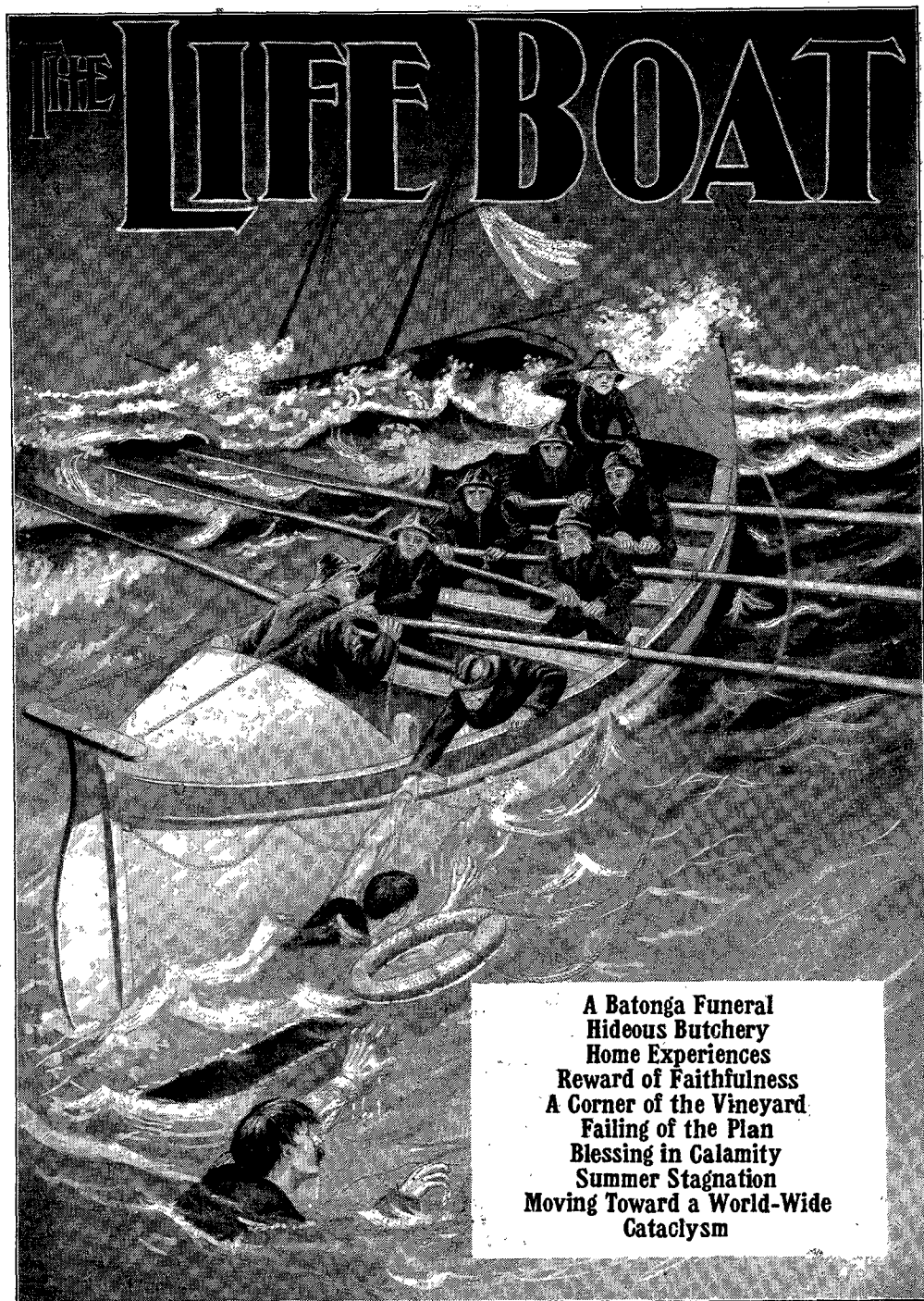


"I Will Walk at Liberty; for I Seek Thy Precepts."—Ps. 119:45

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



**A Batonga Funeral
Hideous Butchery
Home Experiences
Reward of Faithfulness
A Corner of the Vineyard
Failing of the Plan
Blessing in Calamity
Summer Stagnation
Moving Toward a World-Wide
Cataclysm**

The Life Boat Employs No One to Solicit Donations

**Volume Nineteen
Number Seven**

Winsdale, Ill.

July, 1916

How Food May Either Kill or Cure—by the Editor



SIGNING THE DECLARATION OF INDEPENDENCE
See Editorial, "Some Fourth of July Reflections," Page 214

THE LIFE BOAT

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

One Dollar a Year

Ten Cents a Copy

Entered as second-class matter, July 17, 1905, at the P. O. at Hinsdale, Ill., under Act of Congress of March 3, 1879.

Volume XIX.

HINSDALE, ILL.

:: JULY, 1916

Number 7

How Food May Either Kill or Cure

David Paulson, M. D.

LAST month Mr. McCann, who was associated with Dr. Wiley in the government service, presented the interesting story of how the five hundred sailors aboard the German war cruiser Kronprinz Wilhelm, one by one came down with swollen ankles, pain in the nerves, anemia, and other mysterious symptoms, until the ship was compelled to seek shelter in Newport News harbor with a hundred and ten dying men aboard, and most of the others showing more or less of the same symptoms in a milder form. Each time they sank an English ship they saved the "best" of the foodstuffs, such as flesh meat, white bread, condensed milk, butter, sausage, corned beef, smoked ham, polished rice, salt fish, tons of fancy cakes, biscuits, sugar, and all the tea and coffee they could drink. But such a one-sided diet which is deficient in mineral or alkaline bases, invariably produces *acidosis*, which is the underlying cause of so many of our modern diseases that persist in spite of the doctor's care for the simple reason that the cause is not removed.

A Conclusive Dietetic Object Lesson

On this point, McCann in the *Chicago Daily News* says:

"The lesson of the Kronprinz Wilhelm is this: She has proved conclusively the *inadequacy* of those very foods on which America relies so heavily. Heretofore no prolonged experiments have been conducted to determine the evil results of living *exclusively* on such foods. The Kronprinz has furnished that experiment. There can be no greater or more

sufficient proof of the folly of unbalancing food by refining processes; of the folly of ignoring the meaning of the salts, colloids and vitamins natural to all unprocessed foods; of the folly of claiming for high calorie foods the absurd virtues which they do not possess.

"Shortly after the arrival of the German cruiser at Newport News, the ship's surgeon, Dr. Perrenon, considered with me all these points and many more. He realized the necessity of *restoring* to the bodies of his sick men the bases of which they had been deprived."

How the Sailors' Lives Were Saved

These dying men were restored to health not by drugs nor by the ordinary hospital care. Instead, Mr. McCann suggested the following *dietetic* treatment to restore as quickly as possible the mineral salts that were lacking in their systems on account of having lived on a one-sided diet.

"The formula which it was my privilege to suggest, and which was adopted by him for the treatment of the acidosis among the German sailors, was as follows:

"To one hundred pounds of wheat bran add two hundred pounds water. Leech for twelve hours at one hundred twenty degrees F. Drain off liquor. Give each man eight ounces each morning.

"Give each man one teaspoonful wheat bran morning and night until contraindicated by loose stools.

"Boil cabbage, carrots, parsnips, spinach, onions, turnips together two hours. Drain off liquor. Discard residue. Feed liquor as soup

in generous quantities with unbuttered whole wheat bread.

"Wash and peel potatoes. Discard potatoes. Retain the skins. Boil skins two hours. Give the liquor to men to drink, four ounces a day.

"Give to each man yolks of four eggs a day in fresh, sweet, unskimmed milk, one yolk every three hours, with as much milk as he will drink by sipping.

"At noon, with dry whole wheat bread, give one ounce fresh roast beef.

"One hour before drinking milk give juice of ripe orange, or lemon juice, diluted with water without sugar.

"Keep apples or apple sauce within reach of men all the time.

"At the end of first week let men eat solid vegetable soup as well as liquor.

"It is imperative that men shall avoid all cheese, whites of egg, butter, lard, fat of any kind, white bread, crackers, pastry, puddings, mashed potatoes, sugar, saccharine, salt meat, fish, polished rice, pearled barley, degerminated corn meal and gravy."

The Almost Miraculous Result

"April 16, 1915, the men were saturated with the soluble alkalines of vegetable origin as found in the formula heretofore described in order to neutralize as quickly as possible the internal acid secretions and their toxins which were poisoning the crew.

"Their diet had been robbed of its base-forming elements, mineral salts, colloids and vitamins. Other elements, which no student of food in the world can name and the nature of which is understood by God alone, had been removed from their food by the food refiners. These elements were restored to the sick men.

"April 17, no new cases were reported.

"April 18, no new cases were reported. Many of the more recent cases manifested marked improvement. The swelling in the ankles began to subside in eighteen cases, and in many of them the pain on pressure over the nerves was not so acute. The response was astonishing.

"April 19, four men were so much improved that Dr. Perrenon permitted them to go on deck. Many others showed signs of improvement.

"April 20, fourteen men were able to leave the ship's hospital and return to their bunks.

Dr. Perrenon wrote me saying that the effects of the new treatment were remarkable and invited me to return to the cruiser.

"April 21, eight men were dismissed from the ship's hospital.

"April 22, eight more were dismissed from the ship's hospital.

"April 23, four more cases were so much improved that they were pronounced out of danger.

"April 24, seven more cases were dismissed from the hospital. On this day Dr. Perrenon reported, 'The treatment is working miracles. Even the worst cases seem a little better already and one of the paralyzed cases can now stand on his feet without help. We have only seventy-five cases today. Forty-seven cases are so far advanced that we can safely say they are cured.'"

It was at this time that Dr. Perrenon made the following specific statement concerning the history of the epidemic:

"We had many cases of pneumonia, pleurisy and rheumatism among the men. They seemed to lose all *resistance* long before the epidemic broke out. We had superficial wounds, cuts, to deal with. They usually refused to heal for a long time. We had much hemorrhage. There were a number of accidents aboard, fractures and dislocations. The broken bones were slow to mend. Nature was not doing her duty. Improper food is indeed the *cause* of much disease."

The Average Hospital Diet

Unfortunately the patients in the ordinary hospital are fed largely on the *same kind* of diet that broke down these strong, robust, husky German sailors. On this point Mr. McCann makes the following most excellent comment:

"Acidosis, even of the mildest type, is the *forerunner* of tuberculosis. Acidosis is the most relentless calcium (lime) destroyer now engaged in breaking down human tissues. . . . It is certain that if the victims of the Kronprinz Wilhelm's unhappy experience had been removed from the German cruiser to a hospital and subjected to the conventional hospital treatment, including tea, white bread toast, butter, mashed potatoes (in baked potatoes all the minerals are preserved), corn starch pudding, processed wheat, polished rice and chops, all of them would have been doomed to tuber-

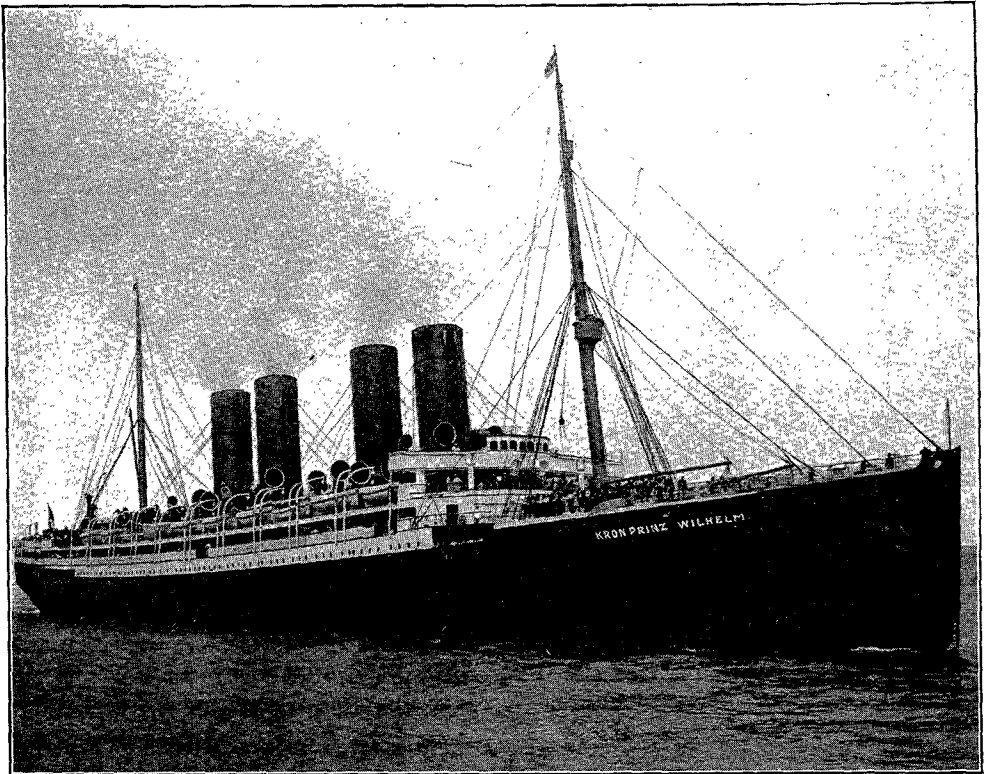
culosis if tuberculosis had not already taken possession of them.

