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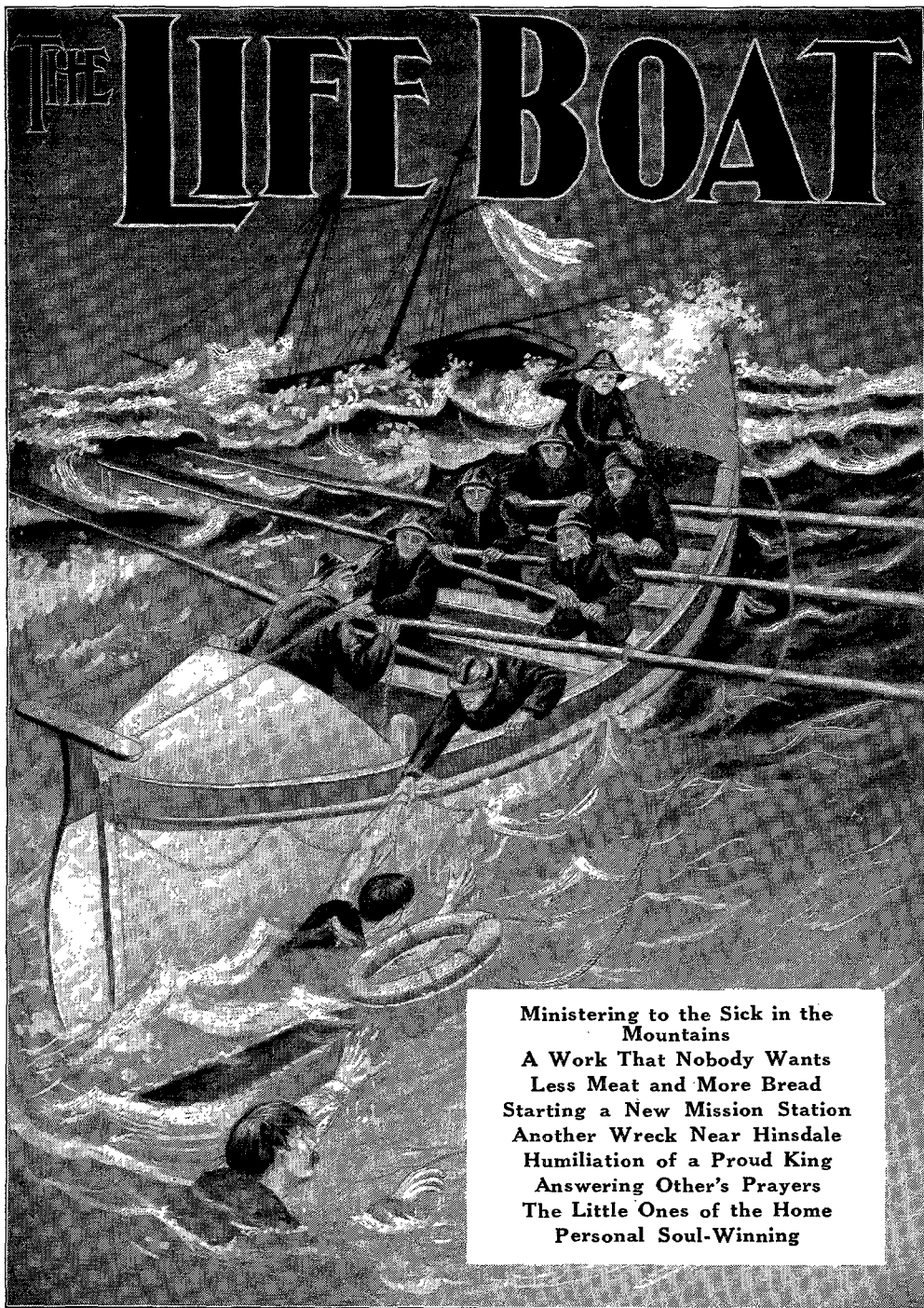
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Volume Twenty-one
Number Four

Hinsdale, Ill.

April, 1918

Are European Nations Hopelessly Decadent?—D. H. Kress, M. D.

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Volume XXI.

HINSDALE, ILL.

:: APRIL, 1918

Number 4

Are European Nations Hopelessly Decadent

Daniel H. Kress, M. D.

A MARKED degeneracy has been taking place in all of the European countries, now at war, during the past half century. It is becoming so pronounced that the future of these nations has been looked forward to for some years, with serious apprehension by thoughtful men and women. It is true, the average age of life has increased, but the maximum age is steadily decreasing. The increased average age of life is due chiefly to the suppression of epidemic diseases which formerly weeded out infirm adults and weakly infants. This has not in itself tended to increase racial vigor. In fact if the habits of those thus kept alive are not improved it will lower the vitality of the race, for the weaklings kept alive by marrying and intermarrying produce of their kind, and the result is that each generation becomes weaker and more infirm than the preceding one, hence fewer reach the age of sixty or even fifty years than formerly, and centenarians are seldom heard of.

Each generation is becoming more infirm. What is true of each generation is equally true of nations. For this reason Babylon was symbolized by gold in the prophetic image of Daniel 2, gold being then the most precious of all metals. Medo-Persia was symbolized by silver, Greece by brass, and Rome by iron, and so it goes on, the people of each succeeding generation becoming more degenerate than the preceding one. As we reach the ten European kingdoms into which the Roman Empire was divided symbolized by the ten toes of the great image, we find a degeneracy so pronounced that it can no longer be symbolized by even the most inferior metal alone. The toes of

the image which Nebuchadnezzar saw were "part of iron and part of clay." The prophetic prediction indicates a condition of hopelessness as far as European countries are concerned.

From this prophetic view we are not encouraged to look forward to a great wave of reformation to sweep over Europe or for a time of universal peace, and good will toward men. Instead the prophet Daniel said, "In the days of these kings (or kingdoms) shall the God of heaven set up a kingdom, which shall never be destroyed . . . but it shall break in pieces and consume all these kingdoms, and it shall stand forever." Dan. 2:44.

The kingdom of God was symbolized by a stone. This stone was cut out without hands or aid, and smote the image upon the feet and ground it to dust. In referring to the future of these earthly kingdoms the prophet said, "And the wind carried them away, that no place was found for them; and the stone that smote the image became a great mountain, and filled the whole earth." Dan. 2:35.

From this prophetic viewpoint the only thing we are encouraged to look forward to, as far as the nations of Europe are concerned, is the second coming of Christ.

Attention has been called recently to the startling falling off in the birth rate in France. "Specialists," we are informed, "are going abroad" to study the causes. "The total deaths in France in 1916," it is stated, "were about 1,100,000. Births numbered only 312,000. The net loss in population was 788,000." This does not include the deaths of men in military service. It refers merely to what is taking place among the civilian population. There is

no doubt that much of this may be attributed to the war. But aside from the war there has for years been a sad physical degeneracy going on in France. For instance, during the six months preceding the present war, there were 24,800 more deaths than births. France was being depopulated at the rate of nearly 50,000 annually without war. France seems to be in the lead in the matter of degeneracy, but some of the other European nations are going downward at even a more rapid pace, and it seems would in time overtake her.

The decline in the birth rate is more rapid in Germany than it is in France. According to a recent report, "An alarming slump in the birth rate in Germany is checking the population by more than 700,000 souls a year. Figures published by a German weekly show that the births in the empire in 1916 decreased more than 40 per cent. This decrease, added to the huge mortality of the war, will probably put the actual decrease above 1,500,000 in the last year." Germany, it would seem, is doomed unless great reforms are made by her people.

Wonderful improvements have been made in public hygiene, but never in the history of the world have the masses paid less attention to personal hygiene.

Never has there been more alcohol consumed than there has been during the past ten years. France in the past has encouraged the use of wine. This created a craving for the alcohol which it contained and led to the use of stronger and still stronger alcoholic drinks, and then to absinthe. France before the present war was precipitated consumed more alcohol per capita than any other country in the world. Germany is a close second, and is not far behind her rival. The war itself is the outgrowth of a moral degeneracy. Physical and moral degeneracy stand closely related. Poisoned blood and narcotized brains are not conducive to either good health or good morals. Beer and beef have produced a physical and moral grossness in Germany that has become proverbial.

America, too, shows marked evidences of degeneracy. Here as elsewhere the mortality from organic diseases is rapidly increasing. And the birth rate is declining proportionately.

There has been a marked degeneracy among the young men of European nations. In England before the war began only one out of

fifteen volunteer applicants for the army and navy was able to measure up to the standard of requirements. Fourteen out of every fifteen on an average were rejected as physically unfit. In America the condition is no better. The prevalent use of cigarettes is largely responsible for this. Since the war has begun the causes of this degeneracy have become more pronounced. Degeneracy is more rapid by far than previous to the war.

Last year three hundred thousand infants died before reaching the first year of life. It is true that eighty-five per cent, or 255,000 of these were bottle fed. But bottle feeding alone was not responsible for all of these deaths. It should be borne in mind that these infants were the offspring largely of the young physical degenerates. Dr. Bunge of Germany some years ago discovered that in practically every instance where a mother was unable to furnish milk for her child the mother was herself a descendant of a father who drank. He neglected to observe that the fathers who drank also smoked, for practically all drinkers are also smokers. The disability to furnish nature's food for a child is an evidence of degeneracy. Children born to such mothers have a weakened heredity to begin life with, and even if breast fed their chances to live would not be as good as that of children born to mothers who possess the ability to nurse their infants.

Male and female adult animals exposed to the fumes of either alcohol or tobacco appear to suffer very little, it has been found by experimentation. They even in many instances put on weight, but the offspring of these animals are always degenerate. Many of them are born dead; few survive, and young animals which survive are usually defectives. The experiments also show that animals born to an alcoholic father are more degenerate than are those born to an alcoholic mother. The germ of the male to which the young animal owes its existence, being extremely delicate, is seriously injured by either alcohol or tobacco.

There are other causes for degeneracy and the consequent rapid decline in the birth rate of all civilized countries, but the prevalent use of tobacco, and especially the cigarette, is one that is generally overlooked. This universal practice among the young, to my mind, is the chief cause of the present racial degeneracy and the declining birth rate.

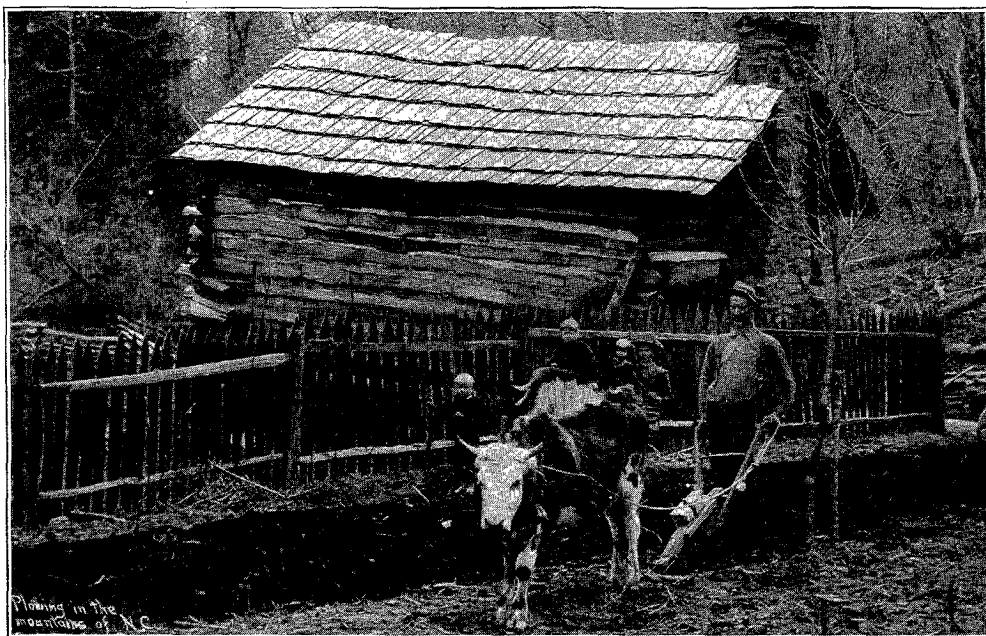
Ministering to the Sick in the Mountains

Josephine Hansen, Hinsdale Graduate Nurse

Franklin, N. C.

