a protector and unable to protect its own pocket, "will pay."

Some of our readers may not readily agree with Mr. Garretson that the average worldly man is at heart a vulture, but two thousand years ago a greater authority than Mr. Garretson said something on the same subject. He was speaking to a group of cultured, but unconverted, Jews, who had just prided themselves on having inherited Abraham's noble instincts and character, and He startled them by declaring "*Ye are of your father, the devil.*" John 8:44. In other words, He assured them

that the devil instead of Abraham was their spiritual father, and it was the devil's instincts that were completely *influencing* their lives. "But the lusts of your father, it is *your will* to do." Same verse, R. V.

Yet these Jews considered themselves good church members. They supported the temple service and moved in the best society, but they were devilish *at heart*. If these unconverted Jews were the devil's children, whose children are unconverted business men, unconverted leaders of society, and unconverted workmen today?

Paul speaks emphatically on this point. He told the Ephesian brethren that *before* they were converted they "Walked according to the course of this world, according to the *prince* of the power of the air, the spirit that now *worketh* in the children of disobedience." Eph. 2:2. That *same* spirit is still working with even greater power in the children of disobedience.

So many people have only associated the devil with dens of vice, gambling hells, and haunts of dissipation that it is hard for them to comprehend that the devil is also managing the most high-toned and cultured *Christless* enterprises that are carried on in this world. The devil has these vile things for those who are looking for "basement bargains," whose natural instincts seek out the coarse and vile and the beastly, but the devil has other wares for those whose temperaments and instincts naturally lead them to look for higher things.

The devil has no objection to any reform or any social betterment movement, no matter how cultured it is, provided it leaves *out* Christ, the Atonement, confession of sin, the necessity of a *new birth*, and the crucifying of the old nature. The devil is essentially a gentleman except when it serves his purpose best to be otherwise, but he is none the less *devilish*, and that is where tens of thousands of people today are being deceived. They are being swept into movements which are apparently uplifting, beneficial to the race, and humanly speaking, praiseworthy, but without any Christ in them they are of the earth earthy, and Satan is the leader of the whole thing and rejoices in his tremendous triumph.

---

God is better served in resisting a temptation to do evil than in many formal prayers.

### ARE YOU A WITNESS?

Fourteen times the book of Revelation speaks of *overcomers* and *overcoming*. There are *half saved* people working in God's cause today, but only *overcomers* will enter heaven. (Rev. 21:7.)

Strangely enough the remnant people *overcome* the devil not only "By the blood of the Lamb" but also "By the word of their testimony." Rev. 12:11. In other words, while *you* are giving from your very heart your humble word of testimony, the Holy Spirit is applying to your life *overcoming power* from the Cross, a good illustration of some other equally simple things that if man is *willing* to do then God works the miracle that man *never could* do. That is why the devil is trying to rob so many people from giving a word of testimony, because *he* knows it is part of God's plan for overcoming *him*. Are you willing to *help him* play his game with your soul?

I have met Christian workers who did not attend prayer meeting because they said they didn't get much out of it. But that is entirely the wrong way to look at it. The Lord wants you to go to prayer meeting and *bring something* there, and then you will be sure to *take something* away.

If you have been *feeding* on the sins of others you have been getting poor food for your starved soul. There is *better* fodder for you. The Lord is about to do a *mighty* work in the earth. Are *you* preparing your soul to have a part in it, or are you going to sit in the outer court with the scorners? You will *do* either one or the other.

Has God already put into your heart a deep yearning for *complete* victory over every *known* sin? Has there come into your life a determination to have a genuine Christian experience? Then go to prayer meeting and give your word of testimony to that effect so earnestly and so decidedly that the devil will know you *mean it* and God will begin to fulfill to you Rev. 12:11 right then and there.

When you understand that giving such a word of testimony goes right hand in hand with the blood of the Lamb in the world of overcoming you can see at once that this is something a thousand times more *important* to you than merely "Taking part in meeting."

The word of testimony is a part of God's

plan for complete salvation and when you have faithfully filled the humble field the prayer meeting affords God will open to you *larger* and still *larger* opportunities for your word of testimony.

God's genuine children in all ages have always had a word of testimony and been *eager* for a chance to give it. If you feel you have nothing to say in prayer meeting go off into the woods or to some other secret place and get on your knees and plead with God *as if your life was at stake* until unutterable longings for holiness and purity of life are born in your soul. Then go to the prayer meeting with your face aglow and give a living testimony, and don't *hold back* so long that the devil has had a chance to steal it away from you.

### NEWS HERE AND THERE

Mrs. Julia Hoenes Ellis, of the Yale Hope Mission, New Haven, Conn., spent a couple of days at Hinsdale recently.

