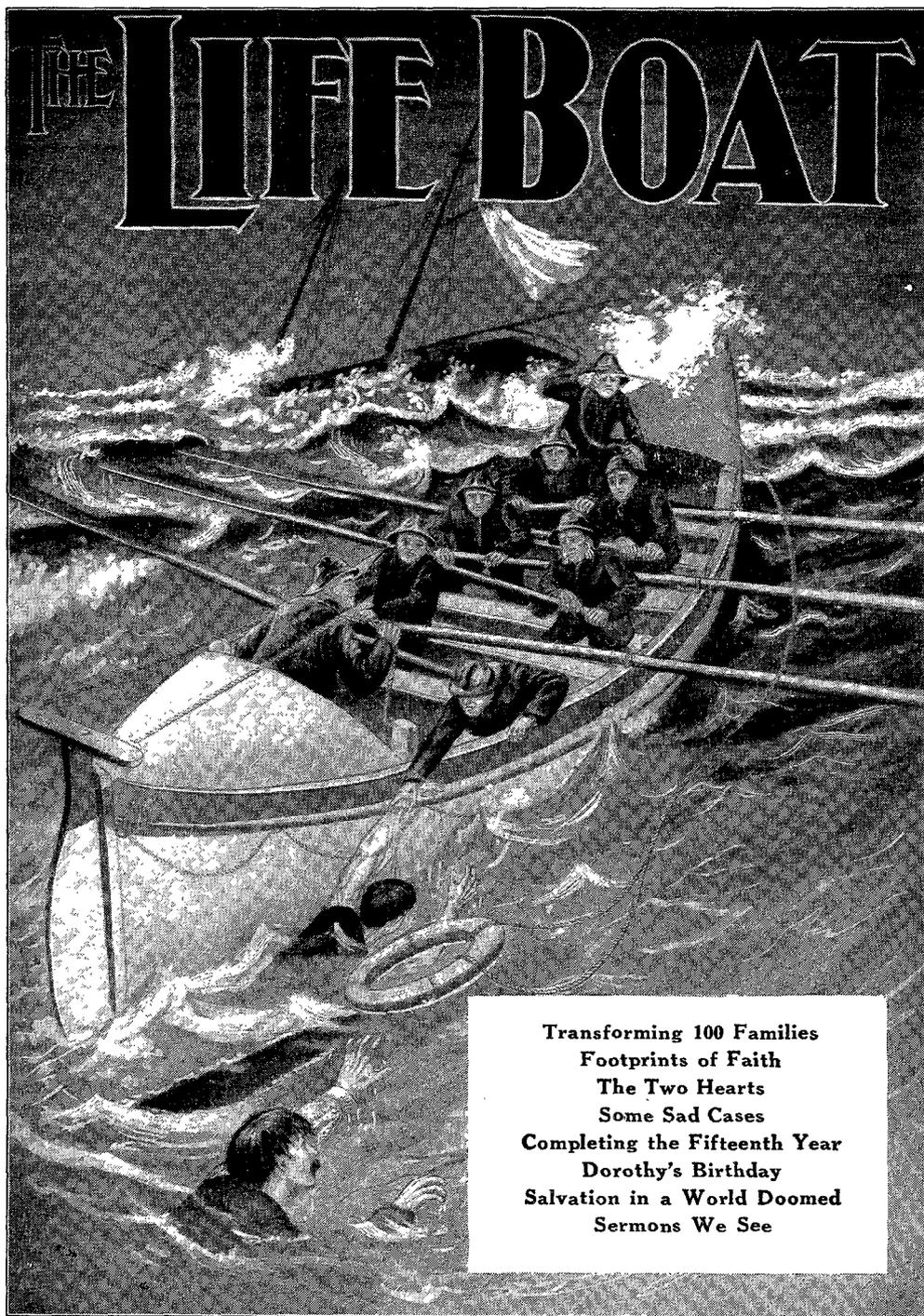


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**The Life Boat Employs No One to Solicit Donations**

Transforming 100 Families  
Footprints of Faith  
The Two Hearts  
Some Sad Cases  
Completing the Fifteenth Year  
Dorothy's Birthday  
Salvation in a World Doomed  
Sermons We See

Volume Twenty-three  
Number One

Hinsdale, Ill.

January, 1920

**The Art of Keeping Young—A. B. Olsen, M. D.**

# The Life Boat For 1920

## A Special Feature

¶ During the year 1920 there will be published in The Life Boat under the title, "Footprints of Faith", the remarkable story of the wonderful providences and experiences connected with the founding and maintaining of the Hinsdale Sanitarium and Life Boat work.

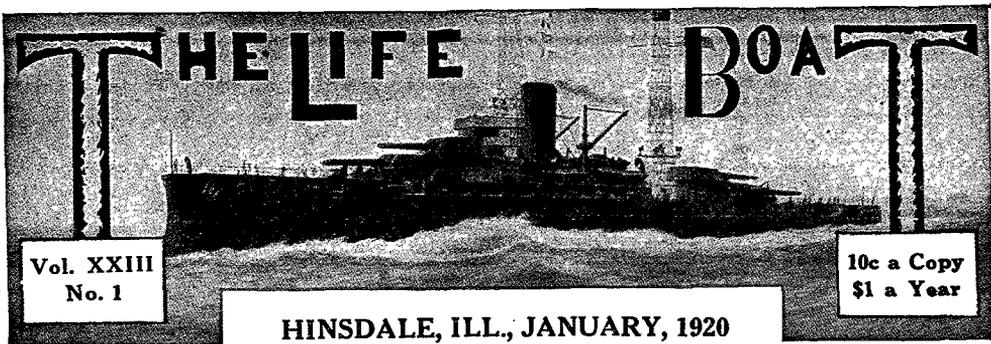
¶ The "Story of Hinsdale" alone is so interesting that it is usually read at one sitting.

¶ The personal experiences of Dr. David Paulson, founder of the Hinsdale work and Editor of The Life Boat magazine for fifteen years are so closely connected with the story of the work that much of his own life history will be woven into it.

¶ The first chapter of this series of articles appears in this number, giving Dr. Paulson's early struggle in getting an education.

¶ Don't fail to subscribe for yourself and your friends. Only one dollar for one year. Address, The Life Boat, Hinsdale, Illinois.

*Editor*



## The Art of Keeping Young

A. B. Olsen, M. D.

**M**ANY years ago a famous physician, Professor Haller of Switzerland, taught that the natural span of human life was 120 years, and he gave good reasons to prove it. Some claim that it is still longer, while others say it is only one hundred years. Even then we come far short, for the average length of life today is under forty years. You may remember the famous Thomas Parr of England who died at the advanced age of 153, and then he didn't die a natural death, but as the results of a royal dinner. The King heard of this wonderful old man and sent for him to come to London, and then honored him with a banquet, and Parr died a few days later.

Three or four years ago I learned of an old lady near London who had just celebrated her 110th birthday, and I went to see her. She gave me a cordial reception and I had quite a talk with her. There were five generations represented in that home, and I don't think there was the slightest doubt as to her advanced age. She was up and around, walked up and down stairs, out into the garden, and read the daily paper. She took evident pleasure in showing me her birthday gifts. But even Mrs. Clark did not die a natural death, for she succumbed to a stroke of apoplexy. Her daughter, who was eighty-eight, wrote me a few weeks later about her mother's death.

You will notice that neither this man Parr nor the old lady died of old age. One died from eating too heartily and the other from a stroke. Indeed, it is a fact that the vast majority of people are either suicides or homicides.

In other words, very few people die a natural death from old age alone. Most of them shorten their lives by breaking the laws of health, especially by gluttony, drunkenness and other vicious dissipation. Others are obliged to labor under unhygienic conditions which cut short their lives and send them to a premature grave.

I never will forget visiting the "Sweated Industries Exhibit" in London some years ago. There I saw men and women from the slum districts of that great metropolis, actual workers at work tailoring, sewing and making match boxes and many other things. Do you know that everyone of those workers had their lives shortened by the unhealthy conditions under which they were obliged to work largely on account of the low wages paid them. I call those "homicides." Their lives are blighted by want of sunshine and fresh air, overcrowding and semi-starvation.

### Many Ways to Cultivate Disease

There are thousands of different ways in which we can cultivate disease and shorten our lives. A great many "dig their graves with their teeth." The most common type of consumption is "table consumption." Isn't it curious that the lower animals know when they have enough to eat? In their natural life they are singularly free from disease. Very few people just sleep away from old age, as would be the case if they died a natural death. Accident or disease account for almost all mortality. Children growing up want to be grown up, but as soon as they get to the adult age they want to keep young. There is a universal desire to be youthful, and it is a

good thing that we have within us the desire to live and to be happy and healthy. In the dark ages we read of the fountain of youth and the quest of people to find it. They thought if they could only find that fountain, they would have perpetual youth. Do you know that God has put the fountain of youth in our hearts. It is placed there by the Almighty. It is for you and me to recognize the great gift and to obey the laws of health laid by the Creator that we may preserve our youth. The fountain of youth is within you, and it is possible to maintain youth and keep young in heart and spirit, providing we obey God and keep his commandments.

Here is a trinity of "Bes." They are, Be natural, Be active, Be joyful. If you will simply follow these "Bes" in the proper spirit you can succeed in keeping young in spite of advancing years.

### Be Natural

Let us consider these "Bes" a little more. The first is to "Be natural." Open your eyes and see God at work in nature. Many of us are blind and we fail to grasp the simple lessons that the Father would teach us from the great book of nature lying open before us. And many of us are deaf, too, and fail to hear the still small voice of the loving Father, speaking to us: "This is the way." I am one of those old-fashioned people who believe that the fulness of life is in the Father. If we fail to recognize this, we lose the great blessing of life. Be natural, then, and follow nature's way. Most of us have some hurtful habits, habits that shorten life; habits that make for sorrow, for suffering and for an early death. Sometimes those habits lay hold of us so firmly that we find it almost impossible to shake them off.

I know a man who is under the bondage of two vicious habits. One is drink and the other tobacco. He is extremely nervous and apprehensive. For some weeks he was confined to the house following a surgical operation and during that time he didn't get anything. He came in my office and said, "Doctor, I am going to be honest with you. I am going back to my drink and tobacco. I have just got to do it." That's it, he is enslaved and can't break the chains. He is a good example of the selfish life.

So you see there are two ways to live. There is no greater misery in this world than

that which the selfish life of worldly pleasure finally brings. If you can speak a word of cheer or lift up a friend or brother or sister, what a blessing it brings to one's soul. Well, this patient I speak of is only one of millions lying in the bondage of sin.

People don't realize what a pernicious poison tobacco is. It is not only harmful to the smokers themselves, but it poisons the air we breathe. If men could but realize the evil effect it has upon the nervous system, they would let it alone. Anyone who gives himself over to smoking, sells himself into slavery.

### Avoid Every Form of Dissipation

To maintain youth, to keep young, we must avoid all forms of self-abuse, alcohol, tobacco, opium, morphine, and all narcotic dope of that sort. To use narcotics means abuse of the body, the temple that God has given us. He has only loaned it to you and to me for a season to use profitably. We are bought with a price, and God wants us to honor him by keeping these bodies in health. We should maintain health so that we can share with others the burdens of life and help them to do good in the world. We must turn aside from every form of dissipation, for that simply means self-abuse.

All forms of dope, whether it be cocaine or coffee, tea or tobacco, opium or alcohol, injure the body and tend to destruction. You know if you turn to books on dietetics, you find that coffee and tea are described as narcotics without any food value. They are not necessary to health at all, but quite the reverse. It is obedience to the laws of our being that brings life, and disobedience that brings destruction. Obedience makes for health and happiness, and disobedience, surely as night follows day, makes for sickness and sorrow and death. Let us learn the lesson of the simple life. Let us avoid artificialities. Let us live in the sunshine and the fresh air. The people who like to keep young like to be happy and smiling; they like the fresh air, the bright sunshine, the music of the birds and the fragrance of the flowers.

### Be Active

Do you know that to keep young you must keep going? The man that retires from business and goes home to rest and do nothing is the man that breaks up fast and soon retires to

the cemetery. Keep going. I remember a lady who for years had been suffering from rheumatism. When she came to me she had to walk with a cane, but she said she was going to keep going. She was past seventy, but she was undaunted and kept going. She came for massage and baths. Nothing could discourage her. She was as full of sunshine as the brightest day. That old lady had rheumatism so badly that her fingers were deformed, but she would sit and knit for the soldiers, and I wondered how in the world she could do it, for her hands were so crippled. But she was never idle. I believe the only time she was quiet was when she was asleep.

