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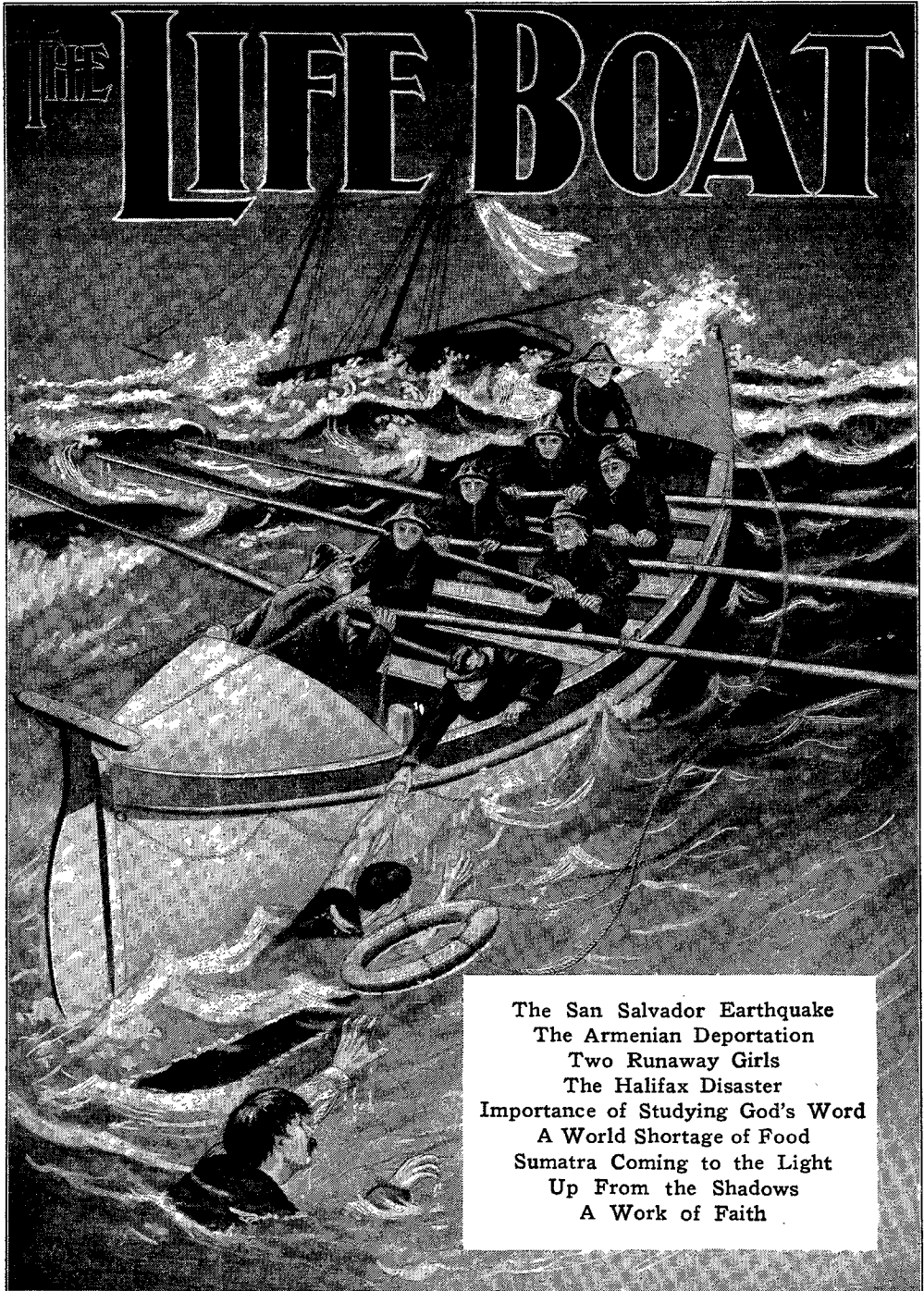
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The Life Boat Employs No One to Solicit Donations

The San Salvador Earthquake  
The Armenian Deportation  
Two Runaway Girls  
The Halifax Disaster  
Importance of Studying God's Word  
A World Shortage of Food  
Sumatra Coming to the Light  
Up From the Shadows  
A Work of Faith

Volume Twenty-one  
Number One

Hinsdale, Ill.

January, 1918

Digestion and Digestive Disturbances—D. H. Kress, M. D.

# THE HOUSE-BY-THE-SIDE-OF-THE-ROAD

*He was a friend to man and  
lived in a house by the  
side of the Road—Homer*

THERE are hermit souls that live withdrawn  
In peace of their self-content;  
There are souls, like stars, that dwell apart,  
In a fellowless firmament;  
There are pioneer souls that blaze their paths  
Where highways never ran;  
But let me live by the side of the road  
And be a friend to man.

Let me live in a house by the side of the road,  
Where the race of men go by—  
The men who are good and the men who are bad,  
As good and as bad as I.  
I would not sit in the scorner's seat,  
Or hurl the cynic's ban;  
Let me live in a house by the side of the road  
And be a friend to man.

I see from my house by the side of the road,  
By the side of the highway of life,  
The men who press with the ardor of hope,  
The men who are faint with the strife;  
But I turn not away from their smiles nor their  
tears—  
Both parts of an infinite plan;  
Let me live in my house by the side of the road  
And be a friend to man.

I know there are brook-gladdened meadows ahead  
And mountains of wearisome height;  
That the road passes on through the long afternoon,  
And stretches away to the night;  
But still I rejoice when the travelers rejoice,  
And weep with the strangers that moan,  
Nor live in my house by the side of the road  
Like a man who dwells alone.

Let me live in my house by the side of the road,  
Where the race of men go by—  
They are good, they are bad, they are weak, they  
are strong,  
Wise, foolish—so am I.  
Then why should I sit in the scorner's seat,  
Or hurl the cynic's ban?  
Let me live in my house by the side of the road  
And be a friend to man.

# THE LIFE BOAT

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

One Dollar a Year

Ten Cents a Copy

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Volume XXI.

HINSDALE, ILL.

:: JANUARY, 1918

Number 1

## Digestion and Digestive Disturbances

Daniel H. Kress, M. D.

FEW give attention to diet until they are compelled to. We learn obedience by the things we suffer. David said, "Before I was afflicted I went astray. It is good for me that I have been afflicted; that I might learn thy statutes." Ps. 119: 67, 71.

No laws are more freely violated than those which pertain to our eating and drinking. When sick the most important question is, What shall I eat? It is strange that man is the only creature God has made who is compelled to ask this question. Other animals have no difficulty in selecting their food, and they are seldom sick. We never think of excusing the horse from work. We expect him to work three hundred and sixty-five days in the year. He lives simply, eating corn and oats, etc., and drinking water. This enables him to remain in health and work hard. If the horse were to live as men live we would without doubt have dyspeptic horses, gouty horses, and horses complaining of headaches, neuralgia, etc.

To the man healed at Bethesda Jesus said, "Sin no more, lest a worse thing come upon thee." He thus showed the existing relation between the violation of physical law and disease. God heals, but He designs the sick should gain a knowledge of the laws of health which they have ignorantly violated, in order to avoid a similar or worse condition.

### How Nature Works

The subject of digestion is a very interesting one. The little grains of corn and wheat contain a certain amount of starch, albumen, and some of the salts. Besides these, each grain contains a life principle or seed, and a little

product that we call diastase. The starch is stored up as food for the plant, but the plant cannot absorb the starch.

In man we have a process taking place similar to that found in plants. Starch is not soluble. Take some porridge, which is principally composed of starch, and put it in a glass of water. You may stir it up, but it will not dissolve in water; it will settle in the bottom of the glass, but always remain starch. The system is not able to utilize it in this state. It is indigestible and cannot pass through the walls of the stomach or intestines into the circulation. Yet that is the way a good many take their starchy foods. Such food lies in the bottom of the stomach as the starch lies in the bottom of a glass. Instead of digesting, it undergoes fermentation. Take a little sugar, add it to water, and it dissolves very quickly and leaves a clear liquid. Thus we see that water dissolves sugar, but not starch.

The saliva of the mouth possesses the power of changing starch into sugar. If sufficient saliva is mixed with the food the starch is rendered soluble, being converted into sugar. It is then in a condition to be absorbed into the system. You will notice the longer food containing starch is chewed, the sweeter it becomes. This is due to the formation of sugar in the mouth by the action of the saliva on the starch.

### Food Absorption

That absorption begins in the mucous membrane of the mouth can be proved by placing a drop of pure nicotine upon the tongue of a cat. It is immediately absorbed and the cat destroyed in three or four minutes. Taste

itself is really due to absorption. The reason why starch and albumen are tasteless is because they are not soluble or absorbable. By chewing the starch well the digestion and absorption which gradually begins in the mouth is carried on in the stomach and intestines; the system is thus enabled to utilize it. Too much stress cannot be laid upon the thorough mastication of foods.

The sugar is taken into the circulation, carried to the liver, and stored up in the form of animal starch, then dealt out to the system as needed for the production of heat and energy. When more food is taken than can be utilized by the system, the liver becomes clogged, overworked and unfitted for its function, causing biliousness, etc. The practice of habitually overeating disables the liver, so that finally the sugar is freely permitted to pass into the circulation to be eliminated through the kidneys, a condition called diabetes.

The liver might be compared to a self-regulating gas engine. Such an engine is so constructed that when an extra machine is put on there is an increase in the pressure and a greater amount of gas is turned on, producing more energy to drive the extra machine. When a piece of machinery is dropped off there is less demand and the gas supply is diminished. That is exactly what Nature does in the human body.

In the foods we have stored up heat and energy; it is really the fuel of the body. It first combines in forming the structures of the tissue, and as the oxygen is brought in contact with the tissue, it causes combustion and the liberation of heat and energy. The more work we do, the more fuel is needed, and dealt out by the liver. This is why an active or hard-working man can digest and utilize a quantity of food that could only be a burden to one whose habits are sedentary. The heat produced is brought to the surface, or skin, by the blood, to be given off. The perspiration or moisture evaporating on the skin cools off the blood. In this way an equal and constant normal temperature is always maintained, no matter how much fuel is consumed. The particles of carbon formed by this combustion combine with the oxygen forming carbonic acid gas. This is thrown off through the lungs to be again taken up by the plant and converted into food.

The sugar in fruits is identical with the

sugar circulating in the blood, so that the fruit sugar or fruit juice is a food that requires no digestion. It is ready for absorption. No other food can equal fresh, thoroughly ripened fruit when the digestion is enfeebled.

### "What Shall We Eat?"

The question as to "What shall we eat?" is answered very definitely in the Bible. Isa., 55:2, says, "Eat ye that which is good." It does not say, "Eat that which tastes the best," or "that which digests the easiest," but "Eat that which is *good*."

A great many people are entirely controlled in the selection of their food by the taste it imparts to the palate. It is not a question of quality that is considered, but the sensation that is imparted to three or four square inches of mucous membrane as the food enters the stomach. You will admit that that is not the motive that should prompt us in eating. We should eat for strength. Again, there are a great many who eat certain foods because they are easy of digestion. Good foods taste well to the normal palate, and they are also easy of digestion. There are a great many substances, however, agreeable to the taste and easy of digestion; if I should name some of them you would agree with me that they are not suitable as food, and cannot build up healthy tissue, brain and nerves.

The important thing to consider is whether the food is good or not. In putting up a durable building, we consider carefully the quality of the timber used in its construction. The human body is really a building, and it is left with every man to determine what kind of a building he will erect. Will it be constructed of material that is able to resist the attacks of the germs of disease?

The human body is composed of the food that is furnished it. If a person eats inferior food he will have inferior blood, inferior tissues, inferior brain and nerve cells and inferior thoughts. It is impossible to bring a clean thing out of an unclean. The old German proverb is true, which says, "As a man eateth, so is he." The Bible says, "As a man thinketh, so is he." We might say, "As a man eateth, so he thinketh; and as he thinketh, so is he."

A certain scientist, after a careful study of the hog, came to the conclusion that there was either a good deal of human nature about the pig, or else there was a good deal of pig in

human nature. If it is true that he who eats pig becomes pigified—the latter conclusion is the correct one. The pig is not becoming more manly, but the man is becoming more piggish. He becomes a partaker of the hog nature by feasting upon the hog's flesh.

The body ought to be looked upon as a sacred temple or edifice. I remember once speaking to a man who was a Christian about the habit of using tobacco. I tried to show him that he was doing himself an injury by its use. I said, "You would not use tobacco in a church, would you?"

"Oh, no!" he replied, "that would be sacrilegious!" I told him that God did not dwell in temples made with hands. The Apostle says, "What? know ye not that *your body* is the temple of the Holy Ghost?" It is much more terrible to injure this temple than to defile a temple that is made of brick and timber.

