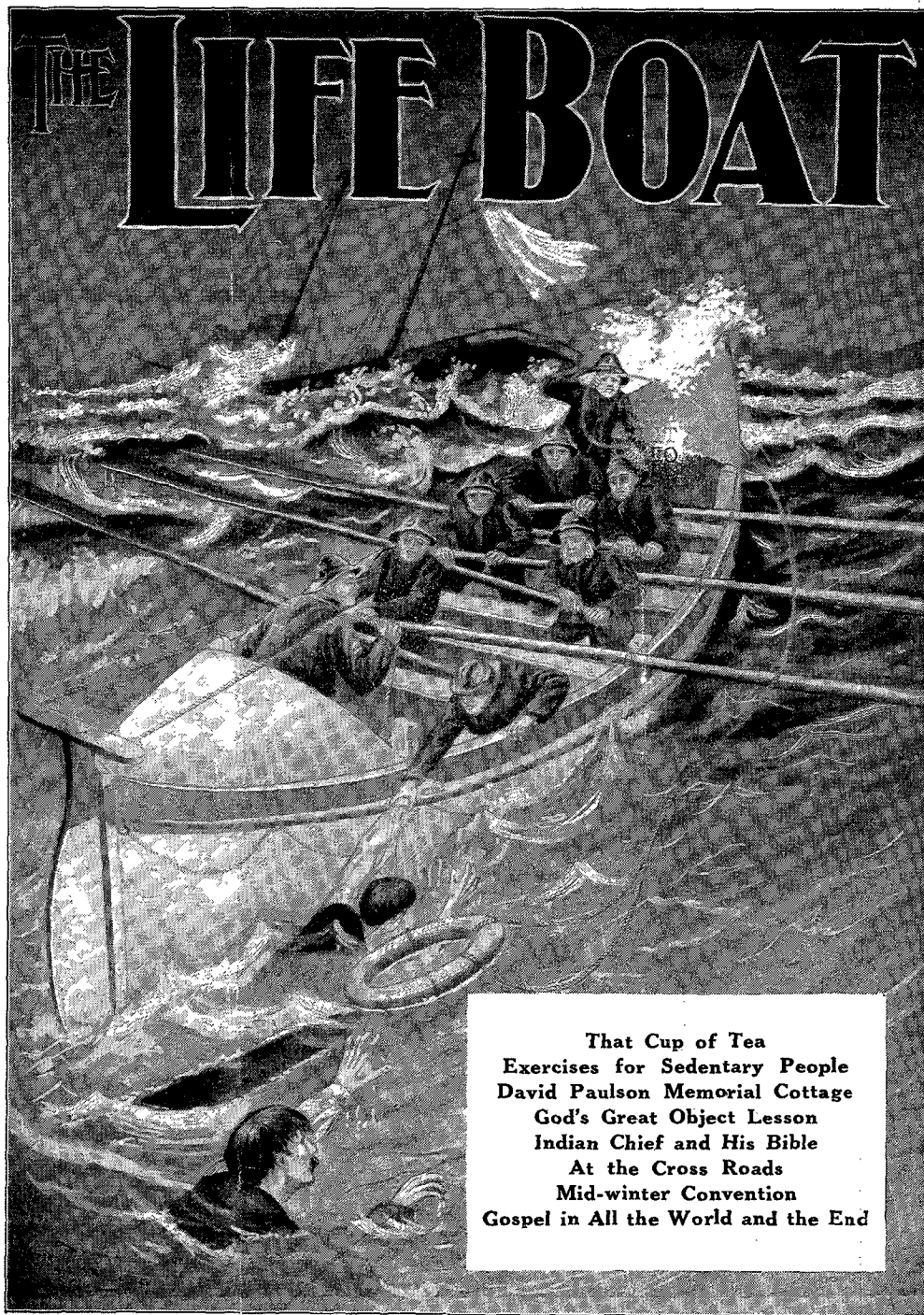


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Volume Twenty-three
Number Two

Windsale, Ill.

February, 1920

Footprints of Faith No. 2

"Footprints of Faith"

A SERIES OF ARTICLES NOW APPEARING
IN *THE LIFE BOAT* FROM THE
PEN OF THE LATE

DAVID PAULSON, M. D.

FOUNDER OF THE HINSDALE SANI-
TARIUM, FORMER EDITOR OF THIS
MAGAZINE, POPULAR HEALTH LEC-
TURER AND PHILANTHROPIST, A MAN
OF GREAT FAITH AND ENDEAVOR.

¶ Compiled from file copies of his per-
sonal letters, talks and lectures.

¶ Giving an account of the Doctor's
personal experiences, including early
struggles, rescue mission work and in
building up the great work in Hinsdale
which now stands as a monument to
his memory.

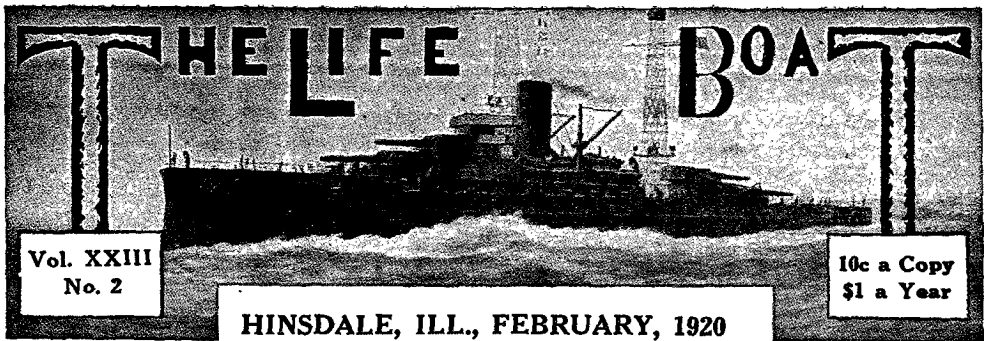
¶ Combining with his experiences a
presentation of the divine principles of
truth which made him great.

~~~~~  
We would earnestly urge parents everywhere to sub-  
scribe for *THE LIFE BOAT* this year, that they and  
their children may read these wonderfully inspiring  
articles.

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Hinsdale, Illinois.

EDITOR.



## That Cup of Tea

D. H. Kress, M. D.

TEA was originally imported into Europe for medicinal rather than dietetic purposes. In 1660 an Act of Parliament was passed by which a charge of thirty cents per gallon was imposed when drunk in public houses. In 1664 a present of two pounds, two ounces, of tea was made by the East India Company to Charles II. This was possibly all that could be obtained in London at that time. The price was then about fifteen dollars per pound.

In the year 1678, Bontekoe, a Dutch physician, published a treatise in favor of tea as a drug, to whose authority its general use in so many parts of Europe may be attributed. Both tea and coffee were at first dispensed only by druggists and up to the present century it was difficult to obtain them in any other way. Today no less than one third of the world's inhabitants are tea drinkers.

The tea plant, in its original state, is extremely poisonous. According to Kaempfer, "It possesses a clammy, acrid juice, which is so corrosive as to excoriate the hands of those who prepare it for use. In order to enable it to be rolled up, or curled, it has to be steeped in water or steamed. It is then rolled up and dried on plates of iron or copper. Among the Chinese the leaves are considered dangerous and unfit for use for twelve months after they are plucked. A strong extract of the juice has been attended with the most fatal consequences, and even the prolonged smell of the herb by tea brokers has been known to occasion palsy, apoplexy, and other nervous disorders."

Some years ago I had under my care a coffee expert taster. He developed the most distressing nervous symptoms. He was constantly in fear something terrible would happen to him. He would nervously look up to the ceiling when in my office, fearing the plaster would fall. He found it almost impossible to cross the streets fearing the vehicles, and even had nervous convulsions.

Tea and coffee are taken because of the exhilaration they produce. *All such exhilaration is intoxication.* Intoxication is a condition of poisoning; and it is immaterial whether opium, alcohol, tobacco, tea, or coffee, is the agent employed. The mildest form of exhilaration induced by a cup of these beverages is due to the poison which it contains. If one is tired, it gives a feeling of rest and well being which is followed later by a proportionate degree of depression. The one who is weary needs rest; and not merely a *feeling* of rest. When nature is cheated in this manner a breaking down of the protective powers of the life citadel eventually takes place. There is more actual intoxication in a cup of tea or coffee than in an equal quantity of beer. It is generally conceded that a cat has nine lives, but seven and one-half grains of caffeine or the quantity present in three cups, will kill a cat. Twenty grains is a poisonous dose, and will cause death in man.

It is recorded that during an English expedition to Ashanti, one of the officers lost one of his finest horses. They had carried their tea, and their shelled corn for the

horses, in bags. At one encampment they had emptied a bag of tea, and filled the empty bag with corn. The officer's horse happened to get the last of the corn in this bag, so that he ate some of the tea that was left in the bottom. He was immediately seized with a wild delirium, and went plunging headlong, and finally threw himself over a precipice.

A physician of a large manufacturing establishment gave an account of a peculiar malady which prevailed among the young women of one of the departments. Sometimes fifteen or twenty girls would be delirious in the course of the day, and would have to be carried home. On investigation it was found that they carried tea in their pockets, and had acquired the habit of chewing it.

It is fair to attribute the use of tea and coffee in part at least, to the great prevalence of nervousness in countries peopled by English-speaking races. Nervous headaches, tremblings, sleeplessness, confusion of thought, melancholia, and even such grave disorders as delirium tremens and insanity, have in many instances, been traced directly to their use. There is no room for doubt that many poor victims of this habit have ended their career in the asylum for the insane. Women tea and coffee toppers sometimes develop a religious mania which leads them to imagine they are being persecuted by their best friends.

That tea and coffee drinking are responsible for many cases of indigestion is clearly shown by the interesting experiments of Sir William Roberts, of England, some years ago. He demonstrated by laboratory experiments that tea and coffee prevent the action of the saliva upon starch. The indigestion of starch, resulting in sour stomach, flatulence, and other symptoms of gastric disorders, is practically the most common of all gastric ailments. Out of indigestion comes a host of ailments, which are the natural consequences of lowered vital resistance resulting from the impoverishment of the blood and the flooding of the body with poisonous substances produced by the processes of fermentation and putrefaction set up by the various foods.

Attention has been called to an obscure and little known group of "spinal" symptoms arising from the abuse of tea, by Dr. Alfred

Gordon, Nerve Specialist of Jefferson University. He referred to a patient, a woman aged thirty-one years, who had contracted the habit of drinking tea to excess, sometimes fifteen cups a day. Three months previously her illness began with symptoms of fatigue and unsteadiness in walking. Later she suffered from "spells of unconsciousness" lasting for months. There was a constant feeling of weariness in her legs.

Dr. James Fraser of Scotland made a series of experiments for the purpose of determining the influence of tea, coffee, and cocoa, upon the stomach digestion. He finds that the effect of all is to retard digestion. Cocoa, it seems, from his experiments in this respect, is more injurious than either tea or coffee.

Dr. Adam Clark the well known commentator was a total abstainer. In the year 1782 he read Mr. John Wesley's "Letter on Tea." When he had finished it he said: "There are arguments here which I cannot answer; and till I can answer them to my own satisfaction, I will neither drink tea nor coffee." He broke off the habit from that hour, and never afterwards sought for arguments to overturn those of Mr. Wesley, and from that day on he never once tasted tea or coffee. The biography says, "He spent that time in reading and studying, which he must otherwise have spent at the tea-table; and by this, in the course of thirty-seven years *he has saved several whole years of time*, every hour of which was devoted to self-improvement, or some part of that great work which the providence of God gave him to do. For a short time after he left off the use of these exotics, he took in the evening a cup of milk and water. In the morning he found it easy to supply the place of tea or coffee by taking milk in some form or other."

It is not necessary to make a decoction of tea leaves and use it as a beverage in order to obtain the exhilarating effects of tea: the same results may be obtained by *smoking* the leaves. Tea cigarettes are being used in the place of the beverage in some places. The use of tea cigarettes may become more common. The cigarettes are said to be of a "grade of green tea which has but little dust, and is composed of unbroken leaf. This is dampened to make the leaves pliable and capable of being stuffed in the paper cylinder, while the dampness is not sufficient to affect

the paper. The cigarettes are laid aside for a few days, and are then ready to be smoked. The feeling of a tea cigarette in the mouth is said to be peculiar. The taste is not altogether disagreeable. The smoke in time produces a sense of thickening of the head and a disposition to take hold of something or sit down. If the smoker then sits down and later tries the second cigarette, inhaling it deeply, the thickening feeling passes away and is succeeded by one of intense exhilaration. This is the desirable feature about it and lasts as long as the smoke continues. The agony of the opium fiend is said to be but a shadow to that of the after effect of the tea cigarette. Food cannot be looked at. The first step towards a cure from the depression which follows the unnatural exhilaration is another smoke. Fortunately the smoking of tea cigarettes is uncommon. But it is claimed that some of the cigarettes made contain a certain proportion of tea leaves.

