

# NOTICE TO READER

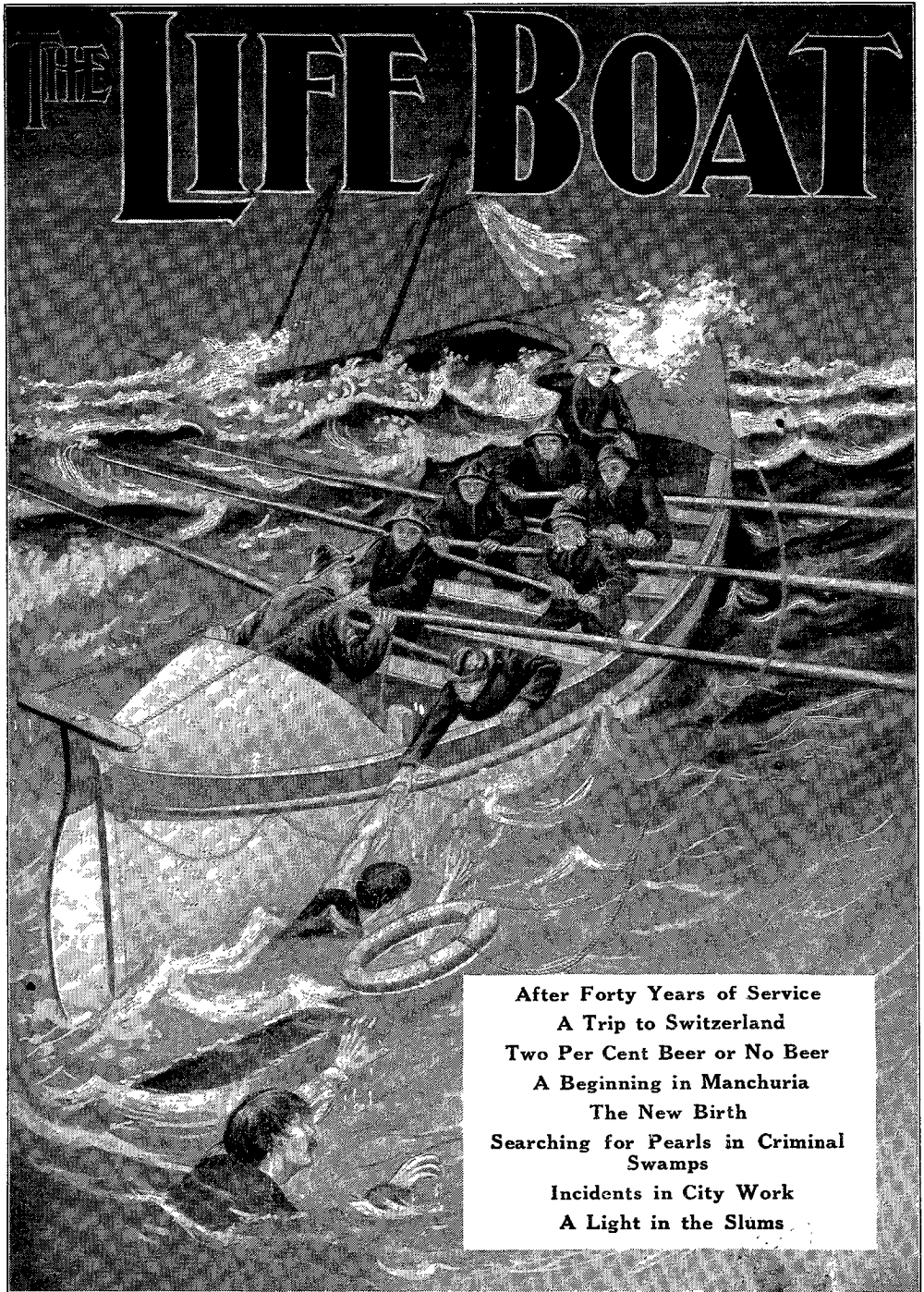
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A. S. BURLESON, Postmaster-General.

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



The Life Boat Employs No One to Solicit Donations

After Forty Years of Service  
A Trip to Switzerland  
Two Per Cent Beer or No Beer  
A Beginning in Manchuria  
The New Birth  
Searching for Pearls in Criminal  
Swamps  
Incidents in City Work  
A Light in the Slums

Volume Twenty-one  
Number Three

Hinsdale, Ill.

March, 1918

Why Eat Meat?—D. H. Kress, M. D.

# Our Field

*R. HARE*

OUR field is the world, the world so full of grief,  
For wounded hearts are everywhere today.  
'Tis thine to bear some sorrow, with the sorrowing  
ones,  
To wipe some falling tears away.



OUR field is the world, the world so full of pain,  
Its paths set thick with thorns that pierce and  
kill  
Are filled with aching spirits; who will share  
The task of healing heart and will?



OUR field is the world, the world so full of toil,  
Where millions bow 'neath burdens all too  
great.  
Service is needed, service true and strong,  
To lift or toil with all who wait.



OUR field is the world, the world so full of gloom,  
Where millions sit in darkness and in night,  
Waiting amid the shadows for the dawn,  
Calling, in helplessness, for light.

# THE LIFE BOAT

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

One Dollar a Year

Ten Cents a Copy

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

Volume XXI.

HINSDALE, ILL.

:: MARCH, 1918

Number 3

## Why Eat Meat?

D. H. Kress, M. D.

LAST year there was paid out in the United States \$4,500,000,000 for food, \$1,800,000,000 of this amount was paid out for meats. The annual consumption of meat per capita amounts to 186 pounds. The request that we eat less meats, if cheerfully received and intelligently carried out, will result in improvement of health and morals. It certainly should not be considered a hardship to observe a meatless day and two porkless days a week.

There exists a universal agreement among men of science everywhere that in civilized countries, and especially in cities, too much meat is being consumed. It is also generally agreed that the excessive use of meat is responsible for many of our modern diseases.

Some maintain that it is not wise to abandon its use altogether; that used in moderation, it is beneficial. The most aggressive nations, it is claimed, are meat eaters.

Others are just as emphatic in the assertion that the attainment of the highest ideals physically, intellectually, and morally, is made possible only by entire discontinuance of meat as an article of food. They refer to the semi-civilized nations which have during the past few years forced themselves into prominence and recognition as world powers which are almost total abstainers from meat. They also affirm that the backbone of meat-eating nations is found, not in the cities where meat is freely used, but among the lowly peasants who seldom, if ever, eat meat.

It is evident that appearances can not be wholly relied upon in determining the strength of a nation, any more than they can be relied upon in determining the health of an indi-

vidual. The beer-drinker with his florid face may appear the picture of health, but in reality he is not well. He may possess an abundance of tissue; but it is of inferior quality. It has taken years for science to sweep away the superstition pertaining to alcohol. May there not be the same superstition pertaining to meat as an article of food?

### One Pound of Grain Equals Two Pounds of Steak

Men of science no longer maintain that the flesh of animals is more highly nutritious than other foods. They know that it does not compare favorably in nutritive value with some of the simpler and cheaper products of the soil. For instance, one pound of wheat, rice, oats, corn, barley, beans, peas, or lentils, at six to ten cents, is equal in nutritive value to two or three pounds of the best porterhouse steak at a probable cost of anywhere from sixty to seventy-five cents. That it is possible to live well without the use of animal flesh has for ages been demonstrated in actual life by whole races, besides many in flesh-eating communities have dispensed with its use altogether, and claim to enjoy better health as a result.

### Meat a Stimulant

Why is it so difficult to give up the use of meat? Meat contains a stimulant in the form of uric acid and other body wastes. It is difficult to give up meat for the same reason it is difficult to give up other stimulants. The beer-drinker does not crave beer because of its nutritious properties. His constant thirst is not a thirst for drink. He craves the narcosis produced by the alcohol it contains.

Take the alcohol out of beer and it will be no longer desired. It is not meats the meat-eater craves, he craves the stimulation produced by the wastes concealed within the fibres of the meat. Instead of eating the beef-steak, let him drink a cup of beef extract, or go to a drug store and obtain a few grains of uric acid, neither of which are nutrients, and he will obtain the same immediate satisfaction that he obtains from the meats. It is because of the presence of the uric acid and the other wastes in the meat that the meat-eater experiences a feeling of immediate strength. This explains too why the meat-eating habit, when formed, is difficult to give up.

Most foods found in the vegetable kingdom contain the tissue building and heat and energy producing elements in approximately the right proportion to meet the demands of the body. This is especially true of wheat, rice, barley, oats, corn, and other cereals.

Nuts, lentils, beans, peas, eggs, and milk, contain an excess of the protein or tissue forming element. These foods should be used sparingly, especially by adults, and should be eaten with rice, potatoes or other foods, which are deficient in this element. The nutritious material found in meat is almost exclusively tissue building, hence there always exists a danger of getting an excess of this element wherever meat is used as an article of food to any extent.

Nature has made no provision to handle this excess. It remains in the tissues as an irritant.

Starch, sugar, and fat, when burned within the body, form carbonic acid gas, and water. No solids are left behind. Meat when burned, in addition to the carbonic acid gas and water, leaves behind a residuum or irritant, which because of its insolubility, is difficult for the body to get rid of. The tendency is for these irritants to accumulate. Their presence is responsible for fatigue, lack of endurance, rheumatism, gout, insomnia, mental depression, neurasthenia, and other unwelcome symptoms. In time, these same irritants will bring about structural degenerative changes in the blood vessels, the heart, and the various glands, (especially the liver and kidneys), indicative of old age.

### **An Impure Food**

Meat is undesirable because it is an impure food. It is generally recognized now among

intelligent people that air in ill-ventilated rooms inhabited by men and women is not the most suitable air to breathe. Impure air may do in the absence of pure air, but should never be chosen in preference to air not containing impurities.

In like manner the protein in meat is an important food, just as oxygen is an important element in the air, but it too, has associated with it impurities. We can not afford either to re-inhale eliminated body wastes, or to take food which contains impurities.

The purest food forms a certain amount of poisons within the body. The organs of elimination are, however, able to carry them off. Animal tissue is constantly bathed in these impurities. By subsisting upon meats, these organs are forced to take care of and eliminate not merely the wastes normally formed within the body, but in addition the wastes concealed in the tissues of the animal whose flesh is consumed. This tends to wear these organs out prematurely, and to bring about undesirable degenerative changes in all of the structures of the body. He who keeps his body free from these wastes will, other things being equal, enjoy the best health, possess the most endurance and live the longest.

### **Causes Auto-Intoxication**

Again, meat is not the most suitable food for man because of its tendency to undergo putrefaction in the intestines. The poisons thus formed, if they do not cause immediate death bring about degenerative changes in the tissues.

There were in the United States last year, about 13,000 cases of acute ptomaine poisoning; nearly all were due to the use of meats. Fully three thousand of these died within twenty-four hours after the ingestion of the poison. But while one dies of acute ptomaine poisoning, a thousand die of chronic ptomaine poisoning or what is termed auto-intoxication. All meat-eaters suffer more or less from auto-intoxication; especially is this the case when chronic constipation also exists. The headaches, nervousness, insomnia and other disagreeable symptoms of the meat-eater are seldom attributed to the true cause. The many sudden deaths at the age of fifty or sixty years from heart failure, apoplexy, and other degenerative diseases may frequently be attributed to the free use of meat.

Another reason why it is wise to dispense with meat as an article of food is because of the prevailing diseases among animals. It is safe to say one-half of the meat that is sold in our markets is derived from animals that are more or less affected with some disease. We have here a partial explanation for the rapid increase of many of our modern perplexing diseases. The germs, or seeds, of disease may be directly planted into the human body by feeding upon the flesh of diseased animals, while at the same time the body soil is being prepared for its growth, by the introduction of waste material found concealed within its fibres. For this reason also the meat eater is much more apt to die of germ diseases than the abstainer from meats.