"Their only hope of complete restoration to health, which means complete repair of all the damage done and a return of nutritional immunity against disease, lay in a prolonged diet on foods containing an excess of base-forming elements and a deficiency of acid-forming elements, such as has been described here frequently."

two. Consequently they were reserved for the officers' table, which they managed to provide with generous quantities from one raid to another. While all the officers showed symptoms of anemia and mild acidosis, none of them was prostrated."

Why the Ordinary Man Does Not Have Acidosis

When we consider how large a part of the



Copyrighted by Underwood & Underwood, N. Y.
The Kronprinz Wilhelm

Why the Officers Were Not Stricken Down

It was an interesting thing that there were none of the officers of the Kronprinz cruiser among the one hundred and ten prostrated men. Mr. McCann explains fully and satisfactorily the reason for this:

"The many raids never resulted in any large quantity of fresh vegetables or fruits, so if divided among the crew such fresh vegetables would not have sufficed for more than a day or

average dietary is made up of the very foods that were used *exclusively* by these sailors, the question naturally arises, why nine-tenths of the people do not suffer the same symptoms as the sailors?

Unfortunately, a large proportion of our population *are* suffering these very symptoms in a *milder* form and they are passed off as "neuralgic pains, a run-down feeling, suffering from overwork, rheumatism," etc., but the real

reason is well stated in the following words by McCann:

"In the ordinary meat diet man offsets to some extent the acidosis that follows such diet by his fondness for milk, egg yolk, celery, lettuce, carrots, parsnips, beets, cauliflower, onions, spinach, string beans, asparagus, apples, oranges, berries, and other fruit."

What Are Natural Foods?

God has lodged the rich mineral elements: potash, iron, lime, etc., near the *surface* of the grains, which are completely *removed* by the modern milling process. That is why there must be a return to the genuine old-fashioned Graham flour that was ground by our fathers between stone burrs. We must procure the natural brown rice instead of the white polished product that we have been using from which *eleven-twelfths* of the mineral matter has been removed.* On this point, McCann writes:

"Minerals, such as are found in whole wheat bread and whole grain products like unbolted rye, unpearled barley, natural brown rice and whole corn meal, are absolutely *essential*. Meat and fish are sorely lacking in these valuable minerals, particularly iron, lime, potassium and magnesium. The dietary should contain a decided preponderance of base-yielding foods (fruits, vegetables and nuts), to *neutralize* the harmful acid products of the body. The micro-organisms which cause intestinal putrefaction *thrive* on meat, but are "not at home" in a vegetable medium. . . . The crude fiber of fruits and vegetables, while in itself indigestible, has the property of absorbing water and distending the walls of the intestines, thereby inducing peristaltic movement. . . . A diet replete with whole wheat bread, whole grain products, pasteurized butter, cheese in its various forms, eggs, milk, nuts and such fruits and vegetables as you can consume leaves little wanting.

"The *water* in which vegetables are boiled contains *most* of the mineral nutriments of the vegetables. More benefit can be derived from drinking this water than eating the vegetables remaining, after the juices have been cast into the drain pipes. . . .

"For easy reference we may divide the foods

*We are fortunate in having right in our community an old-fashioned stone burr mill which still grinds genuine graham flour. For the accommodation of our readers we can ship this to them, also the natural brown rice. See advertising page "Practical Health Specialties."

most commonly in use into two groups: In the first group are found foods rich in calcium. These foods are asparagus, string beans, lima beans, kidney beans, blackberries, milk, butter-milk, cabbage, carrots, cauliflower, celery, cucumbers, lemons, oranges, onions, parsnips, pumpkins, radishes, raspberries, rhubarb, rutabaga, spinach, strawberries, turnips, vegetable soup, lettuce, dandelion, almonds, apples, bananas, whole wheat, chestnuts, cocoa, coconut, currants, dates, egg yolk, figs, grapes, grape juice, lentils, canteloupe, oatmeal, peanuts, pears, dried or fresh peas, fresh pineapple, plums, baked potatoes, raisins, natural brown rice, whole rye, shredded wheat, walnuts, watermelon. . . .

"The second group consists of foods that contain no calcium at all, or calcium in such insignificant traces that the chemist estimates them in the third decimal point. These foods are bacon, pearled barley, beef chuck, corned beef, ribs of beef, forequarter, heart, beef juice, loin, plate, porterhouse steak, lean ribs, fat ribs, lean rump, fat rump, lean sides, sirloin, Vienna rolls, white bread, chicken, degerminated cornmeal, processed corn, corn flour, cornstarch, soda crackers, water crackers, processed wheat, patent flour, goose, fat ham, lean ham, deviled ham, lamb, macaroni, spaghetti, orange marmalade, biscuits, sugar, corn syrup, pork chops, sausage, pork tenderloin, rice flour, polished rice, bologna, frankfurters and all meat products.

"When foods of this kind are used, they should be accompanied by generous quantities of foods from the first group."

The Laws of Health Are Divine

The same hand that wrote the Ten Commandments on the two tables of stone, arranged the laws of our body, and one is as truly divine as the other, and God will as certainly punish transgression of one as of the other. On this point McCann has well said:

"Many have abandoned altogether the old-fashioned idea that God is the author of life, and that all manifestations of life are the expressions of fixed laws. . . . They fail to note that the grasses and the seeds of grasses referred to in the book of Genesis are the expressions of that law, and that, therefore, these grasses and their seeds are to be accepted without change, manipulation, modification or

refinement; even as colostrom and mother's milk are accepted without change or manipulation.

"The very thought of refining mother's milk at the breast would be abhorrent to the modern infant specialist. He knows that where Nature's laws have not been violated through ignorance or caprice the milk of the healthy mother, just as it is elaborated, is the one food on which the baby thrives best. . . . It is man's failure to heed the laws of life which is responsible for so much confusion and preventable misery in the physical order. This confusion and misery are everywhere apparent. The more materialistic a nation becomes, and the more vigorously, therefore, it pursues the ways of luxury, the more it *departs* from normal and the greater is its toll in painful sickness and untimely death.

"By some strange mockery of modern civilization the scientist and the teacher are to be found among the chief victims of this confusion."

AN EXPERIMENT OF THE WAR

L. H. WOLFSEN, M. D.

Terrible are the ravages of the present world war, and it seems that very little good can possibly come of it. It is an expensive affair, for it has been computed that we Americans, though neutral, are paying for it at the rate of a million dollars a day in the increased cost of the necessities of life, so that while a few manufacturers of war munitions are getting rich and laboring men getting employment, yet the people are paying for it all.

The war is being prosecuted at a financial loss to the United States, but as some one has said, "There is no great loss without some small gain," so we can gain a little knowledge in how to live, from some of their experiences.

Poland has suffered severely from the ravages of war. Homes have been destroyed and fields devastated. Many have been compelled to subsist on potatoes alone, and at times they were frozen. A new disease appeared among them, having all the symptoms of a severe heart and kidney disease, but no trouble could be found in these organs, showing the condition was due to improper nourishment.

In our letter from Vienna in the *Journal of the American Medical Association*, it is stated that at the beginning of the war all the wheat

in the Austrian Empire was taken over by the government, also the corn, which amounted to about thirty per cent of the wheat.

This was mixed and ground together and doled out to the people at the rate of nine ounces a day. It made a rather coarse grade of food which the people called "war bread" and complaints were frequent and numerous, but all to no avail. It was that or nothing. Garden vegetables were quite plentiful, and the amazing thing was that at the end of the year the health of Vienna was better than it had ever been before. Many cases of chronic constipation, rheumatism, neurasthenia, auto-intoxication and stomach and liver troubles being entirely cured.

Thus the war has taught us what peace has been unable to teach us, that plain yet wholesome living is conducive to health, also that an impoverished diet is disastrous.

"WISHED FOR THE DAY"

MRS. D. A. FITCH

Santurce, Porto Rico

It has been the experience of many a sleepless, restless man and woman to "wish for the day." Sleep and consequent rest would not come at any sort of an invitation, and so there came involuntarily the "Wish for the day."

Had there been some activity by which the hands and mind could have been kept busy, the long, long night would not have so seemed to hinder the dawning of the day. Tedious as the night may seem, the day will finally break in splendor on us.

Paul and his shipwrecked companions "wished for the day." Thinking they might be near some land, they measured and found the depth to be twenty fathoms and again fifteen fathoms. Thus they were confirmed in the opinion of being near the land. Anchors were dropped so the boat could not drift while they were wishing for the day.

The long dark night of this earth is wearing wearily away and the children of God are "Wishing for the day." How shall the time best be spent so as to seem of the briefest possible length? He who *idly* waits will find no joy when the daylight of eternity shall dawn. He is most sure to find joy at the breaking of the day who diligently heralds the fact that Jesus is soon to come, and beseeches his associates to be *ready* as well as be "wishing for the day."

THE REWARD OF FAITHFULNESS

PROF. R. U. GARRETT
Berrien Center, Mich.

One time as a man was passing down a side street in a certain village, he found an old blacksmith hammering on his anvil. He was making a chain. The man watched him for a few moments as he was busily hammering away. He would pound away on a link, look it over carefully and pound it some more, and get it the very best that he could, and then would go to work and make another link. And link after link was made, but before he left a link, each one was just as perfect as it could be.

Finally the old man was asked why it was he was taking so much pains with that chain.

"You will never live to use that chain."

"True," he said, "I may never live to use the chain, in fact, it may never be used at all, but it has always been my practice in life to do everything the very *best* that I knew how. I never leave a piece of work until it is the very best that I can do."

Time went on. That chain was coiled up on the deck of one of the great liners that plow the deep. At one end of the chain was fastened a large anchor. That chain had been coiled up on the deck for many months, apparently of no use, but finally one day as the liner was plowing across the briny deep, a terrible storm came up on the ocean and the command came from the captain to let down an anchor. An anchor was lowered, and as the chain tightened, it snapped and the boat was still at the mercy of the waves. The command came from the captain to lower another anchor. Another anchor was lowered, and with the same result, the chain broke and the boat was still at the mercy of the angry deep. Finally the command came from the captain to lower the large anchor, and it was the only anchor left. By that time the passengers upon the boat were becoming excited. They were wondering now whether they would be lost or not. It all depended upon the chain fastened to this large anchor.

As they lowered the anchor, and the chain was slipping out, a young man looking over the side of the boat watching, shouted: "We are safe! We are all saved!" The question came from the crowd, "How do you know we are saved?"

"Oh," he said, "I see my father's name stamped on that chain and my father always did his work well."

The anchor caught, the chain tightened, and held. The vessel was safe. Why? All because some old blacksmith, back on a rear street, unseen of men, did his work faithfully and well.

So it should be with us, that whatever work we have to do, it should be done faithfully and well. Never leave a piece of work until it is the *best* that you can do.

A WONDERFUL VICTORY

Mr. Clarence E. Moon, a missionary in Porto Rico gives the following interesting account of answer to prayer, which will be an inspiration to our readers. If a poor native Porto-Rican can get such answers to prayer, why cannot we? He writes:

"The liquor and tobacco habits have a strong hold on the people here in Porto Rico. One old sister told me she used only a small piece of tobacco, but when we read to her, 'What, could ye not watch with me one hour?' she took it very literally. When the temptation came, she regarded it, and rightly, too, as a call to prayer. She spent one whole night in prayer to God for deliverance and she obtained the victory. Then what was still more notable, after she had gained her victory over the tobacco habit, her faith led her to ask God for her eyesight, and now she reads her Bible and sings in church, a thing she had not done for years.

"If there were more true abiding in Christ, there would be less selfish abiding at home. The hardest battles are with self. It is more difficult to manage self than any other business. It is better to bridle the tongue than to rule a city; to be the master of your own life is the longest step in becoming a master workman in God's kingdom."

The way to wealth is to waste neither time nor money, but to make the best use of both.

The greatest strength and nobility of character lies always in making a firm stand on the side of right and allowing oneself to be influenced by nothing that will weaken this stand.

A Batonga Funeral

S. M. Konigmacher

Pemba, Rhodesia, South Africa.

[We just received the following interesting account of a funeral service in the heart of Africa, from S. M. Konigmacher, who is in charge of several mission stations in Rhodesia. This gives us a glimpse of the great need in that field for the planting of Christian principles. Ed.]

WHILE I was out in Fufwa, I happened to enter a village where I had a school to see if the boys did not wish us to reopen it. As I came near the boys' hut, a great wailing began in the little adjoining village. I at once went over and found that a child had just passed away. As I reached the hut I found that the village people had begun to gather. One woman had the child in her lap, and another was emptying some rancid butter out on a stone from a gourd or *calabash*, with which to anoint the child. They rubbed the body all over with this butter, then began to tie all the ornaments they had on the child. Among these were strings of beads, and of small shells, some charms, some bracelets, and other things.

When they had finished this, they tied it up in a new cloth. Around that they wrapped the skin of an animal which the mother had used to carry it in. Then they took some strips of new cloth and tied it up into a little bundle, but they did not tie in the feet.

The men went outside to choose a place in the yard for the grave, and after one brought out a pot of water and broke it over the place, they began to dig with a hoe and a sharpened stick. While they were doing this, the women were in the hut, crying and patting this little bundle. They would rock backwards and forwards and pat and pat the poor little dead child. One woman was ringing a bell which looked very much like a cow bell. Some of the grief was real and came from as sincere hearts as that which comes from those who think they are highly civilized.

When the grave was ready, the child was brought out and after they marched around the little grave, the child was placed in its last resting place by its grandfather, who then prostrated himself near. Some clods of earth were brought and placed by the side of the child while the women marched around the grave. One man sat and tapped the grave with the reed they had measured it with.