Smoking of tea leaves is as much worse than drinking the decoction, as inhaling the smoke of tobacco leaves is than chewing tobacco. People go on year after year with poorly nourished bodies, suffering with neuralgia, headaches, sleeplessness and nervousness, when the trouble is all due to the use of tea. It is, however, the most difficult thing to convince people that tea is doing them an injury. When an endeavor is made to point out to them the harmful effects of tea, they reply that this cannot be so, for they say, "Do not I feel stronger after its use?" When feeling exhausted and languid, a cup of tea seems to revive and give new energy. But tea does not impart energy or strength; it merely acts as a whip on a tired horse. It calls for an expenditure of energy which should be reserved.

During sleeping hours we store up energy. We have in our bodies a series of electrical batteries. These, when charged, are capable of keeping the human machinery running for a certain length of time. When the batteries become exhausted, they have to be recharged. During the hours of sleep the brain and nerve cells are recharged with electrical force to be utilized in glandular, muscular and mental effort. After a hard day's toil we feel tired. This is nature's warning to cease from labor and restore the needed force. The sensible thing to do is to go to bed and allow nature to store up more nerve energy and not

call upon the little that is wisely held in reserve by the use of coffee or tea.

Some years ago, Dr. James Wood, visiting physician of the Brooklyn Dispensary, New York, published in the *Quarterly Journal of Inebriety* an excellent article on the baneful effects of tea-drinking, a subject which he carefully studied for some years. Dr. Wood stated that out of one thousand persons applying for treatment at the Brooklyn Central Dispensary, one hundred gave symptoms pointing directly to tea-drunkness. The effects of tea he said, differed somewhat to the kind of tea taken, since the tea of India contains two and a half times as much tannin as that of China. The headaches from which tea-tasters suffer so he attributed to the *essential oil*, of which tea contains three-fourths of one percent. He said "Some people are profoundly intoxicated by indulging in two cups of strong tea per day." "An ounce of tea leaves used daily will soon produce poisonous symptoms," he said. Of the one hundred cases mentioned by Dr. Wood, sixty-nine were women and thirty-one were men. Green tea contains more of this essential oil than black tea, which accounts for the fact that it is more productive of nervousness.

In Great Britain the annual consumption of tea per head is six pounds, as against half an ounce per head in 1771, when the price was eighteen shillings per pound. The Australian is the most excessive user of tea, while Germans and Americans lead the rest of the world in the consumption of coffee.

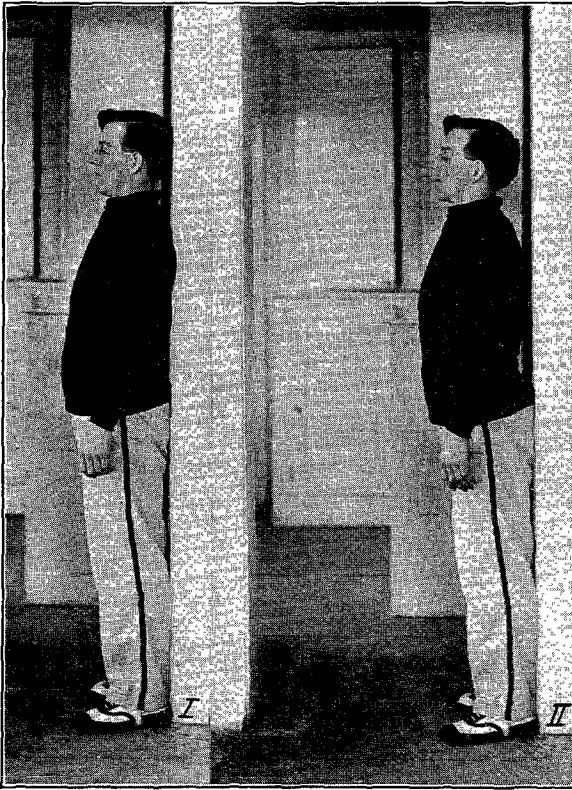
The craving which exists for these drugs is an evidence in itself that there is something radically wrong with civilized man and woman. Since no one in a normal condition possesses a craving for the stimulation produced by drugs, only those who are down feel the need of an uplift. This, these beverages give, *but only temporarily*. The trouble is, that every such artificial up is followed by a corresponding down and makes another uplift an apparent necessity. Thus the habit is formed and an attempt to do without the accustomed beverage means misery and suffering. The *wise man*, is right, "Whosoever is deceived thereby is not wise."

### SIMPLE EXERCISES FOR SEDENTARY PEOPLE

A. B. OLSEN, M.D.

To begin with, it is necessary to take a correct standing position, which is done as follows: Throw the hips back, draw in the abdomen. Throw the shoulders back, bring the chest forward, hold the head erect, and the chin in.

**Deep Breathing.** With hands on the hips (fingers in front and thumbs behind), breathe in slowly and deeply to complete capacity, and then breathe out slowly. Repeat six to twelve times.



Views I and II of Correct Standing Position.

Deep breathing with arms raising sideways. While breathing in slowly raise the arms sideways, with elbows extended, to the level of shoulders and hold for a few seconds. Lower the arms slowly while exhaling. Repeat six to twelve times.

Deep breathing, raising the arms backward. While breathing in deeply, raise the

arms backward with elbows and hands extended and fingers closed. Replace while exhaling. Repeat six to twelve times.

**Deep breathing,** with heel raising and arms raising backward. This exercise is the same as the one just mentioned except that the heels are slowly raised while breathing in and lowered while breathing out.

**Arms Stretching.** While standing erect place the hands on the shoulders with the elbows close to the side. At the count of one, stretch the arms quickly downward as far as the fingers will reach. Keep the thumb and fingers closed. At the count of two, re-place. This can be repeated six to twelve times. The exercise may be varied by stretching the arms sideways, forward or upward.

**Fingers Flexion and Extension.** With the hands held forward in a comfortable manner, close the fingers and thumbs tightly making a firm fist. On the count of two, extend the fingers and thumbs as far as possible. This can be repeated rapidly from ten to fifty times and is an excellent exercise for warming the hands.

**Head Bending.** While standing erect, bend the head forward without moving the rest of the body. Replace on the count of two and repeat six to twelve times. The exercise can be varied by bending the head to the right or left side or backward in the same way for the same number of times.

**Head Twisting.** While keeping the shoulders and rest of the body in place, twist the head to the right as far as possible without straining and then re-place, repeating six to twelve times.

Then twist the head to the left in a similar fashion.

**Trunk Bending.** With the hands on the hips bend the trunk forward, bending only from the hip joints and keeping the natural curve of the spine. Replace and repeat six to twelve times. The trunk may also be bent to the right or left side in the same

way, then backward. In bending the trunk backward, the body makes a crescentic curve from the heels to the crown of the head forming an arch. This is a rather strenuous exercise, but with care may be repeated six to twelve times to advantage.

**Trunk Twisting.** With the hands on the hips, which should be immovable, twist the spinal column to the right to the farthest extent and replace, repeating six to twelve times. Do likewise to the left side.

With the hands on the hips, raise the heels as high as possible and then replace on the count of two. Repeat twenty to forty times.

**Toe Raising.** With the hands on the hips, raise the toes of the right foot as high as possible and replace, repeating twenty to forty times and then do likewise with the left foot.

**Leg Raising.** With the hands on the hips, raise the right leg forward keeping the knee straight and replace, repeating six to twelve times. Then raise the left leg forward as high as possible, keeping the knee straight. The exercise may be varied by raising the legs sideways.

**Knee Raising.** With the hands on hips, take a firm position transferring the weight to the left foot, then raise the right knee so that there will be three right angles, one at the hip joint, one at the knee joint and another at the foot. Repeat ten to twenty times and then exercise the left knee in the same way.

**Leg Raising with foot flexion.** This exercise is the same as leg raising with the addition of foot flexion and extension while the leg is raised. This can be done ten to twenty times and the leg replaced and the left foot treated in the same way.

## THE FLOWER OF SORROW

DR. FRANK CRANE

Always the wolves are after us. Sickness, failure, treachery, bereavement, slander and death, the leaders of the pack, follow through the Siberian journey from the cradle to the grave.

But they cannot get us. We each of us have a flying machine, in which we can

soar away if they come too close. In all great souls you will note this power to escape from those calamities that overtake and crush lesser spirits.

Out of mud, say the Orientals, springs the lotus-flower; out of clay come gold and diamonds; out of oysters, pearls; brightest silks are spun from a worm; bezoar comes from the bull, and musk from the deer; from a dry stick is born flame; and from the jungle comes honey.

And the sweetest, rarest, most precious drop of beauty comes from the soul when it is crushed, ground, bruised, broken and burnt. This is the sublime secret of the great. In the heart of sorrow is worship; in the consciousness of ignorance is wonder; in our limitations we find God; at the center of utter defeat is the shrine of true victory.

## LIFE'S "WELL DONE"

R. HARE

Make the best of your life in its toiling;  
Make the best of your life in its rest;  
Be sure that your whole heart is living,  
Be sure that you are doing your best!

The soul that is careless may squander  
The powers of its life and its love;  
In sorrow to find with the evening,  
No sheaves for the garner above!

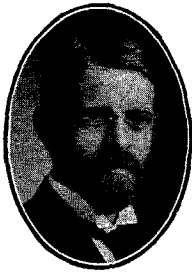
Put soul into all of your labor,  
And heart into life's every quest;  
Then say when the bright sun is setting,  
"I have honestly tried for the best!"

And then, in that land where the resting  
Comes after the victory won,  
The Master will share in your gladness,  
And whisper the sweetest, "Well done!"

## COULD NOT WASTE TIME IN MAKING MONEY

Was there not some famous man who said: "I cannot afford to waste my time making money"?

There was. In these materialistic days it is gratifying to note that Louis Agassiz, the great Swiss naturalist, thus put himself on record as one who found a higher pleasure in keeping himself in touch with the great secrets of Nature than in frenzied finance.



## FOOTPRINTS OF FAITH

No. 2

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 which the Doctor fostered.

The development of the work is so closely entwined around the life of its chief promoter that we are giving in these articles a glimpse of the Doctor's early experiences combined with the divine guiding principles which made him great. These articles will be of inestimable value to young people. 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.

Copies of the January LIFE BOAT containing the first of the series of articles can still be procured. We would advise parents everywhere to subscribe for THE LIFE BOAT that their children may read this series of articles, which will continue throughout the year.—Ed.]

### A Vow, and What Came of It

WHEN I was seventeen years old I was dying of diphtheria and I knew it. I then found my nominal religious experience that I had was of no avail. I knew I was lost. The horror I never can put into human words. In the agony of my soul I plead with God to raise me up, promising him that I would devote myself wholly to him and his service, and God in due time did restore me. That vow brought me to the Battle Creek College for a preparation; it brought me to the sanitarium; it brought me to the Ann Arbor medical college; it brought me to a life of toil in sin-cursed Chicago; it brought me to the disheartening task of building up a sanitarium at Hinsdale in "troubled times." It has enabled me to bear with joy the scoff and scorn of others who saw no light in my program.

I got that secret when I was looking into an open grave. I have been living on borrowed time ever since. I have not had a day of real sound health from that day till now, but I have been trying to work for the Lord. I never had a day when I didn't have plenty to do.

I am here carrying out that vow, but incidentally, I have had the time of my life doing it. I would recommend to others

who are sick to give themselves to the Lord to be used of Him.

### Ran Calls for the Lord

When I went to Battle Creek I was given the job of washing dishes in the kitchen. Then later I was told I was needed on the call force. During all that time I felt I was not working altogether for the Battle Creek Sanitarium, I was working for the Lord. So I thought if the Lord gave me some extra time in the evening I could do so much more work for Him. I thought the more sick people I could see the more work I could do for the Lord.

I literally ran calls. The other boys said, "Paulson likes to work, let him do it," so I ran most of the calls. I had the time of my life working for the Lord while they were getting along the easiest way. When Mrs. Hall, the matron, was gone away the boys did not work. I kept on working. They said, "Paulson, why do your work?" I said, "I am not working for Mrs. Hall, I am working for the Lord." I kept on working for the Lord, and if the Lord didn't want me to do a certain thing, I didn't do it. Do you think I was put out of the institution? No, I stayed there until I was acting superintendent, while the superintendent was in Europe.

