

A Compelling Message in the Cities.

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Windsor, Ill.

September, 1912

An Interesting Day at Glenwood—By the Editor.



Where Are You Looking?

PEARL WAGGONER.

If you're wanting to be wretched,
Look within;
There you'll see so much that's lacking,
So much sin,
That you'll grow discouraged,—weary,
And the outlook seem but dreary;
If you're wanting to be wretched,
Look *within*.

If you wish to be distracted,
Look around;
See your neighbors' faults and failings
Which abound.
Watch the world's mad race for pleasure,—
Take your part in goodly measure:
If distraction is your treasure,
Look *around*.

If for peace and joy you're yearning,
Look above;
Calm you'll find and blest assurance,
Yea, and love
So unchanging, so untiring,
As will fill your heart's desiring;
If to gladness you're aspiring,
Look *above*.

THE LIFE BOAT

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

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Volume XV.

HINSDALE, ILL.

:: SEPTEMBER, 1912

Number 9

Modern Dietetic Ideas

David Paulson, M. D.

WITHOUT exception the first advice the doctor gives to a patient suffering from Bright's disease is to discontinue the use of flesh food. The patient may plead, "Doctor, what about chicken?" The invariable reply is, "No, you must not touch meat at all."

Every sensible, up-to-date physician gives similar advice in a case of acute rheumatism and also in fever, and more than likely in a severe attack of auto-intoxication.

But is it not better to discontinue the use of meat one year or five years earlier and not have the disease at all? For what can cure a disease certainly ought to prevent it, and so it would in many instances.

I object to a flesh diet because it "hurts my business." As a healer I am naturally opposed to all those things that produce disease. Every physician is glad to help sick people become well, but it is a much greater inspiration to help well people not to become sick.

Gautier, one of the best recognized authorities in the world on scientific dietetics, writes:

"A meat diet acidifies the blood and diminishes the oxidation. . . . It congests the liver; it brings an obstinate constipation and causes dyspepsia, gastric difficulties and enteritis; it leads to psoriasis, eczema, etc.; it develops rheumatic, arthritic, gouty and nervous tendencies. It produces arterial hypertension (high blood pressure)

and heart fatigue, and becomes one of the most active predisposing causes of arteriosclerosis (hardening of the arteries). . . . A diet, the exaggeration of which is the origin of so many physiological and morbid disorders, could not be favorable to the good development of the family or of the race."

Cancer and Gastric Ulcer.

Gastric ulcer is rapidly becoming one of our most common diseases. Our great surgeons have demonstrated that it is ten times more prevalent than was formerly supposed. Several years ago Dr. Fenton Turk, Chicago's eminent stomach specialist, stood up before the American Medical Association and said, "Gentlemen, gastric ulcer is a meat-eater's disease. It is unknown where there is no meat-eating."

To merely mention the word cancer starts a shudder through us. All experienced physicians believe that it is increasing enormously among civilized nations. There are many physicians who believe that cancer is closely related to meat-eating. Dr. Bell of England not only maintains that cancer is largely due to this but that in the early stages cases have been cured by adopting a vegetarian program. A medical editor ridiculed this idea, and Dr. Bell sued him and made so good a showing in the British court that he was recently awarded ten thousand dollars damages.

Dr. W. Roger Williams, one of the scien-

tific authorities in England, has insisted for years that the rapid increase in cancer in Great Britain has kept pace with their increase in the use of meat. He has investigated the question the world over and has found that non-meat-eating people are practically free from cancer. In Canada there is a large colony of religious people who originally came from Russia. They are strict vegetarians. It is said that there has never been a case of cancer in that entire colony. If what I am suggesting shall finally be sustained as an absolutely scientific truth, it is evident that that alone is amply sufficient to blacklist meat as an article of diet.

The universal prevalence of high blood pressure among the middle aged in active life is becoming a standing menace to humanity. Men are dropping dead in the streets from heart failure; strokes of apoplexy are becoming distressingly frequent. It is now known that in addition to our modern strenuous life the waste products of meat, the nicotin of tobacco and the caffeine of tea all tend to develop this condition.

Food Plus Ashes.

Meat is partly burned food. It is nourishment plus ashes, and it is the ashes, the waste products, which are responsible for a large share of the mischief produced by meat-eating.

Contrary to the usual notion the animal kingdom does not make any food at all. Every bit of nourishment there is in the earth today was created by the plants. The plant kingdom reaches down, lays hold of the dead minerals, absorbs the gases from the air, and aided by the moisture and wooed by sunshine, builds up food. The animal consumes this plant food, burns up most of it, leaving the remainder more or less burned as muscle.

But it takes about ten pounds of corn to make one pound of flesh. In other words, the animal instead of *making* food burns up about nine pounds to make one and leaves a lot of ashes clinging even to this pound. The food that the animal eats is largely used in furnishing energy for its various activities, but a small part is stored away

as muscle, and when we eat flesh we are simply eating the original food made by the plant *plus* the ashes made by the animal.

Some will say, "When a cow eats hay and I, by and by, eat the cow, has she not served me a useful purpose?" Certainly; and yet the chemist today could take that hay and transform the cellulose in it, which is only another form of starch, into sugar, even better than the cow can. Of course, if it was a question of either eating the haystack or eating the cow we would be *compelled* to eat the cow. But in most instances there is no such necessity compelling people to eat flesh.

The Strength Delusion.

One reason people eat meat is because they think it is strengthening. Whence comes this universal notion that there is something especially strengthening in a meat diet? It springs from exactly the same source as the old alcohol delusion. Generation after generation people *believed* that alcohol gave strength. While a student in Bellevue Hospital, at the end of almost every lecture on how to treat pneumonia, tuberculosis and other fevers, I heard the professor advise giving a good big dose of brandy. Today no medical instructor on the face of the earth would have courage to stand up before an intelligent class of medical students and give such advice. He would run the chance of being hooted out of the class room. For modern science has now shown conclusively that alcohol is a poison, a depressant, and that its stimulating effect is simply a delusion. Several years ago the editor of the *Journal of the American Medical Association*, which is the official medical publication for more than fifty thousand American doctors, wrote that it was time for physicians to recognize that there is nothing especially strengthening in a meat diet; that bread and butter come nearer being an ideal food. And the most searching scientific investigations amply sustain these conclusions.

On this point Gautier says: "Like the opium smoker, the individual who accustoms himself to meat, feels that he misses it when he does not take the usual excess." I have often had patients tell me, "Doctor,

I felt weak immediately after giving up meat, and I went into town and had a good beefsteak supper and somehow I *felt* stronger."

What is it that makes a man *feel* stronger when he eats meat than if he had eaten bread or any other substantial food? We now know it is the waste products that are in the meat; it is the ashes. Beef tea, which contains no nourishment, can make a man feel the same exhilaration as if he had taken brandy. It is the same delusion. It is the drug effect of the waste products. The actual food that is in meat is no more stimulating than so much bread. It is the harmful effect that is in meat that the man misses when he gives it up, for like morphin it is the part that acts on his nerves.

The Endurance Test.

And how does this spell out in actual practice? If what has been said is so then the man that eats meat plus the ashes, no matter how much immediate exhilaration he experiences, should be handicapped when it comes to endurance.

Several years ago Irving Fisher, professor of political economy in Yale, tested the physical endurance of a large group of meat-eating athletes in Yale University. Then he visited the Battle Creek sanitarium, where he had heard there was a large group of non-flesh-eating workers, and he investigated their endurance. The results that he obtained amazed him. He discovered that young people who were not athletes and who had taken no time for special practice had two or three times the endurance of Yale athletes.

At almost the same time similar experiments were made in Brussels University in Europe. They likewise found that the non-flesh-eating students had two or three times the endurance of the flesh-eaters.

In the long-distance races in Germany, all the vegetarians who entered the races invariably left far behind the best of the flesh-eating candidates. On this point Von Noorden, the great German medical authority, in his monumental work on "Metabolism and Practical Medicine," says: "In Germany at least, in these competitive races the vegetarian is ahead of the meat-eater.

The non-vegetarian can not compete with the vegetarian in the matter of endurance in these long-distance walks. The vegetarian is ahead in the matter of rapid pedestrian feats."

Allen, who holds the worlds record on long distance, walked a thousand miles across England and Scotland in seventeen days and a few hours, on a non-flesh diet. The best record before that was by a meat-eater who accomplished the same distance in a little over twenty-one days.

Several years ago I attended a banquet in Chicago. The man who sat at my side was the sporting editor of one of the leading Chicago dailies. As he observed that I did not eat meat the conversation naturally turned on the merits of vegetarianism, and he said to me, "Strangely enough, the long-distance bicycle man, the long-distance walker, the long-distance swimmer, the champion tennis player, are all vegetarians."

That was no mere coincidence; it is only another testimony to the soundness of the principle enunciated by the editor of the *Journal of the American Medical Association*, quoted above. For it is of universal application, as Gautier, the eminent French authority, shows in the following statement:

"Russian agriculturists who live on vegetables, black bread, milk and garlic, work sixteen to eighteen hours per day, and their strength is said often to exceed that of the American sailors. . . . Modern Egyptian workmen and boatmen, who from time immemorial have fed almost exclusively on melons, onions, broad beans, lentils, dates and maize have remarkable muscular strength. The miners of South America, very sober workmen, who do not eat meat, carry on their shoulders weights of two hundred pounds. . . . The Turkish soldier is extraordinarily abstemious; he only drinks water or lemonade, feeds on rice and figs and scarcely touches meat. We know that his vigor is remarkable and his courage indomitable. Hence, the saying: *As strong as a Turk.*"

Easier to Be Good.

