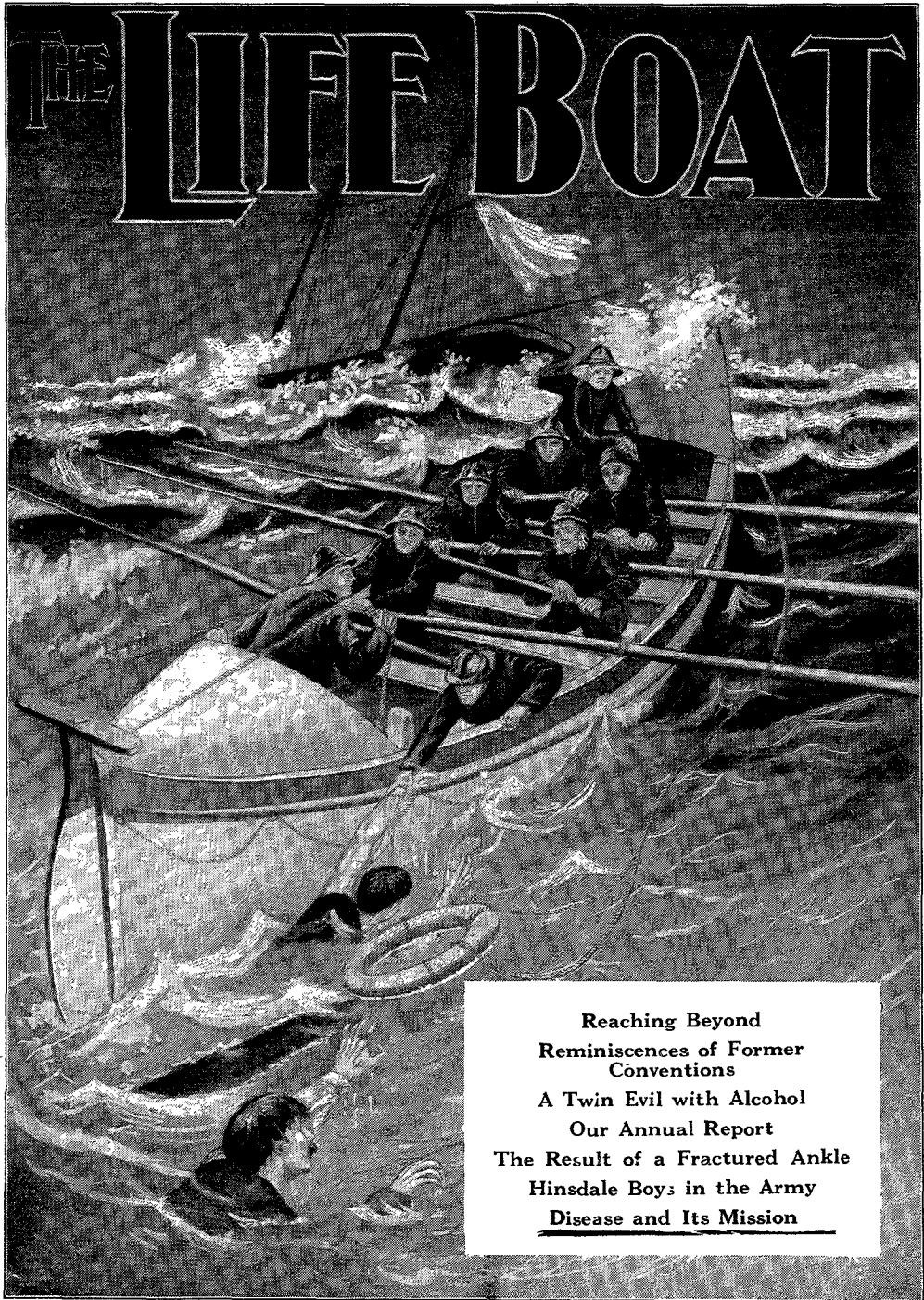


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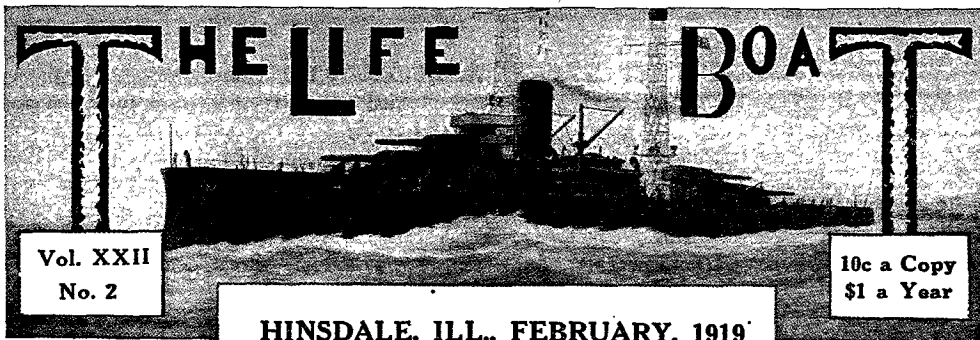
Hinsdale, Ill.

February, 1919

Personal Observations Concerning the "Flu"—Mary W. Paulson, M. D.



FLASHLIGHT VIEW OF THE OPENING MEETING OF THE HINSDALE MID-WINTER CONVENTION. THE SPEAKERS SHOWN, FROM LEFT TO RIGHT, ARE: A. J. CLARK, J. G. LAMSON, JULIUS PAULSON, DR. MARY PAULSON.



Personal Observations Concerning the "Flu"*

Mary W. Paulson, M. D.

THE so-called Spanish Influenza first entered this country on August 29 of this year from a receiving ship at Boston, and in two weeks there were two thousand cases reported at Chelsea, Mass. From there it spread throughout the United States. Surgeon General Blue says, in speaking of this disease, that although it is called Spanish Influenza there is no reason to believe it originated in Spain.

Some writers in speaking of it say it came from the Orient and call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917.

"Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889-90 an epidemic of the influenza starting somewhere in the Orient spread first to Russia, thence practically over the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States."

The spread of this disease has in these few months been world wide. We hear of it all over central Europe, on the islands of the sea, in South America, in South Africa, in India, Mexico and throughout the world. It is a germ disease, very contagious, and therefore spreads rapidly along lines of travel.

A Germ Disease

Much work has been done since this epidemic reached this country to discover the real cause of the disease, but as yet no definite bacteria has been settled upon. Yet we know

that it is contagious and that it is spread from person to person, the germs being carried in the air with very small droplets of mucus expelled by coughing, sneezing, talking and the like, by one who has had the germs of the disease. It may also be carried about in the air in the form of dry mucus from coughing and sneezing and from careless people who spit on the floor and on the sidewalk. As in most other catching diseases the person who has only a mild attack of the disease himself may give a severe form to others.

"Cover up the cough and sneeze,

If you don't, you will spread disease,"

is a good motto not only for influenza, but for all other diseases of the respiratory tract. It seems possible for one to carry the disease in his own respiratory tract and give it to another individual by kissing. A very marked illustration of this came to our notice a few days ago. A gentleman who was a soldier died in camp. His wife was with him. She came home immediately and kissed her baby, a perfectly healthy child, before even removing her clothing in which she traveled. In three days the child was dead from the infection of influenza.

All ages are susceptible to influenza, but particularly the young adults. This epidemic differs from those of previous years in that the prostration is greater and development of pneumonia is much more common and severe. A high fatality is found among the pneumonia cases. No classes of people seem to be immune to the attack of pneumonia. In fact, the strong and vigorous seem to be the most susceptible and the fatality is greatest. The pneumonia is not a typical one, dif-

*Given at the recent Hinsdale Mid-Winter Convention.

fering from other forms in the character of the temperature and the pulse rate, and respiration. Small areas of consolidation are scattered through the lung, particularly in the lower portion of the left lung. Some cases go on to consolidation of the entire lung, followed by pleurisy and effusion. The toxic condition of the pneumonia has been extremely great and patients who apparently were strong

in the back and legs, and looking very sick. We put them to bed at once and isolated them and studied carefully their symptoms. Two days after eight or ten other girls came down who had been exposed by the first girls. We then discovered that we had a very short incubation period. In two or three days another eight or ten girls came down, all with the same symptoms—great prostration, chilli-



DEMONSTRATION OF CARE OF INFLUENZA PATIENT.

Showing How the Hot Hip and Leg Pack, So Effective in Influenza, Is Wrung Out of Boiling Water.

and vigorous were attacked, and in twenty-four to thirty-six hours after the attack the patient died from a rapidly developed toxemia.

Our Experience With Influenza

Our first cases came down in this institution in the latter part of September. There had been but little written about it at that time. We had merely seen it mentioned in the newspapers, and scarcely nothing concerning it in the medical journals, so we were not prepared from anything we had gotten as to how to treat the disease.

Two girls came down at once. We found them sitting in our nurses' room with a temperature of 104, headache, coryza, cough, pain

ness, pains in the muscles and head and a high temperature. With careful watching of symptoms and results of treatments prescribed we soon worked out a program which we used for the care of these cases, as follows:

Give the patient the first day a tablespoonful of epsom salts or one ounce of castor oil.

Put to bed at once. Do not allow patient out of bed as long as there is fever.

Water drinking, hot or cold, every hour.

A light diet of fruits, cereals, toast and purees of vegetables.

Plenty of fresh air in a warm room.

Hip and leg pack to perspiration followed by a tepid sponge with cold to head and chest when temperature is over 102.

Every morning cleansing enema or mild dose of salts if enema is not possible.

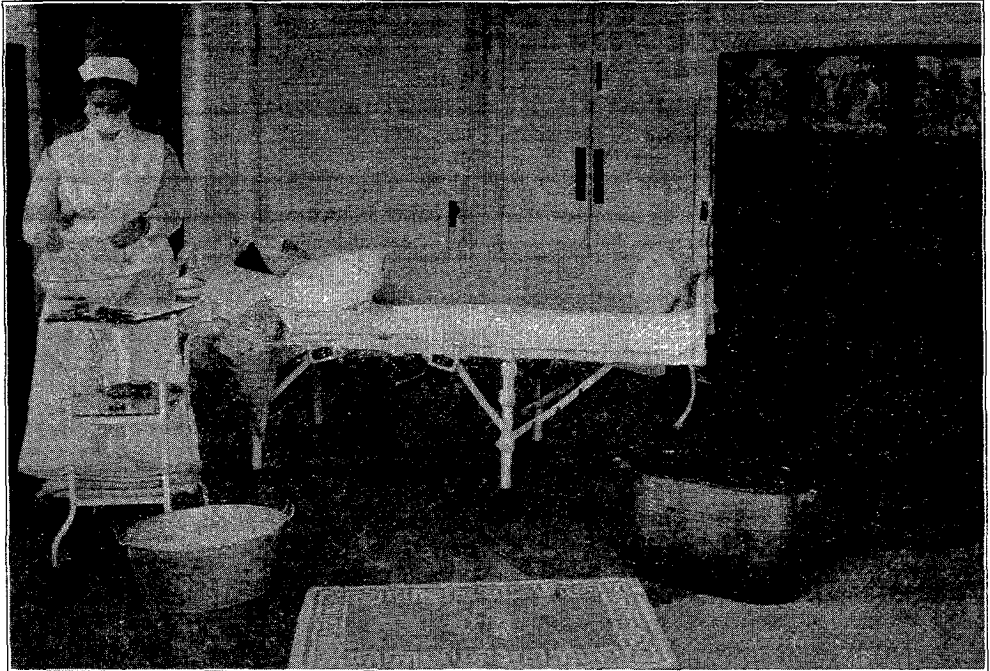
Fomentations to the chest or abdomen frequently, followed by a cool sponge or hot sponges, if the skin is cold.

Hot foot baths frequently.

Fomentations to the spine twice a day, followed by a cool sponge.

The nose and throat should be thoroughly

many severely ill, with very high temperature and great prostration. The early cases were much more severe than those who were taken later, and the recent cases which have been brought in to us have been very mild and did not alarm us as the early cases did. We did not allow the patients to leave their rooms for four days after the temperature was normal. There was great loss in weight and some



Showing Patient in the Pack and Nurse Applying Cold Compress to the Head and Face.

sprayed with warm Dobell's solution twice a day.