### Living by Principle

If we live by principle, steering straight ahead, sometimes we will suit other people and sometimes we will not; but we are always pleasing God.

The person whose Christian experience is one of impulse only, cannot expect to be a source of strength to others, because while one day he may utter some great truth or do some noble deed, the next day he will likely do some strange thing which will cause them to lose faith in him altogether.

Years before I left the Battle Creek sanitarium, I learned as a personal experience that if a man bows before his Creator he never needs to bow before his fellow men. The Lord will see to it that he has standing room. He will never need to beg his fellow men for elbow room.

### An Overruling Providence

The opportunity came for me to study medicine. The Lord raised up some folks to lend me some money and Providence opened up splendid opportunities for me, in fact, some of the best that were obtainable in those days. Some of them I knew **came** directly in answer to my prayers—and why not? I had no selfish purpose in wanting to become a medical man; I desired to do somebody some good with it.

It is easy for us to recognize an overruling Providence in the large events of life, those that clearly and visibly affect our destiny; but why do we not see it also in the smaller things? Life does not consist of haphazard and chance circumstances; God has a definite plan for each one of us, which is just as complete as if we had been the only ones that lived on the earth. The attention of God has been specially directed to the careful arrangement of all details and all heaven is at our disposal, if necessary, to assist us not only in finding our work, but in performing it. Sometimes the dense fogs of human discouragement envelop us to such an extent that our natural eyes cannot discern the glorious possibilities that God is holding out to the youth in this generation, who are to see the culmination of all things, and who may repeat in their earthly career the very life that Christ lived as he walked among men. But let us remember, even in the

darkest moments of our experience, that the same power that controls and upholds the universe, is directing our lives.

One who has fully grasped the thought that every circumstance that comes into his life is permitted by the hand of divine love, will begin to enjoy some of the sweets of heaven while still on this earth.

### Providence Led to New York

I went to Bellevue hospital, New York, to complete my medical course and to secure greater opportunities in real medical missionary work. While there, I lived in the mission home of Dr. Dowknott, a man of great faith who was at that time conducting a splendid medical missionary work in the slums of New York City.

I had a small rear room with very poor furniture, and I soon discovered I had a lonesome feeling. A man came and asked me if I did not want to go to the mission. I said "Yes," and he took me into some poverty-stricken places where there was nothing to eat and no comforts in life, and then to the mission. He gave me a glimpse of the world's need.

When I went back to my room that night the wall paper which hung down from the ceiling in one corner looked like a beautiful scroll such as you see on Christmas cards. and the old furniture had been transformed into sixteenth-century antique furniture, such as you pay a high price for these days. The *room* was the same as when I left, but *I* had been transformed. I had seen the needs of the world.

I had not been there long when the Doctor announced to me that I was to lead the mission meeting the next Tuesday night. I began to make excuses—said I could not do it. He said, "Tut, tut, man, you are to lead that meeting." I did it.

### "One of My First Experiences"

I remember one of my first experiences. A man came to me and wished to be shown the way to God. I read him text after text. I demonstrated the plan of salvation, as I thought, in a very conclusive way. Everything was arranged under appropriate heads; there was a firstly, a secondly, thirdly and fourthly, and so on. When I was through, the man said, "Isn't there a shorter way?" I was obliged to answer

that I knew of none. "Well," he said, "then I can't be saved; this is too much for me." When I went back to my room that night I asked the Lord to show me a shorter way if there was one, and He did so. All there is for the sinner to do is to come; God will do the rest. The promise is, "Come unto Me, all ye that labor and are heavy-laden, and I will give you rest," and "Him that cometh to Me I will in no wise cast out."

### Had to Love Them

My heart ached for the poor street urchins in whom no one seemed especially interested, and I asked permission of the superintendent of the mission to let me have the mission Sunday afternoon to try to put something into the lives of those children. In they came—those dirty, ragged, undisciplined street Arabs. I told them about a God of love who like as a father pities his children, pitied them (Ps. 103:13); but it made absolutely no impression on them. On the contrary, I thought they resented it. I soon discovered that most of those children had drunken, brutal parents who kicked and cuffed them and mistreated them, and they did not want to hear anything about a God in heaven who would treat them the same way.

The thought came to me: I myself must love these youngsters. It was easy to feel sorry for them, but to love a dirty, rough street urchin whose hair was full of vermin—how could I do it? I asked God to

put his love into my heart for them and he answered my prayer, and then I found it was unnecessary for me to advertise that fact to them. The language of love is universal. If you feel kindly toward even a dog he will wag his tail and give you a look of recognition. Then I could tell them there was a God in heaven who felt towards them just as I did, only infinitely more. I will never forget the last meeting we had together, when I was to leave the city, and some of those children said, with tears in their eyes, "Who will love us now when you are gone?" One of the sweetest experiences of my life was when I knelt down with those children in that parting meeting and committed them to the Father of the fatherless, to that Friend that sticketh closer than a brother. "The entrance of thy word giveth light," even to the "street Arabs" of New York City.

At that moment I rededicated my life to God and asked Him never to permit me to be a loveless being. I believe some day when my feet shall have the privilege of treading the streets of gold I shall have with me some of those children as fruits of that labor of love.

What is needed is medical missionaries who have so much *love* for fallen humanity implanted in their hearts by the Spirit of God that the condition of the most loathsome and unlovely will move them to go about doing good even as our blessed Master did.

*(Continued in next number.)*

## The David Paulson Memorial Cottage

Reasons for Placing This at Madison

E. A. Sutherland, M. D.

SOME men's lives live after them, and that is pre-eminently true of Dr. David Paulson. Every reader of *THE LIFE BOAT* knew him either personally or through his writings. He was a lover of men and devoted his life very largely to the education of young men and women. There are many Christian workers today who gladly acknowledge that their inspiration for work came through the influence of Dr. Paulson.

To erect a monument of stone in memory of such a man is but a dead and formal ac-

knowledgment of our appreciation. I believe you will agree with me that there is a more fitting tribute to his memory. I was closely associated with the Doctor for many years. The thoughts which led to the starting of the Hinsdale Sanitarium with its varied interests and the Madison School, with its rural and city activities, were given birth about the same time. Both came from a keen realization of the need of institutions for training men and women for the active duties of life. Dr. Paulson

was a familiar figure at the gatherings at Madison; his lectures inspired the workers from the rural districts to put forth every effort to make self-supporting educational and medical work a success among the mountaineers. Is there any more fitting place for a David Paulson Memorial than at Madison?

Madison has never turned a student from its doors because he lacked money to pay school expense. It has been the policy to give Christian training to every worthy young person who was willing to work, and Madison has supplied the work along with the mental training. Now Madison needs more cottage room for its students. Dr. Paulson's part in the Madison enterprise has led to the suggestion that his friends build a memorial student cottage at Madison. When I attended the recent mid-winter convention at Hinsdale the sanitarium family responded most liberally to the suggestion. Plans were at once set on foot to build a cottage that will house eight students while in training. These young people can make their school expenses if we furnish them a place to live. So the cottage idea was born. Miss Lucy Page Gaston, who worked by the side of Dr. Paulson in much of his philanthropic work, and who knew his life of sacrifice, headed the list with one hundred dollars.

Those who have been helped by the Doctor's teachings, those who have come in touch with his life and want to prolong the influence of his work may now assist in the erection of a cottage built in his memory and for the purpose of assisting others in training to perpetuate the principles dear to him.

We did not plan for this memorial until we had first done all we could to meet the growing need of room for students. On Christmas Day Madison students and teachers together pledged the price of a cottage, the first donation of this sort to the work of the institution training men and women for self-supporting Christian activities in the South. This step makes us bold to ask you to help in the form of a cottage in memory of our mutual friend and brother, Dr. David Paulson. And for your co-operation we most cordially thank

you. THE LIFE BOAT will tell you how to handle your donations.

### A BRAND PLUCKED FROM THE BURNING\*

MRS. D. K. ABRAMS

I want to thank God for the privilege he has given me of working for my unfortunate brothers and sisters. I love the work, I love to go to the jail and tell the stories of Jesus and his love, and his power to save and to keep all who will come unto him. I know that Jesus loves the sinner, but he hates the sin. I know he loves the man or woman behind the prison bars as much as he loves us. I am so glad that God has called us to that work. I know that it pays to work for Jesus.

Many a time I had the privilege of speaking and praying with a man or a woman on the inside of the iron bars and of hearing their voices lifted to God in prayer that they might be saved to save others, and as I was sitting here listening to the different reports, there was one experience that came to my mind that might be of interest to you and that was of a young girl that was a prisoner in the Harrison Street station. I saw she was under conviction and I went to her and put my arm around her and she said:

"Oh, if you only knew my life you would pity me."

I said, "I do pity you and I love you."

She said, "My mother died when I was just a baby, and no one has ever taken an interest in me. My father is a drunkard, and here I am this morning in trouble and sorrow."

And so I readily saw her condition, and I said to her:

"Wouldn't you like to be a Christian?"

And she said, "Yes, I would."

We got down on our knees together and she poured her heart out to God. I brought her out to the Hinsdale Home to become the mother of a child, and as a result of that girl's conversion her sister was also converted and she accepted the truth. Since that time she married and has a home of her own. She needs your prayers. Her hus-

\*From talk given at the recent mid-winter convention.

band recently passed away and she is now struggling alone.

I could tell you many other experiences if time would permit, but I want to say to the glory of God that I know that the jail work has kept me alive and I know if it hadn't been for the work I wouldn't be a Christian. Oh, it is so sweet to work for souls. I have invited these people into my home from the jails and prisons. I have prayed with them and talked with them, and I know that the seed that has been sown in that jail, eternity alone will reveal the many precious souls that have been saved in that work.

I want to thank God for the visiting nurses. I just praised God every day when I saw those nurses come to my home when I was ill. I ask an interest in your prayers that I may be faithful and at last with you receive the overcomers reward.

### FOUND GOD IN A PRISON CELL

FROM A NEW YORK PRISONER

"I received your letter and was more than pleased to hear from you. I received the tracts you sent me and was very much pleased with them. I love to read them for from them I learn many things. They help me to understand more clearly.

"Yes, I gave myself to God a long time ago and I have never been sorry. I have found it pretty hard sometimes, but by praying sincerely, God always helps me. But prayer alone will not save me. I must prove by my actions and deeds that I am worthy of God's love. I must be true to my fellow men and serve God with all my heart and soul.

"I only wish I was some place where I could have some one teach me, and oh, how I would enjoy to stand up and tell others what God has done for me and how I found him in a prison cell. I thank almighty God for this sentence of punishment, for it has shown me my mistakes and brought me to Him in sincere repentance. It is through punishment that we are made to understand God and to love him.

"I pray that God will bless and keep you for the great work you are doing, and all of your co-workers."



Mr. and Mrs. Howard's Home in the High Andes.

### OUR "WIRELESS"

PEARL WAGGONER HOWARD

Moho, Peru, S. A.

WE live without the telephone,  
Where Indians abide,  
And "wireless" is a thing unknown  
Through all the countryside.  
Yet, contradictory though it seem,  
I speak the truth and not a dream:  
There passes not a night nor day  
But what we find the means and way  
To speak by "wireless" through the blue—  
Likewise receive an answer true.

BUT why should it be passing strange  
From God himself to hear,  
When finite men their thoughts exchange  
Though scattered far and near?  
In talking, too, with friends below,  
How oft we've found the "Central" slow!  
The answer is not always plain—  
Or, "Line is busy; call again."  
But, ah! we have no trials such  
When with our God we'd get in touch!

FULL many things we lack, indeed,  
Which friends in far-off land  
Consider as a daily need  
And have on every hand.  
Yet do we not their pity crave,  
Although at times in perils grave;  
For though we have no telephone,  
Nor many earthly comforts own,  
The "one thing needful" still we share—  
The blessed privilege of Prayer!

### A PRISONER WRITES, "PRAY FOR ME"

"I am glad to say that I have just begun to read THE LIFE BOAT, and am finding it a very interesting book for one in trouble and in need of help. I will be glad to have your workers pray for me. I enjoy reading my Bible and find each day is brighter to me. I would like to hear from some of your workers. Pray for me."

## A HINSDALE NURSE GOING TO PORTO RICO

CAROLINE LOUISE CLOUGH

Miss Beda Bengtson graduated from the Hinsdale Nurses' course in July, 1919. She took her training that she might be a missionary nurse, but after completing the course she was called home to help her people on the farm. The weeks lengthened into months and no opportunity seemed to present itself to do the work for which she had secured a special training. Her heart's desire was to give her life to a visiting



Miss Beda Bengtson.

