

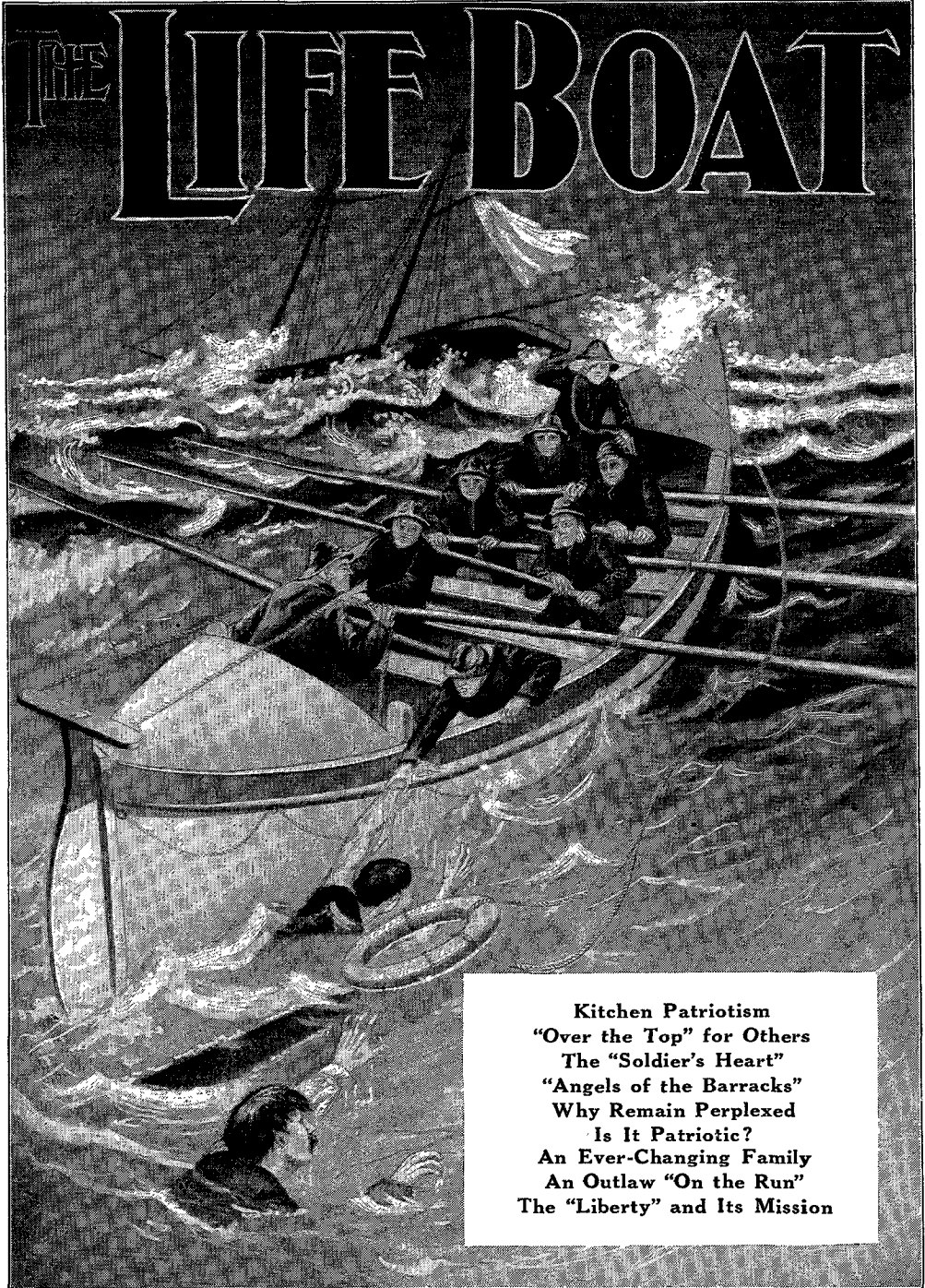
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A. S. BURLISON,  
Postmaster-General

## Special Patriotic Number

One Dollar a Year

PUBLISHED MONTHLY

10 Cents a Copy



**The Life Boat Employs No One to Solicit Donations**

Kitchen Patriotism  
"Over the Top" for Others  
The "Soldier's Heart"  
"Angels of the Barracks"  
Why Remain Perplexed  
Is It Patriotic?  
An Ever-Changing Family  
An Outlaw "On the Run"  
The "Liberty" and Its Mission

Volume Twenty-one  
Number Five

Hinsdale, Ill.

May, 1913

**A Personal Message for You—See Inside**



## SOLDIERS NEEDED

Pearl Waggoner Howard

Moho, Peru, S. A.

**M**ANY are the strong hearts, many the brave,  
Hearing their country's call,  
Gladly have answered, its honor to save,  
Willingly leaving all.  
Yet with it, too, is another call sounding  
Far over sea and land,  
Calling for those who in face of temptation  
Firm for the right will stand.

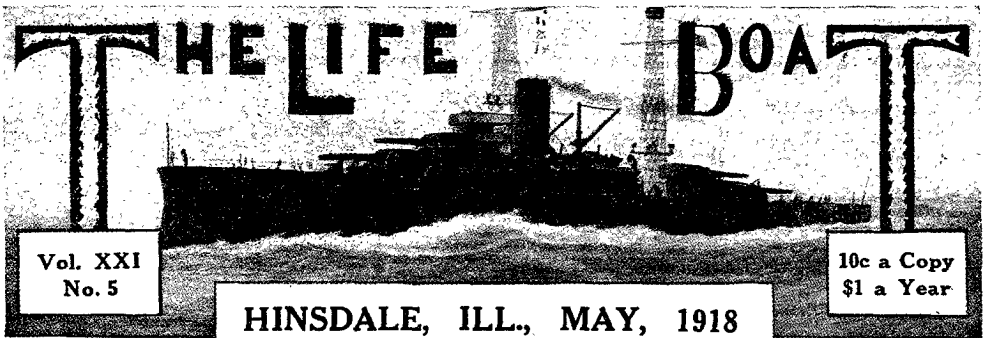
**R**EAL is the fight 'twixt darkness and light,  
Real are the foes to meet.  
Yet to each warrior is furnished God's might,  
Armor, withal, complete.  
Rules for the conflict He gives in the Bible,  
Which is the sword to wield;  
Goodness the breastplate, salvation the helmet,  
Faith as a stalwart shield.

**W**EAPONS well tried, to all who enlist,  
Freely are given away,  
Warranted ever the foe to resist  
Even in deadliest fray.  
Christ is the Captain, all-wise and undaunted,  
Faithful to all His host,  
Friend to His men, and approachable ever;  
NEAR where He's needed most.

**S**OLDIERS are called for—valiant and true,  
Holding the standard high;  
Rather than lower or lose it from view,  
Willing indeed to die.  
Soldiers are needed to fight against evil,  
Counting first well the cost,  
Sure, though, of victory, since He who is Captain  
Ne'er has a battle lost.

**C**OME in the strength of manhood and youth;  
See the fight nobly through;  
ALL should respond who love freedom and truth;  
Why should not one be YOU?  
Even though hard should at times be the training,—  
Fightings without, within,—  
Stand by the colors: they know no defeating;  
With them you, too, shall win.

**S**OLDIERS are needed, O list the sound!  
Soon will the conflict cease;  
Lest on the LOSING side you should be found,  
Join NOW the Prince of Peace.  
Death is the price for delay or desertion,  
Whether by land or sea;  
Great is the pay for the ones who are faithful:  
LIFE FOR ETERNITY!



## Kitchen Patriotism

Mary W. Paulson, M. D.

WE ARE compelled today to answer the question, "How can we get the most nourishing and palatable food with the least money?" The government is asking us to conserve on food supplies, and if we are loyal citizens we should respond to this request to the best of our ability.

We have been a gormandizing people in the use of wines and meats, the abundant use of sweets and many unnecessary and harmful articles. Many of the foods which have been on the American table have not only been unnecessary, but injurious. We will be a people stronger physically and morally, and with clearer brains because now we are obliged to eliminate many of these luxuries.

Kidney troubles, hardening of the arteries, nervous disorders and autointoxication have been greatly on the increase in this country, and they are all caused by too much food which contains too great a percent of waste products and toxins. This has weakened our strength as individuals and as a nation. The obligations of war times will prevent us from an experience similar to the downfall of Rome when, in their feasting and revelry, they lost their strength.

We need to eat less, to lessen the large variety at one meal, and be more simple in the cooking of food. Quoting from Dr. W. A. Evans, in the *Chicago Tribune* of April 6, 1918, "Lusk says that the peasants in southern Italy live on cornmeal, olive oil and green stuff for years, and keep

healthy and strong. When they come to this country they are able to work as hard as anybody. From this, Lusk argues that we do not need butter and that we can get along on little meat. . . . The Italian eats polenta made of cornmeal, beans and vegetable oil. About four times a year he gets some fat pork. But he always eats his garlic, pepper, cabbage, or other salad garnished with oil.