HINSDALE has and always will have a warm spot in my heart. When I begin to think about it I get lonesome and wish I were back. I enjoy my work very much down here and my training at Hinsdale surely fitted me for this place. Our city work in Chicago was similar in some ways to the work here, and still so different. This people are poor, but still they have enough for their daily bread. They raise all their foodstuff themselves and they don't pay any rent, as most of them own the little log cabins they live in. They handle very little money, as they have none

ence in city work in Chicago stayed by me all during my nurses' course and I always had a desire to go back to it after my graduation. Still I could not make any definite plan. When my friends asked me what I intended to do after I finished my course I could not give a definite answer. I prayed to the Lord to guide me in the right way and the morning of the day of my graduation I knew why I had not before been able to decide on anything. The Lord had a call for me in the mountains of North Carolina. My decision was made on rather short notice. The night before, I



A Typical North Carolina Mountain Cabin.

to handle. When they want something from the store they either kill a chicken or sell the eggs or take something in exchange. We hardly ever get money for our work. We are paid by vegetables, fruit, milk, sorghum and nuts.

The inspiration I got from my experi-

had a short talk with Bro. Allen, wherein I expressed my desire in going down south some time. The next morning he met me and urged me to decide to go down to his place right away. I tried to make all kinds of excuses, but he made a way out of all of them. He said he needed someone down

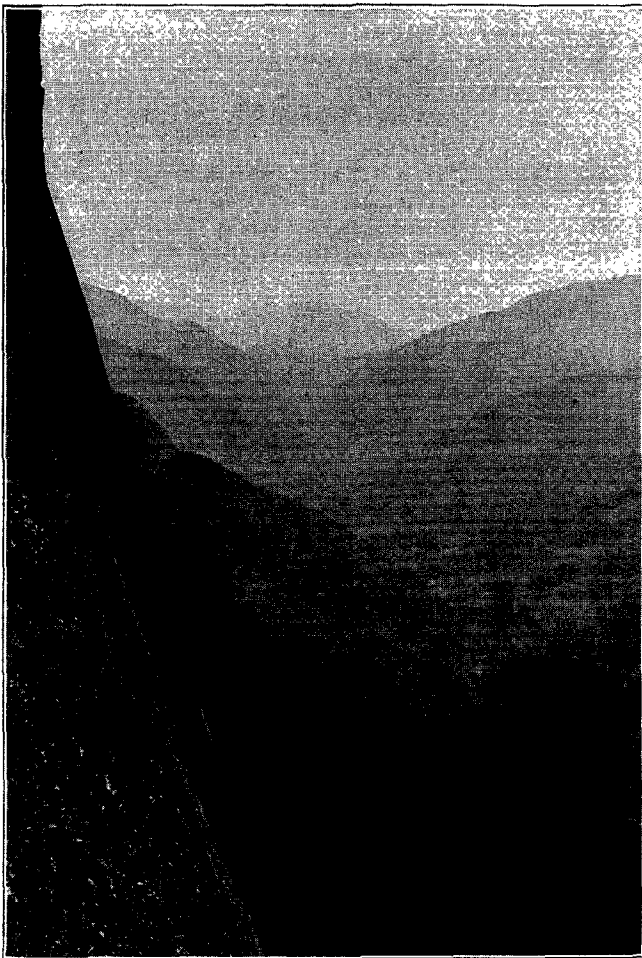
there right away. If I would go I could come back in three months. He was going away in an hour, so I had to decide quickly. I went upstairs to the operating room, where I was working at that time and I said to myself, how can I bear to leave all these dear friends at Hinsdale, which had become one of the dearest spots on earth to me, as I had no home in this country, but back of it all I saw the call from the Lord that I had been praying for and when I went to meet Bro. Allen I told him I would go. And I have not been sorry. This is a great needy field and very little has been done for the South.

The people here are very kind and hospitable, but hard to deal with. You never know where you have them. For instance, one family living not far from here we felt very sorry for. They lived in an old house where sun, moon and stars shone through. No windows, and when it rained it simply rained through and they nearly froze to death this winter, which has been unusually cold. Mr. Allen put up a nice house for them. All the boy students pitched in and helped, and they had it nearly finished when the wife lost her temper one day and told them to stop. Of course she got over her spell, repented and was sorry. Mr. Allen went down and for the first time husband and wife prayed aloud. Their family altar was set up that night.

These people are very kind to your face, but you never know what they say about you when you are gone. This goes to show how important it is that we must live so that they can see nothing but Christ in us, of Whom it was said, "I find no fault in

Him." O, that we may be like Daniel that when they sought to accuse him they could not find anything except they found it in the law of God.

When I look back to my training at Hinsdale I can see where in each department I



"The most magnificent picture I ever saw."

learned something that fitted me for this work. When I was put as matron of the Good Samaritan Inn I wondered why they did not take one who was more fitted for the place than I was, but I can see now how the Lord had His hand in it all. He had His plan made out for me and I was willing to do whatever He directed, so He put

me where I could get just the training I needed.

I want to cite one case of a neighbor where the wife was taken very sick. They called the doctor from Franklin, but he did not come. They called him the next day and the next, but no response. The woman's condition grew worse all the time. At last, in their despair, they called on Cowee Mountain School. We went down and a few treatments brought her through. The wife had been very bitter toward us before that, but the whole family is now favorable to the truth. The children come both to school and Sabbath School, and the mother and father come quite often. Last Sabbath the father was at church, and when the plea for a deeper consecration was put to the congregation he was one of the first ones to stand up.

Giving treatments in a mountain home is quite different from sanitarium work, where all the conveniences are at your command. Up here the most convenient place is the fireplace. To give my fomentations, I rake out the hot ashes and heat the water on them in the small family wash basin, usually about the only available dish in the house, putting some ashes around the basin and changing them as they get cold, and when the water is hot, I proceed with the treatment, while the family and neighbors (of whom there are always plenty around where there is someone sick) sit around and watch with eager eyes. One day I had about eight children and five or six adults sitting around in a circle by the fireplace while I gave a treatment.

They have no objection to the treatments, and are always willing to let me go ahead and do whatever I think is best.

One day I was called to come and see a man who lives about two and a half miles from the school. I mounted a mule and went up the mountain to his home by a road rough and steep in many places, but with the most beautiful scenery spread before my eyes. Here and there we waded through rippling brooks that wind their way down through the mountain ravines, arriving at the house just as the sun was casting its last golden rays over the mountain's top, the most magnificent picture I

ever saw. These mountain people who are born and raised here and who have never seen any of the smoke and dust of a large crammed city, little realize the beauty of nature that God has showered among these hills.

I found the man quite sick, got my "wet rags," as they call them (one man called them "materials for a bath") out and gave him some good fomentations, after which he felt much better, and asked me please to come back the next day and give him some more fomentations, as he was sure they would help him. When I came back the next day, I learned he had gotten up in the morning feeling good, and ate something he ought not to have eaten, and was down sick again. I treated him, and told him unless he was careful about his diet, leaving coffee and tobacco alone, he would not get any better. He promised he would be careful and the last I heard he was getting better right along.

One place where I was called to assist mother and child they brought me a boy suffering from rheumatism. I got some water on the ashes, gave him some fomentations with two small rags torn from a child's flannel petticoat, as I left my fomentation cloths at home. The Lord added His blessing and the next day I heard the boy was free from pain.

Other instances could be related, but I will not take up more time now. As I go to these people I endeavor to bring some papers and tracts along and they always receive them willingly, glad to get something to read, also try in my conversation to point them to the nearness of our Lord's coming.

The majority of the sickness around here comes from their wrong habit of living. Their living consists mainly of corn-bread, soda biscuits, pork, coffee and tobacco. How would your stomach fare on that?

In dealing with these people I feel the need of a closer walk with God, so that I may impart to them the right principles of living. Pray for this work, and for us, that we may use the very best there is in us during the little probationary time left us to work, adding grace to grace, power to power, making it manifest that we have a

Source of power in heaven above. Christ said, "all power is given unto Me in heaven and in earth." What is this power given to Him for? For us. He desires us to realize that He has returned to heaven as our Elder Brother, and the measureless power given Him is placed at our disposal. May we make right use of it!

A WORK THAT NOBODY WANTS

MRS. A. S. STEELE

[Mrs. Steele, the founder of the home for orphan children, located at Chattanooga, Tenn., told us something about her work while on a visit to Hinsdale. She takes care of the children that nobody wants and is doing a work that nobody else cares to do, yet she has carried it on for more than thirty-five years and has mothered more than eleven hundred children. We quote from her talk before the Sanitarium family.—E.D.]

I cannot talk about my work without talking about myself, for I am in it. I am the only one conducting a home for colored boys and girls in the entire Southland. I was used under God, to establish eleven out schools in South Carolina; in what they call the Black Belt. In Buford, South Carolina, there were plenty of neggo children that had never never been to school. There was no school house for them to go to. Our first school there was in the church. I had one hundred forty-nine children in school in that Baptist church. My daughter, who was only seven years old at that time, assisted me in reviewing the letters for the primary class. The children all wanted to learn. Everything was practically new to them. That was my first work in the South.

Then my church society sent me to Chattanooga. At that time nobody went to school excepting those who could and would go. Many children were left motherless by sickness and very many did not have decent clothing, or a proper place to sleep. I studied the problem. There was a beautiful home in Chattanooga for white children, but no place for colored children except in the jails and the chain gang. I wrote to our Society and asked them to start such a home. They said, No, that I would find it impossible to find suitable helpers, and from past experience they had decided never to attempt it again. They said, "If I were you I would try to get the good people in Chattanooga interested in a

Home." This was thirty-five years ago. I thought the Lord would not bless me if I did not do something to relieve the situation where I saw the need. I decided to start a home alone. My husband had left me some money. I took that and started a home with three little girls and I never had to send out an advertisement. I don't know how people heard of the Home, but it soon became known. I have had fifteen hundred children brought to me already.

I receive white folks when nobody else wants them. There is a state law against taking in white children with colored, and I got into trouble because I did it. Just the other morning I looked out of my window and there I saw six white folks coming. A man and five little children, all the way from Hungary. They could not speak our language. I prepared breakfast for them and then kept them all night. I told my helpers they had come to stay and I put them in an empty cottage in the yard. The next day the man started to work. They lived there for four months. The man wanted to move away to work in the cotton mills. They were rare musicians. After they left me they gave a concert. They sent me ten dollars that they made from it. After that there never is a month goes by but what they send me a check. I get compound interest in that investment.

A month ago an officer from Alabama brought me eight little children. The father is a colored man, a convict in the guard-house down in Alabama. He had a wife and eight little children. The mother, after the father was carried away and her children were crying for food, one night she took two children and went to a neighbor's house and stole some hens. The jury said the children were not to blame, but the mother was sentenced to the workhouse for three months. Then they wondered what to do with the six other little children. A lady from Boston said, "There is a lady in Chattanooga that says she will take anything."

I say that my home is a home for needy children, then I add that none are rejected because of color, but I mean because they are white. I have had two little imbeciles brought to me which I rejected. I haven't

time to spend on them. And now friends, I am looking for two white ladies to come down and love these children. How much better it is to love them than to love dumb brutes. I propose to keep my doors open for the children of any race.