nurse's work, combined with giving the gospel, in one of our large cities.

A series of revival meetings was held in a church near by, which she attended, and as a result was led to pray definitely for a call, at the same time promising the Lord that she would accept the first invitation that came.

When she had laid the matter before the Lord every day for an entire week, then a letter came asking her to go to Porto Rico

with Dr. and Mrs. Dunscombe, who will sail in a few days to take up the large and important medical missionary work which Dr. J. F. Morse is now conducting in Ensenada, Porto Rico. Dr. Morse is leaving the work to connect with the Hinsdale Sanitarium in the spring.

Miss Bengtson spent a few days in Hinsdale while enroute to Porto Rico. She has our prayers for her success, not only as a nurse, but as a soul-winner.

We are indeed grateful to know that when Miss Bengtson arrives in her field, there will be six of the recent graduates from Hinsdale in foreign fields. Mrs. Pearl Waggoner Howard was the first to go. She and her husband are now located in Ecuador, South America. Mr. and Mrs. Archie Field have taken the mission station at Occa Pampa, Moho, Peru, South America, which was founded by Mr. and Mrs. Howard and which they were obliged to leave on account of the extremely high altitude. Mr. and Mrs. A. C. Ford are still in the central mission station at Puno, Peru, getting accustomed to the high altitude and the language before taking charge of a station.

## A GREAT SURPRISE

A PRISONER IN AUBURN, N. Y.

"Sometime in the year 1914, when I had eleven months to serve, I had the pleasure of writing a small article for your magazine, telling what the Lord has done for me, and the article brought me a number of friends. I am again behind the bars and I have still one year to serve when I shall be free again. In the time I have already served, God has been most wonderfully kind and merciful to me, a sinner. I have gained a new and clearer understanding and conception of life and its meaning, and what my duty is to and for my fellow men, but God has forgiven me, in spite of the fact that I have for the second time fallen by the wayside, for I have new proof of it every day. It was a great surprise to me, I assure you, when I returned from my work to find a LIFE BOAT lying in my room.

"God is blessing and keeping me every day, and by his grace I am what I am today."

# God's Great Object Lesson

Lydia M. Mathie,

Scotts, Michigan

LUKE 15:11-24 contains the story of the prodigal son. The young man of the parable was impatient of restraint and parental authority. How weary he had become of a caution here and a warning there. Should he never be beyond "Why, John, I wouldn't do that," or, "My son, danger lies there," or "Beware of bad company."

"Oh," thought he, "that I might enjoy the freedom that James and Jonathan do! They have so much money to spend, though their fathers have far less than mine. They go anywhere they please and do anything they like."

Thus he went on from day to day, brooding over his imaginary troubles until he began to think himself really very much abused, and finally told his father so, concluding his complaint with the request that his share of the property be given him without delay. The kind old father was grieved at his son's dissatisfaction and reluctantly delivered unto him his portion, knowing full well that the headstrong youth would soon depart from the home of his childhood to seek among strangers the pleasure that he craved.

"And not many days after, the younger son gathered all together, and took his journey into a far country." Oh, yes, the father was right. Long had he known that his son was surely drifting away from his affections. Every tender caution, every gentle warning had been interpreted as a harsh rebuke or unfeeling reproof until he had begun to look upon his just and loving father as a stern, unrelenting master.

Though the father had foreseen what would be the result of giving to this wayward son his inheritance, there was nothing to be gained by withholding it; as the desire to be away would still be there, and it were better that the youth know for himself the dire consequence of the way of his choosing. Poor lad! He knew not that pleasure is a phantom—ever pursued, but never overtaken, and that oftentimes it leaves a sting.

How gaily he went away, attended by a number of servants, as the strains of soft music floated out upon the morning breeze, mingled with the fond farewells of his companions. How eagerly he pressed on his way, anxious to reach that "far country" where he should be undisturbed by home influences.

How different the father! Lonesome and sad, to him hours seem days, the days appear like weeks; but day after day through months and even years that father is on the sunny south porch looking far out over the plain, saying softly to himself, "He'll come back, surely he'll come back." Never for a moment does he forget that wayward son, but is ever longing for his return. Little did that careless youth dream of the aches in his father's heart.

In the "far country" the reckless young man is leading a riotous life and wasting his substance with gay companions, plunging headlong into every excess, when lo! a change comes. He has spent all; his flattering friends silently depart; he finds himself alone and penniless in a famine-stricken land. What shall he do? He joins himself to a citizen, who sends him into the field to feed swine, "than which no work can be more degrading to a Jew"; but a starving man can make no choice. He was so hungry that "he fain would have filled himself with the husks that the swine did eat, and no man gave unto him." It could hardly be told more plainly, could it?

No wonder that "he came to himself" and drew a sharp contrast between the good fortune of his father's hired servants and his own miserable state. No wonder that then and there he decided to return to his father and make a full confession of his folly and extravagance. Through the loss of friends and the pangs of hunger, he had become humble. He, who was at one time unwilling to remain at home as son, is now anxious to return as servant. "Father, I am no more worthy to be called thy son,

make me as one of thy hired servants."

With contrition of heart the poor lad sets out on the homeward journey. But so different from the way he had left his father's house. Alone, without money, clad in unclean ragged garments, he trudges on his way. How far it seems! Will he never reach home! Oh, yes, there is the old mansion in the distance. For some reason he cannot see well. He does not discern a figure on the porch. He walks hesitatingly forward, wondering if his father will receive him. He is nearing the rose garden now, and, from behind his favorite bush a man steps forth and runs to meet him. It is his father. There is no more question about his reception. His father falls upon his neck and weeps, while the penitent son sobs out, "Father—I have sinned against heaven and in thy sight and am no more worthy to be called thy son."

But he gets no farther. A servant is commanded to "bring forth the best robe and put it on him; and put a ring on his hand, and shoes on his feet." The father could not have the curious eyes of friend or stranger behold his son in filthy tattered raiment. No, no, he must be dressed befitting the son of a wealthy land owner. Nor was the father content with new apparel only. That his friends and neighbors might be glad and rejoice with him, he immediately gave instructions for a banquet to be held in honor of his son who had returned. The old heartache is gone. The father is happy and content in the return of his long lost son. The young man is filled with peace and joy in the smiles of his father's forgiveness. Their companionship is beautiful to behold.

How like our own experience is this. We have wandered far from our Father's house. We have lost our way. Out on the giddy heights in search of pleasure or fame, on the table-lands seeking wealth, or perchance in the valley of degradation and despair, our Father follows us. He cannot give up, but is ever-longing for us to come back home. Not for a moment does he forget us. He never wearies, never becomes discouraged, but all through the many vicissitudes of our lives, is ever yearning over his wayward children, ever pleading for them to return to their father's house.

When at last disappointed, discouraged, and broken in spirit, we return to our Father, how gladly he receives us! On his breast we sob out our grief, we confess our sin and folly; feeling unworthy to be sons, we ask the place of servants. But our Father tenderly pardons our transgressions, speaks no word of censure, and never recalls our sin. What joy! What peace! But this is not enough. He covers us with the best robe, the robe of Christ's righteousness; and bids all his angels rejoice; for a child has returned to his Father's house, he was lost and is found, was dead and is alive again. O matchless love! O wonderful forgiveness!

### MORAL BANKRUPTCY

FROM A RHODE ISLAND PRISONER

"I rejoice in having the opportunity of corresponding with you on a subject that was utter darkness to me until recently. I came to this country eight years ago. Thrown on my own resources, I went into the struggle and bustle of the world and, therefore, didn't attain a perfect English.

"You asked me to tell you about my struggle to be a Christian, and if I believed in Christ, and if I felt he could save me from my sin. I don't understand how a man can believe in Christ and not feel that he saves from sin. If he is struggling to be a Christian, surely he must believe in Christ. Don't you think I'm right?

"I was brought up in a strictly orthodox family. When I reached the age of seventeen I gradually became a member of the group of people who do not trouble their mental faculties to form any conclusions about religion. I easily began to believe what I'd heard others say against religion. After I drifted away from my own religion, I've refrained from reading any of the teachings of Christ. Things kept on with me just the same as before, and I never gave it a serious thought. Finally there came a time when I felt as if I'd really go to sleep forever.

"I've made a grave mistake in life that has taken away my liberty for some time. I've received my punishment in the eyes of the Law. But ever since I came behind the bars I have wanted peace, and no matter how hard I tried to attain it, I've failed.

When I read for the first time in my life the words of Christ in *THE LIFE BOAT*, I realize what Byron meant when he said, 'I know not what I could have been, but I know I'm not what I should be.' Like Adam and Eve, I've tasted the apple of wisdom. My mental faculties began to reason, and what did I find? I was a ship wreck—a hopeless case of moral bankruptcy.

#### **Expect God to Treat Me as Well as I Treat My Watch**

"The struggle of becoming a Christian then began, and not until I reread some of the words in that precious book several times, did I come to a conclusion. This is how I've reasoned it out: If I had a watch made by a most reliable concern, and one day I found it erred, I would take it and have it repaired. Well, what's the matter

with my soul, heart and brains? Surely they need some one to cleanse the rust that has grown on them within those long years of free thinking. I wouldn't have thrown the watch away; neither do I have to die to repair such a marvelous creation that was created by the most reliable Creator—the Lord Almighty. So you see, I have a definite object in life, namely, to become a righteous Christian.

"How am I going to do it?

"First, by learning, and then by following the teachings of our Lord.

"What am I doing it for, anyway?

"To attain forgiveness and an everlasting peace of mind.

"This is the stage I have reached, so all I need now is to learn. Will you please help me? You can do so by pointing out the right course to follow."

## **An Indian Chief and His Bible\***



CHIEF MANITOWOG

**A** WORN Bible elaborately marked in red and blue and black inks naturally aroused interest. The owner had left it at the Bible House to be rebound. So much had it been used that five years had found the cover worn out.

Chief Manitowog, a full-blooded Indian of the Siwash tribe, from the state of Washington, was its owner. When he called for the rebound Bible its story was learned. Sturdy and erect of figure, one could hardly believe that he was seventy years of age. Sixty-five years had been spent in rough and perhaps reckless living, partly in service with Buffalo Bill and various circuses. An engagement at the Hippodrome brought him to New York in 1914.

Here a concealed weapon found on him led to his imprisonment at Sing Sing. While still in the Tombs, before transfer to the State Prison, he was troubled at night by visions. Mentioning them to a fellow-prisoner, he was advised to speak to the chaplain. Through the chaplain his request for a Bible was supplied by the volume which had now come back to its original home to be rebound. The visions, backed by the story of the Christ, read assiduously through the long days in prison, led to a glad change of heart.

For the eighteen months he spent in prison this Bible was his constant companion and bore increasing marks of his study as he traced the passages that impressed him, in varied colors, according to a system he adopted. The picture which appears here gives little idea of the original. Since his release he has continued the study and marking of the Bible and has gone about telling with joy and effect the story of his own recent experience and the greater story the Bible contains. And so it had come about that the Bible, made thus doubly precious to him, came to the Bible house for a new cover.

It was a pleasure to present him with the book made as good as new. A few days after

\*From the Bible Society Record.

came the following letter—another testimony which speaks of the service rendered by the silent messenger of God in turning one from a useless, reckless life to an active, devoted effort to be a blessing to others and a credit to his country—as he puts it himself.

### An American Indian on a New Trail

"My dear Sir:—I am mailing you these five dollars out of my own earning to want nothing but for the good works ye people doing for our Great Jehovah and the Saviour Jesus Christ by sending the precious Book Bible from pole to pole among the very savages of this world. It is really best works in the world, and the Gospel of Jesus must be reached to the very utmost parts of the world

the American Bible Society prosperity and great success, and may our God bless all ye people who are interested in the Lord and His works.