All narcotics and stimulants, when continuously used, not merely bring about physical degeneracy, but also moral degeneracy. Meat being a stimulant is not desirable because of its effect on the character. The disposition of animals may be changed at will, in laboratories, by merely changing the nature of their food. Animals when fed on grains remain gentle, and when given meat to eat become ferocious, quarrelsome, and destructive. The wastes naturally contained in meat, and the poisons developed within the body through the putrefactive changes which it undergoes, tend to fever the blood, inflame the passions, thus making it more difficult to lead a pure life. No man can be at his best, either physically, intellectually, or morally, if he subsists largely on meat.

Manna and water were given to the children of Israel in order to make of them a healthy and a clean people physically and morally.

Pulse and water was the food desired by the Hebrew captives in Babylon, in order that they might have health of body and soundness of mind. Upon this food they were blessed with physical and spiritual health, and maintained their usefulness to advanced age.

### Meat Is an Unnatural Food

God placed man in the beginning in a garden and surrounded him with trees pleasant to the sight and good for food, and said to him, "Of every tree thou mayest freely eat." He called his attention to the grains, nuts, and fruits; and said, "To you it shall be for meat." Gen. 2 and 3. These simple products contained all the elements required by the human body. These elements are so arranged that there

exists little danger of obtaining an excess of one or a deficiency of the other. The horse, the elephant, the rhinoceros, and the chimpanzee, etc., need give very little thought or study to the problem which is so perplexing to man, of a well balanced dietary. Out of the simple foods from the soil they obtain all the elements needed to build strong bones and muscles, and for the production of energy, strength, and endurance. It is only when we live on an unnatural food like meat that the difficulty of obtaining a well balanced dietary arises. In the absence or scarcity of better foods man is justified to subsist on meat, but it is not to his own interests to do so, so long as more suitable foods can be obtained.

The fruits, grains, nuts, and products of the vegetable kingdom appeal to all of man's senses. They are tempting to the eye; to the sense of smell, and to the taste, without the addition of mustard, pepper, or other condiments, because they are natural foods. With meat, in its natural and undisguised state, it is different. The sacrifice of life, the shedding of blood, the horrible stench of eviscerated animals at our slaughtering establishments is repulsive; it appeals to none of the organs of special sense; yet this is the food that we so much crave and are so loath to give up. To gather pears, peaches, or nuts for the table is a delight and pleasure enjoyed by all, but to prepare a chicken or a lamb for dinner few find pleasure in. Should those who subsist upon meats be called upon to slay and eviscerate these creatures which furnish their food, and prepare them for the table, meat would seldom be eaten.

### Creates a Thirst for Whisky

Much will be accomplished for the temperance cause by abandoning the use of meat, since meat creates a desire for narcotics and strong drink. The constriction of the blood vessels, and capillary obstruction, produced by the irritants in the meat, alcohol for a short period counteracts through its depressing influence on the heart and its paralyzing influence on the vaso constrictor nerves. For this reason meat and wine, or other alcoholic beverages, are naturally associated. In countries where one is freely used, the other becomes an apparent necessity. The average American consumes one hundred and eighty-five pounds of meat each year. The amount paid out for meat in the United States last year was about

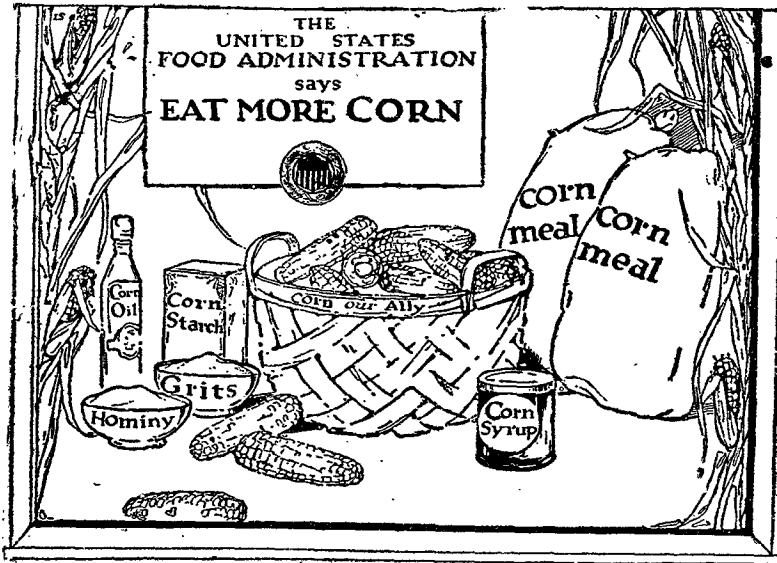
\$2,300,000,000. About the same sum is paid out for the alcoholic beverages which are employed to counteract temporarily the unwelcome symptoms created by it. So universal has this craving for alcohol become that, governed by observation, some have concluded that "The craving for something more stimulating than anything found in brook or cistern is a *natural* one." This craving, although well nigh universal, is not natural. The craving for drink is frequently created, or intensified, by the use of meats, and the other irritants, as pepper, mustard, etc., which are associated with its use. The meat and wine furnished by Babylon's king were as naturally associated as were the pulse

University of Illinois, when talking on the subject, "Many a Mickle Makes a Muckle."

"We have been told again and again that food will win the war. If by using corn, rye, oats, barley or rice, we can save the consumption of flour, we will have done our share in this direction," he continued.

"If each family wastes a single one-ounce slice of bread per day, 47,000 acres of land must produce the average crop of wheat to take care of what is thrown away."

"Are you using all wheat or a mixture?" Professor Jamison then asked. "If you are you are not supporting the fighting men as you should. Let no person say, 'What I can do is of no importance.' The world's food



and water of Daniel, the Hebrew captive's choice.

I have no doubt, that in the future, science will fully demonstrate that the food which God gave to man when in a perfect state physically, mentally, and morally, is the food best adapted for attaining and maintaining that condition. Meat will by the intelligent thinking people, be used less and less, and many will in the near future wholly give it up as an unsafe and undesirable food.

#### WAR ON WASTE

"Do not be satisfied with your bit, make it bits," said Prof. A. W. Jamison, Assistant Superintendent of Agricultural Extension of the

production has been greatly reduced and the insistent demands of the war have left agriculture for men largely in the hands of women, children and old men. Those of us who have not been called upon to fight must serve in the other direction. Do not be satisfied with your bit; make it bits," he concluded.

The May Life Boat will be a special Patriotic number, the best ever issued. How many copies will you send to the army training camps? Write us about it.

## After Forty Years of Service

Caroline Louise Clough

SOME forty years ago there was a wealthy woman living in Morgan Park, a suburb of Chicago, much the same as other wealthy Christian women are doing to-day. Her ambition was to make her home beautiful and attractive for her husband and her friends to enjoy. She spent her time crocheting and embroidering to beautify her home. One day while thus engaged the impression came to her, "You are doing a great many things to ornament your earthly home, what are you doing to decorate your heavenly home?" This came as a voice from heaven and it had its influence on her life. In other words, she was not "unmindful of the heavenly vision."

This vision, if carried out, meant to her a complete change in her whole life's program. She saw the discouraged, the homeless and the outcast in the streets of Chicago, with society kicking them down and no one to reach out a hand to save. And her heart yearned to help them. So, Col. and Mrs. Clarke opened up a mission in the heart of Chicago and called it the Pacific Garden Mission, which for nearly forty-one years has been a beacon light in the midst of that hardest battle ground of sin and sorrow in the city.

In fact the district around Clark and Van Buren Streets was at one time considered the very worst and most dangerous part of the city. It was there that our own work was started about twenty years ago in a basement on Custom House place just south of the Pacific Garden Mission. And every day at noon the homeless and hungry men of the district came for a bowl of soup which they purchased at a penny a bowl.

Tom Mackey found the light of day in this mission and the next day he was handed a bowl of soup and was asked to get up and tell of his conversion. THE LIFE BOAT readers

know of the power that man has been as a soul-winner in all the many years since his conversion.

Harry Monroe, John Callahan, Dick Lane, Mel Trotter, John Wendell and Evangelist

Wm. A. Sunday are among the many prominent well-known characters in evangelistic service today who owe their start in the Christian life to the influence of this godly woman, Mrs. Clarke.

Mrs. Clarke passed away at the Hinsdale Sanitarium, where she was brought only a few days before her death.

At her funeral, Feb. 1st, many of the men who were inspired by her loving ministry paid a tribute to her memory. Mr. Calvary had composed a poem, from which we quote:

"Her mission was to seek the lost,  
To save from sin's domain,  
Nor did she stop to count the cost  
Or think the effort vain.  
The alabaster box she broke  
To bless the down and out.  
With tender sympathy and grace,  
She heard the tale of woe  
From every kindred, tribe and race  
Of mortals here below."

One by one, touching tributes were given to this beautiful life. The tribute of Dr. Philip Yarrow may inspire others to give as this woman has done. He said: "She sold her jewels that others might be decked with the Pearl of great price. She gave up her garments of fashion that others might be clothed with the righteousness of Christ."

He also spoke of her having given up the comforts of home and for six thousand nights without a break she attended the evening service at the Pacific Garden Mission. During all these years there never was a prisoner condemned to death in Cook County jail without Mrs. Clarke was there and placed her hand on his shoulder to save him.

Dr. Yarrow, who is also the pastor of her church, said that during these forty years of service, Col. and Mrs. Clarke rarely ever attended the church service, and added that he



Mrs. Sarah D. Clarke

wished all the members of his church would follow their example as he would just as soon preach to empty pews.

During her last days of inactivity the burden was still on her heart. She was often found weeping because she could not do more for Jesus.

Mrs. Clarke kept a book containing the names of all the converts and workers of the mission. This she would spread out before the Lord daily and pray for each one. Many a time she had been heard to make the remark, "When I die I want to be buried with that book in my hand, so that at the resurrection I can hand it to Jesus and say: 'Here are the ones for whom I labored.'" Her request was granted but on that glad resurrection morning she will not need the book as there will be a large company of redeemed ones washed and made pure in the blood of the Lamb because of her faithful ministry.

And if only some may read this article and catch the inspiration of her life and give up home, dress, society, and all that is near and dear to them that they might win souls for the kingdom, we will feel that the recounting of Mrs. Clarke's life story has not been in vain.

### IN TOUCH WITH THE HOME OFFICE

R. W. PARMELE

We tossed helplessly on the Atlantic Ocean one night in December last, while a northeast blizzard was raging. No one aboard slept. Waves were dashing over the ship. The ship's furniture and the dishes in the dining room were rolling about, without attracting much attention. The crew was too busy trying to keep the ship righted, and to keep the angry waves from filling her, to give attention to such little things; and the passengers waited the whole night through, with life belts at hand, for an event they hoped and prayed would not come.

The next morning the wireless operator told us that despite the violence of the storm, he was able to keep in touch with the home office in New York throughout the whole night.

There were some others aboard who were in touch with their Home Office, too. They, and many others as well, have found that no storm of life, external or internal, can be so violent as to break connection with that

Home Office, so long as one wills to connect with it.

Brother or sister, you may be passing through such a storm as you read these lines. Send out an S. O. S. call to our great Home Office, and our loving Elder Brother who stays there will send a Life Boat for you. Then you co-operate with him by keeping in touch also with the LIFE BOAT MAGAZINE, accepting its counsel, and the storm will soon abate.

### NEEDS OUR PRAYERS

This letter from a Wisconsin prisoner gives us a glimpse of the need among the men in prison. We wrote this man at once an encouraging letter and trust that new courage has come into his heart. We plan to send THE LIFE BOAT to all the men and women behind the bars in May. Will you help us send it?

"Your letter of January 8th received and I was glad to hear from you again. I also received the *Morning Watch Calendar*, and I thank you very much for it.