Worry is a curse and idleness makes mischief. It would be a blessing if it were possible for all of us to do some physical labor every day. Be active if you want to keep young. Keep going. Don't give up. We can't realize the great evil of idleness. Muscles are made strong by use, not by idleness. Make up your mind that you will never give up. The very moment that we give ourselves to an inactive life, we begin to lose tone and weaken, and physical degeneration results. Work is a blessing and idleness a curse.

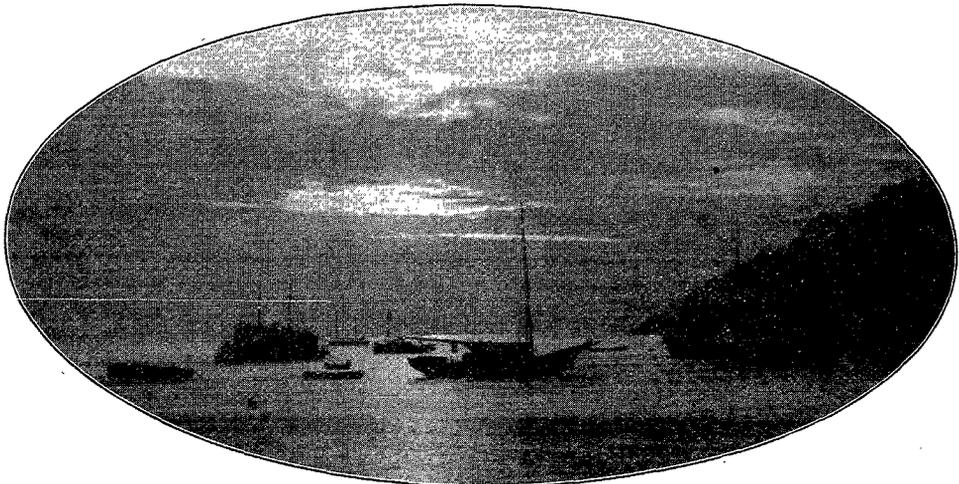
### Be Joyful

The very foundation of joy is peace. You know Christ said when he went away, "My peace I give unto you." It is for you, and it is for everyone that is willing to receive it. Peace is a wonderful thing—peace of body and peace of soul gives confidence and joy and

the spirit of youth. We are never old in God's sight. We are his children. We are the children of the heavenly King. That is a glorious thought. That fact should fill us full of joy and hope. It is an inspiration to the soul. It is the greatest mistake to think that religion is a sad and sorrowful thing and gives long faces overshadowed with misery. The right kind of religion gives a broad smiling face. The Father wants us to be happy and joyful. He wants us to be full of joy, to rejoice always. Be thankful in the morning when you get up, thankful that you can open your eyes, thankful for the refreshing sleep, thankful that you can work for Him another day. We certainly have enough to be joyful for.

Try counting your blessings. It is a great deal better than counting your miseries. Peace and joy give calmness and contentment. We wouldn't do so many heedless things if we had peace. But we get in such a rush. It is a good thing to be calm. We all have plenty of time. If we stop to think of it, we just shorten our lives by rushing on heedlessly. We must realize that if we want to be successful we must think and meditate.

If we live with our children as we ought to and give them the thought and care that they require, we will catch from them the laughter of childhood and the smile of youth, and thus we shall keep young. Therefore, friends, be joyful. Remember that we are children always—children of the Heavenly Father.



# Transforming One Hundred Families

Caroline Louise Clough

“GIVE us this day—give us this day— give us this day—some potatoes,” said a little five-year-old Italian girl one night in her prayer to God after Miss Remington had delivered to the family enough bread for two days. The child’s older sister said, “That is not right, why do you say it that way.” “Well, we’ve got bread,” said the little one.

This family lived in a large tenement house in Buffalo, New York, where there were one hundred families—one thousand and forty people—and some with large families of seven children all living in one room.

Miss Mary E. Remington is an earnest Christian woman of whose work we learned through Mrs. A. S. Steele, the mother of more than twelve hundred neglected children of the Southland, who frequently visits our work at Hinsdale. Miss Remington had located in Buffalo just across the street from this large tenement block.

## She Soon Saw Her Opportunity

Unlike the young woman who thought she had a call to go to a foreign field and labor for the Italians, the Indians, Chinese or Africans, while she did not so much as look at the Italians who lived across the hall from her, Miss Remington was stirred with a great desire to move into this Italian center and clean it up.

Like the man who found a treasure in the field and then went and sold all that he had to buy that field, she was willing to give all that she had that she might buy that block and help those people. The price of the building was placed at ten thousand dollars, but she was offered it on easy terms, and she took her small savings of \$200.00 from the bank, gave up whatever possessions she had, and purchased the house.

She then asked the carpenter to go and see how much it would cost to fix the building up for the work that she wanted to do. He looked around, held on to his nose and said, “You do not mean that *you* are coming here to live.” She showed him that that was just what she meant. He then said, “You will have to spend a thousand dollars to get it in any kind of shape.” The man was so im-

pressed with her determination that he said, “I’ll take my part of the job and will not trouble you one bit about the pay. Pay me just what you can, if it is only a dollar at a time, and I’ll wait as long as you need.” Miss Remington then got the paper hanger, painter and plumber all to do as the carpenter had promised to do.

## A Glimpse of the Conditions

To get a glimpse of the conditions, Miss Remington gave one or two instances:



Miss Mary E. Remington.

“One day a woman came rushing down to my door, almost crying and so excited that she could hardly talk, and she kept telling me to come with her. Finally I went up stairs with her, and there was a new spread on her bed all soiled from the water which came through the floor above where a woman had been scrubbing her room. Usually when they washed their floors they poured on four or five pails of water, took a broom, shoved it

around a few times, took up the water with a shovel and threw it out of the window. I pitied this woman and tried to make her feel better about it, telling her she might bring the spread down to my laundry and I'd help her clean it, but she said, 'No you aren't going to clean it, but you stop this woman from making so much water come through.' I told her not to go near the woman, that I would see her and tell her to be more careful.

"By this time I noticed that her floor had just been cleaned, so I thought she had probably done the same thing, and I said to her, 'Come with me,' and I started downstairs, but she said, 'No, upstairs, upstairs.' I said, 'No, you come with me,' and I took her into

hardly blame her for being a little angry. I turned to the woman with me and said, 'Now, you see, this is what you did. When you get so that you can clean your floor and not let the water leak down, I'll get the woman over you to scrub so that the water won't come through on you.'"

Heavy, dirty, wet cord wood was fished out of the canal and brought right into their living rooms and chopped on the floor, so the ceilings were all in very bad shape from this chopping. To remedy this Miss Remington cleaned out the basement and provided a woodshed with lock and key for each tenant and a place to cut the wood.

When Miss Remington took charge of the



Miss Remington's "Band of Hope" Waiting for the Doors to Open.

the room directly under her room, and I wish you could have seen the woman in there when she saw me and who was with me. She was going to fight right away. I kept between the two and tried to quiet them down, but it took some time before I could get in any word. Finally I found out what made this woman so enraged.

She had a lot of bread raised, ready for the oven. The bread was all dirt or mud from the ceiling above where the woman who was with me had washed her floor. You could

building, forty-one of the one hundred families were receiving help from the poor office, but in two years the situation was entirely changed, and she states that she has never lost a cent of rent since she took the building.

#### Providence at Work

She had some interesting experiences in answer to prayer for money to make the payments on the building. One time just after a new State law governing tenement buildings had been passed, which meant \$3,000.00 improvements in her building, it really looked as

if the work must be given up. Miss Remington said, "I had been especially troubled about it one day, and was wishing I could know whether it was the Lord's will that I give it up or go on. I had my Bible in my hand. It seemed to open to these words, 'Tomorrow before that time the sun be hot ye shall have help.' From that time on I never had a doubt about it being the right thing to stay."

The work which Miss Remington and her helpers have done, not only through their lives and their helpful ministry, but in holding Sunday school classes, cooking and sewing classes for the girls and women, classes for the boys in manual training, basketry classes, shoe repairing and also holding mothers' meetings, might be summed up in one statement of an Italian woman who said that she never half lived till she came to the mothers' meeting. The singing classes, Try-to-Do-Right Club, Men's Club, Temperance Society, Kindergarten Class, library, nursery and such activities have wrought a remarkable change in this old tenement block where live these dark haired, brown-eyed inhabitants from across the sea.

#### Labored for Wayward Girls

On near by streets were located many questionable resorts. While Miss Remington felt her first duty was to care for her Italian families, yet her large heart reached out to the wayward sisters just beyond her doors, and in speaking of her experience with one girl she said, "I have worked and worked with her, and though it does not seem to do any good, I do not believe that it is all wasted, for I really think that some time she will turn around and live a decent life. It makes me feel more and more that we must work harder than ever for these hundreds of children." Again she said, "Whenever I hear from Laura it gives me more courage to try to do something for some of these poor, miserable women that are on the street."

Five years after Laura's conversion she wrote Miss Remington as follows: "I can't keep from writing this letter to you today, for it is the anniversary of my new life. I am just five years old this week. I wonder if you remember just five years ago today, and the day before as well as I do. Oh, Miss Remington, it makes me shudder to think of those days and how you found me! I can't be thankful enough that you came down there

and started that mission, for I should have been forever lost if you had not come and found me, and then how you did work for me—I can never forget it. The Lord saved me at that time and He has kept me ever since, and I know He will keep me till the end. I pray for you every day that you may live to carry on that work for many years, and that you may be able to have the desire of your heart granted and be able to see Canal street a clean street. Give my love to any of the women that you know that I know, and tell them that I am praying for them, and tell them that Jesus alone is able to save them. It seems so terrible that they are so blind; but I know just how it is with them, for I was there twelve long years, and they were long ones, too. You never will know till you get over yonder what you did for me. Go, dear sister, and may the dear Lord help you and give you courage as He has in the past. I cannot find words to express the feelings that I have today as I think of what I was saved from five years ago.

"Your sister in Christ,  
"LAURA GOODMAN."

#### Took Another Tenement in Charge

Miss Remington was asked to take under her charge another tenement-house which she finally decided to do. Living in this house she found what she called "very undesirable tenants." The first day she went down to collect her rent, it should have been \$106.00, and she received \$18.00. She said, "The easy way to have done would have been to put them all out, but I made up my mind that I would never meet those women and have them tell me I didn't give them a chance for their lives. So I did all I could to help them live as they should." She said, "The building is now clean and wholesome and there is a long waiting list. If I had the strength I should like to take about twenty tenements that I know of and clean them out and make them decent for people to live in."

Five years ago Miss Remington made this statement about her work:

"Sixteen years ago, when we came here to live, nearly every house on Canal street, as well as most of those on the adjoining streets, were dives, dance halls or saloons. Most of those dives were kept by women and now there is not one in this region. I have gotten over one hundred women who were living

this awful life, off the street. They are now with parents or friends and are living good, Christian lives today, and I am in touch with many of them."

### The Reason Why

The reason why we have taken the time and space to give our readers a glimpse of Miss Remington's work is because of the example she has set for others. Why should we stand like the proud Pharisee and draw our own clean garments about us, and say, "Lord, I thank Thee that I am not as other men are," when people on every hand are in need of our help, our sympathy and our love? The Lord may not be asking you to take a block of one thousand people and lead them to Christ. But you can begin to work for the family nearest you that needs help. Oh, that the Lord may open our eyes that we may see our duty as God sees it, and have nothing but love, sympathy and kindness for the erring and unfortunate. When you do good, "then shall thy light rise in obscurity, and thy darkness be as the noonday, and the Lord shall guide thee continually, and satisfy thy

soul in drought and make fat thy bones, and thou shalt be like a garden of perfume (Spur-rel's translation) and like a spring of water whose waters fail not." Isa. 58:10,11.

### ELEVEN YEARS WITH NO CHRISTMAS PRESENT

A man in the Indiana State Penitentiary writes: "Please accept my thanks for The Life Boat. It was an inspiration to me. The work you are doing surely is a noble work. This is your busy month, I suppose, and many presents will be given and received. I have been here eleven years and have never received even a pair of suspenders or anything except your kind letters and THE LIFE BOAT you sent me."