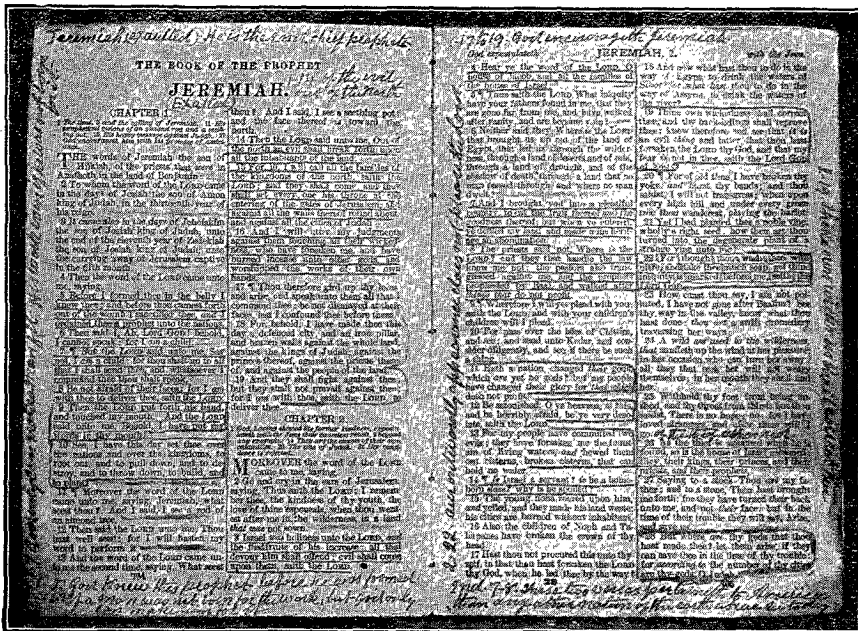
"Thank you very much for the good work ye have done to my eternal and everlasting friend that Holy Bible, and I feel so proud every time I have it in my hand.

"I remain yours a sincere friend in Jesus,

"CHIEF MANITOWOG."

### A CHRISTIAN CONSECRATION

I will place no value on anything I have or may possess except in relation to the kingdom of Christ. If anything I have will



The Indian Chief's Bible, which was given him while in Prison, showing his own markings five years after.

among all nations and tribes. And I thank to my God that His Gospel reached my heart to the very spot where it should be touched, that today I am a new-born man in every way. Your great Bible which was sent to me while I was behind prison bars for eighteen months entirely changed my life. It caused me to lead a better and happier life than I did for sixty-five years, and I thank and praise the Lord for this wonderful change in my life. I wish

advance the interests of that kingdom, it shall be given away or kept, only as by giving or keeping it I may promote the glory of him to whom I owe all my hopes in time and eternity.—David Livingstone.

ASK YOUR FRIEND TO SUBSCRIBE FOR "THE LIFE BOAT" THIS YEAR. YOU WILL NOT REGRET IT.

## At the Cross Roads

Maud Wilson Cobb

Matron, Life Boat Rescue Home

**W**E ARE constantly meeting people in our work that seem to stand at the cross roads in their experience and much depends on which road they take, for only one leads home.

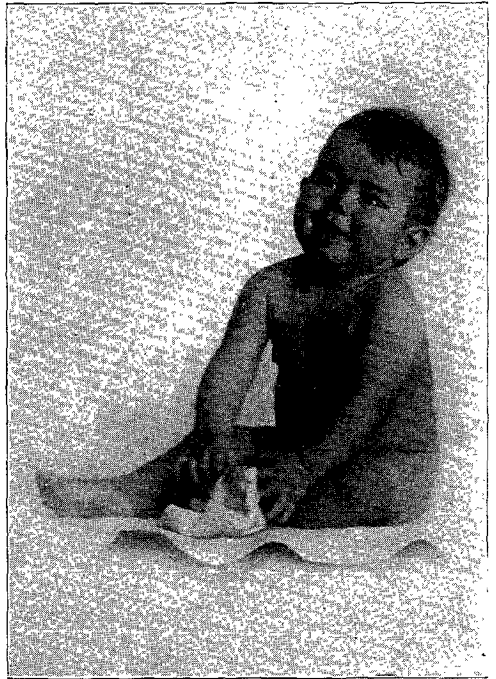
### "Help Me Choose the Right Road"

Today one of our girls came out from Chicago to visit us. She has been working in a private home in the city. As she sat by my side, she said, "Mrs. Cobb, will I always feel the keen sense of conscience as I do now? I awaken every night and hear my child crying or cooing. I reach for her but I only find she is gone and 'tis only another dream. I must do something else. I must have children to care for. I want to feel their little hands about my face. Won't you help me to get into some home as an attendant? I must change my work, for, do you know, many temptations confront me every day. Letters are coming to me from the father of my child. He is trying to gain my confidence again, and I know I love him although he has caused me the greatest injury possible and made my heart bleed, so I must forget him and by teaching children to love me and having them to love, don't you believe I can forget in time? Help me choose the right road, will you?"

### Saved from Starting on the Road That Leads to Sorrow

Another young father and mother of two beautiful children have decided to separate because the high cost of living combined with sickness, will not permit them to live as free and comfortable as they lived before their marriage. Furniture has been sold, and they live in only one furnished room. The little wife frets all day, and when the husband comes home at night he is met with complaints and it is not a joy to come home. Both are tired and would like to be free, yet they cannot because of the babies. Just at the cross roads they are shown they must not go the way they planned, for the road will lead to more sorrow and the little ones will lose the home that was in-

tended for them. By a little talk they are shown that it will be best to board the little ones for a while and let the mother take a position, which can be secured in the same company where she worked several years before her marriage, and the wages she can earn when added to the husband's salary will soon buy more furniture, and soon a more suitable place can be rented



Joy to Its Foster Mother.

and the mother can again take her place as homekeeper.

Now the husband and wife go to work together; return in the evening, both with something of interest from the day's happenings. No more tears and quarrels because of conditions. The children are happy in their new home, and are forgetting how often mamma cried, but look with joy for her to come with papa on Sundays. What if the other road had been taken?

### **They Stood at the Cross Roads, but No One Was There to Point the Way**

We had the sorrow of knowing a part of the wrong road a month or so ago. A call came asking us to come to Chicago and take a baby boy a few weeks of age under our care, as the mother had three other little ones, and could not care for them all. To our surprise, we found a young woman only twenty-one years of age, with bent shoulders and heavy eyes. She said, "John would not try to keep our home so we could live in it. When we were first married he did well, but after our babies began to come so fast he went away, and I had to come to a home provided by Charity. Now that I have four he will not help me, and if I go to law he will leave the State. I am going to keep the three children, but will have to give my baby boy away for I cannot support them all."

It was necessary to hunt up the young father to get him to give his consent to the adoption of the baby that he had never seen, and after waiting in his mother's home for sometime, he came in, only a boy it seemed, and he said, "Well, Pearl was not happy. She was never satisfied. It is best that we live apart. We do not care for each other any more. I have been crippled recently, and cannot work. That is why I am home with my mother."

Here is a case where right advice and a little help might have kept these young folks in their home, for in their hearts they do care for each other. One sad part of it is the young man drinks, and a few days ago called on his wife. He wanted to see the children, and under the influence of drink, was rude and insolent, and an officer had to be called to take him away.

Poor Pearl, only had a fresh wound opened, as she knew that new trouble had come to him, all because when they started on their journey together, they came to the cross roads in life and no one warned them of the wrong road that is making their lives miserable and their children fatherless.

### **Found a Place of Shelter at the Cross Roads**

A letter comes to us from a young girl in one of the Western States. It reads: "I have had a good home training and an education, have been teaching school. My

home life was beautiful, with the dearest mother and father a girl could have. I made the acquaintance of some young people. I was warned against them. I must have been blind, for one night I remained away from my home. If any one would have told me that I would so forget my home training and my high esteem for all that was moral and good, I would have denied it, but as if I was drunk, I was led to ruin and disgrace. I know it will kill my mother and father if they know, but maybe they will not. Will you let me come to your home?"

"In reading your little Life Boat the first ray of hope came to me—a place of shelter—for I have nowhere to go. No friends can help me, for they must not know. The bad company has passed, and I stand alone without one living friend to tell me which way to go." Yes, this young girl stands at the cross roads. She does not realize that the kind mother and father would hasten with all speed to her rescue now, for she must not take the wrong road. She must be pointed the right road. She must turn to God. She must learn to trust him to lead her the right way, and still her troubled heart, she must believe as did the woman of old when Christ, with pity in his voice, pointed out the right road and did not condemn her to everlasting sorrow. It was the confidence she had in him that made her trust him and follow the road that kept her close to him, and when he was laid in the tomb that road brought her to his tomb. After the angel had rolled the stone away, she saw her Lord and spoke to him. Then she carried the message to his disciples, crying, "Our Lord has risen."

When Christ comes again, those who know the road will find him just as sure as she did. We are thankful in our Life Boat work for the privilege of being on guard, so that when a poor wanderer stands at the cross roads, bewildered, knowing not which road to take, trusting Jesus, we work day and often night to persuade that one by earnest prayer to take the right road. Many tears are shed and hearts are breaking at the cross roads. Angels must weep when the wrong road is taken.

### **Whole Families Meet at the Cross Roads**

A few days ago we visited the Juvenile

court for boys and the Juvenile court for girls, one under the care of Judge Arnold and the other under Miss Mary Barteleme, the woman judge of Chicago. Many parents realize as they stand in those court rooms and hear the judges say, "You have taken the wrong course with your boy or your girl, now they must be taken from you. The road you have chosen for them leads to ruin." Then they realize that they have reached the cross roads in their lives. The Judge says, "We will take them, put them under discipline for a few years, teach them trades and how to mind, and then when they are returned to you, they will know better than to spend the nights in moving picture shows, and stealing and selling goods, all of which will lead them to prison before they are much older." The mothers' cries and the fathers' pleadings sound through those court rooms, but the judges with all kindness knew and pointed out the right road for the future of those children.

In one case a young girl asked to speak to Judge Barteleme alone. She pleaded with the judge to send her away to some home that she might learn to be good. This child, only fifteen years of age, and soon to be a child mother, knew she had been on the wrong road, and wanted to be guided right.

So our little Life Boat sails along and picks up many a soul-sick wife or husband, girl or boy and brings them into the port of safety. The work of the Life Boat magazine and Life Boat Rescue Home must not sink. Their work must stand, for those who reach the cross roads must get in out of the storms of life. Christ alone is the great Guide in the work of rescue and he will point the way that leads home.

### "NEVER HAD ANYONE TO ENCOURAGE ME"

FROM A MISSOURI PRISONER

"Just a few lines to let you know that I am still trusting in God. I have been in this prison for over eleven months and I have never received a letter from anyone that really wanted to be my friend. My father and mother separated when I was but seven years old and I have been running wild ever since. I am now twenty-

seven, and I have never had anyone to encourage me or I would never have served ten years behind prison bars.

"I will just keep on reading the Bible, and keep trusting in God, for I know after I leave this prison this year, that this white man is through doing time in prison, and may God help me, for he is my only friend. I would like very much to hear from you as I have nobody that is writing to me, and only one Friend, and he is the best Judge and friend to all. Pray for me."

### THE COAL FUND "OVER THE TOP"

We are glad to announce this month that the \$400.00 which we needed to purchase coal for the season for The Life Boat Rescue Home has been raised. In fact, some more than enough has come in. But inasmuch as the price of coal is constantly soaring higher, we shall probably need all that has come in for that purpose. We give here a list of the contributors to this fund since our last report:

|                                 |          |
|---------------------------------|----------|
| Previously reported .....       | \$354.71 |
| Mrs. Bessie M. Janes.....       | 2.00     |
| Mrs. Nellie Pratt .....         | 1.00     |
| Mrs. Katherine Ott Edwards..... | 10.00    |
| A friend .....                  | 5.00     |
| Mary E. Myers.....              | 5.00     |
| Mrs. E. M. Hoyt.....            | 1.00     |
| Mrs. J. P. Jasperson.....       | 2.00     |
| Lizzie M. Gregg.....            | 2.00     |
| Mrs. Mary Wagner.....           | 2.00     |
| Mrs. W. B. Dodson.....          | 5.00     |
| Mrs. Jennie Sturdevant .....    | 5.00     |
| J. N. Loughborough.....         | 5.00     |
| Mrs. M. E. Preston.....         | 1.00     |
| Sarah C. Pharis.....            | 2.00     |
| C. F. Christenson.....          | 2.00     |
| Mrs. W. D. Thomas.....          | 1.00     |
| A friend .....                  | 5.00     |
| Mrs. C. L. Kendall.....         | 4.00     |
| Mrs. Ben Snyder .....           | 1.00     |
| John Aeberhart .....            | 5.00     |
| Mrs. J. G. Woolley.....         | 10.00    |

\$420.71

We want to extend our grateful thanks to all who have given to this fund. We feel sure that they have invested their money in a work that will bring returns for the kingdom. The Rescue Home is always in need of funds to help with the

running expenses and we trust our friends will remember us from time to time.

CAROLINE LOUISE CLOUGH, Supt.

### EXPERIENCE OF THE CITY WORKERS\*

MISS ZADA HIBBEN

"It is more blessed to give than to receive." Then, as we give, we receive. I do believe that as the nurses have gone into the city to work for the needy, they have received real blessings. I know one of our nurses that started in very much discouraged, and she said she wasn't going to go in again. Two days afterward she went with us again, and she had such a good day that she decided it was a good work.