When the clods were placed, the earth was filled in and then tamped with trees, the grandfather tamping it with his feet. When the earth had all been smoothed off and every little hole was filled, the women began to prostrate themselves, and one would think they would break some bones the way they would fling themselves on the grave or the ground nearby.

The loose dirt was then scraped up very neatly and carried off in a basket. Also two pieces of broken pot. When this was done, then another frantic outburst of grief, and the old man and the women cast themselves repeatedly on the grave.

As I was leaving, the braves went over with their spears to drive away the evil spirits and pay their respects.

I have often seen the dance and the warriors chasing away the evil spirits, and the women prostrate themselves on graves, but this is the first time I have seen them dig the grave. Truly the grief of the parents was as real as that of any parents and I felt sorry I could not do something for them.

Progress of the Work

This year has been exceptionally hot and dry and some natives will suffer on account of failures of their crops. Because of shortage of food for the boys, we had to close school earlier than we did last year. The boys saw for the first time the baptismal service and the Lord's Supper celebrated. We hope that many will come back another school year and take their stand for Christ.

There seems to be a desire for education among the natives that is most encouraging, and shows us that now is our golden time to work for them.

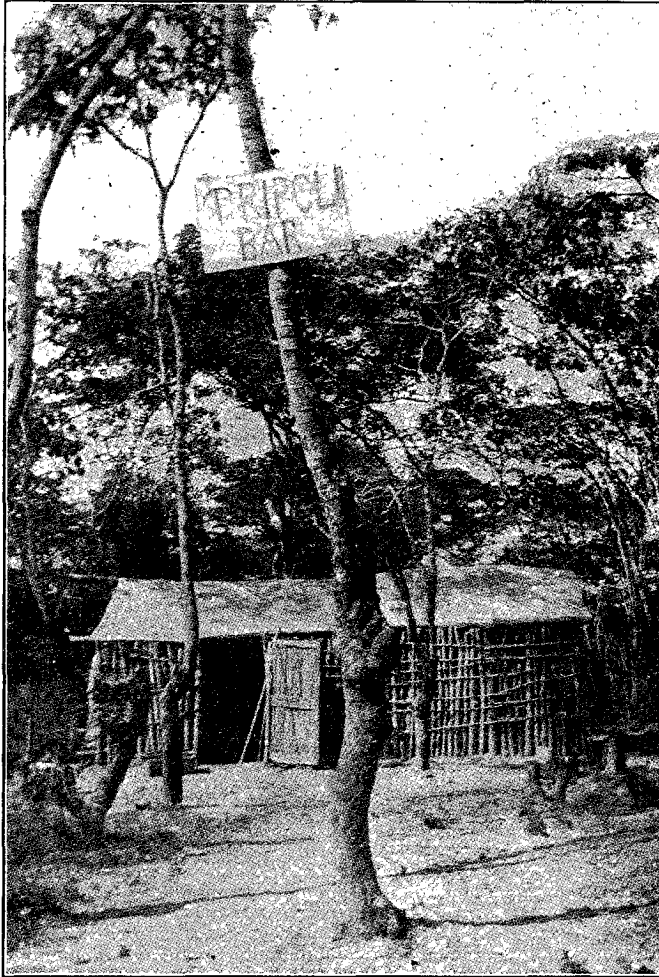
We have many pests out here such as ticks, fleas, the white ants, and wild animals, yet these all sink into insignificance when compared to the terrible curse of drink in the homeland.

Last season as I was out in the village hold-

THE LIFE BOAT

ing services, I entered a small group of villages and pitched my tent under a big tree, for the huts were too filthy for a white man to sleep in. Just as I was getting ready for the service, a hut took fire and burned to the ground. The next morning I counted twenty-

But there is also a brighter side to the picture, for many of the boys do discard their long-stemmed pipes and their beer pots and become real true Christians. It is a blessing to know that the power of the Lord is just as great away out here as it is at home, and



The Native Bar, Which Is Rapidly Becoming the Curse of Africa as Well as of America.

one pots of native beer that had been destroyed, and I thought, "Oh, if all the vile stuff could meet the same fate!" In spite of the fire, the natives wanted the service and as I was throwing pictures on the screen, I could look over to the burning hut and I tried to give them a lesson there and then, on temperance.

will save all who will call upon the name of the Lord.

Today some of our boys started out to hold services in some of the villages, which if they had attempted to enter a few years ago, they would have been killed. Now all is different and the doors are opening faster than we can enter and occupy the new places.

Christianizing the Bible

Caroline Louise Clough

Our attention has recently been called to a movement on foot to "reduce the Bible to a Christian standard." In an article under the above title which appeared in the *Biblical World* of November, 1915, we find this theory well set forth. Regarding the supposed need for a decided reformation of the good Book the writer says:

"We must be led to loose the bond that has so long held them together as an irreducible and unchangeable deposit, and must let the *modern spirit*, magnetized by its contact with truth, move freely through this heritage from the ancient world, appropriating, rejecting and ordering. . . . The law of development summons us to *reduce* the Bible by eliminating all that has clearly become obsolete."

And he asks the question, "Why has the church been content to have its one and only standard obscured and even lost to its consciousness by its being blended most intimately with a mass of writings which are more or less foreign to it? The answer to this question will set in a still clearer light the present demand for a Christianized Bible."

Substituting the Writings of the Nations

The writer then makes the following statement: "The Chinese, Japanese, the peoples of India, and the Mohammedans have sacred writings that *excel* some parts of the Old Testament. Why should we seek to replace these writings of the nations with writings of our Bible which sustain no sort of vital relation to that religion which we wish them to accept? . . . The demand for a new and distinctly Christian canon of scripture, of which we have spoken, is both undeniable and imperative."

In suggesting the number of pages to which the Bible can possibly be reduced and still contain all the essential parts of the Christian religion, he states: "Hence the new Christian canon of Scripture would consist of about ninety-two pages of matter, the page of the American Revision being taken as standard. It would, therefore, be approximately one-twelfth the size of our Bible."

"For the Christianizing of the church," the

author says, "It is of the utmost moment that the Bible be Christianized."

"The church has paid dearly in the past, and pays dearly now, for its failure to discriminate between the Bible and the Christian standard, or, in other words, for its blind worship of a book. Generation after generation has spent much time in the attempt to extract religious truth out of biblical writings that are *secular*."

The writer then goes on to give as a reason for the lack of spirituality and power in the church the excuse that "Their thought has been directed to so wide and heterogeneous a field that it has nowhere penetrated beneath the surface."

He points to the freedom which Christ enjoyed while on this earth, in the following words: "Finally, the belief that the reduction of the Bible to a Christian basis will bring an age of new and higher religious power flows from the unquestionable fact that it will bring an age of greater spiritual freedom. Jesus stood forth unconventional, unfettered, spiritually free in a time of universal bondage to tradition. The church has never even distantly approached the realization of His freedom."

In reality the bondage which the Christian church has and is now suffering under is not altogether a bondage of creed and dogmas, but a *bondage to sin* and *ignorance* of the *Words of Life* contained in the good Book, and a lack of personal acquaintance with its Author. To any who may for one moment think it is safe to attempt to revise the Sacred Book I would call attention to the closing words of Holy Scripture: "If any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book." Rev. 22:19.

"Remorse for failure or mistakes is foolish. They are part and parcel of our imperfection. The past should not be allowed to cast a shadow of gloom on the present, nor to project itself across our future."

Hideous Butchery

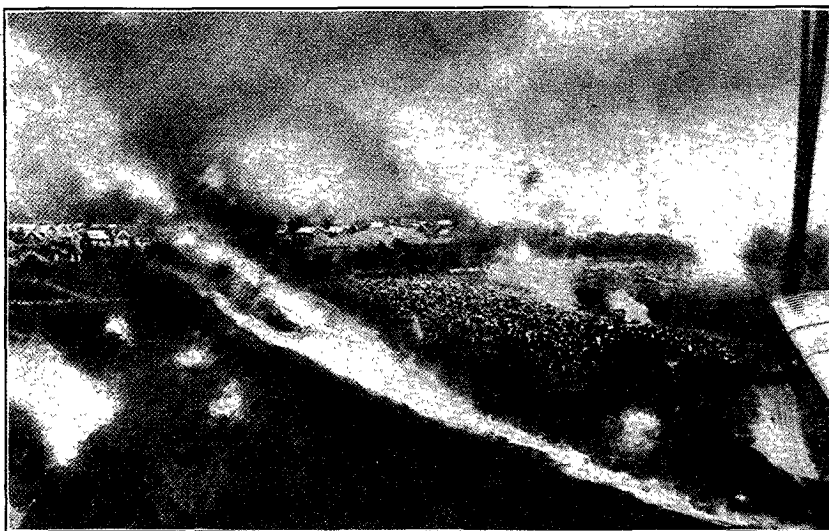
David Paulson, M. D.

PRINCE STANISLAS, a Polish noble of French extraction who is at present in the French army which is defending Verdun, has written a letter to a friend in New York which was published in the *New York Sun*, from which we quote the following:

"No one can realize what a great crime this battle is, for it is no longer *war*; it is *butchery*,

"Naturally, the losses are heavy. We have put in twenty-four hours of this in a heavy rain storm! When we returned from the front line we were nothing but big blocks of mud.

"The physical fatigue is very great, and several cases of cerebro-spinal meningitis have broken out during this latest rest period.



From Literary Digest—Copyrighted by Am. Press Assn.

View of a Liquid Fire Attack on the French Front. The Long Streak of White Smoke Marks the Stream of Liquid Fire.

and those who by a miracle escape one attack, wonder how they can possibly escape the second.

"There are no more trenches; there is no way to make any, because the fire of the 210 millimeter guns levels the ground in a quarter of an hour. All we can do is to hide as best we can with our mitrailleuses in the shell holes, and when night comes, we sleep there, wrapped in our blankets.

"To sleep is only an expression. We doze instead, and even then get very little sleep, because of the night attacks, and the search for the wounded, which can not be done during the daytime, keeps us occupied until day-break.

One eats but little, and one lives only on one's nerves.

"The sudden change from this high nervous tension is really terrible. We are as tired after our rest period as before."

Human science has accomplished much to lessen the discomforts of modern life, but when we read of poisonous gases rolling in over the enemy like a fog bank, and liquid fire like another Sodom and Gomorrah, and when we try to comprehend the destructive action of powerful guns that can level substantially constructed trenches in *fifteen minutes*, we begin to see that the very science that so many had supposed would almost transform this

world into another heaven on earth, may yet be utilized to virtually *destroy* the race.

(NOTE: See editorial, "Which Is on Trial," for further comments on this same subject.)

LOOKING TO A BRIGHTER FUTURE

The following interesting letter has just been received from an inmate of the Wethersfield, Conn., penitentiary:

"I received your letter some time ago and also the leaflet which I found much gratification in reading, and I am also glad to know that I have a kind, though unknown friend. I am sure that if I had had such Christian friends as you and others I know, to deal with in the past, I never would have been where I am now. I know you can be lots of help to me in here and also when I am released from here.

"To be in such a place and in such trouble as I am, goes hard, but it doesn't go as hard now as it did when I first came here. This is the first trouble I have ever experienced in my life and by the help of God I will make it the last of this kind of trouble that I have. I am not here for dishonesty. I am here for defending myself in a fight I had aboard one of the battleships I was on. I was court-martialed and sentenced here from the United States Navy in 1913.

"I have six more years to do yet. I may get pardoned after six or seven years. I am trying to keep as good record as I can, and that will help me a great deal.

"I have no father or mother to help in any way and I have to grin and bear it and look to a brighter future.

"I think THE LIFE BOAT is just fine. It helps anyone, I think, who reads it. It gives a person much good advice in the right way in life, and I mean to subscribe for it as long as I am down here, because once I was in the fear of God, but yielding to evil and this so-called good-time company, has been the cause of my drifting away. By the help of God I mean to do better in the future. All I want is the opportunity and a job of work when I get out, and I will not lose courage."

Silence is very often the softest kind of an answer.

THE TWO DAYS

PEARL WAGGONER HOWARD

[Since the last number of this magazine was published, the LIFE BOAT poet, Miss Waggoner, has become Mrs. Howard. Mr. and Mrs. Howard are now under appointment to go to Peru, South America, as missionaries. A death in the family a few days after her wedding led to her writing this poem, which we believe will help others who are called upon to suffer loss.—Ed.]

So very near together do they lie—

The day of sunshine bright,
Of hope and happiness most pure, most high,
And that of grief and night.

So near together! but a night between!

One day full joy of heart,
The next a sudden wrench—a darkened scene,
With death's swift, cruel dart.

So swift the heart is called upon to span
Life's octave's fullest length;

But each emergency brings, too, to man,
God's own appointed strength.

So near the days, the pain is oft above
The pain of slower growth;

And yet the nearness means God's sky of love
Can cover even both.

For does the first alone bright hope contain?
Is love confined to one?

Nay; hope is sure that He will come again
Who victory has won.

O'er sin, and grief, and portals of the grave.
And so until that day

We still can bless and trust the love that gave,
Though too it takes away.

So near together all our days are set
That soon they'll all be o'er;

And mourning human hearts, and lashes wet,
Will then be known no more.

So let not notes of sorrowing destroy
The song of grateful praise;

For with God's presence there is peace and joy
To crown both kinds of days.

A man should never be ashamed to say he has been in the wrong, which is but saying in other words that he is wiser today than he was yesterday.