Another special Prisoners' LIFE BOAT will be published in May. We are just now collecting the funds for this purpose. How much will you give to send the gospel to the down-hearted and discouraged souls behind the bars?

## SERMONS WE SEE

EDGAR A. GUEST

(Member of Detroit Council, Pathfinders of America)

I'd rather see a sermon than hear one any day,  
I'd rather one should walk with me than merely tell the way.  
The eye's a better pupil and more willing than the ear,  
Fine counsel is confusing, but example's always clear,  
And the best of all the preachers are the men who live their creeds  
For to see good put in action is what everybody needs.

I can soon learn to do it if you'll let me see it done,  
I can watch your hands in action, but your tongue too fast may run,  
And the lectures you deliver may be very wise and true,  
But I'd rather get my lessons by observing what you do;  
For I may misunderstand you and the high advice you give,  
But there's no misunderstanding how you act and how you live.

When I see a deed of kindness I am eager to be kind,  
When a weaker brother stumbles, and a strong man stays behind  
Just to see if he can help him, then the wish grows strong in me  
To become as big and thoughtful as I know that friend to be,  
And all travelers can witness that the best of guides today  
Is not the one who tells them, but the one who shows the way.

One good man teaches many, men believe what they behold,  
One deed of kindness noticed is worth forty that are told,  
Who stands with men of honor learns to hold his honor dear,  
For right living speaks a language which to every one is clear,  
Though an able speaker charms me with his eloquence, I say,  
I'd rather see a sermon than to hear one any day.

—From *San Quentin Bulletin*.



## FOOTPRINTS OF FAITH

David Paulson, M. D.

Ever since the death of Dr. David Paulson, the man of great faith who led out in the establishment of the work at Hinsdale which is represented by this magazine and three splendid institutions, there has come to our ears repeatedly a request for the publication of the marvelous story of the triumphs of faith connected with the history of the medical missionary work centered at Hinsdale.

The development of the work is so closely entwined around the life of its chief promoter that we first call the attention of our readers to some incidents in the early life of Dr. Paulson which will be of help to young people who might otherwise allow themselves to drift away from their ideals in life. As far as possible we shall tell the story in Dr. Paulson's own words culled from file copies of his letters, talks and lectures.—Editor.

### A Test of Faith Early in Life

SOME OF you have prayed for some special thing and your prayer was not answered, and so you felt discouraged. When I was a mere lad my father hired me out to herd cattle on the Western plains. Other boys had ponies, but my father could not afford to buy me one, so I had to stub my bare feet; and I had a sorry time of it.

I asked the Lord to send me a pony, and every time I saw some-one drive down the road with a pony, I thought, Here is God answering my prayer, but each time I was grievously disappointed. It was many years afterward before I found out why the Lord did not send me a pony. I have had to do much hard work in my life which required sound muscle. The muscles in my limbs are

almost as hard as wood, and I developed them chasing after the cattle bare-footed. If the Lord had answered my prayer, the pony would have gotten the muscle and I would not. The Lord looked ahead and knew it was not best for me to have my prayer answered. But I did not make the mistake some folks have made; I kept right on praying for other things which the Lord has given me.

The reason some of you have not had your prayers answered is because you are praying for ponies. Moses must have had a terrible disappointment when he had to herd sheep for years and years. He never would have planned it that way, but finally he saw in it a burning bush, yea, a great mission for

his life. It put character into him, it made him the leader of a great nation. So the Lord can take the most grievous disappoint-

Lives of great men all re-  
mind us  
We can make our lives  
sublime,  
And, departing, leave be-  
hind us  
Footprints on the sands  
of time;—  
Footprints, that perhaps  
another,  
Sailing o'er life's solemn  
main,  
A forlorn and shipwrecked  
brother,  
Seeing, shall take heart  
again.

—Longfellow.

ment in your life and show you the burning bush in it.

### The Diphtheria and a Dying Promise

When I was seventeen years old, an epidemic of virulent diphtheria invaded our neighborhood. An older brother died of it after a few days' illness. I contracted the disease, and directly was at death's door. I heard them say there was no chance of my living but a few hours. I had had the religious experience of the average young people of our church, that I knew, yet I might as well have tried to make a plank reach across the Atlantic Ocean as to have made the faith I had in Christ tide me over to the next world. In other words, somehow I had missed the *real* thing.

In the agony of my soul I told the Lord that if He would raise me up I would unreservedly dedicate my life to Him, and he answered my prayer. I then appreciated the necessity for some sort of a preparation.

I had grown up on the Western plains with practically no educational advantages. I could not have told the difference between a noun and a verb if I had met them on the street.

### Experience in Getting an Education

A couple of years rolled by, and by almost Herculean efforts I secured enough money to carry me through one year in Battle Creek College. When that year was over, I knew I had only scratched the surface of an education. I decided to go to work for the Battle Creek Sanitarium during the summer vacation, with the hope that they might permit me to continue to work for them for my expenses while going to school the next year.

I got up early in the morning and carried hot water to the patients' rooms; I washed tinware in the kitchen during the day, then ran calls in the evening until ten o'clock. I beat carpets, scrubbed floors, washed windows, tacked down carpets, and did a hundred and one other things that a boy naturally dislikes to do. The physical strain of that program nearly cost me my life, but the Lord helped me to win the good will of the managers, and when practically all other applications for student help were refused, mine was accepted.

Meanwhile at the College the good Lord was using the teachers to satisfy an insatiable thirst for knowledge that He had planted in my soul.

Time rolled on, and I was promoted to be night watchman for the latter half of the night. That gave me a little chance to study between the regular rounds while I was on duty. At the same time, it was extremely difficult, in a great noisy institution, to get enough sleep early in the night to keep one's nerves in the right tone.

The small salary I received in the summer time enabled me to get my clothing; what I earned at the sanitarium during the school year practically covered my other expenses. Finally after three years I was graduated.

### Compelled to Study While Working

At that time how I envied the boys and girls who did not have to work their way through school; but now I feel sorry for some of them—and why? Because in order to get my education I was *compelled* to learn the trick of studying and working at the same time. Most students, when they begin to work, cease to study, and when they begin to study again, stop work. I learned to do both at the *same time*, and this habit has been of priceless value to me, as it enables me to do about the same amount of study each year as I did when I went to college, and that without slighting any of the ordinary duties that life has brought to me.

Let me say to those who are compelled to "work their finger nails off" in order to secure an education, instead of murmuring at your lot, thank the Lord for the opportunity. The man who does not learn to study and work at the same time, will, within a few years after he has begun his life work, have forgotten nine-tenths of what he learned, and so will soon be left far behind in life's struggle.

In conclusion, I would say, dedicate your life fully and completely to the Master. Don't wait for an attack of diphtheria or a glimpse of an open grave to lead you to do so. Not until you have thus dedicated yourself, do things begin to come your way in a manner that makes life full of agreeable surprises at every turn of the road.

(Continued in next number)

## The Two Hearts

D. H. Kress, M. D.

MR. SPURGEON asked a young girl who came to him wishing to unite with the church, "have you a good heart?" She replied, "Yes, sir." Mr. Spurgeon said, "Have you thought over that question? Have you not an evil heart?" "Why," she responded, "I know I have a good heart, because God has given me a new heart and a right spirit; and I also know that I have an evil heart, for I often find it fighting against my new heart."

The girl's theology was right. Human hearts are fashioned alike. There is no difference. The heart is "deceitful above all things and *desperately wicked*." Jer. 17:9. "Yea, also the heart of the sons of men is full of evil." Eccl. 9:3. "Out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies; these are the things that defile a man." Matt. 15:19. In these few scriptures we have a faithful description given of the human heart by the One who alone knows the heart of man. He that trusteth in his own heart is a fool.

To the one who turns away from his own heart and ceases to put confidence in it, and turns to God for help, He gives a new heart. "A new heart also will I give you, and a new spirit will I put within you. And I will put my spirit within you and cause you to walk in my statutes, and ye shall keep my judgments and do them. Then shall ye remember your own evil ways and your doings that were not good and shall loathe yourselves in your own sight for your iniquities, and for your abominations." Eze. 36:26-31. This is the change that takes place at conversion. We still have the old heart, but refuse to trust in it, or be guided by its promptings. We accept by faith all that the searcher of hearts says concerning it. As time goes by we become better acquainted with it and our confidence in it diminishes while our faith in God increases. Test after test is permitted to come to reveal what is in the heart, that we may forever turn away from it. To Israel God said, "Thou shalt remember all the way which the Lord thy God led thee—to humble thee, to prove thee, to know what is in thine heart, whether thou wouldest keep his commandments or no." Deut. 8:2.

We are unacquainted with the human heart until tested. When Jesus said to Peter, "Satan hath desired to have you that he may sift you as wheat, but I have prayed for you that your faith fail not and when you are converted strengthen your brethren," Peter was offended. He felt that Jesus did not understand him. He thought he had been converted, and this was true, but Peter was as yet unacquainted with the deceitfulness of his own heart. He needed not merely *one* conversion, it was to be a daily experience. When Jesus said, "You shall be offended be-



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cause of me," again Peter said, "Though all should forsake Thee yet will not I." He could see elements in the hearts of the other disciples that he thought might, if put to test, lead them to forsake Christ, but *he* never would. His heart was different from the others. He was trusting in his own heart and his folly soon became apparent.

The young girl who came to Mr. Spurgeon and in answer to his questions said she had "two hearts," one that the Lord had given her, and the other an evil heart which she possessed by nature, was right. We renounce the old heart at conversion, and express our purpose to place no confidence in it. In this

sense the old heart is taken away. But it still dwells within us, and daily tests make us painfully conscious of this. Paul says, "I know that in me, that is in my flesh dwelleth no good thing." Paul knew himself, and knowing himself, he placed no confidence in himself. The time came when Peter too could say, "We are the circumcision which worship God in the spirit and have no confidence in the flesh."

Loss of confidence in the flesh leads to confidence in a power outside of ourselves. It paves the way for the reception of the new heart, possessing new desires and aspirations. The promptings of the old nature is still with us. "The flesh lusteth against the spirit and the spirit against the flesh so that ye cannot do the things that ye would." "Walk in the spirit and ye shall not fulfill the lusts of the flesh." "They that are of the flesh do mind the things of the flesh and they that are of the spirit, the things of the spirit." The change is progressive. Conversion is a daily matter, and the work of a life time. "I die daily," said Paul. The outward man perishes, while the inward man is renewed, "day by day" in "beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory." 2 Cor. 3:18. The time is coming when we shall see him as he is and "shall be like him." 1 Jno. 3:1-3. Because we possess still the old heart is no excuse for us to be governed by it. The new heart becomes the controlling factor. The divine nature has the ascendancy, it brings aid, holds in subjection the human. "Who shall deliver me from this body of death?" Paul recognized that there must be a power outside of himself to give victory over this body. He answered, "I thank God through Jesus Christ. To as many as received him, to them gave He power to become sons of God." Jno. 1:13.

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Leaning toward a sin is as bad as taking it in your arms.—*Ram's Horn.*

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We can do more good by being good than in any other way.—*Rowland Hill.*

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"Things are moving so fast nowadays that people who say it can't be done are interrupted by some one doing it."



## JUAN DE DIOS

Pearl Waggoner Howard

**J**UST a tiny Indian lad  
Bare of foot and thinly clad,  
Standing with a native grace,—  
Eager look on dirt-smeared face!  
"Cunsa muntam"? ask once more,  
As he knocks upon the door—  
("What do you want?) and then is said  
Always "Tanta, tanta," ("Bread.")

**S**UCH a tiny, wistful lad,  
Always hungry, almost sad!  
Knows as yet of nothing higher  
Than his heart's unique desire,—  
Knows his craving,—wants some bread;  
Nothing else will do instead.  
Now he holds his treasure tight,—  
Turns away with visage bright.

**T**INY lad with wistful face  
Stands as spokesman for his race!  
For by thousands, lo, they stand  
With longing heart and outstretched  
hand,—  
Hopeless, wearied by earth's strife,  
Hungry for the Bread of Life.  
Who will go? or who will give,  
Sending Bread that these may live?

Moho, Peru, S. A.