If pneumonia develops give:

Frequent hip and leg packs, followed by cool towel rub with cold compress to the chest. Keep compress on chest between the packs.

Occasional hot and cold to the chest should be given.

Patient should be kept absolutely quiet. Continuous drop enema may be necessary to reduce temperature or flushing cold enema may be necessary to use.

Hot and cold to the heart if pulse becomes weak.

Our pneumonia cases were treated much the same as ordinary lobar pneumonia, with the exception that we could not use as much cold.

About sixty of our number were ill and

were slow in gaining weight and developing their strength, but we had no disease conditions following.

At a recent meeting of the American Public Health Association held in Chicago the subject of influenza was discussed. Dr. A. Goldsmith said he believed in the fresh air treatment, quiet conditions, and thought that aside from these one had very little power over the course of the disease. He thinks as many cases were killed by physicians as were cured by them; often patients were continuously stimulated and went on to fatal termination when, if they had been left alone, many would have recovered.

Dr. B. S. Maloy said he believed that patients should be given as little medicine as possible. He gave not opiate or anodyne for

the pain and nothing for the cough until the temperature had subsided. Hot, rich soups and broths should be given and plenty of butter, but no milk.

Dr. John Dill Robertson, Health Officer of Chicago, said, to give opiates of any kind was to invite pneumonia. Lieut. Melnikoff of the Great Lakes made this statement: "They thought whisky should very seldom be given except as nourishment. Of three thousand cases at the base hospital twenty to thirty per cent developed pneumonia and of these about twenty per cent resulted fatally."

How to Prevent the Disease

Our discussion of the disease is not complete without giving the preventatives of influenza. An editorial in the *American Medical Journal* of October 26, 1918, contains this statement concerning the vaccines and serums used in influenza: "At least two kinds of vaccine are in use in the hope that they may have preventive effects. One consists solely of killed influenza bacilli, and it is being extensively used in the East. The other vaccine is a mixed vaccine of the more important bacteria in the respiratory tract in influenza. It appears that vaccines of this nature are in extensive use, but we have no evidence that any benefits will be derived from them."

"To say that thousands have been vaccinated with apparently good results means nothing at all, simply because we are still in the midst of the outbreak, in many places even in the earlier stages. How slender the basis for this anti-influenza vaccination when it is considered that the real nature of influenza is still unknown! In any event, it will require many carefully elaborated and controlled observations before anything definite may be learned in regard to the effect of these vaccines, and it is probably safe to say that nothing on which to rely in the future can be learned from the indiscriminate vaccination now going on. There is, therefore, no basis on which promise of protection from vaccines may be made. They may be harmless, and they may or may not be of preventive value."

We have had no experience with vaccination as a preventive of influenza in this institution, because our epidemic came before the vaccines were scarcely introduced and we have not felt it necessary to use them since. However, we are not opposed to the use of vaccines.

To our minds the best way to prevent influenza is to take care of our general health and follow such suggestions as were given us by the health department of Chicago in the *Tribune* of December 23:

DON'TS

"Don't delay calling your family physician if you have any symptoms of influenza or appear to be taking a heavy cold.

"Don't try to go down to your work. Stay at home until your family doctor tells you it is safe for you to return to your ordinary duties.

"Don't visit your friends or neighbors who may be sick with either pneumonia or influenza.

"Don't make social calls if you have a case of either influenza or pneumonia in your family. Stay at home.

"Don't attempt to doctor yourself under any circumstances.

"Don't rush to the nearest drug store for cough medicine or something that is 'good for a cold.' Consult your physician.

"Don't dope yourself with either home-made or drug store remedies.

DO

"Be careful of your air supply.

"When the sun is shining get all of it you can.

"Stay away from crowded gatherings and especially avoid indoor assemblies where the ventilation is likely to be bad.

"Be regular and temperate in your habits.

"Eat moderately of simple, nourishing foods.

"Avoid late hours."

We can not complete this paper without saying that we must give God the praise and glory for saving all of our family during this epidemic and we have felt because of this that the best service we could render Him in return was to help by our services in every way the stricken people of this community.

The good which man does is the measure of his greatness—he succeeds as he serves.

The man who thinks sacred thoughts in secret is not ashamed when his secrets are proclaimed from the housetops.

Contentment is a pearl of great price, and whoever procures it at the expense of ten thousand desires makes a wise and a happy purchase.

Reaching Beyond

Prof. John L. Shaw

Washington, D. C.

[The Hinsdale family enjoyed a treat recently in the visit of Prof. Shaw. From his years of experience in India he told many instances which, together with his good words of advice, were an inspiration to our young people who are fitting themselves for medical missionary work in some part of the world. We give here an account of only one experience.—Ed.]

I NEVER set out in the beginning to give myself to foreign mission work. I was content to stay in the homeland. I had spent four years in Africa and after my return I wished to get into the work in this country. My brother-in-law said: "If you will stay in this country I will make it worth your while." He offered me a good farm, a large herd of cattle and favorable prospects, but I was not ready to settle down in that way. I had received my training and wanted to do that work.

I went to Colorado, out on a ranch fifteen or twenty miles from a railroad station. One day we were sitting by the table and singing the song, "I'll Go Where You Want Me to Go," when a knock came on the door and a telegraph operator came in and handed me a message. The message read, "Will you go to India? Reply by wire."

I said, "That is a big question for me to settle by wire. I have never thought of India. I do not think I am ready. I think they had better send some one else."

But my sister reminded me of the song we had been singing, "I'll Go Where You Want Me to Go, I'll Be What You Want Me to Be," and I found it easier to sing that song than it was to do it. It took me two weeks of thought and prayer to answer that wire to go to India, but I never had reason to regret it and I had the assurance that I was in the path of duty, and a few months later I found myself dropped down in India. The first four years of my experience in India were spent in Calcutta. It is one of the largest cities in the south. It is a city of great commerce and a great variety of languages; a city that is strong in heathenism, especially Hinduism. It is one of the great centers of Hinduism. I had dropped down into a myth. I could not get head or tail of Hinduism. I could not understand it and the sixteen years I was there I never met anybody that did. It is a great myth and yet it hinders the people from accepting the Gospel of Jesus Christ. It somehow holds them.

I had the privilege while in Calcutta of organizing two churches, one an English church and the other a Bengalic church.

"Pretty Well Filled Now"

I think of one man I met up in Mussoorie. This man had a strong physique, was nearly six feet high and a good substantial man. At one time he was a heathen but he had heard the word of God and really knew what it was to be converted by the Gospel of Christ. We talked together about the Bible and the prophecies. I met him at the foot of the mountains and we had several lessons on the books of Daniel and Revelation, studying the prophecies that show us where we are, and of the near coming of Christ. He said: "I never saw anything like that in the word of God before. I am interested in these prophecies. I would like to know something more about them." I told him I had to go up to our mission in the mountains and I said: "Come up with me and I will teach you there." So we started in. He was a man that was very responsive and had a good, clear mind.

After we had studied together for possibly a week or so he said: "I want to go out to teach these things to my own people." I told him he had better wait until he had hold of things himself before he went out to teach. He said: "I am pretty well filled now." I told him I wanted him to be a little more instructed before he went out to teach. So we had some more studies together and he said: "I think I had better go." He was anxious to tell others what he knew for himself. I urged him to wait and so we studied on some more. I saw he was beginning to get restless.

One morning he brought to me a story which he had prepared. He had started out with the story of Noah and put in all the things he had learned from the Bible in story form. He read it, and I said: "That is pretty good." He said: "You cannot hold me any more. I want to go up and sing that to the people and I want you to go with me." I did not want to go with him as I was not used to that man-

ner of giving the Gospel, but I finally followed a long way off.

I learned something when I got up there in that market place. He had a good, clear voice, and he was singing his story to the people. Those people began crowding around. He was one of the most earnest Christians I ever saw in my life. He would get up at five in the morning and would go out into the market place and start work. Many a morning he has come and knocked at my door and said: "Brother Shaw, I am going down on the mountain side to pray; don't you want to come, too?" I went down there and I learned some lessons in prayer. I never heard such earnest, fervent prayers offered, partly in Hindu and partly in Broken English. So successful was he in his ministry that not only Indian people but British were brought to the Gospel of Christ through his work and the efforts he put forth.

Unfortunately he went back to his one-time wife and that was in a Mohammedan community. He heard of a woman that was suffering and in pain and went to minister to her to relieve her suffering and the Mohammedans fell on him and either put him to death or cast him into prison. Perhaps he died in prison. We tried to find out the particulars but it was in a free state and we were not able to get any information as to what caused his death.

I believe he was one of the jewels in the rough and that in the resurrection morning he will come forth glorified.

We have a great task to bring the Gospel to the people of India and China. Right there in those countries is one-half of the population of the world. Suppose they were to pass single file right by this desk, how long do you suppose it would take that mass of humanity to go by at a rate of twenty a minute? It would take every minute of every hour of the day for twenty-eight long years for that mass of people to file past a given point. That is the vast population that is to hear the Gospel of the Lord Jesus Christ and it will only be done as missionaries give their hearts and lives to this work. But I think that a new day has dawned in these countries. Think of it, a few years ago there was scarcely a foreign missionary. They said to Carey: "Stay at home and when God gets ready to convert the heathen he will do it." Now there are missionaries all over these countries.

A hundred years ago there was not a hospital nor a school in the country; now there are hundreds of them. There was scarcely a believer in these lands; now there are thousands of them. A Methodist missionary told me there were thousands knocking at their churches they could not accept because they did not have teachers for them or churches to take them in. Now is the time to carry the Gospel to foreign fields.

FROM A HAWAIIAN MAN IN THE WISCONSIN PRISON

"I received a LIFE BOAT just a few days ago. It was on my table awaiting me when I came in from my work. First of all I must say that the little book has the right name, because it is really a lifesaver, or protector, provided the people who read THE LIFE BOAT have sense enough to take the good and valuable advice.

"I had no education and I was never in school in my life until I came here in December, 1916. I began cigarette smoking at twelve years of age. I was twenty when I took the first drink of whisky. I always was a great lover of cigarettes, but since I have been here I don't seem to want them as much.

"I am also more of a believer in church than I used to be. I have more time to read and pray than I ever had. It seems as though this punishment is really good for me. I really do wish I could praise the honorable and helpful, truth-speaking LIFE BOAT enough. God knows it is a wonderful book and I have read all kinds of books, from dime novels up to the Holy Bible. This is truly a good, sensible book. I thank you very much for it, too, and I am going to subscribe just as soon as possible, and I am going to try to get some of the other men to do likewise. I am a Hawaiian born in San Francisco, Cal."

WANTS TO GO STRAIGHT

A Dannemora, N. Y., Prisoner

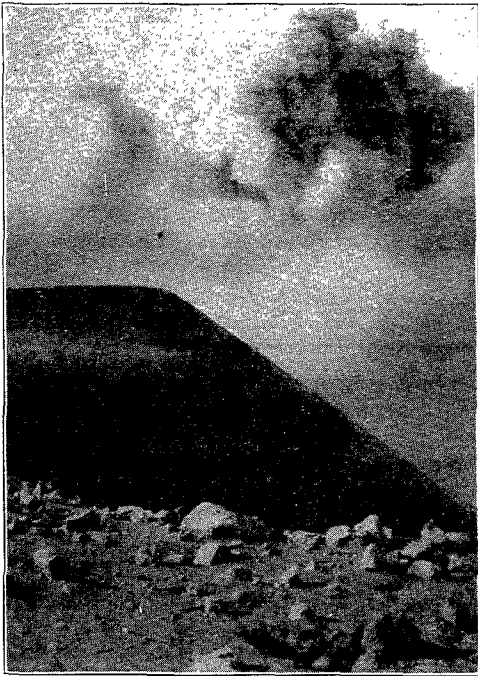
"Just after coming in from the yard, to my great surprise, I found THE LIFE BOAT book, which I have longed for. Friends, I must thank you from the bottom of my heart for this little book. My aim in writing you this letter is to get a load off my heart and to thank you for your kindness in sending this little magazine to me. My one aim when I get out is to try and go straight."

THE "DIENG GEBERGTE"

PETRA TUNHEIM

JAVA, D. E. I.