Last, but by no means least, there are sound moral reasons in favor of a non-

flesh diet. Every sensible doctor rules it out immediately in many of our most common diseases. From a physical standpoint the man who wants endurance leaves it out if he is wise; if not, he frequently yields his place to the man who does.

But there are equally good moral reasons. I do not think the Creator made a mistake when He originally created man and left it on record that his diet was the natural products of the earth. Gen. 1: 29. If you wish to acquire and adopt the highest ideal principles and practices, be not content with any changes that may have been permitted because of the hardness of men's hearts. (Matt. 19: 8.) As we become more nearly prepared for our future Eden home we will be more and more inspired to carry out the principles that were established in the first Eden.

It is easier to be good on a vegetarian diet. Who does not feel it wise to give the butcher's dog the right of way? Dr. Curtis, the eminent physician to President Garfield, said: "What parent is there who has not viewed with alarm how old Adam enters into baby along with the first spoonful of chopped beef?"

Gautier, calling attention to this well-known fact, says: "It is known that the white rats of our laboratories, as long as they are fed on bread or grain, are very manageable and easy to tame, whilst they become snappy and given to biting from the time they are fed on flesh. . . . Liebig relates that a bear kept at the museum at Giessen was gentle and quiet when it was fed exclusively on bread and vegetables, but a few days of animal diet caused it to become fierce and dangerous to its keeper. They used to amuse themselves by thus periodically altering the animal's character."

The Best, the Most Sensible and Most Nourishing Diet.

From these various considerations Gautier, who is personally in favor of flesh diet, is compelled to draw this scientific conclusion:

"From these considerations we conclude that absolute vegetarian diet mitigated by the addition of milk, cheese, butter, fats and eggs has great advantages, that it alkalin-

izes the blood, accelerates oxidations, diminishes the nitrogenous losses and toxins; that it exposes one much less than the ordinary diet (especially if the latter is too rich in meats) to diseases of the skin, arthritis and congestion of the internal organs. This mitigated vegetarian diet tends to make us peaceful and not aggressive and violent beings. It is practical and rational. It should be accepted and commended by those who pursue the ideal of the formation and education of gentle, intelligent, artistic and nevertheless prolific, vigorous and active races."

As a medical missionary I am co-operating with God in developing in this world and for the world to come just that class of people, who are peaceable, artistic, sympathetic, etc. And my personal experience has amply convinced me that the eating of a simple, wholesome, non-stimulating diet does *co-operate* with divine grace to that end. For I do not believe, and I do not desire any one else to be led to believe that it is possible for one to eat himself *into* the kingdom of God or even perhaps into the kingdom of health. But I have met many whose reckless manner of eating and drinking has *deprived* them of both.

Low Protein Diet.

Even many medical men have believed that it was necessary to eat meat in order to secure the daily requisite of structure-building material. But the extensive experiments of Professor Chittenden, of Yale, and other scientific workers have shown conclusively that instead of requiring a fourth or a fifth of our daily meal to be protein or structure-building material, one-tenth was much more nearly the ideal proportion. And that is more than amply supplied by nature in the natural products of the earth, particularly when they are supplemented by eggs and dairy products. It is exactly the waste products from this excess of building material that are the principal cause of Bright's disease, high blood pressure, rheumatism and many nervous disorders.

Wasteful Living.

We hear much concerning the iniquity of the "beef trust" and the outrageous price of meat; but one word will explain clearly

the principal reason why the best meat is thirty-two cents a pound while we can buy a pound of corn for two cents. As long as it takes about ten pounds of corn to make one pound of meat, it does not require a knowledge of higher mathematics to figure out that when the animals can no longer graze on the free grass lands of the far West flesh food must sell for at least ten times the price of corn.

Diseased Meat.

Just recently Mrs. Caroline Bartlett Crane appeared before a congressional committee and called their attention to the fact that the meat inspection in Chicago was largely a fake. She showed how if an animal had some serious local disease they would cut that part off of the carcass and permit the rest to go on the market. The public held up their hands in horror and inquired: "Is this thing so?" So congress made an investigation, and one of the United States meat inspectors not only acknowledged it, but said: "The idea of eating the meat of a slightly diseased animal may be repulsive to some, but a little consideration should readily convince a reasonable person that there is no valid reason for condemning and waiving perfectly wholesome meat simply because there happens to be somewhere in the animal a gland or an organ showing a lesion, or a parasitic nodule."

Some one has estimated that meat would sell for a dollar a pound if *all* the diseased meat were eliminated. As far as I am personally concerned I would prefer to eat cornflakes, rather than feed them to the hog and eat them later in the form of pork, with the likelihood of having to eat trachina and tape worm in addition.

In this age of modern development of scientific cookery it is not only possible but entirely feasible to secure a well-balanced and a perfectly appetizing meal without eating a food that is open to so many substantial objections as a flesh diet. He who would eat and drink to the glory of God would do well to consider in the present state of society and the general prevalence of disease among the lower animals, if it is *wise* for him to continue any longer to depend upon them as an article of diet.

MAKING THE MOST OF HIS CIRCUMSTANCES.

The following is from an inmate of the West Virginia penitentiary, who recently sent in a long list of subscriptions to this magazine and received two beautiful Bibles as premiums:

"I received both the Bibles and can not tell you how I appreciate them; they are far beyond my expectations. Please accept my many thanks for the same. The red letter Bible is fine, and I also thank you kindly for the five extra LIFE BOATS you sent to us this month. I can assure you they were very, very much appreciated by me and also by the rest of the boys.

"May God bless you and prosper you and give you His blessing in the good work you are doing. I hope some day to see you at Hinsdale. I am doing a life sentence here and have been here eleven years, but I have hopes of liberty. I am going to try for a commutation to eighteen years, and if you can help me it will be appreciated. I was raised in a Christian home, had a Christian mother and father, and they are now dead. But the memory of the family altar is dear to me and I want to meet them. I am taking great interest in your health lectures; they are grand. I am still a slave to tobacco chewing and I am ashamed of it, but it seems I have not the manhood to quit. I simply want to thank you again for the Bibles and the extra LIFE BOATS you so kindly sent us to cheer and strengthen us here in right living."

WANTS SOMETHING BETTER.

(From the Dannemora Prison, New York.)

"Will you be so kind as to let me have THE LIFE BOAT? I am in Clinton prison doing a five years' sentence. This makes thirty years, the best part of my life, I have put in these places, and I am tired of it. I am praying night and morning, trying to be a better man. Please send me some religious reading, as I don't care for anything else."

An Ideal Day's Outing

Ruth Stapp

Hinsdale, Ill.

[Last Wednesday the Hinsdale sanitarium junior missionary nurses' class, with the exception of two who could not be relieved from duty, were given a day's outing, not for a picnic or a boat ride on the lake but to go into the homes of the poorest people in darkest Chicago and bring sunshine and good cheer to darkened lives.

Miss Stapp, one of the nurses, writes something of their interesting experiences. We are planning to establish a missionary dispensary in some such needy district. Are there not some of our readers who would consider it a privilege to provide the necessary means to found such a glorious center for blessing humanity? Our self-sacrificing nurses will give their time and strength. Who will as cheerfully give their means?—Ed.]

WE believe that we have reached a crisis in city mission work. The Lord is calling for workers as never before to enter this wicked city and prepare the people for His soon coming.

The poverty, degradation and filth of the slum district are appalling, and yet from among such conditions as these are precious souls that should be saved for Christ. We need to carry to these people the united gospel

of health and of salvation, so that their bodies as well as their souls may be preserved blameless unto the coming of our Lord Jesus Christ.

This past week the Lord impressed six of our nurses to spend a day visiting the city and spying out the land, becoming more thoroughly acquainted with the needs of the people. We believe that some districts are more needy than others and that our efforts should be centered in such places and the work so



Some Members of the Junior Nurses Class Starting Out on Their Day's Outing.

Zada Hibben.

Iva Dean.

John Meister.

Gertrude Sutton.

Dr. David Paulson.

Ruth Stapp.

Mildred Knowles.

systematized that the most possible good can be accomplished. We want the inspiration we received from this day's work to be the forerunner of a much greater effort on our part, and we hope that you will join us in this work and in praying for its success.

babies. Many of these are sick and are being daily cared for by a nurse. The baby is given two feedings during the day and three other feedings are given to the mother to take home with her. Many and many a life is doubtless saved by the efforts of these good people.

After leaving the Hull House we separated for house-to-house work. The district was nearly all foreign—Italian, Greek, and Jewish. The wretched condition of some of these homes is almost indescribable, large families living in one or two rooms in a dark basement. I would dare to say that in more than one of these houses there are a hundred children; sometimes it was so crowded that we could hardly make our way up the steps because of them.

Many of the homes have only one bedroom—this belonging to the whole family. Perhaps there is a bed or two, perhaps only a pile on the floor. The clothing is nearly as scanty as the room. Many a child has only an old undershirt to cover its body and



A Common Street Scene in the Tenement District of Chicago.

Before starting our house to house visitation, Dr. Paulson took us to the Hull House. Here a great effort is being put forth to better humanity. An entire block is covered by this building. The court was filled with children whose mothers are poor working women and have placed their little ones under the protection of this home.

