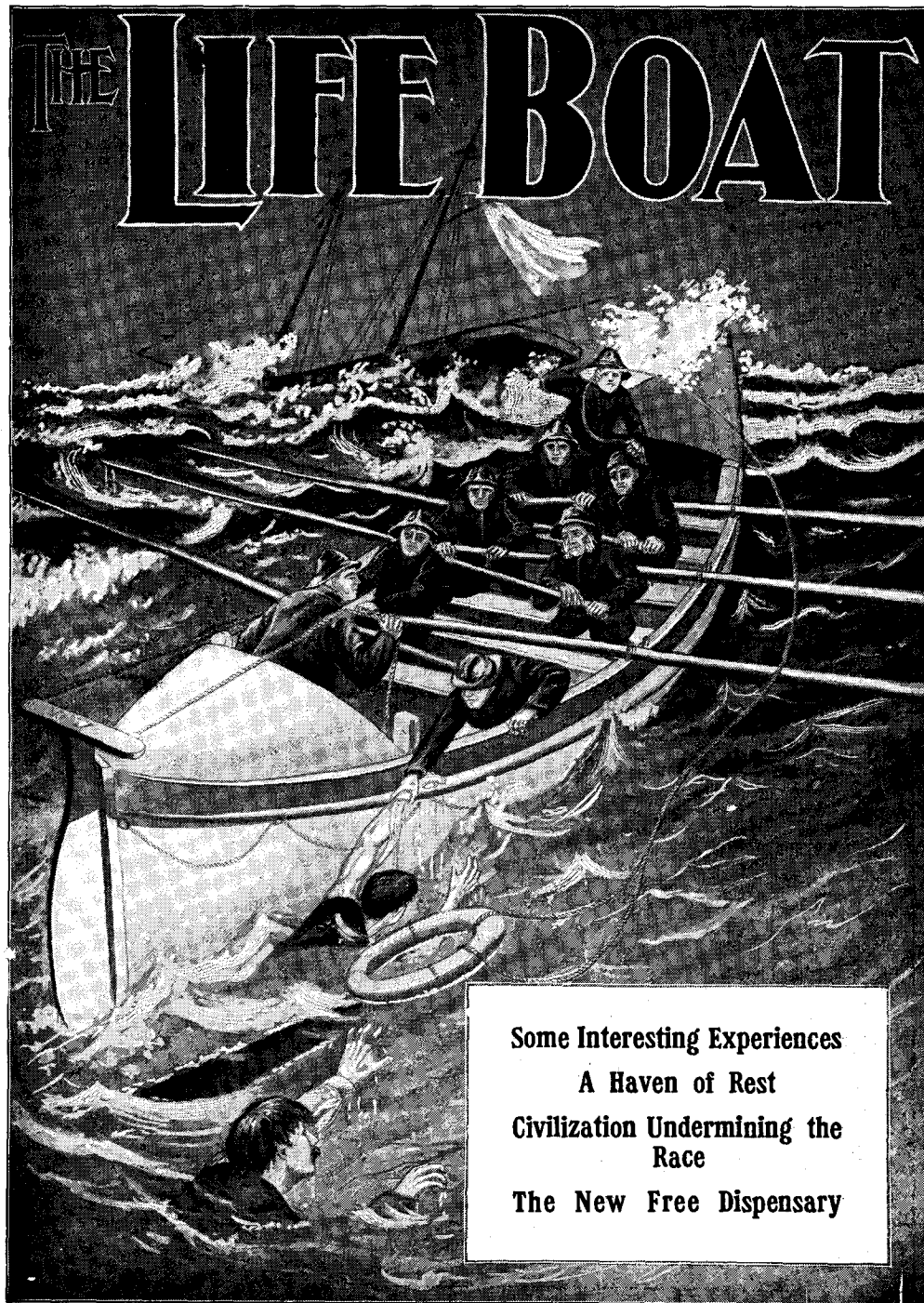


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Number Eleven

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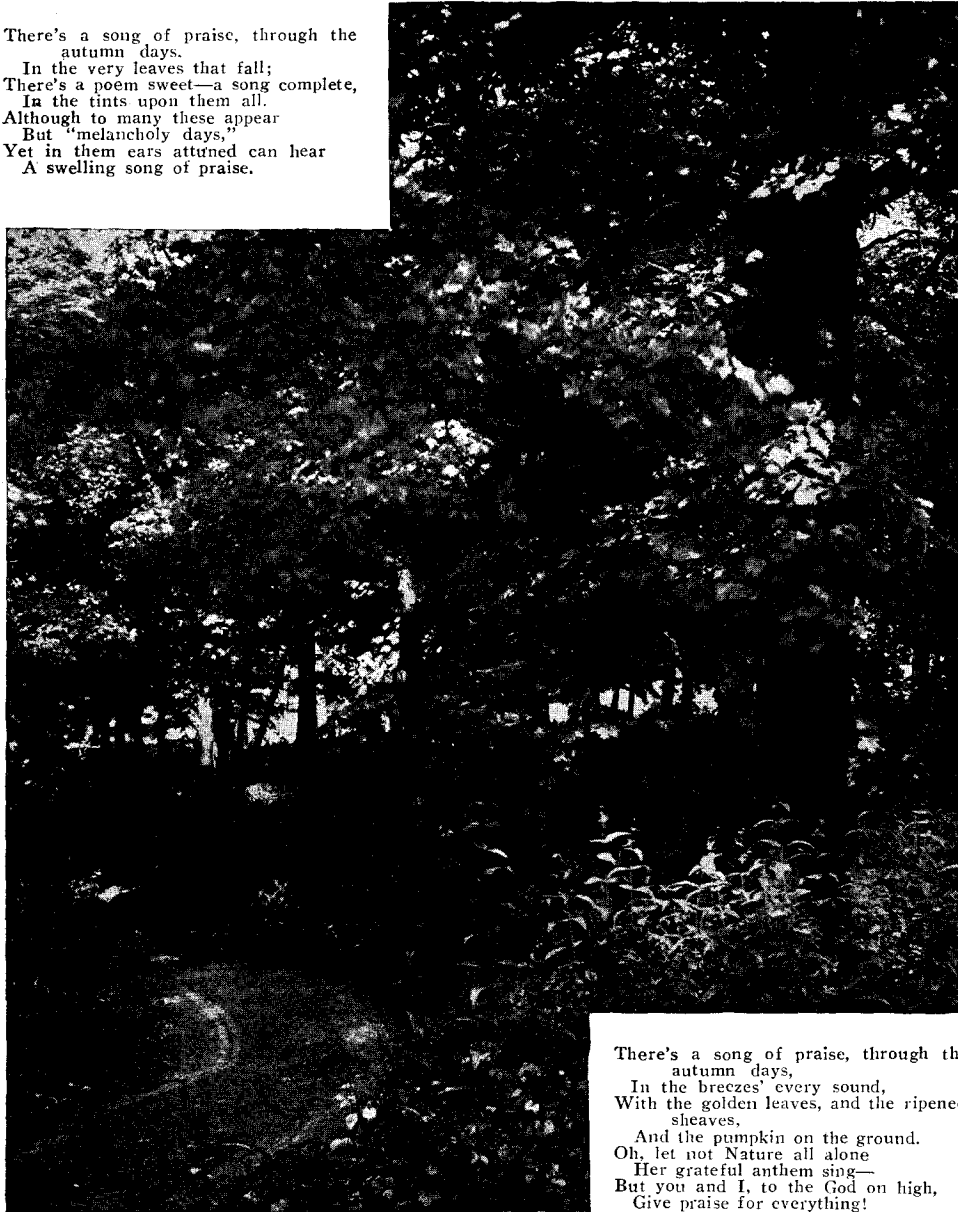
The International Congress of Hygiene—By the Editor.

Autumn Days

Pearl Waggoner.

They're a sign, 'tis true, summer days
are through
And that winter comes apace;
Yet a charm they own that is theirs
alone,
That the chill can not efface.
And hearts of faith may also know
That springtime follows on,
To call the violets from the snow
When winter's days are done.

There's a song of praise, through the
autumn days,
In the very leaves that fall;
There's a poem sweet—a song complete,
In the tints upon them all.
Although to many these appear
But "melancholy days,"
Yet in them ears attuned can hear
A swelling song of praise.



There's a song of praise, through the
autumn days,
In the breezes' every sound,
With the golden leaves, and the ripened
sheaves,
And the pumpkin on the ground.
Oh, let not Nature all alone
Her grateful anthem sing—
But you and I, to the God on high,
Give praise for everything!

THE LIFE BOAT

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

50 cents a year

Ten cents a copy

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Volume XV.

HINSDALE, ILL.

:: NOVEMBER, 1912

Number 11

The International Congress of Hygiene

David Paulson, M. D.

FOUR years ago when I returned from the International Congress of Tuberculosis I thought it was a large undertaking to give even a reasonable synopsis of that great occasion. But that was mere child's play compared to giving an intelligent conception of the great gathering that I just attended in Washington, D. C. However, by the help of Providence I want to bring you all, so to speak, to that marvelous occasion.

Sixty years ago there was organized an International Congress of Hygiene, which has met every four years since in different parts of the civilized world. This is the *first* time this congress has been held in the United States.

When I tell you there were thirty-three nations represented, that Germany alone sent 250 of its most noted scientists over here, it gives you some conception of the size of it. Every state in the Union sent its official representatives. More than 300 cities in the United States sent delegates to this congress.

More than 3,000 delegates in all were in attendance, and that did not include thousands of people who came there just as I did, to avail themselves of this unusual opportunity. Eminent men declared it was the greatest gathering in the interest of health that had ever been held in this world. I will not vouch for that state-

ment, but it was a wonderful concentration of human mind, genius and intellect in the interest of prevention of disease.

I want to call your attention to an interesting fact. It is during the last fifty years that a sleepy church has aroused herself to give to the heathen world the gospel for the soul. It is precisely during the same period of time that scientific men have felt a similar impulse to give to the civilized world the gospel of health. There are some great underlying causes that have given rise to both of these great world movements.

I might say that there were nine sessions taking place simultaneously; in other words, nine great meetings at the same time. So each morning we went over the extensive programs of these nine different sessions and decided which one we would attend and then let the other eight go. It was a most tantalizing thing to me because here were present so many of the great men whom I had read about all these years, and I wanted to hear them *all* and, of course, that was a physical impossibility.

New Victories in War on Disease.

It was claimed there were more new ideas propounded, more new discoveries announced in this congress than any one of the fourteen that had preceded. Dr. Morton of New York brought out statis-

tics that show there are eleven days' sickness for every man, woman and child in the land. When one begins to calculate what an enormous waste this is and that much of this sickness is *wholly* preventable, then you can see the great inspiration for such a congress, which dealt not in curing disease, but in *preventing* disease. That was the great keynote.