"The cornmeal supplies a second-grade protein, but it is supplemented by the protein of the green leaves. Olive oil, as compared with butter, is a poor fat, but green leaves contain a fat that has just the growth principle needed by growing animals. Green leaves also contain a water soluble substance necessary for life.

"Lusk thinks that pellagra has resulted from eating highly milled grains. He suggests that we go back to cornmeal containing the germ and a good deal of the bran, and that when we eat wheat flour we refuse to eat white flour, but insist upon graham, whole wheat and other flours containing a good deal of fat and bran. He would have us lessen materially our consumption of wheat flour and increase that of other flours.

"Next, he holds that we will be able to do more work, will get less heated, will perspire less, will wear out the kidneys less and produce less high blood pressure if we will eat just about half as much meat as we have been accustomed to eating. This policy will not only make it possible for us

to ship more meat to our allies, but will also be better for us.

"Instead of eating high-priced butter, we can eat butter substitutes with advantage. Oleomargarine is all right. So are the nut margarines and also olive oil, peanut oil, corn oil, and other vegetable oils. These fats have just as much fuel value as butter. While most of them are deficient in growth principle, as compared with butter, they can be used with advantage if we will do as the Italians do—eat some lettuce, cabbage, spinach, alfalfa, or other greens as a salad."

It will be cheaper, cleaner and better for us healthwise to substitute our meats with such foods as cottage cheese, soy beans, navy beans, peas, lentils, nuts, macaroni and cheese, and other similar foods.

Quoting from the new War Cook Book issued by the United States food administration, we read the following:

"Make bean soup, baked beans, succotash, bean loaf or roast, bean purees. Peanuts are a valuable food. They contain as much protein as beans. They are comparatively cheap. Learn to use them. Cottage cheese, the curd of sour milk, is one of the most important meat substitutes. It supplies more protein per pound than most meats and is considerably cheaper. Make cottage cheese

sandwiches. Serve cottage cheese balls with salads.

"Be content with simple food, simple pleasures, simple clothes. Work hard, pray hard, play hard. Work, eat, recreate, and sleep. Do it all courageously. We have a victory to win."

Substitute vegetable fats for butter and animal fats.

Combine these proteid foods with an abundance of green vegetables, fresh fruits and whole cereals. Each home should have a hand mill and grind their own cornmeal and wheat flour. The use of the whole wheat and whole corn in cereals will add greatly to the health of the family by preventing intestinal inactivity and by increasing the nutritive value of the grain used.

We are commanded in God's book to "eat in due season, for strength, and not for drunkenness." Eccles. 10:17. We have too long eaten for drunkenness; now we are compelled to eat for strength, and let us do it gladly and intelligently.

Get the habit now of simple and correct eating so strongly that you will keep it when the war is over.

Dr. Stephen Smith, of New York City, who recently celebrated his 95th birthday and who is a leading active physician today, lived the simple life, as is told by Dr. W. A. Evans in

#### FOUR GOOD RECIPES

##### Lima Bean Loaf

- 1 cup dried lima beans
- 2½ cups bread crumbs
- 1 tablespoonful chopped parsley
- 2½ tablespoonfuls butter
- 1½ teaspoonfuls salt
- ¼ tablespoonful powdered sage
- 3 eggs

Soak the beans over night, or for a few hours. Drain and put to cook in boiling water. Cook until tender, but not soft enough to lose their shape. Drain off the water, melt the butter and stir in the bread crumbs. Add the chopped parsley, salt and sage. Beat the eggs and mix with the beans. Fold in buttered crumbs, turn into a buttered loaf pan and bake until nicely browned.

	Protein	Fat	Carbo- hydrates	Total
Calories in recipe.....	254	449	892	1,501
Per serving of 3 oz. . . .	48	82	151	281

##### Macaroni Au Gratin

- 1½ cups macaroni
- 1 cup of cottage cheese
- 1 cup bread crumbs
- 3 tablespoonfuls butter
- 3 tablespoonfuls flour
- 2 cups milk
- 1 teaspoonful salt.

Cook the macaroni in boiling salted water until tender; drain and pour over it a dash of cold water. Make a white sauce of the last four ingredients and mix with the macaroni. Stir the cottage cheese into the mixture. Turn into a baking dish, cover with bread crumbs and bake in a moderate oven until nicely browned.

	Protein	Fat	Carbo- hydrates	Total
Calories in recipe.....	390	1,215	1,087	2,672
Calories per serving				
2½ oz. . . . .	17	71	45	133

##### Walnut Loaf

- 2 eggs
- 1½ cups milk
- 1½ cups bread crumbs
- 1 cup ground walnuts
- ½ cup cream
- 1 teaspoonful salt
- 3 teaspoonfuls grated onion.

Beat the eggs until light, add the milk and cream and the bread crumbs. Let stand twenty minutes. Add the other ingredients, turn into a buttered loaf pan and bake in a moderate oven about thirty minutes. Serve with any preferred sauce.

	Protein	Fat	Carbo- hydrates	Total
Calories in recipe....	209	1,079	347	1,635
Calories per serving				
2½ oz. ....	23	118	36	177

##### Vegetable Salad

- 1 cup diced cucumbers
- 1 cup diced celery
- 1 cup diced radishes
- ¼ cup grated onion
- 1 doz. medium sized lettuce leaves
- 1 cup boiled dressing.

Select as firm, fresh vegetables as possible. If not strictly fresh, place in cold water for one-half hour or more. Peel the cucumbers and cut into one-half inch cubes. Wash and scrape the celery to free it of the coarse fibre. Cut quite finely. Wash and brush the radishes. Cut off the top and the stem end and cut into cubes without peeling, the red radishes add a bit of color to the salad. Cleanse the lettuce by washing in several waters, and shred very finely. Prepare the grated onion and mix with the other vegetables. Blend all together with the dressing and serve upon a lettuce leaf.

	Protein	Fat	Carbo- hydrates	Total
Calories in recipe.....	60	261	267	588
Calories per serving 2 oz. 5	5	26	27	58

the *Chicago Tribune* of April 8, 1918, in the following words:

"Dr. Smith, in explaining his long life, said: 'Until I was fifty years old I was an invalid. I suffered from indigestion. In consequence I lived very simply. I ate little besides milk, fruit, and a few cereals. When I had a spell I was forced to live more simply still. I had severe headaches. When I asked any doctor what was good for my headaches he replied, "About fifty years." My addiction to these spells also made my first fifty years a period of invalidism and forced me to restrict even further the quantity and variety of any food.'

"Dr. Smith is not the first dyspeptic who

them did not drink wine and many of them limited themselves to bread, milk and vegetables.'"

### "SUPPLYING OUR NEED" IN INTERIOR AFRICA

W. H. ANDERSON

"But my God shall supply all your need according to his riches in glory by Christ Jesus." Phil. 4:19.

That text has helped me many times. The time it particularly came to me with force was when I went up into the interior of Africa on a mission station. When we went up there we did not intend to start a school, so I had not asked for any appropriation for one. I thought I would first learn the language, translate some of the Bible, and then in a couple of years or so we would start a school. But as soon as we got to the mission station, the natives came in and wanted to go to school, and I did not turn them away.

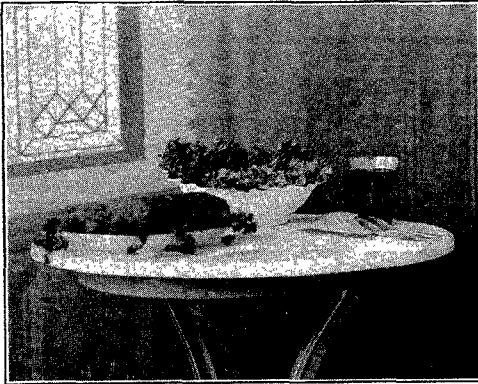
But they were there and we had to get food for them in some way, and I had no money with which to buy any. Well, I heard there was a trader about forty miles away who had some grain to sell, so I took the wagon and went down there to see him, and incidentally lost two of the oxen by lions on the way.

When I got down there, the trader was not at home. He was away on a hunting trip, but I got the wagon load of grain and told the natives there to tell the trader when he wanted the money to come up to my place and get it. It was only about forty miles for him to walk.

Then I wrote to Brother Hyatt, back at the main office, to send me the money with which to pay for the grain. It cost about forty pounds. Our mail service at that time was not all that could be desired. We were located one hundred miles from the post office, so we got our mail once a month. We started a boy off to the post office on Monday morning and he got back with the mail a week from the following Thursday.

We prayed very much over the matter, and believed this promise. There it was, "My God shall supply all your need according to his riches in glory by Christ Jesus."

I soon got word back from Brother Hyatt that he didn't have any money to send for that grain. So then I wrote back and told him we had the grain and had eaten part of it,



Showing Walnut Loaf, a Meat Substitute, and Vegetable Salad, the Recipes for Which Appear on Opposite Page

has coined his bad fortune into long life. The best known illustration is the Italian philosopher and writer, Cornaro. Cornaro's health was so poor that he went on a very simple diet and lived to a ripe old age. He limited himself to twelve ounces of solid food a day.