I had a paper from Boston the other day that said, "Will anyone take an Armenian girl whose people have been massacred by the Turks?" I wrote and said, "Yes, I will take her if nobody else does." A Congregationalist missionary brought her here to me. I took her and now I have her in the Southern Junior College and her cousin has come. I have a little Mexican girl with me. I have had her since she was a year old. Now she is four years old. Her mother is white and her father a Mexican and her mother threw her away. She can recite Scripture and do much more than lots of white folks can.

I rejoice in the privilege of having a chance to work with my Master. Let us learn the joy this world can give by being truly converted. We will be glad, dear friends, to enter into it.

I have never spent a cent for chewing gum and talcum powder and jewelry and good clothes. My money has gone just for the necessities of life. The Lord has had a way of making much go a long distance.

BE IN TIME

ROBERT HARE

If thou hast kind words to speak by the way,
Lovingly, tenderly, speak them to-day.
Wait not, to-morrow the death shade may come,
And love hath no charm for the lips that are dumb.

Kisses may fall like leaves o'er the dead;
All worthless as leaves, too, when summer has fled.
No answering touch thrills the bosom of clay,
If thou hast kisses, go give them to-day.

Fear not to offer love's tribute of praise,
'Twill banish the sorrow from life's rugged ways.
Wait not till winter has whitened the brow,
But go sweetly whisper love's messages now.

Over the tomb we shall weep, but in vain,
Tears cannot waken the loved one again.
Then speak to the living the words that can bless,
The silent one hears not love's fondest caress.

Are you going with us to visit the penitentiaries next month? Read editorial on page 121.

LEAVING GOD TO SPELL HIS PRAYERS

"A little boy was keeping his sheep one Sunday morning. The bells were ringing for church, and the people were going over the fields, when the little boy began to think that he, too, would like to pray to God. But what could he say? He had never learned any prayer. So he knelt down and commenced repeating the alphabet—A, B, C, and so on to Z. A gentleman happened to be passing on the other side of the hedge; he heard the lad's voice, and looking through the bushes, saw the little fellow kneeling, with folded hands, and eyes closed, saying, 'A, B, C.'

" 'What are you doing, my little man?'

"The lad looked up. 'Please, sir, I was praying.'

" 'But what are you saying your letters for?'

"Sir, I didn't know any prayer, only I felt that I wanted God to take care of me and the sheep, too. So I thought if I said all I knew, the Lord would put it together and spell all I want.'

" 'Bless your heart, my little man. He will, he will.'

"When the heart speaks right, the lips can't say wrong."

LESS MEAT AND MORE WHOLE WHEAT BREAD MAKES FOR BETTER TEETH

D. H. KRESS, M. D.

On my arrival in Australia a few years ago, one of the first things I did was to administer an anaesthetic to a girl not yet sixteen years of age. She had every tooth extracted. I expressed surprise that one so young should be so unfortunate. I was informed that a sister two years her senior had a full set of artificial teeth and that tooth decay was very common in Australia. In America some of these teeth could have been saved, no doubt, but tooth decay is common there.

The Australians eat largely of white bread. White bread is lacking in the element out of which teeth are built. These are removed with the bran and shorts and have heretofore been fed to the hogs. The remainder is fed to the children. This ex-

plains why the American hog has fine teeth, and why tooth decay is becoming more common among children each year, not merely in Australia, but in other countries where the habits of the people are similar.

Dr. Chalmers Watson, before the British Medical Association a few years ago, called attention to the influence of an excessive meat diet on bone formation.

Observations made on the skeletons of over a hundred meat-fed rats, aged one day to three months—the *parents also having been fed on meat*—revealed the following pathological changes in the bony structures:

"The bones were unduly soft, and excessively vascular, many of the subjects showing marked curving of the bones with curvature of the spine; and in about 15 per cent of the series there were small whitish nodules in the bony parts of the ribs. Microscopically, there was imperfect bone formation. The naked eye appearances of the skeleton were, in many instances, similar to those present in aggravated cases of rickets in the human subjects. He also demonstrated the occurrence of similar changes in the bones in an infant aged 16 months, suffering from an obscure disease, whose mother was tuberculous and had par-

taken for a prolonged period prior to and during gestation of an excessive meat diet for the cure of tuberculosis." The excessive use of meat in Australia affords a partial explanation of the increasing prevalence of dental decay. It is true the full effects of such a diet would not be seen in the adult meat eater whose teeth were probably formed on simpler and more natural foods in infancy, but in the unfortunate offspring these bony changes would be more pronounced.

It is evident that the excessive use of meat must result in depreciation of the teeth, owing to the deficiency in meat of bone-forming elements. The most of the soluble salts found in meat are of no value as bone formers. The phosphates and other salts found in fruits and cereals are *foods*, while the phosphates and other salts found in meats are chiefly waste products. There are many things which act as exciting causes of dental decay, which would be practically harmless if the bony structures of the teeth were not abnormally soft as a result of excessive meat eating. If the present excessive consumption of meat should continue among Australians, they are in danger of becoming a toothless race within the next two generations.

Starting a New Mission Station

S. Konigsmacher

Congo Border Mission, North Rhodesia, South Africa

IT SEEMS as though God turned this district upside down for me. When we came into this part of Northern Rhodesia the Government refused every request we made and gave no hope at all that we could start any mission until after the war. Well, we trusted in God and prayed and worked. We soon found it was high time to get the work started up here and God heard our prayers and stopped the opposition and gave us our mission station.

The conference brethren were told that nothing could be done here so they voted to take me out of the field. Money was scarce, demands on the Mission treasury

were great, and other stations were calling loudly for more help. Two of the native missionaries in Nyasaland were taken for military service and, all in all, it was a rather dark outlook for the new mission, but there was One who said that "This Gospel of the kingdom shall be preached in all the world," and this being a very big part of the world, I could not see any more favorable time to begin than right now. So we worked and prayed and trusted the Lord to open the door. God gave us victory and all glory be to His everlasting name.

When the Government did grant us per-

mission to locate, it put in a proviso that if we did what we said we would do then they would extend the acreage when the buildings were up.

When we arrived on the place, we were met by a veritable wall of fire, and we had to back fire, and then live in the debris, which was blown into the tent by every gust of wind.

This was so unpleasant that we had a grass shed thrown together and we moved into it, using the tent fly for a rug. The condition was better, but we soon found it was too near the stream so we began at once to build the present mission house of poles and mud, which we finished just in time.

A wonderful protecting Providence was manifested at this time. We had the boys cut down some trees to let in a little more light and one dumb boy must have cut the tree in the wrong place, it was a big tree, too, and instead of falling where we intended it to fall, it fell right on the house, with five boys in the house at the time, the heavy rains near also. Our guardian Angel must have either supported the house or the tree, for the house did not collapse as we had expected to see it do.

We now have a grass church building fifteen by thirty feet, and a school of over eighty enrolled. We began our school by teaching the keystone text of the Bible, John 3:16.

On the Sabbath of our dedication we had over two hundred in attendance, but we cannot expect this good attendance to keep up during the rains for some of the villages are three and four miles away. Some boys are on the mission farm who can, of course, attend every day.

It was quite a sight to see the women crowd around Mrs. Konigsmacher when she played the organ to see where the sound came from.

She has a class of sixty women on the Sabbath, then after the service she is busy attending to the sick babies.

Times are getting very hard out here. We must send eight hundred miles to Bulawayo for such supplies as flour and now we are using native meal for porridge. We use a lot of native foods or we could not live at all.

We cannot keep cattle on account of the tsetse fly and we have one goat which gives half a cup of milk a day when the herd boy lets her eat. The other afternoon he went to sleep and the three goats were out all night in the bush. For several days after that all we had for dinner was dry bread and bean pulp, and we were thankful for that.

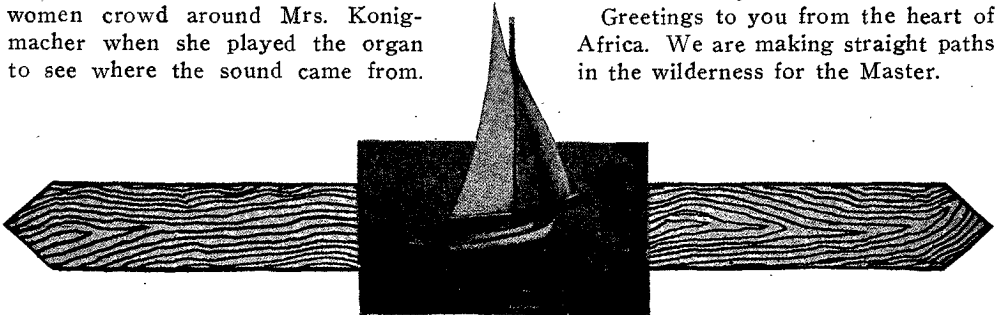
When it is cool we build a fire in the middle of the house, for we have a grass roof and no stove nor any fireplace. Our furniture is made from poles from the bush and old boxes which our goods from Bulawayo are packed in. It takes the boys three days to get the mail and return and four days to the mine or government station at Ndola. We are located about a half day's journey from the Congo line.

I had some boys on the place from the Congo, but I had to let them go for we could not feed them. I have now four different tribes represented in the nine boys on the mission farm. We had a regular delegation come in the other day from another district and I only allowed the son of the chief to remain. I had to refuse the others, for I had no food.

These are a few of the experiences at the front for King Jesus.

May God speed His truth to all the earth and may He come quickly, and when He does come may He find us faithful.

Greetings to you from the heart of Africa. We are making straight paths in the wilderness for the Master.



ANOTHER WRECK NEAR HINSDALE

CAROLINE LOUISE CLOUGH

In the last fourteen years since our work was started here at Hinsdale we have seen many serious wrecks on the railroad within a few miles. But the disaster which occurred at Congress Park on February 23rd

were no lives lost. A long train loaded with precious sugar, flour, corn and other grains was hurrying on to Chicago to feed the hungry populace when a broken rail sent one car headlong into the depot, and another followed it, and then twenty or thirty cars piled up, one after another, un-

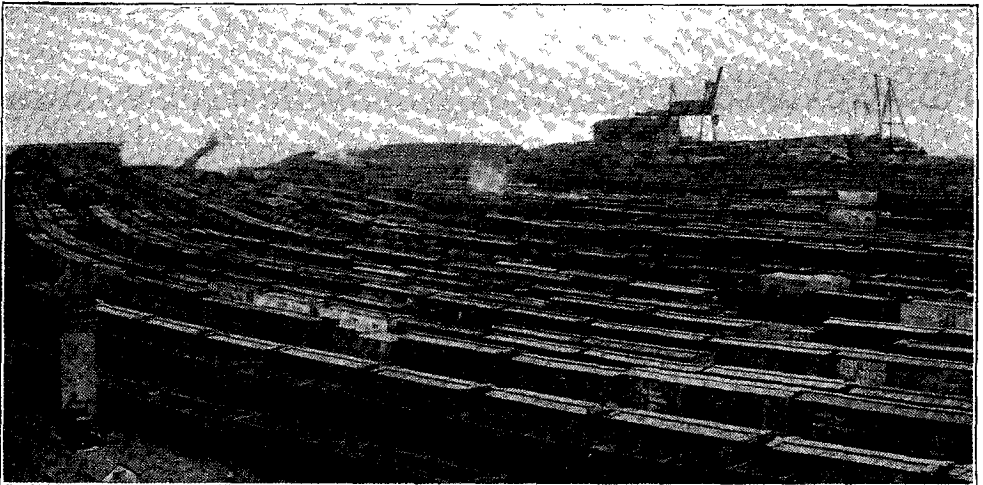


Twenty or thirty freight cars making a mass of wreckage.

was the greatest in extent and amount of wreckage of any which has happened. In spite of the extent of damage done there

til there was a pile of wreckage such as has not been seen in years.