## SUMATRA COMING TO THE LIGHT

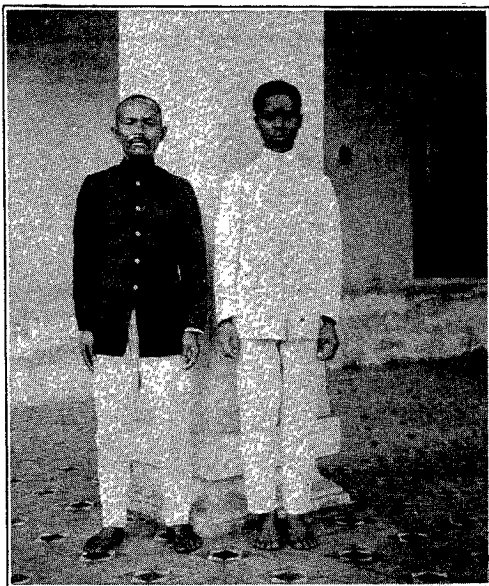
F. A. DETAMORE

Andrias Siregar is a native of Battakland, Sumatra. Only a generation or two ago his ancestors were cannibals. In some parts of that land they would even trade their grandparents off to their neighbors to be eaten, while in other sections only enemies of an adjacent country or village were used for food. When an enemy was captured his flesh was mixed with the flesh of animals, birds and fish, and a great feast was made, to which the whole village was present.

But those days are now in the past, and one can travel through the interior of Sumatra with as much safety as he can walk the streets of Chicago. What has brought about this great change? The gospel of salvation through Jesus Christ has been preached in that land, and now men are learning to obey the moral law of God, which leads one to regard the life of his neighbor as of equal value to his own.

Still, religious freedom is not yet fully established in Sumatra, for only certain creeds are allowed to be taught. The German missionaries of that section have become so domineering that many of the poor natives fear them, and the Dutch officials often have to go to settle quarrels between the missionaries and the people.

Many in that land are anxious to learn about the coming of Christ and the commandments of the Bible. Andrias Siregar is one of these. From reading his Bible he learned more and more of its true teaching, and he began to follow the light with humble, godly fear. Then he wanted to be baptized, and he wanted to give his only son a Christian education to train him for preaching the gospel, so he decided to bring him to Singapore and place him in our Training School. They made the long journey on foot to the sea coast, and there took ship to the port they were so anxious to reach. After nearly a month of travel and hardship they arrived and told their story. What joy filled their



Andrias Siregar and his son.

hearts as they saw the scores of people worshipping with freedom on God's holy day!

The father was baptized and returned home, while the young man remained to attend our school, and now he, too, is asking to be baptized, and will be among others who will have the privilege of taking this step.

How good it is to see the power of the gospel working so mightily. What a change it works in all classes. Let us continue to spread the joyful sound till all mankind has heard the glad tidings of salvation.

# The San Salvador Earthquake

R. W. Parmele

ON the eighth of June last the people of the city and vicinity of San Salvador were suddenly given a terrible shaking. The event is thus described in a private letter written to the writer the next day by a friend who was at the time residing at Santa Ana, about one hundred miles distant from the source of the disturbance:

"Last night at about seven o'clock we had a most terrible shaking up here in Santa Ana. Then the quakes continued all night long. Over toward San Salvador we could see the heavens lighted up. A deep, heavy growling and rumbling came through the air about like thunder off in the distance. At one o'clock another heavy quake came, and those who were up on high places could see the earth's fireworks plainly. People were praying in every open square, holding their gods up before them.

"The telegraph lines are all thrown down between here and San Salvador. News comes, however, from the nearest town to the capitol that the city is in ruins and burning. Of course, nothing is sure yet, because the people are all excited."

## How It Happened

The following is the story of this catastrophe: The volcano San Salvador, situated about 10 miles from the city of the same name, which is the capital of the republic of Salvador, had been inactive for about one hundred years. During that time the rains had filled its crater more than half full, forming a beautiful lake on which the inhabitants of the capital enjoyed pleasure boating.

But the fires that are burning in the earth and seem in these days to be coming more and more to the surface, wished vent. This vent was sought through the old channel, but was barred by the presence of the lake. It was as when fire is brought in contact with a teakettle filled with water. The kettle will not burn until the water boils dry.

But the fire must have vent, and so two holes were torn in the sides of the mountain, which caused the shaking felt at seven o'clock, and caused the fires to rage the more. At one o'clock the fiery elements ripped the crust of the earth from the base of the mountain for

several miles across the valley. Through this crack was discharged the lava, producing the "fireworks" which the inhabitants witnessed.

## The Lake of Water Boiled Dry

Then the water in the lake began to boil, the steam rising in large volumes. The people residing near the mountain began to be afraid the hot water would find a way through the sides of the mountain and inundate the surrounding country with boiling water; but a kind Providence prevented that. For about



The lake in the top of the mountain which was used for boating and which boiled dry at the time of the eruption.

a month the lake boiled, and then boiled dry. Then the bottom melted, giving vent to the fires through the old channel.

It was my privilege to visit this scene the latter part of July, and to secure some photographs, which are presented herewith. The city was still in a badly shaken down condition, but was rebuilding. I visited the lava streak, and climbed up on it, walking over as far as it seemed at all safe, as it was still hot and smoking. It spread out, it seemed to me for nearly half a mile, and was from 25 to 50 feet high.

## Cause for Serious Thoughts

As I witnessed the scenes of devastation in the city, and stood on that smoking lava, most serious thoughts ran through my mind. Standing on the lava heap, about every two minutes I could hear a roaring sound pass beneath toward the mountain, and then a belch of smoke shown in the picture would come out the top of the mountain. This, too, made me meditative.

### This Disaster a Warning of the Final Destruction of the Earth

Had not Peter written to us that "The heavens and the earth, which are now, . . . are kept in store, reserved unto fire"? 2 Peter 3:7. In that same chapter he also said, "There shall come in the last days scoffers . . . saying, 'Where is the promise of His coming?'" There would come those who would scoff at the coming of Christ, but Peter said such are willingly ignorant of some things. The thing he especially mentions here is the fact that there was once a destruction of the inhabitants of the earth with a flood of waters. Then he states that the heavens and the earth are now kept in store, reserved unto the fire of the next destruction.

Men may scoff at the idea of there having been a flood, but they surely cannot doubt that the earth is now stored with fire. And the Lord allows it to come to the surface at times to remind us of the great conflagration that is coming, "Wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat."

### Brighter Prospects Beyond

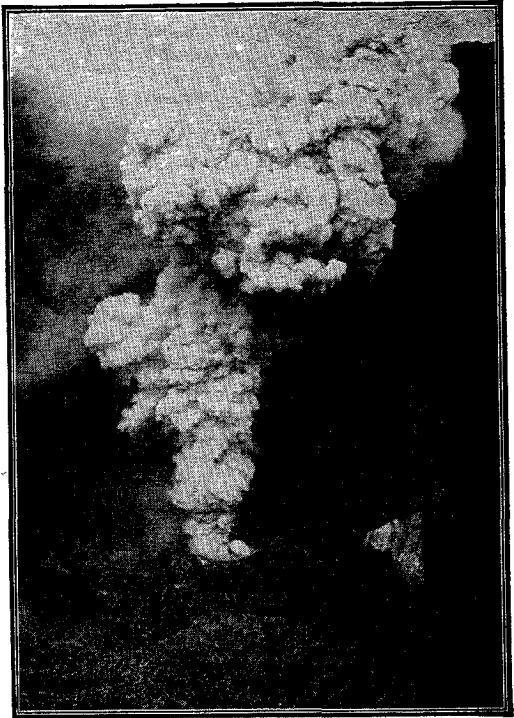
But he does not leave us with this dark picture. In the thirteenth verse he adds, "Nevertheless, we, according to His promise, look for a new heavens and a new earth, wherein dwelleth righteousness." "His promise" had been made to Abraham, and to his seed—all that are Christ's, as stated in Gal. 3:29. He made this earth to be the home of man, and it will eventually become his home, free from the curse. He will melt it, mould it over again, and deliver it to those who have separated from sin—the thing that brought the curse upon it—a bright, shining, eternal home, "wherein dwelleth righteousness."

These thoughts came to me with greater force, and their truth seemed more real to me as I stood in the presence of this demonstration of the power of our God, and listened to the roaring passing beneath my feet, of the fires with which this earth is stored. Then came the thought, who would not long for that blessed day to come, if only he had a tangible hope of a home in that world, "wherein dwelleth righteousness"? This world is filled with turmoil at best; sorrow, disappointment, sickness and death are our lot. And now the world is in the death grip of the most

titanic struggle that has ever visited it. Why do we not all exclaim with the Seer of Patmos,

### "Even So, Come, Lord Jesus"

Well, Jesus is coming quickly, and earthquakes are a sign that His coming is near. In the twenty-fourth chapter of Matthew His disciples are quoted as asking Him, "What shall be the sign of thy coming, and of the end of the world"? One of the signs that He gave was, there shall be "earthquakes in diverse places." Earthquakes are occurring in



The column of smoke belching out from the bed of the lake.

these days in places where least expected, as well as being produced by what seem to be natural causes. A carefully compiled statistical record of earthquakes shows a steady increase throughout the entire Christian era, and taken by decades in the century which has recently closed, there has been shown a gradual increase. Looking at the other signs that Christ and the holy prophets have given, we find that their fulfillments all focus in our own time, showing that it is certainly high time for us to "Look up and lift up our heads, for our redemption draweth nigh."

## UP FROM THE SHADOWS

A. C. O.

I first saw the light of day in Chicago, 1878, as a member of a family composed of father, mother, sisters and brother, none of whom were religiously inclined.

From my earliest recollections liquor and tobacco were used at home and during my entire child life at home the liquor question was not discussed.

Mother and father both passed away before I had reached the age of fourteen, leaving eight children, ranging in ages from four years to twenty.

The family was kept together by the oldest sister for a number of years—until death began to take toll and completely wiped out the family save the youngest sister and the writer.

At sixteen I was delegated to the world, cast on my own resources, and, thanks to the loving care and influence of sisters who cared, my footsteps were directed in paths of study and I began what promised to be a successful business career.

At twenty-one my career reached a point I had reason to be proud of, and my habits, save the fact that I was an incessant smoker, consuming on an average of ten to fifteen cigars a day, were considered exemplary.

It was at this time that I first began to take an occasional drink with the boys.

For a period of three or four years, until my marriage, my indulgence in intoxicants did not exceed two or three drinks a week, and these were mostly beer.

After marriage, for a period of four years or more we had more or less drink in the home, and without realizing it the appetite for strong drink, especially whisky, was gaining strength.

Business reverses came and with them other troubles and illness, and it was then that I committed that greatest of mistakes—I tried to drown my troubles in the flowing bowl.

This was about five years ago, and for a period of over three years I became acquainted with practically every barroom in the loop, to say nothing of a great number of outlying or residential district barrooms.

I was in a position to earn money easily and I spent practically every cent trying to fight John Barleycorn and incidentally added cigarettes to the list of other vices I called my own.

During the latter part of 1915 and the early part of 1916 I had reached the unenviable condition where it required from thirty-five to fifty drinks of whisky per day to keep me "fit." About six packages of cigarettes per day were added to the load I was already carrying, and between the whisky and the smokes they destroyed my appetite for food and slowly but surely were dragging me to the brink of the black pit—death and eternal damnation.

During the latter part of the summer of 1916 I was unable to do any work, was constantly haunted with "seeing things" during all hours of the day and night, and could not hold a glass in my hands in the morning.

One by one the host of friends I had known left me and refused, in many cases, to even recognize me on the street. I was bloated, nervous and totally unfit to be in decent company, and had but a single desire in mind—whisky and cigarettes.

It was during this terrible time that God directed my footsteps to the office of an old friend. I still tried to do some business of a special nature and one day called to ask regarding a certain investment security. During the conversation another caller at the office suggested that I go to see Mr. Harold Kemp, 34 South Desplaines street, who conducted the Life Boat Mission, and have him give me a treatment and thus sober me up and quiet my nerves.

I didn't have much faith in the "cure," but nevertheless I went and had the treatment, free of charge. I attended the meeting upstairs above the treatment rooms and for the first time heard of the true Sabbath and the great mercy of Jesus Christ for such as me. I tried to pray with Brother Kemp and went away, resolved in my own strength that I would cease the drink and tobacco habit and start over anew.

I did not realize how pitifully weak I was until the next day. Needless to say the appetite got the best of me and I rolled back into the same old rut, a drunkard. But God had left a seed in my heart and it was only a couple of weeks later that He directed my footsteps again to the Life Boat Mission, and this time, praise be to His name, I was actually saved and found peace in the precious blood of Jesus. The appetite for whisky and tobacco were taken away and in a few short months my nerves were steady, my head clear



and I was indeed a new man, spiritually and physically as well.

It is now over a year and two months since I came to the parting of the ways from whisky and tobacco, and I have visited many friends who knew me while I was on the downward path; without exception, they pronounce the regeneration a miracle.

Certainly it is a miracle, and only the blood of Jesus Christ can perform such a miracle!

If any brother or sister reading this statement is in the clutches of Satan and cursed with the drink or tobacco habit, I ask you in the holy name of Him who saved me to place the facts before Christ, tell Him you are ready to give up and He is abundantly able to keep you free from the power of these great curses of mankind.