"Metchnikoff, in 'The Prolongation of Life,' says: 'It may well be said that great riches do not bring a very long life. Poverty generally brings with it sobriety, especially in old age, and it has often been said that most centenarians have lived an extremely sober life. In Chemin's list I have counted twenty-six centenarians distinguished for their frugal life. Most of

and were going to eat the rest, and if he didn't have the money for it, he better get out and get it.

A few days after that the man came up and wanted his money for that grain. I told him I didn't keep much money out there on the mission station, but that we did our banking business in Bulawayo, and I would give him a check of Bulawayo for it. You know it is a criminal act to draw a check when you don't have the money in the bank to pay for it, but I did it just the same. I knew all that would take time and was counting on Brother Hyatt to have the money there by the time the check got around.

Well, it developed later that the money from Brother Hyatt arrived and was deposited in the bank at Bulawayo on the 19th of January, and the check was presented for payment on the 20th of January. "My God shall supply all your need according to his riches in glory by Christ Jesus."

### A STRIKING TESTIMONY FROM A REDEEMED MAN

TOM MACKEY

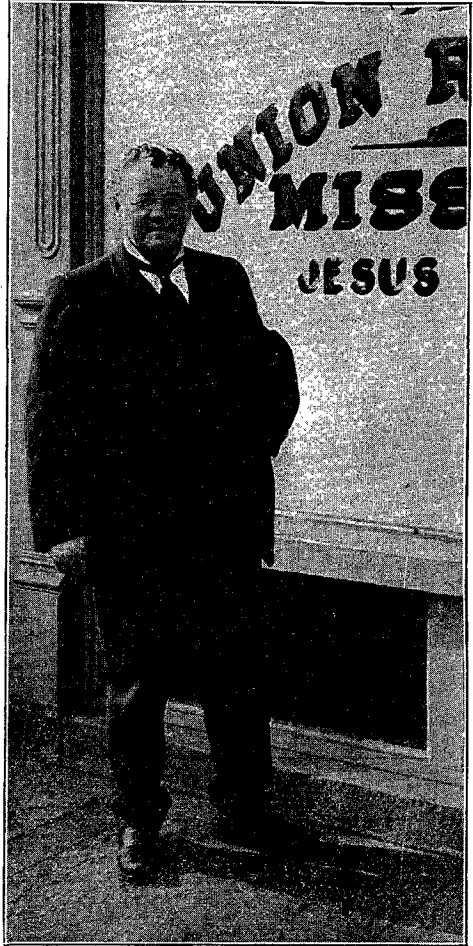
Los Angeles, Cal.

I found myself in sin, bound hand and foot as securely as was the Apostle Paul while at Philippi. This is my joy—knowing salvation from sin. I am looking to Him who is coming again without sin unto salvation. Sometimes men get discouraged while in trouble and think because of being in prison that the Lord cannot help them, but there is no prison strong enough to keep God out.

When Joseph was in prison, B. C. 1720, "The Lord was with Joseph." Read Gen. 39:20-23. Manasseh was bound and carried away to Babylon, "And when he was in affliction, he besought the Lord his God . . . and He was intreated of him." 2 Chron. 33:10-13. Jeremiah was in prison, "Shut up in the court of the prison," but the word of the Lord came unto Jeremiah saying, "Call unto Me, and I will answer thee, and shew thee great and mighty things, which thou knowest not." Jer. 33:1-3.

The apostles were put "In the common prison, but the angel of the Lord by night opened the prison doors." Acts 5:17-19. "Peter was kept in prison: but prayer was made." "And the angel of the Lord came

unto him." Acts 12:5-8. Then when Paul and Silas were in prison at Philippi "they prayed, and sang praises unto God." "And the doors were opened, and everyone's bands were



Tom Mackey, Standing in Front of the Union Rescue Mission, Los Angeles

loosed." Acts 16:25-33. Thus we find the Saviour of men has not changed. He is the same yesterday, today and forever.

Jerry McAuley was in the Sing Sing prison doing fifteen years. Orville Gardner came in one Sunday morning to give his experience. This made an impression on Jerry which led him to seek the Lord. History tells the lasting results of this man's conversion in the record of the Jerry McAuley Mission. One evening

a man named Dan McKinzie found pardon, peace and power. Five years, six months and seventeen days later he (McKinzie) was telling his story in the Pacific Garden Mission, Chicago, January 4, 1894. That night I sat on one of the front seats in that mission and heard him say, "I have found a remedy for my trouble—it is Jesus." I considered the matter a moment then when the leader, Harry Monroe, said, "How many want to be prayed for?" I raised my hand for prayer. I did not know the meaning of faith. I could scarcely read, but the Lord honored the spark of hope that came into my heart that night and I commenced to serve God.

I have made many mistakes and failures, but I never went back to drink, to gambling, to fighting or to crime. I have had some sorrow, but through it all I can say Jesus has never disappointed me, and now I can say that after twenty-four years I am looking unto Jesus with a glorious expectation that I will see Him personally. Bless His holy name.

### FOUND HIS MISSION, NOT WORRYING ABOUT A PARDON

From a Life-Term Prisoner in Sioux Falls, S. Dak.

"I received your letter yesterday and was very glad to get it. I certainly enjoy the LIFE BOAT. I put six or seven cell numbers on each copy and they are distributed each day until they go the rounds.

"I am not worrying about a pardon even though I have a life sentence. A pardon from the governor looks like a small speck on the wall in my sight compared to the great and loving pardon the Lord Jesus Christ gives. Years ago I used to crave a pardon from the governor so I could go out and start a mission and call men in from the paths of sin, but the Lord Jesus Christ has revealed to me that my mission can be in this prison. I have been in prison over eleven years now.

"Jesus says, 'Whosoever will save his life shall lose it, and whosoever will lose his life for my sake shall find it.' Matt. 16:25. In prison a person certainly loses his life. Of course I make mistakes, but I go to the Lord and ask forgiveness. A verse that comforts me very much is found in John 6:37, 'Him that cometh to me I will in no wise cast out.'

"I intend to work for Jesus in this prison the rest of my life here on earth. I must follow Him who bids me 'Come,'—the lowly

Nazarene who was rejected and despised among men. Prison life does not bother me like it did years ago. I know I have God on my side, who is all powerful. 'If God be for us, who can be against us?' Rom. 8:31. The ten LIFE BOATS that you sent to me to circulate through this prison are appreciated by the inmates."

### "MY LIFE IS GOD'S FROM NOW ON"

A Prisoner in Leavenworth, Kans.

"I received your ever kind and welcome letter a few days ago, also a copy of THE LIFE BOAT for which I wish to thank you. You don't know how much I appreciate your kindness to me for it does one good when he knows that there are some good kind people who are willing to give him a helping hand when he is in trouble.

"The Morning Watch calendar which you were so kind as to send to me is of great help to me and each morning before I go to work I read my Bible according to the Calendar, for I love the Bible and every word there is in it, for it is God's holy book.

"There have been times in my life and not long ago that I thought no one cared about a man when he was in trouble. But I found out different, for the Lord always cares, for He said, 'Come unto me, all ye that labor and are heavy laden, and I will give you rest.' I am glad to have a good true Father like Him, for He is a true Friend to us all.

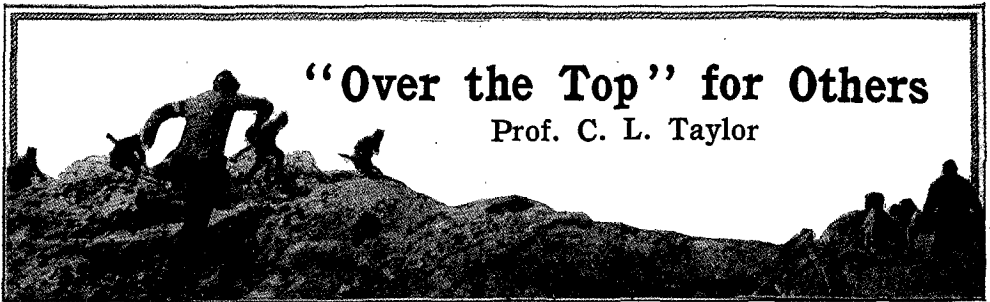
"You do not know how much I am interested in your work, for it is one grand work and should be given support by everyone who believes in God and the right way of living. You do a world of good which you never know about.

"My life is God's from now on and I want to be of some help to others so they will not go wrong as I did. Will you help me?"

### "IT HELPS TO BUILD BETTER CHARACTERS"

From a Huntingdon, Pa., Prisoner

"THE LIFE BOAT is an interesting magazine and I am sure that it helps many to build better characters mentally and spiritually. THE LIFE BOAT brings comfort and peace. May God help you in your work among the children and may they be brought in closer touch with Jesus Christ, the Saviour of the world."



## “Over the Top” for Others

Prof. C. L. Taylor

[On a recent visit of Prof. Taylor of the Emmanuel Missionary College, Berrien Springs, Mich., he gave an inspiring talk to our family of workers, an abstract of which we are passing on to our readers.—Ed.]