"I am feeling very badly. I have been up for pardon, but the governor has refused my application. All my friends have forsaken me. No one cares for me and I sometimes believe that even God doesn't care for me. I have been praying and praying for health and strength, but God will not answer my prayer. I am getting discouraged. Perhaps when I get out in God's pure air and sunshine next summer, as I hope I will, I may yet regain my health and be able to work for an honest living when I get out.

"I am sorry I can not write you a better letter. Please, please pray for me."

### BEING HONEST

"An exchange tells us of a slave market in one of the Southern States many years ago, where an active, wide-awake colored boy was put up for sale. A kind master, who pitied the boy's condition, and fearing that he might be sold into the hands of a cruel master, went up to him and said: 'If I buy you, will you be honest?' The boy, with a look that baffled description, replied, 'I will be honest whether you buy me or not.' Honesty is not a question of location, of calling, or of taskmasters. One who is honest only because he has promised to be honest, may keep his word, but he does not fulfil the conditions of honesty."

# A Trip to Switzerland and Return

Melanie Gretener

[Miss Gretener is a member of the junior nurses' class at Hinsdale and a native Swiss. Last September she received word of the critical illness of her mother in Switzerland and in spite of advice to the contrary determined to make the hazardous journey, which she did, and after her mother's recovery returned to continue her training. She gave a most interesting account of her experience before the sanitarium family, from which we cull the following.—Ed.]

I LEFT quite unexpectedly, having only two days in which to prepare for my trip. On reaching New York I was a little afraid of going on the boat, but I knew that the good people back here were praying for me and that it was the Lord's will that I go home to see my mother. The fear of going on the steamer left me because I had to wait a day in New York and it gave me time to decide to go and I was firm in my decision.

We left port in the middle of the night for fear some Germans might find out and send a submarine after us. The captain, however, assured us that France would send convoys to meet us three days out on the ocean. As we traveled we were not allowed any lights at night. Between four and five in the afternoon the awnings on deck were pulled down and it began to get dark inside and by seven o'clock you could not distinguish who was near you. In the parlors, dining room and cabins there were a few lights, with blue curtains hanging over them about a half yard long, making a very dim light. In the parlor there was usually talking and music, for it was impossible to read. They had a piano and all kinds of music and all seemed to enjoy themselves, just as if there were no danger on the ocean.

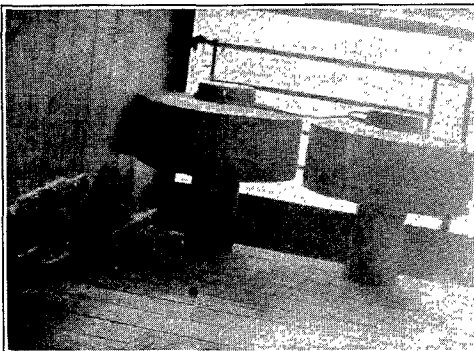
We had fair weather and most beautiful sunsets every day. I had my camera along

and wanted to take a picture of the white caps, but it was impossible for me to take the picture, as the ocean was as clear and quiet as a floor. The third or fourth day we had drills for life-saving, and I took some pictures of them.

Everyone has to put on a life preserver and appear on deck at a certain time. Then the captain gives you a number with your name on it, the number of the cabin, and the number of your life boat. As we lined up on deck we had to put on the life preservers in the correct way, because in time of danger no one is able to help you with the life preservers. Perhaps you say, "No. 5." Then the captain says, "Where is your life boat?" You answer and tell where it is. You must be able to find it from any direction on the boat. We had enough life boats to carry every passenger, so no lives need be lost if everything is carried on in the right way.

## Followed by a Submarine

One morning as we were near the end of our journey there was a story around that a submarine had followed us during the night and there was great excitement on board for fear the submarine would appear again, so the passengers were out on deck all the morning. All of a sudden we saw a black object looming up in the far east. We were rather excited and thought of the submarine which



Two of the dozen or so gas tanks on the steamer which are used to envelope it in smoke to screen the steamer from the submarines.

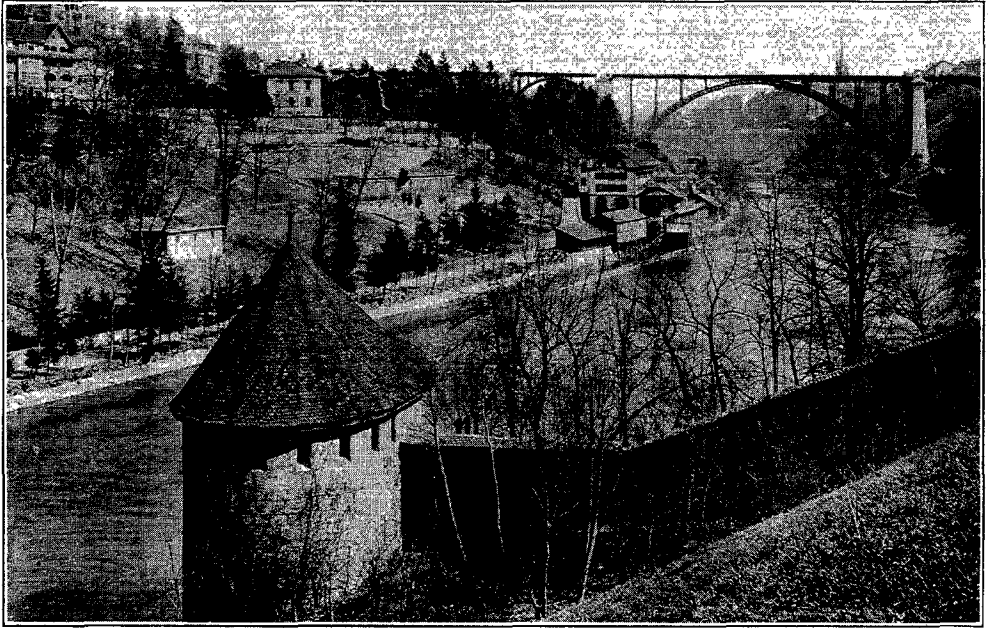


Launching the life raft. Part of the life-saving drill on deck.

visited us in the night. The boys on the mast said they could not tell whether it was a submarine or not, so we began to send friendly signals, but received no answer. Then we fired our guns three times. No answer, so we did not know what to make of it.

We took the seal off the wireless, as the

ples everywhere. They are sent to this place away from the war zone, where it is quiet for them. We saw war conditions all through in France and felt the gloom. Nearly every kind of work is carried on by girls and women. It seems hard to see these girls carrying heavy suitcases and transferring trunks; it makes



The tower shown in picture was used in the 12th century in Switzerland for the execution of prisoners, hence it was known as the "blood tower."

wireless is sealed up and not to be broken unless in danger, and received a message from shore that it was a vessel that had been sunk about seven hours before by a submarine, so we figured out it was the time when the submarine left our steamer. Then we felt rather strange all day. Some of the soldiers did not care. They said it didn't make any difference whether they were killed there or over in France. Of course, the passengers looked at it differently.

I remembered that the Lord had brought me so far on my journey and that you people were praying for me. I really was not excited. I knew my mission and knew I had to go whether on the life boat or steamer, but nothing happened all that day.

When we reached the French port we had to go through a lot of red tape and answer every question correctly. Here we saw crip-

your heart ache for them. They seem to cover up their heartaches and they try to show you they are real light-hearted, but you can see how they feel.

When I left the coast I had quite a long journey through southern France. When I got to the border I had to go through a close search and tell who I was and where I was going, and show my passport a number of times; then I was allowed to cross the line into Switzerland.

In reaching Switzerland I went to Gland, where we have one of our sanitariums, and I was received cordially. Some of the people spoke English and knew some of the folks here at Hinsdale. Gland is one of the most beautiful spots in Switzerland.

#### Food Shortage in Switzerland

After reaching home it was pleasant to meet the folks again. One of the first things I had

to do was to go down to the city hall and show my passport and get my bread card. Mother could not give me any bread, for they would not have had enough to last. Macaroni and rice was all she could give me. I reached home about the first of October and the bread cards were given out the second day of October. We have about a pound of rice a person a month. In October we had a pound of sugar a month and in November a tenth of a pound. I learned to eat and drink without sugar. They were getting 225 grams of bread per day, or three slices, at that time. We were to have 200 grams in December and every month 25 grams less until America sent grain, also some sugar.

It is not the same bread as it is here. It is heavy, coarse, and the bread is not to be sold from the bakery before it is two days old, and then you are apt to get an old loaf that the store has had four or five days. We had bread that was bitter and we had to work it

does not compare with the bread here. White bread is never seen unless there is a sick person in the house; in that case a certificate for white bread is given by the physician.

We have about a tenth of a pound of butter a month. We do not see butter on the table. They gave us about a pound of fat per week. When you go to the butcher shops you find the crowds there to get their pound of fat. The last one will often only get a half pound or a quarter of a pound. If you do not get it you have to wait until the next week. Now a pound of fat a month per person is given.

The soap we were getting was war soap and made the clothes look like gray paper. I saw people coming home from Germany, bringing their linen which looked like wrapping paper. Of course, in Switzerland our soap has been quite good so far. People have bought up soap as far as they could.

I decided to return to Hinsdale and tried to get my passport to come as soon as possible,



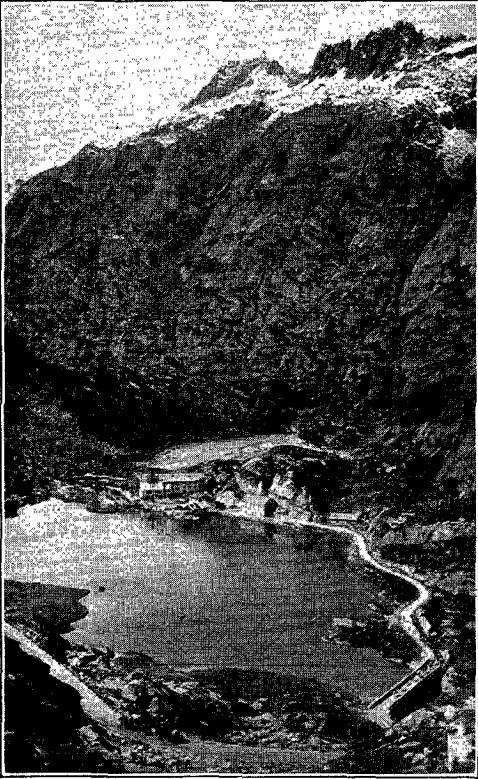
A charming Swiss scene. This ancient castle is now used as a reformatory.

up with other things in order to eat it. The color is darker than the dark rye bread, as they mix the different kinds of grain, but since they have put in the potatoes with the flour it makes it lighter. They also use dried cooked pears with the flour, but of course it

because conditions were getting rather close in December. I was told to go to the French Consul, who sent me to Berne. There I had to make out a certificate to show that I was Swiss, that my parents and grand parents and great grand parents were Swiss and that they

were not Germans. It took three weeks to get it and then it had to be stamped three times. They wanted to know if I had come to Switzerland for the purpose of seeing my mother, and a number of other questions they asked.

Berne is a soldiers' town at present. In Switzerland you see the French, English and



Another Swiss scene, showing one of the splendid roads over which the soldiers pass.

Oriental soldiers everywhere. They are there for their health. The hotels and boarding houses are filled with them. It is the large numbers of crippled soldiers and refugees that make food conditions harder in Switzerland. They cannot import enough food.

The farmers grow more grain than ever before. Farmers with only two acres of land put in some wheat and when it begins to get ripe the officials come and measure the crop and again when it is cut they will measure it and determine how long it must last and the farmer cannot get any bread card before that time is out. The same way with coal and wood. The official comes and figures out how long your supply has to last. We are not allowed to keep the houses comfortably warm. If the official came around and saw that you had been burning more coal or wood or having a warmer house he would notify the authorities and you would not get any wood. We had to go to bed early in the evenings, as we could not heat the house sufficient to enjoy ourselves.