President Taft in opening it said the Spanish war had been worth all it cost in the health discoveries that it made. It was then we learned that mosquitoes caused yellow fever, and so this awful plague was banished from our shores. It was in connection with our work in the tropics it was discovered that malaria was due to mosquitoes; now we simply kill the mosquitoes instead of merely doping with quinine. When the French were digging the Panama Canal their death rate was 170 from every thousand engaged in the work. Today the death rate among 50,000 workers engaged in it is only nine per thousand, or considerably less than Minneapolis and St. Paul, the two healthiest cities in the United States.

It was, of course, inevitable that in this great congress no subject should be given so much attention as the question of infant mortality. For instance, one catchy phrase that I saw in the enormous exhibit hall which we could visit between the sessions was this: "What does it profit a child if it gain the knowledge of the whole world and lose its life?" That referred to school hygiene.

Every time five people die in the United States one of them is a child under five years of age. Mr. Nathan Straus, who has been furnishing pasteurized milk to the children of New York, said that one has to think every time a child dies of the possibility of a Lincoln or Grant or some other wonderful man whose life was being snuffed out.

A Never-to-Be-Forgotten Exhibit.

New York state had an exhibit I will never forget. They had a hundred electric lights set in a frame; they represented a hundred babies born in New York City. Presently eleven lights went out; that indi-

cated that at the end of a year eleven of those babies were dead. A moment later, representing the end of four years, sixteen lights had gone out. At the end of nine years eighteen lights went out, indicating that eighteen had now died. It was a very graphic sight.

Dr. Phelps, a very eminent New York man, said: "Fifty-five million babies are born into the world each year. But of them 15,000,000, more than one-fourth, die before they reach the age of one year. This means that about 40,000 babies die every day in the year, or that on every other tick of the clock an infant life goes out. To this terrible harvest of infant lives the United States contributes 1,000 a day. There are the best of reasons for believing that at least 50 per cent of the worlds infant mortality is readily preventable."

They had an electric light flash that thing before us, each time that an infant life went out. It was a most telling way to impress upon us that there was a real work for such a congress to do.

The Terrible Burden of Insanity.

There were startling evidences in reference to the race deterioration that is taking place all about.

In reference to insanity there were one or two facts that made a great impression on me. *Thirty thousand* new cases are admitted into our asylums every year. The city of Columbus contains 181,511 inhabitants. There are more people in our insane asylums today in this country than there are inhabitants in that city. In New York 23 per cent of all the money raised by taxes has to go to pay for the care of their insane. Only one other item costs more and that is their educational system.

When you stop to think that there are more people in our insane asylums than there are students in all our colleges and universities in this country, one begins to comprehend something of the great size of it.

One of the great causes is intemperance. We drink twenty-three gallons of liquor for each man, woman and child in this land. Dr. Bertillion, the French expert

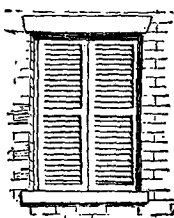
that was there, said that in England the users of alcohol are twice as likely to die from a dozen different diseases as those who are temperate. Accidents are three times more common with those who use liquor. It blunts the intellect. The recent railway accident where thirty-three lives were lost was because the engineer was drunk. This gives us a startling glimpse of this question. I grant the engineer had "the right" to drink liquor, but he had no right to kill the other people. Unfortu-

first principles of food preparation. This great scientist said that the kitchen was a fascinating place to him; that if he could only live long enough he would like to spend ten years devoted to its study.

But Max Rubner said something more that interested me. He said the German peasants and workingmen were sacrificing their health to pride. He said: "Until recently meat was an unnecessary visitor at the workingman's table, but with the increase of the city population and the



Intemperance and other excesses.



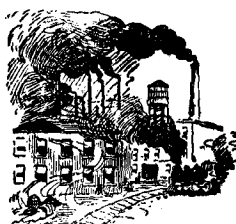
The closed window.



Overwork



Crowded sleeping, living and working rooms.



Smoke and dust.



Mouth breathing, often due to adenoids.

Striking picture used in the Metropolitan Life Insurance Health literature to illustrate the different things that cause consumption.

nately today we are so *linked together* that no man can kill himself without hurting other people by his wrong habits.

Sensible Words on a Sensible Subject.

Dietetic habits were alluded to. Dr. Max Rubner, the eminent German scientist, who really took Dr. Koch's place, was there. I considered it a great opportunity to see this man who has done so much to advance science. He brought out two or three things that impressed me. Cooking, he said, is rapidly becoming a lost art. He said that young women married and took upon themselves the responsibilities of married life without having mastered the

growth of the imitative spirit the workingman has gradually come to now insist upon meat, not because it is needed or performs an indispensable food function, but because it is a mark of prosperity. Not to have meat on one's table at all is regarded as a confession of poverty. To have it is a badge of wealth." So the workman over in Germany eats meat just to be in style. I thought that was really a very interesting statement for this noted man to make.

He also said that coffee was becoming very common among the people and that sugar was getting so cheap that it was driving out the use of vegetables.

The Fly Plague.

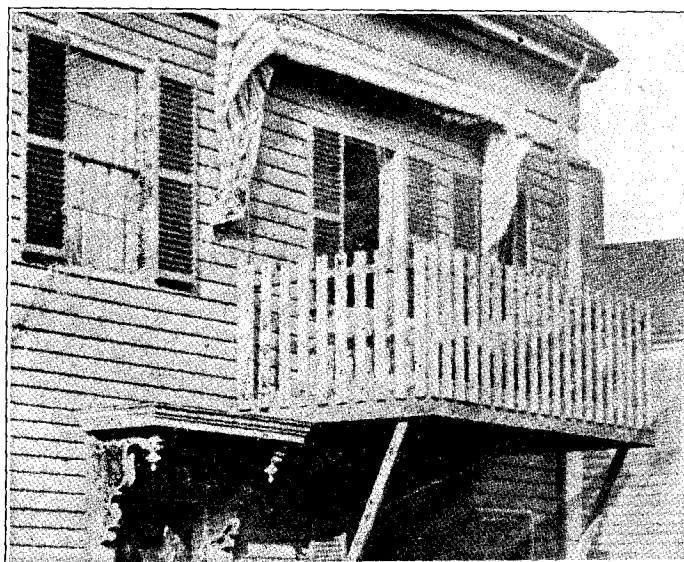
The fly occupied a great part in this congress. One large sign was "KILL FLIES, SAVE LIVES." Sometimes it is a good thing to get a catchy phrase like that stuck in our brains, for it goes with us.

One of the important discoveries that was announced at this congress was the fact that stable flies were the probable cause of infantile paralysis which has become such a serious epidemic the last few years. They put monkeys in a cage all screened in so no flies could get to them.

"Enlightened Selfishness."

I was very much interested in observing in this congress the health work that the life insurance companies were doing. Prof. Irving Fisher several years ago got together the life insurance presidents and told them that of all the people in the world they ought to be interested in keeping their patrons alive instead of having their relatives collect their insurance. The *Philadelphia American* called this "enlightened selfishness."

Since then the Metropolitan Life Insur-



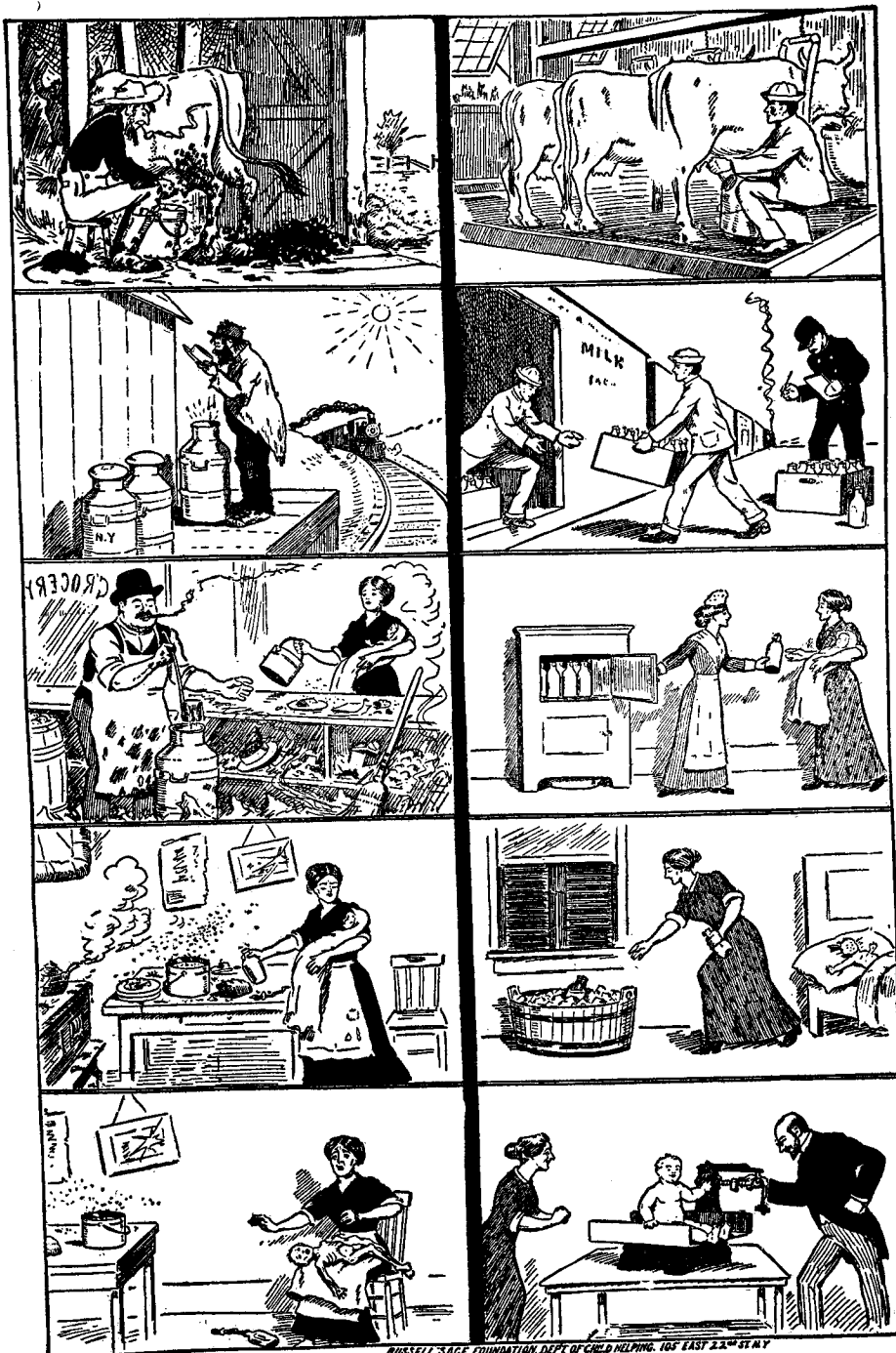
View of a simple sleeping porch shown in Metropolitan Life Insurance Health Bulletin on Consumption.