I READ in the *Chicago Examiner* this morning of a certain man who was in the front line trench in France. He had been branded a coward by his comrades. He arrived in the trench just as his company left it to charge into a German trap. His company had gone over the top and he was left alone. He thought for a moment of the terrible disgrace of being a coward and then he rushed over the top only to find that his company was without ammunition and helpless before the enemy.

He saw a machine gun nearby and rushed to it. The gunners were prostrate on the ground. The gun was unloaded and he had neglected to learn how to load and in his shame and disgrace he cried like a child. Just then he discovered one of the men was still alive, but the man when he saw the coward, ordered him away. Taking a revolver he pressed the cold muzzle to the dying soldier's head, and said, "If you don't tell me how to load that gun, I'll put a bullet through your brain." The answer came, "Good old boy! I knew you wouldn't disgrace our company." And with the information in hand, he loaded and turned the gun on the Germans and shouted for joy as he saw their front rank go down.

He saved his company. Then a bullet sang through the air, and the "coward" fell, but he died the death of a hero.

Up until that last experience he had been thinking of himself and that made him a coward. When an individual gets to thinking of himself, thinking whether he is going to get everything for himself that he ought to have, whether he is going to get the right kind of a salary, or in the case of the nurse, whether he is going to get the right kind of a case, that person is a coward.

What will you pray about tonight? Yourself. The boy prayed, "Lord help me to be a good boy so I can get to heaven." You have heard of the man who prayed for "me and my wife, my son John and his wife, us four and no more." And you remember the prayer we learned when children:

"Now I lay *me* down to sleep,  
I pray thee, Lord, *my* soul to keep.  
And if *I* die before *I* wake,  
I pray Thee, Lord, *my* soul to take."

Never a word about any one else. And when children grow up with such narrow, selfish ideas of salvation, they are poor, dried up souls. I am tired of these in-looking prayers. I win my greatest battle for myself when I can go out over the top of the trench for the good of someone else.

### What Do You Think About Yourself?

Don't you think that you are so absolutely small that God can't do anything for you anyway? Aren't you stubborn? Aren't you a hypocrite? Do you always look just as sweet as you do now? When you begin to look at Jesus then you will be persuaded that you are a very small affair. You are so weak you cannot do anything.

I have heard some say, "I wish I were as good as you."

I usually answer them, "I see I have made a great success in pulling the wool over your eyes." Notwithstanding all of my littleness I am glad I can do something for somebody else. Where in the Bible do you find Jesus praying for Himself? Point it out for me please. I think of one prayer, when He said, "If it is possible, let this cup pass from me." But He took the cup. He was facing a crisis for others' sakes.

Do you know what it was that made the



first devil in the universe? Lucifer's business was working for other people, but he fell to thinking, "I am pretty good looking." He got "stuck up." And then it was that he became "stuck down."

"Bear ye one another's burdens, and so fulfill the law of Christ." Gal. 6:2. The word "so" means, "in this way" fulfill the law of Christ. If I really want to get on the right side of and away from, my, own feelings, I must forget all about myself and think of other people all the time. This is the thought I want to leave with you tonight—"Bear ye one another's burdens." We are in the time of great struggle. There are young women here tonight who are passing through dark places. They have heartaches, and there are times when they long for mother to put her arms around them again; and there are young men here tonight that need just the help I can give. So forgetting self I will look after their needs. When the day closes, I want to look back upon it and say: "This is the most blessed day I have ever had. I have never prayed for myself all day."

Two or three weeks ago one of the boys over in the College became discouraged and I went down to his house through snow drifts and called on him. When the boy saw me come that morning and saw me take an interest in him and his work, do you think he responded? Yes. He is getting a new grasp on things now, and I am very happy I can help a boy like him.

You will never get to heaven by *trying* to get there. You must forget all about getting there yourself. Go out over the top and get somebody else. You may die in the struggle, but you can die a hero like the soldier boy. So tonight if any of you have been discouraged get out over the top and help somebody else. Lift the cross and the cross will lift you.

Complain not at difficulties. Neither goodness nor greatness can ever be attained in this world without them.

## THE SIMPLE FAITH OF A MODERN SCIENTIST

HOWARD A. KELLY, M. D., LL.D.

[Dr. Kelly of Johns Hopkins University, Baltimore, holds a unique position in his profession. Dr. Kelly has enjoyed for more than twenty years the distinction of being one of the greatest scientists in his line in Europe and America, yet he believes in the old-fashioned faith of our fathers. We give here extracts from a statement of his religious experience published in the *Sunday School Times* of recent date. When a great scientific man like Dr. Howard Kelly places God's word above all the books of science, his testimony only confirms what we have found, that there is life and power in the word to transform the hearts of men.—Ed.]

I have, within the past twenty years of my life, come out of uncertainty and doubt into a

faith which is an absolute dominating conviction of the truth and about which I have not a shadow of doubt.

I now believe the Bible to be the inspired Word of God, inspired in a sense utterly different from that of any merely human book.

I believe the Bible to be God's Word, because, as I use it day by day as spiritual food, I discover in my own life as well as in the lives of those who likewise use it, a transformation correcting evil tendencies, purifying affections, giving pure desires, and teaching that concerning the righteousness of God which those who do not so use it can know nothing of. It is as really food for the spirit as bread is for the body.

Perhaps one of my strongest reasons for believing the Bible is that it reveals to me, as no other book in the world could do, that which appeals to me as a physician, a diagnosis of my spiritual condition. It shows me clearly what I am by nature—one lost in sin and alienated from the life that is in God. I find in it a consistent and wonderful revelation, from Genesis to Revelation, of the character of God, a God far removed from any of my natural imaginings.

**"SOME wait ever for the morrow;  
Present hours slip by;  
So little can be done to-day—  
What's the use to try?  
Notice, he who grasps the moments,  
Every one that flies,  
Is the man in life's short contest  
Who obtains the prize."**

### Satisfies the Heart's Longings

It also reveals a tenderness and nearness of God in Christ, which satisfies the heart's longings, and shows me that the infinite God, Creator of the world, took our very nature upon Him that He might in infinite love be one with His people to redeem them. I believe in it because it reveals a religion adapted to all classes and races, and it is *intellectual suicide* knowing it not to believe it.

What it means to me is as intimate and difficult a question to answer as to be required to give reasons for love of father and mother, wife and children. It shows me God as a

Father who perfectly understands, who can give control of appetites and affections, and rouse one to fight with self instead of being self-contented.

And if faith so reveals God to me I go without question wherever He may lead me. I can put His assertions and commands above every seeming probability in life, dismissing cherished convictions and looking upon the wisdom and ratiocinations of men as folly opposed to Him. I place no limits to faith when once vested in God, the sum of all wisdom and knowledge, and can trust Him though I should have to stand alone before the world in declaring Him to be true.

## The "Soldiers' Heart" Among the Troops

D. H. Kress, M. D.

IN England a disease has developed among soldiers known as "Soldiers' Heart." This name has been given it because of its prevalence among soldiers. There are symptoms present of valvular heart disease, such as shortness of breath on exertion, præcordial distress, etc., but the physical examination reveals no organic disease of the heart. Investigations by the government have traced the causes of this condition to the prevalent use of cigarettes by the soldiers.

"Soldiers' heart" is not confined to the troops. Young women are afflicted with a similar malady. Here too it was traced to cigarette smoking. Smoking of cigarettes is tremendously on the increase among women of Great Britain, especially those employed in munition plants.

The London *Tit-Bits* says: "Before the outbreak of war these women who found consolation in the weed smoked from fifteen to twenty cigarettes a week. But not so now, for the smoking craze has made such headway that there are thousands of women at the present time who think nothing of smoking one hundred to one hundred fifty cigarettes a week."

With "Soldiers' heart" among men and women, the result upon the offspring will be disastrous. The editor adds, "Never was there a time when babies were of such vital importance as to-day. Yet at this critical period when we need strong healthy children to fill the ranks, depleted by those who have gone before, there are likely to come into the world

a race of weaklings who have paid the price of their mother's devotion to tobacco."

Cigarette smoking is not confined to the women of Great Britain. American women are taking up with the practice more and more. The Boston, Massachusetts, *Evening Globe* of Saturday, December 23, 1917, says: "One of New York's fashionable hotels has just opened a cigarette shop, which will be labeled the 'Humidor,' opposite the tea room, beneath the main floor. Women have long had the privilege of smoking in any of the dining rooms in the hotel. They may now buy their cigarettes personally without sending a waiter into the cafe for them. New York is progressing."

In Great Britain, as a result of the experiments conducted by the Hampstead Military Hospital for these heart cases among the troops, the cigarette was designated as the chief factor in the disease. The *London Lancet* in commenting upon this says: "In this war as in wars of the past many soldiers prove inefficient because they become unduly breathless on the exertion which military service entails. The same individuals often complain of præcordial pain, palpitation, giddiness and exhaustion. Some of these cases present the signs of valvular disease of the heart and are discharged from the army on this account. Yet in the majority of soldiers with these symptoms no abnormal physical signs are found. These are classified in the army Medical Service as D. A. H. (disordered action

of the heart). The term 'Soldiers' heart' and irritable heart' have also been applied to them. It has been freely asserted that excessive smoking, particularly of cigarettes, is one of the most potent causes of the condition.