The nursery is very interesting. The mother brings her child at eight o'clock and comes after it again at five. She pays ten cents to have it cared for for one day and for two meals. The food is simple but wholesome. The children are put to bed from one to three o'clock. Thus the poor mother can work and have her child under good care for almost nothing.

The roof is utilized for a nursery for the very small



A Group of Children Gathered Around the Street Fountain, Hull House in the Rear.

we found a few that did not even have that. The dirt was dreadful, not only in the homes but on the people themselves.

One nurse made the remark, "Oh, I wish I had some soft water, soap and clean towels." But some of these people are satisfied with their condition and want nothing better. There is another way we have to reach them and that is through administering to their sufferings. Then you can gain your way into their hearts and help them otherwise.

As I looked at these children I wondered how they could possibly live under such conditions, and then something seemed to say, they don't live, they just *exist*. Yet these children that just exist are making up a great bulk of our population. Can there be a needier field than right here?

I could tell you many of our experiences during the day in which we were able to do some good, but I will mention only a few. (While one of our nurses was walking down the street a child ran up to her and grabbed her hand, crying, "Uncle died last night, grandmother is sick, and won't you come and see us?")

The nurse followed the child, offering a prayer that she might be able to do some good. The grandmother was seriously ill and her only means of support was now lying in the next room, a corpse. The nurse did what she could, but that woman needed some one every day for she was in a pitiable condition.

Another poor woman was suffering from a badly swollen leg. The nurse gave her a good rub to it and relieved the pain a great deal. She seemed so thankful when she was shown how she could care for it herself.

One woman had a badly infected hand and the pain was becoming so severe that she could scarcely raise her arm. When asked why she did not have a doctor she said she was too poor. So the nurse had to act the part of surgeon, doctor and nurse and open the hand and dress it. As soon as the pus was removed the arm felt better. She was very thankful for what was done for her.

We found one woman suffering from an inflamed breast. We could not understand what she said but a friend of hers interpreted it to us. We gave her fomentations, and she said, "Oh, I wish I could have them all day."

So we explained to her friend their value and how to apply them and she said she would use them.

There is so much I could tell if I had time. In many of the homes they asked for literature and we left tracts, entitled, "Some one cares for your soul," and "The way to Christ," also copies of *THE LIFE BOAT*, and health literature. I believe the Lord will guard this literature and that much good will be done.

Truly the field is ripe; but reapers are needed. There is need of a good dispensary in the heart of such a community with two or three consecrated Christian nurses and a doctor who could at least spend part of his time there. Only very simple equipment would be needed, where simple treatments could be given and emergency work done. **SUCH A PLACE SHOULD BE A SOUL-WINNING ESTABLISHMENT.** I am sure as the nurse or physician works for these people physically and spiritually the Lord will be there to help them and they themselves will receive a great blessing.

THIRSTING FOR KNOWLEDGE OF GOD'S WORD.

(From the Minnesota Penitentiary.)

"I am writing this to acknowledge the monthly receipt of *THE LIFE BOAT* and to thank the friend who sends it to me, as I do not know his name.

"As I advance spiritually I realize more and more the truth of the story *THE LIFE BOAT* brings each month. I only stopped using tobacco a short time ago, but feel much stronger for so doing.

"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. My ambition is to study for mission work when I leave here if God has an opening for me in His service. I have felt a call for this work for some time and we are told in Rom. 8:28 "that all things work together for good to them that love God, to them who are the called according to His purpose." I am praying and trusting God to show me how and where to serve Him if that is His will. In the meantime I am studying as best I can to fit myself."

A VISIT TO THE MISSIONARY DISPENSARY AND ITS PATRONS.

O. C. DURHAM,
Washington, D. C.

It is now five o'clock and the dispensary is all cleaned up after the day's work. But it has been a busy day with a clinic of twenty patients this afternoon. The book shows why these twenty came—one had a wound in the foot, another had kidney trouble, two with ulcers, one abscess, two with heart trouble, one with a tumor, another with skin disease, etc. One patient was brought by his son on a wheelbarrow. Even such kindness was not enough, for it was a dangerous trip for a serious, dropsical, heart patient. He will be visited after this.

We will take a little trip with one of the nurses out through the district, Southwest Africa, they call it. We go down past the railroad yards and stop here to take a patient's temperature. At the next stop we leave some needed medicine. Then after a brisk walk of five minutes we pass several dirty saloons and disappear between two buildings into Capitol court. If you can not stand bad odors you had better go back now, for they will soon be worse. Capitol court is a wide cobble-paved alley the shape of the letter J. It is not as aristocratic a place as its name might indicate, but to be sure you can see the great white National Capitol yonder from the east end of the court. There is an even dozen of little girls playing on the hot, dirty pavement. The doors are open and we see that most of the miserable little homes boast a parlor with more or less bric-a-brac, rugs, and pictures; and they are fairly clean.

Yonder sits an honest-faced woman at a window, smiling as we approach. She is our patient. After a little chat she gets ready to have her foot dressed. Did you ever see anything like that? No, quite likely you didn't. An immense foot with a deep ulcer on either side as large as your hand. "It has been this bad for six months," she says. "I have had it for six years." The poor brave soul keeps her house clean, and a wash hangs on the line. You notice there are no screens and that the flies seem very anxious to help with this awful sore.

Our last stop is to see a helpless old woman whose dropsical legs have swollen and burst. She has not had anything to eat today, and had it not been for the kindness of our nurses there would have been



One of the Dispensary Cases With a Large Ulcer of the Leg.

many days just like today. They will take her to a hospital this evening, where she surely belongs. She thanks the nurse again and again for her kindness in times past. "God bless you," she says.

A WONDERFUL EXPERIENCE.

Several years ago Mr. Vories, a young American, went over to teach school in Japan. He occupied his spare time in missionary effort. He soon had flourishing around him one of the most inspiring missionary harvests that we have any record of in modern times. No one can read these experiences without having his soul inspired and thrilled. We have imported from Japan the author's remarkable book, entitled, "A Mustard Seed in Japan," and are prepared to furnish it for two new subscriptions to THE LIFE BOAT. Go out and ask two of your friends to subscribe for THE LIFE BOAT and get this inspiring missionary account. It will water your soul.

An Interesting Day at Glenwood

David Paulson, M. D.

I HAVE long desired to visit the Glenwood, Illinois, Manual Training School so I was glad to accept an invitation from the superintendent to come and give the boys a health lecture.

Twenty-five years ago a couple of good people on the south side of Chicago threw open their homes to some orphans and other of Chicago's dependent or sadly neglected children. This divinely inspired idea led a good farmer and his wife living near Chicago Heights to donate their splendid farm and home for a manual training school for Chicago's homeless and neglected children. From this small beginning has developed step by step a most remarkable educational effort. At present there are three hundred and seventy-five boys in attendance. Over six thousand boys have been sheltered, educated, trained for usefulness and in most instances found positions or homes.

The dormitories are on the cottage plan, twenty-five boys constituting a family, at the head of which is a good motherly woman. The boys are from ten to fifteen and they are taught to do just what such boys should do in any well-regulated home.

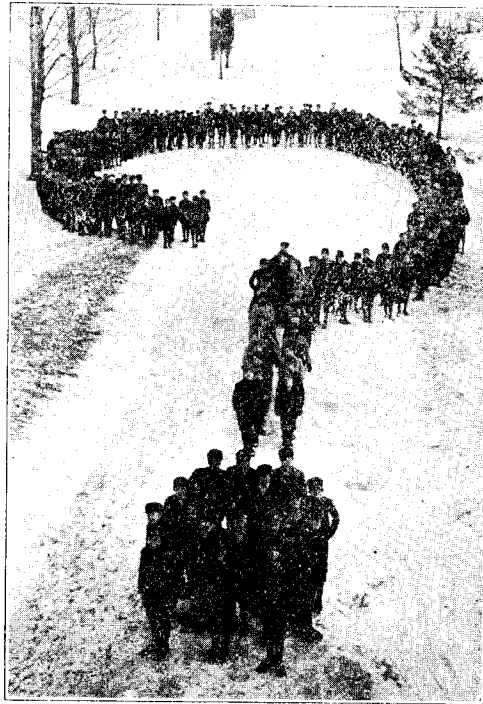
Whence come these boys? A large share of them have been brought into the Chicago juvenile court because they have either been abandoned by their parents or their father and mother are dead or they are otherwise home-

less. The court sends them to Glenwood for a home and for training. Here they have the same school advantages that any boy enjoys. In addition they have what every boy should have an opportunity to do: they learn to milk cows, to work on the farm, and perhaps what is equally important, they work in the machine shops, laundry, bakery, greenhouse. As result of this training they not only learn to be self-supporting but self-directing. I was surprised at the quality of the work that these mere boys had been able to produce.

There is an entire freedom from the ordinary institutional air. They have plain but neat clothing. Their faces were clean and above the average in intelligence. How my heart was drawn out to these boys, who in a way had been so unfortunate, and yet after all in a larger sense were very *fortunate* for they were really enjoying opportunities that the average child in Chicago, whether among the rich or poor, does not secure.