One day we called on some deaf and dumb people. We wondered how we were going to get into their home and to talk to them. I had called there two different times before and no one came to the door. After I learned that the people were deaf I opened the door and walked in. There was an elderly man about eighty-one years old and his wife. They were glad to have us come. They said they had five children two of whom had died. We called on one of the children and conversed with her with pencil and paper. She said there were 3,000 deaf mutes in Chicago, and showed us buildings where they had training schools for mutes. She gave us a card and wanted us to come back again, and it just cheered our hearts to see how welcome we were by those people.

At another place the woman was sick and in our conversation she told us how she was feeling and I suggested a treatment that might be well to take, and later she told me how thankful she was to get that information and that the treatments were doing her much good. She is a very sickly woman and we are going there once a week and helping her do her house work.

Another place where we have been giving treatments the woman has neuritis, and I can see that she is improving and can see results there. At one place where we visited with the book, "Epidemics," the woman took the book out of my hand and said, "I am going to take this. Several years ago there were some nurses that

used to come and visit my sister. They used to bring THE LIFE BOAT, and they were from Hinsdale. You will never know the good they have done my sister." She said her sister would always look forward to the time when the nurses would come back and whenever she had a chance she bought THE LIFE BOAT. She said, "Not very long ago I told my husband that I wanted to save it so that whenever I needed help I knew where to get it and who to call upon."

From time to time we run across people that have heard of our nurses and they say, "You will never know the good you do by coming and visiting us."

We have also loaned books. As we meet these experiences they put new life into our own hearts and into our souls.

### REPORT FROM THE GOOD SAMARITAN INN\*

MRS. H. L. SWANSON

I feel a good deal like Nehemiah, that I am doing a great work. From a human standpoint it doesn't look as though it was very much of a work, but we all know that the founder of this institution promised the Lord that if he would help him to build this institution he would have a place for the poorer class of people to go to. And I feel that I am helping in that way.

We have to be extremely economical for everything is so high. I often wish we could have more money so that I wouldn't have to be so careful about finances, but just now we have to do this. However, we don't keep the place open for the money we get. We receive our pay in many sick people who come to us and then go away well, and not only that, but they write and tell me that they intend to keep well and they say that they learned something while with us. We try to teach them how to live so that they can have a little sanitarium in their own homes. I lay great stress on the combinations of foods. We don't have so many varieties, but we try to have them well cooked and appetizing, and we try to make the place as homelike as we can. And above all, we try to live the Christ life so that they can see that we have been with Jesus and learned of him. But we do want to be what the Lord would have us to be.

\*Reported at the Mid-Winter Convention.

\*Told at the Mid-Winter Convention.

## THE MID-WINTER CONVENTION

CAROLINE LOUISE CLOUGH

Pastor A. E. Serns of Battle Creek, Mich., gave the opening address of the Convention on Friday evening, Dec. 26th. He took for his text I Kings 19:9. "And he came thither unto a cave, and lodged there; and behold the word of the Lord came to him, and he said unto him, What doest thou here, Elijah?"

God had raised up Elijah to proclaim a special message to His people and instead of doing it he went and hid in a cave. So today there is a world to be warned of its doom and we must get out of the cave of indifference for there is a Voice coming to us, "What are you doing here?"

A splendid thought for the opening of our Convention. While nominally we have consecrated our lives to the service of God, yet almost before we are aware of it we find ourselves hid away in some cave of indifference or lost in the daily round of details and the Lord is speaking to us as he did to Elijah of old, "What doest thou here?"

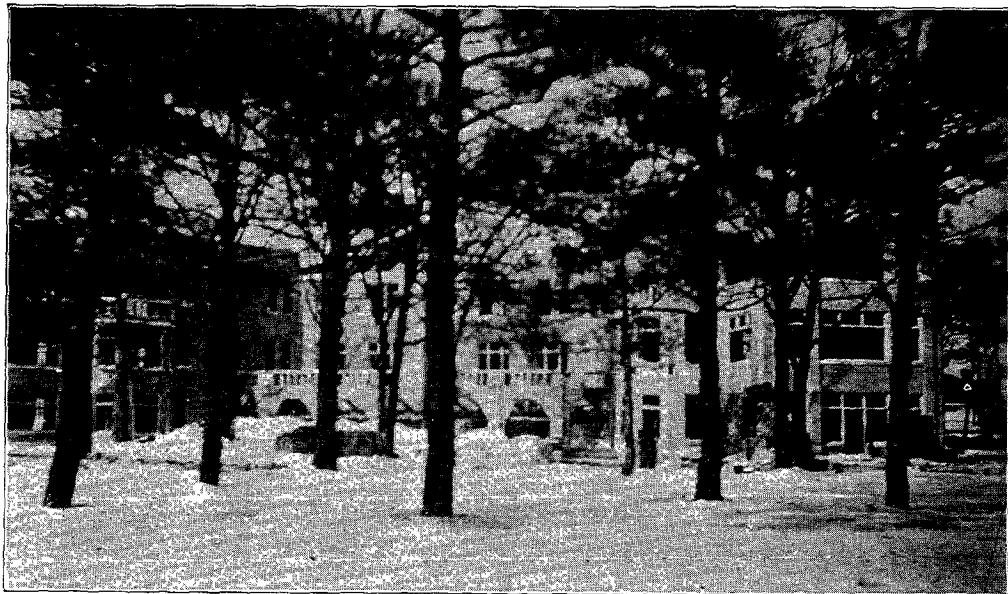
Pastor Serns also spoke at the forenoon hour the following day on the subject of the "World's Greatest Need." He spoke of culture, institutions of learning, twentieth century civilization, but beyond and above all those stands the one great paramount need—Jesus—the Christ that can save us from our

sins and that can keep us from falling into temptation. The Lord Jesus must *abide* within and watch the door of our heart. The story is told of a little girl who said she was saved from sinning by sending Jesus to the door whenever Satan knocked at her heart and that Satan always said, "O, excuse me!" and walked away.

Dr. E. A. Sutherland of Nashville was in attendance and gave several splendid talks on medical missionary work. In the first talk he spoke of the interesting story of the healing of Naaman the leper, and the influence of the little Hebrew maid in his home; also the sin of Gehazi, Elisha's servant, who put a commercial value on the Lord's work and even lied to get gain. The medical missionary work is one of the highest, most exalted tasks the Lord has entrusted to man. He spoke of the example of Paul when shipwrecked and cast on the island. He built a fire and healed the diseases of those on the island first before holding a prayer meeting.

Our various lines of missionary activity were represented on Sunday afternoon by most interesting reports from leaders and workers of the different departments of City, Rescue, Life Boat and Jail work. Several of these talks we are passing on to our readers in this number.

Pastor F. C. Gilbert, the great worker for



The South Exposure of the new Hinsdale Sanitarium, showing the new building still under construction.

the Jews in Boston, spoke the closing evening on "Practical Lessons from Israel on the Sanctuary Service."

An interesting feature of the Convention was the reception on Saturday evening, when all the visitors and guests met with the sanitarium family and listened to short speeches on sanitarium work by the physicians and others present. Dr. Olive P. Ingersoll represented the Madison, Wis., Orlando, Fla., and

Calcutta, India; sanitariums; Dr. Sutherland the rural sanitarium at Madison, Tenn.; Dr. Clara Beckner-Otis the medical missionary work in Santo Domingo.

The entire Convention was a strength and blessing to our work and workers and helped to give us all higher ideals in our work and a desire to forsake the cave of indifference and get out into the broad fields of the world's need.

## The Gospel in All the World and the End

D. H. Kress, M. D.

IT IS really remarkable how the way is being prepared for the heralding of the gospel in all the world as a witness unto all nations. A few years ago this seemed impossible. Russia, Persia, Austria and Turkey had barred their doors to the entrance of the word of God. The war, famine and pestilence instead of proving a hindrance, have been instrumental in throwing open these portals and now the missionary and herald of the gospel of Christ has the same freedom in these countries that he has in other lands. The world now practically lies before the Christian church and extends an invitation to her to enter and carry out the gospel commission of its founder, "Go ye into all the world and preach the gospel to every creature."

### Out-Distancing the Ox Carts

It is also remarkable how the agencies are now in readiness, and at the command of the gospel missionary, to speedily carry out this commission. One hundred years ago it was impossible to do this.<sup>\*</sup> The travel from place to place was then as it was four thousand years before. The ox cart and the horse were the speediest modes of travel on land. On sea, the sail boat, a very rude and tedious contrivance, was the best means afforded to reach the islands of the sea and countries afar off. Everything seemed to have been at a standstill for thousands of years, as far as inventions were concerned. Just as the time had arrived for the work of God in the earth to close, and there could be delay no longer, wonderful inventions came into being. In the year 1826 the locomotive loomed up,

and next, in 1838, the trans-oceanic steamship. The telegraph, telephone and wireless system next sprung up. It is now possible to flash news thousands of miles to lands across the deep in a few minutes or seconds. The time has come when the work of God can be speedily finished and cut short in righteousness.

### Every Agency at Work

One hundred years ago there were less than a hundred missionaries in foreign lands. There are now not less than 25,000. The Bible, the book of God, has been translated into over six hundred languages and dialects. It is a remarkable accomplishment. Then, there was not a single protestant in all China and Japan or Korea. In the year 1842 there were only six converts to Christianity in all of China. There are today over two hundred thousand. Not until 1887 did the first baptism take place in Korea and now Korea has over 300,000 converts. All of this is wonderful.

In other lands including Africa, the dark continent, and the thousands of islands of the Pacific never visited by the white man up to a few years ago, miraculous strides have been made. With missionaries stationed all over the world, supplied with the modern conveniences of travel and speedy communication, it does not take a very great stretch of faith to see the accomplishment of the Gospel commission in a very short time. The hour has struck when every agency is to be employed by the church to communicate to those in darkness the good news of Salvation through Jesus Christ.

### A Time When Knowledge Shall Be Increased

To the prophet Daniel were the words spoken by the angel of God, "They that turn many to righteousness" at this period "shall shine . . . as the stars forever and ever. But thou, O Daniel, shut up the words, and seal the book, even to the time of the end." Dan. 12:3, 4.

The time of the end marks off a short period preceding and including the end. The Saviour predicted the gospel should be preached in all the world as a witness unto all nations, and "then shall the end come." The prophet Daniel says, "Many shall run to and fro, and knowledge shall be increased." Dan. 12:4. Knowledge of what? we may ask. A knowledge of the Sealed book. How remarkably this is being fulfilled before our eyes. Men are "running to and fro." Trains are running at the rate of sixty miles an hour. Ships are crossing the ocean in a few days. Automobiles are rushing hither and thither. Men are running to and fro and a knowledge of the gospel can now be conveyed speedily to all the world.

To John on the lonely Isle of Patmos was given a view of the activity of the church of Christ in spreading the gospel to all lands, in the symbol of an angel flying in the midst of heaven. An angel flying would signify speed and rapidity. He said, "I saw another angel fly in the midst of heaven having the everlasting gospel to preach unto them that dwell on the earth, and to every nation and kindred and tongue and people, saying with a loud voice (a voice that can be everywhere heard), 'Fear God, and give glory to him; for the hour of his judgment is come; and worship him that made heaven, and earth, and the sea, and the fountains of water.'" Rev. 14:6, 7.

Following this he said, "I looked, and behold a white cloud, and upon the cloud one sat like unto the Son of man, having on his head a golden crown, and in his hand a sharp sickle. And another angel came out of the temple, crying with a loud voice to him that sat on the cloud, 'Thrust thy sickle, and reap; for the harvest of the earth is ripe.' And he that sat on the cloud thrust in his sickle on the earth; and the earth was reaped." Rev. 14:14-16. "The harvest, Jesus said, 'is the end of the

world; and the reapers are the angels. As therefore the tares are gathered and burned in the fire, so shall it be in the end of the world. The Son of man shall send forth his angels and they shall gather out of his kingdom all things that offend, and them which do iniquity; and shall cast them into a furnace of fire; there shall be wailing and gnashing of teeth. Then shall the righteous shine forth as the sun in the kingdom of their Father, who hath ears to hear, let him hear." Matt. 13:39-43.

### A WAR INCIDENT AND A LESSON FOR SOUL-WINNERS

One of the best stories of the war, says the *Woman's Home Companion*, reveals the true fighting spirit of the American soldier. After a German attack, an American boy who came back to our lines discovered that his "pal" with whom he had fought side by side, was missing. He immediately asked permission to go back over the field and get him. His officer advised him not to go, and said:

"If you do, it will not be worth while. Go at your risk, but it will cost your life."