"We are satisfied," the article concludes, "that as an accessory cause in the production of accentuation of breathlessness and pain, excessive smoking is of considerable importance. Many patients will admit that they experience præcordial distress or pain after over-smoking and this is confirmed as we know by inquiry among smokers in our own profession. The general opinion among athletes is undoubtedly against the use of tobacco when preparing for strenuous muscular exertion. However incomplete our knowledge of the late effect of excessive smoking may be, we wish to say, with Aikman, that, "Certainly we should hesitate to administer any drug having as marked an effect over such periods of time."

The observations made show that the smoking of a single cigarette by a habitual smoker was sufficient to raise the pulse rate and the blood pressure perceptibly. The effects were more pronounced in cases of "soldiers' heart." In a large proportion of the cases under observation it was found that the smoking of a few cigarettes can render healthy subjects breathless on exertion.

The editor says: "The results show clearly that the soldier should be warned against inhaling, and of course he should avoid excess."

In America a great many men are sent home from the camps after severe tests, as being physically unfit for service. Heart trouble and shortness of breath have been found the most

common condition among these units. According to the surgeons of Camp Funston, Kansas, "long hikes over the hills caused heart disease symptoms to show among the men."

A tremendous effort is being made by manufacturers of cigarettes to boost their wares. These concerns are behind the various organized efforts to supply the boys in the camps and at the front with cigarettes. It has been urged that cigarettes be placed in the comfort boxes which are forwarded to the Red Cross nurses, that they are as much in need of them to soothe their nerves as are the boys in the trenches.

The young men in the army are being literally flooded with cigarettes. Boys who never smoked are under such conditions most apt to resort to them. Those who, while engaged in office or factory work, could smoke only morning, noon and night, now smoke almost continually.

Before war times there was a strong movement on foot to check cigarette smoking among boys. Scientific reasons were presented which appealed to the better and thinking classes. With the present movement of soliciting funds to purchase cigarettes for these same boys now in camps, very little can be said to the boys still in our schools against the practice of cigarette smoking. The facts pertaining to the influence of the cigarette upon the boys and upon national life should now receive careful thought and study.

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The most valuable lesson any young man can learn is the lesson of self-control.



## "Angels of the Barracks"

Caroline Louise Clough

ONE Sunday when our medical missionary workers were just finishing their services at the Clark street jail they found a young woman in one of the cells who was in need of a friend. They remained behind to telephone the authorities and thus arrange if possible to take the girl out. While doing so the matron of the lockup was so impressed with their earnest, unselfish spirit, that she remarked that the workers are truly "the angels of the barracks."

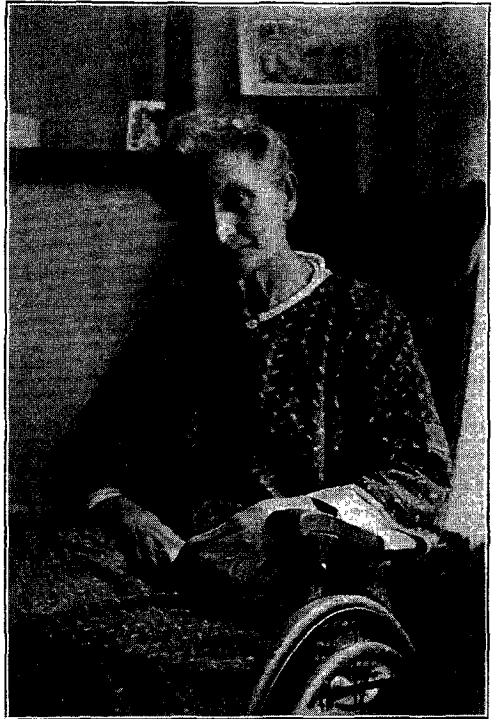
These workers not only minister to those in prison, but they are day by day visiting among the barracks of the poor. One morning, while calling with one of these workers, after knocking repeatedly on a dark door, the entrance to a rear flat, at last a heavy-set woman past middle age opened the door and, upon recognizing my partner, said, "Oh, come in. Please excuse the appearance of the room, as I was lying down. I have been suffering with a severe headache and haven't felt like doing my work. Come right into the kitchen." After accepting the chairs offered us, we sat down and began a conversation, using her remark about her headache as the starter.

I learned that there was one thing that she was indeed thankful for, and that was her knees, that were in so serious a condition that some doctor had advised amputation, had been restored entirely through the careful treatment given her by our missionary nurses. Now, this headache difficulty must be cleared up. The first thing to suggest itself, because of the dark, ill ventilated rooms, was fresh air and sunshine. The headache powders came in for their share of condemnation, and advice was given concerning diet, the importance of keeping the alimentary canal free from poison. Copious water-drinking was recommended. Exercise in the open air. All of nature's remedies, which are free, are the best healers after all, and are within reach of the poor as well as the rich.

After the promise from this woman to do as we had suggested, we knelt in prayer,

asking God's blessing upon the home, and departed, for we had started out to visit some of the homes that had been blessed by the ministry of these medical missionary workers.

Following my companion through a narrow passageway to a small rear cottage, we



An Invalid Who Is Blessed by the Visits of the Medical Missionaries

found another type of invalid. This case was much more serious, a woman who had suffered for eleven years, and for several years had not been able to take a step alone, with no hope but for her disease to gradually grow worse until the struggle should end. Yes, we found there a cheerful spirit and a clean, light and airy home. The woman who had been given up to die was able to rise above discouragement and make the most of her unfortunate condi-

tion. Left alone day after day while her poor, crippled husband went out to make a meager living, she took care of her home in a way that would shame others struggling under less difficulty. She knew her Lord and was trusting her all in His keeping.

We could not help but make a mental contrast of the two women visited. The first apparently knew not the secret power of personal communion with God. The picture was one of despair and hopelessness. The second was the spirit of hopeful struggling against odds. Which would you rather be?

Another home of poverty and need was visited. Here the four children and mother had been blessed more than once by the visits of our workers, and we were greeted with smiles from the whole family, and Katie, who had been dressed up in nice, new clothes last winter, forgot that she had been ill for a week, and, bouncing out of bed, began to clean up herself and the smaller children. And the poor Polish mother, when we left, was asked if there was anything in the world that she wanted that we could bring to her the next time, replied, "No, there's nothing special. Just anything." Her needs were so numerous that she couldn't even think of one thing needed more than others.

Then we visited a dear little Christian woman who is studying the Bible with our workers. Without stopping for any visit, she immediately produced her Bible and began to ask questions, so our study and prayer with her was an inspiration to us and we trust a benefit to her.

The need is great, but the laborers are few. The first-year nurses in training are doing this work. July first a new class will start. New workers are needed to fill up the ranks. It is said that our Master "Went about doing good," so this work comes nearer the Master's of any work that I know of. The Spirit of Christ in the heart changes the hearts of men and women. One invalid woman who had suffered much from the abuse of her husband said, "He's a different man since you girls have been coming to our home. Now he is kind to me. You have made my last days happy. May God bless you."

### "WHY AM I IN TROUBLE?"

From a Prisoner in San Quentin, Cal.

"Prison is the place from which one is urged to look back over the troubled waters of the past, then into the promises of the future. Solitude gives a man an opportunity to commune with himself and to think out the problems of life.

"Yes, life is hard, even on the outside. Here in my lonesome cell I have been thinking. First, I brooded over my particular troubles, and then I let my thoughts roam into the mighty question—why?

"We are being tempered like steel to meet something greater in the future. Since nothing in this world is wasted, it cannot be possible that since hardship or trouble comes to us it is not for some good purpose. We are being tested, tried out, molded, developed.

"Something that I heard some time ago impressed itself on my mind, especially as I have blamed fate for existing conditions. 'Thou has implanted in us the capacity for sin, but not sin itself,' were the words of the sermon which were used to bring out the theme of being tempted and withstanding temptation.

"I believe the environment, antecedents and surrounding conditions, etc., have a great deal to do with the molding of our lives; but it is left to us to rise above them or sink with them.

"No matter what a man's past has been he has a bright, clean future. Some of life's worst bumps come when we take a tumble to ourselves. It is entirely up to the individual, and he does not have to wait until he is discharged from prison to show his sincerity of purpose.

"It is a poor man on the job who says, 'I can't' and quits, and a wise man who knows when he is in a blind alley and has sense enough to back up in order to find a way out. Allow the man within yourself to think and the desired end will be attained. Men succeed in spite of prison records. It is never too late to do right, no matter how much wrong one may have done in the past."

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"I would rather have a man who sometimes caught fire at the wrong spark than one so damp and flabby that you never could get a spark of enthusiasm out of him."



## Why Remain Perplexed

A. O. Tait

Editor, Signs of the Times, Mountain View, Cal.