After they had all gathered in the chapel, Mr. Philips, the superintendent, led them

in gospel singing. I will never forget the first song, "My Father Knows." It was sung with such enthusiasm and volume that it fairly made the house vibrate. The second chorus was whistled. The impression made on me by those three hundred and seventy-five voices I can not altogether describe. I wished I could have moved all of them into some of our church services, for such singing is scarcely



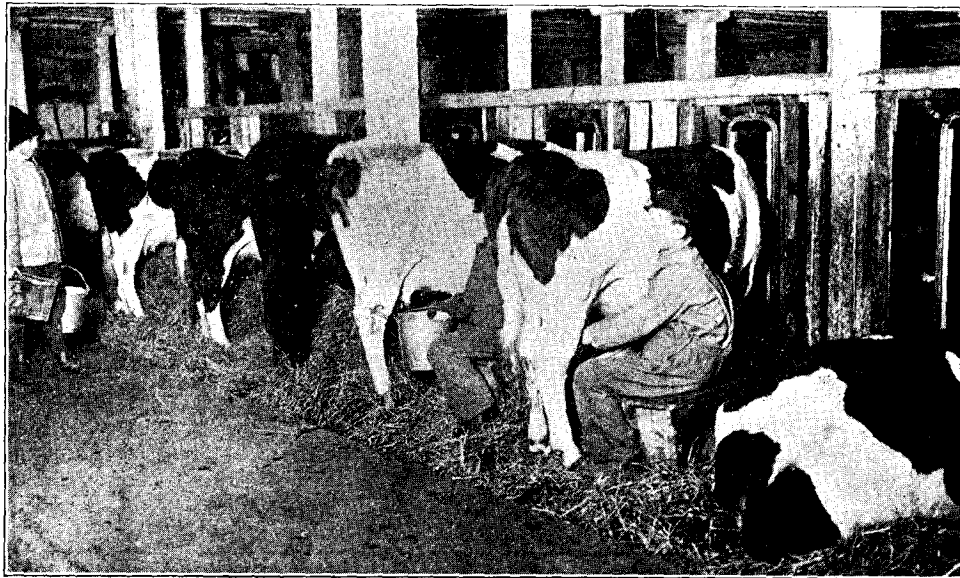
The Boy Question Being Solved at Glenwood.



A Study Room at Glenwood.

ever heard in God's house. Then they all repeated the first Psalm in unison. I felt the Lord watered my soul as I talked

the gospel of health to this unique but interesting audience. They gave almost breathless attention and responded most enthusi-



Milking Cows at Glenwood.



Group of Farm Hands and Implements.

astically to the important principles that I presented.

After these services they had a military parade and maneuvers on the lawn, and then the bugle sounded and each group marched to their respective homes.

The day made a profound impression on me. I was glad for what I had seen. My prayer was that the faithful work of those who were carrying on this enterprise might be fruitful both in time and in eternity. I felt



Carpenter Shop at Glenwood.

more determined than ever to use my life more unselfishly for the good of humanity.

Kind words never leave a bad taste in one's mouth.

There is no more vexing possession than a conscience that weakly protests, but is not strong enough to control. It frets and complains at wrong, but it is too feeble to enforce the right; it only makes its owner uncomfortable. It does not rule or guide him.



One Day's Experience With the Life Boat

G. W. Bartley

3439 Vernon Avenue, Chicago.

[Many a year Brother Bartley has circulated THE LIFE BOAT magazine in Chicago's dusty highways and byways. He has introduced it to the people of wealth who reside on the boulevards, those of moderate means in the tenement districts, and perhaps as frequently to those who struggle with the unnatural difficulties in the depths of the slums. The following interesting experience will be appreciated by all.—ED.]

ONE bright pleasant morning not long since, I started out to sell THE LIFE BOAT. I called at a few places without finding any one at home. Then followed a series of pleasant greetings, combined with the sale of a few magazines.

"Good morning," said one, "we will take a paper; haven't had one for some time."

"We shall have to mark you tardy," said another. "You should come more regularly with THE LIFE BOAT."

I came to a church and found an old lady sitting in the doorway. "If your little paper represents a good cause I will buy one," said she; and after taking the paper she talked at length of life and its problem, bringing out the point that our mission here is to establish peace and tranquility, encourage the broken-hearted and give rest to the weary.

As she sat there talking, the light of truth and benevolence resting upon her countenance, she formed a beautiful picture of peace and contentment, which she had found through the grace of our Lord and Saviour Jesus Christ. Her last words as we parted were, "Remember we should not live for ourselves but for the benefit of others."

A few more magazines sold, a few more pleasant greetings, a door abruptly closed in my face, one positive refusal, and then I met a man who said, "I am going to hang you." Judging by his appearance I decided that he had never had very much experience in hanging men; and either from that or from the lack of proper facilities to carry out his threat he seemed to reconsider. At least he was generous enough to put the deed off till the next time I brought the paper to his house, thus leaving an abundance of time and room for escape, and I shall not worry about it.

A man sitting on his front porch said, "Keep the change," at the same time taking

the magazine and placing fifty cents in my hand. Then he added, "Just had a row with my wife. I want you people to pray for me. I can not blame her; no decent woman wants to live with a drunkard. But she can't understand; if she only knew what I suffer she would see the matter differently. God knows I *try* to quit drinking. I want you people to pray for me."

I assured him he should have the prayers of some Christians. The man wept bitterly, and when I suggested that he should pray himself he said, "What! an old drunkard bum like *me* pray? It takes a good man to pray." I labored with him as best I could, telling him that nothing but the power of the living God could save him.

Soon after leaving the man on the porch I had an experience that I shall never forget. I came to a large building. The lady on the third floor had quite often taken the magazine, and I decided to call at her flat. From the street in front I could see to the rear of the building where there was a beautiful lawn, the only occupant of which was a large dog. The moment I turned in from the street the dog seemed to imagine that I intended to encroach upon his rights, for he rose to his feet. He was a beautiful animal but there was something about him that I did not particularly admire. I hesitated. "He will not hurt you," said a man on the street; "I know that dog." Thus assured I advanced, and so did the dog to a point where there were only about four feet space between the house and the fence. Just at that point he called a halt.

He was evidently a dog of good judgment and seemed to understand military tactics; he could not possibly have selected a point better calculated to hold the fort: let me pass on either side and I would be exposed to a set of white teeth which he displayed with en-

thusiasm. I went forward, the dog growled, barked loudly, caused the hair along the line of his back to stand on end; inhaling, he caused the air to pass through his mouth so as to produce a peculiar sound which seemed to denote that the animal was really savage. Failing to accomplish his design, as a last resort he bounded into the air, repeatedly lifting himself off the ground to a considerable height. I never witnessed such a scene.

Suddenly he disappeared through a doorway and tranquility reigned at least for a few minutes. The dog was harmless but like some men he desired to maintain the reputation of being dangerous. It was just as much a bluff game on my part as it was with the dog; but knowledge is power and I had gained the victory simply because the man on the street had given me the dog's history and reputation as a bluffer—while the dog had no means of knowing whether I was really brave or not.

Had he known the true state of affairs doubtless he would have bounded forward and driven me off the premises. But I had learned this lesson, that if we expect to succeed even in the most humble walks of life we should have a thorough understanding of our calling.

I ran up the rear steps to the third flat. The door was closed. I rapped on the screen. "Come in," said a pleasant voice. Just who or where the speaker was may never be known, but certain it is that some person said to come in. I opened the door. A man quickly disappeared from the room and in about three seconds returned brandishing an iron rod about three feet long and an inch in diameter, placing himself in front of me in a very threatening attitude. The whole affair had taken place so quickly and so unexpectedly and I was so amazed that I stood motionless, closely observing every motion of the man, I not speaking a word or batting an eye. Each returning look for look we stared for an instant.

"How dare you open my door without knocking?" demanded the man, with a stern voice.

"Beg pardon, allow me to explain," said I.

"What is the nature of your explanation?" said he.

I told him that I had rapped on the screen and heard some person say, "Come in."

"That will not pass here. You can not open my door without first announcing yourself. Get out at once."

I gladly accepted the invitation to move on. Just then his eye rested on the magazine. The rod dropped quickly to the floor, the frown left his brow and a smile overspread his countenance.

"Say, are you the guy that comes 'round with THE LIFE BOAT? Sorry I have given you such a rude reception. If you were a man of the world I could re-instate myself by giving you a cigar; but since you neither chew, smoke, drink whisky, lie or steal I can not invite you to join me in any of my pleasantries. However, my wife is a Christian and I suppose you understand each other. Here, Minnie, see if you can adjust matters. If not, never again say that a Christ-like spirit helps you to settle difficulties."

Leaving everything to his wife he stepped across the room, seated himself by a window and looking out began to hum one of the popular airs of the day.

The lady came forward with a pleasant smile and a few appropriate remarks, after which I was invited to have luncheon with them, which I did. After luncheon we had a pleasant visit.

In one family that I visited the wife and two daughters told of the father gradually approaching the grave without any anxiety as to his future welfare.

Another woman, with faltering voice and tears in her eyes, told of her son, a consumptive, who could hope for but a few months, at the most, to be with her.

A father and mother told of the death of their only daughter, just grown up to the beauty and promise of young womanhood, and whose presence had been the sunshine of the home.

A young mother wept for her babe that had been taken away. She spoke of its sprightly form, its curly hair and rosy cheeks, as only a mother can.

I keenly felt my inability to console those bereaved people, bound to their cherished ones by ties of tenderness. But I remembered that when Moses complained that he was slow of speech the Lord gave him

Aaron as a mouthpiece; and I thought that in my case the magazine would act as a mouthpiece.

RESCUE WORK IN CUBA.

