The Amusement Mania-See Page 281

OneDollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



Volume **Mineteen** Rumber Mine

Binsdale, Ill.

September, 1916

Hot Weather Reflections-by the Editor





Volume XIX. HINSDALE, ILL. :: SEPTEMBER, 1916 Number 9

Some Hot Weather Reflections

With Further Notes on Pellagra and Infantile Paralysis

David Paulson, M. D.

THE hot wave which swept the country during the closing days of July was necessarily felt with special severity in the large centers of population. In Chicago the heat death rate soon reached fifty a day and climbed to one hundred the day before the hot spell was broken. Horses fell dead on the street in about the same number.

Those who could afford to do so bought electric fans. In fact they literally cleared the market of these ingenious cooling devices. Those who had less brains bought beer. It was estimated that one hundred thousand barrels of beer were consumed in Chicago the last four days of this special heated term. Every penny spent this way was, of course, worse than thrown away.

Beer Not a Cooler But a Heater

Dr. Evans, formerly health commissioner for Chicago, now health writer for the Chicago *Tribune*, commenting upon this *foolish* expedient for keeping cool, says:

"As I write I am able to see a group of workingmen building a house. The house, a brick building, is up as far as the second story. The men are brick masons, hod carriers, mortar mixers, carpenters and general helpers. There is practically no shade....

"Every morning a beer wagon drives up and leaves bottled beer. I notice that the men drink a bottle of beer from time to time. A mason stops laying brick for a few minutes, wipes the sweat from his face, drinks a bottle of beer, looks around a bit, picks up his trowel and goes back to work."

Everyone has read something of the "Deutschland," the German submarine loaded with dyestuffs that succeeded in landing successfully on our shores a few weeks ago. Dr. Evans in his article, quotes a member of this crew as follows:

"Yes, we have beer on board, but not a drop of it is taken on stormy days or nights. There is no need for prohibition either. We have all tried_at one time or another to quench our thirst with beer in our rest hours, only to suffer the tortures of hades when we are back on our post. It makes you perspire a hundred times worse than does water and water we drink like camels."

What Is the Best Drink?

Dr. Evans continues in the following sensible words, which we commend to all of our readers:

"The workmen on this building next door will do well to listen to this sailor on the Deutschland. Beer contains four per cent of alcohol. A pint of beer contains eight-tenths of an ounce of alcohol, nearly a tablespoonful, equivalent to nearly two tablespoonsful of whisky. While cold beer *tastes* cool and pleasant to a hot man, it does *not* 'cool him off.'

"On the other hand, it *heats him up*. The alcohol and solids are burned into heat. The effect of the alcohol is to send an excess of blood to the skin. Whenever a large amount of blood goes to the skin it causes a feeling of warmth. When a man drinks beer he causes himself to feel hot. He also actually increases his body heat. He increases his chance of sunstroke at least *100 per cent*.

"The best drink for a man at work in hot

prevent acidosis, and finishes the article with this one sentence which all should remember, "Green salads and the like keep one fit."

Thousands who are exposed to extreme heat whether from the sun or from artificial sources, should especially avoid constipation



ENJOYING A COOL PLUNGE The Chicago Bathing Beaches Were Thronged With Thousands During the Heated Season

weather is clean, cool water. If the contractor next door knows what is good for him and for his men he will hire a water boy and furnish plenty of clean, cool water to the men on the job."

How to Fight Heat Stroke

Dr. Gray, the popular health writer in the Chicago Daily News, says that it is the physically crippled who are unduly susceptible to the influence of heat and mentions among other things alcoholism, dissipation, unrelieved fatigue, loss of sleep, improper food, especially an excess of protein such as meat and eggs. He particularly recommends increasing the consumption of *fresh* vegetable foods because they contain important mineral salts which as auto-intoxication is an important factor in almost every case of heat stroke.

A Glimpse of God's Great Resources

When the cool wave came it was very evident that man's puny efforts were as nothing compared to God's great resources. Without a drop of rain falling to cool the earth, God started a cool wind away off in the distant Rocky Mountains. It traveled over a thousand miles of parched territory without losing any of its cooling virtues. An hour after it reached us people were looking around for their wraps. How sweetly some of us remembered the prayer of Habakkuk "in wrath remember *mercy.*" Hab. 3:2. On the other hand, we could not help remembering that one of God's last judgments upon this sin-cursed earth will be that power is given to the sun "To scorch men with fire. And men were scorched with *great heat.*" Rev. 16:8, 9.

It is well for every one to remember that if God is to *preserve* us from His judgments then we must permit Him to *save us* from known sin now.

Another Word Regarding Pellagra

In a recent article by Dr. Evans on the causes of pellagra, after commenting on the work of Dr. Goldberger, he says:

"Recently Voegtlin, Sullivan and Myers, also of the public health service, have made a discovery supporting the opinion of Goldberger. They found that two additional factors in the increase of pellagra were the increased use of finely milled flour and meal and the custom of making bread and cooking vegetables with unneutralized baking soda.

"Prior to 1880 all meal and flour were made by grinding corn and wheat between stones. In recent years practically all of the meal and flour are finely milled. They keep better and make better looking bread but they are *deficient* in vitamines, proteins and other necessary chemicals.

"Voegtlin, Sullivan and Myers think that to get rid of pellagra the people must eat more bran and more whole wheat flour. These investigators found that cooking flour mixed with baking soda *destroyed* whatever vitamines were present. If the baking soda is fully neutralized by sour milk or cream of tartar the vitamines are not destroyed, but in making soda biscuit some *excess* of soda is often left in the dough."

These important discoveries all emphasize the fact that was called attention to in the article on this subject in last month's issue, that when people return to simple habits of diet they will be preserved from many grievious and death-dealing diseases. Some of the inventions of man have added wonderfully to the comforts of life, others are just as truly *destroying* life.

More About Infantile Paralysis

Last month I called attention to the startling fact that less than two weeks after infantile paralysis broke out in New York city a thousand cases had been stricken down with the disease and nearly *one-fourth* of these lives had been sacrificed. This terrible disease has continued its ravages until at the latest reports over six thousand cases had occurred in that center alone with a total of nearly fourteen hundred deaths. The death rate, instead of being one an hour as it was a month ago, reached as high as *fifty-seven* in one day.

One of the tragic cases reported was that of the young bride of the son of Mr. Page, our eminent ambassador to Great Britain. She had only been married two months. She lived in a home of luxury and wealth where the sanitary conditions were of course all that could be desired, yet she was stricken with the disease and in three days it claimed her life, thus emphasizing the sad fact that this disease is "no respector of persons."

Dr. Robertson, commissioner of health for the city of Chicago, visited New York to study at first hand this plague. Speaking of his visit to Willard Parker hospital, where there were 390 little children afflicted with this disease, he said:

"If Chicago citizens could see what we wirnessed in the hospital they would not hesitate about cleaning up and making our city the most sanitary in the world. The appeal of these children is a tremendous one. They are crippled for life by the disease, and the sad part is that thousands of others outside the hospital are in the same condition. It is certainly a spectacle of a *slaughtering* and *maiming* of the innocents."

A Disease of Mystery

Frederick J. Haskin, the well known author, writes:

"The growth of this disease in recent years has been appalling, and if not checked there is no telling how serious its ultimate effects may be. In the period between 1880 and 1884 only twenty-three cases were reported in the entire world, while between 1905 and 1909 more than 8,000 cases were reported. Most startling of all, over 5,000 of these cases occurred in the United States. Usually in the case of a disease which has a sudden increase in prevalence, the fact is found to be that it was simply not recognized earlier. This, however, does not apply to infantile paralysis, which is practically unmistakable. The physicians of this country are facing the rapid spread of a serious disease, of which they do not thoroughly understand either the *cause* or the *cure*."

The following is a brief summary of the recommendations made by a committee of the American Medical Association for controlling this disease:

1. The isolation and screening of all persons known to have the disease or suspected of having it.

2. The disinfection of all discharges from the patient and all articles used by them and their attendants. Especially does this apply to the nose secretions. Flies must not get to any of the discharges.

3. After the patient has recovered, wash the wood work with carbolic disinfectants, clean with soap and water, sun and air.

4. Exclusion from school of members of patient's family during continuance of the disease and for three weeks after the last contact.

5. Susceptible people, and especially children, should be carefully dieted and otherwise cared for that they may be in the best of health and therefore better able to resist."

Sound Health No Protection

The discouraging part of all this sensible instruction is the statement by Dr. Simon Flexner, head of the Rockefeller Institute and perhaps the world's greatest authority on this disease. He says, "Infantile paralysis seems to pick the strong and well children in preference to the weak. Vigorous health seems to be *no protection* against the disease."

Another discouraging feature is the fact that it is now well known that persons in perfect health can be infantile paralysis "carriers." In other words, they may carry the disease about in their nasal secretions and thus spread the disease everywhere, and yet be totally ignorant of the fact. Thus far infantile paralysis comes very near presenting a solid stone wall to the attacks of medical science in its present stage of knowledge. On this point I quote the following from a recent issue of the New York *Christian Herald*:

"The battle with this epidemic has been dramatic. The disease is one which baffles the medical scientist. It has been known a good many years and has left its terrible imprint upon hundreds, in addition to its greater toll of deaths. But it is still, to use a familiar figure from the scriptures, like the wind, which 'bloweth where it listeth, and we hear the sound thereof, and know not whence it cometh nor whither it goeth.""

At present this plague seems almost like a scourge of God, but Providence may permit light to break in ere long and some means may be discovered of at least reasonably controlling it.

Two men looked out from prison bars. One saw mud, the other saw stars.