It is your duty and my duty to tell the world that Jesus can and does save to the uttermost, not only from the sins of intemperance, but from every sin.

If He can make a man out of the poor material He had to work on in me, He surely can with you. Why not try it NOW—to-day. Remember, He says "Come unto me all ye that labor and are heavy laden and I will give you rest. Take my yoke upon you and learn of me, for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

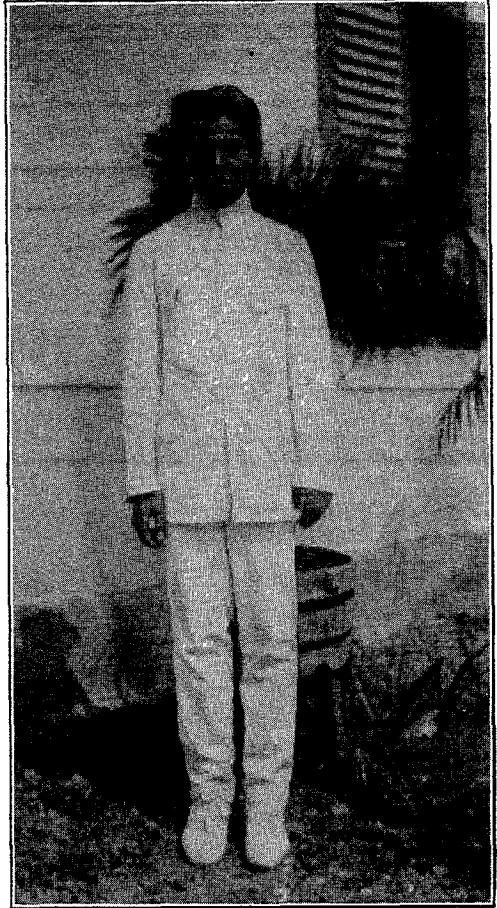
### A JAVANESE BOY AND TITHE PAYING

PETRA TUNHEIM

MISSION HOME, BATAVIA, JAVA

Perhaps interested friends would be pleased to know that the work here in Java is progressing and I now have about as many Bible readers as I can conveniently care for. Some of these readers are about ready for baptism, and others are showing a good interest. Among these is a Javanese young man who has been obeying the Lord for some time. He is not in a position to earn wages, having to care for his guardian. One day after our reading he said to me, "Do you think Brother Schmidt will be angry with me because I do not pay any tithe? for I do not earn any wages and therefore have none to pay." Not having studied this subject with him as yet, I asked him how he learned about tithing. He said, "I read about it in Lev. chapter 27, and therefore I knew the Lord wanted me to pay tithe.

I have, however, a little put aside that I have received as gifts from friends—50 cents (20 cents gold); take this as my tithe." It quite touched me when the poor boy handed me the 20 cents, for I knew how much it cost him to deny himself of little dainties and edibles that are continually carried about on the streets and that boys are naturally fond of eating. This boy is bright and quick to



The Javanese boy who gave all he had to the Lord.

learn. As I review the readings with him he can answer nearly every question I ask. How good to find such loyal ones, even in this darkened Mohammedan land.

Pray that the eyes of the Lord will run to and fro over the city of Batavia and seek out the honest in heart who may accept the message.

There is, perhaps, not another word in the English language that is so sweet to us missionaries as the word home. We think we have learned to really appreciate its sweetness this last month, since moving into our new mission homes built with the many gifts of our kind friends in the home lands. After two years of packing and unpacking, and turning trunks upside down every little while, it is surely pleasant to be settled in comfortable homes. With some galvanized wire netting brought back from America, a carpenter built small sleeping rooms on our back verandas. How much more pleasant to sleep out in the cool night air than indoors under a hot mosquito net.

We take this opportunity of thanking our dear brothers and sisters and friends at home who have so kindly donated toward these two comfortable homes. When you have perhaps denied yourselves some real comforts, remember that you have made some others real comfortable, and to be in better health in this hot tropical climate.

But this home is only for a little time. Down in my heart this morning is such an inexpressible longing for a much grander home on the new earth. Never before in the twenty-six years of joy in this glorious gospel message has there been such an earnest desire for perfect holiness and complete victory over every sin, day by day, and moment by moment to be quickly prepared for that happy home beyond, which is now about in sight. What will it be, dear brethren and sisters, to place your golden crown on that golden shelf, and that pearl-pillared house and then go out to look at and work among the most beautiful plants of our eternal King, throughout the ceaseless ages? Will it pay to sacrifice all for such a home?

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### AN INFIDEL CONVERTED

A youth of sixteen entered college, and graduated with the highest honors of his class. His most intimate friend was E——, who was very bright and witty, and remarkably winning in his person and manners, but a confirmed infidel. The ambitious youth came fully under the influence of his gay and brilliant companion, and when he left college, he, too, could ridicule the Bible, and crack his jokes at the expense of weak-minded people who believe it to be the Word of God.

While traveling one evening he stopped at a country inn, and the landlord apologized for the necessity of putting him in the room adjoining an apartment occupied by a young man who was extremely ill and in a dying condition. The youthful infidel smiled at the apology, for what was death to him? However, in the stillness of the night, he heard through the thin partition the groans of the sick man, groans of suffering; groans, it seemed to him, of despair. He was ashamed to find that these hollow and hopeless groans not only disturbed him, but appalled him, and he covered his head with the bed clothes in profound mortification, when he reflected that the intellectual, witty and sarcastic E—— would laugh him to scorn if his weakness were discovered. At last all was still, and he fell into an uneasy sleep. When he awoke, descending to the office, with an assumed indifference, he inquired after his fellow-lodger.

"Dead!" was the blunt reply of the landlord. The infidel was startled, but again asked in a careless tone: "Do you know who he was?"

"Oh, yes, he was a graduate of P—— college, and a fine fellow. His name was E——, and it's a pity he died so young, for he would have made his mark."

And so the groans that made the young stranger think of E—— as a refuge from his unmanly fears, were the groans of E—— himself, in his dying hour.

This young skeptic afterwards became the devoted and distinguished Dr. Adoniram Judson, the great missionary of Burmah.—*Selected.*

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Politeness is like an air cushion; there may be nothing in it, but it eases the jolts wonderfully.

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A mighty sad thing—to live on the reputation you might have made.

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If there be no enemy, no fight; if no fight, no victory; if no victory, no crown.

---

The man who views life rightly glories in his success and forgets life's stings.

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There is good in all men, but some men are very backward about letting it come out.

# Importance of Studying God's Word

S. N. Haskell

[We would urge our readers to take their Bibles and study carefully and prayerfully each text mentioned in this splendid Bible study. As you partake of the living Word of Truth your life will be changed into Christ's likeness.—Ed.]

THE Bible is God's voice speaking to us, just as much as if we could hear it with our ears. If we realized this with what awe would we open God's Word and with what earnestness we would search the Scriptures."

"Every chapter and every verse is a communication from God to man. In studying the word the soul that hungers and thirsts for righteousness will be impressed by divine utterances. Skepticism can have no power over a soul that with humility searches the Scriptures." *Gospel Worker*, p. 141. "If we study the Word with interest, and pray to understand it, new beauties will be seen in every line. God will reveal precious truth so clearly that the mind will derive sincere pleasure and have a continual feast as its comforting and sublime truths are unfolded." *Id.*, p. 122.

"If they hear not Moses and the prophets, neither will they be persuaded, though one rose from the dead." Luke 16:31.

"Behold, to obey is better than sacrifice, and to hearken than the fat of rams. For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry." 1 Sam. 15:22, 23.

To offer sacrifices, going through with every form of worship and at the same time disobeying God, is rebellion, stubbornness and iniquity. God will reject individuals who do such things.

Jesus says, "Search the Scriptures; for in them ye think ye have eternal life; and they are they which testify of me." John 5:39.

"My son, if thou wilt receive my words, . . . and apply thine heart to understanding, . . . If thou seekest her as silver, and searchest for her as for hid treasures; then shalt thou understand the fear of the Lord, and find the knowledge of God." Prov. 2:1-6.

If we cry after knowledge, and life up our voice for understanding, seeking her as silver and searching for her as for hidden treasures, God will hear us.

"Then he said unto them, O fools, and slow of heart to believe all that the prophets have spoken: Ought not Christ to have suffered these things, and to enter into his glory? And beginning at Moses and all the prophets, he expounded unto them in all the scriptures the things concerning himself." Luke 24:25-27.

When teaching His disciples after His resurrection, Jesus began at Moses and "ex-

pounded unto them in all the Scriptures the things concerning Himself." He might have shown them the nail prints in His hands, but it was more important that they should know the Scriptures than to have the assurance of sight.

"The entrance of thy words giveth light; it giveth understanding unto the simple." Ps. 119:130. It strengthens us intellectually.

The Word is our only infallible guide. It is more important for us to study the Word than to see with our eyes, or hear with our ears: "for only men of God spake as they were moved by the Holy Ghost."

"I will worship toward thy holy temple, and praise thy name for thy loving kindness and for thy truth; for thou hast magnified thy word above all thy name." Ps. 138:2

God magnifies His word above His name; the word is the only thing mentioned as being magnified above His own name.

"He that rejecteth me, and receiveth not my words, hath one that judgeth him: the word that I have spoken, the same shall judge him in the last day." John 12:46-49.

We will be judged in the last days by the words spoken by Christ.

"Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil." Eccl. 12:13, 14.

The commandments of God will be the infallible rule of the judgment.

The one who neglects to study the Word, trusting his soul to others or to his good feeling, thinking himself better than he really is, will as surely fail as the Lord has spoken His word. We have the Bible and can read for ourselves; we must individually answer for the written word of God. The only infallible rule God has ever given by which He will judge the world is His own inspired testimony.

## What the Word Will Do for Us

There are in the word of God promises for our spiritual, physical and temporal life. All of these promises have conditions. To study these conditions is to study the life and character of the Omnipotence. The study of

science can never take its place. All true science originates in the Word and is embraced in the science of salvation. The more we learn and study that Word which is revealed, the better prepared we are to learn the true science; for God is the author of all true science.

"Seeing ye have purified your souls in obeying the truth . . . see that ye love one another with a pure heart fervently: Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth forever." I Pet. 1:22-25.

By studying the Word we will be born of God, and experience the new birth.

"Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word." Ps. 119:9.

The Word will cleanse the way of every young or old man, if heeded.

"As new-born babes, desire the sincere milk of the word, that ye may grow thereby: If so be ye have tasted that the Lord is gracious." I Pet. 2: 2, 3.

We are to take the Word as a new-born babe, desiring nothing but the sincere milk of the Word; then we will grow up into Christ in every way.

"The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple. The statutes of the Lord are right, rejoicing the heart: the commandment of the Lord is pure, enlightening the eyes. The fear of the Lord is clean, enduring forever: the judgments of the Lord are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honey-comb. Moreover by them is thy servant warned: and in keeping of them there is great reward." Ps. 19:7-11.

The law of the Lord will convert the soul, make wise the simple, rejoice the heart, enlighten the eyes, and bring about spiritual and physical good.

"Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual." I Cor. 2:13.

The Holy Ghost method of studying the Scriptures is to compare scripture with scripture; then much of the unseed meaning will be revealed to the earnest seeker after truth.

"Thy word have I hid in mine heart, that I might not sin against thee." Ps. 119:11.

If we hide the word of the Lord in our heart we will not sin against Him.

"I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from

the wise and prudent, and hast revealed them unto babes." Matt. 11:25-27.

Christ reveals Himself to those who receive His word as new-born babes. Everything they know comes from the outside, even the alphabet; even their own name has to be told to them. So the word of God should be taken; then comes divine revelation to the soul.

"Is not my word like as a fire? saith the Lord; and like a hammer that breaketh the rock in pieces." Jer. 23:29.

The word of the Lord, if diligently sought, is likened to fire and to a hammer that will break the heart that is like a flinty rock.

"Heaven and earth shall pass away, but my words shall not pass away." Matt. 24:35.

Heaven and earth will pass away, but the word of the Lord and its influence will continue forever.

"And seek the peace of the city whither I have caused you to be carried away captives, and pray unto the Lord for it: for in the peace thereof shall ye have peace." Jer. 29:7.

"On that night could not the king sleep, and he commanded to bring the book of records of the chronicles; and they were read before the king. And it was found written, that Mordecai had told of Bigthana and Teresh, two of the king's chamberlains, the keepers of the door, who sought to lay hand on the king Ahasuerus. And the king said, What honour and dignity hath been done to Mordecai for this? Then said the king's servants that ministered unto him, There is nothing done for him." Esther 6:1-3.

Because Mordecai believed and carried out one instruction of the prophet of God, deliverance was brought to the entire Jewish nation.