MRS. D. IRENE HOLT,
Havana, Cuba.

[Mrs. Holt has been a self-supporting Christian worker in Cuba for the last ten years. While on an errand of mercy she met with an accident which has disabled her, and she is now spending a few weeks at the Hinsdale sanitarium. She has had many rich experiences in rescuing her fallen sisters, one of which we are glad to present to our readers herewith.—Ed.]

No minister of the gospel was ever more definitely led of the Spirit to the pulpit than I was led of God's Spirit to the rescue work for women and girls in Havana, Cuba. It was not my wish to go. I knew nothing of the work or conditions there and could not understand *why* I should give up the matronship of a Florence Crittenton Home in

the States, where to all appearances I was much needed in the work of helping the unfortunate class to Christian lives of usefulness to others.

But I had long since consecrated my life to His service and had promised (as we so often sing in that beautiful hymn), "I'll go where you want me to go, dear Lord, . . . I'll say what you want me to say, dear Lord, I'll be what you want me to be." And every time I was on my knees in prayer asking to be led to opportunities, the sad picture of Cuba came before me until my heart became burdened for this "people robbed and spoiled; they are all of them snared in holes, and they are hid in prison houses. They are for a prey, and none delivereth; for a spoil, and none saith, Restore." So I said, "Yes, Lord, I will go if you will go before me and lead me all the way."

How can I tell you, in the space allotted here, how I found them? Before going I



View of a Human Bone Yard in Cuba Being Cleared Up by United States Soldiers.

made some inquiries about conditions there. On the return of a minister who went to Cuba as a member and representative of a company to purchase large tracts of land, I asked him about rescue work there. He said, "I don't know anything about it. I was in Havana only two weeks." I said, "Oh, my brother, you were there two weeks and know nothing about this great evil. If I had been there two days I am sure I would have known something of it."

The day after my arrival in Havana one of our missionaries said to me, "Sister Holt, I am a man among men and *know* whereof I speak when I say there is no place on earth where rescue work is so much needed and where it is so hard to do." I thought of places I had worked,—Alameda, Los Angeles, South Clark street, Chicago, the Bowery, New York, and I thought, can anything be worse? But how true I found it!

I will relate one of my first experiences as I walked along the street asking to be led to the right place. I heard a hiss from a barred window, and as I looked about and saw a group of young men on the opposite side I understood the situation at once. I stepped back to the window and saw a young woman soliciting, whom I recognized immediately. As I handed her a poem card

that I have used with great success in my work, "Where is my wandering girl to-night?" she replied in broken Spanish that she could not read it and did not know what I said to her. But in a moment I saw her reading it, and the tears came to her eyes as I said, "Yes, you can read it; you know what I am saying." Then she put her deception aside and said, "Why, mother, you have given me this before. How did you come way here?"

I said, "I came way here for *you*, dear girl. Jesus sent me to tell you again that He still loves you and is calling you. She pointed to the door and said, "Come in, mother." That was just what I wanted to do, and on our knees in prayer, her arms clasped about me and my face bathed in her tears, she told me her heartaches, and promised me as never before to lead a better life. But here comes the hardest part of it. I said, "We have no home here to which I can invite you. But if you will come with me I will make a home and you shall be my daughter and I will be your mother."

Oh, my dear friends, you would not criticize so severely these unfortunate ones if you knew what has brought many of them to their sad lot. They are more sinned against than sinning.

A Remarkable Answer to Secret Prayer

Dr. D. H. Kress

3645 Ogden Avenue, Chicago.

WHILE in charge of a sanitarium in the East I had a judge under my care who was troubled with insomnia. I did everything in my power to relieve him, and I never knelt down in secret prayer without mentioning his name and asking God to help him. I knew he was a man that had to be reached in God's way and I did not know just how that was to be, because I knew by one word ill-advisedly spoken I would spoil it all. But he needed help, so I kept on praying for him.

He never took any interest in religious

things, but when we had our worship in the morning he would walk up and down on the veranda and listen to the singing and the prayers. I kept on praying; I thought that was a hopeful symptom.

Finally he took his seat outside the parlor, where we had our services, and later he brought his chair inside, and took a book and would sing with us. Then he came a little closer to me in the front. Then he took a Bible and would read with us and kneel down in prayer. He did not know anything about the gospel rope that

I had about his neck—it was *invisible*; but he was being *drawn* by an invisible power. I did not take any glory to myself, I knew it was God that was doing it.

One day he came into my office as usual and we had a pleasant conversation, and I tried to encourage him, assuring him God was our friend and would do the very best for us. He knows how, and we could trust Him. After he went out he had closed the door, but opened it again and said, "Doctor, I will tell you the reason I can't sleep. I am a wicked man." He said it so earnestly I knew there was something behind it. I said, "Come in, judge." He came in and sat down and I locked the door.

I said, "Judge, that is one of the most hopeful things I ever heard you say. That

is one of the best evidences that the Spirit of God is working with you and leading you, because one of the very first things He must do to save us from our sins is to make us conscious we are sinners, and it is God that is leading you." I talked with the man a while and then we knelt down and I prayed and he prayed.

Now it was God who was leading that man all the way along. Such are the experiences that come into the lives of those who believe in secret prayer and believe in it sufficiently to engage in secret prayer. In answer to prayer the heavens will open and respond, and God will still stretch forth His hand to rescue and to restore the wounds made by sin.

Died Without Knowing

O. A. Olsen

IN THE mission at Bulawayo when I was visiting there there was a little boy eight years old. One day he was out playing with the other children. He saw Sister Anderson sitting in the tent writing and he left the other children and came up to the table and said, "Who are you writing to?" She said, "I am writing to my friends in America." "Is that so? Are you writing to those people who sent you over here as missionaries?" "Yes." "Well, now then, I want you to write for me and tell them to make haste and send more missionaries."

"Why that?" she said.

"Why, there is my mother living way off and she knows nothing about God, and I want them to send a missionary to go over there where my mother lives, that she should learn about the true God."

I was very much impressed to think a little slender heathen boy who had just been with them a very short time should receive such a grasp of the saving gospel of Christ that he would send a special message over to America for more missionaries. That is the way the Spirit of the Lord is working.

Soon after that the mother of that child died. When the word came that the mother was dead the sorrow of that child was uncontrollable. They could say nothing, do nothing, that would appease it; and what was the burden of its mind? Why, he said, "My mother died and did not learn about Christ." For he had been taught that unless they learned about Christ they would not be saved; and now that was what impressed him: "My mother died without learning about Christ."

Oh, I would that a real soul burden could rest upon every mind more heavily than it does, and that the true missionary spirit might take hold of every heart.

It rained one morning, but I went up with my interpreter and the doctor to a village. The people had come out of their kraals: the chief man got up on a high eminence and called out, and within twenty minutes we had a congregation of between eighty and a hundred, and so we talked, to them through our interpreter. We did not need a meeting house—they just came there and sat down—the men on one side and the women on the other side, as close and attentive a congregation as you ever

saw; indeed it was very heart-touching to see their interest.

At the close of our remarks I asked if any one had anything to say. Three or four among them got up and said, "We have nothing else to say but thank you most heartily for coming to talk to us about God." And the head man came and said, "When you go back to America be

sure to send us a teacher. We will take care of him and build a house for him, and we will see he has something to eat; but be sure to send us a teacher." And many times afterwards these men would come and say, "Has my teacher come?" The Spirit of God is working on the hearts of the people, even in the dark portions of the earth.

Searching for Jewels Amidst Rubbish

Caroline Louise Clough

KNOWING that THE LIFE BOAT readers are interested in the gospel work carried on at the Harrison street police station on Sunday mornings by THE LIFE BOAT workers, we give here just a glimpse of some of the conditions as we find them, from which may be drawn many valuable lessons. One of the most important of those I wish to impress upon the minds and hearts of the young who read these lines is to *shun an evil companion as you would a rattlesnake*. The devil will soon cause you to look upon them as your ideals, and you will be captured by their satanic influence. Take warning from the fate of others.

Wrong Associates Did It.

Last Sunday we found two young women in a cell who both confessed that they had once been Christians but after their mothers had died they drifted into bad company. One girl said, "I tell you, when a girl loses her mother she has nothing to hang onto." She said her father did not know of her condition. He thought she was working for her living in a respectable way.

While talking with these girls a messenger boy came in with a box of matches, and to my horror one of them picked up a cigarette, lighted it, and began smoking right in our faces. When asked why they smoked they said it was simply because it **made them feel happy**. One had smoked for five years, the other for two years. We told them of the horrible effects of cigarette smoking—that it was a tool of the devil, that their minds would be ruined as well as their lives.

Robbed of their true and pure womanhood, victims of that terrible curse to the youth of our country—the cigarette habit—already bound by the alcohol habit, what hope is there for these girls at the ages of twenty and twenty-one? We answer, None, humanly speaking. They are sliding down the devil's toboggan slide at such a fearful pace that no *human* hand can stop them, and there is only sure and speedy destruction ahead. But we are glad for a Saviour who died to save just such women, and that the price He paid is large enough to redeem even the worst of sinners. When the woman was brought to Christ with the request that she be stoned for her sin, that wonderfully gracious reply has echoed and re-echoed down through the ages and has brought healing and hope to many a sick soul: "Neither do I condemn thee: go, and sin no more!"

The Work of an Enemy.