#### Heard the Roar of the Guns Continually

My home is about seventy miles from the battle fields. I do not believe that there are many days that we do not hear the noise of the cannons. On Christmas day there was more firing than usual. It was not a shot after shot, but a continual fire, which shook the windows and doors. It was terrible. Then you see the fliers. I have seen fifteen and twenty in one bunch. Switzerland has a better army than she had before the war. They had 250,000 before the war and now they have 300,000. The border line is equipped very well.

The trip was pleasant coming back and as my passport recognized me as a nurse it was

**G**O back to the *simple* life, be contented with *simple* food, *simple* pleasures, *simple* clothes. Work hard, pray hard, play hard. Work, eat, recreate and sleep. Do it all courageously.

*We have a victory to win.*

—HOOVER.

easier for me to pass through and, being a missionary nurse, I was not subjected to the searching of my belongings.

I was asked where I was going and what I was doing, and the officer said, "Never mind, we will not open the trunk."

The captain of the boat as well as the physician asked me to nurse a sailor that had pneumonia. I took care of him a number of days and he got better and we saw him taken off in the ambulance to the New York Navy Hospital.

The Lord helped me through. I certainly did feel the Lord's blessing with me. I know the Lord has helped me all the way through, and I am glad I can be here and complete my course of nursing.

### A PERSONAL EXPERIENCE OF ANSWERED PRAYER

J. G. LAMSON

[This experience was related at morning devotion at the Hinsdale Sanitarium and was stenographically reported.—Ed.]

I know one time I became connected with a commercial proposition. I wanted more money than the Conference was giving me. Now, the love of money, as we have often heard, is the root of all evil, and the love of money was what made me anxious to get into a business where I could augment my salary. I was covetous, and that got hold of me so thoroughly that it made it exceedingly hard for me to get out of the Christian life all that I should. By and by sickness came, and sickness drove me to the Hinsdale Sanitarium. It began soon to look like a surgical operation would be necessary, and a serious operation, too. It began to look as though there would be no opportunity for me to do much work for the Lord for a long while. Several very important matters hinged on the correct solution of my health problems, and Doctor David Paulson and I were in frequent council and prayer to know just what course to pursue.

One day the doctor and I got down on our knees, and together we asked the Lord to show us just what to do. I will never forget one expression that the doctor used shortly after we arose from prayer. He said, "Now I believe if I were a father and my boy should come to me and say, 'Father, I love you and I want to do just what you want me to do, but I do not know just what you desire me to do; won't you tell me?' I believe I would

find some way to tell my boy, and when God loves us more than an earthly parent can love a son, I am sure He will find some way to make His will known unto us."

He went to his house and I went to my room. I had heard many people say that they had taken the scriptures, and before they opened the book they would say, "Lord, give me an answer out of Thy Word," and then they would let the Bible open where it would and accept the verses as God's answer. I never had much faith in that procedure, and still think there is danger of using such a plan too often, or without proper consideration and use of what God gives us of advice and counsel; but I felt led out to try this plan, so I took my Bible and made the prayer, "Lord, if there is something that fits my case help me to open the Book to the right place." So I opened the Book and my eyes were riveted to verses 15-19 of the fifty-seventh chapter of Isaiah.

I was actually startled as I slowly read word after word. The authority was high enough, and I could not doubt it. The condemnation was clear enough and fit me like the proverbial "coat," and I put it on and said, "Lord, that fits me, and I take Thy rebuke." Having gone that far, I came to that promise of the eighteenth verse and the comforting assurances of the nineteenth verse, and with every evidence so plain and clear I dared not doubt the promise of healing as long as I was willing to accept the chastisement, so I said, "Lord, I believe," and I have not needed the operator yet, and maybe never will.

I am not telling you this because it is a particular joy to tell personal matters; especially those involving humiliating confessions, but the same God helps us all, and God will help you. Isn't it worth while for us to be of good courage under such a Leader as that? Should we not enter upon the work that is before us with joy and gladness of heart? It seems to me that we should be of good courage and strong in the Lord, and that the days that are to come should be days filled full indeed of trust and love in Him.

"It requires very little ability to find fault. That is why there are so many critics."

Good clothes can never make a lie respectable.

# Shall We Have Two Per Cent Beer or No Beer

D. H. Kress, M. D.

**B**EEER leads away from the use of spirituous liquors is the argument advanced by brewers and hence its use should be encouraged.

That the use of beer diminishes drunkenness may be logic, but it is not a fact. It has never worked out in that way. It is a deception which is designed to keep alive in human breasts, the spark that exists for intoxication, a spark that should be extinguished. The facts are, milder alcoholic beverages, let them be called by whatever name they will, always have created, and always will create, a craving for the alcohol which they contain and for more of it. And thus they pave the way for stronger alcoholic drinks.

The Italian government some months ago passed an act restricting the sale of strong spirits. Italy has in the past been held up as one of the countries where the use of mild drinks discouraged the use of the stronger ones. The facts are the Italians have of late years been using increasing quantities of strong drinks, so much so that the government found it necessary to pass this drastic prohibitory measure.

In France for years the use of wine has been encouraged. Before the present war was precipitated, France was the largest per capita consumer of the stronger alcoholic beverages of all the countries in the world. Wine in France paved the way for whisky, and whisky paved the way for absinthe. In no country in the world was there more of the spirituous liquors sold before the war was precipitated, per capita, than in France.

## How Has It Worked Out in England?

For many years beer has been the favorite drink in Great Britain. The price of the stronger drinks was kept up by special taxation to discourage their use. In the year 1825, the duty on strong drinks was reduced from twelve shillings to seven shillings per gallon. We are informed that "the thirst for the new liquid spread with the rapidity of lightning." The thirst for alcohol cultivated by the use of beer, later demanded the stronger beverages. To counteract the growing use of whisky an act was passed in 1830, allowing beer to be sold without license. The Duke of

Wellington affirmed, he was "sure the measure would be attended with the most beneficial consequences." He proclaimed it "a greater achievement than any of his military victories." The results were disappointing. It increased drunkenness and debauchery. The English press which had favored the bill changed its attitude by condemning it. The *London Globe* declared, "The injury done by the beer act to the peace and order of the rural neighborhood, not to mention domestic unhappiness, industry, and economy, has been proved by witnesses from every class of society to have exceeded the evils of any single act of internal administration passed within the memory of man." The *Liverpool Mail* said, "A more pernicious concession to popular opinion, and so prejudicial to public morals in the rural districts, in villages, hamlets, and roadsides of England, never was made by the blind senators of a bad government in the worst times." A committee for the Lower House of Convocation of the Province of Canterbury reported, "This measure, though introduced in 1830 for the avowed purpose of repressing intemperance by counteracting the temptations to excessive drinking of ardent spirits, has been abundantly proved not only to have failed of its benevolent purpose, but to have served throughout the country to multiply and intensify the very evils it was to remove."

These are facts developed, and experienced by other countries. We may learn a lesson from this experience in America. Why should we go on blindly and repeat the sad experiences of these other nations by heeding the seductive and persuasive arguments of the beer trade to make a two per cent product? With these facts before us why not rather follow the example of Germany and close up, not merely our distilleries, but our breweries? If beer was a valuable nutrient Germany would never had consented to such a measure. The millions of acres of land in America under cultivation, in the production of grain out of which to make beer; the thousands, and hundreds of thousands, of able bodied men required in the cultivation of this land, and the additional thousands employed in the manufacture and sale of beer, should be conserved

and utilized for better purposes than to poison and weaken our men.

Some years ago the Kaiser made the statement: "In the next great war, the nation which consumes the least alcohol will win."

Evidently he still is of this mind and hence has concluded to close up the breweries as well as the distilleries. It is the only consistent thing for any nation to do that hopes to survive.

## Making a Beginning in Manchuria

Mrs. Bertha Petersen,

Mukden, Manchuria.

[We recently received a letter from one of our former LIFE BOAT office workers who with her husband and two others entered Manchuria as our pioneer missionaries several years ago. It is encouraging to know that there are faithful LIFE BOAT representatives in all parts of the world who are extending the influence of the gospel and leading souls to Christ. We cull the following from Mrs. Petersen's letter.—Ed.]

OVER in these heathen lands we appreciate in a special sense the significance of the words expressed by the wise man in Prov. 25:25, which reads as follows: "As cold waters to a thirsty soul, so is good news from a far country." This has been especially true perhaps the past year, as I was ill during this last summer. It looked as though I would have to say good-bye to dear Manchuria, but thank the Lord, I am now on my feet again and greatly improved.

The poor, unsanitary, and very noisy Chinese quarters we lived in for more than two years after coming here was perhaps more than

I could stand, and then my "rehsin," as the Chinese tell me, which means a hot heart, or as you call it in America, "enthusiasm," in getting the language as quickly as possible so that I might be able to give the message to these hungry souls, also had its telling effect. It was indeed a sore trial to have to give up my work among the women this summer. But I am glad the Lord is blessing my feeble efforts for Him. I was so happy to have nine women take part in the ordinances last quarter.

Some of the women could not read a single character when they first came, but by perse-

verance and prayer, it is marvelous what the Lord has done for them in this matter. Some of them were not young, either; they were fifty years old and more.

I remember one woman in particular, who,



The present mission compound and headquarters of our work in Manchuria.

when she entered the chapel the first time, had a cigarette in her hand, and someone told her she could not smoke in the Lord's house. She and her husband are of the better class. Her husband is a doctor after the Chinese fashion. It was such a joy to see the transformation wrought in their lives, especially hers, and to see how she gave up one thing after another, and how the Lord helped her to read—who did not recognize a single character when she came. She had such a desire to learn that she might be able to read the Bible for herself, but it seemed such a hopeless task for a woman of forty-five. But I told her that if

she was anxious and would ask God in faith, He would give her her desire, and she feels so happy for what He has done for her, and is always ready to encourage others who are in the position she was in. She used to bind her feet, and it was painful for me to see those three-inch feet of hers, but after learning that it was harmful, she unbound them. The Manchurian women do not bind their feet, but she is from one of the northern provinces of China.

Do you think I am sorry I ever came to Manchuria when I see these nine dear faces? Never. It only makes my heart burn within me to rescue others from heathen darkness. True, the Chinese are dirty, but as Paul says,

a few of them, translating them into English shorthand. One said:

"I am so glad this message came to Mukden. There are many, many people in Mukden who have not repented. We must thank the Lord ten thousand times (that is a very common Chinese expression for complete) that He brought us into this truth. We want to have a good influence and help many people to hear the message. Here is one from the north of the city, another from the south, and from the east. We can all be witnesses where we live."

Another said: "I thank the Lord for this doctrine. I am very glad it has come to me. I am so happy."



CHINESE WORKERS IN MANCHURIA.

After two years of labor, seventy believers in various parts of the province are now rejoicing in the Christian religion.

Charity "beareth all things, . . . hopeth all things, endureth all things." So it is with the Chinese. Without the love that God gives for these poor souls, the Chinese would be very repulsive to look at. But they have hearts as precious, loyal and faithful as many a foreigner after the Lord Jesus has entered their hearts and lives, and it does one good to see the outward transformation as well. I love them as truly as though they were white, and how appreciative they are!

You will be glad to hear some of the testimonies given a short time ago. I jotted down

Another: "I am glad for the peace I have now. Pray that the Lord may give me strength to do the right."

One of the women, who is studying preparatory to baptism, testified as follows: "I thank the Lord that He has given us this message, but I am not worthy. I desire others to obtain it."