Then they inoculated them from some diseased child so they took the infantile paralysis. Then they put some flies in there so they could bite them. They then put some healthy monkeys in another cage and put those flies with them that had bitten the diseased monkeys, and these healthy monkeys took the disease.

That will aid us to attack the disease. The Rockefeller Institute has done a good work along this line. It is an encouraging sign these days that there are men who will give of their wealth to benefit humanity, to study how to prevent disease.

ance people have issued a vast amount of health literature which they send out to all their policy holders; for instance, teaching the mother how to care for the child. They also put out millions of a little bulletin on the war on consumption, printed in ten different languages. In it is a picture of a young fellow sitting with a bottle of liquor in front of him; another is a closed window; here is a woman burning midnight oil; then smoke and dust and mouth breathing and adenoids: the things that *make for* consumption. Those are six sermons one can see at a glance. So in

DIRTY—MILK—CLEAN



RUSSELL SAGE FOUNDATION DEPT. OF CHILD HELPING. 105 EAST 22ND ST. N.Y.

A graphic manner of illustrating the difference between clean and dirty milk.

a simple, catchy way this information is sent out to impress the people.

Then they have organized a hundred thousand children into a Health and Happiness League for children, and here is what each one has to sign to become a member:

"I promise: First—I will wash my hands and face before each meal, and my mouth and teeth each morning and evening.

"Second—As spitting is unclean and helps to spread consumption and other dangerous diseases, I will not spit upon the public streets or in public places.

"Third—I will not use a public drinking cup. I will use paper ones, or carry my own cup.

"Fourth—I will destroy every house-fly I possibly can.

"Fifth—I will never throw rubbish in the streets; dirty streets make sick people.

"Sixth—I will do something to help my mother every day.

"Seventh—I will try to do at least one kind act to some one every day.

"Eighth—I will permit no rude or offensive word to pass my mouth, even when provoked."

There are wonderful possibilities in these great life insurance companies taking up this kind of enlightened selfishness.

Light on a Dark Subject.

Sex hygiene received more attention than I had ever seen given to this subject in any previous gathering. For several years a number of courageous men and women have braved the scorn and sneers of the common people and have dared to face this question. They have insisted that the public have the right to know something more than they do now. They have insisted that terrible diseases were becoming prevalent from ignorance of this subject and that public safety demanded more information on this great subject. But it surprised me to find one great wing of that entire exhibit devoted to this subject of sex hygiene. There were moving pictures to illustrate how flowers developed; they showed how the tadpoles grew into frogs, and by and by the frog jumped around and ate flies. The whole purpose was to show teachers how they could give their pupils a proper glimpse of this great subject.

There were a number of startling facts presented. For instance Lieutenant-Colonel Keen has said: "For more than ten years the United States army have maintained the pre-eminence in the way of venereal

infection over that of any of the great powers." There are more of our soldiers in hospitals from venereal infection than in any other great nation of the world. It is also estimated that 50 per cent of our male population have suffered from venereal infection at some time or other. We have talked about tuberculosis and pneumonia and have kept these things in the background and the nation is groaning under this curse. It seems the time has come when somebody should in a proper way cry aloud and spare not.

The following significant chart was on exhibit, showing some of the nation's annual expenditures:

Immorality and the social diseases (estimated)	\$3,000,000,000
Intoxicating liquors	2,000,000,000
Tobacco	1,200,000,000
Jewelry and plate	800,000,000
Automobiles	500,000,000
Church work at home	250,000,000
Confectionery	200,000,000
Soft drinks	120,000,000
Tea and coffee	100,000,000
Millinery	90,000,000
Patent medicines	80,000,000
Chewing gum	13,000,000
Foreign Missions	12,000,000

In conclusion I want to quote a word or two from a paper that Dr. Howard A. Kelly read there. He is not only one of America's greatest surgeons, but has always been an earnest and consistent Christian man, who is personally interested in rescue work. He said: "The white slave is nearly always coaxed, drugged or forced into her mode of life. She is the poor, suffering victim of our civilization. Let the churches abandon their anthems and their 'holier than thou' attitude and go out and work: really labor in this field."

I did not happen to hear his paper, but his earnest words must have been a striking contrast to the cold, scientific spirit in which this great congress was carried on. For while I recognize that back of all this there is a great Providence, I also recognize that personally I need a deep, serious, earnest, reverential spirit in order to make the best use of what I learned there.

I feel we ought to accept every genuine health truth in a *devout* manner and I came away from this gathering with some-

thing of a spirit in my heart to say, "Praise God, from whom all blessings flow." I received more of an inspiration to go on in this great battle with sin and disease and hold up a divine standard for humanity with my voice and pen and my example, and to inspire my associates to enlist

heart and soul in this same great battle. And I trust you who read this will catch some measure of that inspiration in your homes, so there will be more light in your vicinity than there was before. That is a high ideal, but I trust it is not an altogether impossible one for us all to attain to.

The New Free Dispensary

Ruth Stapp

Hinsdale Sanitarium Nurse.

AN article in last month's LIFE BOAT told something of the conditions down in Chicago's poorer districts and what our plans were for establishing a dispensary in such a location. This month we want to tell you what we have been able to accomplish along these lines. The work has necessarily progressed slowly as we were unwilling to make a move unless we knew that Providence was leading us. Conse-

quently our effort was started with prayer that God would lead us in selecting a suitable location and a proper opening for such a work.

After some time a letter was received from a lady who had been deeply impressed to have her rooms used for some such purpose rather than as a boarding place. She said, 'I have certainly been led to prepare this humble opening and to hold it clear



Mildred Knowles. Myrle Bellows. Ellen Erickson. Ruth Smith. Zada Hibben. Josephine Hutchason.
Ruth Stapp. Gertrude Sutton. Iva Dean.

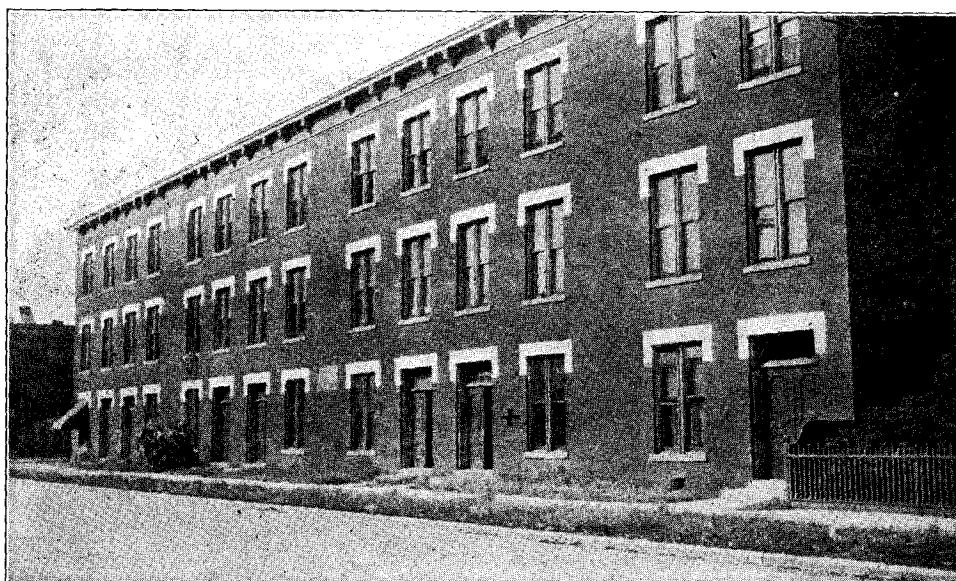
The Hinsdale Sanitarium junior nurses' class, who are shouldering the entire task of establishing a new medical missionary center in Chicago.

at an effort, as though something were pending in my conscience regarding an opening for a special kind of work." On visiting this woman we found her to be a working woman but with a spirit filled with a desire to serve her master, and thus she had been led to consecrate her home to this work.

These rooms are in a favorable district for such work. The community is made up of Germans, Irish, colored and Americans, most of whom belong to the poorer working class, although not to the most

them up in such a way that they will be examples to the community of cleanliness, neatness and simplicity. One room will be used for a treatment room and the other for a general reception room where we can have the women gather for helpful instruction and where they can be provided with good literature.

But we will have to look to our friends for help in furnishing these rooms and paying the rent. The good woman will only charge us three dollars a week rent. We gladly give our time to the work but



New Hinsdale nurses' center indicated by cross, 2348 Park avenue. This building is located near the corner of Lake street and Western avenue.

destitute. We find this to our advantage as this section is not so crowded with workers as is the slum district. This is seen in the fact that no medical work is being carried on within twelve blocks of our headquarters, and very little Christian help work. From the corner one can count at least *twelve* saloons. Does not this of itself show it to be a needy field? One can read in the faces of many of the passers-by the misery the saloons have created in their lives.

The rooms that have been offered us are large, but poorly furnished. We want to fit

that is all we have to give. Several have responded to our call and we thank them for it. Anything either in money or furnishings will be acceptable.

Our plan is to open our doors to all who are in need of help. We will either go to the homes to care for the sick for a short time or give them simple treatments at our headquarters. A small compensation will be asked of those who are able to give it and this will be put into the work. We shall also be glad to give instructions to any who may wish it along lines of healthful living.

In the next week we expect to commence our work, praying that means will be sent to fully furnish the rooms and establish the work. Remember our Master's words: "Inasmuch as ye have done it unto one of the least of these My brethren, ye have done it unto Me."

A LIGHT IN A DARK PLACE.

MILDRED KNOWLES.

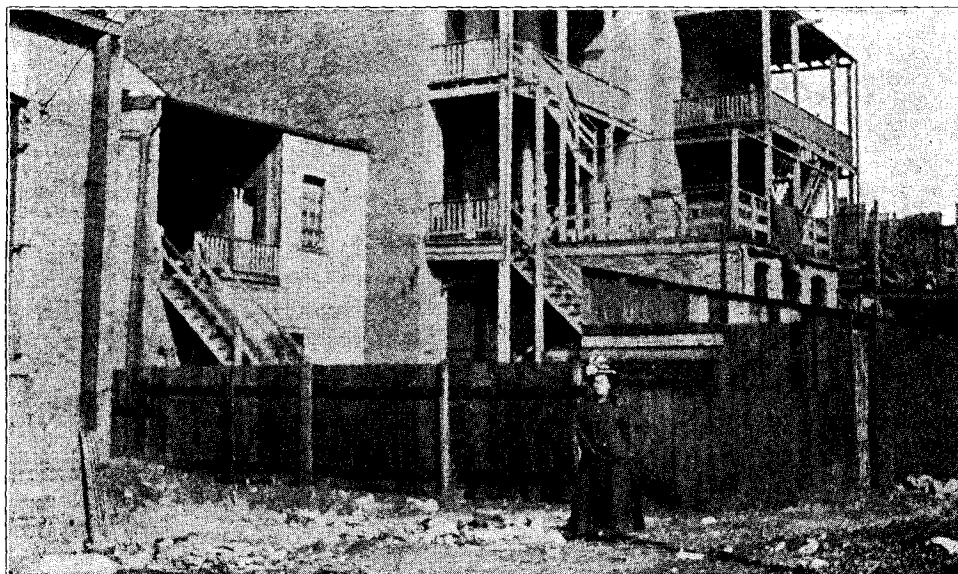
Hinsdale Sanitarium Nurse.