The True Story of a Thief

W. C. Hankins

Kulangsu, Amoy, China

A BOUT ten years ago, in the village of Hiu-e, near the city of Foochow, China, there lived a man by the name of Lim Te-ko. He was a man of great natural shrewdness and had the massive head of a statesman, but, being uneducated, and his income not being sufficient to supply the wants of his family, the man determined to become a thief.

He was no ordinary sneak thief, but boldly stole what he wanted, and in such an open way that everybody was convinced that he was the one who had taken the stolen articles. At one time there were about fifty different men sueing him before the magistrate, but the cowardly official did not dare arrest him, so great was his fame and the terror of his name.

Now, near the home of this man there was a mission chapel and a Christian school, and he looked upon both with all the contempt and hatred that one who is evil naturally feels for that which is good, and he did all in his power to hinder and annoy both the church and the school. But in doing this work he learned one great thing, and that was that the Christians believed in a Supreme Being to whom they prayed. Just one little seed of truth dropped in apparently barren soil, but it was destined to yield an abundant harvest.

Days of Sorrow and Trial

Soon days of sorrow and trial came to the home of Te-ko. Sickness came to his family, and the sickness was followed by death, and this was followed by other troubles till the proud spirit of the man was almost crushed. God was cultivating that little seed.

Finally the burden of grief and trouble became so heavy that he felt he could no longer bear it alone, so he determined to see whether it would do any good to pray to the Christians' God. So he prayed, and the Spirit of God came down and touched his heart. The old spirit of pride, hatred and covetousness was taken away, and to

him was given the spirit of a little child. He was born again, and born with a marvelous faith in the power of prayer. He at once turned all his powers to serve his newly found Saviour, and was just as energetic in doing good as he had been before in doing evil; but in all that he did, he relied wholly on the power of prayer.

Heard His Own Name Mentioned

The writer heard him tell an instance of how an enemy of Christianity was overcome by prayer. A certain man was doing all in his power to break up a school that Te-ko had helped establish, and had been doing many things to annoy the pupils. This matter had been brought to Te-ko's attention, so he called the students together and planned with them that they should all pray for this man every day. One day the man was sneaking around the school to see what mischief he could do, when he heard one of the students praving. He drew nearer when he heard his own name mentioned. Later on he overhead others of the students praying, and each one prayed for him. This troubled him very much, and the Spirit of God so worked on his heart that he was converted, and came before the school weeping as he asked them to forgive him.

Although Te-ko was uneducated when he became a Christian, he immediately went to work to learn to read and write, and can now read the Bible and write ordinary letters. When the light of present truth was carried to Foochow by Pastor Keh, Te-ko heard of it, came to inquire, and accepted the truth.

A Wayside Soul Winner

A short time ago he was bitten by a mad dog. He went to Shanghai for treatment. On his way he was surrounded by many of his own countrymen who could speak the Foochow language and who did not believe in Christ. He labored among them incessantly with such zeal and faith that two of them were converted. In the crowd there was a man who could not speak Foochowese, but spoke Mandarin. This man was so impressed with Te-ko's earnestness that he asked a fellow passenger what it was that he was advocating so earnestly. On being told the substance of what he was talking about, the man was much impressed and promised to study further into the matter when he reached home.

His One Request

Having been cured in Shanghai, Te-ko returned home. He was invited by Pastor Keh to come and stav at the school for He did so and organized the a while. students into a band for daily prayer, so that about thirty of them rise earlier than usual every morning, and spend an hour together in praving for the conversion of their relatives and friends, as well as for other students in the school. Thus this man who learned to know God through praver is teaching others the same road. and wherever he goes he teaches the power of God to hear and answer prayer. He has but one request to make when he meets vou. He wants neither money nor influence, but he earnestly asks that you will remember to pray for him. And so, dear friends, whoever you may be, and wherever you may be when you read this, let me pass on that request to you, and ask you to remember to pray each day that God will bless the work of the "converted thief."

OFF FOR THE INTERIOR OF CHINA DR: FRANK A, KELLER

DR. FRANK A. KELLER [While at the University of Michigan I first met Frank A. Keller. He came there from Yale to talk in the interests of the Student Volunteer Movement, which was then in its infancy. I was impressed with the spiritual power that attended his presentation. Later while completing my medical studies in New York city I was so fortunate as to live in the same home with Mr. Keller, who was then also taking a medical course. Our hearts became closely bound together in cords of Christian love. Later he went out to China as a medical missionary. The Lord wonderfully blessed his efforts. Some years ago he was compelled to return home on account of the illness of his aged father, who has recently passed away. He now returns with his aged mother to China to carry on missionary work on a still larger scale. I quote the following from a letter written me just as he was about to leave.—Ed.] A generous gift from ear of Carl's convents

A generous gift from one of God's servants makes it possible to continue the Hunan colportage work on a greatly enlarged scale, and as my mother, now past eighty, has decided to go to China with us we will be able to resume personal charge of the work without delay.

God willing, we will sail from San Francisco on the morning of August 20.

On August 26 we hope to spend the day on shore in lovely Honolulu. After that we have twelve days on the Pacific; then a few days in beautiful Japan and her wonderful inland sea, "That fairyland of islands and temples and trees." We are due in Shanghai Thursday, September 14.

I will go right on to Hunan. The Hunan autumn Bible school and scripture distribution among the pilgrims will go on as usual at Nan-Yoh, the "Sacred Mountain," from September 6 to 26. Mr. Hsiao will be in charge and will be assisted by several missionaries. We expect about eighty evangelists from the various missions in Hunan to attend the Bible school and help in the distribution and personal work. Please pray for them and also for our colporteurs, who will begin their regular work October 1.

We hope to have three boats this year and more later, ten men and a leader on each boat, working in different parts of Hunan. After the morning Bible and training classes the men go out two by two to visit homes in unevangelized districts. We will touch over 100,000 homes per year and leave a copy of the scriptures as a free gift in each home visited. I will divide my time between the three or more boats, living and working with the men.

THE NEGLECTED MAN

DR. W. E. BARTON

[Dr. Barton, who is editor of *The Advance*, was a frequent visitor at the Hinsdale Sanitarium while Mrs. Barton was a patient. Occasionally Dr. Barton conducted the morning service in the parlor. In one of his talks he paid a beautiful tribute to the man of only two talents spoken of in Matt. 25:15. We publish the following from his study.—Ed.]

I want to call your attention this morning to a neglected man, the man with the two talents. Ten thousand sermons have been preached about the man with ten talents, telling how important it is that he be true to his trust and measure up to his responsibilities. At least a hundred thousand sermons have been preached about the one talent man, censuring him for wasting the one talent; but the man with the two talents is neglected. Hardly anybody preaches sermons about him. He is a neglected man in all the relations of life. He seldom gets his name in the paper. He is neither good enough nor bad enough, rich enough nor poor enough. He never gets into jail and is seldom among those present at prominent social functions. He is not rich enough to be a skillful tax dodger, and not poor enough to be exempt.

He bears burdens from which people who are better and worse escape. He pays far more than his proper share of taxes; bears more burdens than reasonably ought to come to him. He is just the average man.

The interest of the world is focused on the other two. The printed page is wholly given over to the man with one talent who wasted it, or the one with ten talents who invested it, but fails to mention the one with two talents.

Really, the man with the two talents needs to have more said about him. He is not a man of abounding health. He doesn't go through life like an athlete. On the other hand, he is not an invalid. There are certain things he can do with impunity and certain things he can't do. He has two talents.

He can not buy everything he wants; he has to choose between the two or three or a dozen things he would like to have, and select one; that is all he can afford. And very often he gets more good out of the one than the man who gets all the twelve things, if he desires that many.

What wonderful things he has done in the world! How he has gone before the main body of mankind, as the nameless pioneer; as an unsuccessful inventor; as the man who made experiments, but never quite achieved the result. Some one came after and completed the things he began, patented them and got rich, but the one who went ahead and laid the foundation by making experiments, one or two or ten or a dozen or a hundred, got very little credit.

Our fathers and grandfathers were not, many of them, people who got into jail; and not many of them, either, people who got into "Who's Who." For the most part the people who have gone before us and

for whom we ought to thank God, were people with two talents. Not the one which they wasted, nor the ten with which they achieved wealth or fame, but just the two which they used, frugally, wisely, and for the welfare of mankind.

It is only the occasional man who can have ten talents, and, thank God, it is only the occasional one who loses the one talent. There are many more who employ their talents reasonably well than who waste them altogether. And it is upon the great body of middle class people who are not distinguished for anything in particular that the world depends in peace and war for the foundation of society.

It is not to the credit of the world that it has spent so much time in eulogizing the man who used the ten talents well; and it is not altogether to its credit that it has spent so much time denouncing the extravagance and folly of the man with the one talent. Far better that we should repose more confidence in the average of our fellow-men; believe in the capacity for goodness of the average man and woman whom we meet. The people we are tempted to despise because they have nothing in particular to distinguish them are apt to be the people on whom we must rely and the people on whom God relies for the most part for the bringing in of the kingdom of our Christ.

Whatever we have and whatever we lack, we all have at least these two talents: the capacity for trusting God and the ability to radiate this influence which shall make for the bettering of our fellow-men. Those two talents are the irreducible minimum of every one of us. One hand that reaches out into the unseen to grip the hand of God, and the other with which we may reach out and take the hand of our fellow-man to help or to be helped. Let our prayer this morning be that these two talents, for which let us thank God, and which are committed to every one of us, be wisely used this day. And let us remember that to the man with the two talents, just as truly as to the man with the ten talents, the Lord said, "Well done, good and faithful servant; enter thou into the joy of thy Lord."