It may be of interest to the readers to know something about these wonderful mountains, and the power of God seen there in so many ways. The highest of this range of mountains is about 7,500 feet high, while the plateau of Dieng is about 6,500 feet high. This plateau, which is about forty acres in extent, has a green grassy surface, and is inclosed by mountains all around. In the days of the Hindoo



A Mountain Scene in Java.

dominion, about the year 900 A. D., it was covered with buildings and there was a whole city of inhabitants, of which for the most part only the foundations remain. There were a large number of temples, but only six of them remain standing.

This Hindoo city was destroyed by an enormous eruption from the volcanic mountain on the side, in, about the year 1200. In one place there is now a beautiful lake covering some of the foundations, which is called "Telaga Warna," (Lake of

different colors). The water has about seven or eight different shades of color, and early in the morning, when the water is perfectly still, and the beautiful mountains reflect in the water, one can never be satisfied looking at such a beautiful picture of nature. When the waters here can be so magnificent, and glorious to behold, what will not the river of life be in its clear as crystal pureness, to the redeemed pilgrims throughout eternity? What will it be to drink of such a life-giving water that will sustain life and power for ever?

As one is watching these sulphur volcanos in action, and feels the immense heat coming out of the earth causing the sulphur to boil like a hot kettle, and listens to the thunder noise it makes, one thinks of the description of the last day foretold by John the Revelator in chapter 16, verses 17-21: "There were voices, and thunder, and lightnings; and there was a great earthquake, such as was not since men were upon the earth, so mighty an earthquake, and so great. . . . And every island fled away, and the mountains were not found." Oh, to be under the shadow of His wings in that day! He that hath clean hands and pure heart, shall be able to stand.

There is one peculiar conically shaped crater called "The Valley of the Dead," the white bottom of which (forty-five feet square) contrasts strangely with the walls from forty to ninety feet high, which are covered with vegetation. Below in this basin is a bluish fog, a gas that comes out from the ground especially in the morning and the evening when the sun is not shining. This gas is very poisonous and it has killed a number of natives who have not been careful in going too near it. Only a couple of months ago, a German tourist went down in the early morning when the gas came out and it caused his death immediately. The only safeguard one can have is to hold a bundle of straw burning in front of you, and if the gas is there it will quench the fire.

So we must always have our spiritual lamps burning bright in front of us wherever we go, then we do not need to be afraid of danger, of destruction, of the evil

one. Even though he tries to throw his poisonous gas everywhere to destroy the people of God, yet by keeping those lamps trimmed through watching every moment, it will lead us through all the dangerous craters of life, to the glorious mount Zion just a little way beyond.

"HE'S NA FAILED ME NOO"

Up on a lone hillside in the Highlands of Scotland, far removed from any other dwelling, there lived, about the middle of the past century, a poor lone widow, who for many a long year had learned to rest, in every difficulty and in all her need, upon Him who has said: "Let thy widows trust in Me." It was the depth of winter, and the poor woman's stock, never very abundant, was reduced to its lowest by the difficulty of finding any employment at that season of the year. Unlike the widow in the Hebrew story, she actually found her barrel of meal to fail, and when she had finished the last handful she went to bed, with the hope, no doubt, that she might be more fortunate in earning a few pence on the morrow.

But when the morrow came a terrible snowstorm swept over the land, and the lane leading to her little cot was almost blocked with snow. It was quite beyond her slender powers to battle with the raging storm, and make her way to some neighbor's house, where at least she would be made welcome to a dish of porridge. There was one Friend only to whom she could apply, and in Him she had the most perfect confidence.

Accordingly she filled her pan with water, and put it on the fire, and put the salt in the water. "Noo," she said to herself, "I'll just gang ben, and ask the Lord for the meal." So she retired into her inner chamber, and there with praise and thanksgiving she made her wants know unto the Lord. She hadn't been long on her knees when there came a loud knock at the door. "Na, na, Lord!" she exclaimed, "Thou cans' na hae sent the answer sae soon!"

But the knocking continued, and, on her opening the door, a buxom farmer's lass, who lived some little distance off, flung down a sack of meal on the floor, exclaiming: "Father sent ye that; and I think ye

may be very grateful to me for bringing it here through all this terrible storm. Whatever possessed my father I don't know, but all the morning he has been dinning into me about that sack of meal, and, snow or no snow, I must be sure and fetch it up to you; but it's been a pretty hard job getting through the storm, I can tell you."

So she was rattling on, when a glance at the old woman fairly overawed and silenced her. There she stood with uplifted hands and eyes be-dimmed with tears of grateful praise, as she exclaimed: "He's aye the same, Jeanie! He's aye the same! Mony a lang year hae I trusted Him, and ne'er found Him fail; and He's na failed me noo. Look at yon pot on the fire, Jeanie. I put on the water, and I put in the salt, and ne'er a grain o' meal had I in the hoose. Sae I was jist asking the Lord to send me the meal, when I heard ye knock at the door, and noo here comes the meal, jist while I was asking for it."—Selected.

"JUST WORDS"

Words, these little words,
That thoughtlessly we fling,
So sharp, their arrows where they hit,
So poisonous their sting.

These little words, oft bitter words,
When once they pass the door,
Perhaps have gone to wound some heart
By grief already tore.

The bitter words, and sweet words, too,
His fountain sends not out;
There's something wrong when this occurs
We'd better see about.

For by our words we're justified,
And by our words condemned;
We'll give account some day to God
For every word we spend.

—E. M. B.

Jacob, when viewed under the microscope, is a rascal and a grafter, but when viewed from the telescope he is a man that can look into heaven; overcome with God and a father of great nations. Are you viewing your associates through a microscope or through a telescope?
—David Paulson.

PROF. C. L. TAYLOR GONE

J. G. LAMSON

Since the last issue of *THE LIFE BOAT* the Hinsdale Sanitarium family was called upon to lay to rest one who for several months had served as chaplain, and one who, though his term of service was short at this place, had nevertheless endeared himself greatly to those who were the recipients of his ministrations.

Elder C. L. Taylor was born in New York state in the year 1867. At the age of fifteen he gave his heart to the Lord. Early in life



Prof. C. L. Taylor.

the things of God and work for the Master appealed to the young man and his education was undertaken with the ministry in view. In due course of time ordination to the sacred work of the Gospel followed, and while he was not permitted to live out the allotted span of life, yet there was crowded into the years Elder Taylor was permitted to labor some choice ministry and many marked manifestations of the providences of God.

A contemplation of his experiences makes

any one more sure of the leading of God's hand, and His watchcare for His children. For some reason hidden to our finite minds Brother Taylor's labors seemed to be cut short; but since it so seemed best, will anyone deny the "providence" of an opening as chaplain at Hinsdale Sanitarium, where the very best that love and science and skill could do were at the service of our sick brother? Was it not Providence that made it come to pass that so many of his loved ones could visit him in his illness, and that his son could be released from college to assist his faithful wife in the care of the husband and father?

And even in the services held in memory of the departed was it a mere "accident" or was it Providential that there was such an unexpected change in appointments that one of Brother Taylor's lifetime friends, a returned missionary, could hold prayer with him while yet conscious and yet be present to offer words of comfort to the mourners later on?

Lack of space prohibits going back into the life of our brother, and thinking of and relating a thousand and one of those so-called "happenings" which are only the outcropping of God's great overruling plan. How much more happiness would crown our lives if we would just take the time to observe how God has a program for His children, and how much more trustful we would be could we change disappointment to His appointment! It is only *one* letter, but it may make an eternal life.

GOING FORWARD

From a Wisconsin Prisoner

"I have received your letter, *THE LIFE BOAT* and tract you sent me and have read same from cover to cover. I thank you ever so much for the interest you have taken in me up to this date, and the promise you gave to help in certain ways if need be. I am sure now that I shall put up a hard fight with my evil inclinations which beset me and every man, and which may crop out when I get my absolute freedom.

"You have certainly comforted me during my prison term and I will try hard to lead a good life, even should temptations come. Whatever else may befall, I shall at least not go back to John Barleycorn, which is the cause of most crimes on earth to date."

REMINISCENCES OF FORMER CONVENTIONS*

MARY W. PAULSON, M. D.

We began our work here in Hinsdale in the spring of 1904, with no money and only a handful of workers and nothing on these grounds but a residence building, which had to be entirely remodeled, a barn and a cottage, which had been used for hired help.

The story of how God miraculously helped us to find helpers and get money to build up this work in the first place and to get started here, is a story of faith and prayer.

In the summer of 1906 we started our nurses' training school, with a membership of six or eight. Since then we have graduated one hundred and eight students from our nurses' training school. Of this number fifty-six are definitely engaged in Christian work, forty-four are giving a part of their time to Christian work, and eight are dead or their address is unknown.

As the years went by and the work grew Dr. David Paulson felt the importance of having each winter a convention for the workers who had gone out, as well as for those in the institution, where plans could be laid for the advancement of the work and to give a new inspiration to all the workers. Thus from December 28, 1909, to January 5, 1910, there was held the first Mid-Winter Convention at Hinsdale.

Elder O. A. Olsen was chairman of this convention and Dr. P. T. Magan, Eld. Wm. Covert and M. C. Kirkendall were present. The time was spent in prayer and devotion and in discussion of work to be done by our medical missionaries, including treatment room work in cities and towns, health schools, visiting nurses' work, as well as how to improve the educational feature of our institutional work.

Each year since that date four or five days during the holidays have been devoted to the Mid-Winter Convention. Such leading workers as Dr. E. A. Sutherland, of Madison, Tenn.; Prof. C. T. Everson, former missionary to Rome, now of New York City; Eld. O. A. Olsen, now deceased; Bro. G. B. Starr, now of Loma Linda, Cal.; Eld. and Mrs. S. N. Haskell, of South Lancaster, Mass.; Eld. K. C.

*Taken from talk given at the opening meeting of the Hinsdale Mid-Winter Convention, December 25, 1918.

Russell, of New York; Eld. G. E. Langdon, of Camden, N. J.; Dr. D. H. Kress, of Washington, D. C., and Prof. J. G. Lamson, now located at Hinsdale, have helped to make these conventions real landmarks in the history of our medical missionary work at Hinsdale.

In writing of the convention held in 1912 Dr. Paulson said: "Perhaps the most interesting single feature of our convention was the report of the work God is doing for our nurses in establishing the new missionary center in the needy part of Chicago. These nurses have launched out, looking straight to God for their support, and He is going wonderfully before them.

"I fear we have all lived too near the lowlands. The daily, yes, hourly conflict with self, in the strength of the Mighty One, has not been carried forward in our lives as decisively as it should have been. We are all of us earnestly and sincerely seeking at the foot of the cross for a new, yes, a divine experience in our lives, and I believe God will be pleased to gratify the earnest desire of our hearts. Some of our workers are getting hold for themselves of the foundation principles underlying the sanitarium work. It seems as though years of sowing are all at once beginning to bear a gratifying harvest here in our midst."

From a report of the convention in 1913 we read: "Brother O. A. Olsen set before us, as never before, that the time for merely *talking about* God's work and *planning about it*, and studying more approved methods, was past; the hour had come for *doing it*. It was a solemn message and it stirred our hearts to action.

"Many of our workers began to get up early in the mornings and gather the heavenly manna before they came to breakfast. The result has been such a revival of the study of the Bible as we have never experienced before. New victories are being gained and the ones who have gone out into missionary field campaign work have had wonderful experiences. A spirit of inquiry is abroad among our patients. Some are being converted, others are asking for Bible study. Is not this the beginning of the latter rain, the refreshing from the presence of the Lord?"

In writing of the gathering of 1914 Dr. David Paulson said: "The holiday convention was a

real gift of God. From the opening hour to the last session it was manifest that God was in a special manner at work unfolding to us the importance of the work committed to us and our possibilities if we fully followed His leadership."

Since the death of Dr. David Paulson, who was the organizer and inspiration of the previous conventions, these yearly occasions have grown in importance and we thank God that we have been able to have these gatherings which are of inspiration to our workers.

We enter upon this, the tenth Mid-Winter Convention, with much prayer that God will give us a greater vision of the work we have before us and that we will see more clearly what He has for us to do, and that we will be able during the coming year to put in operation lines of work which will have their origin at this convention.