Thousands of pounds of sugar and grain



—From the Christian Herald.

A small section of Jersey City's freight terminal where thousands of cars are held up, waiting for ships.

was spilled out on the ground. The first work of rescue was to save the sugar and grain. A picture, which shows only a small fraction of the wreckage, shows a corner of the immense pile of grain in sacks.

With half the world starving for food and our own country on short rations, it seems a pity that any should be lost. But we are living in a time when the whole world seems to be out of joint. Plenty of food is produced on the farm, but there are no cars to haul it away, and, too, there are our allies across the water calling loudly for food, and amidst it all many of our poor at home are having to suffer for the necessities of life.

We have reached a time when it seems nothing short of criminal to go on unmindful of others' needs and waste food, clothing, money and time on selfish pleasure.

From the Word of God we can see the signs of the end rapidly fulfilling all around us. And we also get a picture of the end of those who do not heed the warning given. For, "As the days of Noah were, so shall also the coming of the Son of man be. For, as in the days that were before the flood, they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be. Matt. 24:37-39.

Friends, are you personally acquainted with the Prince of Peace so that when He shall come you can meet Him with joy? Now is the time to get ready.

ARE YOU DISCOURAGED?

MARY W. PAULSON, M. D.

Do you feel you have made a miserable failure in life? Have you almost lost hope of eternal life? Do you think the whole world is against you? Have troubles come upon you so thick and fast that you cannot see your way out? Have you committed sins that you think there is no pardon for? Do you need a friend badly?

Listen, your best Friend says, "Produce your cause." "Fear thou not; for I am with thee; be not dismayed; for I am thy God; I will strengthen thee; yea, I will help thee;

yea, I will uphold thee with the right hand of my righteousness." Isa. 41:21, 10.

You must be able to say with confidence, "The Lord is on my side; I will not fear: what can man do unto me?" Ps. 118:6.

The Lord uses human agents many times to carry out His purpose in our lives.

In response to our offer to correspond with those who are discouraged and disheartened, we received the following letter:

"I just picked up a LIFE BOAT magazine, and as I glanced over it my eye caught your item, 'Are you discouraged?' I thought I would write you and tell you I have found that Friend precious to my soul. He said to me, 'Come unto me, all ye that labor and are heavy laden, and I will give you rest.' Yes, He has given me rest now for eight months.

"I drifted into the Pacific Garden Mission on May 20th last and a more discouraged person you could not find. I had just been released from prison about ten days. I went in there to a noon-day meeting and heard the gospel preached there that day, and in my intoxicated condition it brought me back to the days of childhood, when I heard my dear father, who was a Baptist minister in the East. I did not yield myself that day. A Christian girl put her arm around me and told me Jesus loved me. I couldn't believe it was possible for anyone to love me and I told her so. But she said she would pray for me, for she loved my soul. Two days afterward I returned to the mission to see if it was true that there was hope for me. I did make a start in the Christian life. Then I went to work in a club and in a moment of temptation I fell. Then I said, 'Surely, there is no help for me.' But the prayers of my dear parents and friends of the mission were to be answered.

"At seventeen years I was sold into white slavery. I was attending High School at the time. I spent four years in the red light district of Chicago. After spending nearly twelve years in sin of all kinds I returned to the Pacific Garden Mission on the sixteenth of June at 9:30 in the evening. I turned from a sinful life. Jesus spoke peace to my weary soul.

"I am united with my little six-year-old

son. I have had a very severe illness, but God has graciously saved my life for some purpose to help others. I couldn't live without Him now. There is hope for every one that believes in His name.

"I have enjoyed reading the testimonies of those poor fellows in prison. My heart goes out to them for I have been there. I thought may be you would like to hear from one whom God saved from an awful life.

Will be glad to hear from you any time. May God bless you in your work."

There may be others who are struggling upward alone, trying to redeem the past.

We invite such to write to us. We may be able to help you. You may be an unfortunate girl who does not know where to flee for refuge. Write us. We have a refuge for you.

Address, Hinsdale, Ill.

The Humiliation of a Proud King

"The Most High Ruleth in the Kingdom of Men, and Giveth it to Whomsoever He Will"

B. N. Mulford

Nearly 2,500 years ago these words were spoken direct from heaven to a heathen king—to a king who at that time was the greatest ruler of the world. So great was this man and so far-reaching was his power that no man could stand before him. To oppose him was death. It was he of whom it was declared, "Thou art this head of gold," Dan. 2:38. It was he who thrust the three Hebrews into the fiery furnace—and this was Nebuchadnezzar, king of Babylon.

But what caused this message to come from heaven to this heathen king? Why should God choose this particular king and this particular time to give to the world the message that "The Most High ruleth in the kingdom of men and giveth it to whomsoever He will"? The answer is found in the preceding verses.

"At the end of twelve months he walked in the palace of the kingdom of Babylon. The king spake, and said, 'Is not this great Babylon, that I have built for the house of the kingdom by the might of my power, and for the honor of my majesty?' While the word was in the king's mouth, there fell a voice from heaven, saying, O king Nebuchadnezzar, to thee it is spoken; The kingdom is departed from thee. And they shall drive thee from men, and thy dwelling shall be with the beasts of the field: they shall make thee eat grass as oxen, and seven times (years) shall pass over thee, until thou know that the Most High ruleth in the kingdom of men, and giveth it to whomsoever He will." Dan. 4:29-32.

To know how completely this was fulfilled, we need but read the following verses: "The same hour was the thing fulfilled upon Nebu-

chadnezzar: and he was driven from men, and did eat grass as oxen, and his body was wet with the dew of heaven, till his hairs were grown like eagles' feathers, and his nails like birds' claws. And at the end of the days I Nebuchadnezzar lifted up mine eyes unto heaven, and mine understanding returned unto me, and I blessed the Most High, and I praised and honored him that liveth forever, whose dominion is an ever-lasting dominion, and His kingdom is from generation to generation." Dan. 4:33-34.

Dr. Ridpath, in his "History of the World," says: "So Nebuchadnezzar was visited with madness. He imagined himself a beast, and went forth on all fours into the fields. He lived on herbs, and slept under the open canopy at night. Under the influence of the lycanthropy which had attacked him, he barked like a wolf. He became hairy by the exposure to the elements, until after seven years his reason suddenly returned, and he was allowed a brief interval of glory and peace before his death." Vol. I, Page 297.

So this great king in a single day was driven from his throne and became as the beast of the field. And not only so, but the same king was as suddenly restored to his place in the kingdom when the appointed time came, and all of this because the voice from heaven declared that "The Most High ruleth in the kingdom of men, and giveth it to whomsoever He will."

That we may know that this is a truth for all time, and not concerning this one king only, let us notice one or two more instances when God openly interfered with the affairs of men. We are all acquainted with the story

of the feast of Belshazzar, and have read how that Daniel was brought forth to interpret the writing. "This is the interpretation of the thing: . . . God hath numbered thy kingdom and finished it . . . thou art weighed in the balances, and art found wanting . . . thy kingdom is divided and given to the Medes and Persians. In that night was Belshazzar the king of the Chaldeans slain, and Darius the Median took the kingdom, being about threescore and two years old." Dan. 5:26-28, 30.

Ridpath says concerning this event: "It was the last act in the drama of the great empire. 'The kingdom was given to the Medes and Persians.' A new power had arisen, whose energies were still freshened with the breezes of the hills and whose natural ambitions had not yet been quenched in the cups of luxury and lust. 'The beauty of the Chaldees' excellency' faded like the shadow of a pageant from the great canvas of history, and the glory of Babylon began to hide itself under the dust and ruin of the ages." Vol. I, page 302.

Another striking instance of the power of God in the nations is found in Jeremiah: "Behold I will send and take all the families of the north, saith the Lord, and Nebuchadnezzar the king of Babylon, my servant, and will bring them against this land, and against the inhabitants thereof, and against all these nations round about, and will utterly destroy them, and make them an astonishment, and an hissing, and perpetual desolations. Moreover, I will take from them the voice of mirth, and the voice of gladness, the voice of the bridegroom, and the voice of the bride, the sound of the millstones, and the light of the candle. And this whole land shall be a desolation, and an astonishment; and these nations shall serve the king of Babylon seventy years. And it shall come to pass, when the seventy years are accomplished, that I will punish the king of Babylon, and that nation, saith the Lord, for their iniquity, and the land of the Chaldeans, and will make it perpetual desolations." Jer. 25:9-12.

The Lord here looks forward a period of seventy years and declares what shall be at the end of that time. He first states that he will cause Nebuchadnezzar to take the people captive for a period of seventy years, and then says that He will punish the king of Babylon at the close of those years. Concerning this

captivity we read: "And it came to pass in the ninth year of his reign, in the tenth month, in the tenth day of the month, that Nebuchadnezzar, king of Babylon, came, he, and all his host, against Jerusalem, and pitched against it; and they built forts against it round about. So they took the king, and brought him up to the king of Babylon to Riblah; and they gave judgment upon him. And they slew the sons of Zedekiah before his eyes, and put out the eyes of Zedekiah, and bound him with fetters of brass, and carried him to Babylon." 2 Kings 25:1, 6, 7.

Ridpath substantiates the Bible record of this event, and closes his remarks thus: "The state of Judah was extinguished, and the seventy years' captivity of the Jews began." Vol. I, page 287.

Now, when the seventy years were about to be completed, the Lord used another king to open the way for Israel to return. We read, "Now in the first year of Cyrus king of Persia, that the word of the Lord spoken by the mouth of Jeremiah might be accomplished, the Lord stirred up the spirit of Cyrus king of Persia, that he made a proclamation throughout all his kingdom, and put it also in writing, saying, Thus saith Cyrus king of Persia, All the kingdoms of the earth hath the Lord God of heaven given me; and He hath charged me to build him an house in Jerusalem, which is in Judah. Who is there among you of all His people? The Lord his God be with him, and let him go up." 2 Chron. 36:22, 23.

So we see that the hand of God reached forth both in the captivity of the Hebrews and in their release, and shaped the affairs of nations in order that the mind of the eternal might be carried out. Many other instances might be given where God did openly outline the policy of nations, and then carry out to the minutest detail all that was said; but space will not permit our giving more. The great thing that we desire in this is that the reader may grasp the strength of the text and accept it to-day in the same way that Nebuchadnezzar did of old, and believe that God does rule in the kingdoms of men today. Not that God forces men at all times to carry out his will. This would be against the principle of righteousness. But that there is a watchful eye over the affairs of men few will deny. And why is it a hard thing to believe that when any one nation oversteps the bounds set for it

by God, that the chastening hand of Jehovah reaches down from heaven in order that all men might know that "The Most High ruleth in the kingdom of men, and giveth it to whomsoever He will"?

What American is there among us who does not believe in his heart that the hand of God guided those three sailing vessels across the stormy Atlantic in 1492? Arising as this country did in the very darkest hour of religious persecution in Europe, who does not believe that God thus intervened and opened a place where the principles of civil and religious liberty might be established? Yes, all true Americans will say with Washington, "No people can be bound to acknowledge and adore the Invisible Hand which conducts the affairs of men more than the people of the United States. Every step by which they have advanced to the character of an independent nation seems to have been distinguished by some token of providential agency." World's Famous Orations, Vol. I, page 81. And with Patrick Henry, "There is a just God who presides over the destinies of nations." Id., page 66.