## A TESTIMONY AT VOLUNTEER MEETING

MRS. A. S. STEELE

It means something to be volunteers and to willingly go out and devote your lives to the service of the Master. It is the best business in the world. I presume that most of you have had early Christian training. If so, you have had a good start.

It was my privilege to have a good Christian mother who taught me the Bible. But until I consecrated myself to the Lord, it didn't mean very much. Many people think it foolish to give little children a Christian training, but it is the best time to begin. God said, "My word will not return unto me void."

My heart was set on the things of the world, but my mother didn't allow me to go to any places of amusement, and I thought that she was very strict. I thought that when I got older, I would have my own way. I was a wretched girl. I wondered if I should go on with my sinful plans or give my heart to God. Finally, I am glad to say that God's spirit won. I was converted at fourteen years of age. I remember so well of going in my closet and pouring my heart out to the Lord, and I asked him to forgive me for the sinful thoughts I had. I knew He loved me, and I knew He wouldn't require anything of any child of His that wasn't for their own good. Of course He said, "If any man will come after Me, let him deny himself, and take up his cross daily and follow Me."

It means that we must be self-denying, but we soon become so overjoyed with the peace that God gives us that we don't think it a cross any more. I know that after I had given my heart to God, it seemed that everything looked so beautiful and I wondered what had happened, and then I thought, "Why, it's the peace of God in my soul." I never can forget that peace I experienced. I thought, "now I will give myself to the Lord and I will do just what He wants me to do." So I started to read my Bible.

You are going out into an unsympathetic world. As workers you will find plenty of people whose hearts are not at all inclined to listen to the truth, but if they scoff at you, you know that you are walking in His steps.

When I first became converted at fourteen, I was so happy I wanted to tell someone else

about it, and I knew I didn't dare to say anything to the older folks, because they knew what a selfish and willful thing I was, so I talked to my school friends, but they laughed at me, because they had never heard me talk to them about God before. It made me feel so bad to think they would laugh at me. I went home crying and went to my room and talked to the Lord. I said, "Lord I want to stand for You and do as You want me to, but how can I stand to be made fun of?" But His Spirit said, "Can't you bear a little for Jesus? Think of how much He did for you." And I felt encouraged.

I remember the first time I prayed aloud. I was at a prayer meeting, and the only young person there. When I got up from praying somehow I slipped and fell from my chair. I felt so embarrassed I thought to myself, "I will never pray aloud again," and then I thought "Is that the way to think?" I feel that there is nothing we can do, nothing we can endure, and nothing we can suffer for Jesus, that we will be sorry for afterward.

I am now seventy-seven years old, and God has kept me and spared me through much danger and trials, some that it seemed I could not bear, but he has enriched my soul, and I will say that I have gotten the best of the bargain.

I started a home thirty-six years ago for the poor colored children of the South, and I am glad that the Lord called me to do that. I had studied and prayed and said, "Lord, if you will just accept the desire of my heart and show me what to do, I will do as you lead." I tell you it is a joy to be under His care and keeping. I have had a good many of my friends scorn me and say what a terrible thing it was for me to work with the colored people, and yet they send missionaries over to Africa and different foreign fields, and don't think anything of it. They honor them, they send them money and support them. But our poor colored people here in the homeland they don't care anything about.

I have had the joy of seeing the colored people converted and I have taught them, and I live there with them and call it my home. It is Jesus' home. Jesus said, "Inasmuch as ye have done it unto one of the least of these, My brethren, ye have done it unto

Me," and he also said, "Go ye into all the world and preach the Gospel."

Let me urge you to give your all to Him and to consecrate your lives anew. Jesus said we cannot serve God and mammon. May we live so that we can say like Paul, "I live, yet not I, but Christ liveth in me." Don't think of the trials and persecutions, they are only steps upward. He will always care for us if we put our trust in Him. Try it and see. May He richly bless you.

### SOME OF OUR SAD CASES

MAUD WILSON COBB

MATRON, LIFE BOAT RESCUE HOME

Today it seems hard to know how to solve some of our problems. If we did not believe God has a care over the unfortunate, those whose hearts ache, and who are tempted and are weak and lonely and discouraged, at times the world would grow dizzy and dim with shadows. Nothing but darkness appears in their lives. These poor ones are God's children, and we believe they are not lost from his sight, so it is with love that we try to solve some of the many problems.

Today in our home is a mother, young in years, although her eyes are heavy with

care and grief, for circumstances and death have robbed her of husband and her own mother who would have helped her at this time. With her consent her husband joined the navy about two and a half years ago, under an assumed name because he had been refused to join the army on account of his three children and being under weight. But as a single man he joined the navy. He sailed away to France. After reaching port he wrote to his wife sending her his picture in uniform, and stating that he would send her part of his pay. He knew she was with her mother who could help care for her. Another baby came after he had been away a few months. All went well with this little family until the grandmother died very suddenly. Then the young mother and four children had to leave the farm where they had been happy, and came back to Chicago.

For one year and a half this mother has tried to keep her little family together. She has boarded the children in a day nursery and cared for them at night. She has denied herself food and lived on one meal a day that her children might have an extra meal, but at last sickness compelled the little mother to lose her position. She could not pay her



WORTH SAVING  
The Four Sweet Children Who Are Now Staying at the Home.

expenses and applied to different charities to aid her, but with no proof that her husband was in the Navy the Government could not help her and it seemed others thought it best for her to give her children away as she could not support them all and had no one to help her.

The little mother was on the verge of a mental break down. She could not give her oldest child away for she had had her thirteen years and she was the rose of the family, and her little ten-year-old girl whose quiet modest ways had won the heart of the mother,—she could not give her up,—and Jack so much like his father and only four years old in a few weeks, the little man of the family who in his baby way tries to appear big and wipes his mother's tears away and says, "Don't 'oo ky no more, vy don't 'oo smile?" No, not for a thousand worlds could she give Jack away. But one more remains, little Mazie the baby. She has only been with them two and one-half years but she has been the baby. Rose has helped care for her while the mother worked, and they have all looked for the time when the father would return, to show him the new baby that came after he left for the war. They know he will come back if he is not dead, for there never was any trouble until he wanted to be a soldier. So the baby cannot be given away.

When I remarked how well nourished the children looked, the little mother stretched her poor arms forward and said, "Yes, they are well fed, but you wouldn't know I was the same as I was three years ago. I have lived on one meal a day so that these little ones might have a plenty."

We are pleased to see this mother gaining new color and gaining in weight, while she rests in our Home. We are planning and praying that the way may open that a few rooms may be secured and the children may be kept with their own mother. She is able to do any work that she may be home at night or can take work into her home. The children are all in need of clothing, shoes and rubbers. Any one who would be in a position to, send canned fruit or dried fruit or grains or any line of food, it would be appreciated, for the children are hearty and we want to keep them well, and prove to this little family that somebody cares. For the mother will

not forsake her own even at the cost of her life.

Another little wanderer is being sheltered in our home at this time. Little six-year-old Louie. He has not always been waiting to be adopted. One time when he was just one day old a big man and a woman came to a hospital ward in a Southern state and wanted him. A year before they had taken another baby one day old. They wanted all their friends to believe that these two boys belonged to them by birth, so they did not legally adopt them. They did not think that they might die and leave the children with no right to their property, but today, both of these children after six and eight years of care under a tutor and servants in a wealthy home are now looking for parents to adopt them legally. The older boy has been legally adopted, and Louie is now waiting for some one to take him. He is unusually bright and very well trained,—would fit into any well regulated family. He wants to go on a farm to live. He loves animals, especially horses. He is very strong and always has had good health. He traveled alone and cared for himself from Atlanta, Ga., to this place. He cares for himself, awakens early in the morning, arranges his toilet with no assistance, also retires for the night with no help. He arranges his clothing with care and neatness on the chair by his bed. He is very affectionate and has a care for the comfort of those about him. We are anxious for him at this time because we do not want to spoil the training the child has had, and it is no easy task to care for a child of this age in our home and give him the care he has had in a private home, not being used to playing with other children, and now for the first time in school he needs special care.

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#### "NEVER KNEW THERE WAS SUCH GOOD READING"

A Pennsylvania prisoner writes us for the first time: "Some time ago I read *THE LIFE BOAT* and appreciated it very much and the work it carries on. In fact, I never knew there was such good reading for every Christian until I came here. If I had the money I would gladly subscribe for a worthy periodical such as *THE LIFE BOAT* is."

# Completing the Fifteenth Business Year at Hinsdale

Julius Paulson

[We are giving in this article a glimpse of the progress of the work at Hinsdale during the past year; as told by Mr. Paulson at the occasion of the annual meeting, Nov. 25, 1919.—Ed.]

AT the time of our last annual meeting, the great world war, which had raged for more than four years, had just closed. It was hoped that very soon the unsettled state which had prevailed throughout the war would change and that quickly we would go back to normal, pre-war conditions. This, however, has not been the case. Instead, more unsettled conditions have prevailed the past year than at any time during the war.

It has been difficult for us to keep pace with these rapidly changing conditions; and with the constantly soaring prices, at times we have not been sure that we were running on a reasonable profitable basis. But at the end of this fiscal year, when we have carefully reviewed our work, it is a source of great satisfaction to us to be able to report again that this year has been more successful financially than any preceding years. This is all the more gratifying when we remember our institution has had to pay interest on a large amount of borrowed money, besides having given charity, discounts and entertainments to guests amounting to more than \$17,000.00.

Throughout practically the whole year, every available room, sun parlor and doctor's waiting room has been used for guests. Even then, it has been necessary to refuse admittance to a number of patients daily. Much of the time our workers and nurses have been taxed almost beyond the limit of endurance. As heretofore, they have willingly risen to the occasion and have co-operated loyally in the performance of the necessary work and to them is largely due the splendid success that has attended the work.

Although during the past year many new nurses and helpers have joined our family, there has been no change of personnel in our management. Ever since the death of Dr. David Paulson, we have made almost constant endeavor to further strengthen our medical department. After months of effort, we finally prevailed on Dr. J. F. Morse of Porto Rico to leave his work there and come

to Hinsdale to connect with our institution as Medical Superintendent. He will arrive to fill this position about May 1. We also feel that we are very fortunate in being able to secure the services of Dr. A. B. Olsen of Caterham, England, meanwhile.

## The Good Samaritan Inn

The work of our Good Samaritan Inn is very encouraging. Practically all the rooms have been filled throughout the year. The receipts are fifty per cent greater than last year. It is, of course, understood that the charges at the Inn are very low so that even at best it is scarcely self-supporting. There is maintained an excellent Christian atmosphere and many encouraging reports come to us as a result of its influence and work. The Lord is surely blessing the faithful efforts of Mrs. Swanson, the matron, and her co-workers.

## Our Medical Missionary Activities

For a number of years, our institution has carried on in connection with its nurses' training course, a special effort consisting of city work in Chicago. During the first year of training, the members of the class spend several weeks in Chicago and neighboring towns selling literature, doing practical missionary work, visiting and treating the sick, and conducting weekly services in the jail. Since July of this year, the city workers, in connection with the above mentioned work, have sold 7,085 of our magazines, given away 4,621 and sold 215 copies of the book "Epidemics." During the recent riot in Chicago they distributed in the stricken district a large amount of clothing which was much appreciated and gratefully received.

Recently, we have secured Miss Zada Hibben to take charge of our city work. Plans are being laid for carrying on a strong health and missionary propaganda such as conducting schools of health in churches, schools, etc.

## Four Nurses Gone as Foreign Missionaries

There has been much good accomplished for

## THE LIFE BOAT

those to whom our city workers have ministered, and the nurses themselves have had their own Christian experience strengthened as a result of their efforts to help others. Many of our nurses when they have gone out to do this kind of work, seeing the great need of Christian service, have had kindled in their hearts the desire to devote themselves to missionary effort and this has later resulted in their going to distant fields as medical missionaries. It is a source of much satisfaction to us that so many of those who graduate from this

therefore, we are earnestly endeavoring to make our spiritual work as strong as possible. It may be interesting to note in this connection that during the past fiscal year fifteen members of our family have been baptized.

### Greater Educational Opportunities

For a number of years past we have had in connection with our institution an intermediate school carrying the ninth grade. This year we made arrangements for adding also the tenth grade and have included in these



Left:

Bricklayers at work in zero weather. A force of about twenty men are working on this wall and will have it completed before this LIFE BOAT reaches its readers.