A TWIN EVIL WITH ALCOHOL

D. H. KRESS, M. D.

Tobacco is today one of the worst evils of civilization. There are few substances that destroy life more rapidly than nicotine. Professor Oxfla, president of the Medical and Scientific Academy of Paris, once said, "Tobacco contains the most deadly and subtle poison known to the chemist except prussic acid." We all know that a few puffs of tobacco smoke will immediately destroy insects on plants. One drop of nicotine placed on the tongue of a cat, the creature with the proverbial nine lives, will cause death in less than four minutes. Two drops will kill a good sized dog, and eight drops is sufficient to kill a horse. In every cigar of moderate strength there is sufficient nicotine to kill two or three men. Fortunate it is for the smoker that all the nicotine is not absorbed by him. Most of it is thrown into the air, to be inhaled by his friends.

Tobacco lessens the acuteness of vision and causes color-blindness. These changes in the optic nerves are brought about gradually and insidiously, and for this reason many do not realize the damage wrought until too late. The injury done to the nerves of sight indicates the injury done to the whole nervous system. Tobacco has not the power to select

and injure one nerve to the exclusion of others. Deterioration of the optic nerve means deterioration of the brain; it means general deterioration of the entire man. Smoking lessens the ability to discern between the sacred and common, between clean and unclean. It is an enemy of the gospel of Christ. It narcotizes the higher centers of the brain.

What Is "Soldiers' Heart"?

"Tobacco heart" is common, and the mortality from heart failure is each year increasing. Men who smoke before they go on the running track or in the gymnasium quickly get out of breath. They never excel as athletes. Many of the young men in the army who are smokers of cigarettes are found to have unsound hearts, which disables them for active service on the field of battle where continuous exertion is needed. This condition is spoken of as "Soldiers' heart."

The fact that tobacco weakens a man's heart and lessens his endurance affords the best proof that it shortens life; for the power to live long means simply the power to endure long the physical strains and emergencies to which the body is continually subjected during life.

It is difficult to find male adult residents over forty years of age in civilized lands with perfectly normal hearts or kidneys. Tobacco strikes a direct blow at these vital organs. The rapid increase in deaths from these diseases the past forty or fifty years finds a partial explanation here.

The boy who begins the use of cigarettes at ten to twelve years of age seldom passes his entrance examinations into high school. He is apt to be a failure in any profession he may take up later in life. Morally he is inferior to the boy who abstains from cigarettes.

Not only is the user injured by the smoke he inhales, but by the exhalation through his lungs and skin the air about him is poisoned, and all who are compelled to be near him suffer. On several occasions, in making physical examinations of patients addicted to the habit of smoking, I have experienced nausea and palpitation of the heart. Once I found it necessary to abandon the examination for a

time and step out of my office into the open air.

Many infants are being slowly poisoned by sleeping in rooms or beds with tobacco-using fathers, yet, because of the prevalent use of tobacco, when sickness enters such families this cause is never thought of. If the child dies parents wonder at the mysterious providence that has so cruelly afflicted them.

Air Contamination vs. Water Contamination

It would be considered a crime for a man to go through the country contaminating or poisoning the water supply of our cities. Why should men be permitted to go about poisoning the air which others are compelled to

as criminals. The woman has an equal right with the man to use tobacco. If tobacco is a blessing to men, let us encourage its use by women. And why should not the children use it?

The practice is discouraged among women because it is bad for women to smoke. It is discouraged among children because it is bad for children to smoke. Should women and children smoke as do the men, an inferior race would be the sure result. Degeneracy, physical, moral and mental, would rapidly follow. No sane person would, could he have his choice, be the product of a father and mother who smoke. Tobacco, in all its forms, is an evil. And to my mind because of its



The Sioux Falls, South Dakota, Penitentiary, Where THE LIFE BOAT Is Always Welcome. In May We Shall Visit This Institution Again and Bring Cheer to All Its Inmates.

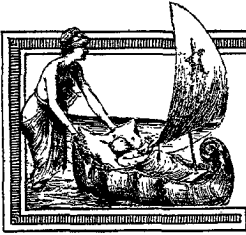
breathe, the purity of which is much more essential than that of water?

The tobacco habit is becoming more prevalent among women, not in public, for public sentiment, fortunately, is against it. Let public sentiment vanish and it would be but a short time when women would be smoking in public places the same as men.

Only two hundred years ago public sentiment was as much against the use of tobacco in public among men as it now is against its use by women; in fact, more so, for those who were found thus using it were punished

prevalent use by boys it is a greater menace to our national life than alcohol, the use of which is chiefly confined to men.

'Twas only a word, but a kind one;
 It came from a heart full of love,
 A heart that kept touch with Jesus,
 Whose name was recorded above;
 A heart full of tender compassion,
 That breathed in the spirit of prayer,
 That sought, 'mid life's busy turmoil,
 The burden of others to share.



Our Annual Report

Maud Wilson Cobb

Matron, Life Boat Rescue Home, Hinsdale, Ill.



FROM November 1, 1917, the time I accepted the position as matron of the Rescue Home, up to November 1, 1918, there have been thirty-seven girls here and twenty-seven babies born. Six of these girls are still here in the home. Ten of the babies born were placed in foster homes and seventeen were kept by their mothers.

If the girls are unable to keep their babies and care for them properly, they are put out for adoption. Before a baby is placed in a home we must first get the approval of the state agent. The home is thoroughly investigated and good reference must be given as to the character and ability of the applicants to care for the child as well as though it were their own.

Other girls board their babies when they are unable to care for them themselves and do not wish to give them up. Four of our girls are doing domestic work and have their babies with them. Three girls have been married right in this Home, having the fathers of their babies restored to them in an honorable way. Most of the girls who left this Home correspond with us frequently, telling us of their appreciation of what was done for them during their stay and what their experience has taught them; also encouraging the girls who are still here.

Not all of the girls who come to this Home are able to pay their expenses. Those who are financially do so; those who are in no position to pay are taken care of in the same way, no exceptions being made.

Five other girls and sixteen babies who were not born here were also taken care of by us temporarily in our Home. These children were later taken by their own people. Thirteen children who were born in other institutions were placed in homes by us. Their board was provided for by their mothers or relatives. We have also provided clothing for these children from time to time. These were dependent children and homes had to

be provided for them. Four girls were paroled to us from the Morals Court and all have been released on good behavior and are doing well. Two of these are caring for their own children.



Sanitarium Nurses with Two of Our Home Babies.

Friends of the Home have sent us at different times during the past year about 1,000 garments. Eight hundred garments have been given away to children, mothers and babies. We have been careful in placing them with people who we know would appreciate and take care of them. We expect, before Christmas, to dispose of the rest of the clothing we have on hand, as we have already received calls for winter clothing.

Forty-six Sundays of the past year have been devoted to jail service. This work called attention to the Juvenile and Morals Court, and through it many girls and children have been assisted. Several children have been

taken to the Children's Memorial Hospital for examination and placed under the care of the best specialists connected with this institution. Girls whom we have found to have an infectious disease were taken to the Cook County or to the Isolation hospitals, cared for by the county and government.

The most important thing is the way in which the Home is kept by the girls. Every morning two girls get breakfast ready and set the table. After breakfast is over the girls assemble in the parlor for morning worship. Hymns are sung and the Bible is read. After worship the girls proceed to perform their respective duties, some washing the breakfast dishes, some dusting and sweeping, and others preparing dinner. They are kept quite busy in the morning. After dinner is over and the dishes are washed, the girls have the afternoon to themselves. They spend their time by reading, sewing, crocheting or by playing the piano and singing. No ragtime or vulgar sounding music is allowed. Dancing is also forbidden.

In the evening the girls prepare supper and see that the supper dishes are washed and put away, and that everything is left in good order for the following day. After this is done, evening worship is conducted, and then the girls are at liberty to spend the evening in the most entertaining way.

Many people have been very much sur-

prised at the way in which the work is done. The girls work in harmony and show much love towards each other. We very seldom have a girl who does not abide by the rules of the Home cannot get along with the others. If such a girl does happen to come into our Home, she must change very quickly and get along in the right way or else she is requested to leave.

Parents and relatives of the girls may come to see them at any time. Those who have come to visit the Home have been very much pleased with the order in which it is kept. One of the sanitarium employees who went through our Home for the first time about three weeks ago said: "When I came into this home I was very much surprised, as I expected it to be different. In other institutions that I have visited the one who took me through usually had an excuse to make for the rooms not being clean and tidy, but I see there is no occasion for any such excuses in this Home." Many others have been impressed in the same way.

Since the influenza has been spreading so rapidly we have been under quarantine and no visitors were allowed. In this way we have been successful in keeping it out of our Home. We hope that this quarantine will soon be lifted, and that we will soon be able to allow our friends and relatives to come and see us again before long.

The Result of a Fractured Ankle

Anna Dee Hart

JUST a year ago I was passing by the Hinsdale Sanitarium on the train and my friend who was with me said: "This is a sanitarium like the Battle Creek Sanitarium." I said, "Oh, I wish I could go there and see the place." Something told me that I would visit the place before I left for home. Just three days later I met with an accident, fell and fractured my left ankle and one week later I was taken in the ambulance to the Hinsdale Sanitarium, where I stayed for six weeks and during this time I received many blessings.

One of the things that impressed me before I was able to go down to the services was the singing early in the morning and again at night, also the very atmosphere was saturated with Christian love. Such kindness I had

never received before. When I was able to sit in a wheel chair my nurse, Miss Erickson, took me down to the services one Sabbath morning to hear Dr. P. T. Magan. I was so impressed with his talk that I said to myself: "This is what I have been longing for," and I told my nurse that if I could be a Christian like these people were I would like to become one. She said she was sure that I could. I asked her to pray for me which she did at once. I also asked her if she had anything I could read. She brought me THE LIFE BOAT magazine, also some other periodicals.

I have never read such a book as THE LIFE BOAT. I wanted to learn more about this great work and see if I could not help in the work. I attended every meeting that I could but left

at the end of six weeks without deciding what to do. Five weeks later I returned to the Sanitarium and in May I persuaded my twin sister to visit me, which she did. By that time I had fully made up my mind to surrender all to Christ and to be baptized. I remained in the Sanitarium until July and during my stay I attended every meeting I possibly could. I hoped and prayed that my sister would soon decide to go forward and be baptized with me.

When I came to Hinsdale I had not attended church for at least five years. I once belonged to the Christian church but became very dissatisfied. I went to several different churches with the same experience. But the very first service I attended at Hinsdale, I said: "I have found the right church and I know it is the truth."

The young people's meetings were interesting to me. I enjoyed hearing the nurses tell of their experiences visiting in the slums of the city. I only wished that I could be helping in this great work. I think these nurses have a training and opportunity that very few schools give and I believe that had I taken my nurse's training in a school where they held religious services I would never have lost my faith.

I don't believe you people here realize what it means to be without this opportunity. Oh! if I had been taught the Bible and taught to pray. When I saw these young women and young men kneel down and offer such beautiful prayers and give such splendid talks I wanted to know how they did it. Of course I realize that you have to know your Bible and this is one great blessing that you teach it in your Home and school, which teaching I never had, and I want to go to school and study my Bible.

One thing that impressed me most of all was the prayer that the doctor made just before my surgical operation. It made such an impression on my mind that when I awakened from the anaesthetic I could hear her praying this same prayer; and I still dream at night that she is praying that prayer. I can never forget it. I have talked with a number of patients and they also are impressed with your prayers and the attitude of your workers. You have no idea what it means to the onlookers.

I went to Champaign, Ill., in July and from there I attended the Southern Illinois camp meeting for a few days. Miss Balding said

to me while I was getting ready to go: "You are going prepared to be baptized." I said: "No, I am not going to be baptized until my sister is ready, then we will go together." My sister was still opposed to taking that step with me and it was a great question to decide what I should do. The minister would come to me and say: "Why not now? We have had special prayer for you." Then the prayer band girls would come and say: "We held a special prayer meeting for you today." I would only answer: "I don't know what to do." I took it to the Lord and Sabbath evening I decided to be baptized the next morning. I have never regretted the stand I have taken. I am happier than ever before in my life and my prayer is that I may live a life that may lead others as I was led to Him by the Hinsdale Sanitarium people.