Weighing the Nations of To-day

We read of the fall of Babylon, and believe that it was weighed and found wanting. But is it not possible that the same balances are weighing the nations of to-day. What do we think of the fall of Emperor Nicholas, who in one short week saw his empire slip from him, and found himself shut up a prisoner of the new state? Did this just happen? Or was he also weighed in the balances and found wanting? Of this speedy revolution there was no little comment in the papers and magazines of the country. One said, "This is a miracle." Only a short time before the outbreak of this awful war the cry of peace was upon the lips of all the leading statesmen, and yet the shot fired by that boy down there in Bosnia set the whole world on fire, and who can tell the end?

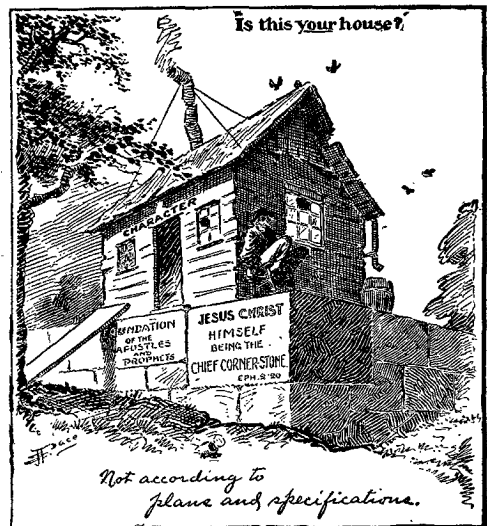
Yes, God still declares that "He removeth kings, and setteth up kings." Dan. 2:21. And again, "God is the judge: He putteth down one, and setteth up another." Ps. 75:7. So, whatever the outcome of this present struggle may be, let us know that "This matter is by the decree of the watchers, and the demand by the word of the holy ones: to the intent that the living may know that the Most High

ruleth in the kingdom of men, and giveth it to whomsoever he will, and setteth up over it the basest of men." Dan. 4:17. Let us know that God to-day, as in olden times, uses one nation to punish another, and this to the end that His word might be established, and the true in heart be saved in His kingdom.

DO YOU COME SHORT OF THE PLAN?

CAROLINE, LOUISE CLOUGH

"That is a miserable misfit," you say. "Why did they put that little old ramshackle house on such a fine large foundation?" Several times in my life I have seen houses started that were abandoned unfinished, but I do not remember of having ever seen a structure so far short of the original plan as is shown in the picture here. But there is one thing I have seen and continue to



From the Sunday School Times.

see every day and that is men and women, boys and girls, who are the workmanship of God "created in Christ Jesus unto good works," (Eph. 2:10) fall so far short of the plans and specifications that it must be difficult for the Lord to recognize them.

In fact, we all can see the picture of our own building in Rom. 3:23. "For all have sinned, and come short of the glory of God."

"That is a dark picture," you say, but just read on in that same chapter. "Being

justified by His grace through the redemption that is in Christ Jesus: Whom God hath set forth to be a propitiation through faith in His blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God." There is the remedy. John, the Revelator, says: "Thou art worthy, O Lord, to receive glory and honor and power: for thou hast created all things, and for thy pleasure they are and were created." Rev. 4:11. We were all

created for the glory and the pleasure of God. Yet through sin we have come far short of the plan, but through Christ and His righteousness, and only through Christ can we line up to the original plan for our building. And the Lord has accepted Christ's sacrifice for us and through Him we, "As lively stones, are built up a spiritual house, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ. 1 Pet. 2:5.

Answering Other's Prayers

Mabel Levison

[This splendid article by Miss Levison, one of our Hinsdale first-year nurses, pictures to our readers the beautiful, unselfish ministry of these workers who go about in the city bringing comfort and peace wherever they visit. A new class will be started in July. If you want a part in this blessed work write for particulars.—Ed.]

"**Y**E HAVE the poor always with you." These words impressed me with a greater sense of truthfulness than at any other time as I passed along the streets of

placed them in the world to test our characters and to prove the genuineness of our love for Him. Some of them perhaps may seem unattractive and unpromising, but yet



"Somehow the children looked more friendless and neglected."

a certain poor district of Chicago in which we used to do city work. Somehow the children looked more friendless and neglected, the mothers more weary and sad and even the houses seemed more ready to tumble down than ever before. God has

behind all this there is a precious pearl—a soul for whom Christ came and died.

In our work we have many experiences that encourage us. We visited a home where the mother was caring for a number of orphans. She had been trying to ar-

range for a number of other children to come to her home so that we might come there and have little meetings with them, but we have not as yet been able to meet with them. We look for some very interesting meetings with the children.

While on the street car the other day two ragged little boys seated themselves in the seat ahead of me. From their conversation and actions I concluded they had been sent from school. We were the only occupants in the car for a little while, so I proceeded to talk with them and gave them a *Little Friend*. Their little eyes were riveted upon its pages until I left the car. They seemed eager to read the paper and they thanked me over and over again.

Next I visited a home where the husband was very ill the last time I had been there, being afflicted with asthma, rheumatism and tuberculosis. This time the wife was sick in bed, alone in the house and unable to call anyone. With tears she told me of her husband's death. "But," she said, "I know he died a Christian." The papers you left with us he read every day until he was too tired and then I would read them to him." He said, "When those girls come back we will have them explain the Bible to us." But before we came back he had passed away, but he went to sleep with the promise and hope of a soon coming Saviour. They had both been convinced that the Lord's hand was leading and that His way was best. This man had used liquor and tobacco, but had given them both up and was a praying man before his death. What a pity that a greater part of his life could not have been devoted to the Master's service, but the Lord accepts us, no matter what our condition is, if we are but willing.

Comforting words were read from the Bible and we sought the Heavenly Father for help and guidance. We told her friends of her illness, and we promised to come again soon, leaving *THE LIFE BOAT* for her to read when able.

Another lady we visited is afflicted with locomotor ataxia and has been unable to walk for twelve years. She is an inspiration to us every time we visit her for we always find her cheery, even though the pain makes the tears come. We spend

some most precious hours with these dear people and the Bible, and we are glad that we have a prayer-answering God and that if we are in harmony with His word we can claim His promises.

At another home I called to give a Bible reading. The lady was sitting in her chair that she has now occupied for twelve years and she was trying her best to look cheerful, although the marks of pain were written boldly upon her countenance. Her house always had looked neat and clean, and though things were in good order I noticed the carpet had not been swept that day. So I asked her if she would allow me to sweep it for her and she said, "O, girlie, I had an awful night. The pain was almost more than I could bear, and I prayed this morning that someone would come and do what you have done to-day. I know God answers prayer."

While on the way home to the sanitarium I stopped for a few minutes at a widow's home. We used to visit her and tried to give comfort and cheer. Her only son had been drafted into the army and she was weeping her life away. However, for a number of weeks we kept on praying and assured the mother that the Lord would grant her petition if her life was in harmony with His will. Suffice it to say that her request was granted and the change in her life is wonderful.

So each day we have experiences that are varied, but in each one we see the guiding hand of God. Things do not just happen, God brings them to pass. And each morning as we go forth we ask the Lord to direct our paths and we truly believe that He does.

"Naught shall affright us on Thy goodness leaning,
Low in the heart faith singeth her song;
Chastened by pain we learn life's deeper meaning,
And in our weakness Thou dost make us strong."

A new Hinsdale medical missionary nurses' class will start July first. Now is the time to apply. Read editorial on page 121.

A Word From Our Little Ones

Maud Wilson Cobb

Matron, Life Boat Rescue Home, Hinsdale, Ill.

WHO would not be thankful to the kind friends who read THE LIFE BOAT and remember us? Bobby, aged three, clasped his hands in delight for the new boy's suit sent by Mrs. Miller of Chicago. He said, "Now I can go to Sabbath School, Auntie Cobb." Betty, aged four, ran in with bright, dancing eyes, with a new dress, "Now I am a really dressed lady with pockets and can go to meeting, too." Thelma, aged three, said, "I have a new dress, but no shoes." Elmer, aged seven, said, "I wish I had a new pair of pants. Auntie, I don't believe those people who send nice things to the other children know I am here."

The babies cannot talk, so I must speak for them. Caroline, two months, looks very dainty in the little white dresses sent by THE LIFE BOAT friends. Opal, twenty months, has enjoyed the little home-knit stockings, brown, black and red and all wool. Leon, Lee and Howard have been kept sweet, clean and warm in the nice white flannel nighties and other warm garments. Baby Aubrey and Dorothy Louise were taken to their new homes in nice new clothing. We hear their new fathers and mothers would not part with them for any money and they are well and growing and a joy to the childless homes. Robert and Carol and Leland were taken to their own mothers' homes and are loved. Baby Russell has

been taken by his own little mother to a home where she is employed as housekeeper. The mother has time to care for

her little son and both are happy and visit our Home every week on the days that are given the mother to spend as she chooses.

This girl is the only one who was able to bring her own clothes for her baby. Frances and her baby boy are now being cared for by friends and after eight weeks Frances is able to accept a position and pay her baby's board. Thanks to the friends of THE LIFE BOAT who sent the box of clothing for Frances from Downers Grove, Ill. Every garment has been made to serve its purpose.

We, in one voice, thank everyone who has remembered us this winter; even if times seemed hard we have had all we needed and we have faith to believe our friends will not forget each month brings new girls, new babies, and we must provide clothing and food for them.

I am writing this article on the train on my way home from Chicago, 9:50 p. m. Near my side is a young girl; her sad face would make one sigh, and

say, "Oh, where is justice and mercy?"

One girl who left our Home to be married a few weeks ago, called me at 6:30 this morning by long distance 'phone and told me she and her husband wanted to take me to a poor deserted girl who had no



One of our Home babies who has recently met with a serious accident.

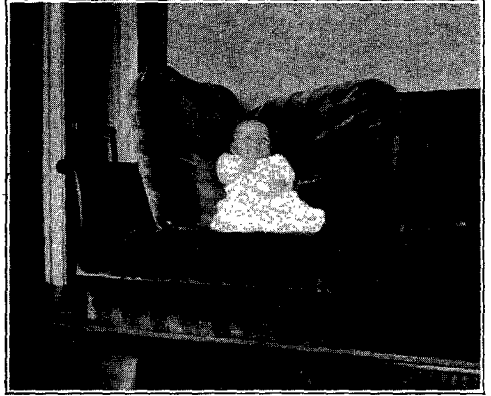


Porter, who will now be supported by his mother.

friends to help her. I answered the call and this evening I found the girl in her little bedroom on the fourth floor of a rooming house, and with an aching heart I listened to the same old story.

She had not heeded the voice of conscience, and being alone in this big city, and a stranger, having recently come from Switzerland, she thought she had found a true friend, but to-night the promise of marriage is broken. In a letter the false friend tells her never to write to him again. He hates her and should she write again, her letter will be returned unopened. He does not want to hear of her troubles, to work them out some way, only not to worry him, for he does not care. The girl is sick, no money and a stranger in our country. How thankful I am to our Father that I could say, "Come, child, go home with me. We have a humble home, but the spirit of

Christ is there, the One who said, 'Go and sin no more.' We can give you love and share what we have with you." The girl is penniless. Her carfare had to be provided and she is hungry, too. We will reach home near eleven p. m., and how well I know the welcome we will receive. How each girl



In a home of comfort.

will make an effort to brighten our new sister's life, for they remember their own aching hearts as they crossed our doorstep the first time, and when the clouds began to break away and a new day dawned for them.

Our LIFE BOAT friends and others need the thanks that this Home is provided for the forsaken girl, mothers and babies. We can only give our strength and labor and without the other help from friends our labor would be in vain. We thank you all for money, food, clothing and your good wishes and prayers for our success.