This last woman is the most intelligent woman I have met among the Chinese anywhere. Most of their minds are as that of a child, but she seems much like a foreigner. She is a real student, too. One day she heard

that we believed tobacco was harmful, and she asked for Bible proof. She made up her mind, as soon as she learned it, to throw her pipe away. It is the custom in Manchuria for both sexes to smoke either long pipes or cigarettes. She told me later that she had a little struggle within herself at the time, for "mo-gwei," or Satan, was doing his best to make her think it was not an important matter, and her neighbors and those of her household as well. But she said, I got the victory by saying, "I will not have my body defiled by this filthy thing. I desire my body to be a fit temple for the Lord to dwell in." And so she threw it away. And so it has been with several things. As soon as she receives Bible proof that a thing is contrary to God's will, she surrenders. When Mr. Petersen was examining a class preparatory for baptism, she happened to come too, and she heard mention about earrings and other jewelry. She went home and took hers off, and she has not worn them since, though she is not baptized yet, nor will be until next summer. But she is an earnest and consecrated soul, and as soon as the light comes to her she takes the step.

Well, I might go on and tell of others, but this will be sufficient for this time.

With regard to *THE LIFE BOAT*, I passed it on to my neighbors, and they enjoyed it very much.

### BACKSLID—THEN GOT INTO TROUBLE

This is the testimony of a Missouri prisoner:

"I will take the liberty of writing you to let you know that I received your cheering letter of the 8th and also *THE LIFE BOAT*, and was very glad to get them.

"You haven't any idea how lonely I get here in this place. I have been here since last April, but it seems five years to me. You have no idea how bad I would feel in the morning when I would pass the beautiful beds of flowers in the yard on my way to work. It made me think of the green lawns with their pretty beds of flowers that I had worked on in Kansas City.

"I have been a Christian for a long time, but was not living right at the time of my trouble, but I have received a lesson that will do me as much good as it will harm, if not more, for it has shown me my faults and imperfections and lead me back to the way of God. I had fallen far below the standard

which God intended for me. I will try and devote my life to living a decent and moral life, and also in making restitution to both God and man for whatever wrongs I may have done in the past.

"I have no friends or relatives to correspond with or to cheer me up in my sorrow and loneliness, so if you, or some other good samaritan, will write me and cheer me up in my trouble I will certainly appreciate it to the fullest extent."

### IS SINCERITY OF CONVICTION A SUFFICIENT GUIDE?

R. W. PARMELE

A few weeks ago the writer embarked aboard the steamship *Olivette* headed for Havana, Cuba. The good boat had been doing service for thirty years, lacking a few days. For the most part the crew were old hands, some having been on the same ship for twenty years. The route was a perfectly familiar one, and so all felt confident of a safe passage. But the second morning out the passengers were all excitedly ordered up and dressed. Something had happened.

Hastily robing we went on deck to find our ship stranded on the rocks off the coast of Cuba, about fifteen miles east of Havana. This was the cause of the accident: The night was densely dark and foggy. The pilot had gotten mistaken in his bearings, and instead of steering for the harbor, he allowed the boat to veer to the left. He was doubtless perfectly sincere, feeling sure that he was holding the steering wheel just right, but his sincerity did not prevent his landing on the rocks instead of in the harbor. Thus were the days of usefulness of the good ship *Olivette* ended.

The wise man said: "There is a way that seemeth right unto a man, but the end thereof are the ways of death." Prov. 16:25. In this dark night of sin if we depend solely on the "way that seemeth right," we will surely miss the harbor and be dashed to pieces upon the rocks. But how thankful we should be that to save us from this fate, there is given us an unerring chart,—the Word of God, and a Pilot,—the Lord Jesus,—who never wrecks a vessel entrusted to him. Let us then be sincere in our manner of life only as we are guided by a plain "thus saith the Lord," and feel secure only as we know Jesus is at the helm.

# The New Birth

J. G. Lamson

[We publish this month the conclusion of Prof. Lamson's inspiring address on John 1:14, delivered at the Hinsdale Sanitarium, December 27, 1917.—Ed.]

**W**E speak frequently of the new birth. Christians talk about the new birth. They like to think of the regeneration and the new birth. Let us think for a minute what it means. When you and I are born into this world we are born of flesh and blood. By and by the opportunity is offered us to be born again, and according to that story which Nicodemus called from Christ, "that which is born of the flesh is flesh; and that which is born of the Spirit is spirit."

Now suppose the Spirit comes into your heart and stirs something, and you yield to that stirring of the Spirit in your heart; the Spirit in your heart begins to grow and develop to a new life so that you really and truly give yourselves over to that, and come absolutely into harmony with that thing and there comes into you a new life. We speak about that as being regeneration, or born again. Now then, if that which is born of the flesh is flesh, and that which is born of the Spirit is spirit, then when you are born again of what are you born? You are born of the Spirit. Whose spirit? God's Spirit. And if you are born again of God's Spirit do you become the son of God? If He becomes your Father do you become His son? Then if you are born of the Spirit you become a son of God.

Well, but you were born once and you were born of flesh and blood and when you are born again you are born of the Spirit; so there is united in you the humanity which you obtained from your first birth and the divinity which you obtained from your second birth. Therefore, your mother is flesh and blood; your Father is divinity. Jesus Christ's mother was flesh and blood; His Father was divinity. Now what relationship is established between two people who have the same father and the same mother? They are brothers and sisters. And what do you call the one who is born first that way? The elder brother. And who was born first that way? Jesus. I want to say that Jesus recognized such relationships. There are lots of us who are ashamed of our brothers and sisters sometimes, and certainly

the Lord has plenty of occasion to be ashamed of his brothers and sisters.

## Not Ashamed of Us

"For it became him, for whom are all things, and by whom are all things, in bringing many sons unto glory, to make the captain of their salvation perfect through sufferings. For both he that sanctifieth and they who are sanctified are all of one; for which cause he is not ashamed to call them brethren." Heb. 2:10,11.

"They who are sanctified." It may be you, and it may be I. Jesus is not ashamed of us. You and I are, so many times. We reach a condition of life sometimes when our brothers and sisters do not exactly walk in harmony with our particular notions, and we get ashamed of them, but this says that Jesus was *not ashamed* to call them brothers. And not only was he not ashamed to be known as the brother, but he says: "I will declare thy name unto my brethren, in the midst of the church will I sing praise unto thee. And again, I will put my trust in him. And again, Behold I and the children which God hath given me." "Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil." Heb. 2:12-14.

Then when Jesus is willing to recognize these men and women who have been born again, what are you and I going to do about it? And when Jesus is willing to call them brethren, if they have been born again, what are you and I going to do about that? But more to the point—If Jesus is willing to call *me* a brother, what am I going to do about it?

Just another thought. Jesus was born twice. He was the only begotten of the Father. Isn't that true? And then he came and was born on this earth. Isn't that true? Jesus was born twice and every soul that gets into the kingdom will have to be born twice. Isn't that so? Did not Jesus say it? "Verily, except a man be born *again* he can not see the kingdom of God." There must be the second birth before we can possibly be saved.

"Wherefore henceforth know we no man after the flesh: yea, though we have known Christ after the flesh, yet now henceforth know we him no more." 2 Cor. 5:16. How did he get to be a new creature? "He was born over. If he wasn't born over he is not a new creature. And if he is born over he is a new creature. There is no middle ground. No matter how much he may change his outside actions, unless there has been born in him a new life, a new power, a new vim, a new purpose, unless he be true,—that individual is not born again, and cannot be a new creature. He may reform but he is not a new creature.

### Would You Have Recognized Him?

Now I wish to connect with this verse one found in the prayer of our Saviour in John 17:18. "As thou hast sent me into the world, even so have I also sent them into the world." Suppose you had been in the land of Palestine when Christ lived there, and you had read by the bulletin boards of those days that Jesus Christ was coming to town and you had gone out on the street and had Him pointed out to you, you could tell Him because he was usually surrounded by a crew of fishermen. He did not dress very well, although he was neat and clean; and those fellows who were around him looked like men who had to work for a living. If you had been there what would you have concluded? You would have said, "It is one of those new Jewish prophets. He has probably some special notion. I do not think I will spend very much time in tagging after him." What would you have done if you had been back there? I do not know what I would have done. I do not know that it is possible for any human being to know just what he would have done. I have often thought of it. But inasmuch as God sent Him into the world, and then men have been sent into the world just as the Father sent Jesus into the world, you can find an answer to the proposition by asking the question, "How do I treat the man who has been born again?" Do I simply see the man or do I see Jesus? Do I simply see the outward form, the historical man, or do I see something else within?

### Do You See Christ in Your Brother?

There was something about Jesus Christ beside the outward form, clothed in that old-fashioned way of the prophets back there. There was a life there that some people could

see, and they followed Christ. When you meet the man today who has been born again even though he may make mistakes, do you recognize in him the *something* that has been born in him, or do you see simply the outward form? Do you undertake to see the life and the purpose of the heart inside? Perhaps some one looked cross-ways at you this morning, and you did not like the way he looked at you, and you think that the next time you meet that individual that you will remember that. Perhaps that person desires to be a Christian, and when you met him perhaps there was something that had endeavored to drive him away from Christ. Did you endeavor to build up the Christ-life in him, or did you see only the outward individual? And when you see these different individuals with whom you come in contact day by day, do you see only the outward life or do you see something within? And when you see the man who has not been born again do you see the man who is down and out and needs to be born again, and is there a heart in you to make you long to see that man who has been born once, be born twice, so he will be worth something? And what is the inspiring motive of your life, and what gets you to go after these men and women who have been born and need to be reborn?

The spirit that enables the individual to keep right at the idea of making it possible for a new life to be born in the heart of that individual who has been born but once—the spirit that will help us to help them—is worth cultivating. You know there is a word in the scripture that definitely, specifically tells what God calls us. "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God; therefore the world knoweth us not, because it knew him not." 1 John 3:1. The next is the very loving word "*Beloved*, now are we the sons of God." Does it say, "Some time when you get so you do not get up cross-grained in the morning you will be a son of God"? "*Beloved*, now are we the sons of God." Do we look just exactly as we will by and by? "But it doth not yet appear what we shall be."

### Seeing Our Brother as God Sees Him

Well, what is the use of having a fuss with some of our beloved brethren who are sons of the same God that we are just because we cannot see them appear just like what they

are going to appear some day? "Beloved, now are we the sons of God, and it doth not yet appear what we shall be; but we know that, when he shall appear, we shall be like Him; for we shall see Him as He is." And the reason we do not love our brethren and sisters as we should is because we do not see them as they are. The reason we do not love Jesus Christ is because we do not see Him as He is. The reason the people back in Palestine did not love Christ is because they did not see Him as He is. When God looks at you and me he looks at us as we will be. The picture he has framed of you and me is a whole lot different from the one we see. And when we are born again of the spirit we are placed in such a position before God that he sees not what we are, but what He intends to make out of us.

As the sculptor comes up to the stone and sees in it the beautiful image of the cherubim, and as the artist sees in the canvas the picture he expects to have, so Jesus Christ, when we say to Him: "Take me and make me," just then He sees in us what He will make us. What is the use of our finding fault because we do not see what He will make of us?

I remember Dr. Paulson once saying to me: "We do not find fault with a man because he has pneumonia. What is the use of our finding fault with one because he has a quick temper? What is the use of our finding fault when we know that we ourselves are not what we shall be?" "We know that we have passed from death unto life because we love the brethren." 1 John 3:14. I tell you, I love the brethren a whole lot more than I once did, and I am willing to excuse a lot of things that I would not formerly. You and I may know that we have passed from death unto life because we really do love. It is not simply to love those that are lovable. It is not simply to love those because we know how they are going to be by and by when they are made perfect. We shall have to love them now. We do not have to love their faults; we do not have to love their dispositions that are not right before God, but we shall have to love them, and we shall have to see something beside the outside, and we shall have to come in gentleness and tenderness and help them and at the same time they will help us. It is retroactive. It always brings back a big reward for every bit

of help that we try to give to some one else.