How Atchin Went Dry

C. H. Parker

Suva, Fiji

G ROG had been sold to the Atchin, New Hebrides, people for a long time. One day a French trader came. He brought a great quantity of the stuff and got the natives to trade their copra (dried cocoanut) for his firewater. It was a fearful sight at night. The natives were fired up to hellish madness and insanity, yelling, dancing, jumping up and down, shooting, falling along the path as they attempted to go home; his home, made him cruel, caused him to do things that he did not want to do, even to killing his own wife and children. How it took away his property, clothed him in rags and finally cast him as a wreck behind the prison bars. I told them what God had said in His word how drink deceived a man, took away his reason, and finally plunged him into the awful abyss of eternal destruction, and at the end was only the serpent's

bite, and the adder's sting.

I asked them the question, "Where is your copra?"

They replied, "Me no got." "Where is it?"

"Trader, he got."

"What have you got?"



A Group of Atchin Boys Taken After Celebrating a Heathen Ceremony

some being supported, and others being carried by friends. The Frenchman seemed to revel in their maddened condition and would say, "Sopon kele" (some more). The night was made hideous by the awful yells and blood curdling shouts.

The result was the trader went away the next day with a rich spoil of copra which represented weeks of hard labor upon the part of the natives. He promised them he would be back the next week with another supply of firewater.

The second day after that frightful night I gathered all the natives together at our mission house. I showed them from charts the effect of grog on the human system. I told them how it cursed the white man. How it destroyed his manhood, broke up

Heathen Ceremonies-The Meeting and Exchanging of Presents

"Me got something here," pointing to their stomachs and heads.

I told them that they had the power in their own hands to continue the liquor traffic or to stop it. I told them to go away and talk over the matter among themselves. They went away and in two hours' time they returned, saying, "We have decided that no more liquor shall be brought to Atchin." We thanked God and took courage. We prayed much for the natives that God would give them strength of character to say "no" when the test came the following week.

The day set the French trader came back. He fired off his dynamite bomb, fit emblem of his Satanic business and work. The natives brought their copra and sold it to him. Finally they had all his money. Then he brought out his grog and handed it to the natives, saying, "Come now, boys. I have given you all my money and you have not bought a thing from me." The natives simply smiled cynically. He said, "Come, boys, come on. You know how happy it makes you feel." One man spoke up, "My people are sorry a plenty. You make them fools the first time, but you no sorry, you come again."

The trader said, "Who make you sorry?"

The native said, "Him, the missionary. Him make me sorry. Bo-mulu (you go). Come along Atchin, bring knife, cartridge, mus-



Carved Figures Set Up to the Dead With Stone Sacrificial Altars in Front

ket, rice, biscuit, kerosene and calico, you come, grog no."

From that day to this and that is three years ago, we have had no cause to think they have touched grog again. So Atchin stands dry, praise God.

If God can so marvelously deliver the poor, wild, naked savage, what can not He do for a man with all the natural advantages of a white man?

Religion that is pure is a hot thing; and it usually burns the fingers of those that fight against it.

MY SADDEST EXPERIENCE!

R. HARÈ Australia

In the work among the people, gospel ministers meet with many sad sights and sorrowful pictures of life. One of the saddest experiences that come back to memory is that of a lady with whom I was well acquainted. She was intelligent, refined and educated, of queenly appearance and beloved by many. Her husband was a man of good address and who provided well for his home. By recommendation of a friend a little wine was used as medicine in the home during a time of sickness. It left a desire that she afterwards gratified. But the feeling became her master. Then step



Yam Decoration of the Heathen Dancing Ground

by step her life became subject to the power of a destroyer.

All that love could do was done to prevent the disgrace and ruin threatened. But when every other resource was cut off mentholated spirits were employed to stifle the

craving.

Months passed, but the dark scene only grew darker. Love, education, home ties, social standing, religion, all were forgotten and cast aside in deplorable subjection to this one appetite. Finally the crisis was reached and on a wild stormy night, dressed only in her night gown, she stole from the home where her watchers thought her asleep. With a brain feverish and bewildered, she sought for some place where the drink might be obtained. The rain poured down in torrents and finally, bewildered and lost, she fell among the trees in the park. There they found her cold and stiff in the morning.

As a friend of the family I was called upon to officiate at the funeral. A few mourners followed to the cemetery. Again the rain poured down in torrents and as we stood round that grave, with the water flowing into the sepulchre and the distant thunder rumbling in requiem, the awful sadness of the scene was almost too much for the heart to bear.

Then we laid her away, the coffin floating like a boat in the storm, but with no hope of her ever reaching the other side.

A life, bright and beautiful, wrecked, love

never can thank the Lord enough for the little part in the work on the camp ground the Lord gave me to do in talking and praying with different ones.

Miss Fuller, Superintendent of the Woman's State Prison, drove out in her car, in the rain, to ask me if I would not hold a service on Sunday for the women in the prison. I asked Pastor Hubbard to speak. Prof. Osborn played the piano and Miss Kegebein sang the song, "He Will Hold Me Fast," which was enjoyed by all. Mrs. Clough and myself had the privilege of going to every woman personally and shaking hands and giving them



The Illinois Woman's State Penitentiary

torn asunder, home joys all trampled under feet, the day all gone and the night black without a star. I could not read one word of consolation for there is no flower of hope can ever blossom over the drunkard's grave.

A VISIT TO THE WOMAN'S PRISON

MRS. D. K. ABRAMS, 3529 Cottage Grove Avenue, Chicago

Two weeks before our camp meeting at Joliet I prayed that as a result of the meetings souls would be saved and that the Lord would use me in some way or other to honor and glorify Him. The Lord surely heard and answered my prayer, for it was the best camp meeting I ever attended. I tracts and LIFE BOATS and talking to them about their souls. Hearts were touched and the women all enjoyed the service. The Spirit of the Lord was there in mighty power and the matron said she never heard a better sermon.

How good the Lord is to give us favor with the prison officials. Pray for this superintendent, for she is doing a noble work for souls and she loves those souls. I pray God will give her a rich harvest of souls for her work and labor of love. Also pray for those women who are there because of sin. Some have been more sinned against than sinning.

There is a mother serving a sentence

there whom I have talked with and prayed with. She gave me her daughter's address and asked me to visit her, which I did, and she has been to see me. Pray for this girl and this mother, for Jesus loves them and wants to save them. Pray for others that I am corresponding with, who are shut in behind prison bars and who need our love and sympathy in this their affliction.

I have been corresponding with a nurse whose sentence expires soon. She has given her heart to God and has been doing faithful service for Jesus while in prison. I believe God has a work for her to do, for she is such a capable girl. She can do things, and the world is in need of such workers.

I have been getting so many letters from my brothers in prison, and having so much to do I did not see how I could answer them all, so I gave them out to others of my Christian friends, who said they would be glad to write them. It is sad to see these educated men and women in prison when they could be doing so much good in the world. All we can say is "See what sin hath done." God's Word says, "As we sow, so shall we reap."

BURNING OUT THE DROSS

(From the Waupun, Wis., Penitentiary)

"In the May number there appeared several letters written by inmates from various prisons. They all teem with the patient, hopeful assurance of Christ, but between the lines may be seen throbbing hearts and penitent souls; hearts that ache from long suffering, and jubilant souls that rejoice in their newborn freedom from the bonds of sin. The most pathetic seems to be a short letter from a forlorn brother, who writes from the prison at Deer Lodge, Mont.

"He writes he has much to be thankful for. He pens it twice in his little letter. And then he faithfully promises 'not to complain any more,' adding woefully: "Time isn't going to last much longer.' With a vivid picture in mind of many happy dreams and earthly plans, he dolefully concludes the little missive with a sigh—one of those deep, stirring sighs —'All is gone.'

"Cheer up, brother; don't take it so hard. I have suffered your heartaches, tasted your bitter disappointments. They rend without mercy, they tear at the delicate fibers beneath the skin, but, like mine, they are only the fires of heaven burning out the dross.

"I would a thousand times rather be in prison and on my way to heaven than at liberty and on my way to perdition everlasting. And that is the road that I was on before I got here, and I was traveling fast. Like yourself, I have much to be thankful for, and not only will I cease complaining, but I mean to be content.

"Now, I am going to tell you something else. In my cell I have a little library; it is small, but in it there are stories that tell of a weeping mother, loving father and a pleading, bleeding brother. It also tells of a cross that we must carry, but best of all it beckons us onward and upward with a star-set crown. I don't need to tell you the name of this library, but I will. It is my reference Bible. I read this book; I study it. As I trace the references from place to place it thrills me; it buoys my longing spirit as I learn that after all it is the only guide to happiness. We have to study that guide, you know, and as we do we come to love it as we would a bosom friend."

A WORD OF THANKS FROM A PRISONER

"These LIFE BOATS are always good, and the reading of them is enjoyed. I am confident much good follows from the careful reading of the LIFE BOATS, and I wish to thank you on my own behalf as well as on behalf of the inmates."

WANT MORE

(From the Connecticut Penitentiary)

"It affords me great pleasure in writing a few lines to you. I received your kind and sincere letter and enjoyed THE LIFE BOAT and also those leaflets. I found them very interesting and sent them from cell to cell and the other boys read them and liked them so well that some of them asked me to send for some more.

"Your letters give me more courage and consolation in my unfortunate circumstances and your correspondence can always be of great help to me here and elsewhere."

Crime and the City Boy

J. K. Codding

Warden, Kansas State Penitentiary.

[We wish all our LIFE BOAT readers could have heard the masterly address given by Warden Codding of the Kansas State Penitentiary, at our Hinsdale Chautauqua, Sunday evening, July 9. After years of experience in handling the criminal, Mr. Codding was able to tell his audience the fundamental causes for crime, thus pointing out the remedy. We publish here some extracts from that talk, not to give our readers a glimpse of prison life, but as a warning to parents and especially those who feel disposed to give their children an easy time. Mr. Codding speaks of his experience in dealing with the American boy. We have had experience with the American girl. We find that a large per cent of the girls that come to the Life Boat Rescue Home for shelter are not taught to work at home and are not taught the fundamentals of right living.—Ed.]