Right:

East View of New Part of the Hinsdale Sanitarium Showing the First Floor Wall Nearly Laid.



institution go out with an earnest desire to give themselves for service in connection with God's cause. During the past year, four of our graduates have been sent by our Mission Board as workers to South America.

We believe that the spiritual welfare of our workers is of prime importance to the progress and success of our sanitarium work. It is not sufficient that our nurses should be able to efficiently use the medical knowledge they acquire through their studies, but they should also be able to minister to sin-sick souls,

two grades the eighth grade from our church school. The principal work of the school is being carried on by Miss Fyrnn Ford and Miss Louise Dedeker. There are twenty-five pupils taking this work. Besides doing splendid class work, the teachers have been successful in so thoroughly winning the confidence and good-will of their pupils that they have been able to help mould the lives of these young people and practically every one of them are preparing themselves so that later

on they may become efficient workers in connection with God's cause.

### Putting Up New Buildings

Due to the constantly increasing patronage and the large number of patients who were daily refused admittance for lack of room, early in the year it became apparent, if we were going to care for all who wished to come to us, we must build an addition to our sanitarium. Our board, after giving the matter careful study, decided to build to the south of our present main building an addition consisting of fifty-one patients' rooms, parlor, writing room, library, six sun parlors, work cure, treatment room for bedridden patients and chapel of sufficient size to accommodate our increasing demands. This also made it necessary to enlarge and alter nearly every other department in the institution.

As we carefully review the work of the past year, we see where we have made many mistakes and put into it our own human imperfections. Yet we are grateful to the Lord that, notwithstanding these mistakes, He has, in a signal manner, blessed our efforts and we are able to see so many places where His hand has led us. We look into the future with hope and courage.

Soon we will have completed the beautiful new additions which will give us every facility that could be desired to care for our patients and yet I know that we may have all these and still make a failure of this work, for "Except the Lord build the house they labor in vain that build it." I do not believe that our leaders would have any interest in being connected with this institution and work for its upbuilding if it were merely a commercial enterprise. We can have no excuse for operating this sanitarium unless the chief purpose is to train medical missionaries who will give their lives and energies to the furtherance of the Cause which we love.

The founders of this institution had a broad vision of what they believed to be a medical evangelistic sanitarium. They tried to build according to the pattern they found in the Bible and only in as far as we continue to follow that pattern will the institution prosper.

I hope and believe that all our workers have set a high standard for themselves and have consecrated their lives to unselfish service for others and that we may unitedly work to-

gether to accomplish the purpose that the Lord has for the Hinsdale Sanitarium and thus reach the high ideal that He has placed before us.

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### PRAY FOR ME

J. G. LAMSON

In one of the last religious exercises of Emmanuel Missionary College at last school year, I told the students of a similar meeting in old Battle Creek College, in which I suggested that after we had separated if one of our fellow students were vividly brought to our mind at any time, we were to take it as a hint that they need our prayers. That instead of letting our minds dwell upon the events of association of the past alone, we should always couple the thought of our friends with a sincere petition to heaven for their prosperity in all good things.

Nearly all the students present at this meeting entered into a covenant with me that they would do this during the year.

Shortly after the close of the service a young lady handed me the following stanzas which well express the signification of the promise given. The young lady who brought the verses to me declined to say who wrote them.

### Not Forgotten

"I cannot tell why there should come to me  
A thought of someone miles and miles away  
In swift insistence on my memory,  
Unless there be a need that I should pray.

"Old friends are far away; we seldom meet  
To talk of friends or changes day by day—  
Of pains or pleasure, triumph or defeat,  
Or special reasons why it's time to pray.

"We are too busy e'en to spend a thought  
For days together of some friend away.  
Perhaps God brings it to us, and we ought  
To read His signal as a call to pray.

"Perhaps my friend just then has fiercer fight;  
A more appalling weakness or decay  
Of courage, darkness, some lost sense of right;  
And in such case he needs my prayer. I pray.

"Friend, do the same for me. If I intrude  
Unasked upon you on some crowded day,  
Give me a moment's prayer as interlude.  
Be sure I need it; therefore pray."

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Of all thieves fools are the worst; they rob you of time and temper.—*Goethe*.

## A CHICAGO PHYSICIAN'S OPINION OF THE HEALTH INSTITUTE

E. P. S. MILLER, M.D.

[During the first week of December our Hinsdale physicians, nurses and city workers conducted a health institute in the Methodist Church on Western avenue and Monroe street, Chicago. Three evenings were given for health instruction. Dr. A. B. Olsen lectured on these topics: "The Art of Keeping Young," "Diet and Endurance" and "Home Treatment of Influenza and Colds." At the close of each lecture, demonstrations were given by our workers. Rev. Crawford, the pastor, presided at the first meeting. Dr. Miller was chairman of the second meeting and Mrs. M. H. Landon, the third. Dr. Miller has written up his impressions of the institute for the LIFE BOAT readers.—Ed.]

My acquaintance with the work of the Hinsdale nursing missionary workers extends over a period of six years and it is an easy and pleasant thing for me to commend. My work is that of a general practitioner, a "family doctor," which type of physician is said to be going out of style. Anyhow, my work brings me to cases in which some trained nursing help is necessary although the people are too poor to pay for it and are yet deserving. This service is especially needed where there has been a new arrival in the family. Many doctors do not like such cases and it is the proud boast of some that they quit that line of work long ago. Yet if there is any kind of work that needs cleanliness and experience it is just this line of initiating the newcomer into the conditions of this world.

These nurses have been a great help to me in all kinds of cases but especially in the stork cases where two lives are to be watched. What these nurses have given has been the rare combination of science and sympathy. Without training and experience we can only give sympathy. Without sympathy and with training only, we may give scientific care, but man does not get well by science alone. Science without love is apt to be only the tinkling cymbal or the sounding brass of the scientist himself boasting how many cases he has cured.

The Hinsdale nurses have responded so willingly whenever I have needed them that I gladly closed my office for the evening of December 2d and presided at the second evening of the School of Health at the Western Avenue M. E. Church, Chicago. It was a bitter cold night, about thirty were present

and Dr. A. B. Olsen gave an interesting lecture on "Diet and Endurance." It was instructive and I can certainly say that everything the doctor said was scientifically true, even if it did not agree with the taste of a chronic "meat-eater" like myself.

Here is a point on which my education and training have been different from vegetarians. Yet I must say that the Hinsdale nurses have been just as handsome and have had just as much endurance as other groups of nurses who have the routine flesh diet. Once in my early practice in a small town on the Mississippi River, Mrs. Miller and I tried a no-meat diet for three weeks. It proved so hard to get a variety that we went back to the old diet. Prominent medical men have long ago said such things as these: "We dig our graves with our teeth;" "Platters are more deadly than bullets;" "The pillbox, the frying pan, and the whiskey bottle are the tripod on which rests the medical profession for its support."

I was very ready to learn, when Mr. C. C. Benedict, chef at the sanitarium, showed me how to cook some things for healthful eating. I never camped out, and am not worth two cents around the house as nurse, housekeeper or cook, but I believe I could learn to cook under this gentleman's instructions. He has things down to the accuracy of prescriptions which leave out the element of luck. The old-style directions of "enough and a little bit more" do not apply in his method. This teaching to be effective will have to begin with the young as it is very difficult to get grown-ups to change. Possibly the high cost of meat, especially if it goes much higher, may bring a meat-eating country to the doors of the vegetarians beseeching them to teach the people how to live without meat.

The meeting was very enjoyable and I am sorry that I could not be present at the other two meetings.

## BRINGING A THANKSGIVING BLESSING

MISS ZADA HIBBEN

I think we ought to speak about our Thanksgiving baskets which we took into the city on Thanksgiving day and distributed among some poor families. Some of our church members came to me the Sabbath before Thanksgiving and asked for names of four families where they might place four baskets,

also the church school teacher, Miss Klose, wanted places for two baskets.

One day Miss Culveyhouse and I went to Dr. Miller, who has been keeping in touch with us and is acquainted with our work, and asked if he knew of any families that needed help. He gave us the names of three families. He was afraid that one of the families had moved away and we found that they had. From here we called on former patrons to find from them homes that were deserving of baskets.

We found one woman who had gone through some hard experiences and trials. Last year she had helped at Christmas time by making up baskets and now it had come to the time when she needed help herself, and we came to her at such a time when we could comfort her. Her husband had been dead three weeks and she had had some real hard experiences at the time. She is left with three children and must earn a living for her family. So we took a Thanksgiving basket to her home.

Each family appreciated what was done for them. The Junior Missionary Society furnished two baskets. Miss Klose and three of her pupils went to Chicago that morning with their baskets. Besides these there were six other baskets given out that day.

### THANKSGIVING CHEER

MISS LEETA CULVEYHOUSE

It has always been my desire to help somebody else and make somebody more happy, so I was very glad to have the city work experience.

On Thanksgiving morning we started out with four baskets. Miss Klose and three of her pupils went along with me and helped carry the baskets. We took the baskets to three families. One of the families I had never visited before, as Dr. Miller had put us in touch with that family. They lived in a very poor district and in going there we had to go through an old rickety hall way. We found a woman with a family of five children, the oldest being only eight years old, the youngest two months old. I introduced myself and Miss Klose and told her that we had brought her a surprise and thought she would like a surprise basket this morning. We also had some clothes for the baby. She thanked us for the things we had given them

and we told her we would come back again to see her.

We visited two elderly women, Mrs. Johnson and Mrs. Fleming. Mrs. Johnson is a very elderly woman and lives with her son. He is stone blind and she is going blind. This son works every day in a school for blind people. They were very glad to get the things we left them.

As we went back with our empty baskets our hearts were filled with praise to God. I want to be more true to God that He may use me in His work in my future life.

### "YOU MAKE MY HEART FEEL GOOD."

MRS. LEOLA STONE  
OTIS, OREGON

This country was once an Indian reservation, and there are still a few Indians scattered around. Two miles from my home live two Indians,—an Indian woman and her cousin. Soon after I came here, I heard the woman was sick and was not expected to live, so one Sabbath I went to see her. I fixed up a lunch for her as she had no one to cook for her and they were very poor. The house was quite neat looking on the outside, but when I got inside it was anything but neat. I sat down by her bedside and talked to her about Christ, and I thought as I sat there, that we do not need to go to a foreign land to do missionary work, we have the heathen right at our door. I thought of the text, "As ye have done it unto one of the least of these, my brethren, ye have done it unto Me," and I thought, surely God has led me here and I must work for Him and do all I can. I can talk her language quite well, and she could talk English some, so we could converse together very well.

I learned that she had been confined to her bed for almost a year, and one arm and one leg was paralyzed, though she could move them a little. She was discouraged and wished she could die. She thought she would die most any time and so had burned up what clothes she had, (a queer idea she had of not wanting others to wear them after she was gone). I asked her how old she was, and she didn't know. She had raised nearly ten children, nearly all of them were dead. Her husband was very mean to her before he died. He drank and abused her.

He put one of her eyes out by striking her.

Her pipe and tobacco was at her bed side. I asked her if she would like to get well, and she said, "yes." I began to rub her arm and tell her about God, and how good he was to us, and I said that if she would stop using her pipe and tobacco, He could help her get well. I told her of the harm of it, and her face brightened up and she said, "Oh, you make my heart feel good," and she put her hand over her heart. She said, "I will stop using tobacco." I encouraged her all I could, and left her.

A week after, I visited her again. I didn't see anything of her tobacco, and she didn't mention it, and she was much better.

A few days later I went to visit one of my neighbors and she said, "We had quite a surprise yesterday, Old Mrs. Samuel, (the old Indian lady) came walking up here to see us, a whole mile, if you please. The neighbors say she has quit her tobacco and they all seemed so surprised." It did not surprise me, for I knew it was God through prayer that helped her. She has been walking and riding on horse back for some time now and says she doesn't want any more tobacco. She was used to drinking a good deal of strong coffee, and I told her I knew of a good substitute,—Instant Postum, that would be much better for her health. She said she had never heard of any other coffee than that she was drinking; but she said she was willing to drink the Instant Postum.

I have been making her some dresses, and she walked up to my home to try them on. She calls me "God's woman," and tells her Indian friends that I am her white woman sister, and that I am lots better to her than her own folks are, but I want her to know that it is God, and to Him be the praise. She sweeps her house, and one of her more educated Indian neighbors told me the other day that they can see such a change for the better in many ways in this old lady.