### Sanctify Yourself to Help Your Brother

"And every man that hath this hope in him purifieth himself, even as he is pure." Let us go back to the prayer of our Saviour. "Sanctify them through thy truth." "As thou hast sent me into the world, even so have I also sent them into the world. And for *their* sakes I sanctify myself."

Do you want to help your brother and your sister? Sanctify yourself. Said the Saviour, "I sanctify myself. I set myself apart to a sacred purpose. I set myself apart to do the work that God has given me to do. And as God sent me into the world, even so have I also sent them into the world, and for their sakes I sanctify myself that they might be sanctified through the truth." May God help us to clean up our lives that we may be true to God, and be a help to others. The very best way to get some one else to walk straight is to sanctify myself so that I walk straight. May God help us to be true.

### "ONLY SOURCE OF COMFORT"

A prisoner in Deer Lodge, Montana, wrote this letter. It is really an appeal for help to send *THE LIFE BOAT* into the prisons of this country. In May we shall issue a special number for this purpose. We will need several hundred dollars to do it. How much can you



Many unfortunates behind the bars feel neglected and feel that no one in the world cares for them. When *THE LIFE BOAT* reaches their cell they are cheered and comforted. Will you help *THE LIFE BOAT* to enter every cell in the country this spring? Ten dollars will send two hundred and fifty copies.

give toward bringing comfort and cheer to the downcast and neglected prisoners? Ten dollars will send 250 copies into more than twice that many cells. Will you do it?

"I have been a reader of your valuable magazine for a number of years, yet it has been a long time since I have addressed you. I realize the good that THE LIFE BOAT has done, and is doing. Oh, that it had a gratuitous circulation. It is almost my only source of comfort by way of reading material, and thus it happens to be my companion in loneliness, and in my state of isolation is very dear to me. At present I am not a subscriber, but one of my brother prisoners passes his to me to read, whom I believe to be a fervent Christian. Words can

scarcely express the comfort I derive from the perusal and meditation of its pages.

"I am almost alone in the world, and have no one to write me even a letter of encouragement. I fully realize that I have brought reproach upon my character and thus from the outside world suffer a name of execration and shame. Yet I have the assurance of a friendship of the "One altogether lovely" and the "Chief among ten thousand." Pray that I may always keep this in mind, and that I may become an instrument in His hand to bring souls to the fountain of life.

"A word from any one would be highly appreciated."

## Searching for Pearls in Criminal Swamps

Maud Wilson Cobb

WE have had a busy month. Each day has brought its problems. We have had much court work this month. There has been an unusual wave of crime over the city. It has become necessary for every person who cannot give a reason for his whereabouts and is in the least under suspicion to be taken to some station until proof is obtained who he is.

Last Sunday one thousand men and women filled the jails and police stations. Hotels were raided—rooming houses and saloons where men and women pass the time away. The result of these many arrests brought quite a few young girls and boys before the court. Our work during this time was to meet the ones who were glad to have a friend at the time when they stood alone, too ashamed to call for help from friends, who did not know they were starting on a downward career, not yet acquainted with the methods of the underworld and how to obtain help.

After our morning services, February 10th, in Clark Street Police station (where our medical missionary nurses, under the training of Dr. Paulson, Mrs. Clough and others, have held meetings every Sunday for twenty years), we had opportunity of seeing every cell crowded, even under the boards on which the prisoners sit or sleep; we could see some one lying on the stone floor. In one of these cells a young woman was weeping tears of sorrow and shame. In telling us her story, she stated her work was that of waitress in a home in a

suburban town near Chicago. She had come into the city, had met some girls and had entered a hotel to spend the evening with some of their friends. The hotel was raided and every man or woman who could not prove they were man and wife had to give an account of their actions and why they were there. The result was a trip to the station and a stay there until Monday unless some one would sign a bond of fifty dollars cash, or four hundred dollars real estate bond. The five girls who enticed this woman to accompany them had some one to pay their fines—some one from the under-world—but the waitress could not tell her friends and knew no other one to help her, so she had to remain with no money. It meant a workhouse sentence for her.

This is one of many cases we meet each Sunday. It is well we can help them when they first feel their guilt and are sorry, for their hearts are tender and we can then lead them with Christ's help to see their mistakes.

Chicago has had its sixty-seventh prisoner hung in the county jail. The effect of the hanging is marked. On Sunday, Feb. 17, a few days after the two last men were hung there were only three women in the cells and very few men to compare with other days, when we have counted a hundred and more. During the month of January, Clark Street Station held 491 women in their cells and the annex held 291. This is only one station of thirty-two of the same kind. In conversing

with one of the police matrons we were told that there were less people in jail today than there had been in a year. It shows the fear these poor people have and how they try to protect themselves in their own strength.

We had the privilege of kneeling in prayer with these three women. Outside the cell door stood the husband of one of these poor women. He told me with tears in his eyes how hard it was for him to believe that the woman he had married nine years ago would have to spend a night behind the bars. He said he was a barber by trade, that they had a lovely home, that his wife was a designer of fine gowns, also a window draper. But every few months she would begin to drink, first beer, then whisky and then land in jail. She could not give up the thirst for drink. Her father was a drunkard and she was a slave to the habit. Friends, pray that Chicago may be a city free from that sin that causes women to become beasts in their habits and men to forget their manhood.

Today we have had with us a young woman who has spent nine years in the prison at Joliet. She was sent there for twenty years, but God answered prayer and today she is free and expects soon to have her final discharge. Her whole aim is to strive to be a Christian and help others to Christ.

We were asked this morning to have more of the medical missionary nurses to visit some of the other jails and do the work we are doing in the Clark Street Station.

We pray for wisdom that we may be able to keep on in this work and do it with an eye single to His glory. Today a man of fifty years asked our prayers in his behalf. He said, "I had a Christian mother, a Godly father and I am the only son and am an outcast. Pray that I may believe on the Lord and be saved in His kingdom."

### SENT A GOOD MEASURE

MARGARET HAZELTON

[The first year nurses at the Hinsdale Sanitarium are given experience in medical missionary work in Chicago. A company of six or eight are assigned each month to this department. The workers go two and two visiting the homes and helping the people wherever needed. A new class will be started in July. If the experiences of these workers appeal to you and you feel you would like to have a part in this good work, write to us.—Ed.]

Ruth Henriksen and I worked together during January and it was certainly a good month for us and for the city workers. In

most of the places visited we had to depend upon the Lord and He gave us strength to believe that He does answer prayer. We had to ask the Lord for much temporal help during the month.

The woman from one of our homes was a patient at the Good Samaritan Inn last month. One morning we called on her before leaving for the city and found her crying, and she said: "I did not receive my money and I fear I cannot stay if my bills are not going to be paid. Can't you girls go to see my mother?" We called on her mother in the city and she said: "What can I do? I do not know where the money is coming from. The party who was going to pay her way has not done it and I have only three dollars. I do not know what to do." We knelt down and prayed. The mother knelt in prayer and offered such an earnest prayer in her broken English. She told the Lord that she had not lived the way she should, but that she wanted Him to help her now. When that sincere prayer was over I knew the Lord would answer it. All through the day I thought of this prayer and wondered how the Lord was going to answer it. In the afternoon I called again and she was happy. She had received sixteen dollars. We had only asked for ten dollars, so the Lord sent a good measure.

I do know the Lord has blessed in our city work and we need the prayers of all. We need more workers in the field, for the laborers are few and the harvest is great.

### ABOVE THE STORM

ROBERT HARE

There is a calm that rules above the tempest,  
A peace that holds the heart within the strife,  
A restfulness that keeps the waiting spirit  
Fitted for all the holy walks of life.

But not from strength of earth or human courage  
Comes that sweet calm that earth-minds think so  
strange;

Not from the peace that fleeting hopes would offer  
Comes that glad restfulness that may not change.

Above the storm there rules the Hand of wisdom,  
Above the tempest lives the Friend divine;  
"God is in heaven," and in that blessed knowledge  
The heart may rest—your heart and mine.

Within the secret of His hallowed presence,  
Shut in while earthly tempests hurry by,  
The soul may rest in that divine communion  
That gives the consciousness, "the Lord is nigh."

Little minds are too much hurt by little things, great minds are quite conscious of them and despise them.

## Three Incidents in the City Work

Ruth Henricksen

[This article, from a report given at our Missionary Volunteer meeting, gives our readers a glimpse of the splendid work done by our first year nurses while engaged in house to house work in Chicago. These girls seek the Lord for special help before starting out in the morning, and like Eliezer, Abraham's servant, who said, "I being in the way, the Lord led me," they find that the Lord leads them to the helpless and needy ones. They return with their hearts full of blessing and their Christian experience enriched. A new class of missionary nurses will be started in July. Those who desire to secure a full missionary nurses' training and experience in city and rescue work are invited to write for further information concerning the new class.—Ed.]

WE certainly think that the Lord is blessing us and leading us in our city work. One day while on our way coming home we were about to board the street car when a lady stepped up to us and said: "Hello, girls! it is a long time since I have seen you. You are the girls that brought me the Christmas basket." From her description we knew it was Miss Imschweiler who had been there. She started to tell us about her troubles. We said we would go home with her, which we did, and found her home cozy, but cold. She had a few coals of fire in the stove and we sat down while she told us that her husband had died and her son was in the navy and her pension had not been coming since April. The baker in passing would leave a loaf of bread for her every day, so her diet had been bread and water. She had only a bucket of coal left. She had lost all of her courage. She had prayed about it she told us, but the Lord had forsaken her. We tried to convince her that the Lord had not left her, and we knelt and prayed about it. We left her a LIFE BOAT. The next day we got something started toward securing her pension for her. We took her a few things to eat and a sweater so she could keep warm. When we gave it to her we never saw a woman more happy. She picked up courage and we tried to tell her that God would take care of her and that her prayers were going to be answered.

### Found a Dying Father, and Mother in Desperate Condition

We visited another woman living a few houses away. Some of the workers had been there. She had seven children and her husband had been sick for a year with cancer, so she was in rather desperate condition, only one of the girls being able to work. They did not have much to eat and very little clothing, so the next time we went we took some clothes and fixed her up the best we could. We had prayer with her, and her husband seemed much interested in this work. Al-

though he is suffering and dying, he still looks up to God in his trouble and helps his wife a good deal that way.

### An Opportunity on the Street Car

One day we were on the street car about four blocks from our destination when a woman came in the car with three children. They were poorly dressed and shivering with the cold. One of them was about nine years old; another about six seemed worse off than the rest of them. Poor little thing, she was really suffering. I kept looking at them and felt I ought to go to speak to them. I thought, "They will think I am crazy." I was afraid for a while, but I could not help but think about them. I wondered what Christ would do if He were in my place. The car was going on and I knew that what I did would have to be done quickly. I picked up courage and went over there. I lifted up my heart to God and asked Him to lead me.

I went to the woman and sat down beside her and looked at the baby, and the baby seemed pleased and so did the mother. I told her what we were doing and that we would be glad to call on her. She gave me her address and the next day we went and called on her in a flat. We did not know whether to go up or down. We went upstairs and an Italian woman came to the door and she could not talk very well and had about a dozen children with her. She told us to go downstairs. They lived in the back part of the house. She lead us through a cold room back to a little room in the rear, where the baby was sitting on the top of the table trying to keep warm.

The woman was washing and seemed very glad to see us. Her husband was in the hospital with a broken leg, so none of them were earning any money, and she was having a hard time keeping warm. She had to go herself to get coal and carry it about six blocks. She did not have many clothes for the children, so we took her some and she seemed very thankful.

## STRANGERS BECOME ONE FAMILY

MAUD WILSON COBB

Matron Life Boat Rescue Home, Hinsdale, Ill.