FOR a lifetime I have been handling the criminal. As a boy of seventeen I became an officer in the state. Later I became a prosecuting officer and seven years ago I became the warden of our penitentiary.

Last year there were ten thousand murders in the United States. Chicago averages a hundred and twenty murders each year. Murder has increased two hundred per cent. It cost \$175,000,000 last year to educate our boys and girls in school and it cost \$190,000,000 to care for the criminals that are locked up. United States has the only crime problem unsolved in the world, in fact, it is the crime country of the world. You may say that is because there are so many foreigners pouring into this country, but that is not so. There are no foreigners in my penitentiary, except a few Mexicans, and night before last when I left my institution I had nine hundred prisoners.

The crime problem today is not with the foreigners in our midst. The foreign boy is taught two things in his home which keep him out of the penitentiary—he is taught to *work* and to *obey*. Those two things are not taught in the average American home.

The criminals today are Americans from American city life. The American people have swung from rural life to city life. Today our nation is run by the cities. During these years we have also swung from rural strength to city strength. The nine hundred in my institution are American born. One-half of them never were in Kansas. They were caught going West from your state and from other states. Sixty-eight per cent are under thirty years of age. Seventy-seven per cent used liquor which is the cause of their downfall. Fifty per cent were idle. The illiterate were thirty per cent. Last year fifty per cent of all the people arrested in your own state were physically defective and the other half were mentally defective.

The crime of the world is committed by the boy that has made an unwise choice of his parents. The average city family is generally from one to six months behind their income and still going. The result is the city father is so busy that he turns the training of the son over to the mother. As soon as the boy is old enough he goes out into the alley. Street life in the city has more to do with the unmaking of boys than anything else. The city boy does not have work enough to do.

Last summer when up in Wisconsin I visited the bankers in one town and asked them how many of the boys in their city they take to train in their business. They said, "Not one." I asked them where they got their recruits. They said, "From the country," The country boy had to work when he came home from school at night and he had an appetite for supper. In the morning he had to do chores before breakfast and on holidays he was kept busy all the time. And then he had a farmer father who loved the companionship of his boy.

The Arrival of New Recruits

I had been a warden for some time when one day I was looking out of my office window and I saw an officer with seven prisoners coming up the walk. As the party came clanking up I opened the door and they came in. I told the officer to take them into an adjoining room. They all went in there and I followed and locked the door. I ordered the irons taken off.

I then gave orders to search the fellows and take the dangerous weapons off of them. They said they had been searched two or three times. I said, "Search them again. They have plenty of dangerous weapons." They did, and found on them nearly a peck of tobacco, cigars, cigarettes, etc., the most dangerous weapons in the world. We do not allow them to smoke in our penitentiary. We are trying to make something out of these boys and find we can not do it as long as we allow them to smoke this dangerous stuff. At the foot of the class stood the subject of my sketch tonight.

The Story of Joe, the City Boy

He was tall, lean, lank. I could see that it was the first time he had been in an institution like that. He looked at the iron bars. His face appealed to my sympathy. But prison officials have to have hard heads and soft hearts.

The following morning these men came to the warden's office one by one to be interviewed and Joe, the city boy, came in. I said, "Your name is Joe." He said, "Yes."

"Do you know what I brought you here for?"

He said, "To punish me."

"No, to help to make you better." I said, "My boy, I want to get down into your life and you sit down here and we will talk it out." Little by little I gained his confidence and finally his story was told. It took an hour and a half. He was born in an Ohio town. His father was a skilled mechanic. His mother was queen in the home and a slave as well. She would say, "Come Joey, dear, it is time to go to bed." But Joe would not come. One night his father came home from work, sat down and wanted to read the paper. Then the usual trouble began. The father said, "I am going to warm him up." The mother said, "Don't, he is the only boy we've got. He may die." So Joe did not get the training he deserved. Then he got out on the streets and saw some men (near-men) on the streets and picked up their language. Finally he went to school. He could do nothing there because he had missed the fundamentals at home. He dropped out of school and spent his time out on the streets. When he came home he would turn his things upside down. But he had a good mother. She loved him so much that she was willing to spoil him.

Fled When Asked to Work

One day the father was brought home with a broken limb. Joe watched the doctor set the limb. But when the doctor went away Joe went away and he did not come home for the noon meal. He came home late at night. His father said the next day, "Come in, Joe; I want to talk to you. This is hard work for 115. Our home is not paid for. The foreman of the shop has been up to see us and he says if you come down to the shop in the morning he will give you work to do. And if you can go it will be a wonderful help just now." It was hard work at the shops. Joe sat there and listened. The idea that he, Joe, an American boy, would be expected to go down there. No. never. He went out. But through his American mind went some thoughts all his own. About nine o'clock at night he came back and looked in through the window. There he saw the father resting and the mother asleep. The first rest they had had, and the boy said to himself, "Here is where I get away."

Got Fifteen Years in the Penitentiary

He crept in and got his little belongings and went out and got on a freight car and started for Kansas. Day by day he was beating his way on that road. When out in the center of Kansas he got off through a brakeman's kick and a crook got off with him. The crook said, "Boy, have you got any money?" "No." "What you got there?" "Just some of my belongings." Then this spoiled American boy came down with that crook to a baggage car and stole something to eat. The next day each boy got fifteen years in the penitentiary. Thus, on this day he stood before me in my office, not a criminal, just a city boy.

"Never Cut Out for that Kind of Work"

I sent the boy out and told the deputy warden to feed him up for three or four days and then put him in the coal mine. He had been down there just one day`when there walked into my office the deputy warden with this Ohio boy. The deputy warden said, "He has quit." The boy said, "I was never cut out for that kind of work." I said, "What are you cut out for?"

We have had a spasm of prison reform down in our state and one of the laws is that we can not make a man work. I said, "I can not make you work."

The boy said, "Yes, they told me that down in the mine."

"But," I said, "I must be a guardian of your health. Overfeeding and no working would be detrimental to your health, so I must put you on a non-work diet." I sent him up to his cell and ordered good bread and water for him. I did not see him for forty-eight hours. After that the deputy warden came and said, "Your Ohio boy wants to see you." I went up.

"Well Joe, what do you want?"

He said, "I am hungry."

"What are you going to do about it Joe?" He said, "If I had all I could eat I believe I could get that coal."

So I fed him up and then put him into the coal mine to do a half task each day. For six weeks I never heard anything from my boy. At the end of the sixth week he had to get a full task of coal. The next day in came the deputy warden with my Ohio boy behind him. And the deputy said. "He has quit again." The boy with his American manhood said, "You fellows are bigger than I am. You can kill me, but vou can't make me work."

So I sent him up to live on a non-work diet. Forty-eight hours went by. He called me again. The first thing he said was, "You are going to stay with me until I get that coal. Another thing, I have to stay here fifteen years. If I do the best I can about how long will I have to stay here?"

I figured up and said about three years.

He said, "I think I can do it."

I said, "I have enough of it if you have."

The next week I put him out in the yard. At the end of the week I put him in the mine. At the end of the next week I said, "How's that Ohio boy making it?" They said all right. So that is the last I heard of any trouble with that Ohio boy.

Found the Only True Reformation

Later I found my boy over in the night school where five hundred others are studying to make up lost time. Here he was studying bookkeeping, penmanship, shorthand, etc. I went up into our Bible school and there over in a bunch of new recruits sat my Ohio boy. I know that the boy who goes out of the penitentiary without the Bible leaves it to come back. There is only one reformation after all and that is the reformation of the new life in Christ Jesus.

After a while I needed a stenographer in my office, which is outside of the wall. I never had a better helper than Joe was.

The three years rolled by. He was about ready to go out on parole. His father had died. Just his mother remained. I said. "Have you any relatives that will sign your parole?" He said, "I have an uncle. He is a good man but he don't like me. Write to him and tell him how I've tried to make good." I said. "I will write to him that you have made good." So I did. In a few days I got a letter from his uncle, saying:

"He is where he ought to be. If he has made a success there, keep him."

I looked out over the state. I wanted to find a man that was so everlastingly straight that it was safe for a boy to follow him. While I was hunting for that kind of a man and not getting him. I got another letter from that uncle's home, this time from the wife. She said, "My husband and I have never agreed about Joe. I have always felt that if his parents in early life had taught him to bear burdens in the home Joe would have been different. I thought Joe was the wrong one to send to the penitentiary. You may send him to me. I will find work for him. Let me know when he is coming."

Joe got ready to leave. He was a cleareved, clean, Christian young man,

I said to him, "Joe, what about your city? Were there any cellars or deep holes in your town where the cows could fall in?" He said. "No."

I said, "Joe, were there any places in your city into which an eighteen-year-old milliondollar boy could fall?"

He said, "Yes, lots of such places. And I fell into all of them."

So he gathered up his little grip and started out into a world that would never receive him, and to fight the unequal battle.

I sent him on to this aunt. He is now living with his mother and is working on the railroad.

I trust God will hasten the day when they do not send boys to the penitentiary to get their training, and when our cities will be made as safe for the million-dollar boy as they are for the sixty-dollar cow.

[&]quot;'Twixt failure and success, the point's so fine, Men know not sometimes, when they touch the line. Just when the pearl was waiting one more plunge, How many a struggler has thrown up the sponge?

There is no failure save in giving up; There is no defeat save from within. Unless you're beaten *there*, you're bound to win."

A BLESSED MINISTRY

BY THE CITY WORKERS [Some of the members of the new medical evan-gelistic class, which was organized in July, are already having rich experiences in the city visitation work. Their own souls are watered as they try to help others in need. The young people who compose this class are, we believe, without an exception, thoroughly consecrated and have felt that the Lord has defi-nitely led them to this work. We ask our readers to remember this work in prayer and with their means if they feel so impressed.—Ed.]