"There came also a multitude out of the cities round about unto Jerusalem,

poor alone. This is stamped on the faces of many of those who ride in automobiles and have the most of what money can give.

Drunkenness exists in the boulevard as well as in the back alley. Drink is sold to men from behind the bars of the gilded saloons or the cheapest barroom, all intended for the one purpose of enticing men to leave in there money, happiness and manhood, taking out a brutal character and slovenly appearance.

Sin, like wretchedness, is everywhere. In every direction are to be found the



Snapshot of Miss Knowles, taken while studying conditions in the immediate vicinity of the new Chicago center.

bringing sick folks and them which were vexed with unclean spirits; and they were healed every one." Acts 5:16.

Do we today find such need? Visit for an hour in Chicago and one can get a glimpse of poverty, wretchedness, drunkenness and sin—poverty to the extent that families are huddled in one room, women bending over the washtub beside which is a dirty bed, with perhaps a rusty stove and a rickety chair completing the furnishings.

Wretchedness is not confined to the

temptations and snares set for the young, luring them away from the home of love and tender care, or perhaps drawing them from a home of misery and unpleasantness to sin and degradation.

Are we going to take a part in relieving this condition? It is the duty of those to whom God has bestowed the blessing of health and a knowledge of His Word to assist in this work. Let us seek God earnestly that He may direct us and as we nurses open rooms in the city for re-



Typical scene in vicinity of the new Hinsdale Nurses' Center.

lieving some suffering souls, that we may see the hand of God controlling.

Will you help in this? Put yourself in the place of some of these unfortunate ones—some who have no knowledge whatever of a loving God. Like Peter of old we need such faith that the sick shall be healed; and we want that their minds should be turned to the great Physician, for He it is who forgiveth all our iniquities, who healeth all our diseases.

THE LIFE BOAT HOME.

MRS. HANNAH L. SWANSON.

528 Thirty-third Place, Chicago.

We are one month nearer winter since the date of my last letter. A number of calls have already come in for clothes. If those of you who are contemplating sending clothing will send some money for hauling, besides paying freight, it will be appreciated. Every barrel or box costs us about fifty cents, so you see it amounts to something in a year.

Just today a lady with two children came to us. She came to Chicago to visit

relatives, but when she got here found them gone. She is stopping here with us until she receives money from her husband.

Some time ago a lady adopted one of our babies. At the time she was not a Christian. I told the Lord I wanted Him in His own way to use that baby as an instrument to bring that soul to Him. One day I received a telephone message saying the baby was dead and would I come out? I prayed earnestly that God would give me words to comfort that sorrowing mother, for she could not have loved him any more if he had been her own son. I noticed the Bible lying on the couch. As I picked it up she said, "Do not think that I have been reading that Bible, for I have not; I just got it down to look at the baby's birth record. I never want to read that Bible again."

I opened it at 1 Thess. 4:16, 17, and read where it tells about the Lord's second coming and the resurrection. She said, "Please read that again." I did and she said, "Will you mark it?" I read her some more passages and told her if she was faithful she would meet her baby again. From that time on she became interested

in the Word of God, is now a converted woman, is keeping the commandments of God and has the faith of Jesus.

A woman with a family, her furniture mortgaged, unable to work, has applied to us for help. Will some one feel a burden to help the poor woman?

A sweet but sad-faced girl came to see me the other day. She said the man she loved, "Alas, not wisely, but too well," had forsaken her. She was all alone in the world; had but one sister and did not want her to know anything about her. I directed her to our home in Hinsdale where she would find a haven of rest.

We are looking forward to a busy winter. We hope to have a number here in the home who will visit the people and break to them the Bread of Life. Those who can not be here can help us by their prayers and means. Rent is to be paid, our coal bill will be large, so please do not forget us.

AN UNOBSERVED LISTENER.

MRS. D. K. ABRAMS.

3508 Rhoades Avenue, Chicago.

While holding services at the Harrison street police station last Sunday morning an Italian girl slipped in through the rear outside door which stood ajar and came up and stood at the large iron gate. I noticed her at once and went to her, giving her some tracts and a LIFE BOAT and learned why it was she came. She told me that her people lived a few doors from the station and that for a long time she had been coming down the alley and standing at the back door listening to the singing. She said, "I can't stay away; I love to come, and when you go upstairs and have a meeting there I slip up the back stairway and listen."

I asked her if she had given her heart to Jesus and told her that Jesus was our Saviour, and that He was coming soon and He had a work for her to do. She said, "If I do tell others about Jesus they don't want to listen." "Well," I said, "you have done your part."

This is the consolation I have in work-

ing in the jail. We are doing our part in warning the wicked against the evil of their way and their blood will not be on our garments and they can not say to us in the day of judgment, "Why did you not tell us the Lord was soon coming?"

Oh, may God help us to do our part and be faithful to our trust, for the end of all things is right upon us, and how shall we stand in that great day? Will we hear the "Well done, good and faithful servant," or will Jesus say, "I never knew you; depart from Me"?

BROUGHT UP WITHOUT CHRIST.

The following letter is from an inmate of the Canon City, Colo., penitentiary:

"You can't imagine the comfort and pleasure it gives me to read your kind and encouraging letters; I am most assuredly glad to receive such letters and I want you to be assured that I am.

"I find Jesus is a friend worth trusting and putting our confidence in, and I am trusting in God and praying daily for forgiveness and for God to help me to live according to His Word. If I had had the teaching and interest taken in me in former days that you and other Christian people have taken in me since I got in this trouble I never would have been behind prison walls today. But I never had any Christian training.

"I have a Bible that was given me when I was in Boulder jail and I read it daily, and the more I read it the more interested I have become in it. Mrs. Emory has been sending me copies of the *Signs of the Times* regularly, and I received a package from Cedar Rapids, and I assure you I am thankful to those that sent them.

"I have found it to be true that trusting in God is the best policy. I am sure He will help to overcome the temptations of Satan. I have smoked cigarettes for six years and in the last eight months I have said a hundred times I would quit, but never did quit until near two months ago. I got down on my knees and asked God to help me, and I haven't smoked any since."

Some Interesting Experiences

Dr. D. H. Kress

1616 Millard Avenue, Chicago.

[At our last prayer meeting Dr. Kress related some very encouraging experiences, which we feel impressed to pass on to our many readers, believing they suggest the real secret of having genuine missionary experiences, which is to pray for them. —Ed.]

IT is surprising how many people there are in this world who are really *longing* for help. We may not know them, but you remember that verse:

"Down in the human heart, crushed by the temper, Feelings lie buried that grace can restore."

You remember Cornelius was praying for help, but there was no one to help him until Peter began to pray up on the housetop. Then he saw the opened heaven and the Lord said to him, "There are three men coming to see you; go with them, for I have sent them." But the Lord could not talk to him *until* He got Peter *on his knees*. Cornelius could not receive the help until Peter's heart was prepared for it.

I have found in my work—the little I have been able to do—that there are people in the same condition Cornelius was in, who are praying to God for help. But the difficulty today is that there are *so few* who are engaged in prayer asking God for something to do and asking Him to *direct* them to these people.

A Precious Experience.

I remember one time in Australia I was speaking in the afternoon at a large meeting on a temperance topic. Among other things I said I believed that any one who was capable of admiring a beautiful flower would love Christ and admire Him if they only knew Him.

It seemed to find a lodgment in the heart of one man at least and at the close of the meeting he came over and said, "I want to speak to you." He came into my room and told me that drink had the best of him. Every morning when he rose his *first* thought was of beer and he had a glass by his bedside and drank several before getting out of bed, and was really under the influence of drink when he spoke. But

he said, "You said something today that led me to believe there is hope for me."

I opened my Bible and knelt down with him beside the bed and asked him to read these verses himself: "Therefore if any man be in Christ he is a *new* creature; old things are passed away; behold, all things are become new. And all things are of God, who hath reconciled us to himself by Jesus Christ and hath given to us the ministry of reconciliation; to wit, that God was in Christ, reconciling the world unto Himself, *not imputing* their trespasses unto them, and hath committed unto us the word of reconciliation." 2 Cor. 5:17-19.

He stopped when he got to that point and said, "Does that mean the Lord does not impute *my* trespasses unto me?" I said, "Read it again," and he read it again, and at once I saw a light come into his countenance. It just dawned upon him that as far as God was concerned He was reconciled to him. God had done everything He could do, for He "so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." He did not send Him into the world to condemn the world, but to *save* the world, and it just flashed into his mind that it meant *him*, and his countenance changed. We had a season of prayer and the man rose from his knees. It was not necessary for him to tell me that he was a changed man. He began to praise God for deliverance.

He asked me to come down and see his family. I walked down with him and while we were walking two beautiful little girls ran up and took him by the hand. I was surprised. He turned around and said, "These are my two little kiddies," as he called them—a common expression in Australia.

He took me in and called together his wife and children and then related to them the *change* that had taken place in his life; that he was a new man. Then he asked me to pray with him, and I established there the altar with that family. It was a marvelous thing about that man, even under the influence of drink, simply grasping the promise of God, and what a change it could bring about in a short time.

How the Church Found a Pastor.

I remember another gathering where I spoke one night and at the close an old gentleman came to me. I at once saw he was under conviction. I said to him, "Come over to my tent" (it was a camp meeting). We went inside and knelt down and I prayed. Then I asked him to lift up his heart to God and tell the Lord just what he desired. He had said to the blind man, "What wilt thou that I should do unto thee?" He said, "Lord, that I might receive my sight." And the Lord said, "According to your faith be it unto you," and he was cured. So I encouraged him to tell the Lord, and he did. I placed my hand on his shoulder as he prayed, and I knew, and he was conscious of the fact, that he was delivered, and he began to praise God.

He had been a very wicked man and was well known in the community. When I told some friends they did not believe there was anything to it. They thought the old man was trying to play some trick. But I had confidence in the man. Two years later I happened to pass through that country (it was in New Zealand) and inquired about this old man. They told me he was pastor of a church and was a faithful disciple of Christ.

Experiences of this kind show that the heavens *still open* when people engage in prayer. When we bow down and pray it is our privilege to see them open yet, and that is what is meant by that verse: "Hereafter ye shall see heaven open and the angels of God ascending and descending upon the Son of man."

"He Is a Hopeless Case."