Home Experiences

Mrs. D. K. Abrams

3529 Cottage Grove Ave., Chicago.

[Mr. and Mrs. Abrams were converted in the old Life Boat Mission some years ago and have been working untiringly since then to lead others to Christ and to taste of the joy and happiness which they had experienced. This article from Mrs. Abrams, telling of the many opportunities she has in her home to sow the seeds of gospel truth, will be suggestive to others. Ed.]

A YOUNG man called one morning and handed me a letter from his aunt. I read it with sorrow, as she pleaded with me to spend a little time in talking and praying with the boy she had taken care of in earlier years. So I talked with the young boy who had been influenced to leave his home by a man old enough to be his father, and I learned that he had come to this wicked city thinking he could get work and big money, but after looking for work for weeks he failed to find any and had become stranded. So I tried to get this boy to return to his home. I told him this was no place for him, in this wicked city, and he promised he would go if he did not get any work soon. I prayed with him and told him what the results would be if he kept on smoking cigarettes and living the life of sin.

I helped him in every way I could and he went away. When he did not come back as he had promised, I thought sure that he had gone home. Two weeks passed by, then I received a letter from the aunt telling me the boy's mother was almost crazy, as she had sent money to her boy to come home and had not heard a word. So I started out to find this boy and went to all the addresses he had given the aunt, but found he had gone with the old man, nobody knew where. I went down to see Mr. Hunt, chief of detectives at this time, and talked with his secretary about this case, and learned that the mother had already written and sent her boy's picture, asking them to find him. He told me they were doing all they could to find him, for which I was thankful.

I then wrote to the aunt telling her what I had learned about her nephew and that prayer would do more to find that boy than anything else. I prayed that God would put it into the heart of that boy to write his mother at once and relieve her of the suspense she was passing through, not knowing whether he was dead or alive.

How Prayer Found Him

God heard and answered that prayer for I soon received a letter from his mother saying she had received a letter from her boy and that he would be home soon. The officers of the law did not find this boy, but *Jesus* found him and put it into his heart to write his mother. Jesus can work and no man can hinder. He can do what no one else can do, praise His name.

Just think what a power for good or evil our influence can exert upon the lives of others! This boy was easily influenced and this old man had him a captive at his will, and he was leading the boy down the downward road that leads to destruction, but God in His mercy and love just answered our prayers by this boy writing his mother. I am sure this mother was happy and praised the Lord when she got the letter from her boy that he was alive and well.

There are other mothers' boys and girls who are away from home and living a life of sin and sorrow, only to reap the sure consequences of a life of sin. As we sow, so shall we reap.

Oh, pray for this young boy that he will be converted, and also the old man. Christ die for the sinner.

A Home Reunited

A man and his wife whom I have known and been interested in for years separated a short time ago, but the Lord kept sending this woman to me and I would pray and talk with her, and try to get her to see that if she would only step out on the promises of God and obey, that she then could help her husband and that the Lord could use her to bring her husband to Christ if she would only live the life God has made it possible for her to live.

After praying for these people and with the wife, they are living together again and she promised me she would live a different life, for she has learned some valuable lessons.

Pray for this man and his wife that they will give their hearts to Jesus before it is too late, and go to work for others and then we know they will be happy.

Helped a Discouraged Man

Another man came to my door one night discouraged and ready to take his life; life was such a struggle. I told him about Jesus and His coming, and that life was a sacred trust and that Jesus loved him and that "whom the Lord loveth He chasteneth," and that "no chastening for the present seemeth to be joyous, but grievous." Pray for this man, also pray for me that I may have wisdom in dealing with these precious souls.

Found the City Park a Good Missionary Field

So many come and go I could not begin to tell you all the experiences I have in my home, for which I praise the Lord. I have been getting up early mornings and going over to the little park nearby, taking my Bible and tracts and magazines with me, and I have had opportunity to give out some tracts and magazines and talk to the different ones about the times in which we live. I met a girl one morning sitting on one of the seats and looking so sorrowful. I went up to her and gave her a tract and asked her if she had given her heart to Jesus, and she said, "No," but her heart was touched as I talked to her about Jesus. Pray for her.

Mr. Abrams has also been going over to the park giving out papers and having some blessed talks with the different ones who come there. As Mr. Abrams and myself sit there in the park reading our Bibles and having prayer together, we hear the birds singing praises to God and we look at the trees and the grass, and all is so beautiful with the sun shining on the lake. It makes me want to love and serve Jesus better.

Helping at the Mission

Then the Lord gave me the privilege of working at the Life Boat Mission. It was Sunday night and the subject was "How God Ordered the First Strike." There was a strike on at the time in the city and I thought it was very appropriate for such a time. I had the privilege of working on the outside, inviting

men and women in, and we had a good many come in that night. They all seemed interested and I know they got something. Brother Cleveland gave the message and it was good. I had the privilege while working on the outside, of talking to so many about getting right with God. My soul was watered, and I would love to be there every night, but my health will not permit it.

Pray for THE LIFE BOAT and its workers. I have been getting some good letters from the prisoners. They all like THE LIFE BOAT and one man has started to love and serve the Lord as a result of reading THE LIFE BOAT, and would like to have me give him Bible readings, which I shall be glad to do. Another prisoner wrote and asked me to visit his wife and child, which I have already done. I found the mother working away from home, but I saw the child, a sweet little girl, and had prayer with the lady who cares for the child, and will go again soon to see the mother. Pray for this poor soul, also this man who is behind prison bars. In his letter he writes: "I have no hope and I don't know when I will get out. My sentence is from one to fourteen years."

There is no work so strong and persuasive as personal work for souls. More and more the personal touch is counted as the strong means in causing the halting to yield to the Spirit's pleadings.

"IT HAS PUT A NEW SPIRIT INTO ME"

This letter from an Auburn, N. Y., prisoner was written to Mrs. Abrams after reading an account of her own experience in finding Christ in the May Prisoners' Number. We are thankful for the good that has been accomplished in this heart and trust that seeds of truth will continue to grow and that this young man may be a worker for God as a result of reading THE LIFE BOAT.

"Probably you are surprised to hear from me, but I must first explain to you the reason for my letter and then, I am sure, you will understand.

"Fortunately I came into possession of a wonderful little magazine named THE LIFE BOAT, and a life boat it really is, so far as I am concerned, for it has made me take hold

and get out of the whirlpool of sin that I have so long been struggling in.

"In this remarkable publication, I saw an article entitled, 'After Nearly Twenty Years,' and, seeing that you were the author, I at once determined to write to you.

"When you mentioned about your conversion on the way to a theater, the word theater brought back days to me spent in riotous living; for it was the place where I spent my life. In it I made my living, as acting was my profession.

"The life of the average vaudeville actress or actor is filled with idleness and when we are idle the devil is busy. It was these idle moments that got me into trouble, for if I had stayed in the profession instead of trying to make a dishonest living outside of it, I probably would not be 'doing time' at present. And if I had known the Word of God, as I would like to have some one help me know it, I am positive I never would be here today.

"I am serving a term in the Auburn, N. Y., State Prison. I used to live in New York City, and was sent from there to this place. I have still four years to serve, and I feel that I have the opportunity to put this time to good use studying the Bible and all literature that will help me be a better man, and make me useful and helpful to others. I am just past twenty-six years of age, and I have a fund of knowledge of the world that will be of great help to other Christian people who have not seen so much of the underworld as I have, and I hope to be able to use it to help other strugglers when I leave here.

"Dear friend, your little article has put a new spirit into me, and though I know very little of the Bible, I am going to study it and learn all I possibly can.

"If you know of anyone who can spare at least one letter a month, who would be willing to be my teacher and help me master the Bible, I shall deem it a great favor and will appreciate any such efforts.

"Hoping that I have not taken too much of your time, I will now close asking you if you will pray for me, and ask God to give me the strength and determination to pursue His Word with diligence. I promise to pray for you and all who are trying their best to do their share in bringing about the happiness of others."

ASKS OUR PRAYERS

(From the Dannemora, N. Y., Penitentiary)

"I received the May LIFE BOAT you sent me and thank you very much. If I didn't get that I wouldn't know about Jesus' love to sinners. I am glad to say I came to Jesus before it was too late. He will watch over me and keep me on the straight road instead of the crooked one. Jesus came into this world to save sinners, but not to cast them out. I thank you very much for sending me THE LIFE BOAT, as it gets me closer to Jesus. When I get out I shall take it by the year. I want you to pray for me that I will live with Jesus."

LED TO ATTEND CHURCH FOR THE FIRST TIME IN THIRTEEN YEARS

This letter coming from a prisoner in Maine, gives us a glimpse of the good accomplished by THE LIFE BOAT going to prison.

"I have been reading THE LIFE BOAT and read the words, 'Will you write to us,' and as it carried me back to my childhood days when I used to attend the church of God, I felt as though I would have to write to you.

"When I was a boy between the ages of six and thirteen I attended church regularly, but my home was broken up and I fell in bad company, which put me where I am today, serving four months in the Houlton County Jail, which I regret very much to say. Of course, I never did any serious crime, only drink, which is an awful curse. I am twenty-six years old, but do you think it is too late to start a new life? It is such a disgrace to be in a place of this kind, that I have not written to any of my people while here, but as I long to receive a kind word from some one, thought I would write to you.

"Please excuse my writing as I can hardly express my feelings in words. They are going to hold meeting here today and I am going to attend it, which will be the first time I have listened to the Word of God in thirteen years. But hope it will carry me back to the days when I was free from sin."

BROUGHT SUNSHINE

"I am an inmate of the United States Penitentiary at Leavenworth, Kans. Notwithstanding the fact that I have been incarcerated more than three years the only copy of THE LIFE BOAT I ever saw came to my lonely cell

just the other day. And please permit me to thank you, and all others concerned in this blessed work for the sunshine and enjoyment this little booklet brought to me, behind these high prison walls.

"After carefully reading again and again, the good tidings its contents contained, I was prone to believe that you were just the very people I have prayed to get in touch with. I am a man with a fearful record. However, when I entered this prison I solemnly resolved to educate myself in some line that would help me outlive my misspent life.

"So I am taking up a religious study and thank God for the wisdom, truth, and happiness I have attained therefrom. I am persuaded to believe that you are willing to help me in some way that a man without a home or money needs to be helped, upon being released from prison."

FROM A NEW YORK PRISONER

"I found a LIFE BOAT in my cell and read it, a thing which I never did before with any religious books, but I want to say here I learned a great deal by reading some of the articles. The article about cigarette smokers hit me hard. I have been a cigarette smoker ever since I can remember and I never will put one of those 'coffin nails' in my mouth again. I am twenty-five years of age and have been convicted four times of felony and have been leading a bad life all my life. I sometimes wonder if there is any hope for me. The reason I am writing you this letter, I am going to try my utmost to lead an honest and good life, when my term expires two years hence."

A PROVIDENTIAL MISFORTUNE

President Garfield is credited with telling the following experience:

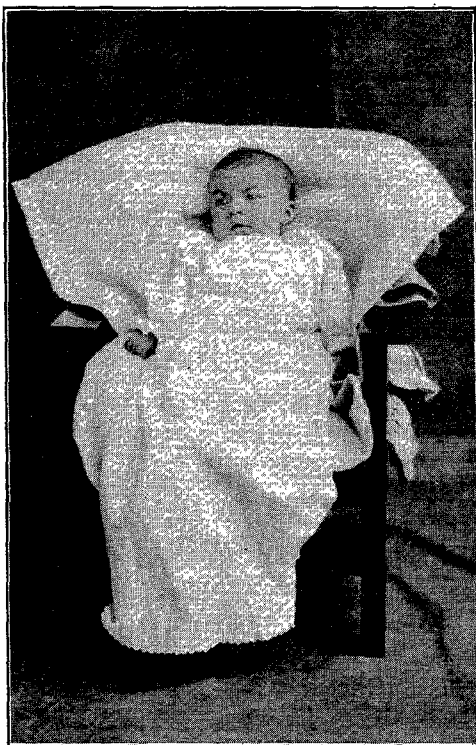
"God often uses humble occasions and little things to change the course of a man's life. I might say that the wearing of a certain pair of stockings made a complete change in my life. I had made a trip when a boy on a canal boat and was expecting to leave home for another trip, but I accidentally injured my foot in chopping wood. The blue dye in the home-made stocking poisoned the wound and I was kept at home. A revival broke out in the neighborhood meanwhile. I was thus kept within its influence and was converted.

A CORNER OF THE VINEYARD

KATE D. SANBORN

Matron, Life Boat Rescue Home, Hinsdale, Ill.

This past month has been a very busy one at the Home. We have had our house-cleaning and gardening to do, and have been plastering, calcimining and painting, and have had sick people to care for besides. In spite of the extra work, the girls have shown a good spirit and have taken hold and endeavored to do their part.



Nearly Three Months Old.

We never have had as many small children two and three years of age as we have now. A little three-year-old boy came with his mother recently and a two-year-old girl is being taken care of in the Home for a short time, while her mother is selling the LIFE BOAT magazine, besides the two little boys that have been with us for more than a year, and who are getting more and more loving and lovable as the days go by.

Four of our girls who have been with us

for some time left us during the month. All four decided to keep their babies and raise them themselves. We are glad that these mothers are situated so that they can care for their own children.

We now have a new young woman in charge of our garment department, who came to us a few weeks ago with a week-old baby that weighed only three and one-half pounds at birth. We are glad to report that the child is developing beautifully.



This Youngster Is Well Cared for by Its Mother.