If you want a real burden for souls just There you will be take up city work.

fest in the work. The doors seemed to be opened before us and we are welcomed into the homes as friends. We have the privilege many times of helping some one; and even when refused we can give a friendly smile and a pleasant word.

The blessing of the work is two-fold. As we help others our own souls are being enriched. Upon returning from the city,



The New Medical Evangelistic Class

brought into such personal touch with the suffering and needs, both physical and spiritual, of humanity, that you will come to realize the great need the world has of the Saviour and His ministering angels.

As we visit from house to house and make our errand known we find those who are longing for some one to listen to their troubles and to give them a word of comfort and hope; others are sick and in need And sometimes we find of physical aid. one who is interested in knowing what these things mean which are now taking place in the world.

The presence of the Lord is indeed mani-

though often tired and weary, we feel a joy in our hearts because of some service we have been able to render.

Our prayer is that you may also receive the blessing that comes from this work, either by active service in the field or by the giving of your means and your prayers, which are so necessary for the carrying on of this work.

"A NEW FEELING CREPT OVER ME"

(From a Prisoner in the Dannemora, N. Y., Peni-tentiary, Written to the Office Laborers' tentiary, Written to the Office Missionary League)

"I call you friends because I believe you to be friends to the friendless. Having

read the May issue of THE LIFE BOAT for the first time, I was more than pleased with the results after reading it.

"I have always held the opinion that I had no friends and no one cared to be my friend, but since I read THE LIFE BOAT a new feeling crept slowly but surely over me. I enjoyed reading your letter so much that I have read it over and over, and every time I read it, it appeals the more to my sense of reason.

"I have now come to the conclusion that I have a friend and a friend indeed, for bound; to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn."—Is. 61: 1. 2.

In these verses is contained the essence of our message to the prisoners in the Harrison Street police station every Sunday morning. These dear souls are in quest of something which they have not and are taking the wrong path to find it. As a result, they are resting for a while behind iron bars. At this place we find them.

They do not know what it is for which



FOUR WORKERS WHO ARE ENGAGED IN VISITING THE HOMES IN CHICAGO Pearl Stiles, Sylvia Bossert, Agnes Jensen, Bertha Brubaker

Christ has said, 'The Son of man is come to seek and to save that which was lost.'"

PROCLAIMING LIBERTY TO THE CAPTIVES

PEARL M. STILES

[Miss Stiles, who is now a junior nurse, is helping the members of the new class to get started in houseto-house visitation and jail work in Chicago. She writes the following.—Ed.]

"The spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; He hath sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are they have been searching, probably for years. But they do know that in their souls is a vacancy that must be filled with something. Along the broad road of their travels are many by-paths, into which some of them have turned, only to retrace their steps in discouragement after having tested and tried everything and not found true happiness.

Fortunately, dotted along this road are "Inns," which some of the travelers are compelled to visit. While there they have time to recuperate and examine the map of their life's course. And many are the souls who, in these very places, have found their mistake and immediately changed their course of travel.

Although we all have spent some of our time on this wrong road, yet not all of us have experienced the hours behind iron bars. Yet God is no respector of persons. If we offend in one point, we are guilty of all, and as long as we are living with one known sin in our lives we are classed, in the sight of Heaven, with those sinners behind the bars.

I am so glad that I am one among the number who have found the treasure of happiness and satisfaction in God. This road is strait and narrow, rugged and rough, but when we find our Saviour and are living in peace and at oneness with Him, the way is filled with brightness.

The services at the jail are dear to my heart, because every Sunday morning the message of salvation is given, and hearts, touched by the Spirit's power, repent of their sins and souls are brought to their knees before God. I believe that through our efforts in this place we will see souls saved in the kingdom of God.

"NEVER THOUGHT IT HAD MUCH TO DO WITH ME"

(From the Southern Illinois Penitentiary)

" I received your most welcome letter and was glad to know that you feel interested in me. I read THE LIFE BOAT and tract and found them interesting, especially 'The Victorious Life.' When I read 'The cloud may be dark in itself, but when filled with the light of heaven, it turns to the brightness of gold; for the glory of God rests upon it' I thought, well, that is something to hope for.

"I will say that I appreciate your motive and will be glad for any help that will aid me in understanding God's love and make me see things in the right way. I have always believed in the Bible, but somehow I never considered that it had much to do with me. But since I came here I have thought of my past life and compared it with other men that I knew when they were boys, and I have come to believe that there is only one way to live, and that is to get right with God and pray for His guidance and walk the straight and narrow path of honesty and truthfulness."

"READY TO GO"

PEARL WAGGONER HOWARD

[We present to our readers herewith a few words from our LIPE BOAT *poet*, Pearl Waggoner Howard, who expects soon to sail for Peru, South America. A farewell service was held for Mr. and Mrs. Howard in the sanitarium gymnasium and the family presented her with a new Corona typewriter. We shall hope to hear from time to time of the work of these two young people among the Inca Indians. Our prayers go with them.—Ed.]

It has been said that the dearest spots on earth are those where earth's sorrows brought us close to heaven's strength. One can hardly spend as long a time as ten years in a place, as it has been my privilege to spend in Hinzdale, without having many experiences which endear the place, as well as bringing many



Mr. and Mrs. Ellis Howard

definite answers to prayer and making heaven seem more near.

But I would not date my connection with the Hinsdale work with the night of my arrival at the beginning of the New Year, 1905. My interest had been awakened through reading THE LIFE BOAT, and in the preceding May, learning that Dr. Paulson was to visit Battle Creek, where I was located, for some months I prayed if it was God's will I come in closer connection with the work, that He would bring about an interview between us in regard to the matter, without any direct effort for it on my part. This He did, and I felt no doubt as to the right step to take. I felt my spiritual life depended on coming in more direct contact with such lines of live missionary effort as were represented by THE LIFE BOAT. Learning, however, that the only opening for coming at that time seemed to be by becoming a stenographer I immediately undertook a stenographic course, later on, at Hinsdale, taking also the nurses' course.

Never once have I regretted coming. I have heard Dr. Paulson declare that Hinsdale yet "would be placed on the map." To me it is certainly already there. I feel I owe much to its training, experience and associations.

When my class graduated we had as our class song the hymn which has for its chorus:

"Ready to go, ready to stay,

Ready my place to fill;

Ready for service lowly or great, Ready to do His will."

I did not know then the way might open for me to enter a foreign field, though I was always interested in foreign missions, having been in touch with them enough to know something of the need and the fewness of workers as compared to the homeland. But I am glad for God's leading and that we are now on our way to Peru. Yet, as we will be making our home down there, we shall simply be "home missionaries" after all.

In spite of my previous class motto, "Service or sacrifice, ready for either," in a certain sense I feel far from ready. Knowing the many demands made of the missionary, I would be positively fearful were it not for the promise in Matt. 28:19, 20, which accompanies the command to go: "Lo, I am with you alway." We are sure of God's guidance as we start out, therefore likewise assured of His help.

We also recognize the battle is not ours but God's. I have been encouraged by a statement I recently read, to the effect that many "leave the Lord God, the mighty Worker, too much out of their methods and plans, and do not trust everything to him in regard to the advancement of the work. No one should fancy that he is able to manage these things which belong to the great I AM." I am glad the work does belong to Him and that we are simply to be coworkers, working under His direction.

As yet we can not speak definitely as to our plans in regard to work. We realize that God is able to work in a way contrary to any human planning and to use the most simple means in advancing His gospel. We desire simply to follow His leading.

We feel that God has called us and therefore will stand by us. Some may wonder as to what constitutes a "call." But surely the world's need, together with the Saviour's command to go into all the world and preach the gospel, is sufficient call. If a more special call is needed by Christians it should be one to stay at home, to exempt one from the general command.

According to Robert E. Speer: "If we do not 'feel called' the most natural explanation is not that we are not called but that our feelings spring from uninformed minds, from careless hearts, from unsurrendered wills."

Multitudes today, like those at the ancient Pool of Bethesda (John 5) are waiting for something better than they have. They may not know for what they are waiting, but what they *need* is Christ, and it will be a high privilege to introduce Him to a few of those in darkness.

Objections have been heard as to "wasting one's talents" in such a field. But developing God-given talents in a God-appointed way is surely no waste or mistake.

Obstacles there will doubtless be. But even a policeman's hand can instantly check all the traffic on the busiest street of Chicago. Does it not stand then to reason that the mighty God, in the hollow of whose hand the world is held, is able to hold back the tide of obstacles, or else help us in surmounting them? "The Lord's hand is not shortened." Only iniquity can separate us from His powerful hand, and from the wonderful promise in Is. 41:10.

It is our desire to keep making advancement. "God wants to see some sign of life and movement to guide," for one can steer only a moving ship, not a motionless one.

In closing we would like to ask the prayers of the sanitarium and LIFE BOAT family. We need them and know they will be strength to us.

A WEDDING AT THE HOME

CAROLINE LOUISE CLOUGH

The monotony of the Home life was broken into last month by a quiet little wedding. A sailor boy who had joined the navy and expects to sail in September was granted fortyeight hours' leave of absence to come and marry the girl whose life he had blighted. All the girls in the Home took an interest in decorating the parlor and getting ready for the wedding. Pastor Milton St. John of Chicago officiated, and the boy, obeying the orders of his country, was married in his sailor uni-

form. A pleasant wedding supper was served in honor of the guests.

The boy returned to the training station with his heart softened and tendered, and apparently actuated with a real desire to take hold of his added responsibility.