Some years ago in the city of Chicago I was engaged in rescue work in one of

the hardest places probably in the city at that time. We had a dispensary where we were trying to help the needy. One day a man came to us. He was about as hopeless looking a case as I have ever met. As I sat down by his side he put up his hand and said, "Don't come near me; I am unclean, I am unclean," and he was stating the truth just as it was; he was certainly unclean. But I said, "I am your friend and I am here to help you." "Well," he said, "all I want you to do is to write an order and send me down to the Inebriates' Home." So I wrote down an order to the president of the Inebriates' Home and he went down. But he returned in a short time and brought this back and upon it was written, "He is a hopeless case; we can't do anything for him."

He was in despair, and I said, "You may be a hopeless case, but Christ came into this world to help the hopeless. You will find in all Christ's work He made the hopeless cases His special objects of compassion, of mercy. He healed the leper—a hopeless disease—the palsied man, the man who was born blind, the woman who had an infirmity many years and could not be helped by physicians. It was the hopeless cases that were *special* objects of Christ's compassion. I told him this and kept him there for a time.

Each day I would dress his wounds, for he was a mass of corruption physically, and after doing so and he was cleaned up I would sit down with him and read a few verses with him out of the Scripture, and then we would kneel and pray. I had no place to keep him at night, so I would encourage him to go out and try to earn a little money. He would go, but the show of his countenance witnessed against him, and when he would pass along the street and ask for a valise to carry the people were afraid to trust their baggage with him, and so he had a hard time to secure work.

Prayed for a Night's Lodging.

One day he went along the lake shore and prayed for enough money for a night's

lodging. When he came back he found a book belonging to the express company; he returned it and they handed him a quarter. He felt his prayer was answered. He wanted only enough to buy a night's lodging—ten cents—and an evening meal. I will never forget the look on his face when he came in and told how God had marvelously answered his prayer. And I believe He did. When he knelt down on the lake shore the heavens *opened* and gave him just what he asked for.

A little while later he came to me and said, "Do you think it is wrong for a person to use tobacco?" I said, "Well, I do not use it." "He said, "Why don't you use it?" and I told him why I did not use it. He at once handed me his pipe and said, "I am not going to smoke it any more—and he had been an inveterate smoker; would wake up in the night and reach for his pipe and take a smoke. But he never smoked from that time on and lost all his desire for tobacco.

A little later he secured work in a restaurant; it was night work and the men he was working with sent out for some beer. They brought the beer in and handed it to him. He said, 'Now if you are my friends and ever see me take up a pail to my lips, knock it out of my hands.'

I kept on praying with him and in this way this man was led on to give up one thing after another: a man who was pronounced a hopeless case by the president of the Inebriates' Home, and yet simply by prayer and by the study of the Scriptures this man was able to grasp the promises of God and such a wonderful deliverance was wrought.

Now I have seen a great many of these cases and they are not all in the slums of the city, because I have found there are wealthy people just as needy as the poor in the city. The human heart is the *same* and the longings of the human heart are the same.

I believe the time has come when much more of this kind of work should be done, when every one should be able to say, "The spirit of the Lord is upon me," etc. I believe that the Lord will *guide* those who

come to Him in prayer just as fully as He led Peter. The Lord knows where the people are who are crying for help, who are in need of help, and if He can only get *others* upon their knees to pray, who are willing to help, we will find the Lord will again make the connection. He will bring those who are in need of help *in contact* with those who can impart help and we will see the Lord work in just as marvelous a way as He did anciently.

This is something in which I am interested in taking up again the work in the city of Chicago. I am certain there is a great work to be accomplished there and that the Lord is calling for consecrated workers. The work carried on there must be carried on by those who know how to pray, because the Lord will hear prayer and He will guide and direct those who come to Him in prayer. If He can only get us upon the housetops engaged in prayer He can speak to us then and tell us where to go, and we can be just as divinely guided in our work as was Peter and as was Philip when he was directed to the eunuch, and the Lord will make us a blessing in the work in which we are engaged.

A LIVING MESSAGE THOUGH TRODDEN UNDER FOOT.

The following interesting incident comes from a LIFE BOAT reader in Oklahoma:

"I was crossing the street the other day and picked up a little dirty book, and, after brushing the dirt away, I saw the name LIFE BOAT. I started to throw it away, but the thought struck me that there might be something good in it, and I have found to my delight that there is. It is the special prison number, the **first** copy that I have seen, and I am delighted with it and want to help to put it in the hands of others.

"Do you know whether any of these books have been sent to the reformatory at Granite, Okla.? I am taking a great interest in this institution and would like for the boys to read THE LIFE BOAT. What will about fifty copies cost me? You will find enclosed ten cents for another copy."

A Haven of Rest

Mrs. Elsie D. Whisler

The Life Boat Rescue Home, Hinsdale, Ill.

ALL is well in the rescue home. All the girls are as happy and contented as can be expected under the circumstances. We hear no cross or unkind words among them. There is really a good spirit in the home and by the help of God we want to keep it so and keep getting on to higher ground. We don't want to give Satan a foothold either in our hearts or home.

I want to tell you about a girl who came here a short time ago, who is an orphan. Her mother died when the girl was twelve years old, and the father a few years earlier. She lived with an aunt until she was about fifteen when she went out to earn her own living in a large Southern city.

Fifteen years is a very critical time in a girl's life to be thrown out in a large city without the protection of good home influences and a mother's care, and perhaps with little or no knowledge of the temptations to be met in city life.

But all went well with this girl until she became engaged to a man who led her into sin and then, when he could not persuade her to add crime to sin, refused to help her in any way. After this she came to Chicago where she worked for a few weeks, and then came out to the home where she is being cared for and where we hope she will find the way of salvation. She thought her experience might serve as a protection to other girls who are placed under similar circumstances. Will you pray for this girl?

The following is from a girl who left here some time ago: "I often wonder how things are going up there at the home. I hope God will forgive us poor helpless girls. I miss worship so much but I pray to God every night to help us girls along in this world with our babies. Please don't forget to send me THE LIFE BOAT as that is about the best thing there is to read besides the Bible."

We have a German girl here who has

been in this country only two years and who will soon want a place to work where she can have her baby girl with her. She is a neat and willing worker and wants a permanent place where she can earn some-



Miss Erickson, the nurse, and one of the latest arrivals in the Home.

thing for herself and baby. Is there a Christian home open to this girl?

I just received the following letter from a young woman who is looking for a home and friends: "In reading *THE LIFE BOAT* I see that you have a home for girls who need friends. I know that you receive many such letters as I am writing. I am a working girl and will soon need a home, for very soon people will not want me and



Little Thelma, who has never known any other home, snapped while gathering some flowers for her dolly.

I will have no place to go. I was placed where I am now by a promise of marriage, and then left. If I could have a place in the home I would like to enter this month."

Will you help to bear the expenses of these girls while in the home? Somebody has placed them where they are and somebody must help to give them a new start in life, lest they become discouraged. Don't be the one to "cast the first stone," but lend a helping hand. Winter will soon be here and we shall need coal to keep the babies warm. Two dollars and a half will buy a ton. How many tons do you want to pay for?

HOW A LIFE BOAT ANSWERED HIS PRAYER.

THOMAS HANON.
Munden, Kansas.

About seven years ago I was converted in a revival meeting. I found the Lord a friend to me and a pardoning Saviour. He opened up the way at once for me, for I was in earnest and the Lord knew I would need some help. I found one promise that the Lord made, and as I found that He would hear and answer prayer, I, in prayer, claimed that promise that if we ask we shall receive. I asked for what I thought I needed and I soon found a sample copy of *THE LIFE BOAT* in my mail box. I do not know to this day who sent it or how it got there; however, it gave me just exactly the help I needed at that critical time. I at once sent for a year's subscription.

By reading *THE LIFE BOAT* my faith and trust in God became stronger instead of weaker. Other church papers were coming to our home, but *THE LIFE BOAT* was the only one worth reading. Finally after about three years' help from it I noticed a Christian paper advertised in it called the *Signs of the Times*, and as I was in search for that which is worth while I sent for a sample copy of the paper.

I found upon reading the paper that it was good, indeed, very good, and just what I needed. A continued trust in God led me on and after six months I could wait no longer. I subscribed for one year. I followed Jesus in all the light He gave me and in six months more I fully accepted present truth. I began soon to tell others of the blessed truth I had received, and I am still at it.

KEPT OUT OF TROUBLE.

(From an inmate of Clinton Prison.)

"I received your kind and welcome letter and the little papers. I thank you very kindly for them. I am always trusting in Jesus for everything that I receive. He is my Saviour. He died for me and shed His blood for me, and I should do something for Him. I am always trusting in the Lord Jesus Christ for everything: I

ask Him to keep me out of trouble during the day and before I close my eyes I thank the Lord that my health is very good and I am getting along nicely here.

"I am very glad to get a letter from any good Christian. May the Lord bless you in your work."

UNUSUAL OPENINGS FOR PERSONAL WORK.

MRS. BELLE KERSHAW,
528 E. 33rd Place, Chicago, Ill.

I have had such a splendid time selling the magazines, especially in the cafés; the Lord has blessed that work and He has used my affliction to glorify His name. Often the men I meet in those places will say something which I do not understand, and I will say, "I beg your pardon, but I did not understand," and then they will take my earphone and talk through it, and the conversation is altogether different. Somehow it seems to soften them and in that way I am able to witness for the Lord.

Just last night I was in a large place and approached two men. Oh, no, they were not going to have any part in the work at all. I talked a few minutes and one of them said:

"You are hard of hearing?"

I answered, "Yes."

So he took my 'phone and said, "Lady, I do not want you to be insulted at all, but why are you doing this work?"

I said, "You have asked me a plain question and have been very frank with me, I will be the same with you. I believe Jesus is coming soon and I want to get ready and help every soul get ready that I can."

He said, "What makes you think that?"

I said, "The Word says so," and I went on to tell him about it.

The other man said, "That is a good work. Surely the Lord will bless you in the work."

I said, "Yes, He helps me every step of the way." The proprietor and the men at the bar were listening to us talking. Of course that was embarrassing to me, but if the Lord can use me that way, I do not care. It does not make any difference to me what I am doing if I am only witnessing for Christ.

I visited the Juvenile Home and had a good talk with the matron, who introduced me to the lady in charge of the girls in the school room. She invited me to come back another day. When I went back she told me I could come Sunday evenings and could have every girl in the institution all to myself. I can do personal work, but I could not teach very well, so I have visited there and talked with the girls one by one. I am permitted to take them off into another room and pray with them. We had some splendid times. I tell you the Lord blesses it.

Then one day the teacher was called out of the room, and she said, "Would you mind staying in here a little while? I want you to take charge of these girls when I am away, and give them a talk." I thought, Oh, my! what shall I say? I had not expected anything like that. But Dr. Paulson had just given us a talk the day before in our physiology class on how to care for our bodies, which impressed me so I told it again to those girls and we had a splendid hour.