Our Home weaver is now making some beautiful rugs on the new fly-shuttle loom that our friends helped us to procure.

We must also mention that we are enjoying our strawberry patch. We have berries three times a day fresh from the garden.

We find that in our spiritual work in the Home, much depends on prayer. If it had not been for prayer, I don't know what we would have done, as so many problems have come to us and it seems that no one but the Lord

could settle them for us, but whenever we have sought the Lord we have received light and help in our work.

We had one very serious case during the month, but we sought the Lord and He wonderfully helped and the girl is now getting along beautifully and will be able to go home soon.

The morning worship is not only a help and inspiration to the girls, but is a comfort and cheer to those of us who have to carry the burdens. The little time spent in seeking the Lord makes the day's work lighter. Sometimes work of the day crowds upon us and it is difficult to spend as much time as we should seeking the Lord, but we find we can always do the work better afterwards.

The girls are deeply interested in the Sabbath-School, which is held in the Home each week. They look forward to it with anticipation and delight in getting their lessons and in attending. The stenographers and office workers at the Sanitarium have taken the burden of this Sabbath-School and conduct it each week and they have often remarked that it is a pleasure for them to do so as the girls have taken such an interest in it, and are prepared with their lessons and memory verses.

The girls who leave us often write very beautiful letters of thanks and appreciation for the care they have received while at the Home. I just recently received one such letter inviting me to visit this girl.

This certainly is one part of the Lord's vineyard and we have a wonderful opportunity here to heal the broken-hearted and to point souls to Christ. We want our readers to remember this work in their prayers, and we have organized little prayer bands ourselves to pray together for the work of the Home.

NEWS FROM THE LIFE BOAT MISSION

ELIZABETH A. KEMP

34 So. Desplaines St., Chicago

It is with joy and gratitude in my heart that I write this article. God is with us in this work. We are having splendid services and good attendance. Every night there are some hands raised for prayer.

Our ministers have been helping several nights a week. We have been having stereop-

ticon views. The men seem to enjoy them very much. While we feel much encouraged, yet our hearts are made to ache as we see the great need of workers in this district.

One night about two weeks ago, a man came into the mission in a deplorable condition. I saw at once that he needed attention. Hence I took him down stairs to the treatment rooms. My husband examined him and found him in a very serious condition. We were obliged to send him to the hospital.

It is heart-breaking to see men killing themselves with liquor. We can only pray for them and do our best to teach them a better way. Thank God that once in awhile we find a man who wants to know God. The other evening two young men came into the mission. They were interested in the sermon. As usual, I offered everyone the privilege of asking questions on any subject. They did not understand. The next morning these two young men came back bringing with them another young man. I was delighted to drop my work and give them a Bible study. With my chart before them, I explained the Scriptures to them. They were so interested that the study lasted three hours. When they left I gave them literature to take with them.

I was very grateful to Mrs. Dr. Wolfson, as it was owing to her kindness that I had just the tracts I needed.

I must tell you of one more poor man that I believe God sent directly to us. Last night just as we were closing the services, a man very much under the influence of liquor came in. He was discouraged. It seemed as though there was no help for him. Even his family had turned against him. He said the only thing left him was suicide. The brethren talked with him, but it seemed that the one idea of suicide would not leave him.

After reasoning with him some time, Brother Cleveland and Brother Kemp persuaded him to let them pray for him. He said there was no hope for him. While they were praying, he held on a chair as though he could not let go. At last he made the surrender. Praise God, that man rose to his feet sober, clothed and in his right mind. He took a definite stand for God and the truth, saying that he intended to obey God in all things. We expect to see him again today with his family.

Occasions like this bring joy to our hearts.

This morning my husband was called to the lodging house to see a man. He found him dead in his bed. Oh, that men would wake up, would realize their need of a Saviour. Night after night Jesus is pleading with them, yet some continue to grieve away the Spirit of God, and finally they are left to themselves and Satan claims his own. "The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." Rom. 6:23.

"MORE OF A BURDEN TO HELP"

W. P. CASE

Hinsdale, Ill.

[The workers at Hinsdale have been assigned certain nights to help with the mission service. Brother Case, who is in the store department at the Sanitarium, assists every other Tuesday night. These workers often remark that the experience they get in having to labor personally for the salvation of others who are down in sin, is worth everything to them. Brother Case writes here some of his impressions of this work. Ed.]

There is a good work carried on at the Life Boat Mission, 34 S. Desplaines street, Chicago. I have had the opportunity of taking part in the meetings occasionally since the mission was started and have come in contact with many of the men who attend.

Some of these men are intelligent and mean to do well, but sin has such a grip on their hearts that they have not enough courage to trust in the One who can keep them in every time of temptation and trouble.

Man places too much dependence in self and not enough in God. We see many go past the door and often ask them to come in, but the answer comes back, "I have no time for such things." They are too busy in worldly pleasures to think of their Creator or to hear anything that is good.

It makes me feel more of a burden to help and to speak some words of encouragement to men who know not Jesus.

There are men who come to meeting that receive help and we can see as we keep in touch with them that God is trying to make new creatures of them.

I receive much help and get a blessing in this work, although my efforts are weak, but, as Paul says, "I can do all things through Christ which strengtheneth me." Phil. 4:13.

Prayer is the noblest and most sublime act in which we can be engaged.

FOUND A BLESSING IN CALAMITY

MRS. ETHEL HARRISON
Member, Medical Evangelistic Class

During the last four weeks of my work in the city, I visited two very poor families; their circumstances were without a doubt, heart-rending.

One of these families was receiving some help from a charity association which was indeed timely service, for the father had been sick for many months.

Having three small children, the youngest of whom was only six months old, made it impossible for the mother to work out and support the family.

They also needed clothing very badly, and all we were able to take them was surely gratefully received. We hope to soon see this family in better circumstances.

Arrangements have been made for this sick man to come to the Good Samaritan Inn, and take treatments. God's ear is always open to the cries of the poor and suffering of earth and we feel this is one of the worthy families of our great city which need our help.

A very serious accident had just befallen the other family. One of their little girls had been struck and instantly killed by an automobile which was being run by a careless and indifferent driver who was partly drunk. This poor mother told us a very pathetic story, how her husband had been a drunkard for years and how she and her five children had gone hungry many times. Her youngest child was only three weeks old that day.

These poor children were also without necessary clothing, and all the clothes the mother had were on her back.

One good point I have to note about this sad story, after this dreadful accident the husband had quit drinking, and was bringing all his salary home to his family.

The poverty and suffering the dreadful curse of drink has brought to our fair land is far from being told, but I am truly glad God's mercy still lingers and He is hearing the cries of the sufferers. Inspiration says: "Call upon Me in the day of trouble; I will deliver thee, and thou shalt glorify Me." Psa. 50:15.

But before this father could see his awful mistake, this dreadful accident came, and one of his dear ones was taken from his home. Even though it took that dreadful accident

before that mother's prayers could be answered, this one thought seemed to be a great consolation to her, that a great reformation was being worked in her husband's life, and she was perfectly reconciled, for she could see God's great love in permitting that trial to come to her home.

We also took this family many articles of clothing and I assure you they were received with hearts full of gratitude. We also placed some good reading material in the home which especially interested them, and we told them of many promises God's word contains and of His great love for us all, and that each trial we were to pass through was for our own good, could we see the end from the beginning. "For whom the Lord loveth He chasteneth, and scourgeth every son whom He receiveth." Heb. 12:6.

FAILING OF THE PLAN

LELIA PATTERSON

[Miss Patterson, matron of the medical evangelistic class, often goes with members of the class to hold services in the police station. The training these workers receive in helping those who are down is invaluable and prepares them for greater service for the Master. Ed.]

As we visit the Harrison Street Police Station each Sunday morning to conduct services there, we are made sad with the sights that greet our eyes. We find the youth there, we find the middle-aged there, and we find the gray-haired there.

Many of the inmates we found last Sunday morning were young men and young women. As I looked into their faces I wondered if their mothers had ever associated such an experience in the careers planned for their lives. Oh, no. Any mother would banish such a thought far from her mind and console her heart by thinking *her* boy or girl would always be loyal and true, and fill an honorable place in life.

But they have failed of their mother's plan for them and have brought disgrace to themselves and their parents and are securely shut in behind iron bars to await further investigation.

As I viewed the situation this thought came to me. Our heavenly Father loves us much more than these earthly mothers love their girls and boys. He has planned a life of joy

and usefulness for each one. Now are we going to fail to carry out the plan? To fail to do His will, to carry out His plan means that we become captives, locked up in the prison house of sin and there is only one way out. Our Father in His love and mercy has made provision for us. 1 John 2:1, 2 says, 'And if any man sin, we have an advocate with the Father, Jesus Christ the righteous: and He is the propitiation for our sins.' Our Father has given His dear Son to set us free, to release us from the bondage of sin. "If the Son therefore shall make you free, ye are free indeed." John 8:36.

O glorious freedom! when our Father through Jesus our Saviour unlocks the iron gate of sin and takes us out into His life of righteousness, there is real happiness, peace and joy in the Christian life.

Let us not fail to carry out His plan.

HUNTING FOR THE HUNGRY ONES

MABEL ANDERSON

Member Medical Evangelistic Class

The Lord is truly preparing the hearts of honest souls for the message of these last days. Manifestations of His love and mercy and long-suffering are still clearly seen on every hand, even in the great, wicked city of Chicago. Our hearts are filled with a longing to be able to help some of the precious souls who are still to be found there and we can praise the Lord for his answers to prayer in this matter.

Our city workers' prayer band meets every morning before we begin our day's work and in our prayers we earnestly ask God to lead us to those who are really "hungering and thirsting after righteousness," so that our time will not be spent in working for those who are not and will not become interested. We feel that time is too precious now to be wasted and we have sure evidences that the Lord is helping us.

I have ten Bible readings to give each week and if the work continues as it has the last month we will need more Bible workers. Our readers are interested and the Lord is richly blessing our efforts.

One dear sister has decided to serve the Lord and is going to be baptized soon, as a result of the work of some of the medical evangelistic girls. Her home was visited for

the first time last fall. She is very happy now and Miss Stiles and I said that we would not feel as though the efforts put forth during the whole year would be in vain if only this one soul finds such peace with her Redeemer. We are sure of a rich harvest.

Upon entering a home in which we intend to give a Bible reading, we sometimes find two or three neighbor friends, together with our Bible reader and we all then enjoy a study together. Sometimes a friend will drop in right in the midst of a study and is invited to stay. Most of them become interested and promise to come next time, which they do.

Such things are encouraging. I fully believe that the Lord's hand is in it. In this way we gain time because more than one individual has heard the message in the same length of time and thus it is that the message will spread and the Lord will cut short His work.

We meet also discouragements many times, but the Lord has said those things would come. Satan knows he has but a short time left and he is trying hard to discourage us so the work will be dropped. But we can rejoice even in tribulation because we know we are on the Lord's side and His side is much the stronger.

HELPING THE SICK AND SUFFERING IN THE WEST INDIES

FRANK HALL

Christiansted, St. Croix, Danish West Indies.

[Mr. Hall, who spent a few months in Hinsdale learning how to care for the sick in a rational, physiological way before returning to his native country, now writes us from time to time, sending glowing accounts of his medical missionary work. We publish his recent letter here.—Ed.]

To despair of life is an awful state that a person can fall into, and this is often the condition of the minds of many chronic patients whom the physicians have given up as incurable. "Hope maketh not ashamed," and when a glimmer of light is shown to these unfortunate ones, they usually show themselves grateful in the matter.

In following the example of Jesus who went about doing good (Acts 10:38; Matt. 9:36), we shall always have access to the hearts of the needy ones, and success will surely mark the footprints of the man of God.

If you are to be successful with the sick, you must first secure their confidence that the treat-

ments will do them good, and after securing this, you may proceed until the patient is better.

There are several noteworthy cases that have come under our notice since we came here, and I may mention a few.

A young man who was blind for over three years came to me one morning and after examining his eyes, I saw that they could be helped with the use of hydrotherapy. He had treatments for about three weeks, and today he can see his bed, the joints of his flooring, the light, and the rims of his spectacles. This man had been sent to us by a lady whose sister-in-law my wife is treating, a case of neuritis, "a gathering in the head" and a bad throat. This case is on the improve.

A case of rheumatic gout whom the doctor gave up as a bad job, came under our notice. This one also came out on the other side as a successful case, to the astonishment of all.

A young girl who had been in New York under the care of the physician, was sent home to her parents. Reaching home she was almost, but not quite, dead. By the scientific use of hot and cold applications, good food, fresh air and cheerful surroundings, she is now thoroughly better.

Hearing of a sick woman near by who was suffering from a malignant sore throat for eight days, I went over to see what could be done for her, and after the use of hot fomentations and short applications of ice, a foot bath, and the use of hot and cold gargles, supuration took place, the pus ran off and in a few days she became well again.

Her minister met me in her home and, seeing the good work that had been done for her, he in turn asked me for a few suggestions which he took in his notebook for future reference.

Seeing the opportunity, I demonstrated before him our treatment for heart and kidney diseases. "The only thing that this can not do is to give life," was his cheerful remark, and leaving in good spirits I thought of the good that had been done to both patient and minister.

I now have in hand a patient about sixty years of age, suffering from a severe attack of chronic diabetes. She had been under the care of several physicians of note, but they could only relieve her now and then. At this ripe

age she became very dull and helpless to herself.