The new bride and new mother is doing nicely and we hope that Providence will be kind to these young people that they may have a nice little home of their own where they can care for their child and rear it in a Christian way. We are so glad that the Lord can overlook the mistakes of the past and

we believe that if these young people continue to seek the Lord and to live for Him that they will be able to say, as did Isaiah, "Thou hast cast all my sins behind thy back." Is. 38:17. The Lord says, "I will restore to you the years that the locust hath eaten." Joel 2:25. What a blessing to know that the Lord can and does forgive and forget the past if we live for Him, and He will blot it out of His memory and off from His record in heaven.

We have made some changes in the Home during the last month. Mrs. Polmanteer has been obliged to leave on account of illness and Miss Leah Chaffee, who has recently graduated from the sanitarium nurses' course, is now matron and Mrs. Edward Taylor, who has been connected with the Home for Girls in Michigan for some years, has now connected with our Home. We feel that these workers who have the spiritual interest of the Home at heart will be able to accomplish much for the Lord in this needy field.

Just one word more. We want to tell our readers that we are in need of money. Friends of this work have been very good in providing us with money to buy groceries and pay the running expenses, but just now our treasury is empty. We have been praying about it and we trust that the Lord will impress some hearts to help in this time of need.



A Disagreeable Weigh

HOW SHE FOUND CHRIST AT THE HOME

MISS LEAH CHAFFEE,

Acting Matron, Life Boat Rescue Home, Hinsdale, Ill. From the time that I began my nurse's training and visited the Rescue Home for the first time, my heart has been deeply burdened for these dear girls, and I longed for the privilege of coming into closer contact with them, that I might be of some help to them.

When asked to take up this work, I felt that it was indeed a call from God, but as never before I felt my own weakness and dependence upon God, and during the three short weeks that I have thus far spent here I have had many blessed experiences. My own soul has been watered as I have been trying to brighten these sad hearts.

At present our home is sheltering five girls and three dear baby boys. While the experience that these girls pass through is very hard, yet it is often the means of drawing them to the Saviour.

One dear girl, who just recently left the Home, a changed, consecrated Christian girl, loves to tell of how she found Christ here and of the many instances in which He has answered her prayers. She told of how she was suffering one evening with a severe headache and was unable to sleep. The nurse prayed with her, that she might be relieved, and almost at once the pain left her and she was able to sleep all night. Another time she prayed the Lord to speedily fix up matters so that her baby could be placed and she could go to her position. The answer came the very next morning. These are but two instances in which God has answered her prayers.

It does my heart good to note the interest that the girls show in our morning and evening worship and the spirit in which they sing songs of praise.

HAVE YOU TRIED THIS? (From a Life Boat Worker)

(From a Life Boat Worker) [One day in the late spring a young woman came to us who desired to take up the Life Boat work. She reconsecrated her life to the service of God and started out in prayer, trusting to the Lord to give her not only success, but many opportunities to work for Him. She has worked untiringly and in the fear of God during the hot summer months and the Lord wonderfully blessed her efforts. During the warmest month she sold more than three thousand copies of the magazine. What she has done others can do. Our readers will be interested in her account herewith. We trust that others may, from reading this, become enthused with a desire to go out to do likewise. We shall be glad to correspond with such.--Ed.]

I am thankful to write a few words for THE LIFE BOAT and to tell how I enjoy my work with it. I started working with THE LIFE BOAT in May and since then I have been an instrument in God's hands in distributing many thousand copies for Him. My work has mostly been through Michigan, although I have worked much of northern Illinois and a few places in Indiana also.

Although we all know that many people never look at the papers that canvassers sell, yet I have found others who do read THE LIFE BOAT and tell me it contains some of the grandest articles they have ever read. And I have found many who are waiting and hungering for something beside the trashy, silly magazines that this world is full of.

At one time I was walking down a street asking different men to buy THE LIFE BOAT as I passed along. It was about seven-thirty in the evening, and most of the stores were closed, when I heard a lady's voice say, "Dear, why don't you tell me about what you have?" I turned and there was a lady in a car waiting. I went up to her and told her about THE LIFE BOAT. She seemed delighted and asked many questions about our work. She told me she, was waiting for her husband, who was doing a little business somewhere and I should come in the car and wait with her till her husband came, adding that I looked tired. She took one of THE LIFE BOATS and said she would surely read it.

At another time I was canvassing in one place and a man who had had quite a little to drink came up to me and said, "Please let me buy one of those papers. I suppose you think I'm not much, and I'm not, but I wish I could be better. Some years ago I had a sister about the age of you and she left me and I've tried awfully hard to find her since, but I can not find where she is, and I just feel like no one cares for me. Do you ever pray? If you do, will you please pray to God for my sister and for me?"

I told him that he had as much chance as any of us if he would straighten up, and that I would pray for him, but God would also hear his prayer if he would turn in the right path. I don't know if I helped him any, but he left the place right away and took THE LIFE BOAT with him. He told me he would read it, and I believe he did.

Another time I was canvassing in a restaurant. The cook came to me from the back room and said, "I want a LIFE BOAT. I am acquainted with it from the Jackson Penitentiary, and I am not going to forget what it meant to me. I have surely found that there are no good things come to one who doesn't live right, and I am for God the rest of my life here." He also said, "I wish you would bring THE LIFE BOAT to me every month."

Many more like experiences could be mentioned, but this only goes to show us all that God is with His work and blesses all who fully trust Him and do His will.

I have averaged one hundred papers and over per day ever since I started, and thank only God for it. He has been very good to me, and I will never forget what He has been to me this summer especially, and all my life.

EXPERIENCES AT THE MISSION

ELIZABETH A. KEMP.

The Life Boat Mission, 34 S. Desplaines St., Chicago [The Life Boat Mission is an interesting place to visit. Mr. and Mrs. Kemp are giving their lives to the healing of the bodies and souls of the many helpless men who are found in the vicinity of this Mission. This article gives just a glimpse of the work they are doing.—Ed.]

Since my last article my heart has been made to ache for the poor unfortunates of this district. One poor man that we fully believe to be sincere is subject to epileptic fits. Mr. Kemp helped him over several by giving him treatments, but as we had no place to keep him we were compelled to send him to an institution. He wrote us from there, asking us to pray for him. While he was with us we found him true and honest.

The other evening a young boy, under the influence of liquor, came into the mission while we were having service. After service he told me he was from the South and had fallen among bad companions. He seemed grateful because we were kind to him. He said he intended to write to his mother at once, and tell her he had been to church. He also said he would never forget us and that when he came to Chicago again he would come to us instead of going to the saloon. May God help him to remember his promise.

I want to tell you of another young man. He attends our meetings quite regularly. It seems he has been sick for over a week, but did not know that we care for the sick poor without money. He came to meeting the other night and, as usual, seemed much interested. Mr. Kemp noticed him acting queer and took him downstairs to the treatment rooms and found him to be a very sick man. He worked over him for about two hours. Then we gave him a bed in the rooming house. He had been turned out of his room because he had no money.

The next morning Mr. Kemp again

brought him downstairs and worked over him all day. God was good to us. The man is now out of danger, but very weak. We are supplying him with a room and the necessary food until he is strong enough to work. This man does not drink.

Do you not see the many opportunities we have of helping others? Jesus went about doing good and healing the sick. Let us walk in His footsteps. There are so many needy people down here, many that need clothes. When we have any clothes given us for this purpose we pass them on to the men and give them another chance.

How I wish that some of those that read this article could come down here and see the terrible conditions for themselves. Men dying every day without hope,—dying like dogs, with no one to care for them. But Jesus cares. Our gracious Saviour died for each one of them. He loves them all. When I remember this it makes my heart very tender toward them. "Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted." Gal. 6:1.

With the exception of about a week, or little more, our attendance has been good. As soon as it gets a little cooler we are expecting great things. We have been patiently sowing the seed and are trusting our Heavenly Father for the harvest.

"For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: So shall my word be that goeth forth out of my mouth; it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it." Is. 55:10, 11.

God's promises are true. By faith we have claimed this promise, and night after night we have preached the Word. God has heard and answered our prayers. Last Sabbath one of our converts was baptized and taken into full membership in the church. Several others have taken their stand, and have determined that they will "obey God rather than man." We are doing our best to teach these others the Bible, so that they also will be applicants for baptism. There is so much work to do, and so few to do the work, that we pray continually that God will send more workers into this field.

PERSONAL EXPERIENCES

DAVID PAULSON, M. D.

Last year I went to Berea, Ky., to give a few health talks and Bible studies to the army of students gathered in that great educational center. While there one of the professors said to me, "You ought to have a talk with my She has had a wonderful experience wife since she was up to Hinsdale." So the next morning I called on her. She' said she had always considered herself a Christian, but while attending the Bible studies held in the sanitarium and listening to the testimonials of the workers in the prayer meeting she became convinced that there was something in the Bible and in Christian experience that she was vet a stranger to.

She said, "I went home determined to discover this divine secret for myself. I read the Bible through earnestly and prayerfully seeking light, and had nearly completed it the second time when I read this, 'Though He be not far from every one of us.' That verse brought a flood of new light to my soul, a new sense of blessed companionship with Christ came to me and from that hour my Bible has been an entirely new book. Formerly I only read it because it was a Christian's duty to do so. Now my soul famishes for the Divine instruction it is constantly imparting to me."

She said that now when she was about her work, such as ironing and washing dishes, she could talk to God as she would to a friend and she invariably received some sweet answer in her very next Bible study. She said she had come to have a terrible dread and *hatred* for sin because it interfered with this sweet communion and companionship.

Blessed in Soul and Body

She said that for years sleeplessness had been the curse of her life, but from the very next night after seeing the new light in that verse she had slept like a baby, and the complete deafness in one of her ears which had persisted since childhood had been gradually restored.