I thank the Lord for the privilege I have had in His work, and I want you to pray for me that I may always be in the place God has for me.

AN OPPORTUNITY FOR GRADUATE NURSES IN CHICAGO.

DR. D. H. KRESS,
1616 Millard Avenue, Chicago.

While secretary of the medical missionary department I made an effort to get in touch with all the missionary graduate nurses throughout the field. I was surprised how many were not satisfied with their present work and expressed a desire to connect with some missionary institution or the organized work in some way. I was compelled to write, encouraging them to do the best they could under the circumstances, for we were unsuccessful in finding an opening for more than one in twenty of these applicants.

It is safe to say, out of every class that graduates from our sanitariums, three-

fourths soon drift into a worldly program. In order to retain their positions they find it necessary to follow orders that do not harmonize with the principles they have been taught, and in doing so they violate their consciences. No one can *continue* to do this for any length of time without sustaining a serious injury.

The conferences can not employ all the graduates and the sanitariums to make room for the new classes are compelled to force out the graduates. The time of graduation is looked forward to with cheerful anticipation and yet with feelings of regret by many of our most conscientious young women and men.

The question which looms up before all these is, "What shall I do?" The conferences can promise employment to but few and the rest go out without any *definite* plan as to their future.

Most of our graduate nurses will always have to engage in self-supporting work, and it is right that they should do so, but it is unwise for them to sacrifice while doing it the divine principles they have been taught. Such a course will result in blunting a conscience enlightened by truth and in a loss of spiritual life.

In our large cities centers should be established where such graduate nurses can live and receive instruction in city medical missionary work. With these centers there should be connected competent missionary physicians, under whose supervision these nurses can work.

While engaged in nursing the nurses should be permitted to keep, as faithful stewards, *all* that they receive for their work, to do with as God may impress them. When not nursing they could live at the mission home, where they could have the benefit of its influence and instruction until called out again, and merely pay for board and room. A portion of this time could be spent in visiting the sick poor or in a house-to-house visit with some one of our health periodicals.

Small treatment rooms could easily be started in various parts of the city. These could be opened without much expense. Even an ordinary neat sleeping room would

answer the purpose to begin with. Many of the treatments could be given with a trifling outlay of means. Cold mitten frictions, fomentations, massages, do not necessitate any outlay to speak of. These, with a small electrical battery and an electrical vibrator and local radiation, will be sufficient to make a good beginning.

This in brief is what we hope to do in Chicago. The medical missionary training school, formerly the branch sanitarium at 528 Thirty-third place, is well adapted as a center for this work, and it can easily be conducted in connection with the six months' training course for Christian workers which is held there. These graduates will themselves be a great benefit to those in training. We have good treatment rooms and a medical office in connection with this mission.

Can we not expect a *praying band* of workers to gather here? God will as truly *direct all* who dedicate themselves to this work to the homes where they can be of the greatest help, as He anciently directed similar faithful praying workers.

Those who are taking the six months' course will devote their time out of class work chiefly in selling periodicals or ministering to the poor who are able to pay very little or nothing for such service, while these graduate nurses can devote their time chiefly to a class that are able and willing to pay the regular rates. In this manner *all* classes can be helped. All that is required of those staying at the mission, as far as the mission is concerned, is the payment each week of three dollars for board and room while in the building. Every worker and student connected with the mission is expected to be self-supporting.

It has been planned to carry on a special gospel effort this winter in a central part of the city in one of the large halls. We hope to organize the work in such a way that physicians, nurses, mission workers and earnest church members will be enlisted. This effort will require much prayer. We will be glad to correspond with any one who is especially interested in this effort.

Returning From the Turkish War

Anol Grundset

Asmara, Eritrea, East Africa.

[The following article has just been received from Brother Grundset, who was formerly engaged in medical missionary work in Chicago, but who for several years past has been holding up the standard of the cross in Abyssinia, East Africa. The account of the return of the Abyssinian soldiers from the battle at Tripoli is touching in the extreme.—Ed.]

THE twelfth day of August was a day long to be remembered by the native populace of Asmara and vicinity, for at 12:40 p. m. appeared the first section of trains bringing back Abyssinian soldiers having served under the Italian flag at Tripoli.

The public road for some distance away was filled with native people and large,



First section of trains bringing back Abyssinian soldiers having served under the Italian flag at Tripoli.

anxious crowds were gathered at the depot. I noticed amidst the multitude especially two classes, one class overjoyed and happy in the expectation of meeting again in a few moments their loved ones. I noticed also another class who were mourn-

ers; no happy, anticipating joy was seen in their countenance, but a trace of sorrow rested there. If possible they would press themselves through the throng to get from some fellow soldier a detail of the last words and death of their loved ones.

I asked one if he expected a brother on the incoming train. His eyes filled with moisture, as with quivering lips he replied: "I had a brother that went, but—he—is—no more." How comforting that we still have an open door of mercy to which we may point the sinner oppressed by sorrow and afflictions!

Now the train is whistling in the distance; the commanding officers have all they can do to keep good order and the lines open. The train pulls in under the playing of the Italian band and a deafening outburst of the peculiar Abyssinian victory cry. At the entrance the military department seems well organized from, highest to lowest, to act their part in the welcome.

What interested me still more, however, was the religious welcome arranged for. Immediately to the rear the Abyssinian priests with all the sacred paraphernalia of the native church awaited the believers of the Coptic faith. At their side another company of religious leaders unfurled their banners, upon which conspicuously were exhibited the half moon and stars, thus plainly identifying themselves as followers of Mohammed, the false prophet. Immediately to the other side was seen the Catholic prelate. The Protestant leaders were also well represented.

Right in the midst of this welcome a pouring rain of about fifteen minutes' duration fell over the large and mostly unshel-

tered gathering. This, however, in no way seemed to affect or lessen the joy of the joyful, though adding only another gloom to those whose thoughts in sorrow went out for a loved one, fallen on yonder battle field.

After the formalities were over the returned soldiers filed through the gates and were soon out in the open to meet and converse with the waiting ones. The scenes that then took place I will long remember. As I witnessed their embracing, kisses and great joy it was evidence to me that the same implanted divine love abides naturally in all mankind of whatever color or race. God "hath made of one blood all nations of men for to dwell on all the face of the earth." My own heart was moved as I beheld that African throng and thought of their country's great need and the everlasting gospel due them in this generation.

When we were departing to our homes my mind went out to that final gathering soon to take place—the homecoming of God's enlisted soldiers of the Cross, of all generations, from all the ends of the earth. In that joyous multitude, welcomed by the Lord Himself and his angelic host, there will be no missing ones of those who truly have served while on earth their heavenly country, for though they may have fallen in momentary death, they only sleep, to be raised in the resurrection morn and to join in the triumphant song of victory over sin and death. Another company will be seen—those who have spurned the day of preparation, the ungodly of all time, intermingled with those who have become "weary in well doing" amid the momentous fight against sin and temptation to gain a full salvation. Oh, what fathomless, holy joy for the prepared! What unspeakable sorrow for the unprepared! Among what company do we stand in heart today? With what company will we be found "at the end of the days"? Our daily deeds and life now lived, moment by moment, will determine our final destiny.

The voice of Jesus still calls, "Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn of Me, for I am meek

and lowly in heart: AND YE SHALL FIND REST UNTO YOUR SOULS." The compassionate Saviour is still waiting. Who will heed to-day his loving invitation?

Ere the sun has set on the horizon of time ponder well, dear friend and reader, where will we spend eternity?

"IT STARTED ME TO THINKING."

It is encouraging to find that *THE LIFE BOAT* is carrying God's message to the man behind the bars on the other side of the earth. The following is from an inmate of the Auckland, New Zealand, prison:

"I am now writing you these few lines to let you know of the message of hope *THE LIFE BOAT* is to me. It is a paper I always look forward to every month. It is distributed around by our kind friend the chaplain.

"I have now been in prison sixteen months. I am not twenty-five yet, so I have many years to give to my Master's service. It was *THE LIFE BOAT* that started me to thinking, and I have made up my mind to live an upright, honest life. I have had a great many difficulties to strive against. I have had many years in which to ponder the question of right doing, and there is more truth in that saying, 'Honesty is the best policy' than I at first thought. Right doing is no longer a question of doubt with me and I am determined to lead and live an upright, honest life in the future with God's help and the help of those whom I shall choose as companions.

"The longer I live the more certain I am that the only reason for praying at all is because God is our Father. The more certain I am that we shall never have any heart to pray unless we believe that God is our Father.

"May *THE LIFE BOAT* continue to bring its message of hope and a personal Saviour to us boys behind the bars. It was hard work at first and the Bible was very dry to me, but I have kept at it and read over to Matt. 25:36: 'I was in prison and ye came unto Me.' I will now close, with my sincere thanks to *THE LIFE BOAT*."

"TIMES ARE CHANGED WITH ME NOW."

(From the Clinton Prison, N. Y.)

"I have learned a good trade while I have been here the last four years and I am glad of that. At present I am book-keeper in my department and doing good. So you see when I leave here I won't have to go back on the high seas as a sailor again, for I have a good trade to work at.

"Last but not least of all, I have found a new friend in Jesus and my Bible, and I think, yes, am sure of it, that is the best thing I got in here. It is a great comfort to me to read my Bible in the evenings. I didn't think so three years ago; in fact, I would not look at one then, but times are changed with me now. Who must I thank for this? Why, THE LIFE BOAT.

ARE YOU LOOKING FOR HAPPINESS?CAROLINE LOUISE CLOUGH.
Hinsdale, Ill.

Not long ago I received a letter from a young woman who desires to be a Christian. For the benefit of others who may be similarly troubled I want to quote from her letter. She writes:

"I read in the Bible because I think I ought to, not because I like to. I can not understand it. I *say* my prayers, but I don't *pray*. As I wrote you before, I want to be a Christian. Once when I spoke to a Christian lady about myself she said, 'It's God's work to make you a Christian.' What can I do then?

"I have read several of Moody's books and think they are fine. Whenever they speak about a person being converted it is always done in a moment's time, just whenever the person wanted to be. Moody also says, 'You can be converted this minute if you want to be.' Why is it then? Can I be different than other people?

"My father is a good old man. He says he is ready to die any minute that God will call him. But he always seems so sad when he talks about religion. If I was a Christian it seems as though I would be so happy.

"One time when they were having revivals here I went forward. A lady came to me and asked me if I was a Christian. When I answered no she asked me if I didn't want to be. Of course I did and she told me to go forward. My life has been no different after that time than before.

"Don't you think there are many people who think they are Christians that aren't? I have girl friends who say they are Christians and they do nearly as many wicked things as I do. They dance, go to shows, operas, the circus, talk about people and spend the Sabbath in most any way they choose.

"Will you tell me the names of some good books on religion, also where I may get them? My mother died when I was little. She was a good Christian; every one that knew her speaks well of her."