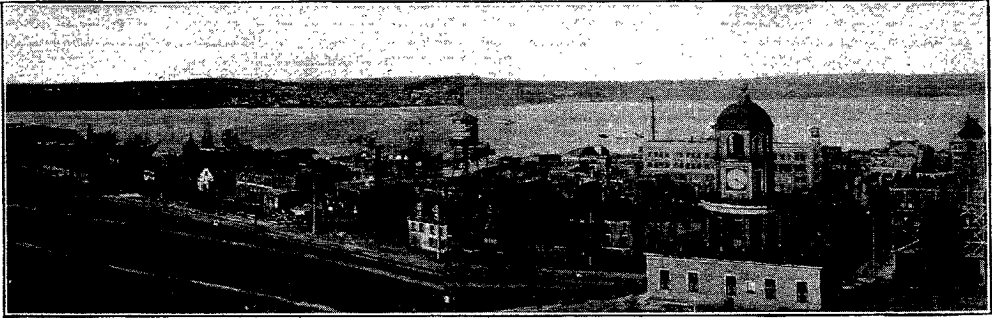
In Psalm 119 there are thirty-nine expressions exhorting to exalt and magnify the Word as the word of the Lord. The Word is synonymous with precepts, law, and righteousness. The Word is made known to us by holy men of God and recorded so as to be available to every soul who can read and hear it. The spirit of the living God is in it, and that same Spirit will come to everyone who will read and heed the teachings of the written revelation of the Lord.

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Some men are satisfied to follow the crowd, no matter which way it is going.

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He who is more anxious to be right than happy will some day be both; and he who is more anxious to be happy than right will soon be neither.



A glimpse of Halifax and the Bay before the explosion.

## The Halifax Disaster

Caroline Louise Clough

JUST by the twist of the hand, the crook of a finger, or the mistake of a signal, on the part of the pilots on a large munition ship in Halifax harbor and a Belgian relief ship, nearly a whole city was laid in ruins, and some thousands of people hurled into eternity in fifteen minutes' time. A mistake in passing in the channel caused a collision and the explosion took place. The munition ship was carrying 580 tons of trinitrotolulol, a high explosive, beside large tanks of benzol and picric acid.

"I have been in the war. I have been in front of German guns, but never before was there an explosion like this," said one of the crew. "It was worse than 100 shells. A shell will blow up a house, but this blew up a city. One was safe nowhere. We were a mile away when the ship blew up and it got three of us." Everything that could be shaken was shaken down and the fire that followed the disaster completed the work of destruction. A heavy rain, accompanied by a fifty-mile gale, added greatly to the sufferings of the twenty-five thousand who were made suddenly homeless by this explosion.

This disaster, which can be directly attributed to the war, brings home in a vivid way the awful horrors of war. But this is only a beginning. If the war continues, suffering and trouble will increase. Perplexity, sorrow and distress will visit every home.

This is the time when every soul should be firmly anchored to the rock Christ Jesus. Christ in prophesying of these times, said, "There should be great distress in the land,

and wrath upon this people. There shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; men's hearts failing them for fear, and for looking after those things which are coming on the earth." Luke 21:23, 25, 26.

The Master admonishes us to "Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness and cares of this life, and so that day come upon you unawares. Watch ye therefore, and pray always." Verses 34 and 36.

The praying, thoughtful Bible student is looking for wars and disasters, earthquakes and perplexities on every hand to increase until our Lord shall come. For, "Then shall they see the Son of man coming in a cloud with power and great glory," verse 27. Also, "So likewise ye, when ye see these things come to pass, know ye that the kingdom of God is nigh at hand," verse 31.

At that time it will be evident to all the inhabitants of the earth that man is not able to bring peace out of chaos. That no one ruler, nation, or congress of nations, can untangle the terrible world cataclysm.

### On to Armageddon

The Lord in speaking to John the Revelator said, "Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame. And he gathered them together into a place called in the Hebrew tongue, Armageddon. And the seventh angel poured out his vial into

the air; and there came a great voice out of the temple of heaven, from the throne, saying, It is done." Rev. 16:15-17.

So the Lord will interfere with the affairs of men to save His people, those that love Him, and He has promised to make out of the

of camp life. He writes the following to the *Gleaner* under date of November 18, 1917:

"I had a little experience a few days ago that helped me a lot, and I'd like to let you know about it.

"You know in camp there is an abundance



The devastated district after the accident.

wreck and ruin of sin a new heaven and a new earth, where God will dwell with His people and be their God. "And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain; for the former things are passed away." Rev. 21:4.

In that day we will rejoice that we are numbered with God's people, but that means that we must be numbered with them now, and stand firm to principle here and now, if we are to receive the approbation of heaven when our Lord shall come.

"We are living, we are dwelling,  
In a grand and awful time,  
In an age on ages telling,  
To be living is sublime."

### TRUE TO HIS COLORS IN THE CAMP

According to the *Northern Pacific Gleaner*, Arthur H. Grauman, a Christian young man now in training at Camp Lewis, is standing true to his colors amidst the worldly influence

of cheap, modern music that has a catchy rhythm, and is sung and whistled everywhere all day long. The boys would not know what to do without these songs, and you will find nearly everyone humming snatches of them continually.

"One evening I was in the washroom hugging the hot water tank to keep warm. Without thinking, I started on one of the latest of these songs. As soon as I realized what I was doing I stopped and decided that I would have to atone for my mistake by singing a gospel song. I hesitated, but finally I started "He Leadeth Me." It was very soft and faint at first, but I began thinking about the beautiful words and let out more. Soon I was conscious that someone was singing with me. I looked up and saw a young boy, just twenty-one, who looked very homesick. He came up to me and looked me in the eye and said, 'It's hard to say that out here away from home and friends, isn't it?' 'Yes,' I said, 'but it is true, God said so.' He seemed so young and small that my heart went out to him, and wished that he had the hope that I have."

# Two Run Away Girls and a Kind Providence

Mrs. Maud Wilson Cobb

ON the night of November 20, returning from the sanitarium at nine o'clock, I found two fourteen-year-old girls sitting in our office of the Home. Two of our Home girls were sitting with them waiting for my return. On inquiry, the little girls told me they had lost their way while trying to find their sister's home. I asked where the sister lived and found they did not know just what suburb she did live in, but they told me she had telephoned to them in the morning telling them to take a street car from their school-house and go to a certain station and take a train. They had missed the train and had been walking from five o'clock until nine at night straight down the railroad track from Chicago, and had seen our lights beaming a welcome, and thinking the place a hotel they came directly from the car tracks to our home and told their story.

I questioned them a few moments and then took them to the dining room for a lunch and visited with them. I then took them to the bath room and arranged a bath for them. After the same, I decided to test their truthfulness. I called one of them from the room and told her now I was ready for the truth; that the first story did not appeal to me as being the whole truth; that now she had one chance of staying the remainder of the night with us or having the Chicago authorities notified of her whereabouts.

## Decided to Run Away From Home

The child at once told me she had run away from school with her girl friend because her monthly report was so poor she was fearful of her father's displeasure, so they packed a small hand bag and immediately after school boarded a street car and rode to the end of the car line and then proceeded to walk the crossties on the railroad track, with no special place in view, intending only to walk until something happened, they knew not what, nor did they care.

I sent the one girl back to bed and took the other one to another room with me. She told the same story. I then took their clothes and hand bag and told them I thought they had both better try to sleep, as they must be very tired because of the long walk, and in

the morning I would see that they would return to their homes. I told them I intended opening their bag to find their address if it might be found.

## A Pathetic Little Bundle

I found on examining the contents of the bag that one of the girls had put in three letters written by a loving father, sister and brother while she was away from home on a short visit during the summer. Those letters meant a great deal to me in handling the situation. They made me understand the anxious thoughts of the family for the youngest child and the advice was to be good and true and God would bless her. I knew a Christian home was at that time in grief. I found the father's and brother's picture with the girl standing between them. The other contents of the bag were two oranges, apples, a bag of candy, a few handkerchiefs, powder puff and comb and brush and a summer hat. These were their earthly possessions. They expected to meet the outside world and the unexpected thing that might happen. It was a pathetic little bundle, and in one corner of the bag was a card with a father's address and telephone number.

At midnight I called this number and at once I heard the moaning cry of a woman's voice calling, "My little sister, my little sister, oh, God grant she is safe." I had to insist on her being quiet so I could tell her that her little sister was safe, and we would care for her as our own until morning. She begged me to protect her, as her father was out of the city on business and it would kill him should he return and find her so far away from home with strangers, and had she not better start at once for Hinsdale. I assured her the child would be safe and for her to notify the other child's family at once of her whereabouts, as they had no telephone but lived in the neighborhood.

## Grief a Thousand Times Worse

I separated the girls, taking one to bed with me and putting the other one with Mrs. Swartz. In the morning I did not let the girls be alone with each other to plan a new trip. At eight o'clock the sister and her husband and another member of the family

arrived in an automobile. Our Dr. Barber and Mrs. Clough had come to the Home and met the family on their arrival. The grief of the sister was more than she could endure, and, near a collapse, she said, "I buried my dear mother and a favorite brother, but God knows these last few hours of anxiety and grief are a thousand times worse. God must have guided those girls through wicked Chicago to this haven of rest. How did they escape the wicked people who would pick them up and sell their souls?"

Our Home girls were impressed and many wept because of this sister's grief. As it was



The two little girls who started out to make a way for themselves in the world.

time for our morning worship, they remained. Our subject was on the vice and white slave traffic and how young girls no older than these girls were forced to live a life worse than any hell could be pictured. Our Home girls did not know of this condition. We have not a girl who has lived in a large city. Ten girls in our Home today came from small towns and not one was ruined in Chicago. But they have come here to hide their shame, and they do not know the vices of a large city. It was for their benefit as well as the younger girls we told the stories. We then sang our morning hymns and they knelt with us in prayer and thanksgiving for the wonderful

care that God had given the girls who were defenseless out in the dark night walking miles through a bad district and meeting the tramps who walk the railroad tracks.

After looking over our Home and leaving us a donation for our work, they started home with the little lost sister. A few moments after, the other girl's sister and husband arrived, and her face showed the worry and care that the night's anxiety had caused. She told me how they had made an effort to care and mother the little motherless sister and how thankful she was our Home had taken her in and protected her from the night hawks who are out seeking whom they may devour.

### "Oh, Girlie, Heed the Warning"

They also left us a donation for our Home and were ready to leave when one of our seventeen-year-old girls put her arms around the fourteen-year-old girl and said, "Oh, girlie, heed the warning Mother Cobb has given you. Had I heeded my own mother's advice I would not be here today expecting to be a mother to a nameless child. I ran away from home at your age and my heedless career began at that time, and now I am reaping the harvest and it is bitter. I have paid a heavy penalty for my waywardness, and it is not all paid yet."

Before writing this article, I called the family who have a phone and found they had placed the little sister in a private school and she was happy and satisfied, and we were asked to visit the home of the girl whenever we might be in Chicago, as they counted us their friends.

The other girl I intend to visit soon. These girls both belong to prominent families, whose fathers have held government and city positions for twenty-eight and thirty years. The night of their disappearance every depot was being watched and the police and detectives were searching the city for them.

Did it pay to have a home like our home is on that night? Was it not worth more than the \$11,000 that is invested in our Home to guide those children safely back home? Could \$11,000 have bought their clean lives back again, or could it have found them if they had been caught by the enemy? No, the thousands of girls who have disappeared the last few years cannot be found for any price. I have more courage to believe God knows our work and is watching it. It makes me want to be more sure that my part in this work



that God has trusted me with is done in a way that will show in eternity.

## HEARD AT THE YOUNG PEOPLE'S CONVENTION

CAROLINE LOUISE CLOUGH

Our sanitarium young people's society asked the writer to attend the Missionary Volunteer Convention, held at Berrien Springs, Mich., November 22-25. One incident that impressed us was told by a young people's worker of Chicago, who said, "While traveling on the elevated train I noticed a little boy about twelve or thirteen years of age who sat reading his Testament very devoutly. I asked him if he was reading his Bible. He said, 'Yes, I am reading my Bible to learn how to be a missionary. I was in two Sunday schools to-day. I have signed a little pledge in the back of the Testament. Not a boy on the street would sign it but me. I have been praying for my little sister. She needs help. She goes to the picture shows. I cannot sleep nights, for I am so worried about her.'"

At the close of the meeting a pathetic little note was read. It had been passed up by someone in the audience. "I wonder who cares if I go to moving picture shows? No one has ever seemed to care what becomes of me. They have talked about me because I made mistakes. This all has almost discouraged me. Mamma does not take the interest in me I believe she should. I cannot go to her. If only someone cares.

(Signed) "A Sad Little Me."

This little incident comes as a strong appeal not only to fathers and mothers, but to elder brothers and sisters as well, to take an interest in the young. Let them know you love them and that you care what becomes of them.

Why do seventy-five per cent of the children who attend the Sunday school leave the church and go out in the world before they are eighteen years of age? Is it not because nobody cares? At sixteen years the child is more easily impressed with the gospel than at any other time after that. In fact there are more conversions recorded at that age than at any other, yet in many homes the girl and the boy are left to care for themselves when they reach this age in life. Let us start well our youth and help them to have "Principles so firm that the most powerful tempta-

tions of Satan will not draw them away from their allegiance to God."