I can see oh, so many places and opportunities where work for the Lord can be done, but I fear that many cast the net and failing to catch the kind of fish they are fishing for, think that there is no more and stop trying, when there is plenty of fish if the right kind of bait is used. God only is able to help us to be fishers of men. The time has come when God desires every child

of His to be fishers of men. He says in Jer. 16:16, "Behold, I will send for many fishers, saith the Lord, and they shall fish them; and after will I send for many hunters, and they shall hunt them from every mountain, and from every hill, and out of the holes of the rocks."

## DOROTHY'S BIRTHDAY

MAUD WILSON COBB

We have some days when care is thrown aside. One of these days came on the 25th of November. We were invited to the first birthday party of our little Dorothy Lee who was born in our home on that day one year ago. How well we remember the day her foster father came for her and took her to the new mother who was waiting for them. There was joy in that home. But the heart-broken girl who could not see her way clear to keep the little one because of the shadow it would bring into her home, she must go home for her mother needed her. So she made the sacrifice with an aching heart, and often she has written and asked us to kiss the baby for her for she loved it and could not forget its little face. This little one is loved by all who have a chance to know her.

Seven of our babies, now all in foster homes, were invited to attend this party, and one little boy who has always lived with his own mother and who came to us with her just for a home for a time. We were glad to have this little friend with us.

First Dorothy Ruth whose home is in Congress Park, took the train very early in the morning to be in time for the party. Ruth is now about two years of age, and the pride of her new parents, and the only one of the seven babies that could walk. We were glad to watch her busy little feet as she would run back and forth.

Next came Phyllis of Downers Grove, whose foster mother is quite sure there never was a child quite as nice as this one, and gives all the reasons why. No one except those who supported the own mother in her grief and helped her bear the cross that fell on her to carry, can tell the cost of giving her up. The girl mother tries to be brave but a scar is opened afresh every time she hears a child cry.

Next comes the little hostess,—Dorothy Lee. She wonders why the house is full of babies,

some laughing, others sleeping and all holding bottles at different times of the day. Next our little friend Francis holding our five-week-old baby Maxine, whose foster mother arranged to take her to her home on this glad day. Next Louie, holding our week-old Jeanette whose foster mother is standing near by for fear Louie will drop her, for why should she not worry; only today the baby was placed in her arms to be her own.

Maxine and Jeanette if they could speak would say, "Why were our faces wet with

We had a happy day without a break,— fine dinner, birthday cake with candle on, and not one cross baby in the crowd. Our doctor, Ora Barber, who brought each baby into our Home, and had the first care of them; Mrs. Clough who has for years kept our doors open by her earnest work for the Home and its inmates, and Mr. Pfeiffer, who has been so generous with his car at any time to help us, and today carried our friends back and forth to this birthday party. It was a happy day. We will not forget how



The Hostess and Honored Guests at Dorothy's Birthday.

tears this morning before we left the Home? Here everyone is smiling, but in the Home every one was crying and some one held us until the last minute, and then we were wrapped up." These little ones will never know how two faces blanched with grief watched the little ones go to their new homes where smiles and joyful hearts awaited them.

Next comes Betty Jane, whose big brown eyes are opened wide with surprise for she has lived in Aurora several months and has never seen so many babies, for her foster mother is very particular where she goes for fear she will be spoiled.

Last but not least comes Evelyn, also an Aurora baby, who left our home some five months ago when three weeks of age. She is our little traveler, for at that time she made a trip to Colorado for a three weeks' vacation with her foster father and mother and foster grandmother. Then came to her new home to settle down for the winter and get acquainted with the folks.

pleasant Mr. and Mrs. Lee made the day for all of us.

We feel to thank God for these new made friends and for the good homes that have opened for our little ones, and for the letters we receive from the mothers of these little ones. Not one of them forget to write to us. Each one is stronger and they feel that each day they must seek God to lead them and keep them. Those who have helped to keep our Home doors open will be glad to know that they have helped to make these foster parents happy and babies comfortable and well cared for, and these mothers have known that some one cared for their souls when the shadows seemed heavy and the cross was hard to bear alone.

Just one more word: we want to thank the friends who have sent us the boxes and barrels of clean, warm clothing, which we are using to make many a sufferer happy. It gives us pleasure to go to the store room and find there just the garment needed at the time.

### ONE MORE APPEAL FOR COAL

The Life Boat Rescue Home is still in need of funds for the winter's supply of coal. We are nearing our goal of four hundred dollars for eighty tons at five dollars a ton. Our funds stand as follows:

Previously reported .....	\$237.71
Frances E. Bean.....	5.00
Frank O. Butler.....	25.00
Mrs. H. S. Tay.....	5.00
Mrs. Mary Whisler.....	5.00
Mrs. Chas. Smouse.....	3.00
Mrs. C. Jensen.....	5.00
Mrs. Hattie E. Thompson.....	5.00
Miss Frances E. Peirce.....	5.00
Mrs. Mary J. McNally.....	5.00
Mrs. M. A. Livingston.....	6.00
W. J. Spaulding.....	5.00
Mrs. Leslie Gay.....	5.00
Mrs. A. D. Minse.....	3.00
J. N. Loughborough.....	5.00
Mr. and Mrs. P. C. Knudsen.....	5.00
Bertha A. Reimche.....	10.00
H. H. Jones.....	5.00
A Friend .....	10.00

Total .....\$354.71

Only one more good strong lift will put the fund "over the top." Who will help us wind up the fund so that next month we can announce victory?

CAROLINE LOUISE CLOUGH,  
Superintendent.

### HE IS COUNTING ON YOU

ROBERT HARE

He is counting on you, my brother, on you,  
For the work He has planned, for the service in view!  
And if you should fail, O what will He say—  
When reckoning comes at close of the day?

He is counting on you, my sister; on you!  
In life, love and spirit, He whispers, Be true,  
And if you should fail, one star will be dim  
That might have flashed out in its joy for Him!

He is counting on you and the angels will weep  
Should you fail in the promise His love waits to  
keep—  
With crown, and sceptre and throne all in view,  
The God of the stars is counting on you!

It is a good thing to be rich, and a good thing to be strong, but it is a better thing to be beloved of many friends.—*Euripides.*

### "BOOZE BRAIN BAD ASSET IN THE AIR"

CAROLINE LOUISE CLOUGH

Under this caption a recent *Chicago Tribune* says:

"The secret of the failure of some of the pilots in the recent transcontinental air race 'can be attributed to too much booze,' Lieut. Belvin W. Maynard, the 'flying parson,' declared, in a statement made public tonight by the Anti-Saloon League. 'If all of them had been as sober as myself I probably would not have been the winner,' he added.

"Lieut. Maynard said that many of the fatal air accidents were due to pilots flying 'half intoxicated,' or 'with a hangover from the night before.'

"'A pilot needs every bit of gray matter God has given him in an emergency, and to have a brain clear from hangovers and the effects of booze is a great asset,' he added."

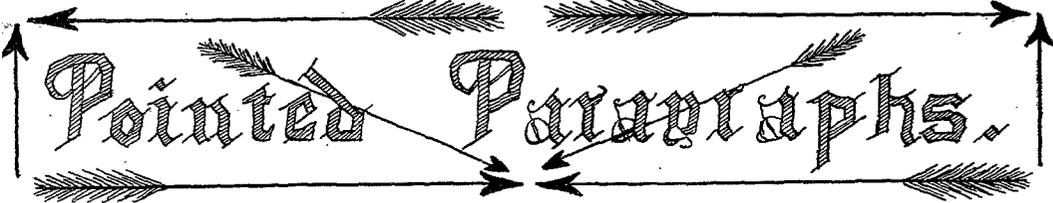
Lieut. Maynard in this statement adds to the testimony of the majority of men who *do* things. Then, why not bury old John Barley-corn so deep that his head never will be seen on the face of the earth again. The experience of the last few months has demonstrated the wisdom of national prohibition laws.

If ever there was a time in the world's history when mankind "needs every bit of gray matter God has given him," it is now. It takes a clear-headed pilot to steer through the haze of trouble and unrest which is settling down upon the inhabitants of this old world, but with God's Word as "a lamp to our feet and a light to our path" and with our "mind *stayed* on Thee," then the Lord will bring us "unto our desired haven."

### STILL TRYING TO DO RIGHT

(From a Michigan City Prisoner)

"I am still trying to do what is right in the sight of God, but I find it pretty hard. I am still keeping up my morning watch and I hope that I will get another one next year. If you have any other reading matter I wish you would send it to me as I enjoy it. I ask you to remember me in your prayer."



# Pointed Paragraphs.

## J. G. Lamson

When the penitent first turns his face toward Christ he becomes the client of the great Advocate; when one who has wronged us turns toward us we think and sometimes say, "I'll tell you he will have to make thorough work of his confession."

Socialism and all other "isms" outside of a God given religion do not develop *principles* for which many people really would care to die. In the struggle some, perhaps many, will lose their lives; but it will be in the effort to grasp power or pelf, not for the upholding of a divine principle.

"Ability" will amount to but little unless it is yoked up with "stability" and hitched to the load with "stay-ability." Then there will be something doing.

Heaven is and was a joyful place all right all right, but there was not enough joy there to satisfy the Saviour or hold him in Heaven when he saw a world that needed saving. It was for "the joy set *before* Him," that he endured the cross and despised the shame. "Not for thy sake but for mine own sake I do this, saith the Lord."

Sin, confessed, crucifies the flesh. Let us keep our flesh crucified at the cross.

It requires something more to make a John Baptist than to be clothed in camel's hair, wear a leathern girdle, and eat locusts and wild honey.

Would wearing long hair and a long, loose garment over the shoulders make a man a Messiah?

Would wearing a robe and being bald make an Elisha?

Character only, settles the place of a man in God's sight. Neither hair nor the lack of it—long robes, long faces or long prayers determine a man's sanctity or piety.

The Bible does not say "If you forget your sins he will forgive them," nor is it any token that because a sin is forgotten that it is forgiven; and the opposite is just as true, that because a sin is not forgotten that God has not forgiven. Nothing is easier than for the devil to bring to our minds our past sins. If he brings them up it is a token they are forgiven. If God brings them up it is a token they are not forgiven, or they are brought to our mind as a warning when we are tempted again. The Lord's spirit will call these sins to our mind so that we may confess them. Let us do it. The devil will not spend his time showing us sins that are not forgiven; he wants us to stay "unforgiven," God wants us to stay "forgiven."

I heard a minister say: "The pretty good" man went back to his house a *sinner*;

The "pretty bad" man went down to his house *justified*.

Think it over, brother.

The same minister said: "If the Lord left it to me to decide if I were cleansed from sin I would always be in uncertainty; but as my cleansing depends on the *Word of God* I need have no uncertainty."

### PERFECT HEALTH

D. H. KRESS, M. D.

It is not uncommon to hear the boast, "I am in perfect health." It always reminds me of the Pharisee who boastingly said, "I thank thee that I am not as other men are." By comparing himself with others the Pharisee erected a standard of righteousness of his own. He had no great difficulty in attaining it. "Outwardly he appeared righteous unto men." His appearance was deception. His standard of righteousness was altogether too low. In fact, he had no just conception of what it meant to be righteous. He was a self-deceived man.

Righteousness has to do with the heart, and not at all with the outward acts. The acts may not be right, while the motives which prompted them may be right. Such a man, in the sight of heaven, is accounted righteous. The outward acts may appear right and yet the motives which prompted them may be selfish and wrong. Such a man in the sight of heaven is accounted unrighteous. It is the thoughts and intents of the heart which determine a man's righteousness and not the outward appearance. "There is none righteous, no not one," judged by the divine standard. "Not as though I had already attained," said Paul, "but I press toward the mark of the prize of the high calling of God in Christ Jesus." While it is true that the man who has righteousness within will reveal righteousness without as far as he knows. It is possible to reveal righteousness without and not be in possession of righteousness within at all, and so the apparently righteous man may be an unrighteous man.

The one who boasts of being in perfect health does not know what health is. By comparing himself among others, he forms a standard of his own. Outwardly he appears to be in health. His appearance is deceptive. The one whose outward appearance is not so good may in fact have better health than he. The heart of the one who appears to be so robust may be on the point of collapse.