Miss Kate L. Macey, head nurse of the Madison, Wis., sanitarium, was also a visitor at Hinsdale, and Miss Grace H. Jennings, a graduate from the Madison Sanitarium, spent a few weeks at Hinsdale before taking the position of school nurse at the Cowee Mountain School at Leatherman, N. C.

Miss Etta L. Reeder of Huntsville, Ala., spent a few weeks in the sanitarium.

Mr. Fred Green, business manager of the Emmanuel Missionary College, Berrien Springs, Mich., was a welcome caller recently.

Mr. and Mrs. H. H. Todd, who are connected with the Tri-City Sanitarium, Moline, Ill., spent a few days visiting the Hinsdale work during the month.

Dr. and Mrs. F. C. Dean, of Madison, Wis., made a pleasant call at the sanitarium.

Mr. and Mrs. J. N. Anderson, returned missionaries from China, who are now located in Lincoln, Neb., called recently.

Dr. Riley Russell, who spent several years in medical missionary work in Korea, stopped at Hinsdale while on his way to his home in southern Illinois. He was accompanied by Mr. R. C. Wangerin, also of Korea.

Mrs. D. H. Groenewald, of Ladysmith, Natal, South Africa, is spending a few weeks in Hinsdale regaining her health. Mrs. Groenewald has spent several years' time in mission-

# The Life Boat

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

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

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

Do not send currency in your letters, as The Life Boat will not be responsible for receipt of the same. Single copies, 10 cents.

Yearly subscriptions, \$1.00.

Special discounts when a number are sent to one address.

### Expirations

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

### Change of Address

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

### Mistakes

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

### Premiums

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

### Rates for Advertising

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

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

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

### Life Boat Magazine Agencies in Chicago

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.

Illinois Tract Society, 116 North California Avenue. Phone Garfield 8361.

ary work in the heart of Africa and is now in this country enjoying a rest.

Dr. P. T. Magan of Nashville, Tenn., spent a day at Hinsdale while on his way home from the Pacific Coast recently.

Dr. D. H. Kress of Washington, D. C., visited the work at Hinsdale.

Miss Rose Andre, the sanitarium matron, spent a few days in Indianapolis and also visited the Wabash Valley Sanitarium.

Mrs. Edna L. Johnson, the head nurse, visited the Tri-City Sanitarium at Moline, Ill.

Mr. Carl Clough, who has been enjoying a few weeks at his home in Hinsdale, has now returned to Emmanuel Missionary College, Berrien Springs, Mich.

"When my dear LIFE BOAT comes it is like the arrival of a dear and expected friend."

"In today's mail I received the little text Bible one of your liberal premiums, and am penning you these few lines to express my joy, and wish to thank you for it very much.

"I can not tell you how much I enjoy THE LIFE BOAT, although I am not myself a subscriber as my sister takes it each month and we anxiously wait for its good message."

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.

### "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.

### 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.

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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

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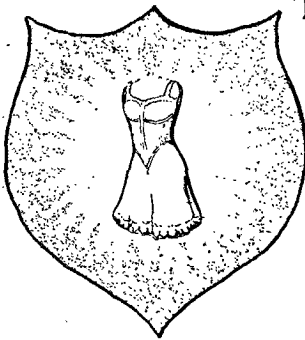
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saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without them."

"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."

# 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 \$5.00. 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.

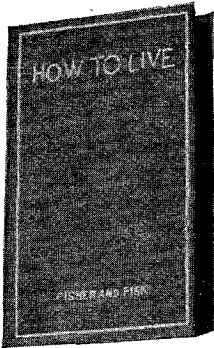
## HEALTH SPECIALTY No. 4. A New Health Garment.

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

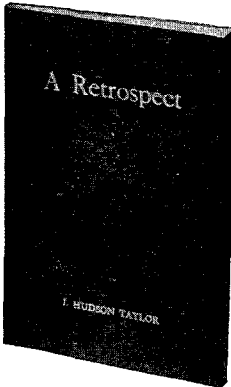
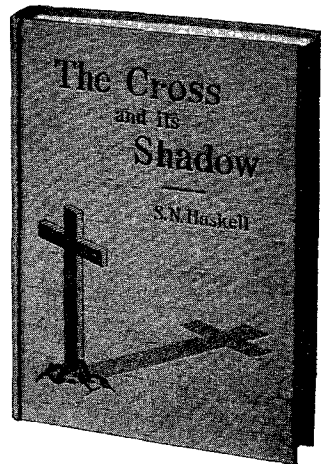
## "How to Live, or Rules for Healthful Living, Based on Modern Science"



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.