The story was told of a little boy who, when asked what the Sunday school lesson was about, replied, "The lesson was about keeping the soul on top." Watch the children in the church, encourage them when they become discouraged. A very prominent Christian worker, when only a small boy, became discouraged and for several weeks did not take part in the prayer meetings as he had done formerly. "One day he was so discouraged that he slipped out and went around back of the church, and on that very day the good old elder of the church followed him out and found him. He laid his hand on his shoulder and said, 'Arthur, are you discouraged?'

"He said, 'Yes, it is no use to try any more.'

"Is it something I have done that is causing you to feel discouraged?'

"The boy began to cry at once."

So that boy was saved to be a successful leader in the cause of God.

Many times when we are seeking to bring in a stream of new converts in the front door of the church, there is also a stream of young people going out at the back door.

## THANKSGIVING IN THE CITY

MILDRED IMSCHWEILER

[The nurses during the first year of their course are given a training in medical evangelistic work in Chicago, visiting from door to door, relieving the suffering and preaching the gospel. Their reports are always read with interest.—Ed.]

Thanksgiving day I had the privilege of helping distribute eight large baskets of vegetables and food to the needy poor of Chicago. I have often thought it would not seem like Thanksgiving if I could not be at home and enjoy dinner with my own people; but when I saw so many in need and how thankful they were it did my heart good to know that I was in this work of helping and caring for others.

I remember of one instance that one of our number related that impressed me very much. The mother where they went kissed their hands and would hardly let them go, but wanted them to stay and talk to her.

I will tell you something of the homes that my coworker and I visited. The first home we visited was one of five small children, the oldest, a boy, being about seven or eight years old. The home was in a terrible condition, and the mother just on her way to a store to see what she could get for these little hun-

gry mouths. She was surely glad to see us. After a short talk with her concerning how good the Lord was we went to the home of an elderly couple. The woman has rheumatism and is unable to be out of bed very long at a time. The man cannot leave her by herself and the only thing they have to live on is a little pension money. They were indeed grateful for the things we gave them and said they knew God had sent us to them as they were just wondering what they would have to eat, but the dear old lady said she felt as though God would take care of them. Their hearts were surely full of praise to the Lord.

The last place we went the lady was not at home, and we learned from her niece that lived a few doors from her that her son, who is a soldier, had invited her out to the camp to have dinner with him. We left the basket, also a note, telling her we had been disappointed in not finding her at home, but hoped she would have a nice Thanksgiving. The niece told us the son had asked his mother to come out and see him because she was so melancholy and nearly ready to give up everything. The lady herself told us later when we called to see her that if it had not been for a loaf of bread and a bottle of milk that was left her by a kind baker she did not know what she would have done. Her husband died about eight months ago. The son tries to help her all he can. This dear lady needs our prayers, as she is left alone.

God did indeed bless us in this day's work. We are having good experiences every day, and God is blessing and helping us reach those that are in destitute circumstances. We need your prayers for this field of labor.

### THE GOSPEL IN THE JAIL

J. H. REID

(Member of the First-Year Nurses' Class.)

Since coming here I had often heard the city workers tell of their experiences, so wished for the privilege of a part in the work for over a year, and last Sunday morning was the first opportunity I had when we went to the jail on South Clark street.

When we came to the building we had a season of prayer in behalf of the prisoners that God would prepare their hearts and that the Spirit would be given to us to say just the word they needed. Then we went down the corridor in the main part. We sung two or

three hymns and Mr. Anderson read a short passage of Scripture and spoke to them and gave the invitation to those who wished prayer in their behalf. Many responded.

In this cellhouse there were, I suppose, nearly all kinds of people. There were some whom we could see were hardened criminals, determined to go on in their wicked ways; others who were in trouble for the first time were sorry for it, and seemed to appreciate the words of encouragement which were brought to them. We offered prayer for them and distributed tracts and LIFE BOAT magazines, and as we left many shook hands with us and said with earnestness that they were glad we called.

We then went to the criminal corridor on the other side and there we found quite a number also. We held a small meeting there. We had songs, read from God's word and spoke a few words, and Mrs. Clough gave a good talk. We had prayer and gave away tracts. One of the boys said: "I am glad you came, and glad to get these tracts." We then went to the women's department and had a meeting.

I have helped in this work several times since that morning, and we find a different set of inmates each time. Sometimes they seem more hardened than at other times, and we are often asked to remember them in prayer.

### FOUND A TORN COPY

(From the Jefferson City (Mo.) Penitentiary.)

"This is to let you know that I was moved into this cell and, being hungry for something good to read, by accident I found part of THE LIFE BOAT with the editorial page intact. And the letter to the friendless appeals to me very much, as I am friendless here in prison as far as earthly friends are concerned. I have a great desire to help fallen men here in prison by getting them to live right and be an honor to their people and society when they are released from prison."

If you feel that the whole world is against you, get in line; the world might be right about it.

When you receive a slight, look it over, and see if it is not so slight that you can overlook it.

## A WORK OF FAITH

MRS. MAUD WILSON COBB

Matron, Life Boat Rescue Home,  
Hinsdale, Ill.

Faith is a small word, but it means much. We are told by James to "ask in faith, nothing wavering," for, says he of the one who wavers, "Let not that man think that he shall receive anything of the Lord." Mere words do not constitute prayer. I have a reason to have my faith made strong for all the blessings that are ours to enjoy.

Our good friends have responded to our call for help far beyond our expectations. We have been receiving fruit, clothing, shoes and money every day, and indeed we have uses for them.

Our family now consists of twenty-eight, including two nurses who are on duty in our maternity ward. Every one who is able to work does her share of the work willingly and cheerfully. Each one has the interest of the home at heart. I have never seen a more cheerful family under one roof. The Spirit of the Lord is plainly seen. Each girl tries to help the other, and often I hear the stronger-minded girl advising the weaker one to action in taking a stand to determine a useful life in the future. Not a girl has left the home since I came. Some are now mothers with babies from one day old to five weeks old. The mothers are planning to begin life anew, either back to the home or to positions.

I am now beginning to count the days when these girls will leave me. I have learned to love them as my own. I see them now about me with their little ones; the sad face is lifted in hope, the drooping shoulders are raised and the step is light as they go about the home, and where I did not hear the cheery laugh of an expectant mother, the new hope of health and the faith in Jesus that has forgiven the mistake in life and that He condemns them no more if they sin not, give them courage to laugh and sing, for who could keep a mother from singing to her babe. Never a thought is put forth here that the child is an unwelcome child. When they enter our door the dread of the mother is left outside that her child is unwelcome. I try to at once instill the maternal love in her heart that makes all mothers true to their children.

We extend our thanks to the friends who send us beautiful soft garments for the babies.

I have not yet seen the expectant mother's eyes fall when I say, "My dear, have you prepared some clothes for the little sunny bub?"

If this girl has not been interested she will at once begin to help me select the little clothes for her baby. I give them to her to take to her room. Even if we know she has been denied the privilege of taking her little one to her father's home, we encourage her to enjoy her baby while she can.



Little Opal, a young member of the Home family.

We are now planning to place some of our little ones in their adopted homes. We have helped the girls to decide what to do. If the mother cannot keep her child we find the most suitable home we can for it.

Beside the heartache that is caused by the girl's sad face and sickened heart the first few days she is in our home, we have phone calls telling us that the mother and father of one of our girls wants to see us and their daughter. I know then I have a duty that only the spirit of God can do and that is to

soften the heart of that father and mother and make them say "even if she has sinned she is still our child; we will stand by her until the end." The sobbing voice of the mother is heard as she enters the darkened room, and the father's voice trembles as the poor, shrinking girl looks up into his face and remembers the words that she heard when her disgrace was first known to them. But how wonderful to see them fold her in their arms and say, "My child, we cannot realize you are a mother; we had such confidence. We believed you were strong. Where did we fail in the training?"

I always say, "Did you trust God to protect your child? Did you give her to Him in her youth? Did you have faith to believe, and did you pray with her every day?"

To parents who read of our work I must say we have yet to have the first girl in our home who can tell us that both father and mother are Christians. They knelt in morning and evening worship with me. They chose my companions and knew them as Christian men and talked to me of the Christian faith. Fathers and mothers, unless you do this we will always have to have a rescue home for girls, always have nameless babies and heart-broken fathers and mothers, and girls who have lost faith in God and man. Pray for and with your children, both girls and boys. I find the boy suffers, too. His life does not go on the same and unless he becomes a Christian his life is hardened by the experience and in the future there is always the shadow of the little face he never knew. It is bound to come before his face and his future family. So let us protect our sons and our daughters by the strong arm of Him who is willing and ready to protect them, for He has only loaned them to us for a time; they belong to Him. He bought them with His blood. So let us care for them as a trust from Him that they may be found waiting for Him at His coming, which will surely be soon. Let us have the faith to believe that all His promises are true.

There's a great difference between being in the world and having the world in us: let a ship be in the water, and it's all right, but let the water be in the ship and down she goes.

There is good in all men, but some men are very backward about letting it come out.

### Treasurer's Annual Report of The Life Boat Rescue Home for the Year Ending November 1, 1917

#### RECEIPTS

Cash on hand Nov. 1, 1916.....	\$ 240.37
From patients (board and room) ..	\$ 365.32
Donations .....	1,281.58
Rug sales .....	123.74
Patricia garment sales.....	58.00
Refund .....	14.40
	<hr/>
	\$ 2,085.41.

#### DISBURSEMENTS

Salary .....	\$ 335.79
Telephone .....	18.57
Medicine .....	31.85
Repairs .....	44.99
Heat, light and water.....	449.19
Provisions .....	572.45
Annuity .....	25.00
Transportation .....	14.51
Laundry .....	59.53
Rugs (expense).....	164.51
Household supplies.....	10.12
Patricia garments (expense).....	60.52
Ice .....	22.00
Miscellaneous (expense).....	79.14
Labor .....	78.06
Treatments .....	5.30
	<hr/>
	\$ 1,971.53

Balance—Cash on hand Nov. 1, 1917..	\$ 113.88
Inventory:	
Real estate.....	\$11,000.00
Furn. and H. Supplies....	3,500.00
	<hr/>
	\$14,500.00

Present worth.....	\$14,613.88
N. W. PAULSON, Treasurer.	

### MESSAGES FROM THE HOME GIRLS

"I am glad this afternoon of having the privilege of writing of our Home. By the kindness and good care we get, we are made happy through our worst hours. Since the day I came I drew nearer and nearer to God and by His help and the help of the Christian influence I was made happier through my days of trial. May the girl who has started on the wrong track be comforted by coming to this wonderful Home.

"I expect since this experience to finish my

education and by gaining more knowledge will be more able to help those I come in contact with."

"I first entered the Home on May 1, 1917. Since then I have been working out. On an average of once a week coming back "Home" for a visit. Now I am under Mother Cobb's care for awhile. I can say from my heart that since my returning my desire to serve God and help His children has grown deeper. It is my earnest wish to be of some use hereafter to my Saviour who has guided me to this Home and made me feel the joy of serving Him as it has been shown here in the Home."

"I am glad for the privilege of writing for the Life Boat Rescue Home and if I had been told several years ago that I would be here I would never have believed it. My heart has been opened to the Spirit of God and I will often think of the dear little babe I have given up, which is for the best. This experience has made a wound in my heart which I expect in time will heal, but the scar will remain forever."

"Any girl who is in trouble will find that this home is a place where not only refuge but peace, comfort and love also can be found. I have been here about a month and have found all these things and when I leave I hope to take with me the Christian spirit that is here to help make me a better woman than I could be if I had not been here."

"I entered this home the last of October; have been here nearly seven weeks. I can safely say this home has been a haven of rest for me in the only deep trouble that ever entered my life. I expect to soon leave for home and intend to take up life with a purpose and determination to do good for others and help all in trouble that I possibly can."

"I have been in an orphans' home for three years. I left there three months ago and went working. Two weeks ago my brother brought me here. I am thankful to have such a happy home where they all love me."

"Oh how I dreaded to leave home and come into this big Home with strangers and leave all behind me whom I knew. But, dear sisters, I will now say I am more sorry to leave

this home now, for I have been cared for and had a mother's love from our matron, Mrs. Cobb. May God help all the weak girls to come to this home, for I was weak but have repented for my weakness and am ready to start life anew."

"I came to this place October 13, with my two children, and now the third baby is born. Now I am mother of three little children, and if it was not for this Home I don't know what would have become of me. I had a home but the evil one broke it up. I was homeless."

"I enjoy morning and evening worship very much. These give courage and more faith and strength. That is what I need. I would advise everyone who is in trouble and knows not which way to turn to learn of our home here in Hinsdale. They will always be welcomed by our new matron who is indeed our mother and helper in every time of need. My children love her as their mother."

"Where I was homeless now I have a home, friends and all I need. I am thankful to God and all. I do not know what I would have done but for our dear Mrs. Clough and our little Mother Cobb."

## OUR THANKSGIVING

SOPHIE KNUTSON

[One of our first-year nurses now engaged in city Christian help work.—Ed.]