A few weeks later I was made to rejoice by a telegram from my sister who was at the Hinsdale Sanitarium saying that she had surrendered her life to God. Now we are planning to take up missionary training that we may tell others about the blessed truth which we have found and I will be still happier when my brother has also found the truth.

THE SISTER'S TESTIMONY

FRANCES ELAINE HART

On my first Sabbath at the Hinsdale Sanitarium I was asked by Mrs. Ethel Harrison to attend Sabbath school. My reply was, "Oh! I never go; haven't gone for years."

I went to my room and my sister said to me, "Let us go down to church services in the chapel." I then went just to please her. As we entered the chapel, the song, "What Are You Doing for Jesus?" was being sung, and the sermon was on the same topic. It seemed that this question was facing me, and as I had not been doing anything, there was something lacking in my life and that something I wanted, but as I had drifted so far away I did not know how to return. For days that song rang in my ears; in fact, it kept me awake nights.

Three times I packed my suit case to leave and each time something said to me, "Don't go, you are not ready." During all the weeks of my stay I had been studying a number of people and I found the air was saturated with the Christian spirit.

One day as I sat waiting to see Dr. Paulson I saw a magazine entitled *THE LIFE BOAT*. I picked it up, opened it and read a story, which made me want to be a better girl, but how was I to be? How could I? Three times I sent for Dr. Ora Barber, and said, "I want to tell you something." But each time I broke down crying and said, "I cannot tell you." But one afternoon while in Dr. Barber's room I said, "Do you remember my remarking that I had something to tell you?" She said, "Yes, what is it?" I then asked her if she knew that I was not a Christian girl. I told her that I had been at one time, but had drifted away so far that I felt I was lost. I told her I wanted to live differently, but I did not know how.

Dr. Barber told me of the Saviour's love for me and that He wanted me to be a child of His and that He wanted me to come to Him. She gave me a number of books and papers to read, which were very helpful.

I went from Hinsdale to Champaign, Ill., where I practiced my profession, nursing. The Lord surely intended for me to know all about the truth, for He directed me to other sanitarium people. I wrote to my sister of the delightful rooming place I had and she at once joined me. We studied the Bible together for a time, but as my work called me out so much we made slow progress, and I finally gave up my study. I was not feeling very well and went to the Battle Creek Sanitarium for examination. On my return I stopped at Hinsdale. There again I had opportunity to read and study the truth of God's Word.

After my first Sabbath at Hinsdale I received a letter from my sister, saying that special prayers had been offered that I might receive a special blessing that Sabbath. God heard and answered those prayers, for that

afternoon I told my Heavenly Father that with His guidance I would live the life He would have me live. There was a statement in this letter that said that several of the workers at Hinsdale, were praying for me. I could not help but shed some tears, as I had not realized that anyone was particularly interested in me.

I sent for these people and they all said that they had been praying for me and that they would continue to do so.

The following day Dr. Barber went to Chicago and I was left to think over all that I had learned. Late in the afternoon, Mrs. Clough came in. I asked her if she had anything I might read? She sent me an account of the story of Hinsdale, and after reading this my final decision came. I thought if Christ had done so much in those days He would now, and I surrendered all to Him. I wired my sister about my decision, and as soon as I was able I was led through the waters of baptism by Professor Lamson.

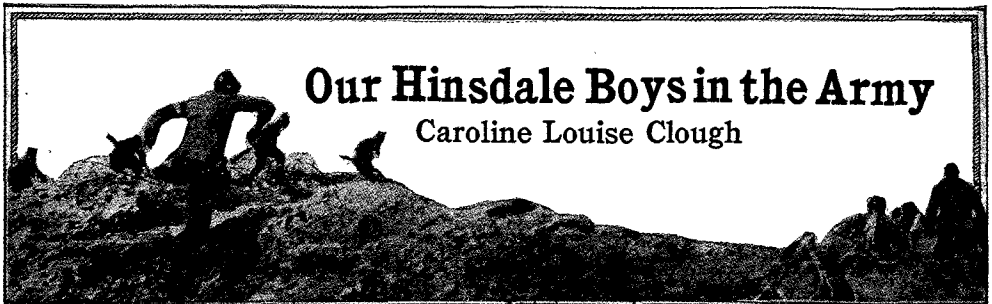
Oh! the joy, peace, sweet peace, that came to me. I had never before realized that I had been so unhappy.

My earnest prayer is that my Heavenly Father will richly bless all the dear good people at the Hinsdale Sanitarium, who are so faithfully living the truth, and that many others may receive God's blessing during their stay at the Hinsdale Sanitarium. I ask your prayers that my sister and I may be faithful and that we may tell others of this wonderful truth.

Even if the whole world seems to forsake you, go right on; you owe it to yourself.

When we are alone we have our thoughts to watch; in the family, our tempers; and in company, our tongues.





Our Hinsdale Boys in the Army

Caroline Louise Clough

ABOUT a dozen of our Hinsdale boys were called to army service. Several of them were graduates from the nurses' training course and others were serving in various capacities in the institution when taken for government service. Some have now returned, but the three whose letters appear here are at this writing still in the army.

Mr. Jeffers graduated from the nurses' course and has also given good service as desk clerk at the Sanitarium. Since writing this letter he has been transferred from Camp Grant to serve in a new reconstruction hospital located near Pittsburgh, Pa. Mr. Bliss was a classmate of Mr. Jeffers and has been since his graduation conducting medical missionary treatment rooms in Logansport, Ind.

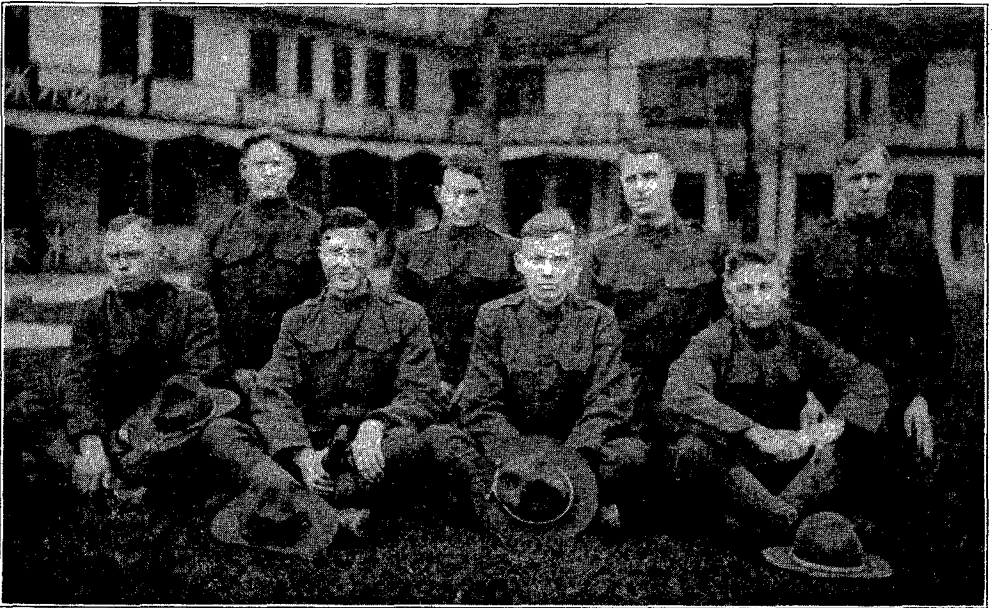
Mr. Millar took the one year's medical evangelistic course in 1914 and 1915.

These with other young men who have gone to help our country have had many tests of faith, but we believe the Lord has been with them and they have not been ashamed of the Gospel of the Lord Jesus Christ which they profess.

FROM CAMP GRANT

I have had many experiences here and the Lord has been very near to me. When I came, of course everything was new. But after having a season of prayer I made my position known to the company commander, who was very nice and said he would see about transferring me to the medical department.

Have not been located as yet. But at pres-



Mr. Jeffers, Second from Right in Front Row, with Seven of His Comrades, Who Visited Hinsdale Recently.

ent am with a number of other Christian boys of various denominations, there being six from my own church, so, of course, we have had a chance to study and read together.

My training at Hinsdale has been of great help to me, especially the knowledge I gained of the Bible and experience in meeting people.

Of course the boys ask us many questions and in this way I have had opportunity to speak to many about the truth.



Fred Vaughan.

Forrest Bliss.

Both Graduate of Hinsdale and Both in Government Training at Camp Taylor, Louisville, Ky.

I had several opportunities to speak a word while in the hospital. I was up and around a great part of the time while there, so had a chance to speak to a number of the boys as well as the nurses and doctors.

I think these experiences have done me much good in view of what I know is coming upon the earth. They will be a great help to all who have been through them in view of the greater trials to come. I trust that I may be able to stand and have a home with our Saviour where wars will be no more.

ULRIC JEFFERS.

FROM CAMP TAYLOR

I have found the training which I received at the Hinsdale Sanitarium to be of great value here in the army. It has helped me to take better care of my health while placed under the more or less extraordinary conditions of army life, and has also helped me to render more efficient service to the sick and suffering here in the Base Hospital.

I have heard said many times that it is hard or even impossible to live a Christian life in the army. It is true that it is hard to live a half-hearted or professional Christian life here, but there is plenty of chance to live a true Christian life in the army. Oftentimes a kind word or a brotherly hand helps a great deal to smooth the rough pathway over which some fellow man may be passing.

I have found several who are interested in Gospel literature that they may learn better what their Lord is requiring of them. I be-



Mr. Millar, Who Was Sent to the Front, but Is Now on His Way Home.

lieve that there is no greater soul-winning work that we can do than to live a daily Christian life, to reflect Christ in all our words and actions each day. The same kind heavenly Father who has led us so gently all the way is still watching over us here in the army and

His promise to those who trust in Him is, "I will instruct thee and teach thee in the way which thou shalt go; I will guide thee with mine eye." Ps. 32:8.

FORREST E. BLISS.

WORD FROM FRANCE

I am orderly for the captain. I have thought since my new experience of being an orderly for the captain I have had somewhat the duplicate of this experience there at the Sanitarium, only at this writing we are in action near the front. We are closer to the front than ever before. On our trip down here we passed piles of ammunition with English negro soldiers guarding them, also a field hospital, and in the last four days we have seen the English airplanes.

I feel that I am an ambassador for Christ and the precious truth of God's word. I know as Elijah that God has true servants even over here and this thought does me good.

Dr. Paulson will long be remembered in the hearts of the nurses who loved him as I have and have listened to the good words of instruction he gave us. He would often say: "The only way to keep a thing is by giving it out."

I never fail to partake of the Word of Life and think upon the many promises that are mine here, alone as it were, yet not alone, for my Lord is ever with me. (Gen. 28:15.) I have thoughts of loved ones who are thinking and praying for me, so I am not alone, only in person. The dear old Hinsdale Sanitarium! I ever continue to pray to enter its walls and meet one and all again.

G. A. MILLAR.

COMING OUT FROM HEATHENISM

MISS PETRA TUNHEIM

JAVA, D. E. I.

One Sabbath morning recently was a blessed day for the church in Batavia. About 6 o'clock in the morning we all left our homes (even our old Javanese grandmother about 80 years old), boarding the trains at the various stations, going to the seaside where two precious souls were to be buried with their Lord in baptism. It was a bright morning and the ocean was so still and calm, which made it a more beautiful sight. At such a scene I could

not help but ascend a silent prayer to my loving heavenly Father that not only those who had gone into the water and had fully decided to forsake all the follies of this world, and follow their meek and lowly Saviour, but also we who were standing on the shore may also unitedly in a little while hence, have the joy of standing on the sea of glass singing the song of the overcomers.

One of these candidates was a Chinese faithful sister, who came right out from heathenism which she had followed all her life in all its darkness. How it did my soul good to watch her from week to week as the light came to her and she was willing to give up those old sinful customs one by one, and walk in that heavenly light as it moved on before her.

About the hardest for a heathen to give up is his jewelry. It must be because it has its origin from them, and is their greatest god. This sister had a bracelet that she valued very much as her beloved mother had placed it on her arm years ago before her death. She questioned if it would be wrong to wear it. I asked her to consider whom she really loved the most, her heavenly Father who had made her body perfect and could not be improved by decorations, or her mother who was now gone and could do no more to help her. The following week when she came there were no more questions in her mind, but that her dear loving Maker was everything to her, and she was willing to give up anything that did not please Him. The heavy gold rings had already come off, and the long row of gold buttons that dear friends had given her, and the bracelet that was on so tight she had to fasten to a doorknob to pull off. Her face simply beamed with joy when she gained a complete victory over these last gods.