In this work we are compelled to listen to the heart-breaking sobs of a brother, a sister, a mother or a wife who finds a loved one behind the bars for the first time. Only recently a well dressed gentleman came in just as our services closed, and peered eagerly through the bars for a loved one. He was not long in finding his brother, but his heart was too full to speak to him. The tears flowed freely as he saw his brother disgraced and with a sentence of six months in the Bridewell workhouse before him.

It is all the work of an enemy whose business it is to tear down and destroy. How long, O Lord, how long must this condition of things exist? Hasten the time when all

sin will be wiped from the earth and sorrow and heart-aches will be no more.

Thought Her Case Was Hopeless.

One poor woman, as we entered the corridor and announced the first hymn, exclaimed, "Oh, it is of no use to sing or pray for me. I have gone too far, there is no hope. I have tried many a time to be a Christian but failed; now I *know* there is no hope. I am doomed." We proceeded with our service and at its close she said, "You can pray for me if you like, but I know there is no hope for me. I am a wicked sinner." God says, "If any say, I have sinned, . . . He will *deliver* his soul from the pit." Job 33: 27, 28. So we knelt and prayed for this woman. We are so glad for the promise in that text in Isa. 1: 18: "Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."

On an average we have opportunity to bring the convicting and converting power of the gospel to nearly two hundred souls a month. Of that number about one hundred and twenty-five raise their hands for prayer. Many hearts are touched and the gospel seed planted which we know will bear fruit in God's own time and way.

This work is not our work, it is the Lord's. We are poor, helpless, sinful mortals, but *we* can pray and *God* works on human hearts and lives. A very dear missionary who has just returned from Cuba told me that although she had never met me before, yet she had prayed for me and this work regularly for several years. Others have done the same and this is a great encouragement to us. We invite any one who has a connection with God through prayer to remember this work, and God will give the increase.

THE CHICAGO LIFE BOAT HOME.

MRS. H. L. SWANSON,
528 Thirty-third Place, Chicago.

Another month has rolled around—a very busy month. How much we have been able to do eternity alone will tell. We are told that "all things work together for good to them that love God." Rom. 8:28. We know if we give our very best God will

give us His best. If it were not for that sometimes we might get discouraged. We know discouragement is the work of the enemy. We have been able to brighten the pathway of a number of people the past month, found employment for some and pointed a number to the "Lamb of God, which taketh away the sin of the world."

We have been getting ready for winter by putting up several hundred quarts of fruit and have ordered a large supply of coal. We are looking forward to our next six-months' class being a large one. One student has already come, a very capable and lovable young woman. We have recently heard some very encouraging reports from some of our last class. They feel they must put into practice the knowledge they have received while here.

I received a letter from a lady the other day which is quite pathetic. She has two children and expects another soon. Her husband has deserted her. I heard about her condition and told her we would help her in every way that we could and would try and interest others in her.

I met a lady the other day who has been living in Cuba for several years. She said she knew me through reading *THE LIFE BOAT* and had been praying for me for years. I can assure you it was a source of great comfort to me. Pray for us that we may be found faithful and do what God would have us do.

THE BEST MEMORIAL TO YOUR DEAD FRIEND.

DAVID PAULSON, M. D.

There is a growing number of sensible people who are impressed that it is more sensible and much more appropriate to provide a free bed in a good sanitarium or hospital for some poor sufferer as a memorial to a dead son, daughter, parent or other relative than it would be to spend money for a costly tombstone.

Just now there is a glorious opportunity for some one to do just that very thing. The Hinsdale sanitarium has established a department for the sick poor on such a simple basis that the total expense is somewhere between seven and ten or

twelve dollars a week. This is proving a Godsend to many who can not afford the regular sanitarium rates and accommodations.

But there are a number of sad cases who in a few weeks' treatment could receive satisfactory improvement who do not have a dollar to pay. The sanitarium management have decided to permit some one to support a bed for such cases an entire year for \$350.00. As the average patient only

stays six weeks or less, nearly ten patients could be blessed with returning health and strength for that sum of money.

The donor's name will be placed at the head of the bed, so that those who occupy it may lift their hearts in grateful thanks to God for this generous gift. And you who shall respond to this offer and opportunity will certainly feel, like Job, that "the blessing of him that was ready to perish" has come upon you.

The Bright Side of Rescue Work

Mrs. Elsie D. Whisler

Life Boat Rescue Home, Hinsdale, Ill.

ONE day a few weeks ago one of the girls called me to her room and said, "I have something to tell you," and to my surprise she fell on her knees and asked God's forgiveness, claiming the promise in Eze. 36:26: "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh." She then repeated the Lord's prayer, and arose, I believe, a new creature in Christ Jesus. The stony heart was indeed exchanged for a soft and tender heart of flesh.

"Now," she said, I will tell you what I should have told you long before: I thought all the time if I could not have my baby adopted right away that it would be an easy matter for me to put it out of the way, but now I see what a terrible thing it would have been." She thought at first that anything would be better than to let her people know, and to disgrace them. But now she said, "I know that my sins are all forgiven and I have decided to keep my baby at any cost." She said she was going to tell her mother all about it, and if her mother would not let her bring it home she would go out and work where she could take care of it. The rest of her story I must not repeat.

There is a decided change in this girl's life, and we feel amply repaid for time and labor when a soul is brought to Christ.

Another one of our babies has been placed in a good Christian home. The mother has returned to her own home, a much "sadder

but wiser" girl for the experience she has passed through.

A few weeks ago a girl came, tired and discouraged, after a four days' trip from relatives and friends, to find this place of refuge.



A Sweet Little Sunbeam from the Rescue Home.

I asked her if there was no chance for her to marry the responsible party. She replied that he knew nothing of her condition. When he learned that she had left home he suspected the trouble, and lost no time in find-

ing her. Having learned of her whereabouts he at once came, with consent of her parents, to marry her, which he did, and took her back to his people, where they will make their home for a while.

One of our girls wants a place to do housework in a small family where she can take her baby. She would prefer a place in central or southern Illinois, but would go to Michigan or Indiana.

WHO WILL HELP US TO CARE FOR THIS GIRL?

CAROLINE LOUISE CLOUGH.

Just the other day we received the following letter from a poor heartbroken young woman. Of course we have written her that we will take her sister into our rescue home; but our treasury is low and we shall need some financial help to care for her. Who will help us to mother and care for this orphan girl?

"I have a sister younger than myself who has been very unfortunate. I have just learned the truth about her condition. We are orphans and I am a working girl and it grieves me very much, as I have found it so hard to get along in the world in a good Christian way. I am not nineteen years old myself and I do not get a very big salary. I will try and do my best to send her to you, as she has been the pride of my life.

"There will be many prayers offered up for you and your community from the very bottom of my heart and soul, and may God bring you the best of luck and happiness if you do as much for my sister as you have done for many poor unfortunate souls. I will be very grateful to you, as we have no one in this world to care for us. I thank you from the bottom of my heart if you consider my plea. I will do anything I can for you and will always remember THE LIFE BOAT."

BIBLES FOR THE RESCUE HOME.

Through the earnest solicitation of a LIFE BOAT reader, the American Baptist Publication Society recently shipped to us six nice new Bibles for the rescue home. We appreciate this generous gift and the Bibles are used daily by the girls in the home.

FULL ANNOUNCEMENT OF THE CHICAGO TRAINING SCHOOL FOR BIBLE-WORKING NURSES.

A Six Months' Course for City Medical Missionaries.—The Next Class Begins October 1, 1912.

This school is conducted in the Life Boat Home, which was formerly the old branch sanitarium on the south side, at 528 Thirty-third place, near Cottage Grove avenue. This building has been put in first-class order from top to bottom and it makes a most comfortable and pleasant headquarters for this work.

The aim of this school is to furnish a brief course of training for mature women to go into homes of people in moderate circumstances who can not afford to pay several dollars a day for a trained nurse. At the same time it will fit the same person to do a somewhat similar work in the home of that patient, and among friends of the patient, as the ordinary Bible worker would. This school is founded particularly for those who already have a thorough Christian experience and something more than the ordinary knowledge of the Bible. (Special arrangements will be made to accept married couples.)

Students are encouraged to handle the ten-cent magazines in their spare time. In this way they can make their work more than self-supporting. Those who have charge of the work lead them right out into the practical work so that they come in contact with the real missionary field at first hand from the beginning. Too much missionary training is given within four walls alone and hence does not qualify the student for the hand to hand conflict of wringing souls from the grasp of the enemy and bringing them to the foot of the cross.

OUTLINE OF COURSE OF STUDY.

Subjects.	Hours.
Bible course.....	120
Anatomy, physiology, hygiene.....	32
Hydrotherapy	24
Practical nursing.....	24
Diseases and their treatment.....	15
Accidents, bandaging and surgical nursing	8

Dietetics, and dishes for the sick.....	9	ments as outlined in Abbott's "Technique in Hydrotherapy."
Obstetrics and gynecology.....	8	

Classes are held five days per week, two hours per day.

BIBLE INSTRUCTION.

The Bible work constitutes an important part of the entire course. Classes are held each school day. The following topics are considered in this course:

Signs of the Times.

The personal coming of Christ.
Signs of His soon coming.
Prophecies concerning His coming.
The prophecies of Daniel and Revelation.

The Law of God.

Man's relation to it.
The Sabbath question.
The spirit of prophecy.
The two laws and two covenants.
Sanctification and justification.
Repentance and conversion.
Soul-winning and personal work.
Scenes in the life of Christ.