**T**HIS earth has gotten into such a stormy, violent and riotous condition that much of the human family has given way to gloom and dread, amounting almost to despair as they view the situation and wonder what the future may hold in store for them. It is estimated that fully three-fourths of the race are at this moment absorbing all of their energies in the prosecution of a world war. These people are either in the trenches fighting, or else they are in the factories, or on the farms in the various nations working with might and main to support those who are on the battle fronts. In consequence of this spirit of war throughout the world, famine and pestilence is staring the whole world in the face.

### International Perils a Source of International Concern

Crime and injustice have become international perils and are a source of international concern. Vice, lewdness, degeneracy and general debauchery form a problem not only of the cities of the world, but also the villages, hamlets and country districts, and is even the occasion of much concern in some of the armies that are under the most rigid control and careful military discipline.

Not only do we have these calamities and distressing conditions in the human family itself, but the very elements seem to have partaken of the general conditions, and we have tornados and storms spreading disaster and death by land and sea. Regardless of this general calamitous situation we find thousands of men who are absorbing themselves in the unprecedented concentration and accumulation of wealth; or else seeking to drown themselves in pleasures and folly.

### Seeking to Camouflage Their Gloom

By the pursuits of wealth or by the intoxications of pleasure they seem to be

seeking to camouflage their gloom and drive from their hearts the portents of impending events that are thrilling their hearts with perplexity and despair.

Within the limits of this article we would not have the space to even enumerate the world conditions that have become so appalling that they are filling the human mind with perplexity and despair. We may have sought an answer as to the meaning of these distressing conditions, but have found no satisfactory solution; but if we turn to the Divine Book we find it laden with prophecies that tell the story clearly and what these conditions portend.

### Where to Find the Story Clearly Told

For instance, if we ask the Master what is the meaning of this world in perplexity we will hear him say: "And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity, the sea and the waves roaring, men's hearts failing them for fear, and for looking after those things which are coming on the earth; for the powers of heaven shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory. And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21:25-28.

And again, we hear Him say to us, "nation shall rise against nation, and kingdom against kingdom, and great earthquakes shall be in divers places, and famines, and pestilences, and fearful sights and great signs shall there be from heaven." Luke 21:10-11.

If we ask the Lord for the meaning of these awful conditions of vice and degeneracy that are prevailing, we find Him answering through the records of Luke that the days immediately preceding the second coming of Christ shall be as in the days of Noah and of Lot. Turning to the sixth and nine-

teenth chapters of the book of Genesis, we read the record of the crime, the violence and the vices that prevailed to such an alarming extent as to make it necessary for the Lord to destroy the old world by flood in the days of Noah and to overthrow the cities of the plain by fire from heaven in the time of Lot.

Do we ask the Prophet Isaiah for the meaning of the injustice and general wickedness throughout the world, we hear Him say: "For our transgressions are multiplied before thee, and our sins testify against us; for our transgressions are with us; and as for our iniquities, we know them, in transgressing and lying against the Lord, and departing away from our God, speaking oppression and revolt, conceiving and uttering from the heart words of falsehood. And judgment is turned away backward, and justic standeth afar off; for truth is fallen in the street, and equity cannot enter. Yea, truth faileth; and he that departeth from evil maketh himself a prey; and the Lord saw it, and it displeased him that there was no judgment. And he saw that there was no man, and wondered that there was no intercessor, therefore, his arm brought salvation unto him; and his righteousness, it sustained him. For he put on righteousness as a breastplate, and an helmet of salvation upon his head; and he put on the garments of vengeance for clothing, and was clad with zeal as a cloke. According to their deeds, accordingly he will repay, fury to his adversaries, recompence to his enemies; to the islands he will repay recompence. So shall they fear the name of the Lord from the west, and his glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him. And the Redeemer shall come to Zion, and unto them that turn from transgression in Jacob, saith the Lord." Isaiah 59: 12-20.

#### **No Man That Can Meet the Situation**

Observe that the foregoing text shows that when "judgment is turned away backward, and justice standeth afar off, because truth is fallen in the street, and equity cannot enter," and when God sees that there is no man that can meet the situation, then through His own mighty arm He brings salvation by donning

His garments of vengeance and visiting His recompence upon these deeds of wickedness. "The Redeemer will come to Zion" to bring salvation to those who are seeking for it, and to bring destruction to those who insist on clinging to their injustice, their cruelty and their sins.

We find in the Divine Book when we ask for the meaning of this spirit of war that is prevailing throughout the world, that such scriptures as the latter part of the eleventh chapter of Revelation, also the sixteenth chapter of the same book tell us that when the judgment day is pending the nations will be angry and that the spirits of demons will be stirring the kings of the earth to prepare the world for the war of the great day of God Almighty.

Do we ask the meaning of this concentration of wealth in these times and of the consequent trouble in the labor circles? We may find by turning to the fifth chapter of James the vivid story of the weeping and the howling of the rich who have heaped together treasures for the last days.

We may also hear through the same chapter the cries of distress that are raised by the laborers who have reaped down the fields of the rich and whose wages have been unjustly kept back by fraud.

If we ask Isaiah for the meaning of the same thing he will tell us in the latter portion of the second chapter of his prophecy how the wealthy will be throwing their silver and gold to the moles and to the bats as they go into the clefts of the rocks and to the tops of the ragged rocks to hide themselves from the glory of the coming of Christ in the clouds of heaven.

If we ask Paul for the meaning of the selfishness and greed that are causing these tremendous accumulations of wealth in this time, we hear him saying through the first verses of the third chapter of 2 Timothy that the last days will be made perilous because men are lovers of money. We will also hear him saying that these pleasure seekers, even those who have the form of godliness are doing their full part in creating the perils of the last days.

But instead of these world conditions of war, of strife, of crime and vice, filling us with perplexity and gloomy forebodings, we should hear the words of the Lord when He

says: "And when these things begin to come to pass, then look up (grieve no longer, Weymouth's translation), and lift up your heads, for your redemption draweth nigh. And he spake to them a parable; Behold the fig tree, and all the trees. When they now shoot forth, ye see and know of your own selves that summer is now nigh at hand. So likewise ye, when ye see these things come to pass, know ye that the kingdom of God is nigh at hand." Luke 21:28-31.

### No Gloom or Cloud for Those Who Have Tasted the Joys of Salvation

If we are looking for the coming of the Lord, if we have tasted the joys of His salvation and have thereby learned to love His appearing, there is no gloom or cloud in our minds at this time. Our hearts are filled

with the joyous prospect of His soon return. And we know that when He comes He will put an end forever to all of the perplexities, the wars, the vices and the sorrows that now afflict this earth.

Have you learned to know this great Redeemer; are you looking for His glorious coming? Do you know the thrills of joy that fill the soul as we contemplate the fact that Jesus is soon to appear with all of the holy angels in the clouds of heaven, to resurrect the righteous dead, to immortalize the righteous living and to introduce the mighty throng to all the joys of the eternal world.

If you do not know these things, you have missed the one thing that is worth while and should lose no time in seeking the important prize.

## Is It Patriotic?

R. W. Parmele

A GREAT deal is said in these days about patriotism, and surely this is the time of all times when true patriotism counts. There are also many ways in which our patriotism may manifest itself. It is not enough that we talk it, we should act it out. I wish in this article to raise the question concerning a quite universal practice of the would-be patriots of the United States—Is it patriotic?

I have just made an overland trip through the Island of Porto Rico, and have been not a little surprised to note the many thousands of acres of land under cultivation, not for foodstuffs, not for broom corn, to furnish a much needed article, not for hemp or sisal, with which to make rope, but for a crop of poison, with which to deaden the nerves and benumb the sensibilities of man. The accompanying picture illustrates one of these fields, or a part of it. The white part shows the cheese cloth under which the crop is grown, the building in the center the place where it is cured. The spots dotting the light space are the tops of cocoanut trees growing in the field.

The crop to which reference is made is tobacco. In this time of wheatless and meatless days it seems even less patriotic than ever to waste land, time, energy, and money

on such a product. What answer can be given to the question? What good does the use of tobacco in any form do? The testimony of science is universally against it. Users of it almost universally wish that they had never formed the habit, and many times punish their children for doing the very thing those children see their sire do habitually. Surely it has no friends when men allow their better judgment to rule.

Then think of the expense. Approaching \$1,000,000,000.00 annually in the United States and its possessions. Suppose that money were all turned into the treasury of our Government, and all the land now devoted to the tobacco crop were used for the growing of food instead; no one would be poorer, the former users would be healthier, we might dispense with our wheatless and meatless days, and all would be much happier.

Yes, all would be happier. To be sure, the tobacco user would be deprived of his "pacifier" at which he has been wont to suck, or his quid which he has used to take the place of the sugar tit of his babyhood, but even he would be happier. He would be happy because he would soon experience physical benefit from his change of habits. He would feel more like a patriot to realize that instead of burn-



ing his money or chewing it up and spitting it out, he was so generous a supporter of the Government. He would find the cost of food products reducing, and coming to the markets in more abundance. And he would surely feel glad that he no longer poisoned the air for others to breathe, or defiled his mouth with the disgusting quid.