"What are you going to do Thanksgiving day?" is a common query just before that time of the year. As medical evangelistic workers we could not say, like others, that we were going home or to grandmother's for a holiday, but we had our holiday just the same. It was different, that is all. "It is more blessed to give than to receive," so our Thanksgiving was very blessed; for we brought not only our own gifts, but the generous gifts of others in the form of several well-filled Thanksgiving baskets to poor families in Chicago.

When we boarded the train the conductor eyed our baskets, saying, "Rather cold for a picnic."

The first place Miss Levison and I visited (Mrs. Clough accompanying us) was the home of a Polish family. The mother is sick, having returned from the county hospital after having an operation only a short time ago. There are four children in the family and the oldest is about ten or twelve years old. "Well,

if the slums are any worse than this I don't want to see them," Miss Levison said. The mother does not speak English, but the little girls offered the information that they had "too much troubles."

When asked what their mother's operation was for, they thought it was for "yellow germs." We, as nurses, had never come across that specific disease yet, so we wisely asked no more questions but left a basket with them, for which they thanked us profusely. We thought the sick woman's wound needed attention, so put in a call for a county doctor to visit her.

I have been there several times since and the lady is slowly getting better. One time I helped the little girls clean the bedroom, and another day Miss Jeffers and myself brought them some underwear and other clothing, also some tracts in their own language.

We have found many families whom Miss Levison has interested in topical Bible study, and the following up of this work is one of the most interesting features of our work in the city. God has many true Christians in this city, and it is our privilege to give them more light as well as to bring the gospel to many whose attention has not been called to it before; and we find many who, we are sure, never have read a word of Scripture for themselves, and so do not know its beauty.

Then last, but not least, is the practical help we ourselves are getting in doing Christian help work. It seems wonderful that we already are missionaries, if we keep in touch with God, whose the work is.

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### "A WORLD SHORTAGE OF FOOD"

We publish here the very latest information concerning the world food problem, issued by the United States Food Administration, which has just reached our desk:

"Switzerland is a neutral country, but it is none the less enduring the usual food shortage prevailing in war-stricken Europe. The people there are now being rationed at one pound of sugar per month per person; rice cards are issued which allow one pound per month per person; the bread cards allow one-half pound of bread per person per day, and this includes biscuits and cakes, though, needless to say, not many of the latter are being bought; only one pound of flour per month per person is al-

lowed; butter is selling at eighty-four cents a pound and upwards and bacon at from sixty cents a pound up.

"Coffee now being sold in Germany is of three grades only, one 50 per cent coffee, one 25 per cent coffee and one 10 per cent coffee. A new substitute has been found for tea in the shape of dried pear and apple peel. The milk ration of the children of Berlin has been reduced one-third.

"In Hungary, in addition to the meatless days, Fridays and Mondays have now been ordained fatless days. Hungary has been supposed to be better supplied with fats than any other portion of the Central powers. Most of the fats are, of course, under governmental control. The small amount of privately owned fats, however, is selling for \$3.00 per pound upward.

"Reasons why one should be reasonably careful with food extend all the way from the French child, who is hungry now, to our own children who may be hungry next year. If we need to bring the subject home to ourselves we have only to look forward a year. But it isn't necessary to look forward. We have only to *look across* to see America in another year unless we use food economy.

"Formerly it was good manners to leave a piece on the plate. Now it is good manners not to. What they do governs deportment."

The Food Administration has asked the American people to save one ounce of sugar per person per day. The per capita consumption of sugar in this country has been 90 pounds per year per person. If the Food Administration's request is complied with it will only mean a reduction of sugar consumption in the United States to 67 pounds per year per person, whereas England is now doing on 26 pounds, France on 18, Switzerland on 12 and Italy on less than 12.

"I realize full well that 70 per cent of our households are conducted with thrift and without waste," Mr. Hoover has declared, "but even in these households there is need for intelligent substitution in order that we may supply the soldiers in the trenches and the people of the allied countries with the four essentials—wheat, meat, sugar and fats.

"How well Lord Northcliffe told the whole story in a few words: 'The greatest food experts on both sides of the Atlantic say that

there is a world shortage of food. The boys who are enduring the fire of the trenches for our sake cannot hold out if ill fed. Either the stay-at-homes must save so that the soldiers

may get their vital needs, or the soldiers must go short so that the stay-at-homes may fatten. You cannot have it both ways, and must make your choice."

## The Armenian Deportations

Ruth A. Parmelee, M. D.

[Dr. Parmelee, while studying medicine in Chicago, about six years ago, devoted her Sunday mornings to the gospel work at the Harrison Street police station. After completing her medical course she went to Harpoot, Turkey, arriving there just a few weeks before the war broke out. When the United States entered the war, Dr. Parmelee was compelled to return to this country, which she did, arriving in the early fall. During her visit to Hinsdale last month, Dr. Parmelee gave us the following report of the terrible Armenian deportations which she witnessed personally.—Ed.]

THE first of August, 1914, Turkey began mobilizing her troops. Ever since the new constitution of 1908 Christians had served in the army as well as Mohammedans. At this time, therefore, Armenians were called to the colors.

Various demands came to us during the winter of 1914 and 1915 for our mission building. College was in session and it seemed impossible to comply with these demands entirely. With some sacrifice two large buildings were put at the disposal of military authorities; then the president was forthwith commanded to close the college and turn over all the buildings. The American consul attempted to send a telegram to the embassy at Constantinople and while awaiting instructions from there attached a United States seal to the door of the dormitory building. The result was that the officials broke the United States seal, seized the buildings and began throwing out the furniture in the midst of a pouring rain.

A year later, when relations between United States and Germany were specially strained, the central government at Constantinople gave orders for all American property to be confiscated. This order was carried out in accordance with the will of local authorities. Our local officials did not see fit to take away the rest of our property and we were left unmolested. In one of the mission stations the authorities dealt in a very high-handed manner with the Americans, sending them away and seizing everything, even their personal property.

After the Russians had succeeded on the Caucasus in January, 1915, the Turks began to regard the Armenians in a suspicious light and treat them as disloyal and traitorous subjects. First of all Armenian soldiers were

disarmed and given constructive or agricultural work. A little later all civilians were ordered to give up their firearms. There was a special effort to locate and imprison all leaders in any Armenian national society. All prominent men of the community were looked upon with suspicion, however, and the first company to be imprisoned in Harpoot (May 1, 1915) included college professors, priests, etc. Their houses were searched for papers that might incriminate them as leaders in a revolutionary plot, while severe tortures were inflicted upon them to extract confessions as to hidden firearms, preparation of bombs, etc. Sometimes these great sufferings led to false confessions or the purchase of firearms to deliver up to the government, thus proving to the satisfaction of the authorities that they were carrying off the right procedures.

### Teachers in the Mission School Were Taken

After some weeks of imprisonment this company of influential Armenian men were deported. From time to time other groups were gathered together, imprisoned a few days, then sent off, bound together and under strong guards. Rumors came back to us, but it was not until our own druggist by a miracle was cut loose from his bonds and escaped from the midst of the killing, that we began to realize what this deportation meant. His company of eight hundred men had been taken only a few hours journey from Harpoot and deliberately killed by their own guards. Of the 788 or 789 who did not escape a number were well known to us. One of them was my own teacher in the Turkish language, a man trusted and respected for his integrity, as few of his race ever had been. A very short time before his arrest he stated that he did not expect to attempt to escape, but would

accept death, if that was to be his lot, without flinching, knowing that his life was hid in Christ Jesus.

Some 1,200 Armenian soldiers who had been working in the fields were brought into the city, starved for some days, and taken out in a similar manner. Among this number were two sons of our senior professor. He himself was in the first group of influential men who were sent out and killed. As the leader of the Protestant community he was deemed worthy of the most severe tortures inflicted upon that group. When visited in prison by a relative he said, "I have suffered as Christ

porary measure the deportations were an utter failure. The sick and aged were not exempted from this journey. The property left behind was all too well taken care of by the government or Turkish individuals. The following account will show how the promise was kept for their safe conduct.

### Starting on a Journey of Which They Knew Nothing

As soon as this order was proclaimed the Armenian families began making preparations for their journey. The morning that the first group left our city it was heart-rending to



FIND A HAPPY LOOKING FACE.

Orphans under the care of the Armenian Moscow committee.

suffered, but He has helped me until now and I am sure He will do so until the end." His wife and younger children were deported in the manner to be described, only one daughter escaping from all that family.

Then came the order for the remaining men and all the women and children to prepare for their journey into exile.

Of all the races dwelling in the Ottoman empire there could be none more truth-loving or industrious than the Armenian race. They were the merchants, the tailors, the shoemakers, and with the exception of a few hot-headed members of the race, rebellion was the farthest from their thoughts. As a tem-

see with what fear they looked forward to this journey of which they knew nothing. And yet in the midst of such fear as only oppressed races can know was to be found much faith and courage. What can we tell of the terrible things endured by all those hundreds and thousands of poor creatures, from hunger, thirst, nakedness under the burning sun, sickness and worse from the outrages of the human beasts set upon them to do their worst.

### No Published Accounts Exaggerated

No accounts ever printed have been exaggerated, for the sufferings of those poor people could not have been conceived or imag-



ined. Mothers saw their girls carried off by Kurds or Turks, their husbands and sons taken away to be killed or even shot down before their own eyes, their dear ones left behind by the roadside sick. As we saw some of these poor wretches after they had passed through some of these experiences, they seemed more like animals than human beings; their human feelings seemed to have deteriorated so greatly. Perhaps they could not have been able to stand it had they not grown somewhat calloused.

One of our college professors was not imprisoned like the rest, but was sent out in the same company as his family. He was a man of strong character and good education, having recently returned from a post-graduate year at Princeton University. After several days of traveling on the road a Turkish officer asked for his daughter in marriage, a girl of about fourteen years of age. The father refused. Upon being promised to have his life saved and that of his family, he replied that it was better for the whole family to perish than for his daughter to marry a Mohammedan. The professor died for his principles. The daughter was kidnaped by the officer, but how good that the father had not given his consent!

#### Left to Die, But Escaped

Among the exiles that left Trebizond were a tailor and his family, consisting of his wife and three daughters. After some days of wearisome traveling on foot, the men of the party were separated from their families and taken away to die. The tailor's family continued on their way. At night they would stop on a camping ground, reeking with vermin, which had been occupied by other exile convoys before them. The mother, fearing that her oldest daughter, fifteen years old, would be kidnaped, tried to hide her from the view of the guards and had her continually carrying her little sister on her back. Day by day they would be robbed by their own guards or by bands of Kurds that came upon them and night by night they would make unspeakable outrages upon their group. Finally one day this oldest daughter was taken sick; the mother could not stay with her daughter, but was obliged by their guards to press on with her company, leaving her sick girl lying by the road in the care of a kindly guard.

Only the mothers who went through those

experiences can imagine how that woman felt as she abandoned her daughter for death, or what she feared worse than death. Miraculously this girl's story had a happier ending than that of many of her companions. She recovered her health and succeeded in reaching the American missionaries at Harpoot. Happy surroundings and good care helped to remove the terrible fear from which she had suffered on the road, and her grief for her lost mother was one day turned into joy when who should come to the house but the parent whom she supposed had been killed. Can you imagine the delight of the mother to find her daughter not in a Turkish harem but working in the home of an American missionary.

There is no doubt but that there was a definite plan to wipe out the whole Armenian nation. Ember Pasha told the American ambassador that it was the plan of the Turkish government to get rid of the Armenians, then the Greeks, then the foreigners and have Turkey for the Turks.

On March 16, 1915, the governor told the German vice consul, who was passing through, that the Armenians must be and would be exterminated, that they had grown in such wealth and numbers as to be a menace to the ruling Turkish race.

#### Our Mission Circle a Relief Station

At present the condition of the remaining Armenians is very pitiful, although our province was a slaughter house for thousands of exiles brought from different places, a number of people from this convoy escaped and remained in or near this city. Then, although thousands were deported from our province to suffer unspeakable things on their journey south, yet several thousands in the villages round about succeeded in hiding when the deportation was decreed. After the immediate danger of being exiled was past many of these refugees flocked to the city of Harpoot without food, clothing or household utensils and immediate attention was needed. For a year and a half before we left our circle was occupied in providing bread, clothing and work if possible for these women and children, fighting the diseases resulting from filth and poverty, running a primary school, and using all these forms of work as a means of spiritual influence.

At the time of our departure these refugees were facing starvation, as the government had

confiscated their supply of food and the harvest had not yet come in. During that interval also funds were not getting through from the United States; many Armenians must have starved until our government gave its consent for relief to go to them by way of Switzerland.

Our greatest effort at the present time must be to save the little Armenian orphans, who, if kept alive and given Christian education, will be the future hope of their race.

#### UNSHARED BLESSINGS

ROBT. HARE.

We listen to the music  
That cheers our little life,  
Forgetful of the millions  
Who walk amid the strife.  
We rest upon the pillow,  
Contented and alone,  
Forgetful of the brother  
Who sleeps upon the stone.