As I was passing one evening, her husband called to me and asked if I would kindly come up to see his wife. I did so, and promised to return with my wife the next time in order to give her some treatments. I then went home and wrote out a list for her diet, took it down to the home and gave it to him. I am glad to say that the two weeks' treatments have made a miraculous change in her.

Hearing of the wonders that hydrotherapy is doing for these chronic cases, a woman of middle age came to inquire if anything could be done for her. Her case was chronic catarrh of several years' standing. She puts me in mind of that woman in the days of our Saviour, "which had spent all her living upon physicians." Luke 8:43. Today she is making rapid improvement, to the satisfaction of her home circle.

Despised and rejected by the physician, another discouraged chronic, hearing of the help that had been given to her friend, also came over to see the good work. Knowing she had no one to help her out in the expense, I am now using her friend as an attendant to help her through.

Chronic rheumatism, gout, lumbago, inflammation of the eyes, blindness, skin diseases of all kinds, pellagra, liver and stomach troubles, fevers, and other nervous disorders, have been helped or more or less successfully treated. The science of hydrotherapy is a great blessing to the world, but it is not half appreciated as it should be because of the lack of knowledge and confidence in its use. Nourishing food, fresh air, electricity, massage, and above all, a godly life (if possible), should accompany this valuable art in the sick room.

WHAT SOME PRISON OFFICIALS SAY

CAROLINE LOUISE CLOUGH

The many letters in this number of *THE LIFE BOAT* from prisoners give us a glimpse of the warm reception the special number of *THE LIFE BOAT* had by the prisoners themselves, but we want to present here a few statements from the chaplains and other prison officials after receiving the May *LIFE BOATS*.

Chaplain Van der Wart of the Albany County Penitentiary, New York, wrote: "*THE LIFE*

Boat came at the right time and in a good harbor. All of the inmates, both of the jail and penitentiary, are delighted with them and peruse them eagerly. May I congratulate you people of THE LIFE BOAT for this most excellent number?"

The general superintendent of the Illinois Reformatory writes: "You do not know how much I appreciate the fact you have sent these and we think they will do an immense amount of good."

The superintendent of the Girls' Industrial School of Nebraska writes: "We received the copies of THE LIFE BOAT, and I wish to thank you very much for sending them for the use of our little people and to assure you that they have appreciated them very much. It is the beginning of our vacation season and I am indeed pleased to place some good spiritual reading in the hands of our children."

The chaplain of the Indiana Reformatory writes: "The boys like this little magazine better than anything in that line that comes to the institution, and I only wish it were possible to have it regularly. Accept our heartiest thanks and good wishes."

The warden of the County Work House, Wilmington, Del., writes: "I wish to thank you for the ray of sunshine you have given these unfortunates."

The chaplain of the Kansas State Penitentiary writes: "The four hundred copies of THE LIFE BOAT arrived several days ago and have been distributed, and a great many of the boys have expressed their appreciation to me in strong words. It is an attractive edition and has that quality of uplifting inspira-

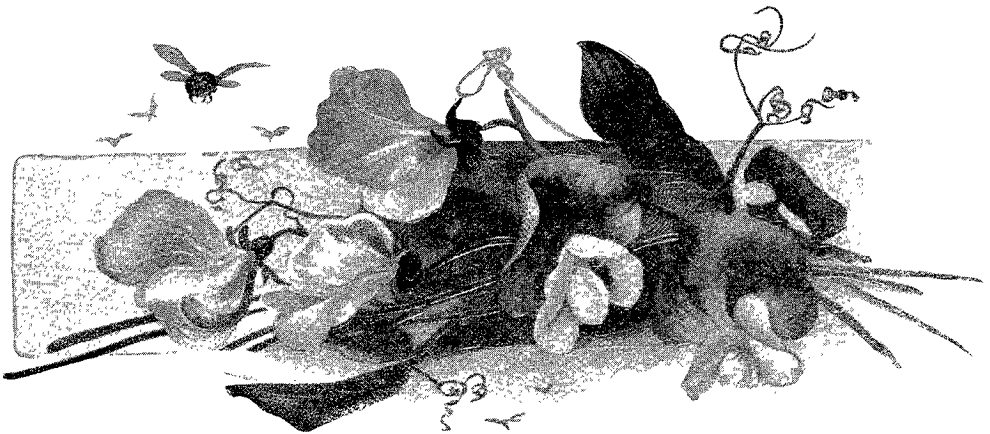
tion which reaches the prisoners' hearts quickest. Allow me in behalf of the prison body to thank you for this contribution."

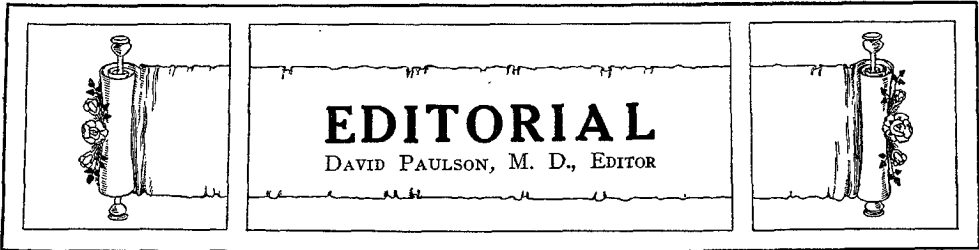
The chaplain of the Western Penitentiary of Pennsylvania writes: "Today's post brought THE LIFE BOATS. Thank you. There is no question about their being welcome. The men always have been and always will be glad to take a grip on THE LIFE BOAT. I congratulate you on this issue and believe it will be a means of doing much good."

The chaplain of the California State Prison writes: "The one hundred and fifty copies of the Special Prisoners' LIFE BOAT were received. These are very popular with the men and I am sure will do great good; and in their behalf I wish to thank you as well as to express my personal appreciation of your generous donation."

The chaplain of the Illinois State Reformatory writes: "I have received five hundred copies of the May issue. These have been sent in to our boys who are already expressing to me their high appreciation of the kindness you have shown them by your gift. We were able to place one in every alternate cell and the boys are loaning them to each other to read so that every boy can see the little magazine. Please accept our thanks and also those of our boys, for the courtesy you have extended."

We feel sure that this effort is worth while and with the Lord's blessing will lead many to turn to Christ and find salvation. We only wish that a good-sized club of THE LIFE BOAT could be sent each month into these leading prisons.





SOME FOURTH OF JULY REFLECTIONS

Primitive Christianity rendered the State loyal obedience in all things civil, but refused to obey when it entered the spiritual domain and made laws binding the consciences of men. Early Christianity not only propagated the gospel without any State aid, but did so in the face of the fiercest opposition. As the church became more powerful, civil government began to court its influence, and the church on the other hand began to seek the aid of the State, in the carrying on of its Divine commission. That ushered in the Dark Ages.

The Reformation again introduced the church to its *true source* of power and gave it a glimpse not only of religious but of civil liberty. But it remained for those who had been oppressed by both church and State in the old world to establish a government here in the new world, founded upon the eternal principles of both civil and religious liberty.

The government was only to legislate on matters purely civil, leaving alone all questions of religious worship, and not undertaking to regulate the consciences of men in their relation to their *Maker*. On the other hand, the church did not lean upon the State, seeking its aid, but it stood alone on the glorious principle that Christ Himself enunciated: "Render therefore unto Caesar *the things which are Caesar's*, and unto God the things that are God's." Matt. 22:21.

God reserved this nation to furnish this necessary object lesson to the entire civilized world. On this point, President Wilson in his recent address to the West Point graduates said:

"It was as if in the province of God a continent had been kept unused and waiting for a peaceful people who *loved liberty* and the

rights of men more than they loved anything else, to come and set up an *unselfish* commonwealth."

The Present Outlook

But this glorious picture is *fading out*. The church is again beginning to *demand* of civil government laws and regulations favoring its religious propaganda. On the other hand, politicians and statesmen are again, as at the beginning of the Dark Ages, fawning upon the church to secure *its help* to further *their* political aims and objects. The church is rapidly forgetting the lesson of primitive Christianity, that like causes will *produce* like results. Unless she speedily retraces her steps, there will be ushered in another dark age for both church and State.

There are many conscientious souls whose hearts are aching over the present outlook, who confidently believe that we have *already* advanced more than half a generation in that direction. One thing is certain; the church *always* loses its power when it depends upon *human* power.

The new Declaration of Independence is for the church to cease courting the aid and assistance of civil government and to remember the words of its Master, "My kingdom is *not* of this world: if My kingdom were of this world, then would my servants fight, * * * but now is My kingdom not from hence," (John 18:36), and for the State to declare it will forever cease meddling with all matters purely religious. If not, we may speedily expect to see the fires of persecution rekindled in the new world.

SUMMER STAGNATION

Somehow the notion is deep-seated and widespread that God can not be expected to do many mighty works during the summer. He

can make beautiful flowers. He can cover the earth with a garment of green. He can cause the fruit to ripen and the harvest of the earth to multiply, but He can hardly be expected to work such remarkable miracles on human hearts, in summer as in winter.

Consequently the churches shut their doors during the hot weather; active evangelism ceases, and even the individual Christian feels to a certain extent he can *suspend* his Christianity during the heated term.

The devil, on the other hand, becomes increasingly active during the summer. The saloons are in full blast, the pleasure resorts are made a bit more attractive and flowers are strewn on every path that leads to moral pitfalls. In other words, the devil *strengthens* his program at the very time when God's children are *weakening theirs*.

You who read these lines can not single-handedly and alone reverse this pitiable situation, but you can see to it that this wretched letting-down spirit doesn't take possession of *you*. You have a right to claim the promise, "As thy days (even the *hottest* and most *sultry* days), so shall *thy strength be*." Deut. 33:25.

WHICH IS ON TRIAL?

Chauncey M. Depew, the eminent statesman who has been so closely connected with national affairs for more than sixty years, made a most impressive speech at the recent Republican National Convention in which among other things, he said, "Today we have a great world *crisis*, in which, happily, we are not directly involved; a crisis in which civilization is at stake and Christianity is doubted; a crisis in which *eight-tenths*, at least, of the believing and professing Christians of the world are cutting each other's throats, destroying each other's properties, burning each other's cities and villages, and they are using engines of war which were regarded as the ultimate end of cruelty *five hundred years ago*."

Genuine Christianity is *not* at stake. It is not mixed up in this war at all. But the popular *professed* Christianity is at stake. That brand which is half Christian and half worldly, which really means there is no genuine Christianity in it at all, is being shown up

in its true character. Our prided civilization, which was supposed to have reached a stage of such refinement and with such high ethics that really the Christianity of the Bible was no longer needed, in fact, was beginning to be considered quite out of date; this kind is *on trial* and is found *wanting*. The question that we should earnestly settle is which kind is influencing *our* lives.

LEAVING THINGS ALONE

We are constantly meeting people who pride themselves on being conservative. They don't want things to be disturbed. Their idea is that if everything is just left alone as it is, then all will be right. The religion of their fathers, as they express it, is good enough for them. They don't need to learn anything new.

On this point President Wilson spoke some most significant words recently to the Press Club in Washington.

"I remember when I was president of a university a man said to me: 'Good heavens, man, why don't you leave something alone and let it *stay* the way it is?' and I said: 'If you will guarantee to me that it will stay the way it is, I will let it alone; but if you knew anything you would know that if you leave a live thing alone it will *not* stay where it is. It will develop and will either go in the wrong direction or decay.'"

White Post Will Turn Black

"I reminded him that if you want to keep a white post white you can not let it alone. It will get black. You have to keep *doing something* to it. In that instance you have got to keep painting it white, and you have got to paint it white very frequently in order to keep it white, because there are forces at work that will get the better of you. Not only will it turn black, but the forces of moisture and the other forces of nature will penetrate the white paint and get at the fiber of the wood and decay will set in and the next time you try to paint it you will find that there is nothing but punk to paint.

"Then you will remember the Red Queen in 'Alice in Wonderland,' or 'Alice Through the Looking Glass'—I forget which, it has been so long since I read them—who takes Alice by the hand and they rush along at a great pace, and then when they stop Alice

looks around and says: 'But we are just where we were when we started.' 'Yes,' says the Red Queen, 'you have to run twice as fast as that to get anywhere else.'

"That is also true, gentlemen, of the world and of affairs. You have got to *run fast* merely to stay where you are, and in order to get anywhere you have got to run *twice as fast* as that. That is what people do not realize."

SMOTHERING TO DEATH

Absolutely nothing is *added* to a truth because some noted man happens to state it, but it often commands the attention of some who otherwise would not notice it. It is for this reason that we quote the following helpful words from a speech that President Wilson gave at the Baltimore Methodist Conference as quoted in a recent *Sunday School Times*:

"It is a serious thing that there are so *few* minutes in the twenty-four hours when we can pause to think of God and the eternal issues of the life that we are living; for the thing that we call civilization sometimes *absorbs* and *hurries* whole populations to such an extent that they are constantly aware that they are *not* breathing the air of spiritual inspiration which is necessary for the expansion of their hearts and the salvation of their souls."

If it was necessary for Christ to retire to the mount and be alone with God in order to successfully carry on His work, it is a thousand times more important that we poor frail erring mortals should take time to step aside and commune with God. Those who do not are suffering irreparable loss. There is a great void in their life and no *healing* influence surrounds them for the benefit of those who come in immediate contact with them.

Let everyone who reads these lines earnestly take to heart this instruction for every single day of their lives: "Enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall *reward thee* openly." Matt. 6:6. In other words, secret prayer means open reward. Men will marvel at the power that is beginning to come into your life and some will desire to know the secret of it. Then you will have an admirable opportunity to point one more soul to the real secret of power.