I had sense enough to know that God gives to each of His children a different experience, hence it is useless for one person to seek for just the blessings that have been so richly showered into another's life. Nevertheless, I left Berea with a hungry, aching void in my soul. I felt as I never had before that although I was a teacher in Israel, yet I needed to know in a new sense what it meant to have Christ abide in this mortal flesh. I knew I could not say intelligently and without any hesitation, "I live; yet not I, but Christ liveth in me, and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." Gal. 2:20. I was determined, come what may, that I would know in a totally different sense how to make the study of my Bible indeed the eating and drinking the flesh of the Son of God.

Service Rather Than Communion

On my return home new duties piled up, new perplexities accumulated and the very situation seemed to compel me to give my best energies to the problems that crowded in so persistently. I did not forget my new resolutions, but the way did not open to carry them out to my full satisfaction.

Early this year, while on one of my travels, I evidently drank some contaminated water and directly I came down with a fearful attack of one of the forms of typhoid fever. This was followed by a serious and persistent siege of pleurisy.

During these long weary months the Lord did not permit the enemy to cripple my mind. It was as clear and active as in health and I have had plenty of time under trying circumstances to carry out my Berea resolution. I now know as I never did before that justification by faith is the work of God in laying the glory of man in the dust and doing for man that which it is not in his power to do for himself. I now know in a new sense that our entire spiritual experience is in accordance with the vividness of our sense of Christ's personal companionship. In other words, that Christ dwells in our hearts by faith "when we will consider what He is to us and what a work He has wrought out for us in the plan of redemption."

A Blessing in the Curse

I can now say with David "It is good for me that I have been afflicted; that I might *learn*" in a new and deeper sense these simple fundamental truths, and I have the conviction then when I have acquired them as God desires to teach them to me that He will speedily *complete* the good work of restoration which He has so graciously begun.

THE GREAT DIVIDE

(By an inmate of the Colorado State Penitentiary) Just west of Leadville, Colo., is a tunnel over a mile in length piercing the top of the great Rocky Mountain range. This tunnel is used by the Rio Grande Railroad and is one of the many curious things to be found in Colorado.

One standing in the center of this tunnel would be upon the great continental divide. At this point the floor of the tunnel would be practically dry, but as we pass toward the east portal it soon becomes wet and a little further the water begins to trickle along until by the time we reach the end of the tunnel quite a little brook is seen, which together with many other mountain brooks soon forms the great Arkansas river and goes tumbling down the mountain side with a mighty roar, passes through the world famous Royal Gorge,whose almost perpendicular walls tower over two thousand feet above,-out into the fertile plains of eastern Colorado, then through the beautiful wheat fields of Kansas, finally into the Gulf of Mexico and the Atlantic Ocean.

Again let us return to the tunnel and from its west portal flows a little brook just the same as from the east portal, helping to form the head waters of the Grand river, passing through the great apple orchards of western Colorado, through the historic Grand Canon of Arizona, finally into the Gulf of California and the Pacific Ocean. So exactly does this point divide the oceans, that one could with outstretched arms, pour water into one ocean from the one hand and into the other ocean from the other hand.

My dear fellow prisoners, as you and I step forth from our prison homes we will stand upon the great divide of our life's experience. Should we start down the way of sin the way might seem pleasant; the road might appear smooth, but we should remember that "There is a way that seemeth right unto a man, but the end thereof are the ways of death." Prov. 16:25. Let us view the other way. It may seem narrow; it may appear rough but let us remember that Jesus has gone over all the road and removed every impassable barrier; if we by faith look to the end of the road we will see Him standing there with outstretched arms bidding us, "Come unto me, all ye that labor and are heavy laden, and I will give you rest."

APPRECIATES A LETTER

We are constantly receiving letters like the following from prisoners and from people who are discouraged and in need of a friend. The Office Laborers' Missionary League here at Hinsdale have undertaken to correspond with such, and they are receiving a great blessing in so doing. This letter comes from an inmate of the New York State Prison:

"I am at present in prison, and without a friend in this world of ours. I had a few friends before my imprisonment, but after my incarceration every one of them turned me down.

"I would greatly appreciate a letter of comfort and cheerful words from a member of the Missionary League."

FROM A CORRESPONDENT

"A few weeks ago a girl was in my office selling THE LIFF BOAT. My brother, for whom I work, bought one. I was very much impressed with it as I read it. I enjoyed reading what other people are doing for Christ. I also enjoyed the letters from those who had been so helped by having read a copy of the magazine.

"I am a young girl, nineteen years old, and have been a Christian for seven years. But I have just realized for a short time the fact that God needs my help so badly. In the earlier years of my Christian life I felt I had about all I could do to take care of myself. But now my main object in life is to help others to win souls for my beloved Saviour.

"I am a stenographer. Now, if there is any work I can do to help you and to help the cause of Christ, with His help I shall be so glad to do so.

"I should like the names and addresses of some of the prisoners or any others who wrote you, telling of the new light they received from THE LIFE BOAT, and desiring that Christians write to them. I should like to write to them. "There is no feeling so dear and so lovely can come to one's heart as the feeling that comes when one knows she has helped to lead some one to Christ."



THE RAILWAY STRIKE

At this writing we are confronted with the prospect of a nation-wide railway strike. Ere this reaches the readers it is to be devoutly hoped that this great calamity has been averted and the questions at issue amicably settled.

There seems to be a prevailing optimism that such a strike could not possibly occur because of the terrible results in human suffering that would be the immediate effect especially in our large cities. But we are living in a time when God is permitting terrible calamities to afflict this earth so that the people may be led to forsake their idols and turn to the only Source of help. On this point we quote the following from a recent editorial in the Chicago *Tribune*:

"Before the European war the world said a European war was impossible.

"The reasoning was that a European war was impossible because it would be so terrible.

"The European war came and it is as terrible as it was thought it might be.

"The American public and representatives at Washington are watching the events leading to a nation wide railway strike in the *same* mood of optimism as they watched the oncoming storm of world war.

"There will be no strike, they feel, because it would be so costly and so foolish.

"It will be costly, tremendously costly, and it will be foolish. But it is time for the public and the government to realize that this offers no assurance there will be no strike.

"On the contrary, there is every reason so far as unprejudiced observers can judge to fear that a strike is not only possible but probable, and it will be not only probable but inevitable unless the promptest and most effective action be taken."

Unless we have read our Bible to absolutely no purpose we are living in a time when we see "Upon the earth *distress* of nations, with *perplexity*... Men's hearts failing them for *fear*, and for looking after those things which are coming on the earth." Luke 21:25, 26.

THE DEATH OF HARRY MONROE

Shortly after the Chicago fire, Colonel Clark, a Chicago business man, and his godly wife, observed how frightfully Satan was roping in and sending to destruction the young men who were drifting into Chicago. They decided to start a moral antitoxin factory. So they opened a mission at the corner of Van Buren and Custom House place, which was then, as it was for many years afterwards, one of the toughest centers in Chicago.

It is said that D. L. Moody named it the Pacific Garden Mission.

Thirty-five years ago Harry Monroe was drinking heavily. He was a gambler, and the police had their eyes on him continually. He was gloriously converted in the Pacific Garden Mission, and then he gave himself as whole-heartedly to the service of the Lord as he had to the service of the devil.

In 1892, when Colonel Clark died, Harry Monroe became superintendent of the mission and he and Mrs. Clark were always on the job, and the Lord wonderfully blessed their labors. Mrs. Clark passed into the sixties, and then into the seventies, but refused to give up the work that was dearer to her than life. As a matter of fact, she was in the mission *every* night without a break for twelve long years. When nearly eighty years of age she broke her hip bone, and then, and not until then, she was compelled to give up her work. She herself is now lying at the point of death.

More than a score of notable evangelists and mission leaders have been converted in the Pacific Garden Mission. Among these are Mel Trotter, head of the large mission at Grand Rapids; Billy Sunday, the well-known evangelist; Tom Mackey, who himself started about a dozen different missions; the late Dick Lane, the notorious bank robber, and many others.

Harry Monroe began to fail in health about a year ago, and in spite of all that could be done continued to lose ground, until he passed away the last day of July.

While so many are investing in stocks and bonds, Harry Monroe and Mrs. Clark invested in human souls, and what a joy awaits them in the coming world.

THE AMUSEMENT MANIA

Although the moving picture industry is not half as old as the automobile business, yet more money is already being expended each year for the former than for the latter. There are only four industries in the United States that cost us more money; they are the railroads, the clothing business, the iron and steel industry and the oil business. And it is estimated that before next March *more* money will be spent in the moving picture business than in the oil industry.

Figures that were compiled at the recent moving picture convention, held in Chicago, estimated that twenty-five million people visit moving picture shows *every* day and that they pay nearly a billion dollars a year in admission fees. In fact, the *Literary Digest* calls it a "billion-dollar pastime." One actor alone draws a salary of a little more than half a million dollars a year. And one little girl is paid \$104,000 a year.

A Twentieth Century Wonder

The Chicago *Daily News* speaks of the growth of the moving picture business as a "twentieth century wonder," and furthermore says the motion picture industry may be properly regarded as a monument to the *desire* of the human race to be *entertained* and *amused* without great effort.

That statement contains the secret of the whole matter, but how few people appreciate that this phenomena, this twentieth century wonder, is a sign of the times, and is in reality a *fulfillment* of prophecy just as much as this great war and the resulting perplexity of nations. Paul, the inspired apostle, looking down the ages, wrote these words: "In the *last days* perilous times shall come, for men shall be . . . *lovers of pleasures* more than lovers of God." 2 Tim., 3:1, 4.

Today a handful of the faithful will gather once or twice a week in the churches, and a fairly good crowd if special music is provided, while twelve million people, according to the editorial in the *Daily News*, or twenty-five million people, as quoted in the *Literary Digest* from the *Picture-Play Magazine*, attend moving picture shows, and not once a week, but *daily*. These people do not go to be instructed, but to be *amused*. On this point I quote from the July *Sunset Magazine*:

"The film that depicts crime, violence, unbridled passion and reproduces the pictures of expensively and scantily dressed women in attractively staged orgies, must of necessity give the child a distorted view of life and its values.