The Nature of Man.

Is Man immortal?
Spiritualism.
Christian Science.

Students are taught how to conduct Bible readings and cottage meetings by actually finding the places for such meetings and conducting them themselves or assisting the one in charge of this department. Much more can be accomplished by experience under a competent teacher than by merely studying the methods of procedure.

From time to time special lectures will be given on the history of missions and the lives of missionary heroes. The students are expected to attend these lectures.

ANATOMY, PHYSIOLOGY, HYGIENE.

In this course the student receives a thorough working knowledge of the structure, functions and care of the human body, embodying the very latest scientific knowledge on the subject. The text book used is "Human Physiology," by Ritchie.

HYDROTHERAPY.

The students are not only taught the fundamental principles of water treatment but are also trained by demonstration and actual practice in giving the essential treat-

PRACTICAL NURSING.

In this course is taught practical nursing and its ethics, care of the sick room, bed making, ventilation, setting trays, asepsis, disinfection, making supplies, preparation of solutions, etc. This work is taught from prepared notes.

DISEASES AND THEIR TREATMENT.

A brief, concise course covering the cause, symptoms and treatment of gastro-intestinal disorders, autointoxication, rheumatism, respiratory, circulatory, febrile, and nervous disorders, skin and contagious diseases, insanity and drug habits.

ACCIDENTS, BANDAGING AND SURGICAL NURSING.

This course prepares the nurse to meet intelligently any emergency that might arise. Often a thorough understanding of what to do in case of accident gives one an opportunity to save a human life before a doctor can be called.

DIETETICS, PREPARATION OF FOOD FOR THE SICK.

The latest scientific research on the relation of food to health and disease is given in this course. Students are also taught how to prepare special dishes for the sick.

OBSTETRICS AND GYNECOLOGY.

Students are taught the essentials in obstetrical nursing and each have opportunity to assist under a competent physician in one or more confinement cases in the city.

TERMS AND REGULATIONS.

Tuition is furnished free.

Board (two meals a day) \$2.00 per week.

Room (two in room) \$1.00 per week for each student.

Facilities are provided for those students who wish to do their own laundering, but they must provide their own soap, starch and other incidentals; and a nominal charge is made for gas for ironing.

Rooms are furnished with bed, bedding, dresser, chairs and shades to windows. Those desiring lace or sash curtains, dresser scarfs or other accessories to make the room more homelike, should bring same with them.

Clean sheets and pillow slips are furnished each week, also two hand towels a week.

It is advantageous for new students to enter when the new course begins.

Three competent, thoroughly trained graduate nurses are employed in connection with the school to give instruction in practical nurses' work, to have charge of the treatment rooms in the institution, and to lead out in the visiting nurses' work among the sick poor.

Students are graded not only by their examinations and attendance at classes but also by the amount of practical work done in visiting the people, selling magazines, giving Bible readings, treating the sick in the homes, etc., etc. Any further information can be secured by addressing Dr. David Paulson, Hinsdale, Ill.

SUGGESTIONS TO LIFE BOAT AGENTS.

From the Agents Themselves.

The agent, so far as possible, should adapt his air, manner and language to the condition of the customer.

Occasionally some person will try to be disagreeable, but the agent should never retaliate. Take no notice of an insult, present the magazine as usual and nine times out of ten the offender will buy.

Never become angry. The man that gets angry puts a sword in the hand of his enemy. Besides it is neither brave, polite nor wise.

Speak no evil of any person, sect or denomination.

Work not only to sell the magazine, but also to tell the simple story of the Cross, and point sinners to the same for pardon, peace and the forgiveness of sin.

Avoid all appearance of nervousness or timidity. Look the customer in the eye.

Those who possess the art of smiling may present the magazine with a smile; but do not grin.

[We shall be glad to receive and publish from time to time helpful suggestions from those who are engaged in this work.—Ed.]

GROPING FOR THE LIGHT.

A prisoner writes from Michigan City, Ind.:

"I am still trying to live as I wish I could live, but am not doing as well as I wish I was or as I think I should. It looks like one is born a certain kind of man. There are some that are strong, that go their way without taking any mean advantage of any one; they fear God, love their fellow men. How I envy them! They live; I can only exist. Sometimes I feel as though I had found a path and follow it, but I come to a precipice. I think I see the path, and jump into the mud. I am simply alive and that's all.

"You said to read John's writings. 1 John 3:20 is what struck me hard: 'If our heart condemn us,' etc. I have been looking and praying for the time to come when my heart did not condemn me. You see I knew my heart did condemn me, and so for a time I was somewhat discouraged. I do not believe I could live any longer without sin than I could without food. Some of my sins are gone, some must go; some others are stuck fast in the flesh. Them I only fight with. My real trouble is, which one is going to win the fight—the Lord or the devil? Well, I keep trying.

"It is always a help to write,—to think there is some one somewhere that cares to help. I reckon you will not be very much disappointed if not much of a good thing comes out of here. There are surely some bad men here, but some of the bad ones are not here. I am getting THE LIFE BOAT regularly. Please write when you can."

DID YOU EVER HEAR OF SUCH A THING?

A self-pronouncing Bible, in which all the words of Christ in the New Testament are printed in red and the prophetic types and prophecies in the Old Testament referring to Christ are also printed in red. This is a magnificent Bible. Your children will be intensely interested in it. You can secure it for ten new subscriptions or renewals for THE LIFE BOAT.



Editorial Department

Conducted by Dr. David Paulson



A COMPELLING MESSAGE IN THE LARGE CITIES.

All indications—political, social, financial and otherwise—suggest that the end of all things is near at hand, that ere long God's chosen children will have an opportunity to sit down with Him at the great supper. Luke 14:16.

All about us are solid, substantial business men who excuse themselves by saying, "I have bought a piece of ground" (financial investment): "I pray thee have me excused." Another group are saying in their hearts if not with their lips, "I have bought five yoke of oxen" (merchandise): "I pray thee have me excused." And still another and perhaps larger group are saying, "I have married a wife" (domestic, family and social obligations and fascinations), "and therefore I *can not* come,"—literally held in spiritual bondage.

It was then that the Master said, "Go out *quickly* into the streets and lanes of the city" (an extensive, energetic city evangelistic campaign), "and bring in hither the poor, and the maimed, and the halt, and the blind." And then as a final climax in this city mission work the Master said, "Go out into the *highways* and *hedges* and *compel* them to come in." Luke 14:23.

These large cities filled with pride, sin, degradation and crimes of every description, are inviting the doom of Sodom. But before this takes place God will inspire His servants to undertake the most aggressive and active city mission campaign that the world has ever seen. It may not and probably will not be spectacular in its operations. There may be no one who will accomplish in three days what Jonah did for Nineveh.

It will probably be largely a hand-to-hand conflict, earnest personal work, hunting for souls not only among those who live on the boulevards but also among those who

occupy the tenements and even the slums and hovels and dark places of our large cities.

Dear reader, if you have not had a personal call from God to engage in this work, will you not pray for those who have had such a call and are endeavoring to enter these strongholds of sin? It will need the courage and devotion of Caleb and Joshua.

THE FOURTH ANNUAL CHRISTIAN WORKERS' CONVENTION.

The Hinsdale holiday conventions have been seasons of special instruction and uplift to the workers in attendance, and the LIFE BOAT readers everywhere have been blessed by reading the reports from these meetings.

It is the plan to hold another convention during the coming holiday week. Further announcements will be given, but we trust that many will plan to set aside these few days and attend this missionary convention. We believe the special blessing of God will be poured out on us, preparing us to perform a greater work next year than we have been able to do this year.

"BE YE ALSO READY."

Shortly before our Master yielded up His life, His disciples asked Him, "Tell us, *when* shall these things be? and *what* shall be the sign of *Thy coming* and of the *end of the world*?" Matt. 24:3.

Among other things Christ said, "There shall be famines, and pestilences, and earthquakes in divers places." The amazing increase in the number of earthquakes in recent years is perplexing scientists. They have no satisfactory explanation to offer.

"Because iniquity *shall abound*, the love of many shall wax cold." Verse 12. Every spiritually minded pastor deplores the spiritual declension that abounds every-

where. Many churches have resorted to cheap entertainments and all sorts of make-shifts to secure attendance, and then only with reasonable success.

"This gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." Verse 14. We are living in a generation that seems destined to see the absolute and literal fulfillment of this verse. The Master declared that when this shall be done the end shall come.

"There shall arise false Christs and false prophets, and shall show great signs and wonders; insomuch that, if it were possible, they shall *deceive* the very elect. Verse 24. The enormous growth and phenomenal spread of spiritualism, which is rapidly becoming not only popular but "scientific" and is invading the very pulpits of the church, and the likewise remarkable spread of Christian Science claiming the most amazing results and which is already deceiving multitudes of the apparently very elect, is in itself a sign of the end.

Furthermore, as the days of Noah were, "so shall also the coming of the Son of man be." Verse 37. What a graphic picture of our present social conditions! Police graft reported in the most stupendous proportions in New York City, murders almost a daily occurrence in Chicago, strikes, lock-outs, banquets, social extravagance,—in what particulars could the days of Noah have been worse?

"When ye shall see all these things, know that it is *near*, even at the doors." Verse 33.

THE LAST MESSAGE TO THE LAST CHURCH.