The other candidate is a well educated Javanese man, who has descended from a royal family of Java, and therefore carries the title "Mas Addie." He has been for thirty-three years walking in all the light he had with all earnestness. In his case it is wonderful how the Lord searches out the honest heart. He worked faithfully as a head officer in the Pasteur Insti-

tute for twenty-seven years, after which time he was allowed to draw a pension. In June the previous year he asked the manager for his pension. The doctor looked at him in surprise and then exclaimed: "Mas Addie! You are not old yet and can still work for many years, why do you want to draw your pension now?" He answered emphatically, "I want to take the time for studying my Bible more and get ready for my heavenly home." Such answer seemed foolish, of course, and was scorned at from one who had never tasted the joy of a Saviour's love, and the hope of the future inheritance.

The following month, after he began thus to search for more light, he came to attend one of my readings in the home of his brother-in-law. At the first study he said: "This is the light I have been seeking for, and this is surely God's truth." His interest in the Gospel increased week by week, and after a few studies he began to give up tobacco, tea, coffee, and flesh meats and live up to all the other points of health reform, long before we studied these subjects from the Bible, and so also with the other points of faith.

He is now studying the Bible subject by subject, memorizing the texts in order to be able to give the truth to his people. He has already found a number who are in-

terested, and two of them have begun to obey. Surely the Lord is hearing our earnest prayers and raising up workers for the millions of Mohammedans who are sitting in dense darkness, and they can only be won through the work of their own people. Help and pray that the Holy Spirit may run to and fro among the millions of Mohammedans in this island, to soften their hearts and prepare them for the seeds of truth to enter in where it can be rooted and bear fruit for eternity. Then soon, yes, very soon, we shall all come in that great gathering, bringing in our sheaves.

"He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him." Ps. 126:6.

"That both he that soweth and he that reapeth may rejoice together." John 4:35-38.

It is far better for us to reflect on what we have not accomplished and try to discover why it is we have failed than it is to exult in what we have accomplished.

No man can produce great things who is not thoroughly sincere in dealing with himself.

Joys are often made sweeter by sorrows that have been patiently borne.

Out of the Night

PEARL WAGGONER HOWARD

DAY had departed, the night had descended,
Casting its mantle of darkness o'er all,
Joining the day's unfiled longings and failings,
Weaving a spell like a funeral pall.

Looking abroad o'er the slumbering hamlet,
Fighting regrettings, and failure, and doubt,
Where is the light that can lessen the shadow—
Deeper within than the shadows without?

Looking above at the star-dotted heavens,
Thinking of Him who such host could create,
Might it not be one so small, so all-worthless,
Needs is unnoticed by One so all-great?

Out of infinitude, out of the silence
Came there a voice speaking peace to my heart:
"Hills may remove, or the stars cease their shining,—
Yet shall My kindness from thee ne'er depart."

Wonderful, loving, longsuffering Saviour,
Was there e'er seen such a patience divine?
Powerful to save, and of love everlasting!
Wonder of wonders: this Saviour is mine!

HOW CAN ONE BE IDLE?

MAUD WILSON COBB

Matron LIFE BOAT Rescue Home, Hinsdale, Ill.

It is difficult to find a dull season in the work of rescue. Every day brings new problems and interesting ones, too. How busy the angels of God must be at this time, when men's and women's hearts are failing them for fear! Hardly a day passes if there isn't some tangle to unravel. How true the words of the Bible that "All things work together for good to them that love God!"

Our past experience helps us to understand many problems we meet in our Home, city, jail and prison work. Today in our Home is a high school girl now a child-mother, only six-

must be given to another. She says, "Oh, Mother Cobb, I wish my married brother would take my baby. I must help support my little sister and mother, and I cannot keep my baby." Where is her duty? Poor girl, she must decide between love and duty.

Two babies were taken by foster parents last week. The mothers have gone to their homes with a dread of the future. How can they take their places in the world again? As one was leaving, she said, "Mother Cobb, will I never forget that little face pressed against mine and those little fingers that have reached out to mine? Do mothers ever forget?" No, mothers never forget.

Her Life Completely Changed

Little Gerda Louise is now in a beautiful home with a baby boy a few months older. Both were adopted by a fine Christian family. As far as Gerda Louise is concerned her future looks bright, but the mother has gone back to her little village home and no one but her family can sympathize with her. Her young friends beg her to go to places of entertainment, but she refuses to go, for each time she has tried to go she has had to return home before entering the place.

She writes: "Mother Cobb, what can I do? Where can I go to have peace? My mind is certainly on my baby. I wish yet I had kept her and faced the whole world. I am willing to give up everything now if I could only feel her little, soft cheek and see her smile. I never can go to a dance hall or picture show again. My whole life is changed. I long for the day when I can enter into that eternal rest where there will be no more deception, but where Christ will reign. Do you believe, Mother Cobb, that Jesus will give me my own baby back in the new earth if I am faithful until He comes?"

Now a Happy Girl

Another mother writes: "I am now in my own home. My baby boy is with me. I married three months ago. The man I married loves my boy. He knows all, but has faith in me, for I was honest. I did not deceive him. We expect to build our own home in the spring. Some day I expect to pay the Rescue Home for my care while there. I learned lessons that have changed my whole life. I



Grand Bishop with Betty Jane. A Dear Old Lady Living Near the Home, Who Has Mothered and Cared for Several of Our Home Babies.

teen years of age. From the childish laugh, the short skirts and braided hair, she has become serious, and, dressed as a woman, has assumed the care of a mother and fear fills her heart, for she has no one who says "I will help you keep your baby." She is waiting day by day for a home for her beautiful boy, now two months old—a perfect boy in disposition and health. The mother will remain in our home until a proper home is found for Carl Wilbur.

Also the mother of Robert Clyde is waiting with dread in her heart for the time when he

learned to be honest with the world, and the world looks good to me now."

What This Girl Learned in the Home

Another girl writes: "How the time does fly! It is nearly a year since you and Mrs. Clough mothered me in my distress. I can hardly realize it all, and the lessons I have learned. I believe I will be a better, stronger woman. My family all realize I am worth more to the world. I have learned to love to work in our own home; I have learned to cook healthful dishes. I now know how to sympathize with others. I know the Bible better than I ever expected to know it. I never read it in the way it is read in the Home. I didn't think anyone could understand it, now I read it as I would any book on past or present history. I believe any girl can profit by her experience if she only tries to learn the daily lessons. I cannot forget my baby. I wonder if I will some day? Every night I seem to hear her cry. I dream she is on my arm. Sometimes I hurry to bed, so I can think of her and hope to dream of her, but I always awake and then I cry, for my arms are empty."

I have talked with mothers who have been deprived of their little ones for years and years, and I find they always remember. It pays for us to give our children the best, we who can keep them, for we are making a record that we will remember in the future.

Helping Wayward Boys and Girls in the Jail

A few days ago in our jail work we talked and sang and prayed with five young men who had just been brought to the jail, having been arrested for robbing a bank near Chicago. They all looked like boys just out of college. One of them said: "My downfall began when I disobeyed my parents, and stole a dime from the pocketbook on the sideboard. That was the beginning—this will mean penitentiary for me."

Another said: "Lady, pray for me; this will kill my mother." Another said: "My sister will never lift her head if I go to the penitentiary." They all knelt in prayer and one asked for the song, "Let the Lower Lights Be Burning"

That day there were twenty-six men, boys and young girls who sang and prayed with us. They were in earnest and realized their need of personal help. The field is large, the needs

are great. Who will be reapers that the Lord's harvest may be gathered in?

IMPRESSIONS AND GOD'S WILL

H. E. SAWYER-HOPKINS

In seeking to understand the will of the Lord it is not always safe to depend merely on impressions, for oftentimes they will lead us into making grave mistakes that are not easily corrected.

The Scriptures teach that "the meek will He guide in judgment, the meek will He teach His way." This is a promise from God, and we must believe that He will fulfill His promise for His word cannot be broken. We are to pray earnestly, but if an answer seems to be long delayed, the Psalmist says, "Wait patiently" after committing the matter to the Lord, and if doubts still linger, or friends differ and oppose, we can wait until light comes, and we see clearly the path He would have us follow.

Hannah Whitehall Smith presents a good thought on this point: "If the suggestion is from God, it will continue to strengthen; if it is not from Him, it will disappear, and we shall almost forget we ever had it."

Rev. George Muller said he had lain on his face "for hours in prayer to God, waiting for Him to reveal His will." Sometimes he has waited six months before it seemed quite plain, but sometimes it was clear in an hour or less.

The prayer that comes from a sincere heart will ever find response in heaven; every petition enters into the heart of the Majesty of the heavens when we come believing. We have not faith enough. We should look upon our heavenly Father as more willing to help us than earthly parents are to help their children. He has a greater interest in His children than anyone else upon the face of the earth.

In my earlier life I had an experience on impressions I have never forgotten. In the words of Dr. Lyman Beecher, "When I don't know what to do, I don't do it." The counsel of King David, who says: "Commit thy way unto the Lord, trust also in Him," and "Wait patiently" for an understanding of the Divine will, is good

to follow. For Satan comes as an angel of light to deceive and lead astray.

Furthermore, in these last days there is every kind of doctrine and the evil foe is working "with all power and signs and lying wonders," to deceive, if possible, the

very elect. There is need of watching and praying as never before so as not to be overcome through his insinuations.

No man ever found his lost piece of silver by sweeping his neighbor's house.

Disease and Its Mission

D. H. Kress, M. D.

THE pestilence "walketh in darkness." Ignorance is responsible for epidemic diseases. We can all look back into the remote past and say, yes it is true, the people of that time perished "for a lack of knowledge." When cholera swept over Great Britain and thousands perished and Lord Palmerston, then premier of England, was petitioned by the Scotch clergy to appoint a day of fasting and prayer to avert it, he replied, "Cleanse and disinfect your streets and houses, promote cleanliness and health among the poor, and see that they are plentifully supplied with good food and raiment, and employ right sanitary measures generally, and you will have no occasion to fast and pray. Nor will the Lord hear your prayers while these His preventives remain unheeded. Lord Palmerston was a believer in prayer, but he saw conditions which were responsible for the pestilence that raged then that needed to be changed. Prayer would not change these.

Prayer is not designed to change God's attitude toward man so much as it is to change man's attitude toward God. It is not for the purpose of persuading God to save from the results of transgressing His laws that prayer is to be offered so much as to have Him make known and save from transgression. Should Lord Palmerston have heeded the appeal from the clergy and appointed a day of fasting and prayer and should God then have answered the prayers and stayed the epidemic it would have confirmed the people in their ignorance of its causes.

There are certain laws God has established that must be recognized. We reap what we sow. The farmer that sows wheat will reap wheat. If he repents because he does not like the crop but would prefer to have oats or corn or strawberries instead, all his praying would not save him from reaping wheat. It is not that God cannot do this, but it would

not be wise for Him to ignore His own laws, as it would tend to encourage carelessness.

The law of sowing and reaping makes men think well before they sow. The young man who sows wild oats will reap wild oats. He can not escape it. He may repent and ask God's forgiveness and God may freely forgive him, but that will not change the harvest he will reap later in life. "Whatsoever a man soweth that shall he also reap," is a law that is universal in its application, likewise the one, "He that soweth to the flesh shall of the flesh reap corruption." There is no way of escape from this. It says, therefore, for the young man to think well before he begins to sow. The young man who contracts a specific disease has his blood poisoned, not merely up to the time he repents and is converted, but poisoned for life. Whether he becomes a Christian or not, he will never be a fit propagator of the race. His offspring will be marked for life, should he be so unfortunate as to produce any.

I have seen innocent girls marry men who they knew to have had a specific disease, because they had become Christians, and I have also witnessed the results of such unions. "Be not deceived," God says, "for whatsoever a man soweth that shall he also reap."

When a man has done wrong the only sensible thing to do is to stop it and do right because it is right. The longer he continues in wrongdoing the more bountiful will be the harvest. Here again there is a universal law at work, "He that soweth sparingly shall reap sparingly and he that soweth bountifully shall reap bountifully."