"MOVING TOWARD A WORLD-WIDE CATAclysm"

A few days ago in Chicago, George W. Perkins, the noted financier, as reported in the *Daily News* said:

"I want to ask the people of the United States if we are not in danger of allowing this little local puddle in which we are splashing around to *obscure* events of magnitude and menace that are taking place in the world? *Every day* for two years the world has been *moving toward* a world-wide cataclysm. The added disaster of yesterday (The death of Gen. Kitchener), is only another added to the long list of such events. Every man and woman in every civilized country should be *appalled* by it all and *praying* for some way out."

Is it not significant that these wide-awake worldly men are beginning to appreciate that this old world is approaching some supreme crisis? Is it not high time that God's children, who are reading Bibles, and praying daily for divine illumination should see and appreciate at least as much as these men? And not only that, but be prepared to warn others how to escape these things that are coming upon the world?

"For as a *snare* shall it come on all them that dwell on the face of the whole earth. *Watch ye* therefore, and *pray always*, that ye may be accounted worthy to *escape* all these things that shall come to pass, and to *stand* before the Son of Man." Luke 21:35, 36.

A LITTLE JOB OF YOUR OWN

To accomplish great things on this earth it is necessary for a number of people to join hands to make it possible. It required a great organization and thousands of people working to a common object to build the Panama canal. The same principle applies to the evangelization of China and Japan.

But fortunately there is a little fringe of missionary opportunity that grows right around *each* individual Christian, and which is in a special sense his own. Nobody else can accomplish it, for nobody else has exactly the same opportunity to reach it, and the *doing* of that particular missionary work is the sweetest thing in the world. Yet I verily believe that a large number of the very people who

are helping send the gospel to foreign fields, who are sacrificing to build up God's work in general, are entirely *overlooking* that little bit of personal opportunity that is right within their reach. It is sometimes easier to see far off than to see things that are nearby.

In missionary work, if the devil can not make us blind, he will try to prevent us from seeing what is right next to us, for "The eyes of a fool are in the *ends of the earth*." Prov. 17:24. "Whatsoever *thy hand findeth* to do, do *it* with thy might." Eccl. 9:10.

Ask God to open your eyes to your *own* individual missionary field right within the reach of your hand. Many a girl who thinks her soul is fired with the possibility of becoming a foreign missionary is *overlooking* the sweet experience she could have by cheerfully doing the washing to relieve her tired mother. Many a man believes God has put a love in his heart for the lost, but somehow he doesn't succeed in convincing his wife that he has any particular excess of love for her. In his estimation she is just a bit of very ordinary commonplace humanity.

Many young people wish they had an opportunity to take flowers, tracts, and other good reading matter to the patients in some great hospital, while within a stone's throw of where they live there is some poor worn-out, half sick, more than half-discouraged, mortal, whom they are entirely overlooking.

God has given "To *every man his work*." Mark 13:34. And just such simple things as have been mentioned, and a host more like unto them, are the very missionary opportunities God Himself has thrown in our pathway. If we overlook them, we are not only *missing* some of the richest blessings He has for us, but we are *shriveling* up our own lives while we are wondering why He does not give us a chance to do great things. In God's estimation, little things are *great* things if they are performed in the spirit of love for Him.

Let no one forget that just as certainly as God has a place for us in the next world, He has a work for us in this world that in many instances we don't have to leave home in order to get a chance to do.

Long delays tire the angels: rapid moves confound the enemy.

ARE YOU SOWING?

Our workers who are selling this magazine will never know all the good that they are doing, but occasionally the Lord permits us to receive some appreciative response from this good work to encourage us and to encourage the workers who are giving their time, working early and late, to extend the precious message of the Gospel found in THE LIFE BOAT. We received one such letter recently from which we quote the following:

"A young girl sold me one of your LIFE BOATS—the May number. All I felt I could afford to pay was five cents for the copy. I glanced it over, tucked it back in my desk, and once in awhile glanced at it again, in the meantime my sorrow growing deeper and deeper. Then came a day when I had time to read it almost from cover to cover. Oh what a comfort I have received from the book. I say the last verse on the inside cover over and over again.

"I now ask that a small group of workers pray to God for a little wife who is in very deep distress. I want the dear Lord to see me through. Won't you help me to show Him that I am in earnest and ask Him if it is His will that this cup of sorrow be removed? Do help me, and if not too busy remember me whenever you can and I pray God that your work may be blessed a thousand fold."

Good Christian people have a desire to do something for their Master, but yet can not seem to get beyond their own homes. We would suggest that such set aside one afternoon a week and visit their neighbors and take copies of THE LIFE BOAT along to sell. Why not help to get this splendid magazine out into the hands of the people. One letter we received says:

"We read an article in THE LIFE BOAT about doing something to help along in the good work. We have always felt that we ought to do something to aid the cause of God, but never before have we felt such a desire in our hearts to get out and help enlighten the people by distributing tracts, and selling papers. Please send us some good advice."

We wish there were hundreds where now there is but one, giving some time each week to the extension of God's kingdom and helping others to get acquainted with the Lord,

and a good way to do this is by taking copies of THE LIFE BOAT magazine and going from door to door. The Lord can bless these efforts as He is doing now.

If there is kindled in your heart a desire to be of more use to the Master, let us hear from you.

A WONDERFUL INSTRUMENT

W. W. Goblentz, in the United States Government Service, has invented a thermometer, or pyrometer, as it is technically called, which will register the amount of heat that a candle gives off *fifty-three* miles away. The scientific use of this wonderful instrument is to measure the heat of the distant stars. By means of this instrument that is being successfully accomplished for the first time.

There are many good people who seriously doubt whether their heart's desires are felt in heaven or not. Let me ask such persons if a frail human being can devise an instrument that will register the heat of a candle fifty miles away, can it be doubted that the great, all-wise God has some arrangement up in heaven that registers the *faintest* desires and aspirations of my heart for holiness and purity? And not only that, but have I not also a right to believe that "He will *fulfill* the desire of them that fear Him: He will also *hear* their cry?" Ps. 145:19.

DOES TROUBLE DISCOURAGE YOU?

Perhaps you are having what seems to you to be more than *your* share of trouble. Perhaps the harder you have tried to be good, the *more* trial and tribulation seems to have come to you. On this point a spirit-filled writer has said:

"The enemy will contend either for the usefulness or the life of the godly, and will try to mar their peace as long as they live in this world. But his power is limited. He may cause the furnace to be heated, but Jesus and angels will watch the *trusting* Christian, that nothing may be consumed but the *dross*. The fire kindled by Satan can have no power to destroy or hurt the *true* metal."

The Bible says, "*Whom* the Lord *loveth* He chasteneth. * * * No chastening for the present *seemeth* to be joyous, but grievous: nevertheless *afterward* it yieldeth the peaceable fruit of righteousness unto them which

are exercised thereby." Or, "To those who have passed through its training," Modern Speech version. Heb. 12:6, 11.

When you once have grasped the wonderful truths contained in these words, then you are prepared to carry out the instruction contained in the next verse, "Wherefore *lift up* the hands which hang down, and the feeble knees."

All about us are those whose steps are faltering, whose hands are not merely hanging down, but their heads are also downcast because of sorrow, trouble and affliction. If your trials have begun to yield you a good crop, then you are prepared to speak words which will inspire new life to those who are in such sore need of it.

A WORD FROM AN OHIO PRISONER

"We received the special May LIFE BOAT this week and gave them out this morning to the Sunday School class. The men like them very much. I only wish that we could have gotten one thousand of them instead of four hundred and fifty, but nevertheless we are very thankful for what we did get and wish to thank every one who made it possible for us to receive them.

"We are only prisoners, but some of us are trying to live a true Christian life in this great prison, and we need all of the encouragement that we can get from our outside Christian friends, as it makes a man feel much better when he knows that some one is thinking of him, and that he has a friend somewhere in the world that he can look to for a kind word and advice.

"I am making good use of my Bible every day of my life and shall continue to do so. It is a wonderful help to me in my studies and I wish that I could convey to you how much I appreciate what you have done for me. Your letters are a great consolation to me and if you have the time I wish that you would write me often. I am always glad to hear from you."

NOTICE

Be sure and procure a copy of the book, "Ministry of Healing." It should be in every home. Price \$1.50. The proceeds help us care for the sick at the Good Samaritan Inn. Write THE LIFE BOAT for a copy.

OUR NEWS BUDGET

Dr. Ward Cooper of Chicago, spent a few days at Hinsdale recently.

Pastor R. A. Underwood of College View, Neb., who is well known to many of our Life Boat readers, spent a few hours in Hinsdale. His words of counsel were a great encouragement.

Dr. Fred H. Weber, of the Sanitarium in Boulder, Colo., called while on a trip to this part of the country.

Mr. Ramiro Garcia, professor of Spanish in Emmanuel Missionary College at Berrien Springs, Mich., was a recent visitor at Hinsdale.

Mr. L. Kader of Norwall, Mich., Miss Rebecca Dooley of Charleston, West Va., Miss Jensen of Minnesota, and Mr. and Mrs. Edgar Myers of Fairland, Ind., are among the recent recruits to the Hinsdale corps of workers.

Prof. R. U. Garrett and family from the Cedar Lake, Mich., Academy, are spending a few days at the Sanitarium.

Miss L. Lacey, head nurse in the Melrose, Mass., Sanitarium, called recently while on her way to Rochester, Minn.

Pastor O. A. Johnson of the Walla Walla, Wash., College, was a welcome visitor.

Dr. Ora Barber spent a few days visiting the medical work carried on in Rochester, Minn., by the Doctors Mayo.

Pastor W. W. Eastman from Washington, D. C., called while passing through to the West.

Miss Margaret Wintringer of DeKalb, Ill., called on us recently while on her return trip from Europe, where she has been for some time in the interests of the Temperance work.

The Sanitarium guests and workers enjoyed another one of Prof. Wager's most interesting stereopticon lectures on our woodland neighbors. Prof. Wager has charge of the biology department of the DeKalb State Normal School.

Pastor F. M. Wilcox, editor of the *Review & Herald*, of Washington, D. C., was a recent caller. Also Dr. D. H. Kress, of Washington.

Dr. W. J. Johnson, superintendent of the Paradise Valley Sanitarium, in southern California, was a visitor. Also Dr. Henry Harrower of Los Angeles.

Dr. and Mrs. L. H. Wolfson, Mr. A. C. Gaylord, Mrs. F. F. Johnson, Dr. Mary Paulson,



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.

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

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

Single copies, 10 cents.

Yearly subscription, \$1.00.

Special discounts when a number are sent to one address.

Expirations

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

Change of Address

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

Mistakes

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

Premiums

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

Rates for Advertising

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

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

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

Life Boat Magazine Agencies in Chicago

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

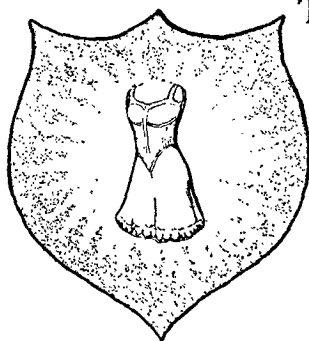
D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.

Illinois Tract Society, 3645 Ogden Avenue. Phone, Lawndale 7022.

and Mrs. C. L. Clough, attended the council of Sanitarium workers held at Madison, Wis., June 5-9.

Dr. Mary Paulson and Miss Beatrice Clough attended the meeting of the American Medical Association held at Detroit, Mich., recently.

The Sanitarium is enjoying an unusually heavy patronage. For three months or more every room in the house has been taken, including the sun parlors, which have been fitted up as bedrooms and occasionally rooms have had to be used for patients and guests in nearby cottages.



The PATRICIA — A SHIELD TO HEALTH

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

We are now able to furnish the Patricia health garment in stock sizes from 32 to 42 bust measure, made from the very best of materials and carefully shrunk before making. Write for further particulars and prices.

Address **THE PATRICIA GARMENT CO.**
HINSDALE, ILL.

WHAT WOMEN SAY OF THE PATRICIA

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

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

"For comfort, style, saving of time in dressing,

saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without them."

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

We employ no solicitors for any of the various lines of helpful work that God has committed to us. If the Lord impresses you to assist us send the money directly to headquarters instead of to any individual that is a stranger to you.

WANTED

To borrow several thousand dollars in sums of \$200 and upwards. Real estate security. Will pay five per cent interest. Address Hinsdale Sanitarium, Hinsdale, Ill.

A GOOD WISH

"While in Nashville in 1904 I had a large class in the prison Sunday school, and have since then felt a deep interest in that class of unfortunate men. I sent the one LIFE BOAT I had to the chaplain there asking him to let the men have it to read. He replied thanking me for writing, and said it had been placed in the library, and requesting me to write again. I could wish they might receive THE LIFE BOAT regularly, believing that some at least, would find in it help to a better life when they were again free."

SPECIAL NOTICE

Agents, your opportunity has come—the grandest state song ever written—the "Glory Song of California"—famous already all over United States. Only been out four months and the second large edition is now partly gone. Sample copy post-paid 25 cts. Write at once for agents' prices.
Waterbury Specialty Co., Pomona, Cal.