In substance my reply to her was as follows:

"I was glad to get your letter. I believe you are trying too hard to be a Christian. It is not so much what *we* do as what we are willing to let *God* do that counts. If you are willing to give up everything, that is all the Lord asks. He can help you to do it. But do not *rely* on having any wonderful experience or feeling over the matter; some people do, others do not. Some can name the hour of their conversion, others can not. With some it is a work of a moment, with others it is a gradual change. So do not think that because you have had no such experience you are not a Christian.

"Christianity ought to make us all happy. The mere fact that we can live and know that our sins are forgiven is a happy thought, but we must live up to all the light God has given. It is a dangerous thing to reject light whenever it comes to us, and by the help of the Lord we must accept it and live it. I shall be glad to study the Bible with you and help you to understand some of the things it contains.

"Step out by faith; do not *depend* on feeling. Claim the promise in 1 John 1:9: 'If we confess our sins He is faithful and

just to forgive us our sins, and to cleanse us from all unrighteousness.' Your part is to do the confessing and you can be sure the Lord will do the rest, whether you have a special flight of feeling over it or not. Accept God's Word by faith; believe it and know that this experience is for you.

"Do not be afraid to give up *everything*; confess it all; get rid of it. If the devil can just keep you from confessing your sins he knows he has you in his power. The strong point in King David's character lay in the fact that he was always ready to confess. The devil tries to make us think that to confess our sins is cowardly; but that is not so—it takes moral courage and God's help to do it.

"As far as your associates being Christians is concerned you know the Bible says that by their fruits we shall know them.

It is not for us to judge, but if we are going to follow the meek and lowly Master we shall want to do as He did. You can hardly conceive of Him spending His time at dances, shows, operas, circuses, etc. He was so busy relieving the sorrows and suffering of humanity all about Him that He found no time for selfish pleasure.

To be a Christian means to be Christ-like. It is impossible to be like Christ without first having the love of Christ in our hearts, and this we can have only through confessing and forsaking our sins. God is calling on you today to make this *surrender* and be a blessing to humanity. Will you do it? There are two books that you ought to read in addition to the Bible; one is 'Steps to Christ,' and the other is 'Victory in Christ.' They are both small fifty-cent books and I can secure them for you."

Modern Civilization Undermining the Health of the Race

Mrs. R. Truman

CIVILIZATION has created many injurious things, which custom forces upon us. If we would go back to the simple dishes of our ancestors, the duration of life would be increased and the housekeeper would be relieved of the worry and work of preparing many injurious as well as expensive dishes. The simple life does away with much of the foolish and unnecessary things, thus giving us more time for important things.

I do not want to offend the epicure whose taste is cultivated in violation of nature's laws, but will endeavor to give a few authentic statements which I have culled from the investigations of scientists throughout the world, which may enlighten and instruct some who do not take the trouble to search out these truths.

Condiments bring about premature old age, apoplexy, liver trouble and many other diseases. Common salt which is so universally used is a mineral with no nutritive value. It is used on meat to preserve

it, and in doing so it makes the meat hard and red. When used freely it tends to harden the arteries and other tissues of the human body. It also interferes in much the same way with the gastric juice and thus prevents proper digestion.

Irish potatoes and green vegetables like beans, spinach, greens, etc., need salt to neutralize certain properties, but that is no excuse for using it in the rest of the food. It is a cultivated habit and not a necessity, and when we get more than our eliminating organs can dispose of, the excess produces catarrh, dropsy, etc.

It has been said that we dig our graves with our teeth and that there are as many drunkards made in the kitchen as in the saloon, and the dietetic drunkards are hard to reform. Mother's high seasoning cultivates an appetite for stimulants. Mother's wine in plum puddings, sauces, etc., changes the simple taste, creating a craving for something more stimulating. Pepper, mustard, vinegar and the different

kinds of catsups and similar things change the natural taste of foods and irritate the lining membrane of the esophagus, stomach and intestines. Spices, nutmegs and flavorings of all kinds also assist in injuring the secreting glands, and in course of time render proper digestion impossible.

Condiments also cause pimples, acne, etc., and these are only the outward manifestations of what is taking place inside of the body. Coffee and tea are injurious—coffee containing caffeine, tea containing thein and tannin—with no nourishing properties to offset their injurious effects. Many people advocating temperance denounce all alcoholic drinks and rely upon coffee and tea for their morning strength; they use pepper, spices and other stimulating things with their food and scorn the drunkard without realizing the stimulating power of these things.

God made our bodies the physical foundation for the home of the spiritual and intellectual man. We live from cause to effect, reaping what we have sown, unconscious of the fact that our unhygienic mode of living is slow but sure suicide, in violation of the sixth commandment, "Thou shalt not kill."

THIRSTING FOR A KNOWLEDGE OF WORD.

ALLACE.

In the September number of this magazine, page 264, this was found: "If you could give me any advice as to how to study the Bible to the best advantage I should be very grateful. What I want is to be able to find the hidden truths not found by simply reading."

This comes from a man behind the bars, shut away from the ordinary pursuits and pleasures of life, but it can be read in the faces of men in every walk and avocation of life. It is written in the secret ledger of many a heart, if only the seals are broken and the thoughts of the inner life revealed. It is the longing of the soul for higher and better things, an echo of the prophet's words: "Behold the days come, saith the Lord God, that I will send a famine in the land, not a famine of bread,

nor a thirst for water, but of hearing the words of the Lord. And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the Lord, and shall not find it." Amos 8:11, 12.

What an appeal to Christian hearts in a land of light and liberty! What a privilege to be a fountain of blessing, "a well of water springing up into everlasting life," out of which shall flow rivers of living water! What a responsibility to be living in a time when the abundance of God's Spirit is promised, and its need is so great!

Dear reader, are you thirsting for a knowledge of God's Word, weary of viewing the architecture of men—the fruit of others' search? Do you wish to climb to higher altitudes, to the mountain peak of a better experience above the clouds, and get a panoramic view of the promised land, or dig into the granite depths of God's Word and in the light that shines from Calvary lay bare with your own hands the pure gold, the true riches, the hidden treasures of the manifold riches of the grace of Christ, in the silent hours of the night, alone where no eye can see or ear hear but God? This lot may be yours. Answer Prov. 2:3, 4 in the affirmative and the promise in verse 5 is yours. Then accept the great invitation in Rev. 22:17. You will find that "the half has never been told."

A SUGGESTION.

Just the other day an elderly lady handed us five dollars with the request that it be used to send ten LIFE BOATS to some prison for one year. This money was earned during her spare moments by making tatting lace. She promised the Lord to give all the money she earned in this way to His cause and the Lord has blessed her in finding buyers for the lace.

Perhaps there are others who are similarly situated and who might be spending their spare moments in helping in some such way to bring the saving gospel of Jesus Christ to those who stand so much in need of it.

We also just received a check for thirty yearly subscriptions to be sent to thirty prisoners. This comes from a prominent business man in the south.



Editorial Department

Conducted by Dr. David Paulson



THE HINSDALE MIDWINTER CONVENTION.

As usual we shall hold a most important missionary convention at Hinsdale, December 27-31. Special attention will be given to the city problem, to self-supporting work, etc. Live reports will be given by live workers who have had actual experiences.

Elder S. N. Haskell and his wife, who are pioneer missionary workers and who have had most successful experience in city mission work, will be in attendance. Their instruction alone will be worth the entire effort and expense you will have to put forth to come.

Mrs. N. H. Druillard and Miss Bessie De Graw will be present to give interesting and inspiring reports of industrial missionary training among the needy in Tennessee hill country. Those who have launched out and established self-supporting missionary centers will come, relating the instructive things they have learned while battling with difficulties.

Dr. and Mrs. Kress and many other laborers who have spent years in aggressive work on the missionary frontier, will participate in this midwinter convention. It will unquestionably be the most important one we ever had. Begin now to lay your plans to attend.

DOES THIS APPEAL TO YOU?

The stirring things we come in contact with in connection with this city problem and rescue work, soul-winning work, warm one's heart to read about.

THE LIFE BOAT occupies a special field not filled by any of our other magazines, and the price is the cheapest now of any of them. Why not in your spare moments suggest to a number of your friends to subscribe? It costs just the price of the subscription to print it and we who are

connected with it are giving our time, so it is entirely a labor of love on our part with no commercial interest whatever.

DON'T FORGET THIS.

With every advance step in your Christian experience the devil will be on hand to give you a new crop of temptations that just fit your new experience.

It was after Christ's glorious baptism and the Spirit had descended upon Him that the devil came and tempted Him in a way that He never had been tempted in His father's carpenter shop.

You may be thanking the Lord that some of the old temptations have lost their grip upon you and right now may be yielding to a new temptation that you have not yet learned to discern. So we must fall on the Rock every day and be broken—have fresh strength imparted to us, if we are to have glorious, up-to-date victories.

WATCH FOR THE TWO LOAVES OF BREAD

After Saul had been anointed king the Lord told him that at a certain place he would meet three men who would salute him and then one of them would give him two loaves of bread, which he should accept (1 Sam. 10:3, 4).

The secret of real missionary experiences is to see God's hand in just such simple incidents. If we meet some one, if they give us anything, whether it is a paper, a word or a smile, we are to see in it a significant missionary opportunity. *Watch for the man who gives you two loaves of bread.* If you are praying for missionary opportunities they will drop your way so naturally that it will astonish you.

Recently while traveling on the train I became impressed that the man who occupied the seat across the aisle from me was a missionary opportunity. I bowed my head and prayed that he might be led

to give me "two loaves of bread." A moment later he leaned over and asked if I could tell him the price of a ticket from Chicago to a station farther down the line. I recognized that as an answer to my prayer and the way was opened for a delightful missionary conversation.

After Saul had met these the prophet said, "Thou shalt meet a company of prophets (missionary students from the school of the prophets) coming down from the high place . . . and they shall prophesy (converse about divine messages), and the Spirit of the Lord will come upon thee, and thou shalt prophesy with them, and shalt be turned into *another* man."

What a lesson! If two or three of us are together, if we will be talking about divine things somebody may overhear us, be drawn to us, be converted on the spot and changed into another man.

"Let it be, when these signs are come unto thee, that thou do as occasion serve thee; for God is with thee." The man who is divinely led will *always* be able to do the right thing at the right time.

ARE YOU A GRADUATE NURSE?

We are undertaking a new thing in our city work as far as graduate nurses are concerned. We are going to invite them to come to Chicago on a city missionary program. We will help them to get cases to nurse and ask them to pray for their patients.

We will let them collect every cent of what they earn, even if it is \$25 a week. We will encourage them to be liberal to the cause of God, but will put none under compulsion in that respect. We will gather them together once a week for a spiritual uplift and have them tell their experiences. Those who have not had any worth while we will pray with that the Lord may give them special experiences with their patients.