God graciously forgives the sins of the past and adopts prodigals into His family as children, unworthy though they may be. He can cleanse from physical maladies, this is true, for He cleansed the leper from an incurable malady. But should He do this whenever re-

quested it would make sin appear less sinful.

The Saviour converted water into wine, not to give the impression that it was ever after to be His way of making wine. The process of wine making continued after this miracle was wrought as it did before. He raised the dead to life. In doing so He did not design to teach that there should be no more death. "The wages of sin is death." Death comes even though men repent and stop sinning. They reap the results of past sins. The time is coming when there will be no more death and no more disease. But not until Jesus comes to "change our vile body that it may be fashioned like unto His glorious body." Phil. 3:21. Our bodies will remain vile, do what we may, until that change takes place. "This corruptible must put on incorruption." Characters are changed now, bodies are changed then. We are not entitled to the glorious body until we are able to keep in subjection this vile body. It is possible to live a clean life in the body that is vile, and if we do this in His own good time God will give us clean bodies to live in forever.

When God led Israel out of Egypt He promised to keep them free from Egypt's diseases, but it was on condition of their avoiding Egypt's habits and practices. "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and will give ear to His commandments, and keep all His statutes," then He said, "I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Ex. 15:26.

Should an epidemic of disease have broken out among them after this it would have been to them an evidence that they had failed to meet the conditions demanded of them. It would have been an appeal to them on God's part to return to the path of obedience. God makes the path of transgression hard and uninviting in order to save the transgressor. David said, "It is good for me that I have been afflicted that I might learn Thy statutes." It is not results we should seek to be saved from, but *causes*. "The curse causeless shall not come." The thing to do is to ascertain the cause of the curse and remove it. Jesus came to save His people from their sins, and in time, not now, completely from their results.

When the pestilence appears even in these days, it is an evidence of a departure from the commandments and statutes delivered to Israel and a call to return. The appeal comes with every epidemic of disease to ascertain and remove the causes. But now, as in the days of Lord Palmerston, men would sooner pray and ask God to remove results than to seek out causes and remove them. To the people living in the last days when iniquity abounds and His laws, both physical and moral, are violated, God says, "I have sent among you the pestilence after the manner of Egypt . . . yet have ye not returned unto me, saith the Lord." "And because I do this unto thee, prepare to meet thy God, O Israel." Amos 4:10, 12. The pestilence is an appeal to the people to return to Him.

To the appeals from the clergy to appoint seasons of fasting and prayer it would be well for the President of the United States to give the same advice given years ago by Lord Palmerston to the Scotch clergy, "Cleanse and disinfect your streets and houses. Promote cleanliness and health among the poor, and see that they are plentifully provided with good food and raiment, and employ right sanitary measures and you will have no occasion to fast and pray. Nor will the Lord hear your prayers while these His preventatives remain unheeded."

The statutes given to Israel had to do not merely with public hygiene, personal hygiene was demanded as well. They were instructed as to how to prevent the spread of epidemic diseases. But in addition to this they were taught statutes which, if obeyed, would insure good, clean blood and sound, healthy tissue. These statutes had to do with their habits of eating, drinking, dressing, working, etc. They were asked to do more than to prevent the spread of the germs of disease. They were required to make the body soil unsuitable for their growth, should they gain an entrance, by building up the vitality of the tissues. To do this God withheld from them the Egyptian food and gave them instead clean food. He would save them from Egypt's diseases only by saving them from Egypt's flesh pots. A failure on their part to give up Egypt's food left them no promise of being kept free from Egypt's diseases. Neither could they exercise faith in that promise, not

having met the condition on which it was based. It is possible to be saved from germ diseases through careful external sanitary measures, only to be a chronic invalid or die of some degenerative disease brought on by wrong habits of eating and drinking. The rum drinker who prays to have removed the rum blossom must cease drinking rum. The one afflicted with rheumatism, gout or Bright's disease asking God for their removal must among other things give up the use of meat and coffee, which are in part responsible for them. It is useless to pray for the healing of the sick if they are unwilling to ascertain and remove the causes.

To raise a sick man to health with the causes unremoved means that he will in time get back into a worse condition and thus a reproach will be brought upon God himself. To every man raised to health God desires to point out his sin and say, "Go thy way, sin no more, lest a worse thing come upon thee." It is often best for God to wait until the causes of the sickness, if removable ones, are pointed out.

Some are irritable and impatient. The cause may be wholly a physical one, traceable to the dinner table.

Henry Ward Beecher once said, "I have known of men who prayed for the grace of good temper in vain until their physicians told them to stop eating meat. They were not unwise in praying, but they were wise when to prayer they added medical advice." We should not expect God to do that which He calls upon us to do. After being conscious we have done our part, there may still be something for Him to reveal that we do not know before He can safely trust us with the degree of health we may desire. The one whom He raises to health should be one whose example it would be safe for others to follow. It should be one who is saved from sin and not merely from its results.

A PRISONER ASKS FOR PRAYER

"I am in receipt of your letter and I have just now received the copy of this month's LIFE BOAT which I have found very interesting.

"I wish that you would remember me in your daily prayer and speak a kind word to God for me. I believe that the interest you show in me comes from God to you."

REMARKABLE PROVIDENCES

W. A. SPICER

A missionary up in Scandinavia was crossing a mountain range to take the Gospel to the people of the remote valley. He came to there. He crossed some places where the way was so perilous that he took off his shoes that he might cling more closely to the rocks. At one point the way was so difficult that his heart almost failed him. But there were homes in the valley to reach with the truth, and he asked God to send His angel to protect him and help him, and went on over the rocks and down the precipitous paths.

When he got into the valley there was a peasant and his wife waiting for him at the first cottage and as soon as they greeted him they said, "Where is the man with you?" He replied, "There was no one with me. I was alone." But they said, "We were watching you over the rocks and very plainly saw two men coming over the path." He thought of his prayer to God to send an angel. Prayer is a real thing and heaven is a real place, full of angels.

A sister told me her experience while canvassing in the mountains. She was out of food, a long way from home and weak with hunger. She turned aside into the forest and, kneeling down, prayed God to send her food. She came back and just as she stepped into the path a man passed, held out a loaf of bread and said, "Do you want this?" She took it, went down by a little stream and had bread and water and thanked God for her meal. She never knew whether it was man or angel. It didn't matter, her heavenly Father sent her bread in answer to her cry.

In spite of seeming discouragements, we are never to grow faint in praying. An honest, persevering faith, a faith that works for the very object that it is praying for, a faith that holds on in spite of rebuffs, is the faith that conquers.

The Life Boat reaches hearts. Are you carrying the burden of some soul on your heart? Why not send The Life Boat to that individual for one year? Try it.

Live today to the fullest, but keep yourself in condition to do it again tomorrow.



EDITORIAL

EDITORS:

Mary W. Paulson, M. D., Percy T. Magan, M. D.,
D. H. Kress, M. D., Caroline Louise Clough

OUR MID-WINTER CONVENTION

"I am very glad I came to this convention. I think it is the best one I have ever attended." This seemed to be the general testimony of those who attended our ninth annual Mid-Winter Convention at Hinsdale, Dec. 25-29, 1918.

These conventions have come to form a prominent part in our Hinsdale medical missionary activities. This year our chaplain, Prof. J. G. Lamson, acted as chairman of the convention. The time was given entirely to the discussion of the various problems of our soul-winning, rescue, and medical missionary work.

We had with us Dr. Sutherland of Nashville, who gave a talk one evening on "Conservation" of foods, of energy, time, talents—emphasizing the need of economy in all lines. He also spoke at other meetings on the relation of the sanitariums to our schools, the need of a training in hydrotherapy, the missionary side of sanitarium work and the need for health promotion in the churches.

Pastor Wm. Guthrie, president of the Lake Union Conference, was with us one day. His sermon on "The Ripened Harvest Needs Reapers" appealed to every heart and especially those who had about finished their training and will soon be ready to go out into the harvest fields.

Prof. C. A. Russell, missionary volunteer secretary for the Lake Union Conference, was with us through the entire meeting and in the early morning devotional hours he led the congregation near to the gracious presence of our Lord and Master. These were very precious occasions. But on Sabbath afternoon his talk on "Idle in the Market Place—The Call" touched the hearts of many. One of our Hinsdale graduates

who had not attended any of these mid-winter gatherings since her graduation several years ago was present at this one, and after listening to Prof. Russell's talk said, "I believe the Lord sent me here for a purpose."

A. J. Clark, president of the Chicago Conference, was present throughout the meetings and on Friday evening he preached on "The Consecrated Life." Several who felt that they had been drifting away from God came forward that night and renewed their consecration. Others who were already enjoying a good Christian experience expressed their eagerness for more of the Spirit of God in their lives.

Among others who took part in the program were Prof. H. O. Olson of the Swedish Theological Seminary, Miss Augusta Blosser, missionary volunteer secretary for the Chicago Conference, Julius Paulson and Dr. Mary Paulson of the Sanitarium.

The last day of the convention was probably the most interesting of all, as reports were given on that day of the various departments of the work. The city work, the Sunday morning jail meetings, THE LIFE BOAT magazine and prison work, the personal work of the missionary nurses, especially in caring for influenza cases, the Rescue Home, the Good Samaritan Inn, and tent efforts, were all represented.

In the evening of the last day the audience showed their determination to go to work for others in a definite way by handing in 131 subscriptions for THE LIFE BOAT.

We are publishing in this number some of the talks that were given at this convention, and will publish more in future numbers. These occasions are a blessing to the work and the workers and we believe the reports will be to our LIFE BOAT readers.

C. L. C.

THE LIFE BOAT VOYAGE TO THE SHUT-INS

Next May THE LIFE BOAT will make another trip to the prisons and reformatories of our land. Paul says: "Whosoever shall call upon the name of the Lord shall be saved." But he says also:

"How, then, shall they call on Him in whom they have not believed? And how shall they believe in Him of whom they have not heard? And how shall they hear without a preacher?" Then he goes on to say: "How beautiful are the feet of them that preach the Gospel of peace, and bring glad tidings of good things!" Rom. 10:13-15.

Will you not help THE LIFE BOAT to carry the Gospel of peace to those who have heard it not and know not how to call upon the name of the Lord and be saved? We are right now making up a fund to finance this voyage. Do you want a part in bringing peace to the down-hearted, friendless, discouraged men behind the bars? Many of them read THE LIFE BOAT when they would cast aside other Christian magazines. THE LIFE BOAT reaches a tender spot in their hearts. How much will you do toward sending this messenger of peace into your state penitentiary?

C. L. C.

DO YOU WANT A MEDICAL MISSIONARY TRAINING?

During the recent epidemic of influenza which has swept the country it has been clearly demonstrated that there is a great demand for medical missionary trained nurses. We could have used hundreds where we had only one. In this experience there were special opportunities the medical missionary nurse had above the hospital trained nurse, namely:

First, because this pandemic has been a fight between good and evil and no nurse could expect the blessing of God in caring for her patients who did not depend upon prayer.

Second, because drug medication and all other means of treatments, excepting hydrotherapy, simple diet, fresh air, has failed in the treatment of this disease, and our sanitarium nurses have that special training.

Many who have been trained in our sanitariums have had a great opportunity in the Army Camps and at the front during the re-

cent war. Since the war is over we might think that the need for these special trained workers will be over, but we do not believe so. There will arise new situations which will demand more and more the services of the trained medical missionary. And more and more young people whose lives are consecrated first of all to the service of God should give themselves to this line of work.

The Hinsdale Sanitarium offers an opportunity for the training of such young people and we earnestly invite you to pray about this matter and after doing so write us if you are at all thinking of taking up this line of work. Whether you are able to take the three years' course or possibly a shorter course we shall be glad to hear from you anyway. Address Dr. Mary Paulson, Hinsdale, Ill.

A CALIFORNIA PRISONER WRITES

"We had a good meeting here today and I got many blessings. I praise God that I can be happy even though I am in prison. Jesus is so much to me and every one that trusts him. I am much interested in the rescue home and the work that is being done there. You know the devil is always trying to catch some one and if we don't watch he will catch us too, but I praise God that I have my feet set upon the solid foundation, Christ Jesus. So I want you to pray for me that I may continue to be faithful."