Excelsior Treatment Rooms

Sanitarium treatments such as electric light bath, shampoo, salt glow, shower and massage are given by an experienced attendant, at 34 South Desplains St., Chicago. Mr. Harold Kemp, the proprietor, is ready to answer any call for help day or night. Phone, Monroe 6135

"The Flower Queen"

A beautiful 3-page Soprano Solo. List price 50c. Will be sent for 25c to anyone who mentions this paper. Write to Otto Lundell, 310 Unity Bldg., Chicago, Ill.

Have You a Camera?

Let Me Do Your Developing and Printing

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

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

Quick Service Low Prices

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

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

The Life Boat Practical Health Specialties

From time to time our friends write us that they find it difficult to carry out some of our health suggestions because they can not really procure in their own neighborhoods what we recommend. To accommodate such we have undertaken to carry these things in stock and send them to our readers everywhere by parcel post, express or freight.

PRACTICAL HEALTH SPECIALTY No. 1.

Natural Rice.

Eleven-twelfths of all the mineral that God put into rice is scoured off to produce the polished product that is ordinarily eaten. What is more important, the "vitamines," the lack of which, when people are fed on rice exclusively, produces beri-beri, scurvy and perhaps favus pellagra, are also contained in the covering of the rice. But people are so used to the inferior product that grocers do not ordinarily have natural brown rice in stock. We handle the genuine article. Price, ten cents per pound. Transportation additional.

NOTE.—Natural rice requires more cooking than the scoured variety, but it is worth more.

PRACTICAL HEALTH SPECIALTY No. 2.

Genuine Graham Flour.

The white flour on the market today has been over-processed by the steel roller milling methods, and, like the polished rice, it has been largely deprived of some of its most valuable ingredients, such as the germ, its most valuable mineral salts, and vitamins. In our vicinity there is an old mill which still grinds wheat with the old-fashioned stone burrs of our childhood days, and for the accommodation of our readers we will furnish this flour in hundred pound lots for \$4.00. Freight charges additional.

PRACTICAL HEALTH SPECIALTY No. 3.

Liquid Paraffin.

Stagnation of the bowels is the most common disorder among civilized nations and is perhaps by far the most common cause of our various chronic diseases. These diseases are not readily cured for the simple reason that the real cause is not removed. The laxative drug habit is the most common drug habit among mankind. Every remedy of this kind sooner or later loses its effect and, unfortunately, in every instance does the system more or less harm. Bulky food, plenty of green garden truck, and an abundance of fruit will relieve many of these cases. But some cases have such a tendency to hyperacidity and to intestinal irritation that the liberal use of these things actually seems to aggravate the condition.

Liquid Paraffin, or what we called White Russian Mineral Oil when we imported it from Russia before the war, seems to be a veritable godsend to thousands of these cases. Being a mineral oil it is not absorbed by the body. It merely lubricates and softens the bowel contents. It can be used with perfect safety as it does not create any laxative habit. The dose is from one teaspoonful to two tablespoonfuls three or four times a day as may be necessary. It can be procured in any town, but by buying it in large quantities we are able to furnish it to our readers at about one-half the prevailing retail price.

Prices

1 Pint	\$0.35	Shipping weight.....	2 lbs.
1 Quart60	Shipping weight.....	4 lbs.
2 Quarts	1.00	Shipping weight.....	6 lbs.
1 Gallon	1.75	Shipping weight.....	10 lbs.

It is put up in tin cans so that it can be sent by parcel post. These rates do not include transportation charges.

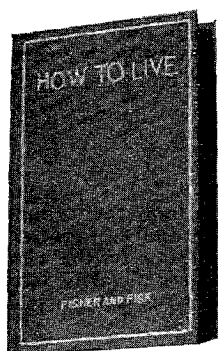
HEALTH SPECIALTY No. 4.

A New Health Garment.

So many inquiries are constantly coming to us regarding how to dress healthfully that we have decided to carry in stock a health garment that we can fully recommend. We would direct the attention of our readers to the notice on another page about the Patricia Health Garment.

THE LIFE BOAT, Hinsdale, Ill.

NEW PREMIUM OFFERS

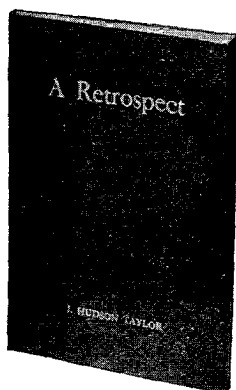


"How to Live, or Rules for Healthful Living, Based on Modern Science"

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

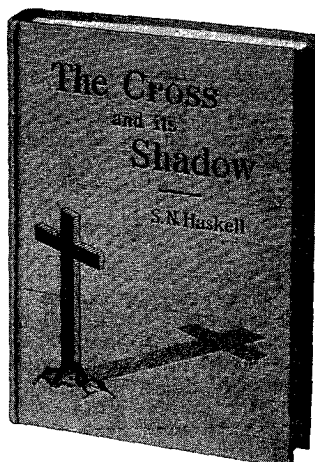
The Cross and Its Shadow

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



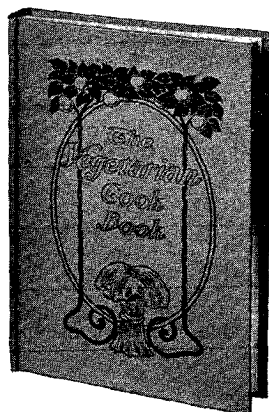
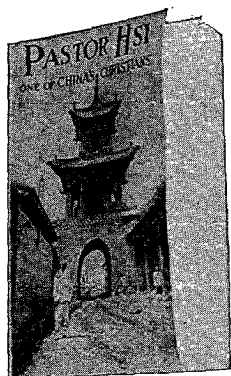
A Retrospect

This book by J. Hudson Taylor is one of the most thrilling and inspiring books on the market today. We have sold nearly 4,000 of them. Should be read by every young person who desires to be of some use in the world. This red, paper-covered edition can be furnished with one subscription to The Life Boat at one dollar.



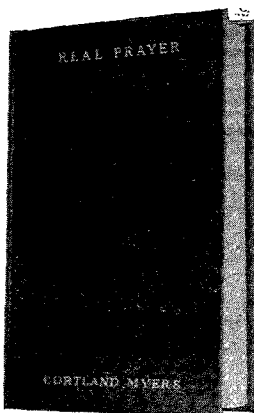
Pastor Hsi

This charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year. The author gives in a most fascinating manner the remarkable story of the life work of Pastor Hsi, the man who, after his wonderful conversion from heathenism, founded more than forty medical missionary centers in the province of Shan-Si. His remarkable faith and power in prayer has brought his work to the attention of the entire Christian world today. This book is an inspiration, and you can have it by sending us one dollar for your subscription to The Life Boat for one year.



The Vegetarian Cook Book

should be in every Life Boat reader's home. It is a splendid compilation of valuable recipes for a sane and sensible dietary. If you want to learn how to cook for health and not for drunkenness send us \$1.35 for The Life Boat for one year and this useful book. This is an unusual offer.



Real Prayer

By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and fifteen cents. Send us \$1.15 and receive The Life Boat for one whole year and this splendid book.

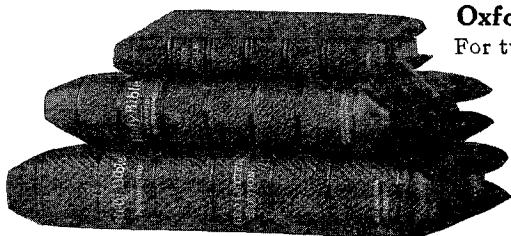


A New Webster's Pocket Dictionary

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

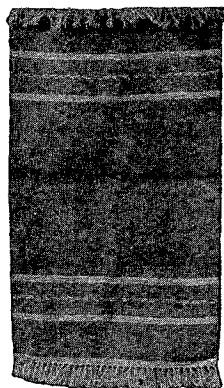
A Fountain Pen

for only one yearly subscription and 25 cents extra. Every pen is guaranteed 14-carat solid gold and will do good service. This is your opportunity to receive a good fountain pen for a quarter and only a few moments of your time in securing the subscription.



Oxford Text Bible

For two yearly subscriptions at one dollar each we offer the Oxford Text Bible, which is just a little larger than the ordinary size pocket Bible; contains six maps; size $5\frac{1}{4} \times 3\frac{1}{4}$ inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.

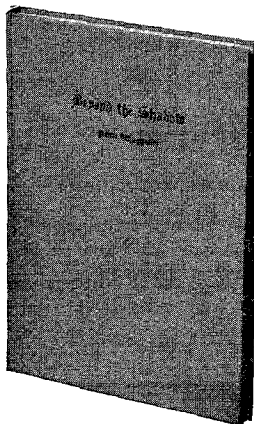


Genuine Oxford Teachers' Bible

For four new subscriptions or renewals to The Life Boat we will send you a genuine Oxford Teachers' Bible, printed on good linen paper, containing New Cyclopedia Concordance, with all helps, index, Bible dictionary, tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles. Minion type, size $7\frac{1}{4} \times 5$ inches; bound in French Morocco, divinity circuit, round corners, red under gold edges.

Red Letter Teachers' Bible

For five new subscriptions or renewals at one dollar each you can secure The International Red-Letter Teachers' Bible; self-pronouncing; contains the words of Christ in the New Testament printed in red, and the prophetic types and prophecies of the Old Testament which refer to Christ, also printed in red. It contains the combination Concordance, in which the helps are all under one alphabet. This Bible is No. 39670, size $6\frac{1}{4} \times 9\frac{1}{4}$ inches. It is bound in French Morocco, has divinity circuit, round corners, red under gold edges and extra grained lining.



high quality new material which will not fade and is guaranteed to give excellent service, given for only two subscriptions at one dollar each and 25 cents extra.

Beyond the Shadow

Miss Pearl Waggoner, The Life Boat poet, has recently collected some of her best poems and published them in book form. The book contains ninety-six pages. We will send the cloth binding free with two subscriptions to The Life Boat at one dollar each or a paper-covered copy for only one subscription. Subscribe now—before you forget it.

Beautiful Gold or Silver Watch

free with eleven yearly subscriptions and one dollar extra. This is a seven-jeweled watch, gold-filled, with a ten-year guaranteed case and beautiful design. We have placed hundreds of these watches where they are giving the best of satisfaction. You will be pleased with this watch. Send us eleven yearly subscriptions and twelve dollars cash and receive this watch.



A Beautiful Rescue Home Rug

24x52 inches, made from

Dictate to the Dictaphone

The Dictaphone is the busy man's ideal amanuensis — always there, always ready, invariably accurate, and unlimited in speed.

It saves his time, his money and his nerves.

He dictates just as he talks to the telephone and with no more thought of the instrument.

He does better work and more of it.

His typist writes more letters and better letters and does it more easily.

No office busy enough to find use for a typewriting machine is operating at 70 per cent of its potential efficiency without a Dictaphone equipment.

THE DICTAPHONE

(REGISTERED)

The primary purpose of the Dictaphone is to conserve the costly time of the high-priced man. But the same result applies to the operation of transcription.

The typist does not do more *work* but more *letters*. And the better stenographer she is, the better Dictaphone operator she will become. For skillful stenography is not a product of nimble fingers but of brains. And every quality that has contributed to making a valuable stenographer, will be apparent in her work as a Dictaphone operator.



Send for Catalog

Let Us Show You What the
Dictaphone Will Do for You

The DICTAPHONE

12 N. Michigan Ave.
CHICAGO

THE LIFE BOAT RESCUE HOME



Physicians, pastors and other workers are constantly perplexed as to how to properly extend a helping hand to the unfortunate girl. To meet this pressing need the charitable public assisted in erecting this splendid eleven-thousand-dollar institution.

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.

SUPERIOR HIGH QUALITY RUGS

Made by the Girls in the Life Boat Rescue Home, Hinsdale, Ill.



These beautiful Rescue Home rugs are made from high quality *new* materials which will not fade and are guaranteed to give excellent service. They are made in two sizes; the larger ones are two yards long and one yard wide. The smaller ones are twenty-five by fifty-four inches. They are made of dark blue, trimmed with white, or a rich brown and white, or pink and white, and other light shades for bath room and bed room use. They can be made to order in sizes and colors to suit customer.

In purchasing these rugs you are not only getting a good bargain, but you are at the same time helping the Life Boat Rescue Home and the young women in the home who make these rugs.

If you are in need of rugs for your own home, why not purchase them of us and thereby help this good work along? These rugs will also make splendid gifts to your friends.

Prices: Larger size \$2.25, weight for shipping 3 lbs.; smaller size \$1.25, 2 lbs. Parcel post extra. Address

**Mrs. C. L. Clough, Supt., Life Boat
Rescue Home, Hinsdale, Ill.**

VISIT HINSDALE FIRST



The Main Building

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

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

A work cure department.

Musical entertainments and lectures.

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

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



The Main Parlor

Let Us Send You Our Booklet "Visit Hinsdale First"

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

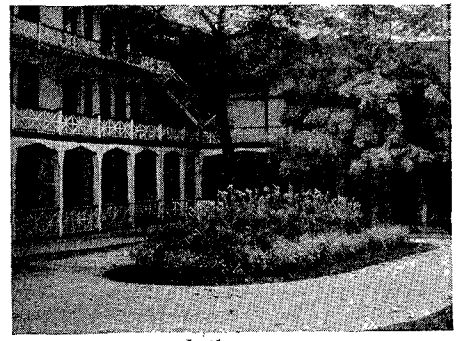
The Hinsdale Sanitarium

Phone
Hinsdale 645

Hinsdale, Ill.

Endowed by Nature Equipped by Science

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



The Driveway

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

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



A Glimpse of the Lawn