The boy went out, found his friend badly hurt and brought him back near our line, but at that point the wounded soldier died. The rescuer himself was then shot. Dying, he crawled back within the line. The officer, leaning over him just before he died, said:

"I told you you would lose your life. Was it worth while?"

"Yes, sir," replied the dying soldier. "He said he knew I would come."

### YOUR WORK AND MINE

R. HARE

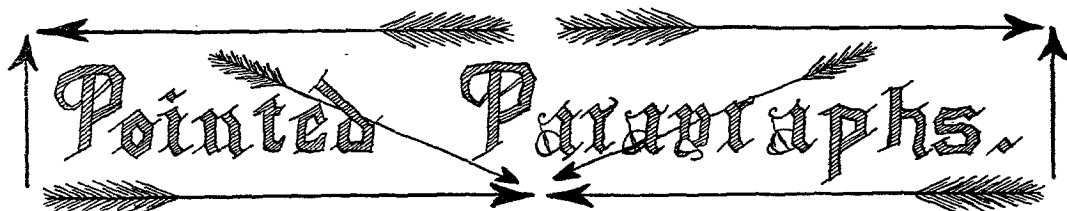
He has work for you, and the call rings clear:

"Up and be doing, the end is near!"

Saved from Time's wreck as the years flow past,  
Jehovah demands your help to the last!

Your heart with its love and unselfish grace,  
The flash of your eye, and the smile of your face,  
The touch of your hand with its tenderest power,  
Your voice, with its song for the passing hour;  
Your soul, with light for the darkened way,  
Is wanted to brighten some shaded day;  
And the measure of all at the Spirit's touch  
Is given to him who loveth much!

Rescued for service, supreme and divine,  
The Master is calling for your life and mine!  
How will you answer when asked to obey—  
Where will you go when He points the way?



## J. G. Lamson

No man can get to the Saviour except the Father draw him. No one can become Christ-like except he is *drawn* to do so. If a fellow starts out some morning and says, "I am going to act like a Christian today," and does this because he thinks he will improve his chances for financial or social betterment in some way, he will miserably fail. But if he is in love with the Christian life and character and starts out to be Christlike because he is drawn toward that kind of living, then he can succeed. The very liking for a good life is made up of sparks of the Holy Spirit catching fire in the soul of a man, and burning up to a hot glow all the time. That fire burns out the dross.

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Did you ever say "Pray for me?" Did you ever stop to think you are asking something for nothing? Do you ever pray for the ones you invite to pray for you?

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Do some good thing for the one you want to pray for you. Write them a letter or confer a kindness or give a service; then they will pray for you. Do that to just as many as you can—to a whole lot of folks—and then you will have a whole lot of folks praying for you just because they cannot help it.

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Some folks sell their birthright for a five-cent show. Esau got one good big dinner for his and yet made a terribly poor bargain.

---

We hunger and thirst for those things we know the taste of. Taste and see that the Lord is precious, and then you will hunger for Him.

Did it ever occur to you that it would be the *fair virgins* and the *young men* that would faint for thirst in the day when men wander from sea to sea, and from north to south and run to and fro seeking the word of the Lord?

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That Word was made flesh and *dwelt among us*. Have you seen *Him* lately?

"As thou hast sent me into the world, even so have I also sent them into the world."

---

When shall we be able to say *as* did our Lord, "He that hath seen me hath seen the Father?"

Is it not about time we were manifesting some of the attributes of the Father?

And also—

Did you ever spend a little time looking for manifestations of the Christ in other folks? Ever spend *as* much time doing that as in looking to see how much folks resemble the devil?

"The *Word*—dwelt among us." Let's watch for Him. *Let's*.

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"If you say thank you oftener, both to God and man, the road will grow smoother, and the burdens will seem lighter."

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"The easiest way—Following the line of least resistance—is what makes rivers and men crooked."

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"Do your best,  
Your best may not be the best,  
But if it is your best  
It will be God-blest,  
And will surely bring a harvest."

## QUESTION BOX

Conducted by A. B. Olsen, M.D.

The readers of THE LIFE BOAT are invited to send questions pertaining to hygiene and health and they will be answered in this column. Enclose a two-cent stamp and address the Editor, THE LIFE BOAT, Hinsdale, Illinois.

1. Does a floating kidney affect the general nervous system? If so, in what way? What is the remedy?

Ans. Yes. By its dragging effect upon the nerves often causing a backache and possibly nervous depression. Sometimes the use of a suitable abdominal supporter, made to hold the kidney in place, gives relief. In a few extreme cases of physical distress, an operation for the fixation of the floating kidney may be desirable. Our readers should bear in mind that the use of corsets or stays is the most prolific cause of a floating kidney. We do not think that any woman, young or old, who understands the anatomy of the internal organs would consent for one moment to wear a corset.

2. Can a gall bladder be drained without an operation?

Ans. No.

3. What can be done for inflammation of the gall bladder?

Ans. Drinking hot water freely combined with the application of hot fomentations or abdominal packs usually gives relief. If there is good reason to believe that the gall bladder contains stones an operation to have them removed might be necessary.

4. What causes adhesions after the appendix has been removed?

Ans. Further inflammation in the same region such as peritonitis may cause adhesions, or they may result from the appendicitis.

5. What can one do to keep the arteries soft?

Ans. Avoid the use of alcohol, tobacco, tea, coffee and all similar narcotic articles. Adopt a fruitarian or vegetarian diet, including milk, cream, butter and eggs. Be abstemious in eating and prevent constipation by using plenty of fruit and enemata if necessary.

6. Is it true that buttermilk is beneficial?

Ans. There is little doubt but that buttermilk properly prepared is a more wholesome food than ordinary sweet milk. It contains a mild acid (lactic) which has an inhibitive or destructive effect upon the germs which so frequently cause fermentation and putrefaction in the bowels.

7. Do acids increase or aggravate lameness?

Ans. No, as far as fruit acids are concerned. Uric acid, which is found so abundantly in animal flesh does produce or aggravate lameness due to rheumatic or arthritic troubles. On the other hand, fruit acids such as the citric acid of the lemon or orange is changed into an alkaline carbonate on being absorbed into the blood and has a wholesome effect upon the system.

8. Would you advise the use of the cold shower for a person suffering from nervous exhaustion?

Ans. No, not as a rule. But the real test is the after-effect. If the patient gets a glow of warmth and a feeling of comfort and well-being which persists for hours afterwards, the cold shower is in order and does good.

9. Can autointoxication be cured?

Ans. Yes, by the use of a proper diet and sufficient exercise or activity in the fresh air. Strong drink, gross feeding and gluttony at the table, together with a sedentary life encourage and produce autointoxication. The plainer the fare, the more abstemious the eating and the more active one is out doors in the fresh air, the less danger of autointoxication.

10. What is the best diet for one suffering from high blood pressure?

Ans. An abstemious fruit and vegetarian diet with few, if any, eggs and sparing use of milk. Drink water freely, from three to five pints per day, and see that the bowels are opened freely at least once a day.

11. What is worth while to one that is sick?

Ans. To get well, of course. And it is most fortunate that the vast majority of sick people do get well and stay well providing they observe the laws of health in a reasonable way. Never give up and never say die, but stick to the cultivation of health until the goal is reached.

12. What is the matter with a person whose tongue has a white coat on it all the time, and what is the remedy?

Ans. Septic tonsils, decaying teeth and a sour stomach are the most common causes of coated tongue. After these organs have been put right, scrape the tongue with a dull knife and clean it well with a tooth brush and some good tooth paste. Repeat this process until the tongue is clean.

13. Does accumulated gas in the stomach affect the heart, and if so, in what way?

Ans. Yes, by mechanical pressure, causing the heart to beat faster or to palpitate as it is called.

14. What is the cause and cure for constipation?

Ans. Improper diet and lack of exercise are the chief causes of ordinary constipation. The cure naturally lies in the free use of fruits of all kinds, both fresh and stewed, and particularly grapefruit, oranges, bananas, baked apples, stewed prunes, stewed figs, dates, etc. Vegetable salads and cooked vegetables, particularly greens such as spinach, are valuable in combating constipation. Eat graham bread and take oatmeal porridge or rolled oats and cream for breakfast, bran gems or bran biscuits. A tablespoonful of plain bran mixed with the other food each meal is a useful measure. Mineral oil may be taken in doses of one-half to an ounce two or three times a day, and tepid, soapy enemas are helpful in cleansing the bowels.

15. What is the cause of sudden dizziness with nausea and lack of balance in walking?

Ans. The most common cause is some disturbance of the stomach, bowels and liver, but these symptoms may indicate some other mischief which would require the attention of the family doctor.

### **"EVERY TIME I FIND MORE GOOD IN IT"**

PRISONER FROM MICHIGAN CITY, IND.

"I received your letter of December 22nd and also your Christmas remembrance for which I am very grateful. That shows that there really is some one in this wide, wide world that thinks and prays for me and comforts and cheers me when I am down

deep with the blues. In your LIFE BOAT that you sent me I find great solace, and have read and reread it, and every time I find more good in it.

"My associates on the outside have made me a better and cleaner man while I am here. Ever since the first week of my misfortune I have been serving the Lord. I am getting along now better than when I was serving the devil."

### **A PRISONER REACHING AFTER GOD**

FROM WHETHERSFIELD, CONN.

"I have received and have had very much pleasure in reading your very kind letter and leaflets and also a copy of THE LIFE BOAT. I am glad to say that my heart is not hardened yet, for I am still young and I have come to the realization of what a life I have been leading. To tell the truth, I never thought about my God until eight months ago. I do not know him yet, but I am trying to come nearer to him every day.

"I am hoping that you will write to me again, and if I am not asking too much, I wish you would remember me when you pray to God.

"Thank you very much for the interest you have taken in encouraging me to a better life."

### **ONE WHOSE HEART HAS BEEN TOUCHED**

FROM A PRISONER IN MINNESOTA

"I wish to say that THE LIFE BOAT very much interests me. Since I received it I have read it over three times. Some of the articles in it have touched my heart, and set me to thinking that surely I can lend a helping hand to some one. Though here in prison, I am not the one with the greatest trouble, and I wish to help others. I feel too deeply at this time to say anything more."

### **ARE YOU A LIFE BOAT SUBSCRIBER?**

If this is the first copy of this magazine which you have seen, be sure and send in your subscription at once, requesting the January number, that you may have the complete set of articles by Dr. David Paulson, entitled "Footprints of Faith." The Life Boat is \$1.00 for one year. Write us.



## EDITORIAL

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**Contributors:**

D. H. Kress, M. D.

A. B. Olsen, M. D.

J. F. Morse, M. D.

Prof. J. G. Lamson

**HAVE YOU EVER VISITED THEM?**

There are thousands of men and women in this country who are shut away from society, who have very few, if any, true friends that take an interest in their advancement. Remorse fills their hearts as they look back upon a misspent life; the future looks dark with, in many cases, not even one ray of hope shining across their pathway. Yet they are a class of people that the Lord in heaven thinks of, for it is said that "He hath looked down from the height of his sanctuary; from heaven did the Lord behold the earth; *to hear the groaning of the prisoner*; to loose those that are appointed to death." Ps. 102:19, 20.

Then again we are told that our entrance into heaven will be determined, partially at least, on whether we have visited the prisoner. (Matt. 25:34-43). So this is one missionary field that we are commanded by God's Word to enter.

Just read some of the letters from the shut-ins found in this magazine, and you will discover that these men have hearts that can be touched with the gospel and that are capable of appreciating kindness.

A good way to visit them is by sending **THE LIFE BOAT** into their cells. Why not do it? Interest yourself in the penitentiary nearest your home and send them gospel literature. **THE LIFE BOAT** is the best magazine for that purpose. Ten dollars will send two hundred copies which will be read by at least five hundred men.

C. L. C.

**THE X-RAY AS A DETECTIVE**

A valuable ring was stolen from a wealthy home. One of the servants was charged with having taken it. He strenuously denied the charge. When placed under the x-ray the ring was seen in his stomach. He had swallowed it to escape conviction.

The x-ray does not deceive, it reveals things as they are. After one understands the remarkable accomplishment of the x-ray where-

by an individual can look through the human body, it does not require any great stretch of imagination to think of God's Word, attended by the Holy Spirit, being "quick and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the *thoughts and intents of the heart*." Heb. 4:12.