When they have no medical work we will room and board them at our mission home, 528 Thirty-third place, for three dollars a week. We will encourage them to go out and visit the poor or sell magazines or engage in any other non-remunera-

tive gospel work until the Lord gives them another case.

We believe our missionary graduate nurses in many parts of the country will avail themselves of this opportunity and come and join us. Dr. Kress will especially take charge of this enterprise and help to put a spiritual mold upon it. If you know some who you think would be interested in some such plan write them about it.

ARE YOU BRUISED?

"Bread corn is bruised." Isa. 28:28. The corn must be ground before it can be made into food for human beings. The flowers must be crushed in order to extract the perfumery.

I used to envy those who seemed to have a great gift to feed other people, who had a message that carried hope and cheer to the hearts of men. Gradually as I came to know them better I wondered whether I ever could have staggered through what they had gone through. Then I began to understand that "bread corn is bruised." That was the price they had to pay in order to be fitted to feed others.

I used to feel sorry for those who had trouble. Now I am beginning to feel sorry for those who have no trouble. I begin to understand why Paul could rejoice in tribulation. If you want to feed earth's hungry multitude with a glorious message from heaven you must be *willing* to be bruised.

STIRRING TIMES AT HINSDALE.

As this LIFE BOAT reaches its readers twelve splendid young people will graduate from the regular three years' missionary training school for nurses. We believe every one of them have a missionary outlook and we are earnestly praying that it will be a real "sending out of the twelve."

The junior class are bestirring themselves to establish a new medical missionary center in Chicago. God has gone out before them, as will be seen by Miss Stapp's article in this LIFE BOAT. They are of good courage.

The entire sanitarium family have taken upon themselves the responsibility of donating \$2,000 from their own slender income to install a water softener, so that all the water furnished the institution shall be as soft as rain water. This is a much needed improvement and this effort on the part of the entire family indicates an earnest spirit of co-operation.

Some of the workers are earnestly planning missionary field campaigns with the book, "Ministry of Healing," LIFE BOAT magazine, and other literature.

In these various ways our young people are learning to bear the yoke in their youth, getting just the experience that they need to reproduce the institution on a small scale. We trust that every one who had a few years' training and experience in connection with the Hinsdale work will always be able to be self-supporting and be none the less a missionary because of this.

HERE AND THERE.

Mr. George Walker of Berrien Springs, Mich., spent a few days with his son, John Walker, who is the sanitarium desk clerk.

Dr. M. C. Wilcox, the veteran pioneer missionary to China, whose interesting article appeared in the October number, visited Hinsdale again recently.

Elder H. S. Shaw of Alberta, Canada, and Dr. George Thomason of St. Helena, Cal., formerly of South Africa, made brief calls at the institution while returning from an important ministerial council in Washington, D. C.

Dr. Lauretta Kress has been conducting during the past month an extremely interesting course in hygienic cookery for the senior nurses' class. The patients also enjoyed the instruction.

Dr. W. W. Worster and wife stopped at Hinsdale while on their way to California to connect with the Loma Linda sanitarium. Dr. Worster was a member of the sanitarium staff during the summer of 1911.

Mrs. O. A. Olsen spent three weeks at Hinsdale while Elder Olsen was in Washington attending the ministerial council.

Mrs. W. H. Wild of the sanitarium family is spending a few weeks with her brother, who lives near Aberdeen, S. D.

Jasper L. Douthit and son, George L., of Lithia Springs Chautauqua fame, are guests at the sanitarium.

Mrs. E. C. Jarvis of Wheaton, Ill., who with her husband spent all last winter at Hinsdale, has now returned to the sanitarium.

Mr. and Mrs. A. W. Adson, who have rendered the sanitarium valuable assistance during their summer vacation, are now located in Philadelphia, where Mr. Adson continues his medical study in the Pennsylvania State University.

Miss Elizabeth Erickson and Miss Mabel Johnson of College View, Neb., Miss Flossie Wilbur and Miss Louie Thompson of Hastings, Neb., Miss Ethel Tapscott, Jacksonville, Ill., and Miss Florence Le Greid, Centralia, Ill., have recently joined the family of workers.

During the past month Dr. David Paulson attended the International Congress of Hygiene in Washington, D. C., and gave the graduating addresses for the New England Sanitarium, near Boston, Mass., and also the Iowa Sanitarium nurses' schools.

Just as we go to press the next six months' course for city medical missionaries opens. The prospects are good for a large and enthusiastic class.

On October 30 a class of twelve splendid young people will graduate from the three years' nurses' course at Hinsdale. Dr. D. H. Kress will give the graduation address.

All of our readers have become acquainted with Miss Pearl Waggoner through her delightful and inspiring poems that have appeared each month in THE LIFE BOAT. She is now contemplating bringing these together in book form, with a large number of others equally good. Before doing this it is necessary to know something of how many would desire to purchase such a book, if published in the neighborhood of 75 cents or \$1. All such are invited to correspond at an early date with Miss Waggoner, care of THE LIFE BOAT, Hinsdale, Ill.

WHY NOT BE YOUR OWN EXECUTOR?

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

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.

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The Life Boat

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

THE LIFE BOAT is published at Hinsdale, Ill., by the Workingmen's Home and Life Boat Mission, incorporated. The Chicago headquarters is 528 Thirty-third place.

Checks, drafts and money orders should be made payable to THE LIFE BOAT, Hinsdale, Ill.

Single copies, 10 cents.

Yearly subscriptions, 50 cents.

Special discounts when a number are sent to one address.

Ten cents additional to Canada and foreign countries.

EXPIRATIONS.

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

CHANGE OF ADDRESS.

When writing to have the address of THE LIFE BOAT changed, be sure to give the old address as well as the new one.

MISTAKES.

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

PREMIUMS.

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

RATES FOR ADVERTISING.

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

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

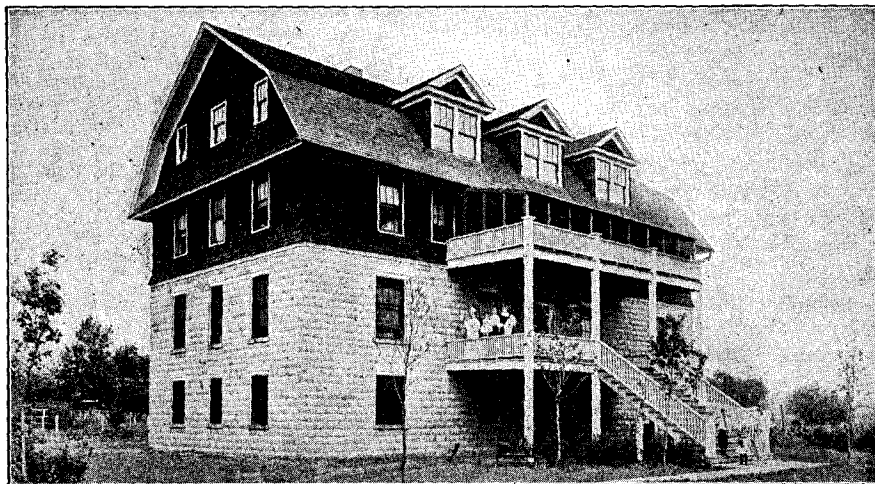
One inch, column width, one insertion, \$1.00.

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We desire advertisements from both large and small dealers of articles that we can recommend to our subscribers. THE LIFE BOAT has an unusually large circulation among the best class of people. Full information concerning circulation, etc., given on application.—THE LIFE BOAT, Hinsdale, Ill.

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HINSDALE, ILLINOIS



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During the past year upwards of half a hundred girls have been sheltered in this home. They have been carried through the saddest chapter in their lives. More than half these girls 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.

Address for further information

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Are you interested in placing a part or all of your property so that you can receive a permanent annuity or income on it while you live?

In either case will you not generously remember the Life Boat Rescue Home? Full information regarding this work will be sent upon request.

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."

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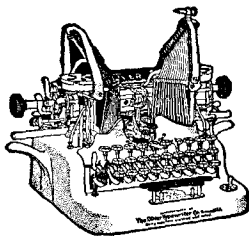
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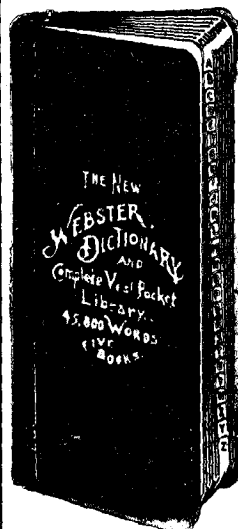
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With a little effort you can secure any one of these Bibles absolutely free. They are not cheap Bibles, but are selected from the best series of Bibles manufactured, and by a special arrangement we are able to furnish them to you for the following number of yearly subscriptions to The Life Boat at fifty cents a year.

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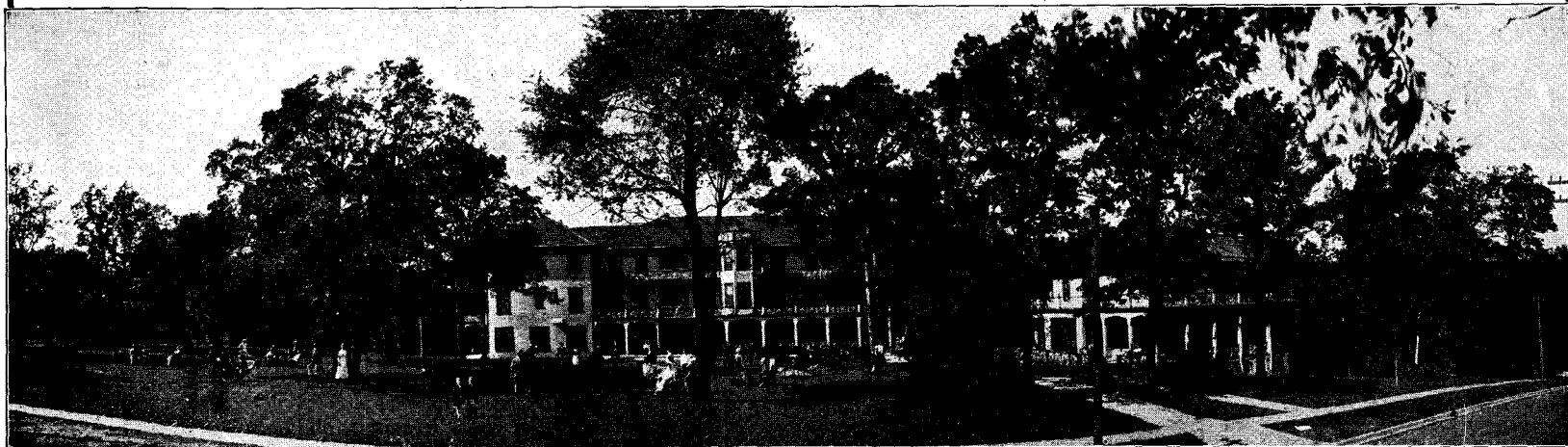
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