A CHANGED GIRL

Here is an encouraging word from one of our Home girls who passed through a bitter experience last summer and now has nothing but a tiny little mound of earth to remind her of her darling babe. But she is a changed girl and to-day loves the Lord and is striving to please Him. She writes to Miss Post, one of our nurses:

"I suppose you thought that I had forgotten all about you, but I haven't. There is not a day goes by but what I think of

all you dear people and what you have done for me. Every night when I take my little Bible and read I think of you and I cannot keep the tears back. I often think of my darling baby, but I do not grieve so much now because I know he is safe and far away from this cruel world.

"I am coming to Chicago some time in April and I am coming out to Hinsdale to see you. I can hardly wait till I can get with you dear people again. It will be a year the last of April since I first went to Hinsdale, and that one year has made a different girl of me. I have been a mother, but I am still a little girl yet.

"I will close, hoping that you say a prayer for me, and hoping to hear from you soon and that you still think of me, I am your own little friend."

ARE YOU A PERSONAL SOUL-WINNER?

CAROLINE LOUISE CLOUGH

There are many professed Christians who do not feel any responsibility for the soul's salvation of those about them. Still others want to do personal work, but do not know how to go about it. There has come to my desk recently a booklet entitled "Individual Soul-Winning," containing articles on the subject from leading evangelists. For the inspiration of all of our readers we are giving here something from the pen of Charles M. Alexander from this collection:

"Anybody who is not doing personal work has sin in his life. I don't care who you are—preacher, teacher, mother, father—if you are not leading definite people to a definite Saviour at a definite time, or trying hard to do it, you have sin in your life. I have never yet found any Christian not leading souls to Christ who, when I got into private conversation with him, did not acknowledge that this was true. You say, 'I have been a Christian for twenty years, I have been going to church, been giving a tenth to the missionary collection, have a brother on the mission field.' That is all right, but have *you* ever led a soul to Christ? 'I hope so,' you say? Twenty years a Christian, and still hoping so!

"The last thing the Devil will let you do is to win a soul definitely to Jesus Christ. If you don't believe it, try it. He will let you never

miss a prayer-meeting, . . . he will even let you get up and lecture on religious subjects. He will let you be put down on convention programs, and have your name put in the paper, if you will just stop short of one thing: to get face to face with individuals, and bring them to a decision for Jesus Christ, and get them to confess Him openly before the world. Did you ever try it?

"I worked in the Moody Bible Institute, Chicago. . . . I would get up on the platform and lead the singing, and then go home with the perspiration rolling down my face, and think I had done my duty. I went out into evangelistic work, and stood up and led the people in singing, but as soon as that was over I would slip away, and good people would say, 'You are working yourself to death.' I knew down in the bottom of my heart that I was moving my arms too much, and not using my tongue enough. I was doing everything but the one thing. I knew that personal work was the one thing that I ought to do.

You are not a sane, healthy Christian unless you are doing personal work in soul-winning. The sanest man I ever knew was D. L. Moody, and he was always doing personal work. It is sanity itself.

"If you have sin in your life, give it up now. What if somebody should come to you and shake you in the night, and ask, 'What are you living for?' Would you know? When I went to London, I called on Mr. Stead, the great interviewer, a man who interviewed people, and in a few hours could write up the story of their life. I said, 'I have always wondered how in the world you interviewed these people. Start on me, I want to see how you do it.' He was a great big fellow, and had rather wild eyes. Turning around suddenly, he said, 'What are you in London for.' It made me shake, but I have never forgotten it.

"What are you living for? I will tell you what you ought to be living for—to win people definitely to Jesus Christ! Some of you say, 'Well, I try to do it by my life.' So far as I have seen people, their life is largely made up of talking. But I believe that the last thing we give to God is our tongue.

Doing Personal Work Makes You Live a Clean Life

"When you begin to talk about Jesus Christ to a friend, the first thing he may do is to tell

you about some of your faults: 'Yes, and you got angry yesterday.' Then you say to yourself, 'I am not fitted for personal work.' Do not stop doing the work, but give up the thing that hinders the work.

"In Marshalltown, Iowa, there was a young girl who saw other people doing personal work. She wanted to do it. So she talked to another young girl. While the religious meetings were going on there, a play came to the town, and the next night they both went to the theater. The unconverted girl leaned over and touched the other, who was sitting just in front of her, on the shoulder, saying, 'Oh! you are here, are you?'"

"Yes."

"What made you come?"

"I thought it was a nice clean play," was the answer.

"Yes," replied the other girl, "but don't you ever talk to me again about Jesus Christ. I think you had better get down in the straw in the Gospel Tent with the rest of them yourself." You have got to live straight when you do personal work.

"The brother of a young woman who was engaged to be married, said to her, 'Nellie, is Will a Christian?'"

"I don't believe he is," she replied.

"You belong to the Christian Endeavor," said her brother, "and you are engaged to him; you ought to find out about that and have a word with him."

"I am going to the ball to-night, and I will speak to him about it," said the sister. That evening she said, "Will, are you a Christian?"

"Why no, of course not," was the answer; "are you?"

"Yes, I am a Christian."

"Then what are you doing here?" And that was quite right. You see, there are lots of little things that you have to stop if you do personal work, and some people don't want to pay the price.

"My Bible says, 'Follow me, and I will make you fishers of men.' I think the verse is true the other way, too: 'If you are not a fisher of men, you are not following Jesus.' 'Herein is my Father glorified, that ye bear much fruit, and so shall ye be my disciples.'"

The Enthusiasm of Fred

"The man from whom I learned more about personal work than from perhaps any one else

was a young man named Fred, who used to go with us in our revival meetings to take care of the tents. When he would come into a town, he would hunt up a dray, put the tent on the dray, then climb up beside the driver, and without any preliminaries he would try to lead the man to Christ.

"When Fred became a Christian, he could not read a verse of Scripture, if it was at all long, without making mistakes. He came from a drunkard's home; his father had died a drunkard. The boy had seven brothers, three sisters, and a mother, all unsaved. He was spoken to by a worker in a meeting, and was thus led to Christ. After his conversion, he went home and started family prayer. He got down on his knees with all his brothers and sisters laughing and dancing around the room, and uttered just one prayer, 'Lord, save mother.' He prayed there every day with the boys making all that noise. At the end of a year and a half he had won his mother to Christ. At the end of two years two of his brothers went to a meeting and said, 'We want what Fred has got.' They got it. The last I heard he had led four of his brothers and two sisters and his mother to Christ.

"What I specially learned from him was to *go straight at it* and not be always waiting to get ready to get ready—you never do anything that way. Fred was with us for five years, and always sat on the platform. He used to watch the audience all through the sermon, and just the moment the speaker would give the invitation, he would go down and climb over the seats, if necessary, to get hold of his man. Other people would wait to get ready to get ready. Sometimes even a Sunday-school superintendent would walk down the aisle as if he were going for a stroll. You could see them walking around while Fred was bringing his man up to the front. He brought seventy-five young men to Christ in a college town in Iowa, and to a public confession of Christ. Sometimes Fred would have to be up all night with the tent on account of the cyclones of the West, but he never was so tired that he could not talk to men about their souls. He used to say, 'I am not going to stay in any town fifteen minutes before they know where I stand.'"

Begin With the First Opportunity

"The way to learn to do personal work is by doing it. No man ever learns until he

begins. The place to begin is the first place you find open. Do the thing next to you, and other opportunities will be found. *Carry your Bible with you always.*

"Learn a very few texts to begin with, texts which have taken hold of you, and which seem clearer than any others. Use them *tactfully*, but always use at least one. The first text I would give you is one that suits any case you will meet, John 6:37: 'Him that cometh to me I will in no wise cast out.' There is something about the Word of God which *convinces men*, even though they claim to be infidels. *Never argue.* Remember what Paul teaches us in his thirteenth chapter of 1 Corinthians: 'Love suffereth long, and is kind.'" C. L. C.

"LIKE A MESSAGE FROM HEAVEN IN HERE"

Read this letter from the Jefferson City, Mo., Penitentiary, where there are some two thousand prisoners trying to atone for the wrong done society. Hundreds of them are making a desperate struggle, a struggle against odds which you and I know nothing of. A little help just now, a word of encouragement will hit the right place at the right time. THE LIFE BOAT will do it next month. Will you help us go, sixteen thousand strong, into all the prisons of this country? How many life-saving crafts will you send out?

"I have your letter of the first, also the *Morning Watch* for 1918 and THE LIFE BOAT. You have no idea how I appreciate the same. I always pass THE LIFE BOAT along to my fellowmen. The letters from the men in prison speak my life. I have no other way of showing my appreciation of the good work you are doing except by writing you.

"The letters from Southern Illinois and Richmond appealed to me more than any of the others. The cases are similar, except that I have six years instead of ten.

"I will certainly appreciate it if you try to put me in touch with some good man in Des Moines, Iowa, that needs a man and who is a Christian who will take me out on parole. I would prefer farm work, as I have been a farmer the major portion of my life, and understand the work, and also know that it is the best and only place to

stay away from temptation. Also I want to help my country in this awful crisis, and that is the best way I can show my true manhood and patriotism.

"Please do what you can for me and let me know, for a letter from a true Christian is like a message from heaven in here."

GIVING THE GOSPEL IN THE JAIL A. C. FORD

I used to sit in my chair in college or in some revival meeting and listen to the minister make an appeal to the audience to give their hearts to the Lord. I used to watch the struggle going on and wished that I could have that privilege. I am glad that I have had that privilege. We go into the jail and hold services and sing songs and talk with the people. We meet people of all classes, of the higher classes and the lower classes. But I found in my experience that it is the same story that will convert the lower class and the higher class. It is not the logic that we can present that converts these souls. It is simply the story of the Cross. And so I have made it a point in most of my talks to touch on some subject like John 3:16 or "some more convenient time" and I have never failed yet to see a response. The people break down before us and give their hearts to the Lord and a great many of them will raise their hands and ask for an interest in our prayers.

There is one advantage we have over the evangelists. We have our audience right there and if they do not want to hear us they have to hear us anyway—they cannot get away. I believe the Lord has sent these people there that they can hear the message and I pray that I may see some results in the kingdom.

A WORD OF ENCOURAGEMENT

"I can say I think THE LIFE BOAT never was better. I am sure God is blessing it. May the good work continue is my prayer."

Choose always the way that seems the best, however rough it may be.

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

"An aimless life is a double crime against God and man."

"The successful man drives his business, and never allows his business to drive him."

The Life Boat to the Soldiers and Sailors

Caroline Louise Clough

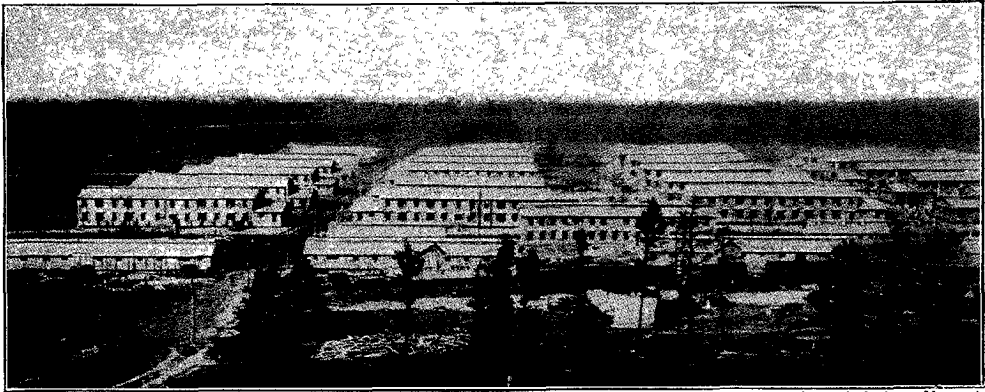
“WILL you help me to become a Christian?” writes a sailor boy from Paris Island, South Carolina. He says, “I am in need of friends, Christian help and encouragement. I have no friends and I am ashamed to say so. I am now trying to become a Christian, and I find it hard. I was a sinner in the sight of God and men. My folks had turned against me and everything seemed to go wrong. I would appreciate it very much if you would help me to become a Christian.”