We eat our daily portion  
Without a thought of dread,  
Forgetful of the millions  
Who want for daily bread.  
Beside the firelight's glitter  
We rest within the fold,  
While yonder on the mountains  
They shiver in the cold.

We wear our silken garments  
Adorned with generous care,  
Unmindful that in sadness  
They walk with garments bare.  
We share our pleasures kindly  
With life's selected few,  
Forgetful that the "stranger"  
Brings Christ Himself to view.

Oh heart, why hold the blessing  
In selfish gain and greed,  
That God has given to gladden  
Thy brother in his need?  
Remember that the needy  
Still pictures Christ to thee,  
And "inasmuch," still whispers,  
"Ye did it unto Me."

#### "IT GETS LONESOME"

(Illinois State Reformatory, Pontiac.)

"As I do not know you personally, I take the privilege of writing you a few lines. I have been unfortunate and have got myself in a little trouble and have no one to write to, so I got your name from a fellow in here and would appreciate a word or two from you. It gets lonesome without hearing from anyone, so a word or two from one, even if I don't know you, is a great help to make a fellow more cheerful and obedient."

"A submerged submarine with its air supply exhausted means death to its crew, unless it can instantly come to the surface. But you need a supply of good fresh air in your sleeping room just as badly as do the men who operate the undersea boats. Do you get it?"

The man who permits his pleasure to interfere with his business may reach the point where he won't have either.

We must know something of heaven upon earth, if we are destined to know anything of heaven hereafter.

The more we do the more we can do; the more busy we are the more leisure we have.

The chains of habit are too small to be felt until they are too strong to be broken.

Better be alone than in bad company.

#### SOUGHT AFTER AND FOUND

(A Prisoner in San Quentin, California)

Less than one year behind prison walls, with the spirit of Jesus Christ in my soul, I am enabled to forget that I am a prisoner. I now realize that my conviction was the very best thing that could have happened to me.

Before my arrest I knew not Christ; but the Lord gives us many chances to answer His call. I was sitting in Central Park in Los Angeles when a good Christian man passed by and invited me to the "Mission." I declined his invitation, and when he persisted I fairly insulted him and told him that I had no time for his Christianity. Soon after this I left Los Angeles for San Francisco, but before I arrived at my destination I was arrested and locked up in jail on a serious charge. Here the Lord sent me another call, for, on Saturday, a company of faithful Christians called at the jail with a message in song and prayer. They told us of Jesus who died for our sins, and it was this call that found the key to my heart and interested me in the Bible. That night in my cell I got on my knees and asked Jesus for the forgiveness of my sins. My prayer was answered, the burden of sin lifted from my soul, and there in that lonely cell a light of glory filled me to overflowing, and a joy unspeakable swept through me and changed me forever.

There are many other joys that come, too, with the sweet influence of the touch of the hand of God. How happy I was there that night to feel and know that the prayers of my mother had been answered. Every night I could be found in my cell talking to my Saviour and reading my Bible, while He read my heart and talked with me.

I knew that I was coming to San Quentin, but that did not bother me, as I had squared my past with my Saviour, and He promised to go with me—and by the help of God I have forgotten these prison walls and am laboring to please my Master. Oh, that I had done as my parents had taught me! But I chose evil companions, and there was the starting point of a mis-spent life. This is not my first offense, but I am young and God has been good to me while I have been here. He has shown me the right paths in which to walk. He has shown me the bright side of life, and in His strength I am trying to be a man for the first time in my life. He is leading me, and I am following him.

I am acquiring an education and learning a little more about Jesus every day. This is one prison where the officials permit the men to exercise a Christian life, and I believe that it is helping many others to a better life, and in many ways helps the prison rules.

I have some very true Christian friends who were the means of starting me in this better life, who write me many encouraging letters and who have subscribed for the LIFE BOAT and other Christian papers for me, which have been a great help in keeping me in touch with my Master.

Some of the letters in the LIFE BOAT, by other prisoners, interest me very much, so I thought that my letter might reach the heart of someone who is as deep in sin as I was. May God's blessing be with you.

### THE GOOD SAMARITAN INN

SAMUEL H. BLOOM

[A patient at The Inn has written this letter to THE LIFE BOAT readers expressing his thankfulness for what The Inn has done for him.—Ed.]

What is the Good Samaritan Inn? Where is it located? What is its purpose and mission? It is all that its name implies and more, too; only it is an adjunct of the now famous Hinsdale Sanitarium, Hinsdale, Ill., seventeen miles west of Chicago, on the Burlington Railway. It is situated on unusually high ground for Illinois, beautifully located amidst lovely rolling country with plenty of old elm, oak, chestnut and other trees, affording ample shade, the whole making attractive and inviting landscape. Attractive flowers adorn the grounds, delighting patients and friends, from tulips in early spring to dahlias in the fall.

The Inn is for the benefit of those unfortunates who are real sick or in poor health and with small pocket books. It is conducted on the same principles as the big sanitarium, yet on such a simple, homelike, economical basis as to be within the reach of nearly all, as far as expense is concerned. The cost of board, lodging and medical service is so moderate, so efficient, so satisfying in every respect that the writer's wonder is more sick folk in and near Chicago and afar do not hasten to avail themselves of its beneficent advantages or at least go out, see for themselves and give it a trial.

There you find not only competent physicians and nurses to serve you, but a motherly, painstaking matron to look after your every need and comfort, just as some loved one would at home, only, perhaps, better as far as some are concerned.

Intelligent and personal attention is given to diet for each patient by physicians, matron and cook. In all my wide experience of over thirty years' traveling from coast to coast in this country, eating in so-called good hotels and restaurants, in none have I been served with such wholesome, well prepared, deliciously appetizing food as at the Good Samaritan Inn. Correct dietetics for each patient is one of the fundamental features of Hinsdale Sanitarium, also the Inn.

The hydrotherapy treatments not only assist nature to eliminate poisons from the skin, the kidneys, and the bowels, but prove to be most exhilarating and effective tonics.

Considerable attention is also paid to physical exercise and correct or deep breathing, both of which are so essential in efforts for renewed health.

Last, but not least, the spiritual side of one's nature is not neglected. As a churchman of thirty-five years' standing, I must say my stay at the Inn has helped me spiritually beyond words to express in a brief article like this. I am sure the management approve of my voicing for them the words of Moses, "Come thou with us, and we will do thee good."

If your occupation is one that you treat as a filler while you are looking for something better, don't be surprised if it does not fill.

Work and read and think, and then work some more, and then some—but don't ever stop thinking.



## EDITORIAL

### EDITORS:

Mary W. Paulson, M. D., Percy T. Magan, M. D.,  
D. H. Kress, M. D., Caroline Louise Clough

### DO YOU WANT TO RECEIVE CHRISTIAN LETTERS?

We have been told that the soldiers in the training camps, as well as those in actual warfare, are more eager to receive letters than most anything that can be sent them. So *THE LIFE BOAT* will be glad to take up correspondence with any who desire encouraging, cheerful, Christian letters. We know you cannot write much or often, but if you will drop us a line stating that you will be glad to receive letters from us we shall consider it a privilege to write you occasionally and send you a copy of *THE LIFE BOAT* magazine, thus showing our appreciation of what you are doing for us.

Our only object in desiring to make your acquaintance through correspondence is that we may be a help and encouragement to you in a spiritual way. Let us hear from you.

Address: *THE LIFE BOAT*, Hinsdale, Ill.

C. L. C.

### OUR EFFORT FOR THE PRISONERS IN 1918

We are drawing near the time when we usually remember the prisoners. Every year in May we publish a special prisoners' number of *THE LIFE BOAT*. We have done this for years, and in 1918 the prisoners will be remembered again. They need our help and attention, and they have hearts like other people. In our years of experience we have found that humanity is the same, whether in prison or out. The man and woman who has made a mistake in life will respond to the confidence placed in him and with some human assistance he is ready to climb the hill to success and a good name.

We quote here from a letter received from the Missouri State Penitentiary which voices the sentiment of most of the men behind the bars:

"The issue of your paper called *THE LIFE BOAT* for May, 1917, has come into my hands, and although it is many months old, yet it was very highly appreciated by me. It is the first one I have ever seen inside these stone walls, and it brought back old memories of days long forgotten. I have often wondered since reading *THE LIFE BOAT* if any of your people realize the lonely hours, and the terrible agony of thought and real anguish that men go through while undergoing what society claims to be their just reward. Some like myself who have no friends and who never receive a letter or a word from the outside world, have dropped from their old haunts and as far as the world knows or cares they are as good as dead.

"Yet I know that there is not one among all the thousands now confined in these places but really has the desire and good intentions in his heart to come back and make good, especially the first-termers. And I truly believe that ninety per cent do come back and make good. But we acknowledge that we have a mighty hard fight for three reasons:

"First, our own previous habits and faults we must fight down, and it is an almost super-human fight. No one can realize how hard except those that have fallen.

"Second, society is against the man or woman that has been in the penitentiary. They feel like the Englishman, 'Once an Englishman, always an Englishman.' Society feels toward the ex-convict, once a convict, always a convict.

"Third, these boys, having had no wholesome friends who were clean morally and spiritually before coming to these places, what is more natural than after doing their bit in here, they will drift back into their old ways?

"I am a graduate of Johns Hopkins class of '06, yet I fell five years ago. I have been here nearly two years. In all that time I

have never received one line from friends; in fact, I have none. But still I believe that I will make good upon my release.

"I hope you will forgive me in writing you such a long letter, and remember that two years is a long time and a man does a whole lot of thinking in a place like this." C. L. C.

### DO NOT SELL WHAT YOU DO NOT OWN?

Frederick the Great was at his Cleves palace with Voltaire, the noted French philosopher, as his guest. At the dinner table the philosopher began to mock at God and good people, and said, "I will sell my seat in heaven for a Prussian thaler." Among the many guests present was a councilor, who was a very modest, devout Christian. He was very much shocked at Voltaire's words, and he at once arose and plainly spoke his mind.

"My dear sir," he said, "you are in Prussia, where we have a law, according to which any one who wishes to sell anything must prove his ownership. Will you be kind enough, therefore, to prove that you have a seat in heaven and I will take it at any price." Those words had a wonderful effect upon all present. Voltaire did not prove his ownership, but he had nothing more to say. His lips were sealed.

When the seventy returned to Jesus with joy, because even the devils were subject unto them through his name, He said, "Rejoice not that the spirits are subject unto you; but rather rejoice because your names are written in heaven." God's children can prove their case, which is a great one. Their names are in the Lamb's Book of Life, and his name shall be in their foreheads.—*Selected.*

### WILL YOU HELP US VISIT THE TRAINING CAMPS?

Is your boy or your brother in Uncle Sam's training camp somewhere? Is he a Christian? If so, are you sure he is standing true to principle amidst the worldly surroundings of camp life? If he is not a Christian, are you anxious that he shall be before he faces the fire of the enemy's guns?

THE LIFE BOAT has already entered several of the cantonments, taking with it the simple gospel story, and bringing encouragement and cheer to the boys who are separated from home and friends. Calls are coming in for large numbers of the magazine. A large fund

is needed to supply these places with THE LIFE BOAT each month. Will you help us? The names of the contributors are published each month unless requested otherwise.

Here is the list of contributions for December:

Donors	Amount
Previously reported.....	\$254.04
Mrs. Marie Bookwalter.....	.50
Mrs. Carl M. Keck.....	10.00
Magdalena Fritz.....	2.00
Erwin Kloss.....	5.00
Miss Mae Edwards.....	1.00
Mary A. Baldwin.....	1.00
Mrs. A. A. Post.....	2.00
Mrs. Imogene Wager.....	2.00
H. Wigg.....	5.00
Mrs. E. J. Popplewell.....	.50
Clara Rider.....	5.00
Mr. and Mrs. S. K. Miller.....	5.00
Mrs. Sarah Graham.....	1.00
Miss Hazel Long.....	1.00
Mrs. Stella Walker.....	.50
Beda Bengsten.....	2.00
	<hr/>
	\$297.54

How much will you give to send the gospel into the camps? May we hear from you?

C. L. C.

### WILL YOU DO LIKEWISE?

"While walking on the street of our city of Milwaukee recently, I was accosted by a lady representative of your LIFE BOAT (a monthly pamphlet which is a great asset to any household or library), and purchased a copy of the latest issue. I have read several chapters of the same and have come to the conclusion that its theories are ideal in every respect. Am at present taking advantage of your Dr. Kress's treatment for tobacco habit.

"Now in regard to the sale of your magazine, I would like to accept your agency for our county and adjoining territory and would like to have you send me, say, twenty or thirty copies of your latest issue."

This letter has recently been received. It conveys the sentiment of many who read THE LIFE BOAT. Have you tried selling this magazine? If not, why not take up the work in your city and experience for yourself the blessing of this service? Write us at once. We are looking for an agent in your town.

C. L. C.

## NEWS HERE AND THERE

Dr. W. C. Dunscombe of Lafayette, Ind., paid a visit to the sanitarium recently.