I have wondered if the users of tobacco could realize how annoying is their habit to those who do not use the weed. At one time I entered the gentlemen's waiting room of a railway station, and conversed for a few moments with a fellow passenger. But the

he stood before me. My seat-mate, of course, was interested and turned his head in our direction, puffing the contents of his cigar my way. I soon got all I could stand and arose to excuse myself from their presence, when the depot master came in and drove all three of the smokers from the room, greatly to the relief of myself, and I am sure of the ladies present. So I repeat, **SURELY EVERYBODY WOULD BE HAPPIER IF IN THIS MATTER MEN WERE MORE PATRIOTIC.**

### PASSING THROUGH TRIAL

From a Waupun, Wis., Prisoner

"I thank you so much for the kind interest you are taking in my behalf and God bless you and the whole mission for the noble work being carried on. I shall try and be deserving of your consideration and will do all I can to discourage the use of tobacco wherever and whenever I can, as I have, since the very time I learned of its destructiveness to the human system, as well as its influence and tendency to create criminals.

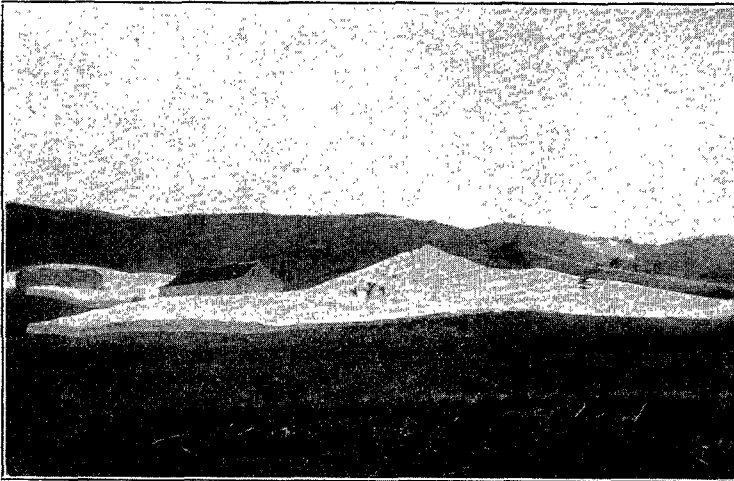
"I have read **THE LIFE BOAT** you sent me, also the tract and passed them on to another

prisoner to read. I hope that I may get some subscribers for you in prison before I go out, and if I cannot get them here I will try to get them on the outside for the good of the cause.

"As to being happy, that I am not. I would be perfectly happy if I could right the wrong I have done to those I was supposed to protect. I have caused my wife sorrow and suffering, and that smites my conscience. I have also written to her that I would never live with her again and that does not give me any rest."

However steep may be one's pathway, let him ever remember that success can be found nowhere below the mountain's summit.

Better one word in time than two afterwards.



"Thousands of Acres Under Cultivation, Not for Foodstuffs, But for Poisons."

smoke was so thick, and the air so foul that I intruded myself into the ladies' room. I seated myself beside a gentleman, and instantly observed that a man was pacing the floor with a strong pipe in his mouth. Then I discovered that the man by whom I had seated myself was smoking a cigar. I was about to take refuge on the outside of the station, where I thought the extreme cold of the day would insure pure air, when something happened.

My fellow passenger with whom I had conversed in the gentlemen's room entered, smoking a cigar. He sought me out and generously offered me one. Of course I declined, and gave my reason. Then he began to discourse on how he did not smoke as much as some men, nor as he used to, himself, all of the time blowing volumes of smoke into my face, as



## An Ever Changing Family

Maud Wilson Cobb

Matron, Life Boat Rescue Home, Hinsdale, Ill.



OUR friends who read THE LIFE BOAT every month cannot help but notice the change in our family. At this time we have only three grown people and three children who were in the Home last fall when I came to mother this large family. Twenty-two faces are missed from our Home. Twenty-two places are left vacant. Each one is missed. Although we receive letters each week from some one of our family, we miss them all and are glad to hear of their courage and hope, and their appreciation of the little time spent with us. We have only placed five children in homes for adoption. The mothers have taken their babies to their parents' homes or they are engaged in some line of work with their little ones with them.

This morning, when I looked at the new faces gathered in our living room for morning worship, I thought of the faces that have left us, and I prayed that God might keep them safe from harm and give me the strength and spirit to mother the new family in the same way, that we might say in the future that we have not had a discord, or an unhappy girl, or selfish girl,

in the Home to mar the pleasure of the family. I do not believe many families who are related could live more peacefully than the large family in our Home.

It means so much to us who are in charge to have the confidence of the girls. What girl would not soon learn to love our Dr. Barber when she knows she stands ready, day or night, sunshine or storm, to come to her when in need. We know our doctor has come to use at midnight and the early morning before dawn, when the night has been so dark she could not see. Yet, alone, she has walked the four long blocks from her room to assist some poor girl in her hour of trial. Through the deepest snowdrift, when no conveyance could make its way through the storm, Dr. Barber never once failed us, and each trip she would bring a world of cheer with her. Not once have we seen her impatient after a hard day's work in the sanitarium, when called by us to come to our Home.

Our sanitarium nurses have willingly given their services and our girls all love



A Happy Family of Babies and Children, Showing Above at the Left Dr. Ora Barber, and Maud Wilson Cobb

the nurses as they bend every effort to lead them to Christ. One can see the Christian spirit in their care for the girls. Their one ambition is to see the girl confess Christ as her Redeemer before she leaves our Home, and in each instance the girls who go to their homes or to work write regularly to their nurses, who continue the good work through correspondence. Our nurses at the sanitarium are indeed medical missionary nurses and do not shirk their duty while caring for our sick girls and babies.

Our superintendent, Mrs. C. L. Clough, who for years has given her strength, time and love to our Home, can not be forgotten. There is never a time so important that she refuses a call from the Home when in need of her advice and counsel. I could not manage the care of the Home and give the good reports of the work without the advice of the physicians, Dr. Mary Paulson and Dr. Ora Barber. Mrs. C. L. Clough, Julius Paulson and N. W. Paulson compose the other members of our board of managers. With all their responsibilities, they never refuse to hear a call for help.

#### What Would You Do?

This evening I am wondering what I would do under similar circumstances. I have just left a home where there is greater sadness and gloom than any home

I have ever left where death had entered and taken a loved one. Here is the story:

A call came to Mrs. Clough early this morning asking the matron to come to Chicago during the day to get a girl who was in great trouble. I reached the home and heard the same old story: "Our little girl is heart-broken. Only a few weeks ago did we realize her trouble. She has never caused us a day's trouble, has held one position for five years with the highest honors, has been an example to her younger brothers and sisters. But this last winter when she began going out automobile riding in the evening, then she got into trouble, and now one can imagine the shock to the family and how their hearts were crushed as she pleaded with them to shield her from the world.

So to-night I am taking her to our "haven of rest," to shield her from the neighbors where she has lived eighteen years, and from her younger brothers and sisters.

Mothers and fathers, you have never known the pain and disgrace unless you have passed through such an experience. When the girl came out of her room with her suitcase in her hand, shrinking more than if she had received a blow, she looked into her big, strong father's face with tears streaming down her pale face, and said, "Good-bye." He clasped her in his arms and, with tears filling his eyes, he said,



Next, with Mrs. C. L. Clough Standing Behind, and the Home Nurse, Gerda Bengtson, at the Right.

"Daughter, don't worry, you will be all right." The poor, tired mother and a sister a few years younger, went to the train with us. I shall never forget the sighs that escaped from the mother's heart as we made our way across the city on the street car, and the sister's pale face, and how careful they were that the little sister should not fall. The mother said, "Oh, how I would have shielded her with my life to have saved her this disgrace. It is only the power of God that she is not in the bottom of the lake to-night."

When they assisted her onto the train the mother whispered, "Be good to my little girl, for it nearly kills me to see her go to strangers. If her condition is serious, please send for me, and be kind to her." How glad I was to promise I would mother her as if she were my own, and every one of our Home girls and our Dr. Barber would do all in their power to help her begin life anew. The mother said, "I believe you."

Friends, place yourself in this father's and mother's place—good, honest, sober, Christian people, striving to raise their family aright, but one flower has been blighted before it reached the strongest stage of life. Should we help them to bear the cross?

I am so glad for a little part in this work. To-night the world holds out no inducement for me, for I hear the voices ringing in my ears every day, crying, "O, Mother Cobb, what can I do, what can I do for peace!" and when their hour of trial comes and I must take the place of mother, then is when I can say, "O, God, make me clean to do Thy work."

Our Home will be filled in a few days, when eight new girls arrive who are expected, besides the number now in the Home.

We want to thank our friends for the money and clothing sent in. We are using everything as fast as it comes, for we need it all and will need more from now on as our family increases. We are unable to thank each friend personally, for many of the names of those sending clothing are torn from barrels or bundles. We take

this opportunity of thanking one and all, and may God bless you for your kindness to us.

### **TROUBLE CAME WHEN HE RAN AWAY FROM HOME**

From Deer Lodge, Mont., Prison

"There is a man here who gets your little magazine, and I read it through and found many interesting things to read, but what interested me most of all was about the two young girls who ran away from home in Chicago. It was just the best thing that ever happened to them after walking along the railroad tracks that you picked them up and sent them home, because otherwise they would have had a bad ending like myself.