I believe the spirit of Christ can make a happy family of strangers. To-day in our Home there are just a few who have known each other more than a few months and some a few weeks and days. I wish our readers might spend a few hours or days in our Home and see the love and interest toward one another's welfare. I must say never in my life have I had more tender care and love given to me. My every interest and want is attended to by some devoted friend in the Home and it is from the ones the world calls unfortu-

skirts, or someone has thin stockings or poor shoes." Then the time of worry reaches me, for how can I buy shoes and stockings for the girls? We have no fund to draw from to buy clothing. Often we have to lend each other our personal belongings that each may have the privilege of the outdoor exercise that each one needs. Many of our girls have only the clothing that covers their bodies, when they reach us. For these we must provide.

We now have in our Home family some fine fruits of our labor in the jails as several girls have been paroled to us. When we see and hear them express their thanks for the help they needed when they felt as though God and



A group of the Home family of children, showing four of the babies in the cab. A happier family of little folks would be hard to find.

nates, but they give to me and to each other that which money cannot buy.

After a hard day's work in jails and court rooms and homes of distress it is a joy to enter the rescue Home and hear the glad cry, "Our little mother is home," and hear the hurrying footsteps to welcome me. Very little complaint is ever brought to me. Never has a quarrel had to be settled between any inmates since my return. Every girl is anxious to help the other through a problem. How quickly they learn to say, "You must not go out of doors without your rubbers," or they will say, "Mother Cobb, Frances has not any heavy underwear, or Maria has not heavy

man had deserted them, it makes us feel to thank Him that He continues to use us in His work.

Readers of *THE LIFE BOAT* will notice the letter written by one of our girls rescued from the jail. She is the joy of our Home at this time.

This surely is the work that Christ told us to do.

Last month we spoke of the danger of the "rafts" and "tugs" of The Life Boat Home becoming stranded on the Rocks of Hard Times. In the awful war times the cries from over the ocean are drowning out the pleadings of the suffering here. Not enough helpers for the

rescue are gathering for our own ship-wrecked ones. May quick hands be stretched to all. We must plead for enough allies for our own homeland. Can not an army of helpers be enlisted in the safe and comfortable homes of this great country to throw the life lines for the perishing here? Some could throw out a penny life line, some a dime life line, a dollar rope and a hundred dollar cable.

The Lord knows where His money is to be found, and as He sent His disciples out to



Eight months old and doing fine.

hunt men, He also sent them to find money. Who will help to hunt money for the stranded ones whom we are trying to reach?

Quickly "lend a hand" if you can to throw out the life line in His name.

We thank the many friends who have remembered us or we would have had to close our doors during this hard winter. May we always have the confidence of our Life Boat friends. Our work is their work. We want your prayers for our work, also your help at all times.

#### AFTER TWO NIGHTS IN A POLICE STATION

A dear girl now in The Life Boat Rescue Home tells how the Lord blessed her with the privilege of becoming a member of this most happy family.

Our matron, Mrs. Cobb, also Mrs. Clough, accompanied by other missionary workers, en-

tered the Harrison Police Station on Sunday, Jan. 22, to do their usual missionary work, where I was being kept until the following Monday. After songs and prayer, I told my story to Mrs. Cobb. She then asked me where I intended to go when released. I, of course, had no idea where I would go or what would have become of me and my child, but the good Lord sent these wonderful workers to my rescue.

On Monday, bright and early, after spending two most dreadful nights in the police station, and after witnessing many sights which I never dreamed existed in this world, I was brought into court. The first person I saw that I was acquainted with, out of a crowded court room, was Mrs. Cobb, she being the first person who had even time to smile. Imagine the joy in my heart when I saw this little woman come up to me and try to talk with me, but the doctor who was about to examine me told her she could not talk with me, as she was too busy. So again I was hurried away from everybody and again locked up with a number of other unfortunates. Then a streak of good luck sent by God came my way and Mrs. Cobb signed a bond, and I was permitted to go home with her for that night. Tuesday morning we again had to appear in court; then my case was postponed until Friday, Feb. 15.

The joy and comfort of this Home is appreciated by all the girls, but one cannot realize the great joy it was to a girl after spending two nights and one day in a police station.

#### A LIGHT IN THE SLUMS

MRS. ELIZABETH A. KEMP

34 South Desplaines St., Chicago

[For more than two years Mr. and Mrs. Kemp have been conducting treatment rooms in the cheap lodging-house district of the West Side, Chicago. They are located in a basement, shut away from fresh air and sunlight, but through their loving, unselfish ministry they have brought the light of health, and beams from the Son of Righteousness into hundreds of dark hearts.—Ed.]

People come to us suffering from all kinds of diseases, and God is wonderfully blessing the treatments we are giving. When we first opened up our treatment rooms here in the slums, the only people that came to us for help, were the poor unfortunate men of this neighborhood; now, the success of our treatments has spread and people come to us from different parts of the city. Those that can

afford to pay for their treatments, do so, and that helps us to be self-supporting. With the exception of the help that God has given us, when we have been in an exceptionally hard place, my husband and myself have worked for the money necessary to keep this place open. Our free patients have always been more in number than our pay patients; hence we have always been more than grateful for any help that has come to us from those that read *THE LIFE BOAT*.

There is a young Christian Chinese woman that came to us some months ago; when she came, it took her mother and myself to dress and undress her, as she was suffering from paralysis. Now she can come alone for her treatments and needs no one to help her dress.

At present we have a man who was rapidly losing his eyesight, owing to the medicine he has taken. He is improving and we feel satisfied that when all the poison is out of his system he will no longer be in danger of losing his sight.

Sometimes people come to us too late for us to help them. Just yesterday a man was brought to us and as soon as my husband examined him he knew he was beyond our help. He 'phoned at once for the ambulance to take him to the county hospital. Poor man, he will probably lose his leg, if not his life, as he was suffering from a very severe case of blood-poisoning. We did what we could for him and notified his relatives and friends.

Jesus says: "As ye have done it unto one of the least of these my brethren, ye have done it unto me." When we have done our best, it seems so little when compared with what Jesus has done for us. Sometimes we long for wealth, when we see what could be done to relieve the suffering. But God knows best and knows what He can trust us with. You who live in your comfortable homes have no idea how the poor live in the slums of the large cities. Even we, who live here among them, do not know half of their sufferings. Those that come to us for physical help also receive spiritual help, as we do all we can to introduce them to King Jesus. Many have found Jesus and have learned to know Him as their personal Saviour. The greatest joy in this life is to know that God has permitted us to bring a soul to Jesus. If you have never done this before begin now, that you may not

stand before your Saviour in the day of judgment empty handed.

### Some Providences in the Work

I feel that I must tell you some of the wonderful providences we have had in this work. Last October, owing to overwork and the heavy burdens we are obliged to carry at times, my health failed. The doctor said I must have a rest; but how could I go away and rest when we still owed such a large plumbing bill? I simply could not think of it. It did not seem honest to me. I took the matter before the Lord. He has never failed me and I knew that He would help me to do what was right. I prayed for three weeks and fasted part of the time, praying for a definite sum of money.

At the end of three weeks I received a post card from a lady in New Hampshire asking me if we were still at the same address, as she wanted to help us pay the plumbing bill. Of course, I answered at once and she sent us a check for the exact amount I had been praying for. God had wondrously used this generous-hearted sister to answer our prayer for help. This paid the plumbing bill in full. In praying I claimed the promise in Mal. 3:10. This gift was used for the purpose for which it was sent and I went to my daughter's home and rested for four weeks and now I am strong enough again to attend to my usual work here.

What a wonderful God we have! There is nothing too hard for Him to do. (Jer. 32:17.) This is a hard winter and we are feeling it the same as others. Our faith, though, is strong. We are sure that God will provide. The Lord has also sent us a sack of potatoes and fifty pounds of beans. God is good and I feel that you who read *THE LIFE BOAT* ought to know that God is still working for us here in the slums.

Men's clothing and shoes are very much needed, as there are many poor in this neighborhood. If you have any, I would be very grateful if you would send them. Send by freight, prepaid.

**How many Life Boats will you help us send to the soldier boys this spring? Send your offering and thus help to cheer the boys. Read editorial page 89.**



# EDITORIAL

EDITORS:

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

## OUR SPECIAL LIFE BOAT FOR MAY

For eighteen years we have issued a Special Prisoners' number of THE LIFE BOAT and sent it into all the prison cells in this country. This year the needs of our soldier boys in the training camps, as well as those of the prisoners, appeal to us strongly for help. We have decided to issue a SPECIAL PATRIOTIC LIFE BOAT which will be of general interest to the soldiers and sailors, the prisoners and the public at large. This number will be one of the most attractive magazines we have ever published. It will appeal to everyone. Our agents will find it a good seller.

In order to place it in the training camps, in the prison cells, and in the homes, we need your assistance. Ten dollars will send two hundred and fifty copies. If you want this splendid number to go to some special training camp send us the money and we will mail it. If you want your state penitentiary to be blessed by its visit, do likewise. Pray over the matter and give as the Lord impresses you. We ought to send out fifty thousand copies of this number for free distribution in these needy places.

C. L. C.

## ARE YOU A NEIGHBOR?

"They helped every one his neighbor; and every one said to his brother, Be of good courage. So the carpenter encouraged the goldsmith, and he that smootheth with the hammer him that smote the anvil." Isa. 41:6, 7.

There is a vast difference between the grade of work done by the carpenter and the goldsmith. The work of the goldsmith requires a degree of skill and training far superior to that of the carpenter, yet we

have the record that even the most skilled workman can receive encouragement from one less skilled. Those in the highest walks of life sometimes get discouraged, and often a word from the lowliest helper puts courage into the heart.

There are many people that are saying to their brother, "You are making a miserable failure of what you are trying to do." And they are criticizing and talking discouragement to everyone they meet. But our text says, "Every one said to his neighbor, Be of good courage." Confidence begets confidence. There is no better business that you or I can be engaged in than to encourage our neighbor. C. L. C.

## AN OPPORTUNITY FOR NURSES TRAINING AT HINSDALE

There never was a time in the history of the world when true genuine medical missionaries are needed more than to-day. Who is going to be ready to take care of the thousands of wounded young men as they come back to our country? Who is going to lend aid to the broken-hearted, nervous mothers and sisters? Who is going to help the thousands of nervous wrecks all over this country as the result of this war?

Perhaps the Lord is calling you to train yourself so that you may fill this opportunity. If such a call is coming to your heart do not pass it by. Why should you say, "Someone else will do it?" The call comes to *you*, personally.

At the Hinsdale Sanitarium there will be a splendid opportunity for you to start this training early this summer. If you are at all interested and would like to make inquiry about the medical missionary nurses' training course, write us. Address, Dr. Mary W. Paulson, Hinsdale, Ill.

M. W. P.

HELP THE SOLDIERS AND SAILORS

Because we want to do our "bit," we have undertaken to send large numbers of THE LIFE BOAT to the army training camps and are doing so each month. In May we shall issue a special Patriotic LIFE BOAT containing just the things the soldiers need and will be interested in. Will you help us to get this number into the hands of our boys before they leave us for France? Read this appeal for Christian help from a soldier boy in a Southern camp:

"I am asking of you as Christians as a soldier boy would ask for help, that every day as you have your daily prayers you would be kind enough to remember us poor soldier boys in your prayers, for we want to be good, but it is a hard fight we have against sin every day and we need the prayers of the praying people.

"Won't you pray for our camp here at Camp Cody that we will be soldiers for God as well as soldiers for Uncle Sam? And the boys in my company and in my tent, for they all need Jesus, and then for a Bible class that I am getting up in my company?

"Will you please pray for us?

"Just one more thing I want to ask. Please pray for me that I will always be true to God, however strong the test may be. My prayers are for you in your Christian work:

"FROM A SOLDIER BOY WHO LOVES JESUS."