Margaret Wintringer, the well-known temperance lecturer and journalist, visited the institution, accompanied by Mary F. Balcomb and Lillian Frederick.

Dr. Henry Habenicht of Des Moines, Iowa, was a recent caller.

Mrs. T. D. Rowe of Berrien Springs, Mich., visited Mr. Bresett and Miss Tupper, workers in the institution, recently.

Mary L. Smith of Chicago Heights, Ill., a graduate of the sanitarium, called recently.

Mrs. Lou K. Curtis of Berrien Springs, Mich., spent a day at Hinsdale.

Mr. and Mrs. Ernest Lloyd of Mountain View, Cal., were recent callers.

Mrs. Dr. Bush and her mother, Mrs. Clark, of Indianapolis, Ind., were among the guests during the month.

Mrs. A. S. Steele, founder of the Steele Orphan Home, Chattanooga, Tenn., spent a few days at Hinsdale. Mrs. Steele is just as full of the spirit of service and sacrifice as she has ever been, although well along in years.

The annual meeting of the Life Boat Rescue Home was held on Wednesday evening, December 5, at the Home.

The Misses Mary and Thora Borg and Edna Peterson called recently while en route to southern California.

Miss Ethel Dean, one of the sanitarium alumni, has taken a position in Berkeley, Cal.

Miss Edith McClellan, one of the sanitarium stenographers, is enjoying a vacation in Holland, Mich.

Mrs. C. L. Clough attended the Missionary Volunteer Convention at Berrien Springs, Mich., November 22-25.

Mr. and Mrs. A. C. Gaylord, who have recently disconnected with the institution, have located at New Castle, Ind.

Mr. A. H. Field of Logansport, Ind., was a recent caller.

Miss Mabel Anderson and Miss Viola Dyer spent Thanksgiving with friends at Logansport, Ind.

Dr. E. A. Sutherland of Nashville, Tenn., was a recent caller.

"THE LIFE BOAT I enjoy so much I can't be without it at all. I sometimes wish it was as large again."

# The Life Boat

Mary W. Paulson, M. D.....	} Editorial Staff
Percy T. Magan, M. D.....	
D. H. Kress, M. D.....	
Caroline Louise Clough.....	
N. W. Paulson - - - - -	Business Manager

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

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

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

Single copies, 10 cents.

Yearly subscriptions, \$1.00.

Special discounts when a number are sent to one address.

### Expirations

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

### Change of Address

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

### Mistakes

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

### Premiums

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

### Rates for Advertising

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

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

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

### Life Boat Magazine Agencies in Chicago

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.  
Illinois Tract Society, 116 North California Avenue. Phone Garfield 8361.

If you are interested in Bible study and would like to know what the Bible says about our times, send for a sample copy of the *Signs of the Times*. Address, Signs of the Times, Mountain View, Cal.

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

Some of our LIFE BOAT workers are meeting with astonishing success. Would you like to try the work? Write for further particulars.

# Are You Wearing a "Patricia"

## A SHIELD TO HEALTH

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

We are now able to furnish the Patricia health garment in stock sizes from 32 to 42 bust measure, made from the very best of materials and carefully shrunk before making. **Price \$4.00.** Write for further particulars and description of garment.

**"Once in possession means never without them."**

**"Just the Garment for health conservation."**

**"A splendid step in advance over corset wearing."**

### WHAT WOMEN SAY OF THE PATRICIA

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

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

"For comfort, style, saving of time in dressing, saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without them."

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

**Address THE PATRICIA GARMENT CO., Hinsdale, Ill.**

### SPECIAL NOTICE

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

**Waterbury Specialty Co., Pomona, Cal.**

### Excelsior Treatment Rooms

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

### WANTED

Lady canvassers for spring curtain holders. Sells for ten cents, costs five cents. Send for particulars. Eureka Mfg. Co., 1116 No. Vandeventer Ave., St. Louis, Mo.

### WANTED

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

## Have You a Camera?

Let Me Do Your Developing and Printing

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

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

**Quick Service**

**Low Prices**

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

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

## FABER FOLDING ORGANS

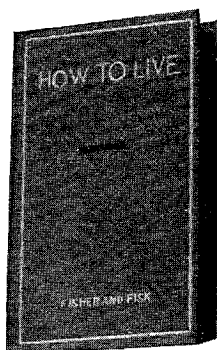


They are the most compact, have the largest volume and sweetest tone of any Folding Organ on the market. Send for illustrated catalogue, price list and free trial offer.

*Folds like a suit-case*

**HOMO FABER, Dept. 303**  
53 W. Jackson Blvd.  
CHICAGO

# NEW PREMIUM OFFERS

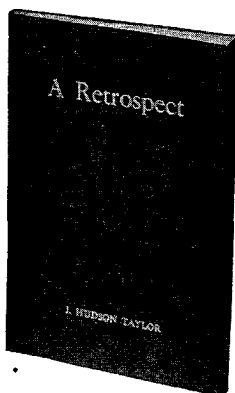


## "How to Live, or Rules for Healthful Living, Based on Modern Science"

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

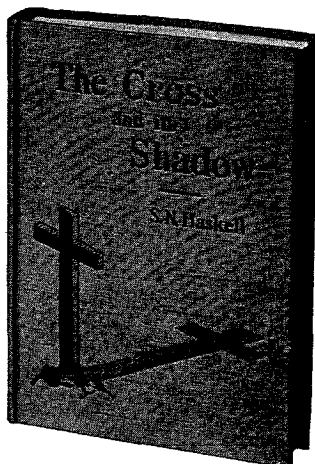
## The Cross and Its Shadow

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



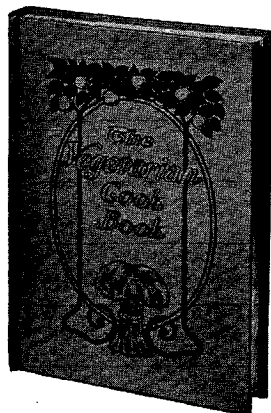
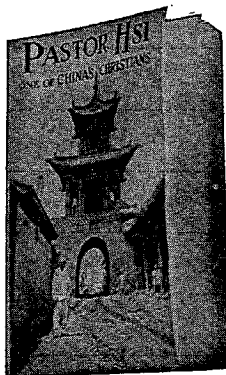
## A Retrospect

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



## Pastor Hsi

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

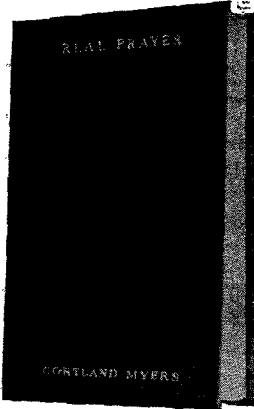


## The Vegetarian Cook Book

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



## Real Prayer



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



## A New Webster's Pocket Dictionary

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

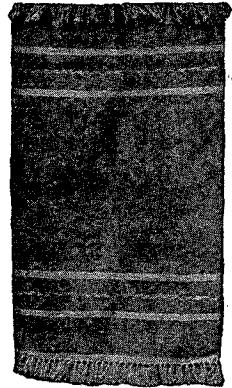
## A Fountain Pen

for only one yearly subscription at one dollar 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.



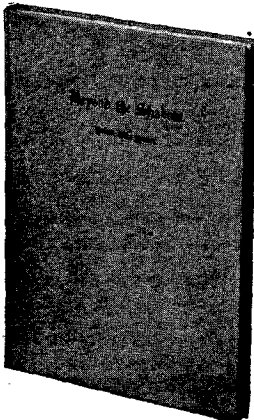
## A Beautiful Rescue Home Rug

24 x 52 inches, made from high quality new material which will not fade and is guaranteed to give excellent service, given for only two subscriptions at one dollar each and 25 cents extra.



## Beyond the Shadow

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



## Beautiful Gold or Silver Watch

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



# 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 readily procure in their own neighborhoods what we recommend. To accommodate such we have undertaken to carry these things in stock and send them to our readers everywhere by parcel post, express or freight.

## PRACTICAL HEALTH SPECIALTY No. 1.

### Natural Rice.

Eleven-twelfths of all the mineral that God put into rice is scoured off to produce the polished product that is ordinarily eaten. What is more important, the "vitamines," the lack of which, when people are fed on rice exclusively, produces beri-beri, scurvy and perhaps 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, fifteen cents per pound. Transportation additional.

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

## PRACTICAL HEALTH SPECIALTY No. 2.

### Genuine Graham Flour.

The white flour on the market today has been over-processed by the steel roller milling methods, and, like the polished rice, it has been largely deprived of some of its most valuable ingredients, such as the germ, its most valuable mineral salts, and vitamins. In our vicinity there is an old mill which still grinds wheat with the old-fashioned stone burrs of our childhood days, and for the accommodation of our readers we will furnish this flour in hundred pound lots for \$7.50. Freight charges additional.

## PRACTICAL HEALTH SPECIALTY No. 3.

### Liquid Paraffin.

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

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

### Prices

1 Pint .....	\$0.45	Shipping weight.....	2 lbs.
1 Quart .....	.75	Shipping weight.....	4 lbs.
2 Quarts .....	1.25	Shipping weight.....	6 lbs.
1 Gallon .....	2.00	Shipping weight.....	10 lbs.

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

## 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.

# THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



Physicians, pastors and other workers are constantly perplexed as to how to properly extend a helping hand to the unfortunate girl. To meet this pressing need the charitable public assisted in erecting this splendid eleven thousand dollar institution and it was dedicated July 25, 1909, Judge Orrin N. Carter of the Illinois Supreme Court giving the principal address.

During the past eight years hundreds of girls have been sheltered in this Home. They have been carried through the saddest chapter of their lives. More than half the girls who come do not have a dollar, but they are received just the same.

The institution has no endowment and beyond the mere pittance that some of the girls are able to pay, it is entirely dependent upon the generosity of those who become interested in its work.

## **Are You Contemplating Making Your Will?**

Have you some means to be used in the Master's work after you are dead and gone? Have you observed how frequently relatives or unscrupulous lawyers have succeeded in absolutely defeating the will and intentions of the donor? There is a better way:

## **Why Not Be Your Own Executor?**

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

In either case will you not generously remember the Life Boat Rescue Home?

If you are interested in this matter write us and we will give you further suggestions and information regarding this annuity plan that so many sensible people are adopting.

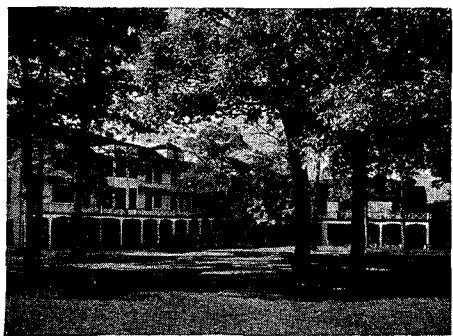
For those who desire to remember this institution in their wills we give herewith a proper legal form for a bequest.

"I hereby give, devise and bequeath unto the Life Boat Rescue Home, a corporation organized and existing under the State of Illinois, the sum of.....

.....dollars to be paid out of real or personal estate owned by me at my decease, this money to be used for the maintenance of the institution known as the Life Boat Rescue Home for Girls, located near Hinsdale, Ill., and which is under the supervision of the aforesaid corporation."

**Address: The Life Boat Rescue Home Hinsdale, Illinois**

# VISIT HINSDALE FIRST



*The Main Building*

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

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

A work cure department.

Musical entertainments and lectures.

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

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



*The Main Parlor*

## Let Us Send You Our Booklet "Visit Hinsdale First"

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

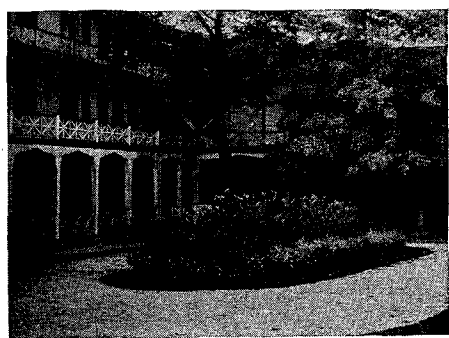
**The Hinsdale Sanitarium**

Phone  
Hinsdale 645

**Hinsdale, Ill.**

## *Endowed by Nature Equipped by Science*

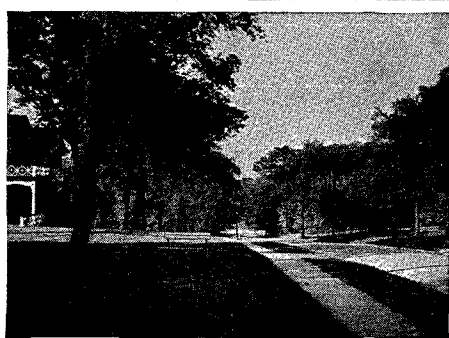
*Do not go abroad for what you have at home. Were it possible for you to see Hinsdale as it is, you would come. So pleasant as to attract many guests who have no ailment. Patients are kept so busy getting well that they have practically no time to worry over their troubles. Pleasant, refined associates.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



*The Driveway*

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

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



*A Glimpse of the Lawn*