I just read of a man fifty-three years of age, who made his boast that he had never had a sick day in thirty-five years, drop dead on the street on his way to the office. The friends were surprised. Outwardly he ap-

peared well. He himself felt he was well, but his heart was diseased and possibly had been for years.

The facts are, there is none well, no not one. The world is sick. The human family has gone astray. The sins of the fathers have been visited upon the children. Each generation since the days of Adam has become weaker and more degenerate. Real health is unknown in these days. It is true that some are in better health than others, but there is none well—not until the life Giver comes will these diseased bodies be changed like unto his glorious body. Not until then shall we experience what bounding health really is. In speaking of the inhabitants of that land it is said, "The inhabitant shall not say I am sick; the people that dwell therein shall be forgiven their iniquity." Isa. 33:24.

It is God's wish that all should have perfect health, just as it is his wish that all should have perfect righteous characters. Neither of these will be attained in this life to their fullest extent. But everyone who possesses this hope of being like Christ will "purify himself, even as he is pure." This very hope will act as a stimulant, and an aid in this life, in reaching a state of perfection that otherwise would be impossible.

The acquirement of perfect health should be the aim of all. But let us not be content with our own standard of health. There is much more ahead and beyond to attain to. The pathway to health is the pathway of obedience to all of God's laws—physical and spiritual. The purpose of the Gospel is to save from sin, or from the transgression of the law. The sole aim of the Gospel is to make of men and women commandment keepers.

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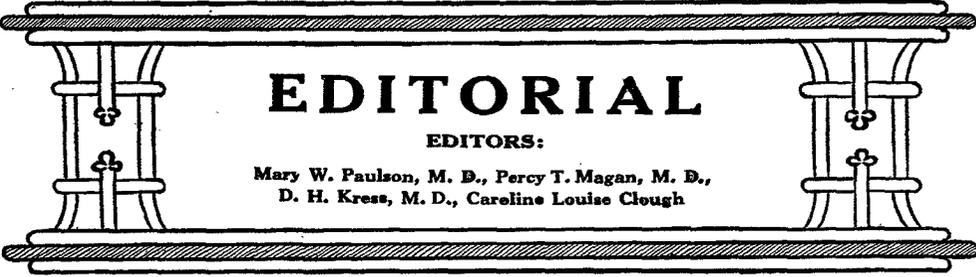
The Spirit of Christ sweetly calms the soul of a suffering believer.

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If men would consider the end of sin they would shun the beginning of it.

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"Don't forget that suffering is no proof of sin, but sin is always prophetic of suffering."



# EDITORIAL

EDITORS:

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

## START THE NEW YEAR RIGHT

By subscribing for The Life Boat magazine for the year 1920 and thus receive the story of Dr. David Paulson's experience in founding the work at Hinsdale, the first number of which appears in this magazine.

## THE MID-WINTER CONVENTION

Dec. 26-28 is the time. The place is the Hinsdale Sanitarium, Hinsdale, Ill. A very interesting program is being prepared. Why not plan to visit Hinsdale during that time? All who are interested in medical missionary work are cordially invited to attend. A program will be furnished on application.

C. L. C.

## THE MAN WHO CHANGED HIS RESIDENCE

Many years ago there was an undesirable man who lived in a very undesirable place. He could not get along with his own family so he left them and went out and lived in the graveyard. The longer he dwelt there the more undesirable he became until he was known throughout the country as a very dangerous character.

One day the Man of Galilee came to his shore and after an interview with the Master of earth, sea and sky, the legion of devils departed out of his life and entered into the herd of swine who ran violently down the hill and were destroyed in the lake. So this man after one brief interview with Jesus changed his residence from the dreary tombs to his former city and his own fireside, and his disposition was changed from the surly, ill-natured, grave-like character to the disciple of Jesus Christ bearing the good news of Salvation and publishing "throughout the whole city how great things Jesus had done unto him." Luke 8:39.

If you are carrying around with you the remnants of a graveyard disposition, why not change your residence from the tombs to the center of Poverty Row in the City of Great Need and begin to proclaim the good news of salvation? An interview with Jesus will bring the change.

C. L. C.

## SALVATION IN A WORLD DOOMED

On the voyage to Rome whence Paul was sent as a prisoner to appear before Caesar, the ship was caught in a tempestuous storm. When all hope of saving the ship and its crew had been given up, Paul stood up and said, "I exhort you to be of good cheer; for there shall be no loss of any man's life among you, but of the ship. For there stood by me this night the angel of God, whose I am and whom I serve, saying 'Fear not Paul; thou must be brought before Caesar, and lo, God hath given thee all them that sail with thee. Wherefore, Sirs, I believe God, that it shall be even as it was told me.'" Acts 27:21-25. The ship was broken with the violence of the wind, but all on board were saved, "Some on boards, and some on broken pieces of the ship. And so it came to pass, that they escaped all safe to land." Verse 44. True to Paul's prediction, the ship was a complete loss but the lives of the men who sailed with Paul were saved.

Today we are confronted with a world that is doomed. The condition as far as the world itself is concerned, is as hopeless as was the ship on which Paul set sail for Rome. The thing to feel concerned about now is not the world, but lives of the people upon it. Jesus came into the world to seek and to save mankind, and "God so loved the world that he gave his only begotten Son that whosoever believeth on him should not perish but have everlasting life." Jno. 3:16.

To the jailer, who fell down before Paul and Silas after God had so miraculously delivered them from prison, and said "Sirs, what must I do to be saved?" Paul said, "Believe on the Lord Jesus Christ and thou shalt be saved, and thy house." Acts 16: 30, 31. "Neither is there salvation in any other for there is none other name under heaven given among men whereby we must be saved." Acts 4: 12.

When this world was separated from God through sin, Jesus bridged the gulf. He laid aside the glory he had with the Father and volunteered to suffer man's death penalty, or to be made sin for us, who knew no sin, that we might be made the righteousness of God in him. He came not to condemn the world, but "that the world through him might be saved."

Jacob in vision was given a view of the wondrous plan of redemption through Christ. He beheld a ladder let down from heaven to this earth. The lower round reached to the spot where he lay. Upon the ladder angels were seen descending and ascending. This brought to view the great plan of salvation through Christ. To the repentant sinner heavenly messengers are sent to bring divine help and grace. Without their ministry man's condition would be indeed hopeless. There is no possibility of him being saved through his own efforts. The weakest may have the grace and virtue thus provided and come off more than conqueror, and the strongest must have his grace or perish. There is no excuse for any one to fail. Abundant provision has been made for all. If any one is lost, it is not because he is so weak and sinful, but because he feels so strong and self-righteous. The publicans and harlots who feel their need will stand a better chance of entering the kingdom than the self-righteous who feel no need of a Saviour.

Evidences are multiplying around us that the world is doomed. It has been caught in a great and tempestuous storm of iniquity. It will ere long be dashed to pieces. Our concern now should be in regard to the lives of those on board. God is willing that all should be saved. He is longsuffering, not willing that any should perish, but that all should come to repentance. Today is the day of salvation. We know not what a few more months may bring forth. Opportunity must

be given to all who will, to be saved. Looking forward to this time, Jesus said, "Because iniquity shall abound the love of many shall wax cold. *But he that shall endure unto the end, the same shall be saved.* And this gospel of the kingdom shall be preached in all the world as a witness unto all nations, and then shall the end come." Matt. 24: 12-14.

Never in the past has it been possible for the gospel to be preached in all the world. Some of the nations have kept their doors closed and barred to its entrance for years. Strange as it may appear, war, famine and pestilence, have in the providence of God opened these closed doors. Russia, Turkey, Persia and other nations are open to the Gospel. The world now lies at the feet of the church. The churches are responding. They are raising millions of dollars where four years ago they raised but thousands. What does it all mean? "This Gospel of the kingdom shall be preached in all the world." There is no uncertainty about the language. The doors are open and there is a general response on the part of God's people. "*It shall be preached,*" are the words of Him whose words never fail.

D. H. K.

#### NEWS HERE AND THERE

Mrs. N. W. Paulson left recently for California where she will spend the winter at the Loma Linda Sanitarium.

The Hinsdale sanitarium school teachers, Miss Fyrnn Ford, Miss Louise Dedeker and Miss Hazel Klose attended the teachers' institute held at Sheridan, Ill., recently.

Dr. W. B. Dunscombe of LaFayette, Ind., called recently, also Dr. J. W. Hopkins of Washington, D. C.

Dr. A. B. Olsen, of the Caterham, England, Sanitarium, who has returned to this country and located in Indianapolis, is now acting as medical superintendent of the Hinsdale Sanitarium until May first, when Dr. J. F. Morse of Porto Rico, will connect with the work.

Pastors R. D. Quinn and G. B. Thompson of Washington, D. C., were welcome guests at Hinsdale during the special Week of Prayer, Dec. 6th to 13th. The Lord by his Spirit visited our family of workers at this time and many have entered into a new and advance Christian experience.

Mrs. Ulric Jeffers and Miss Florence Jones spent a few days visiting in Cassville, Wis., recently.

The Sanitarium held an interesting Health Institute on the West Side of Chicago, Dec. 1, 2 and 4.

Mrs. Bertha Jones of Green Bay, Wis., spent a few days at Hinsdale recently, visiting her daughter Florence.

**BOOKS WE RECOMMEND**

If this magazine has interested you, we would refer you to the following books and magazines for further study. They can be procured from our office or ordered direct from the publishers:

**The Marked Bible** is a new booklet by the late Professor C. L. Taylor, which brings out Bible truth in story form. Already 200,000 copies of this booklet have been sold. Price, 15c per copy.

**Epidemics—How to Meet Them** is a new twenty-five cent booklet of the World's Crisis Series. It deals with such live subjects as: Spanish Influenza, Pneumonia, Common Colds, Tuberculosis, The Cancer Peril, Children's Diseases, Disease Prevention, A Clean Body, Home Treatment and the Sick Room. 128 pages of valuable information. Send for a copy at once before the edition is exhausted.

**The Home Dietitian.** By Belle Wood-Comstock, M.D. This book fills a long-felt need for scientific instruction in dietetics for the home, discussed in such a simple, practical style that it is suitable for the busy housewife as well as the student of dietitics. The book can be procured by writing the author, Pasadena, Calif., and enclosing \$1.75.

**Ministry of Healing.** One of the most remarkable books ever written on the subject of health and healing, with instruction for the upbuilding of the Christian home. We have a few copies of this splendid book on hand which we will furnish at \$1.50 each.

**The Signs of the Times** is a weekly periodical which deals with Bible truth and its relation to the times in which we live. \$1.50 per year. Published at Mountain View, Calif.

**The Watchman Magazine.** A live up-to-date, illustrated monthly magazine dealing with world-wide current topics from the Scriptural standpoint. \$1.50 per year. Address, Nashville, Tenn.



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

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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.

**Mistakes**

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

**Premiums**

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

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**The Life Boat Magazine Agencies in Chicago**

The Life Boat magazine can be secured in quantities at wholesale rates from the following agencies in the city of Chicago:  
D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.  
Chicago Book & Tract Society, 812 Steger Bldg., 28 East Jackson Blvd.

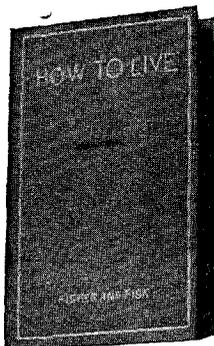
**FROM ONE OF OUR WORKERS**

"I am going to try to sell 1500 December LIFE BOATS. I have done that before, and I am going, with the Lord's help, to try to do it this year. Pray for me. I need the prayers of God's loved ones."

"Our grand business is, not to see what dimly lies at a distance, but to do what lies clearly at hand."

# NEW PREMIUM OFFERS

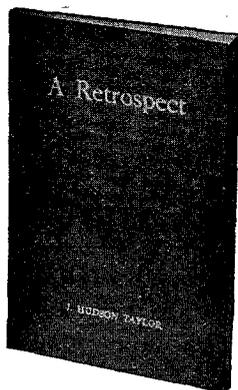
## "How to Live, or Rules for Healthful Living, Based on Modern Science"



By Irving Fisher, Professor of Political Economy, Yale University, and Dr. Eugene L. Fisk. Hon. William Howard Taft, formerly President of the United States, has written the foreword and in fact has edited the entire work. We quote the following from the Preface: "A sad commentary on the low health ideals which now exist is that to most people the expression 'to keep well' means no more than to keep out of a sick bed." This book has a splendid chapter on air, another one on food, another one on poisons, such as those due to constipation and those due to infected teeth, etc. A chapter on exercise, one on hygiene; a chapter containing the last word on alcohol and on tobacco, and how to avoid colds; signs of the increase of degenerate diseases, etc. By special arrangement with the publishers we are enabled to offer this book as a premium for two new subscriptions and 25 cents additional. Induce some one to subscribe for The Life Boat the coming year and receive this most excellent book.