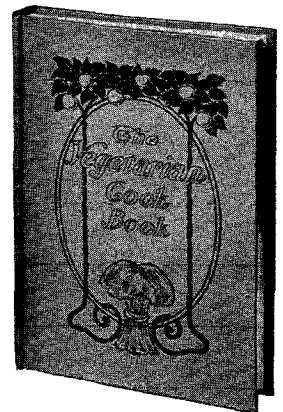
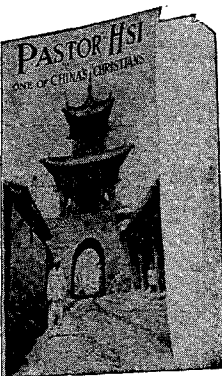


## A Retrospect

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.

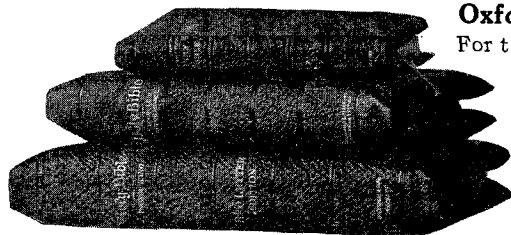


## A New Webster's Pocket Dictionary

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.

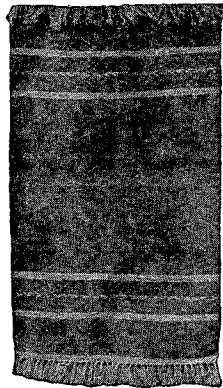
## A Fountain Pen

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  $5\frac{1}{4} \times 3\frac{1}{2}$  inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.



## Genuine Oxford Teachers' Bible

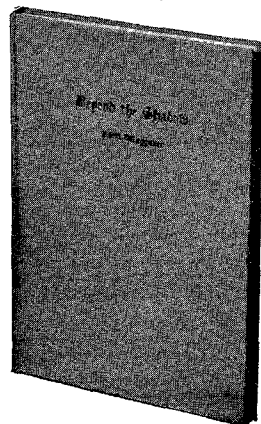
For four new subscriptions or renewals to The Life Boat we will send you a genuine Oxford Teachers' Bible, printed on good linen paper, containing New Cyclopedic Concordance, with all helps, index, Bible dictionary, tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles. Munion type, size  $7\frac{1}{2} \times 5$  inches; bound in French Morocco, divinity circuit, round corners, red under gold edges.

## Red Letter Teachers' Bible

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

## A Beautiful Rescue Home Rug

24x52 inches, made from high quality new material which will not fade and is guaranteed to give excellent service, given for only two subscriptions at one dollar each and 25 cents extra.



## Beyond the Shadow

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

## Beautiful Gold or Silver Watch

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



# Dictate to the Dictaphone

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

It saves his time, his money and his nerves.

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

He does better work and more of it.

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

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

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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.



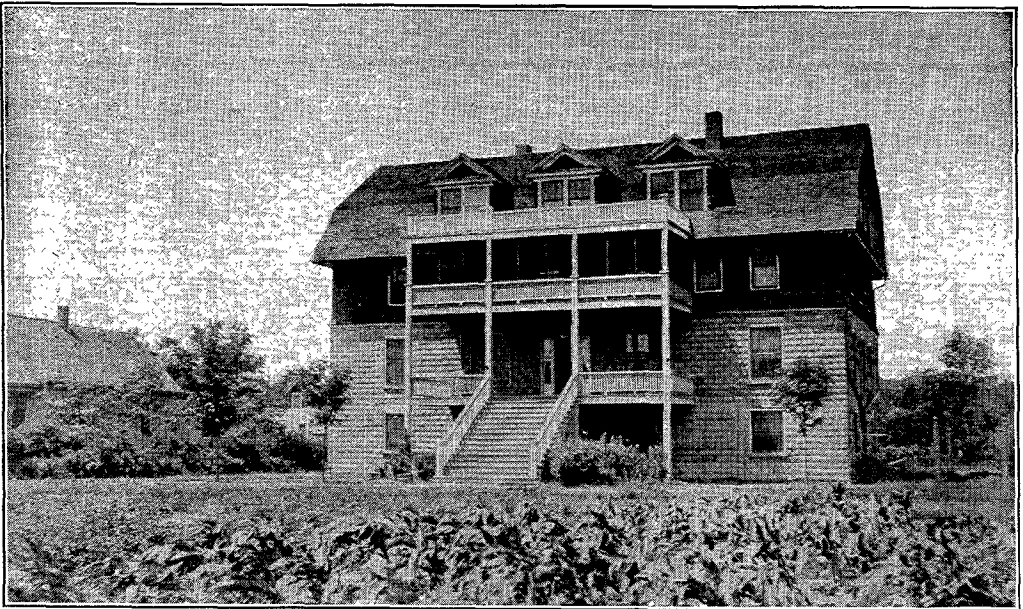
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Physicians, pastors and other workers are constantly perplexed as to how to properly extend a helping hand to the unfortunate girl. To meet this pressing need the charitable public assisted in erecting this splendid eleven-thousand-dollar institution.

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.

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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.

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

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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

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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*