There are thousands of boys like this one that should be encouraged. THE LIFE BOAT will help them in their good endeavors. There are others who have no interest in their soul's salvation. THE LIFE BOAT will awaken an interest. Money is needed to do this. We want to raise a thousand dollars. Since our last report we have received the following:

Previously reported .....	\$341.82
Elma Jeffries .....	1.00
Rebecca Whiting .....	1.00
Mrs. Sarah D. Fraser.....	2.00
C. Olson .....	10.00
	<hr/>
	\$355.82

Who will help us to raise this fund so that our boys can be reached and encouraged? Let us hear from you. C. L. C.

ONE OF OUR SOLDIER BOYS AND THE LIFE BOAT

"Your letter and LIFE BOATS arrived a number of days ago. I used a few of THE LIFE

BOATS in two of the Y. M. C. A. buildings, also in Knights of Columbus building. I must plan to leave some in the reading room at the Base Hospital and other places I think of. Send along regularly the allotted number and I will get a good place for them.

"I was at the Y. M. C. A. last night and saw laying on a writing table THE LIFE BOAT I left a week or more ago. It looked like some of the boys had made good use of it, for it had the covers turned in or inside out and opened to some article of reading.

"I want our Lord's will to be done, so I ask the prayers of the Hinsdale family to this end."

WHAT OUR PRESIDENT THINKS OF THE BIBLE

"I am sorry for the men who do not read the Bible every day, I wonder why they deprive themselves of the strength and of the pleasure. It is one of the most singular books in the world, for every time you open it some old text that you have read a score of times suddenly beams with a new meaning. There is no other book that I know of of which this is true; there is no other book that yields its meaning so personally, that seems to fit itself so intimately to the very spirit that is seeking its guidance."—WOODROW WILSON.

TRIFLES

Trifles make perfection; but perfection is no trifle.

At every *trifle* scorn to take offense;

That always shows great pride or little sense.

Good manners are made up of *petty* sacrifices.

He who waits to do a great deal of good at once will never do anything.

He who is false to present duty breaks a thread in the loom, and will find the flaw when he may have forgotten its cause.

How far that *little* candle throws its beams;  
So shines a good deed in a naughty world.

Those who understand the value of time treat it as prudent people do their money; they make a *little* go a great way.

"Some Christians never backslide because they are too busy about their master's business to backslide. Many professed Christians do backslide because they are too idle to do anything but backslide."—R. A. TORREY.

## NEWS NOTES

Cora L. Smith, of Freesail, Mich., a former patient, spent a few days at the sanitarium recently.

Mr. E. L. Vogel, President of The Illinois Gideons, of Wheaton, Ill., called recently.

Miss J. V. Yeakle is now director of physical training at the Hinsdale Sanitarium.

Miss Mabel Levison, one of our nurses, enjoyed a visit from her brother, Andrew Levison, from Viborg, S. Dak.

Fred E. Vaughan, Berrien Springs, Mich., and A. H. Field, Logansport, Ind., graduate nurses, visited the institution a few days recently.

Mr. and Mrs. Albert Segebartt, of Boulder, Colo., have recently connected with the institution.

Dr. P. T. Magan, of Los Angeles, was a guest, also A. C. Gaylord, now in business in New Castle, Ind.

Mr. and Mrs. Anders Haugen, of St. Paul, Minn., were recent guests.

Miss Melanie Gretener, one of our junior nurses who left four months ago to visit her mother who was ill in Switzerland, has just returned. The sanitarium family enjoyed her account of experiences near the war front, an abstract of which we are publishing in this number.

Dr. E. A. Sutherland, of Nashville, Tenn., was a welcome visitor.

Mrs. W. H. Wild spent the month of January with relatives near Aberdeen, S. Dak.

Mr. M. E. Hitchcock, of Needham, Ind., has recently connected with the sanitarium and will take charge of the bookkeeping department.

## IMPRESSION OF A VISITOR AT THE HINSDALE CONVENTION

THOMAS ROWE

I have often noticed an advertisement on the back cover of THE LIFE BOAT with one prominent statement—"Visit Hinsdale First." I have visited a few other similar institutions first, but of no others can it be more truthfully said, "It is all it claims to be."

The sanitarium is a place where kindness, consideration of others, homelikeness, gentleness and the spirit of the Master is exempli-



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

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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.

fied. All that can be done is done for you physically, and the sin-sick soul is urgently recommended to try the "balm of Gilead." The doctors and nurses are Christians—praying Christians.

The visitor is welcomed with that "make yourself at home" welcome, and one cannot stay long without feeling at home. Songs of Zion, readings from the Word, and earnest prayers may be heard in the parlor, to which all are cordially invited to attend.

The Sanitarium is a good place to live the "simple life," to learn how to live so as to do more efficient service in a happier way.

Take the advice—"Visit Hinsdale First."

## 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.**

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

#### WANTED

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.

### 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.

## 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

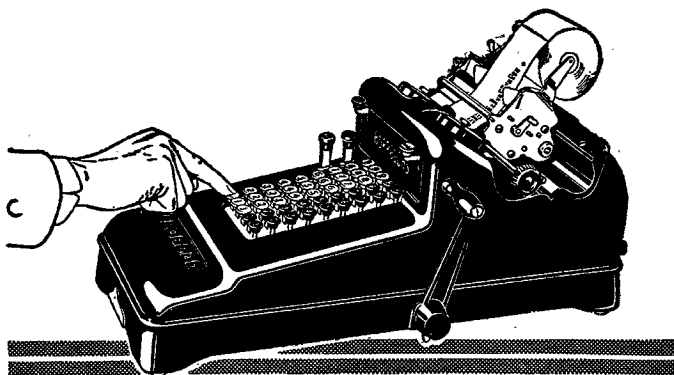
## FABER FOLDING ORGANS



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



## No Business is Too Small for a Burroughs

No matter how many or few accounts you have, they are worth the protection of a sure system of bookkeeping. You will insure yourself against unnecessary losses by the use of a Burroughs Figuring Machine. The Burroughs will protect your profits and handle your figure work quicker, more accurately and at less than it now costs you.

Merchants all over the country, in every line, are fast adopting the Burroughs because it helps them to build up their business.

### 98 Burroughs Models

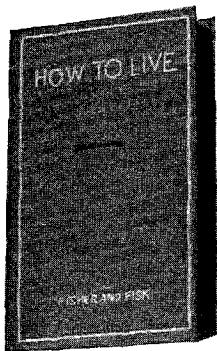
Ninety-eight models in hundreds of combinations of features makes a Burroughs possible to fit the requirements of any business—large or small. Your telephone book or your banker will give you the address of the nearest of the 189 Burroughs offices in the United States and Canada.

FIGURING AND BOOKKEEPING MACHINES  
PREVENT COSTLY ERRORS—SAVE VALUABLE TIME

# Burroughs

PRICED AS  
LOW AS \$125

# NEW PREMIUM OFFERS

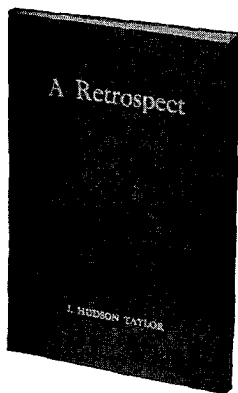


## "How to Live, or Rules for Healthful Living, Based on Modern Science"

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.

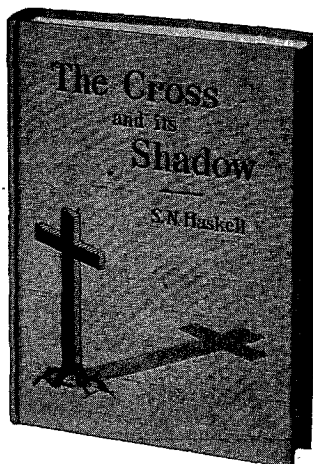
## The Cross and Its Shadow

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.

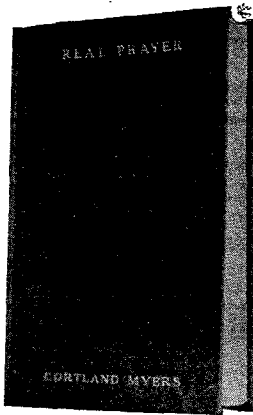


## The Vegetarian Cook Book

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.

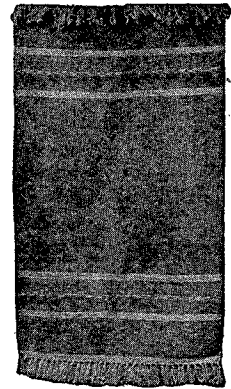
## A Fountain Pen

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.



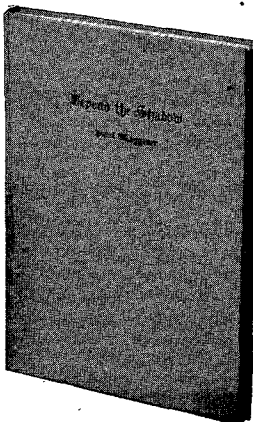
## A Beautiful Rescue Home Rug

24x52 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.

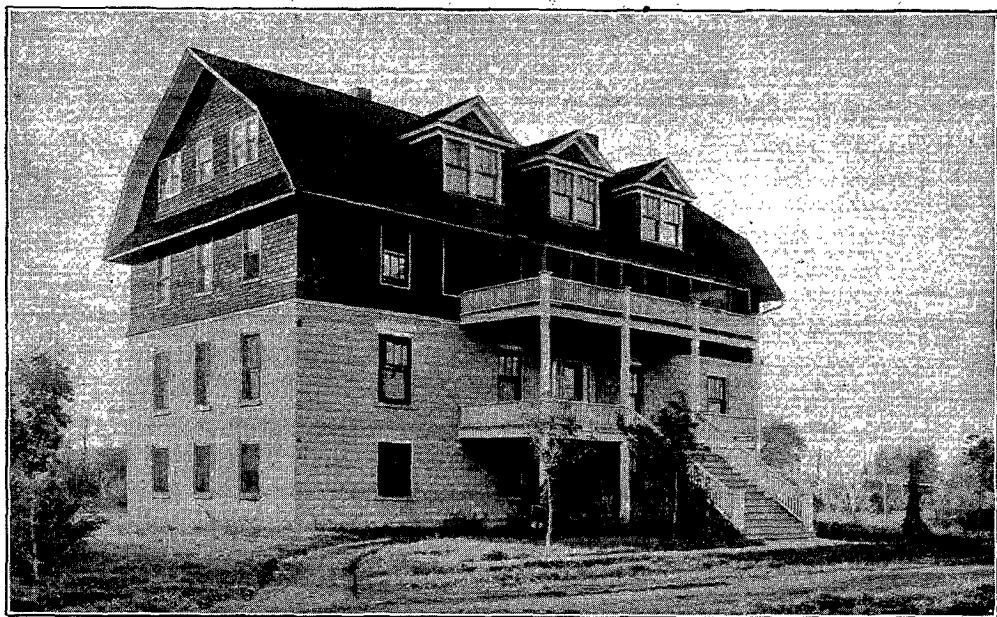
## HEALTH SPECIALTY No. 4.

### 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.

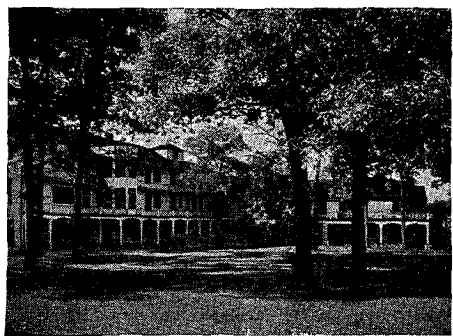
For those who desire to remember this institution in their wills we give herewith a proper legal form for a bequest.

"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**  
**Hinsdale, Ill.**

Phone  
Hinsdale 645

## *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*