The editor of *Review and Herald* in commenting on this thought says: "We cannot get away from God, nor can we hide our ways from him. Let us submit ourselves to him and be at peace. And far above this consideration, let us submit ourselves to him because of his great love, and for all that he has done for us."

C. L. C.

**DO YOU DESIRE TO HELP THE LIFE BOAT WORK?**

As you read this magazine you may be impressed to help in a financial way some of the interesting lines of work reported here.

We are always needing money to keep our Rescue Home doors open to the many unfortunate and wayward girls.

There is an unlimited field for the **LIFE BOAT** magazine to enter as a gospel and soul-winning sheet to bring cheer and comfort to the disheartened and discouraged behind prison bars, and to also reach those who are without Christ and without hope in the world. In spite of the high prices, the publishers of this magazine have endeavored to keep the subscription price and also rate per copy down to actual cost, so that the magazine can be procured in quantities for free distribution. In assisting this splendid work, send check directly to our office. Do not hand your contribution to agents who call on you, selling the magazine, or to any who claim to be solicitors for our work, as we employ no solicitors.

C. L. C.

## NEWS HERE AND THERE

Mr. Alfred Cooper, a friend of our Hinsdale work located in Mexico City, Mexico, was a recent visitor at Hinsdale.

Prof. and Mrs. H. O. Butler, of Emmanuel Missionary College, spent a few days at the Sanitarium.

Dr. Jean Vernier-Bell, of Detroit, Mich., called recently while enroute to Los Angeles.

Miss Lucy Page Gaston and her mother were guests at the Sanitarium during the holidays.

Dr. E. A. Sutherland, of Nashville, Tenn., Pastor A. E. Serns, of Battle Creek, Mich., Dr. Clara Beckner-Otis, of Santo Domingo, Pastor F. C. Gilbert, of South Lancaster, Mass., and Dr. Olive Ingersoll, of Madison, Wis., attended our mid-winter convention at Hinsdale during the holidays, and rendered valuable service.

Miss Rachel Olson, of Fairbury, Ill., and Miss Mary Strouf, also Mrs. D. K. Abrams, of Chicago, attended the convention.

Mr. and Mrs. J. R. Sampson, of Berrien Springs, Mich., have been spending some time at Hinsdale.

Mr. Walter Elliott, and Mr. Sam Jensen, of Greenville, Mich., were among the recent callers.

Dr. Harry Miller, of Washington, D. C., visited Hinsdale recently.

Pastor and Mrs. W. H. Holden, of Springfield, Ill., have also been recent guests at Hinsdale.

The Hinsdale Sanitarium management have enjoyed a brief visit from Mr. Charles E. Rice, manager of the St. Helena Sanitarium, Calif.

Among the special features during the month at Hinsdale, has been an entertainment by Professor and Mrs. Birt Summers, who are in charge of the musical department of Emmanuel Missionary College of Berrien Springs, Mich.

Mr. Julius Paulson, P. J. Laird and Dr. Mary Paulson attended the Lake Union Conference at Battle Creek, Mich., Jan. 15th to 25th.

We are glad to report more of our workers going to labor in distant lands. This month Miss Beda Bengtson, a graduate of 1919, goes to Porto Rico as a missionary nurse.

We earnestly desire all our readers to secure THE LIFE BOAT each month this year. If you are not a subscriber, be sure and become one at once, and ask your friends to subscribe. You will want to read and preserve the series of articles by the late Dr. David Paulson, entitled "Foot-prints of Faith."

This is the best time to take up THE LIFE BOAT work. People everywhere are becoming interested in the magazine. When you observe our splendid list of contributors, you can be sure that THE LIFE BOAT this year will contain valuable information which you cannot afford to miss. Why not take up the work in your community? Write us for terms.

The Life Boat Rescue Home has cared for a number of small children during the month. At present, some five-year-old twins, a boy and a girl are being cared for, and they make life interesting in the Home family.

Our LIFE BOAT agents are doing well. Another one of our agents has reached the highest record of sales for one day, having sold 352 LIFE BOATS in eight hours. These workers are doing untold good, as the letters which come to our desk testify. We wish there were others who would take up the work.

## 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 dietetics. 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.

## The Life Boat

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

*Entered as second-class matter July 17, 1905, at the P. O. at Hinsdale, Ill., under Act of Congress of March 3, 1879. Acceptance for mailing at special rate of postage provided for in section 1103, Act of October 3, 1917, authorized April 11, 1919.*

Editor: Caroline Louise Clough. Associate Editor: Mary W. Paulson, M. D.

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Business Manager: N. W. Paulson.

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

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

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

Yearly subscriptions, \$1.00.

Special discounts when a number are sent to one address.

#### Expirations

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

#### Change of Address

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

#### Mistakes

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

#### Premiums

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

#### Rates for Advertising

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

#### 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, 312 Steger Bldg., 28 East Jackson Blvd.

### THREE BEAUTIFUL SACRED SONGS

With Music for the Piano, "The Mountain Flower," "The Wonderful River" and "His Loving Voice." Standard sheet music size, ordinary voice, all three for 50c, postpaid. Order from

OTTO LUNDELL,  
725 Unity Bldg., Chicago, Ill.

## Have You a Camera?

Let Me Do Your Developing and Printing

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

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

### Quick Service

### Low Prices

Any size roll film developed for 10c; film pack, 25c. Velox prints, 3c to 5c each.

**L. C. HARNER**, Photographic Expert  
Specialist in Developing and Finishing for Amateurs  
216 Hinsdale Ave. HINSDALE, ILLINOIS

## FUGARD & KNAPP

### Architects

64 East Van Buren Street  
CHICAGO, ILL.

Designers and supervisors of the erection of the new Hinsdale Sanitarium. We accept commissions in all parts of the United States.

# Rogers & Hall Company

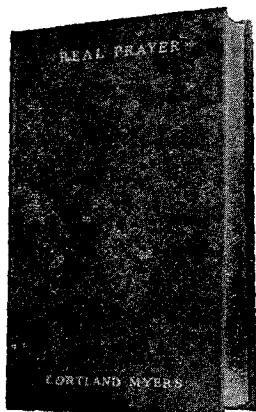
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## PUBLICATION AND CATALOGUE PRINTERS

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CHICAGO, ILL.



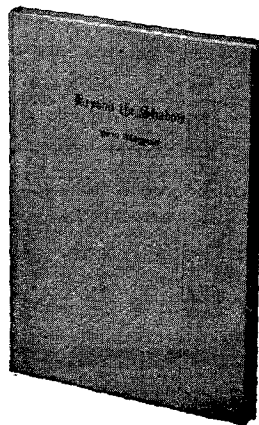
## Two Splendid Premiums

### Real Prayer

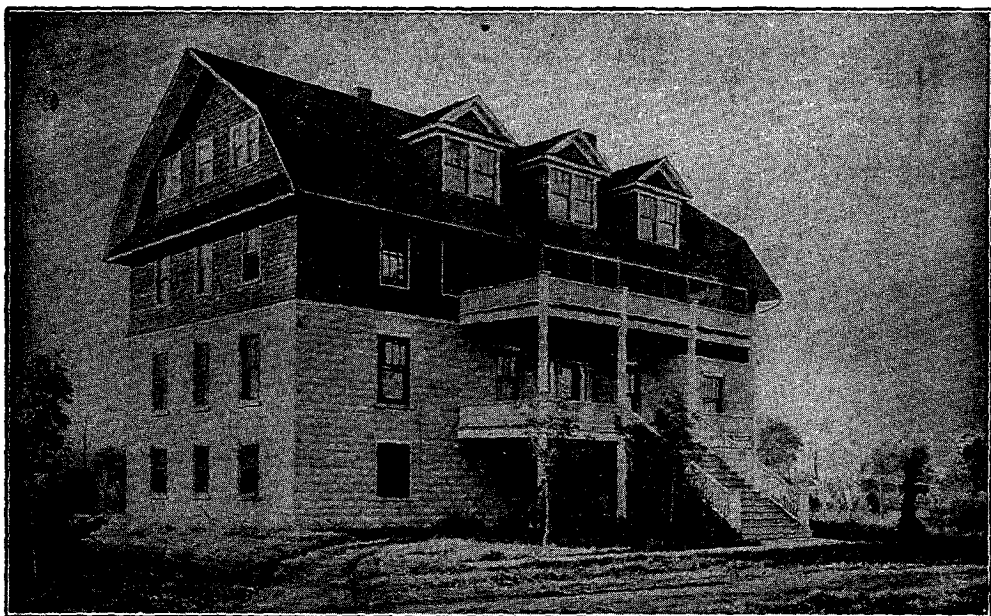
By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and twenty-five cents extra. Send us \$1.25 and receive The Life Boat for one whole year and this splendid book.

### 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.



# 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 **you** 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 shrunk 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.

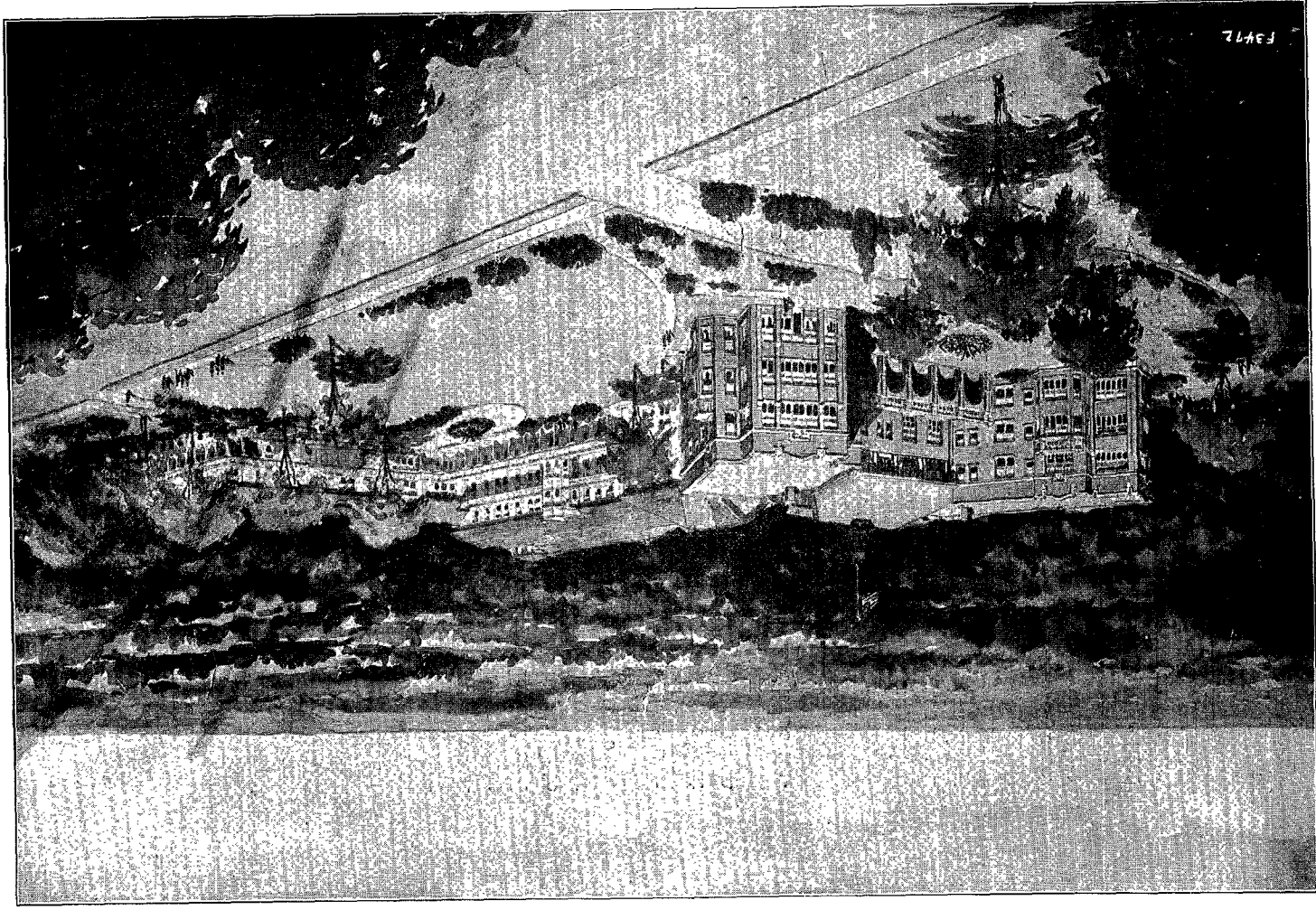
All this construction is well under way and will be finished, ready for occupancy, March 1.

### 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.



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