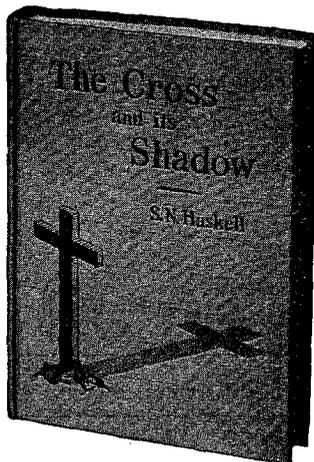
## The Cross and Its Shadow

A new book by S. N. Haskell. This book presents the whole Old Testament sanctuary service in a new and living setting. The sacrifice of Christ for us is beautifully portrayed on every page. This book is a marvelous inspiration to a holy life and should be in every home. It contains 388 pages, 50 chapters and 218 illustrations, and will be given absolutely free for only two subscriptions to The Life Boat and 25c extra for mailing. Take advantage of this offer while it lasts.



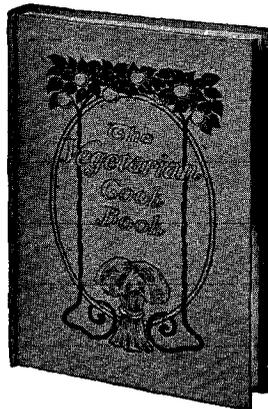
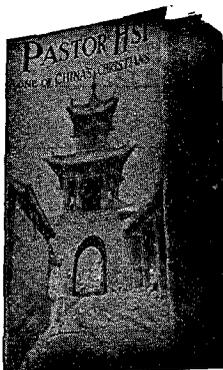
## A Retrospect

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.



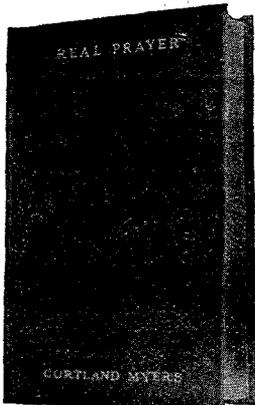
## Pastor Hsi

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.



## Real Prayer

By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and twenty-five cents extra. Send us \$1.25 and receive The Life Boat for one whole year and this splendid book.

## A New Webster's Pocket Dictionary

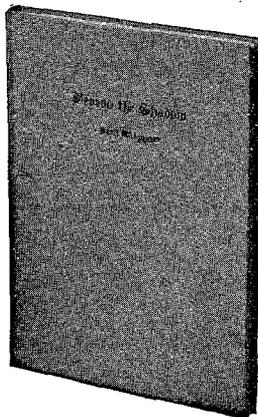


for only one subscription or renewal at one dollar. This book is really five books in one. It is not only a dictionary but a complete parliamentary manual, a rapid calculator, a compendium in business and social forms, a letter writer and literary guide, and a pronouncing and statistical gazetteer of the world. Everyone should possess a copy of this handy booklet; bound in morocco and stamped in gold.

## A Fountain Pen



for only one yearly subscription 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.



## Beyond the Shadow

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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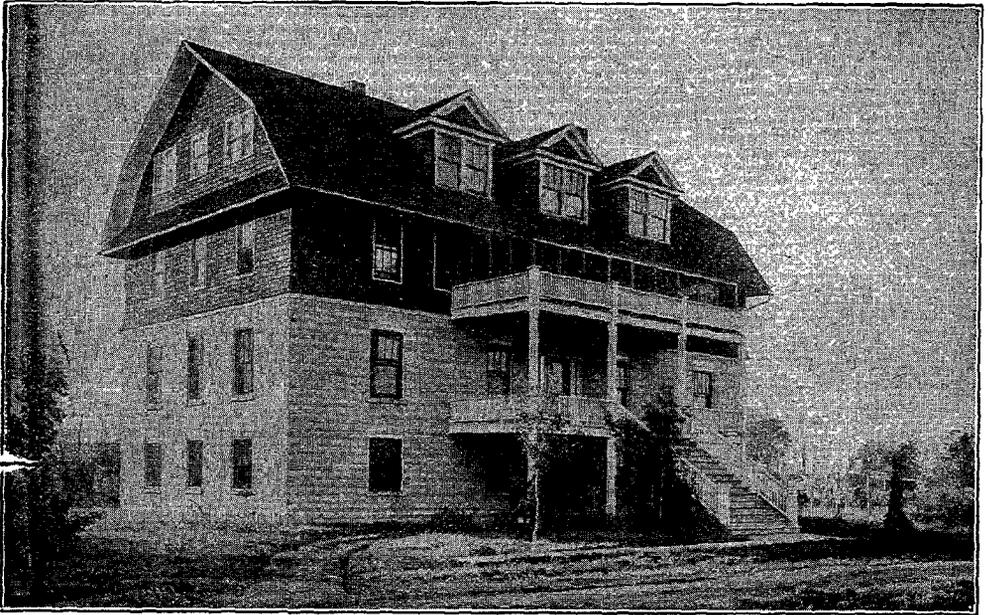
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# THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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

# Life Annuities with Interest

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The **Life Boat Rescue Home** is now in a position to accept **life annuities** and to pay interest to the annuitants while living.

Annuity means the placing of your money while alive, where you will want it to be after you are dead. You will thus have the satisfaction of seeing your money do good. You will be saved the trouble of having to make out a will and the possibility of having it contested afterward.

One Annuitant writes: "The purchase of Life Annuity Bonds has been a SOURCE OF GREAT BLESSING TO US, providing an ASSURED INCOME, a share in the good work you are doing, FREEDOM FROM CARE and worry, and, without doubt, lengthening the life of the writer. Annuitants can provide an assured income for themselves, relatives and friends and at the same time lay up for themselves treasures in heaven."

Write for full information and particulars of this plan.

Address

**LIFE BOAT RESCUE HOME**

**Hinsdale, Ill.**

# Are You Wearing a "Patricia"

## A SHIELD TO HEALTH

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

We are now able to furnish the Patricia health garment in stock sizes from 32 to 42 bust measure, made from the very best of materials and carefully shrunken before making. **Price \$4.00.** Write for further particulars and description of garment.

**"Once in possession means never without it."**

**"Just the Garment for health conservation."**

**"A splendid step in advance over corset wearing."**

### WHAT WOMEN SAY OF THE PATRICIA

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

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

"For comfort, style, saving of time in dressing, saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without it."

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

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 Quart .....	.75	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 New Hinsdale Sanitarium

**T**HE HINSDALE SANITARIUM has had the largest patronage for the past year in its history. For many months it has been possible to accommodate only a small percentage of those who wished to come for care and treatment, therefore, it was decided a few months ago to build a substantial three-story addition to the south of the present building, consisting of fifty patients' rooms, parlor, writing room, library, special treatment room, sun parlors, "work cure" and a chapel large enough to accommodate 350 people; also to enlarge and thoroughly equip our present ladies' and men's bath and treatment rooms, building over them complete new offices for our physicians, to remodel and enlarge our kitchen, serving room, patients' and helpers' dining rooms, and business offices.

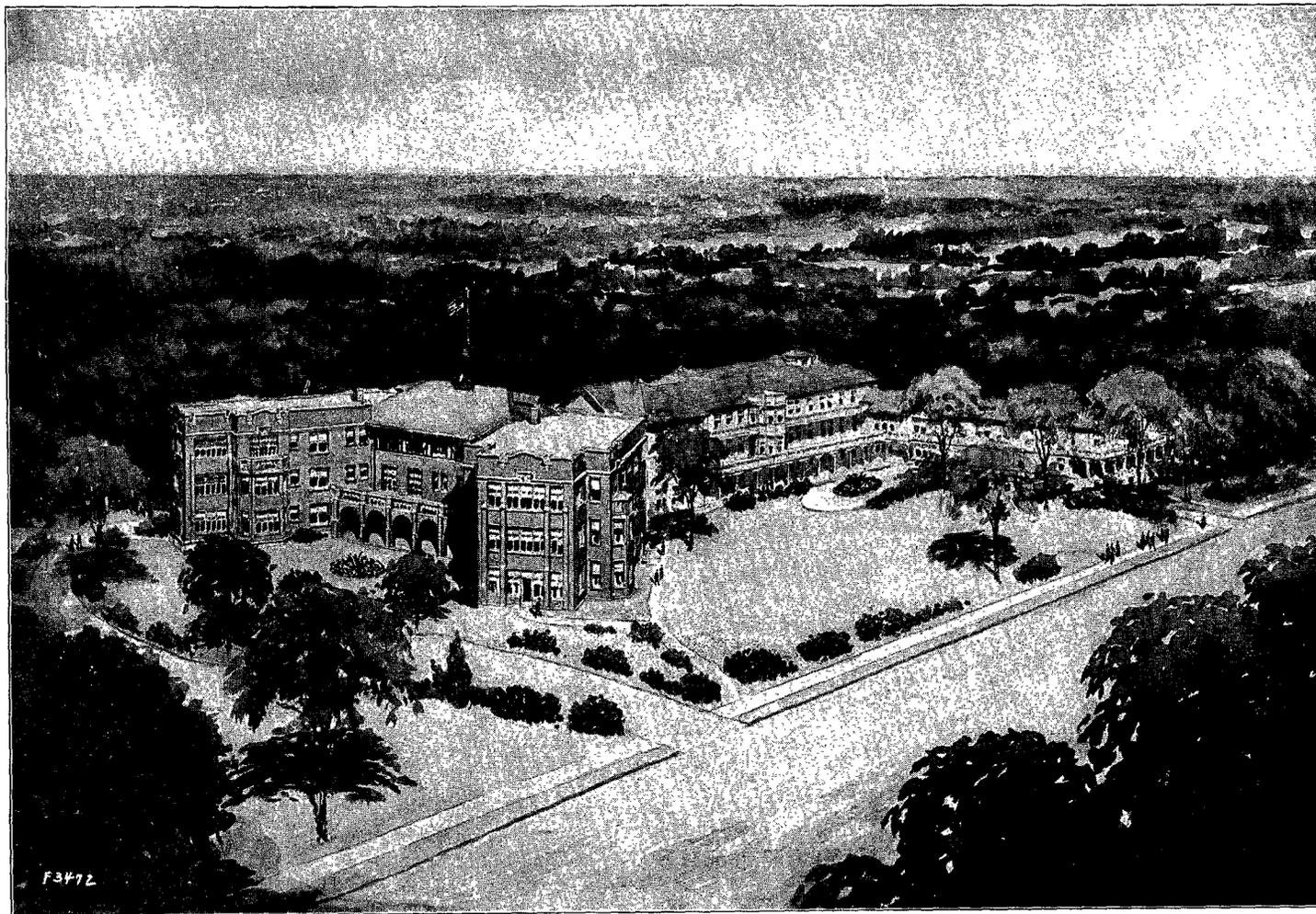
When completed, the Sanitarium will be well equipped to do thorough work and will be able to accommodate about 160 patients. Notice the artist's picture of the building when completed, shown on the outside cover of this magazine.

All this construction is well under way and will be finished, ready for occupancy, March 1.

### Have You Money to Loan?

We have most of the money on hand for the completion of these additions, but still wish to borrow a few thousand dollars. We will give the note of the Sanitarium, signed by the president and secretary of the institution, bearing interest at six per cent, payable semi-annually, running for whatever length of time may be desired—one, two, three or more years. As additional security, we will give Hinsdale Sanitarium first mortgage, six per cent, gold bonds.

Anyone having money to loan between now and the first of March on the above conditions, or who may wish further particulars, address The Hinsdale Sanitarium, Hinsdale, Illinois.



The Hinsdale Sanitarium, showing the present building with the new fifty-room addition now under construction, which will be completed March 1. See inside this cover for further information.