OUT OF PRISON AND HOLDING UP THE LIGHT

From a Former Montana Prisoner

"It affords me no small degree of pleasure in answering your welcome letter of the 4th inst. How very happy I was to know the interest which you have manifested in my welfare. Surely God will reward you for your goodness. Should I cease to hear from you I should feel that I had lost my best friend. How much I would appreciate the Bible no one can tell; more especially coming from the Life Boat mission.

"Truly God is blessing me, not only in health and strength, but also in spiritual growth. I am glad that I can hold up the torch light of the Gospel of Jesus Christ. The terrible 'flu' is taking from one to three daily here in

this little village. My prayer is that they may be ready to meet Him who is altogether lovely, and the chiefest among ten thousand."

AN EXPERIENCE OF A LIFE BOAT WORKER

"I want to thank you for being so kind as to send me a copy of the December LIFE BOAT. I certainly do enjoy reading them. It is perfectly wonderful to think they were all sent out two days after they came from the printers. Praise the Lord. I hope as many more will be sold.

"I met one of my customers the other day and she said she read the book all through and thought it was a wonderful little paper and a grand, good work and only wished she could be doing the same kind of work. Then I worked Saturday night and I met a married couple and the man when he learned the nature of THE LIFE BOAT said: 'That is just the book I have been looking for for a whole year but didn't know where to get it.' He had a copy a year ago but lost it or something happened to it, and hasn't seen one since. I have a Jewish friend who bought one from me and she said it helped her very much and will give me a subscription a little later on. The little book appeals to my own heart. I get a great deal of comfort out of it myself."

NEWS HERE AND THERE

Dr. E. A. Sutherland of Nashville and Prof. C. A. Russell of Berrien Springs, Mich., and Pastor A. J. Clark of Chicago were present and assisted in making the recent mid-winter convention a success.

Miss Mildred Knowles and Miss Bessie West from Fountain Head, Tenn.; Miss Delight Cemer from Marion, Ind., and Miss Kate Sanborn of Chicago were among the visiting nurses who attended the convention.

Miss Juliet V. Yeakle, the sanitarium physical director, enjoyed a two weeks' visit with friends in Michigan.

Mr. Morley Bresett has returned from an extended vacation in Canada.

Elmer Erickson, Mosser Taylor, Miss Carrie Butcher and Miss Elizabeth Taylor of

Emmanuel Missionary College, Berrien Springs, Mich., also Miss Maud Paulson, who is attending the Fox River Academy, Sheridan, Ill., spent the holiday vacation at Hinsdale.

Miss Anna Hart of Champaign, Ill., attended the convention at Hinsdale.

Dr. and Mrs. H. C. Nelson are enjoying a visit from Mr. T. M. Woodruff of Portland, Ore., Mrs. Nelson's father.

Dr. Mary W. Paulson, Mrs. C. L. Clough and their mother, Mrs. M. A. Wild, left December 30 for southern California, where they expect to spend a few weeks.

THE LIFE BOAT SELLS IN SPITE OF WAR CONDITIONS

A worker in Canada writes: "In spite of all the excuses the people have about the war I still manage to sell the little LIFE BOAT. They say that it is a worthy cause, and I feel sure it will do good to those who read it. I am always glad to take it to the people. I am glad my heart goes out to those dear ones whom Jesus loves."

No young man need ever be afraid of indulging too much in loving his mother.

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.

LIVE HYGIENICALLY TO BECOME HEALTHY

If you want the very best grade of cooking oil (or salad oil) be sure to get GOLD MEDAL VEGETABLE COOKING OIL, sold at wholesale prices to all. We ship all over the United States. Very low rates.

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BOOKS WE RECOMMEND

From month to month we shall mention in this department some of the choicest books on the market today covering a variety of subjects, believing that our readers will appreciate having their attention called to these valuable books which have been an inspiration to us. We shall be glad to supply any books mentioned here from our office, if desired, or they can be ordered direct from publishers.

"Knowing Insects Through Stories"—Prof. Floyd Bralliar, who for a number of years has been connected with the rural industrial and agricultural school work near Nashville, Tenn., has recently written a most charming book on "Knowing Insects Through Stories." The great truths of insect life so little known to the average individual are given in such a simple and entertaining style that it captivates and holds the attention of the reader.

The book is published by Funk & Wagnalls Company, New York, and contains 291 pages, 12 full page colored illustrations and numerous smaller ones. The price is given as \$1.60.

"The Hand That Intervenes"—W. A. Spicer, who has been for many years secretary of our Foreign Mission Board, and has visited many times our missions in all parts of the world, has recently published this splendid book of Providences, gathered from various sources. No one can read this book and ever doubt that God has His hand in the management of human affairs. The book contains 334 pages, and is well illustrated. Price, \$1.50. Published by Review and Herald, Tacoma Park, D. C.

"Alone With God"—One of the choicest little books on the market. The author, Matilda Erickson, has endeavored to help all Christians, and especially the young, to get more intimately acquainted with their Saviour. Rich, terse sayings from men and women who have had a long and intimate connection with God are given in this book, also striking incidents of answered prayer and the results of strong faith. A splendid gift-book, neatly bound in cloth with 128 pages at 50c. Published by the Pacific Press Publishing Association, Mountain View, Cal. This can also be secured from THE LIFE BOAT office.

WANTED

Lady canvassers for spring curtain holders. Sells for ten cents, costs five cents. Send for particulars. Eureka Mfg. Co., 1116 No. Vandeventer Ave., St. Louis, Mo.



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

Entered as second-class matter, July 17, 1903, at the P. O. at Hinsdale, Ill., under Act of Congress of March 3, 1879

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

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Do not send currency in your letters, as The Life Boat will not be responsible for receipt of the same. Single copies, 18 cents.

Yearly subscriptions, \$1.00. Special discounts when a number are sent to one address.

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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.

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

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

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

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

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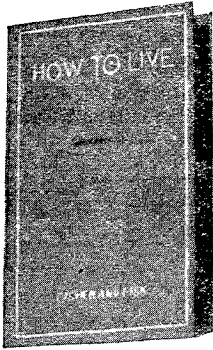
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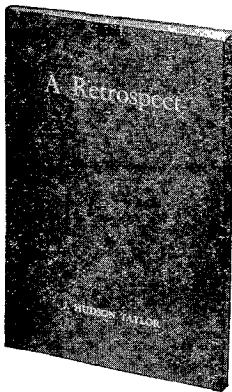
"How to Live, or Rules for Healthful Living, Based on Modern Science"



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 50 cents additional. Induce some one to subscribe for The Life Boat the coming year and receive this most excellent book.

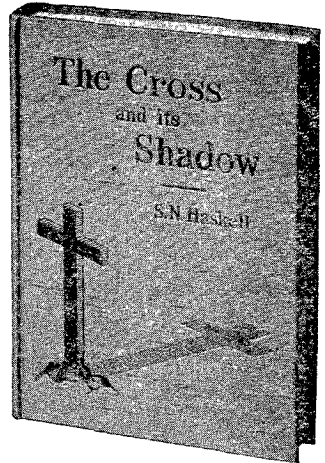
The Cross and Its Shadow

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 and 25c extra for mailing. Take advantage of this offer while it lasts.



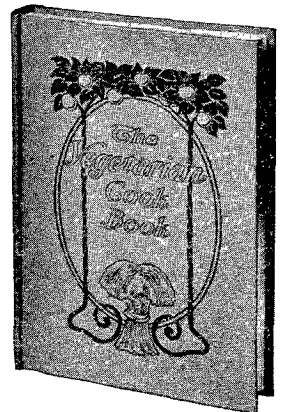
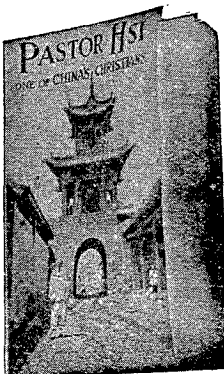
A Retrospect

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 \$1.10.



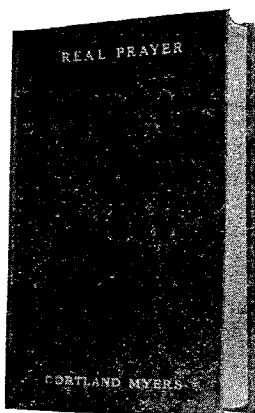
Pastor Hsi

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 \$1.50 for The Life Boat for one year and this useful book. This is an unusual offer.



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A New Webster's Pocket Dictionary

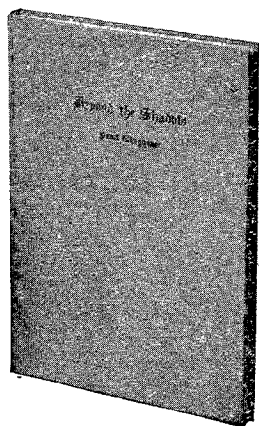
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for only one yearly subscription at one dollar and fifty cents extra. Every pen is guaranteed 14-carat solid gold and will do good service. This is your opportunity to receive a good fountain pen for fifty cents and only a few moments of your time in securing the subscription.



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Pearl Waggoner Howard, The Life Boat poet, has 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.

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The PATRICIA GARMENT is a PERFECT SUBSTITUTE FOR THE CORSET and a great improvement in other respects, as it permits natural circulation, perfect respiration and freedom for every muscle, with no bands or strings. There is no opportunity for girding the soft parts of the body, as it follows the natural curves, preserving the contour of the figure.

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Address **THE PATRICIA GARMENT CO., Hinsdale, Ill.**

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	\$0.45	Shipping weight.....	2 lbs.
1 Quart75	Shipping weight.....	4 lbs.
2 Quarts	1.25	Shipping weight.....	6 lbs.
1 Gallon	2.00	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.

Address **THE LIFE BOAT, Hinsdale, Ill.**

THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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 and it was dedicated July 25, 1909, Judge Orrin N. Carter of the Illinois Supreme Court giving the principal address.

During the past eight years hundreds of girls have been sheltered in this Home. They have been carried through the saddest chapter of their lives. More than half the girls who come do not have a dollar, but they are received just the same.

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.

Are You Contemplating Making Your Will?

Have you some means to be used in the Master's work after you are dead and gone? Have you observed how frequently relatives or unscrupulous lawyers have succeeded in absolutely defeating the will and intentions of the donor? There is a better way:

Why Not Be Your Own Executor?

Give your property while you are alive, to the work that you desire and receive a fixed income or annuity on the same each year as long as you live. In this way you know that your property will not be frittered away from you so that you will have no support in your old age, and this annuity contract becomes immediately effective at your death. No one can change it in any manner.

In either case will you not generously remember the Life Boat Rescue Home?

If you are interested in this matter write us and we will give you further suggestions and information regarding this annuity plan that so many sensible people are adopting.

For those who desire to remember this institution in their wills we give herewith a proper legal form for a bequest.

"I hereby give, devise and bequeath unto the Life Boat Rescue Home, a corporation organized and existing under the State of Illinois, the sum of.....
.....dollars to be paid out of real or personal estate owned by me at my decease, this money to be used for the maintenance of the institution known as the Life Boat Rescue Home for Girls, located near Hinsdale, Ill., and which is under the supervision of the aforesaid corporation."

Address: **The Life Boat Rescue Home** Hinsdale, Illinois

VISIT HINSDALE FIRST



The Main Building

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

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

A work cure department.

Musical entertainments and lectures.

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

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



The Main Parlor

Let Us Send You Our Booklet "Visit Hinsdale First"

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

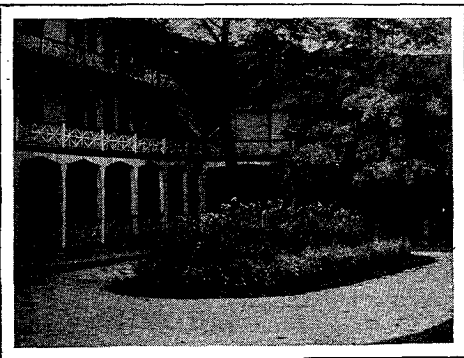
The Hinsdale Sanitarium

Phone
Hinsdale 645

Hinsdale, Ill.

Endowed by Nature Equipped by Science

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



The Driveway

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

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



A Glimpse of the Lawn