That is what THE LIFE BOAT has undertaken to do in the army training camps. A fund has been created from which we draw from month to month to send THE

gospel? We want to send fifteen thousand copies of our Special Patriotic number to the boys. We can do it with your help. How much are you willing to invest in them? Ten dollars will send two hundred and fifty copies.

The soldiers' and sailors' fund stands as follows:

Previously reported	\$355.82
Miss C. Jenson.....	3.00
Mrs. B. Wavins.....	2.00
Myrtle Phillips	1.00
A friend	5.00
Beda Bengtson	1.00
C. J. Wing.....	6.00
Mary Leonard Smith.....	1.00



—from the Christian Herald.

Camp Upton, Yaphank, L. I., where the national army men from New York City are preparing for France.

LIFE BOAT with its cargo of gospel seed into some of the vast training cantonments. The seed has found some good soil and is already beginning to sprout. This is a gigantic undertaking, but with the help of THE LIFE BOAT readers this work can be accomplished.

A LIFE BOAT in every one of these barracks will mean that some poor discouraged boy who has no bright past and loving mother to adorn memory's walls and who looks into the future with dark forebodings, will be rescued by THE LIFE BOAT.

The needs of our boys in the army touch nearly every home in the country. How much will you do to help them to get the

Marie Johnson	1.40
Willie S. Dessian	1.00
F. V. Underhill.....	.50
Christina Olson50
Mrs. J. L. Klein.....	1.50
Mrs. M. A. Livingston and Estella Livingston	2.00
Mrs. J. P. Jaspersen	1.00
Emma D. Keiler.....	1.00
E. C. Dye	1.00
Mrs. A. Q. Goodrich.....	1.00
Mrs. E. G. Farnsworth.....	.45
Abbie D. Shafer50
Lou R. Dearborn	5.00
Mrs. M. M. Neilson.....	.50
Mr. Louis R. Knapp.....	5.00

Mrs. Nancy Howell	5.00
Adaline P. Littlejohn.....	5.00
Harry Remboldt	1.25
Mrs. Imogene Wagner.....	2.00
Dudley S. Page.....	1.00
Marie Johnson	1.25
Mrs. C. W. Goodrich.....	5.25
Otsego church	1.25
Estelle Smith	2.00

Total to date\$421.17

FROM Y. M. C. A. CAMP SECRETARY

"I am sure that the fine articles in *THE LIFE BOAT*, which are of a patriotic and character-building character, will do much good and exert a strong influence in the lives of the soldiers."

DOES IT PAY TO HOLD JAIL SERVICES?

MAUD WILSON COBB

In the last six weeks I have taken special notice to watch the influence of our jail service. It would be impossible to tell all the results for only heaven will reveal that. We leave Hinsdale at seven-forty Sunday morning, arriving in the Clark street police station about nine o'clock. We first take the elevator to the third floor. In a room provided for us we leave our wraps and have a word of prayer. We then take our little organ and go back to the first floor. We are then let into the corridors where there are three rows of cells. We often count from seventy-five to one hundred men behind these bars—all classes of men from the colored men, white men who have never had any advantages, to the college graduates, and men who have had every advantage. These men are held only in this station until a bondsman is secured or until they are taken to court to face a charge held against them. Some of these men feel very bitter toward the outside world, some are jolly and good-natured and will laugh and sing as though they were in their parlor at home.

Many ask us to sing their favorite hymn, or will say, "Sing my mother's song." "I owe it all to mother," said a young man,

as he told how God had awakened him to see himself to be a sinner, yes a moral sinner, yet a sinner on the way to death. "God," he said, "led me out of self into Christ and now I am saved by virtue of Jesus' blood and nothing else." Many a time he had heard his dear mother pray for him in the quiet of her little room. She knew her son needed a new birth and to die without it would mean an everlasting death. She knew if he would believe on Christ he would live in the new earth forever and forever.

He told us he was held as a witness and had no fear of the law for he was a law-abiding citizen and there was no charge against him.

Another young man said, "My friends say they are saved, but I never hear them say much about Jesus. People generally talk most of that which they love best. My father is a minister, yet he never speaks of these things as plainly as you do. Whenever I reach the place in my experience that I say I am a Christian, heaven will be real to me. I think if eternal things are real those who possess them will seek to bring others under their influence. I do not believe I could calmly and quietly die without Christ. I had a friend who seemed to be in perfect health. In the act of amusing others, he fell from his chair a corpse. I want to be ready when my summons comes. Pray for me."

Another inmate handed me a few verses:

"There is a time, we know not when
A point, we know not where,
That marks the destiny of men
To glory or despair.

There is a line by us unseen
That crosses every path,
The hidden boundary between
God's patience and His wrath.

Oh, where is this mysterious bourn
By which our path is crossed
Beyond which God Himself hath sworn
That he who goes is lost.

An answer from the skies is sent,
Ye that from God depart
While it is called to-day repent
And harden not your hearts."

Each Sunday we meet many experiences that encourage our workers, who for twenty years have held four meetings each Sunday in these cells and in the old Harrison station.

Next month we will tell of the experi-

ences and results of our meeting with the girls and women in their cells and different prisons and the State Hospital which we visit. I am so glad that we have the privilege of visiting these places and helping people physically as well as spiritually. Our first year nurses have the wonderful experience of visiting these places with experienced workers who can help them broaden their experience that will make them true medical missionary workers for Christ.

EXPERIENCES WHILE SELLING THE LIFE BOAT

MRS. A. E. LOUNSBURY.

I find the LIFE BOAT work an enjoyable one. Day after day as I distribute them the way grows brighter, the burdens lighter, the experiences sweeter, as the dear Lord opens the way. How many there are that are discouraged and broken in heart and spirit, who need a word of encouragement, a word kindly spoken.

This Man of Sorrows who is acquainted with grief leads, and delivers me out of many hard places. God is indeed good and in a special manner good to Israel. I am oftentimes wont to exclaim or confess as Jacob of old that "I am not worthy of the least of all the mercies, and of all the truth, which thou hast shewed unto thy servant."

On a recent holiday I had no desire to celebrate but wanted to do something for my Master, and remarked to those around me that I was going out with THE LIFE BOAT. Then being told that I could do nothing with it on that day I said, "Yes, I will. Just see how many I meet will have a little time for the Lord." And I am happy to say that a number stopped to listen and cheerfully bought the magazine. I had excellent success.

The first two men I met were eager for the gospel and appreciated my efforts, and said they were glad to get the magazine.

The next on looking at the cover exclaimed, "Certainly I'll take one as I once sold this literature and for a long time kept up with the reading." He mentioned Dr. Paulson among others and what a wonderful man he was. On informing him that the doctor is dead, he seemed very sad. The next was a

young man who read many of the accounts before he laid it down. He highly endorsed the work, especially the rescue service. He gave me twenty-five cents for the magazine. Then I met a Christian man from another town who thanked me and took the paper.

A lady invited me into her home. I gave her a LIFE BOAT which she read with pleasure and said she would send it to a friend of hers. She was desirous of doing good and asked me what I thought would be a good way to pursue. I was invited to partake of an excellent dinner at a hotel, which I did, and while there I had opportunity to talk with a number about their souls and to sell the LIFE BOATS. How happy I was to know that on that day I could get the people's minds off of temporal things long enough to benefit their souls.

I sent a little something in the way of fruit to a blind man and never in my life's work have I ever seen anyone so thankful. I felt like saying as King David of old, "I will bless the Lord at all times: his praise shall continually be in my mouth." Ps. 34:1. The day was bright although for a time the sun was overshadowed by cloud. Yet the cloud did not hide His blessed face. How often has my Guide and Counsellor helped me over rough ways and given His angels charge over me.

I went into a garage. The proprietor was a Christian. He bought a LIFE BOAT for himself and one for another man who sat reading a paper. The sun was nearly set and I was worried and tired after having exhausted most of my strength in the service. But on my return, I found a supper awaiting me, just what I had so much desired. I was thankful and praised the Lord for remembering me, asking Him to increase my faith. Jesus said that our Father knoweth we have need of these things before we ask Him. A Christian knew that I was toiling throughout the day and sent me this pleasant surprise. I want to say that I felt like traveling on.

"Then let others seek a home below,

Where flames devour and waves o'erflow.

Be mine a happier lot to own

A Heavenly mansion near the Throne."

My desire is to abide under the shadow of the Almighty.



EDITORIAL

EDITORS:

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

WILL YOU VISIT THE PENITENTIARIES WITH US NEXT MONTH?

One of THE LIFE BOAT activities is an annual visit to all of the leading prisons and penitentiaries in this country. This year our little craft will wear a new patriotic coat, but it will carry the ensign of our all-wise Pilot and the Life Line that never failed to hold.

"How can we, as Christians, serve our fellow men best?" is a question which a soldier boy in a Southern camp asked himself. He answered his own question wisely by saying, "To bring the gospel of Jesus Christ to others is the greatest work we can do. Since every one of us cannot go and preach to the prisoners, we should use some other means by which we can reach them. I cannot think of a better way than to send THE LIFE BOAT to the prisons and so place it in the hands of its inmates. Enclosed please find money order of five dollars, which shall be used for this purpose."

Our hearts were made glad to-day by a gift of fifty dollars from a prominent editor in the East, who has also won fame through an important discovery he has made in connection with the German mode of warfare. This money came unexpectedly to a friend of THE LIFE BOAT, who dedicated it to the Special May number.

If some money has come into your hands unexpectedly, why not give it to this good cause? We are praying for one thousand dollars to send this LIFE BOAT to the prisons. May the Lord impress you to help answer our prayers. Any amount will be gratefully received.

C. L. C.

Love is the greatest thing in the world, but hate is the smallest, meanest microbe that ever defiled a man's soul.

A NEW CLASS FOR NURSES TRAINING

We are now making up the membership of our new nurses' class which is to begin July first. If you are at all thinking of taking up medical missionary training, please apply at once, as the class will soon be filled up.

We are fast reaching the time when medical missionary work will be the only kind of missionary work left to do. And you cannot begin it soon enough to get your training. Why not begin now with a determined purpose to give your life for the benefit of needy humanity wherever you find them? The field is great, opportunities are many.

The aim and purpose of the Hinsdale Nurses' Training Course for medical missionary nurses is only to fit young people for greater service to humanity and God's Cause. The experience which you gain in caring for the poor and needy of the city, in our Good Samaritan Inn, and in our Home for unfortunate girls, as well as in bedside training and care of the sick at the sanitarium, is invaluable for preparing you for that line of work. Write to us early for further particulars.

Address Dr. Mary Paulson, Hinsdale, Ill.

HOW TO OVERCOME SINFUL HABITS

Paul tells us to "Lay aside every weight and the sin that doth so easily beset us." But every one of us have found that that is not very easy to do. In fact, when it comes to overcoming habits which have been defects in our character all our lives we all find that it is something that we can-

not do of ourselves. But here is the remedy:

If you are in the habit of speaking too sharp and quick and thus wound the feelings of your friends about you, take the Bible and look up all the texts on the control of the tongue and study them carefully and prayerfully. If you are too hasty and quick tempered, take the Bible and study the texts on that point. If you are too slow and cannot do things with dispatch, look up the texts on that. Remember, "The word of God is *quick* and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." Heb. 4:12.

The Lord is the only One who can look into our hearts and understand all the secrets there. So to His Word is the place to go to find the remedy for our secret and besetting sins. The more you earnestly and prayerfully study God's Word the nearer you will approach to the perfect pattern, Christ Jesus.

C. L. C.

ARE YOU A HUSTLER FOR THE LORD?