"The thoughtful, unprejudiced observer can not escape the conviction that the present interests of the child have not been served by the new form of entertainment. The juvenile population would be better off without it in its present form. The too prevalent film plays of crime and sex interest leave evil suggestions in the child's mind, suggestions that can not be *counteracted* by the effect of the infrequent showing of really meritorious educational films."

If this is not one part of the fulfillment of Paul's prophecy, what should we look for to fulfill it?

HAVE YOU SEEN THIS PICTURE?

No man is kept out of heaven so much because of sin as because of his *unfitness* for heaven. The prophet Jeremiah tells us that "The *heart* is deceitful above all things and is *exceedingly corrupt*. Who can *know it?*" Jer. 15:9. R. V.

Some would say that this refers only to

the unconverted heart, but if that be so, how is it that every saint in the Bible, even those who had the most advanced experience, every time they got a new and more accurate vision of themselves, always discovered exactly this condition with reference to their own hearts?

Isaiah was a prophet of God. He had already enunciated some of those mighty spiritual principles found in the fifth chapter of Isaiah. Yet when he got a glimpse of the Lord on His throne, he said "Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for mine eyes have seen the King, the Lord of Hosts." Isa, 6:5.

After Daniel had seen a vision of God, he said, "My comeliness was turned in me into corruption." Dan. 10:8. And remember Daniel was a man of advanced Christian experience. Commenting on this experience of Daniel's one writer says: "It is ignorance of God and of Christ that makes any soul proud and self-righteous. The infallible indication that a man knows not God is found in the fact that he feels in himself that he is great or good. Pride of heart is always associated with ignorance of God. It is the light from God that discovers our darkness and destitution. The moment the humble seeker sees God as He is, that moment he will have the changed view of himself that Daniel had.

Again, Elijah had an *advanced* experience. He had seen fire come down in answer to his prayer and consume the sacrifice, but when he went up to the mount to pray for rain, he got a new vision of himself. 1 Kings 18:42, 43.

In the *Review & Herald* of May 26, 1891, concerning this experience of Elijah, we read:

"As he searched his heart, he seemed to be less and less, both in his own estimation and in the sight of God. It seemed to him that he was nothing and that God was everything. And when he reached the point of renouncing self while he clung to the Saviour as his only strength and righteousness, the answer came."

Paul's View of Himself

In the early part of his ministry, the apostle Paul said, "I was not a whit behind the very *chiefest* apostle." 2 Cor. 11:5. Seven years later he had made this amount of advancement, he said, "Unto me who am *less* than the *least* of all saints, is this grace given." Eph. 3:8. Three years after that he had reached a still more advanced experience so that he could say, "This is a faithful saying and worthy of all acceptation that Christ Jesus came into the world to save sinners, of whom *I am chief*." 1 Tim. 1:15. Notice he does not say, "I was chief," but he now recognized the same thing that Isaiah did and that Daniel considered as accompanying an advanced Christian experience.

No Bible writer taught more clearly the great possibilities in the Christian life than the apostle Paul, yet he never permitted the enemy to obscure from his eyes the equally important truth of the natural depravity of the human heart. Even in the later years of his life, in his most advanced Christian experience, he says, "I *keep* under my body and bring it into subjection (He was doing it then. It was not something he did once for all when he was converted), lest that by any means when I have preached to others, I myself should be a castaway." 1 Cor. 9:27.

He knew in spite of the exalted principles that he had given concerning full and complete salvation, that if he overlooked this other vital truth which so many are overlooking today, the devil would have him anyway. He would become an outcast.

Luther's Test of Genuineness

Luther wrote from Wartford Castle to Philip Melancthon this test to prove the genuineness of the experience of the pretended prophets:

"Pray search their innermost spirit and see whether they have experienced those spiritual straitenings, that divine birth, death and infernal torture. If you find their experiences have been smooth, bland, devout (as they say) and ceremonious, do not approve them, though they claim to have been snatched up to the third heaven."

In other words, Luther knew unless they were going through Jacob's night of struggle, their so-called advanced experiences were not genuine.

The Divine Test

David said, "Thy word have I hid in mine heart, that I might not sin against thee." Ps. 119:11. Christ Himself said, "The words that I speak unto you, they are spirit, and they are life." John 6:63. The presence of Christ in the soul and divine grace received by daily partaking of the Word which is His flesh and His blood, will enable the believer to live above all known sins day by day, in sinful flesh, just as it enabled Daniel to live without harm in the lions' den in the presence of harmful beasts. But if Daniel had lost his hold, even for one moment, upon God and ceased to live the life of faith, he would have speedily discovered that the harmful beasts were a dreadful reality.

So Paul constantly remembered that he was, in spite of his glorious Christian experience, living in a vile body, (Phil. 3:21), and he never came to have any confidence in his flesh, lest it should get the upper hand and he himself should become a castaway.

Dear reader, are you applying the divine test to your own heart and life? Are you, day by day, turning the searchlight of God's Word on the dark corners of your life and humbling yourself before your Creator? Can you say with Isaiah, "Woe is *me!* for *I* am *undone*, * * * for mine eyes have seen the King"? If not, then are you prepared to meet the awful results at the bar of God?

NEWS HERE AND THERE

Mr. B. N. Mulford of Fountain Head, Tenn., was a welcome visitor at Hinsdale recently.

Dr. Lavina B. Herzer of Loma Linda, Cal., visited friends at the Sanitarium.

Pastor R. F. Cottrell and wife of Hankow, China, who have been enjoying furlough in this country, visited our headquarters on Monday evening, July 17. He gave the family of workers a most interesting talk on missionary work in China.

Mrs. A. S. Steele of the Steele Orphan. Home, Chattanooga, Tenn., was a recent visitor.

Nathan Brewer and wife of South Lancaster, Mass., stopped at the sanitarium a few days while en route to the Pacific coast, where they expect to sail as missionaries to China.

C. J. Tolf of Aurora spent a few days at the sanitarium.

William H. Addis, who has charge of sanitarium treatment rooms in Terre Haute, Ind., called recently.

Mr. and Mrs. Ellis P. Howard spent a few weeks at Hinsdale. Mrs. Howard, nee Pearl

Waggoner, needs no introduction to the LIFE BOAT readers who have enjoyed her splendid poems which have appeared in the magazine each month for the last ten years. Mr. and Mrs. Howard expect to sail some time in September for Peru, South America.

Dr. and Mrs. Paulson, who spent a month in Boulder, Colo., returned on Thursday, July 25.

Among those who have recently connected with the sanitarium family of workers may be mentioned: Mrs. Edward Taylor, Byron Center, Mich.; Miss Dagmar Jensen, Hutchinson, Minn.; Mr. Irving Rivers, Brooklyn, N. Y.; Miss Lucile Miller, Traverse City, Mich., and Charles F. Hottel, Middletown, Ind.

Miss Anna E. Schiffner, a graduate of the nurses' class of 1910, who has been located in Oklahoma City, Okla., spent a few days visiting the institution.

Pastor J. T. Boettcher, who has spent nine years as a missionary in Russia, has just returned to this country, and visited Hinsdale while passing through Chicago. The workers and guests were greatly interested in Pastor Boettcher's thrilling account of conditions in Russia since the war began.

Mr. F. F. Byington, head of the International Publishing Association, which is now being transferred from College View, Neb., to Brookfield, Ill., spent a few days at Hinsdale with his family.

Dr. Charles W. Harrison of Loma Linda, Cal., and Dr. Arthur N. Donaldson of San Bernardino, Cal., called recently while passing through Chicago.

Miss Irene Cutler of Bethel, Wis., sister of Miss Mabel Cutler, our bookkeeper, has recently joined the new nurses' class.

Mr. and Mrs. William Bench, former employes of the institution, have returned.

Miss R. Beatrice Clough, who has recently graduated from the nurses' course, has connected with the sanitarium at Long Beach, Cal., for a time.

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

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Checks, drafts and money orders should be made payable to The Life Boat, Hinsdale, III. Do not send currency in your letters, as The Life Boat will not be responsible for receipt of the same.

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

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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. Half

Life Boat Magazine Agencies in Chicago

The Life Boat magazine Agencies in Unreago The Life Boat magazine can be secured in quan-tities 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, 116 North California Ave-nue. Phone Garfield 3361.

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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.

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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 favors 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 vitamines. In our vicinity there is an old mill which still grinds wheat with the oldfashioned 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.

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Prices

1 Pint\$0.35	Shipping weight 2 lbs.
1 Quart	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, paperovered edition can^a be furnished.



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 expe-rience 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.





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 linem paper, containing New Cyclopedic Concordance, with all helps, index, Bible dic-tionary, tables, etc., under one alphabetical arrangement, with new illustrations. The latest thing in Teachers' Bibles. Minion type, size 74x55 inches; bound in French Morocco, divinity circuit, round corners, red under gold edges.

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For five new subscriptions or renewals at one dollar each you can secure The International Red-Letter Teachers' Bible; self-pronounc-ing; 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 6/489/4 inches. It is bound in French Morocco, has divinity circuit, round corners, red under gold edges and extra greined linite. extra grained lining.



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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.

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free with eleven yearly subscriptions and one dollar extra. This is a seven-jeweled one donai extra. This is a seven-jewcied 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 dol-lars cash and receive this watch.





A Beautiful Rescue Home Rug

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: con-

tains six maps; size 51/4 x 31/2 inches, only three-fourths of an inch thick. Beautifully bound in French Morocco, divinity circuit, round corners, red under gold edges.



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Let Us Show You What the Dictaphone Will Do for You



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.

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A work cure department.

Musical entertainments and lectures.

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

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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

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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