In Rev. 3:14-22 is a picture of the last church just previous to the end of the world. It is by no means a flattering picture. It is declared to be "wretched and miserable, and poor, and blind, and naked" in its Christian experience. It is admonished to obtain genuine faith, earnest love, and a sound Christian experience. It is declared to need spiritual discernment and is urged to repent, to hear Christ's voice personally, to open the door, and then He will come in and sup with such an individual.

That is a *personal* experience with Christ. Some years ago a company of us called on President Taft. He shook hands with me and said he was glad to see me, but he did not ask me to take supper with him. That correctly represents the experience that many Christian people have had with their Lord. They met Him at some point at some time in their lives and were baptized. They had the assurance He was glad to meet them, but they never had any closer communion than that, and today they need a genuine new conversion.

Isaiah 58 is undoubtedly a prophetic picture of the *same* church and reveals two classes of repentance,—one genuine, the other counterfeit. Those Christian people who go about with their heads bowed down like a bulrush, who are having a sorrowful and mournful time trying to be Christians, have missed the *real* thing.

Genuine Christianity blesses humanity; it feeds the hungry, it brings the poor not to the poorhouse but into the Christian's home; it clothes the naked. This type of Christians have spiritual illumination, and the stimulating effect of such an experience is seen in improved health (verse 13). This class of Christians are genuine Sabbath reformers (Isa. 58:13), and they will delight themselves in the Lord over in the next world because they have had *genuine* delight in the Christian experience in this world (verse 14).

EXTEND THE CIRCULATION OF THE LIFE BOAT.

THE LIFE BOAT has no competitors, for it occupies a field peculiarly its own. Those who are interested in the gospel of health will find more than enough in each number to be worth more to them than the entire price.

Another class will have their hearts warmed as they read live experiences in rescue work and uplifting the downcast, downtrodden and outcast.

The hearts of many of God's children are being especially directed toward the evangelization of our large cities. THE LIFE BOAT magazine is particularly an exponent of this effort. The personal worker who is

endeavoring to win souls will find enough that is helpful in each number to make it worth his while to procure a copy.

The parents who are concerned about their children's indifference to spiritual things will be gratified to discover that they will read with the deepest interest this magazine, and as a result may be led to Christ.

Dear reader, whoever you are and wherever you are, will you not ask your friends to subscribe for this magazine? The price for an entire year's subscription is much less than that of other magazines of the same size.

Will you not order a dozen or two copies of each number, at wholesale rates, to lend or give to strangers and others with whom you come in contact? You are not merely in this world to support yourself, to promote business, but to win others to Christ.

NEWS HERE AND THERE.

Mr. and Mrs. A. C. Gaylord of the Hinsdale sanitarium, enjoyed a few days' visit to their former home in Galesburg, Ill.

Miss Laura Neilson, a graduate nurse of long experience from Hutchinson, Minn., is now spending a few weeks at Hinsdale.

Prof. O. J. Graf, principal of the Emmanuel Missionary College, Berrien Springs, Mich., called at the institution on business recently.

Prof. O. R. Staines of the Hillcrest Industrial School, Nashville, Tenn., visited Hinsdale while on a trip to northern Michigan.

Miss Della Faust of Noblesville, Ind., has recently entered the nurses' course.

Mr. O. M. Stapp of Arcola, Ill., visited his daughter, who is a nurse in the sanitarium and also leader of the Young People's society.

E. W. Webster, Potterville, Mich., who for many years was a missionary in Trinidad, W. I., spent a day at Hinsdale recently.

Mr. R. R. Mohn of Chicago is conducting a class in music every Saturday evening for the sanitarium workers, which is much appreciated by them.

Myrtle H. Bellows of Eaton Rapids, Mich., has recently joined the nurses' train-

ing school to complete her course in nursing which she began in Washington, D. C.

Mr. and Mrs. V. E. Thompson, graduate nurses from the Boulder, Colo., sanitarium, visited Hinsdale while en route to Washington, D. C., where they expect to take a post graduate course.

Dr. Ora Barber of the sanitarium staff has just returned from a month's vacation which she spent with friends in Maine and Massachusetts.

Mrs. Ruth H. Fee, a graduate nurse who is engaged in medical missionary work among the neglected classes of the southland, visited Hinsdale, accompanied by Miss Elizabeth McAlpine of Lincoln, Neb.

The spacious lawns of the sanitarium are, on pleasant days, covered here and there with groups of patients under the shade trees enjoying the soft breezes and drinking in health from nature's own storehouses.

Judge Jesse Arthur of Battle Creek, Mich., formerly judge of the Superior court of the state of Washington, is a patient in the sanitarium.

The Young People's Missionary Society held a special uplift meeting on Sunday evening, at which time there was a real revival, especially among the student nurses.

Mr. and Mrs. J. P. Boehr, students in the Moody Institute, who have rendered valuable assistance in the Life Boat jail services in Chicago, visited the Hinsdale sanitarium and Life Boat Rescue Home.

Mrs. D. Irene Holt, Havana, Cuba, who for years has been an efficient missionary teacher in Cuba, is now at the sanitarium recovering from the effects of an accident while looking after the needs of an unfortunate family in her neighborhood.

Students are beginning to come in for the six-months' medical missionary course, which begins October 1st. Others desiring to enter should write at once to Dr. David Paulson, Hinsdale, Ill.

A number of babies have been born in the rescue home this month. One has been adopted out and several of the girls have gone, but others have come in to take their places and still more are expected.

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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, \$0 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.

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

MISTAKES.

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

PREMIUMS.

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

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

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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

DR. DAVID PAULSON, Pres. Life Boat Rescue Home
HINSDALE, ILLINOIS

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OR

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 here-with 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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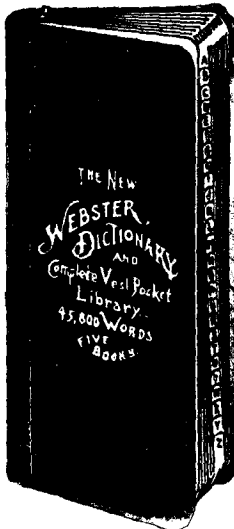
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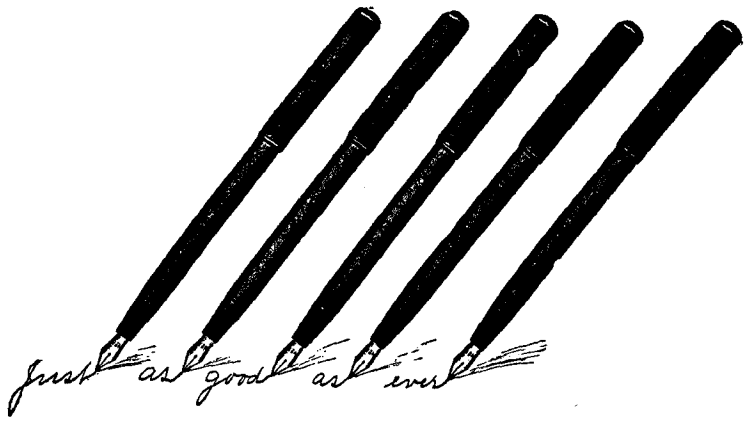
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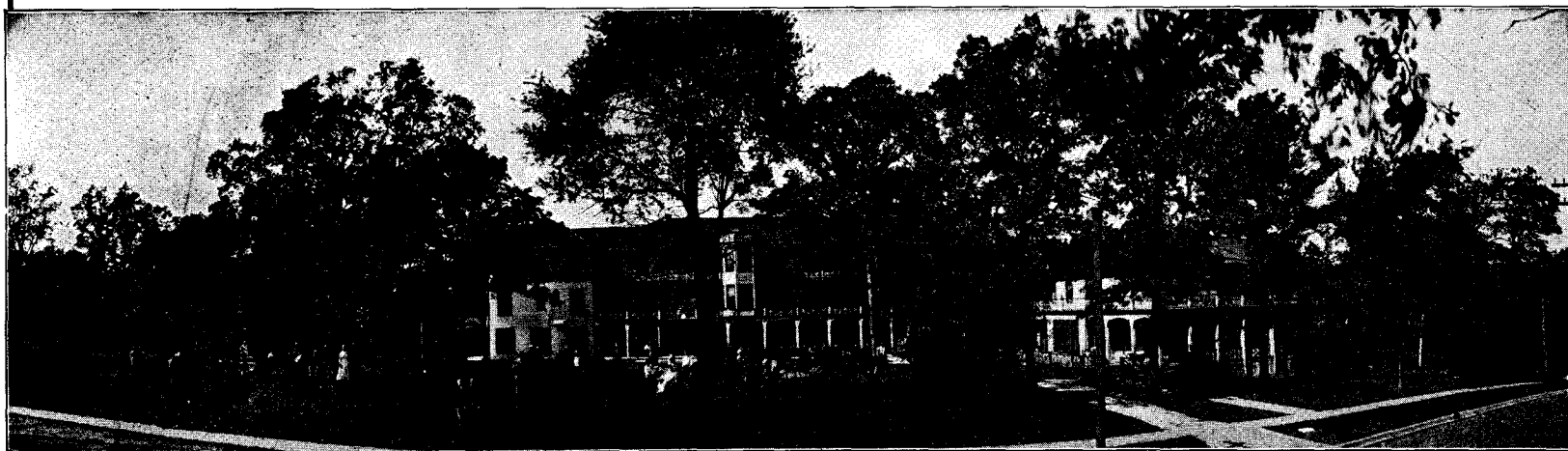
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