If you are a hustler, THE LIFE BOAT is just the magazine for you to handle. If you are not, take the Lord in as your partner and THE LIFE BOAT as your instrument, and start out. You will surprise yourself with what you can do.

One of our agents wrote us the other day, "I have broken my best record. Yesterday I sold three hundred copies of THE LIFE BOAT in one day." This same agent wrote, "THE LIFE BOAT is the best magazine yet. It takes well with the public." Another agent wrote us this morning: "I have sold one hundred and fifty LIFE BOATS in one day. I enjoy my work and am happy in doing it. And I find the people are glad to get THE LIFE BOAT." Some agents who are just starting the work are able to sell seventy-five copies in one day.

C. L. C.

"SHE HATH DONE WHAT SHE COULD," HAVE YOU?

"It has been my blessed privilege to visit twenty-two towns since last June, making

a house-to-house canvass of seven of them, leaving very close to twenty-two hundred magazines, *Signs*, LIFE BOATS, and *Bible Training School*, scattering several hundred tracts and speaking to many hundreds of people of the signs of the times, not to large audiences, but to people in the highways and hedges of life."

NEWS HERE AND THERE

Mrs. Alice M. Nutting, of Duluth, Minn., who, a number of years ago was connected with our LIFE BOAT rescue work in Chicago, is now spending a few weeks at Hinsdale.

Mr. and Mrs. D. K. Royer of Grand Rapids, Mich., were recent visitors at Hinsdale.

Dr. D. H. Kress of Washington, D. C., and Captain J. L. Johnson and wife, ship missionaries in New York Harbor, called at Hinsdale recently.

Pastor A. R. Sandborn and LeRoy P. Crisler of Orlando, Fla., called recently while enroute to the Pacific Coast.

Pastor J. H. Schilling of Chicago, is spending a few weeks at Hinsdale.

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

C. L. Rogers, a former Hinsdale worker, called recently while enroute from Washington, D. C., to San Francisco, Cal.

Lillian Grace Topping, superintendent of the Florence Crittendon Rescue Home, Fargo, N. Dak., is spending a few weeks at Hinsdale.

Mrs. Cleora Webster, of Moline, Ill., was a recent caller.

Martha Borg, a graduate of the Hinsdale Sanitarium, passed through Hinsdale recently enroute to Los Angeles.

Mr. and Mrs. Ralph Alkire, who have been connected with the Hinsdale work for a number of years, have recently returned to their home in Michigan.

Pastor F. C. Gilbert, of South Lancaster, Mass., was a recent caller.

Mrs. G. W. Caviness, of Mexico City, Mexico, also called recently.

Mr. A. L. Curtis and Mr. C. Sparks, of Berrien Springs, Mich., visited Hinsdale.

"I hope I may receive THE LIFE BOAT regularly this year. When I miss the dear little magazine I feel as though I had lost my best friend."

The Life Boat

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

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

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

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

Single copies, 10 cents.

Yearly subscriptions, \$1.00.

Special discounts when a number are sent to one address.

Expirations

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

Change of Address

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

Mistakes

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

Premiums

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

Rates for Advertising

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

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

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

Life Boat Magazine Agencies in Chicago

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

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

Illinois Tract Society, 116 North California Avenue. Phone Garfield 8361.

FEBRUARY LIFE BOATS FOR SALE CHEAP

On account of the heavy snow and business paralysis our agents were not able to get the February LIFE BOATS out to the people, hence we have a supply on hand which we will furnish at the astonishing price of only two cents per copy. Here is an opportunity to purchase literature for free distribution—this large, splendid magazine for the price of a small tract or leaflet. Send in your order early as the supply will not last long.

C. L. C.

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.

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

WANTED

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

Excelsior Treatment Rooms

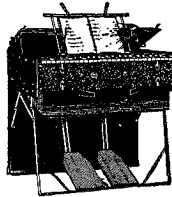
Sanitarium treatments such as electric light bath, shampoo, salt glow, shower and massage are given by an experienced attendant, at 34 South Desplaines St., Chicago. Mr. Harold Kemp, the proprietor, is ready to answer any call for help day or night. Phone, Monroe 6135.

Music Lovers

Should Take Notice

"The Rosebud You Gave Me," "The Flower Queen," and "The Mountain Flower," 3 beautiful 3-page soprano or barytone solos for 50c postpaid. (Money returned if not satisfied.) Direct order to: OTTO LUNDELL, 310 Unity Bldg., Chicago, Ill.

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216 Hinsdale Ave.

HINSDALE, ILLINOIS

A New Plan for Securing Subscriptions

For the convenience of our LIFE BOAT workers and other friends of the work, we are now issuing a subscription card which simplifies the problem of securing subscriptions and makes it safe for the subscriber and the agent. The card reads as follows:

THE LIFE BOAT PUBLISHING COMPANY

Hinsdale, Ill.

This is to certify that ONE YEARLY SUBSCRIPTION to THE LIFE BOAT has been PAID IN FULL, and on receipt of this card the name written below will be entered on our list.

.....
Manager.

THE LIFE BOAT, Hinsdale, Ill.

Gentlemen: Please enter my name on your subscription list for one year, for which I have paid your agent, Mr.
the sum of one dollar.

Name No.
St. or Route No.
Post Office..... State.....

This, when properly numbered and signed by the manager, will be honored at THE LIFE BOAT office as one yearly subscription. These cards are convenient to carry and can be sold at a dollar apiece. Why not order a few to have on hand? Special rates will be given to those ordering two or more cards. If you are a hustler or want to be, write us at once for our rates to agents and for subscription cards.

Address: THE LIFE BOAT, Hinsdale, Ill.

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."

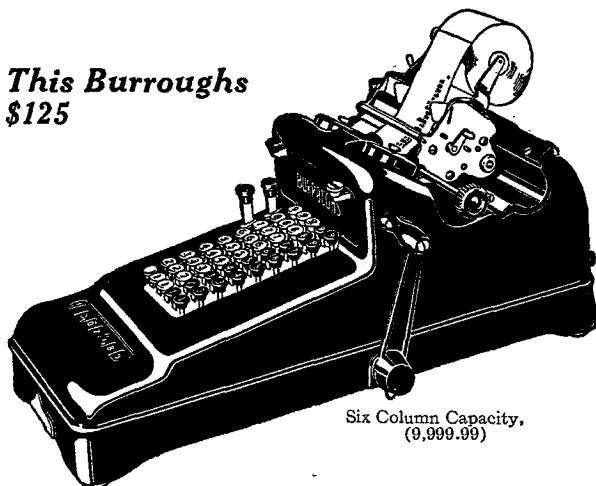
"I wish I might have the pen of a ready writer to express my appreciation of the PATRICIA garment. I simply will never be without it. It is absolutely all I could wish in every way.

"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.

This Burroughs
\$125



Six Column Capacity,
(9,999.99)

A Burroughs Visible Adding Machine Fits All Lines of Business

This low-priced Burroughs is adapted especially for professional and business men who do not have a large amount of figure work, yet who need the accuracy, speed and convenience of a machine in handling their accounts.

The drudgery of number handling—of adding up long columns of figures—is done away with entirely by the use of this machine.

Figuring mentally you can never be sure that your totals are correct. Errors occur in spite of every precaution. It is impossible for the machine to make a mistake, consequently errors cannot creep into your calculations.

It is an investment that will pay for itself many times over in losses prevented.

Let a Burroughs representative talk with you about the possibilities of applying a Burroughs to your figure work. Your banker or telephone book will give you the address of the nearest of the 189 Burroughs offices in the United States and Canada.

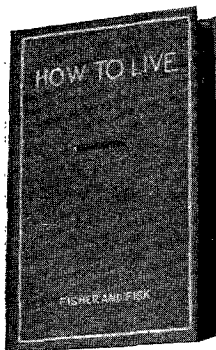
FIGURING AND BOOKKEEPING MACHINES
PREVENT COSTLY ERRORS—SAVE VALUABLE TIME

Burroughs

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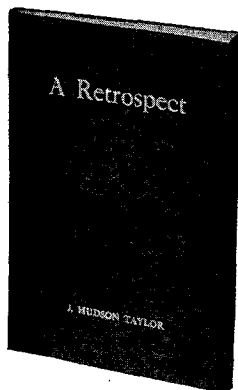
"How to Live, or Rules for Healthful Living, Based on Modern Science"



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.

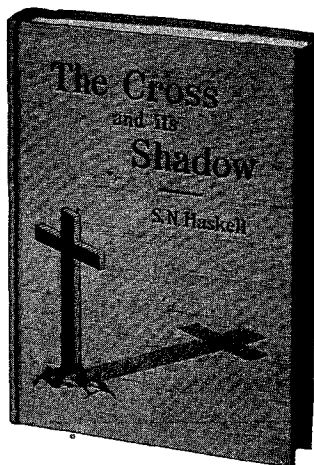
The Cross and Its Shadow

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.



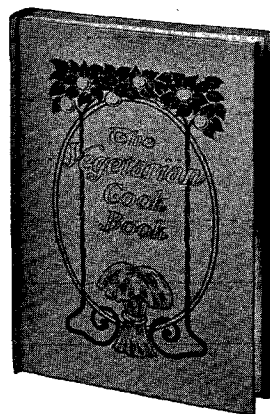
A Retrospect

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

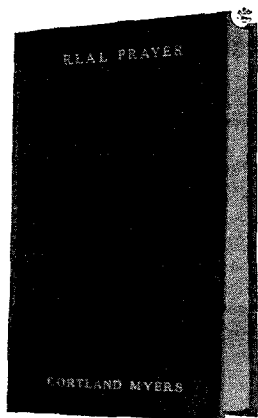
This charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year. The author gives in a most fascinating manner the remarkable 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.

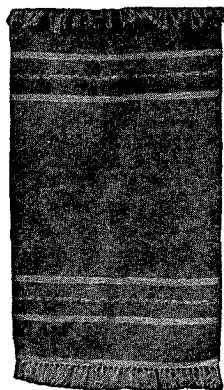
A Fountain Pen

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.



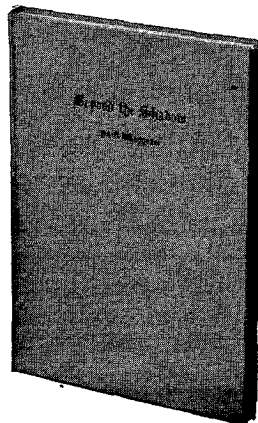
A Beautiful Rescue Home Rug

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 Quart75	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.

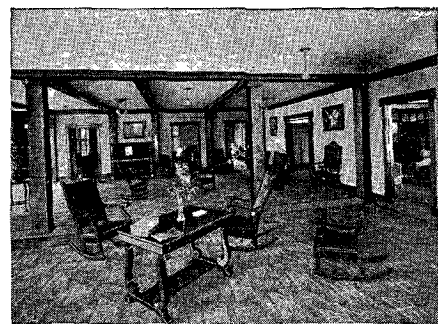
Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis court.

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"

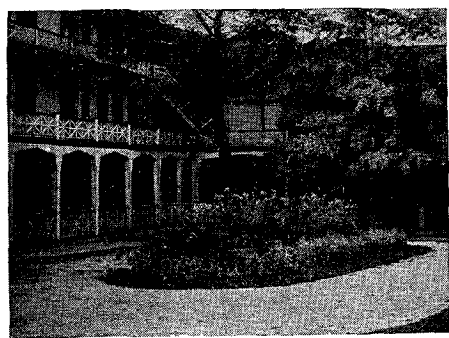
It is completely descriptive and beautifully illustrated. Once you read this book and note the location, the charm of Hinsdale and the ability of this institution to benefit the sick, you will realize that we offer you every possible means of restoring your health and of becoming completely rested, among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