"I am a little past twenty-one years of age, and I ran away from home just like the two girls did, and I also came from a good Christian family, and just like those two girls I had trouble in school, but if only I had had the good luck which those girls had and had found a good friend I would not be where I am to-day.

"I have few friends if any in this world and I receive a letter very seldom, but I understand that you can furnish one in my position with a correspondent to write to me. I presume that you fully understand how one in my place longs day after day for a letter from someone in the outside world."

### **ASKS OUR PRAYERS**

From Jefferson City, Mo., Penitentiary

"I take the liberty of writing to you that I may ask of you a favor which I trust will help me some in the difficulty in which I am at present. I request your prayers to God for me that He may restore to me His grace.

"I was converted two years ago when I first came in here and had continued faithful up to December the 22nd, and through manifold temptations I fell away from the grace of our Lord Jesus Christ, and now I am in an awful condition. I have no rest at all. I think you are a people who are willing to assist fallen men, and for this reason I appeal to you that you may help me some by your prayers. For it is written, 'The effectual fervent prayer of a righteous man availeth much.' Jam. 5:16. So will you please do me this favor, for I am in a great distress of mind."

## An Outlaw "On the Run"\*

Prof. C. S. Longacre

THE Swedish people who came to this country years ago settled in large numbers in Iowa, Wisconsin and Minnesota and lived in tents until they had a house and land.

One of these Swedish settlers came to Iowa where they have cyclones. After he had been there a while, a cyclone came along and picked him up, tent and all, and carried him a distance of three miles and set him down in a farmer's back yard. The farmer came out and asked him, "How did you get here?"

"Dis here wind blew me here."

"Are you hurt?"

"Me no hurt."

"Well, brother, certainly the Lord must have been with you."

The settler replied, "If He was, He bane going some."

This is where the expression "going some" originated. Now we have been "going some" and the Lord has been with us, and has been carrying us on the wings of the winds of heaven and we are not going back. We have been making tremendous progress and victory is in sight.

The outlaw which we are fighting tramples on every right and privilege of mankind. The liquor traffic is not amenable to God, man or the equitable restraints of the law. It is the greatest thief and outlaw in the world. It not only takes the last shoes from off the feet, the last morsel of food out of the cupboard, the last furniture out of the house, but it also takes the song out of the mouth, the joy out of the heart, the iron sinews out of the body, the nerve out of the muscle, and the sparkling light out of the eyes and makes them ache for the last long sleep which knows no awakening until the resurrection of damnation.

### Worse Than the Massacre of the Standing Army

Imagine the unutterable grief and consternation which would come to this country if tomorrow morning we should receive the awful tidings that during the night the whole national

army had been massacred. The whole nation would mourn and float the Stars and Stripes at half mast. Such an awful tragedy would go down in history as a never-to-be-forgotten event. But every year in this country an army of men, women and children four times the number of the entire standing national army, go down to premature death and hopeless graves through this wicked outlaw—the American saloon.

The liquor traffic is the greatest crime-producing agency in the world. Think of it; in this country alone last year over three thousand wives were murdered by drunken husbands. Over two thousand five hundred innocent children were murdered by drunken fathers, and over thirty thousand helpless children were forsaken and thrown upon public charity by drunken parents. Over ninety per cent of all murders, eighty-five per cent of all paupers, and seventy-five per cent of all crime, and sixty per cent of all the insane in our public institutions, were traceable, directly or indirectly, to the evil effects of the liquor traffic.

### Where Our Personal Liberty Ends

The saloon people have an idea that personal liberty and national rights give them the right to do exactly as they please without paying any attention to anybody else's rights. It is like your walking up Broadway in Philadelphia carrying a ladder. There is no law in Philadelphia to keep a man from carrying a ladder up Broadway, but suppose he turns a corner and in so doing, swings the ladder and hits a man square on the nose. Naturally the man objects.

"But," you say, "I thought a man could carry a ladder in a free country without being molested."

"That is right, but your right to swing the ladder ends where my nose begins."

Our liberty ends where another man's injury begins. You and I have no right to engage in any kind of business or do any act in the world that is an injury to our fellow man.

There is no such thing as absolute personal

\*Taken from an address given recently by Prof. Longacre in Willard Hall, Chicago, before a large audience.—Ed.

liberty. There may have been at one time, but there is no such thing as absolute personal liberty any more. Of course, when Adam first came into the world he had absolute liberty, but when God created Eve, he had it only in so far as it did not interfere with her. Out in the wilds, all alone, you can point a gun in any direction and shoot, but you cannot do it here on the street in Chicago.

### **Sammy Worth More Than All the Rattlesnakes**

There used to be an old mountaineer who made his living catching rattlesnakes. We may think he was foolish to make a living that way, but all the fools are not dead yet. He would catch live rattlesnakes and put them in a box on the front porch on exhibition and sell them to tourists as they passed by.

He had a little boy he called Sammy. Sammy would meet him out at the gate at night, if he didn't have a rattler, and would kiss him. He was the dearest thing to him in all the world. One evening he had brought in a rattler and put it in the box, closed the cover over it and walked into the back yard to chop wood. While he was doing that, Sammy walked over to the box and raised the lid. The old rattler bit the boy on the leg, and the boy called, "Papa." Papa ran with his axe and chopped the snake's head off and picked up Sammy, put him on his mother's lap and began to scream, "Sammy is dying." A neighbor came to see what was the matter, and as the boy lay there his eyes all blood-shot, the old mountaineer said, "Sammy is going to die, and I wouldn't give Sammy for all the rattlesnakes in all the Rocky Mountains, and all the money I have ever made in selling those rattlesnakes."

We have caught the serpent of the still and put it on exhibition in our glass-front saloons in the hope of gaining a little revenue from the passerby, and our boys and girls who have stepped off the home steps down into these glass-front saloons, have pulled the serpent of the still upon their hearts and today we hear the cry going up all over this country from fathers, "My boy has gone;" and from mothers, "My daughter has gone;" and every time I look into the blood-shot eye and on the bloated face of an American drunken boy and in the bleared eye and on the pallid cheeks of the

white-slave American girl, as she steps out of the saloon haunts, I say deep down in my heart I wouldn't give one bright American boy, nor one pure American girl for all the money we ever made in selling this infernal stuff.

Kansas has one hundred five counties. Thirty-nine of those counties don't have a single poorhouse in them, and three-fourths of the remaining ones don't have a pauper in the poorhouse. The poor farms have been turned into industrial farms. Eighty-five counties last year did not send a single idiot or insane person to the insane asylum. That is a record. It takes two generations of sober people to produce one generation of sane people.

My friends, the saloon is a parasite, which has fastened itself on the people of this country. It produces suicides, homicides, fratricides, infanticides, sorrowcides, aching-sides and burned out insides. It is Uncle Sam's great tape-worm. It is made up of many composite joints—grill joints, saloon joint, red light joint, White Slave joint, and criminal joint, murderer's joint and devil's joint. The only remedy for this terrible monster with its many heads is the national crushing of the monster.

The more a man spends for booze, the less he will have to spend for shoes; the more he spends for the product of hops, the less he will have for crops. The more he spends for wet-goods, the less he will have for dry-goods. The more he hands over to the bartender, the less he will have for the coal vender.

### **Why Not Start a Subscription Paper to Save Johnnie and Willie?**

A widowed mother had two noble sons. She sold her home in the country and exchanged it for a cottage in the city by a shoe shop.

One day a saloon took the place of the shoe shop. At first the boys stayed outside and listened to the music on the inside, then they went inside, and soon the saloon got on the inside of the boys, and you know the rest of the old story. The mother wept for her boys. The oldest boy became intoxicated, walked out of the saloon, across the public square, drew out a knife and rushed at a man, and the man in self-defense shot him down. They carried his bleeding body to his widowed mother.

A few years later the other son lost his life

in the same saloon, and then that widow joined that great army of mothers that have lost all to the saloon.

A few years after the last son was buried, the saloon caught fire at midnight and the mother had to flee for her life. She sat down on a wood-pile in the back yard, weeping as though her heart would break, while her cottage was burning, and a man stepped up to her side with a subscription paper and said:

"Weep no more, we have raised enough money to replace your home."

She lifted up her tear-stained face, and said, "I wasn't weeping about the little house, it wasn't much anyway. That same old saloon burned up Johnnie and Willie, and no one started a paper to save my boys, and if you

cannot bring back Johnnie and Willie, don't bother about the house. I am wrecked and ruined anyway."

Let us circulate the paper that will down the saloon and save other boys. Down with the saloon and up with the man.

The saloon must go because Old Glory says so, and if we cannot conquer by this flag and this standard, we will conquer under God's standard; and His great plan will be consummated. It may be delayed for a little while, but God will triumph gloriously over all enemies and wipe out every foe, and every one of us who fights under the banner of Prince Immanuel will triumph with God under the banner of truth and righteousness. May God help us.

## The "Liberty" and It's Mission

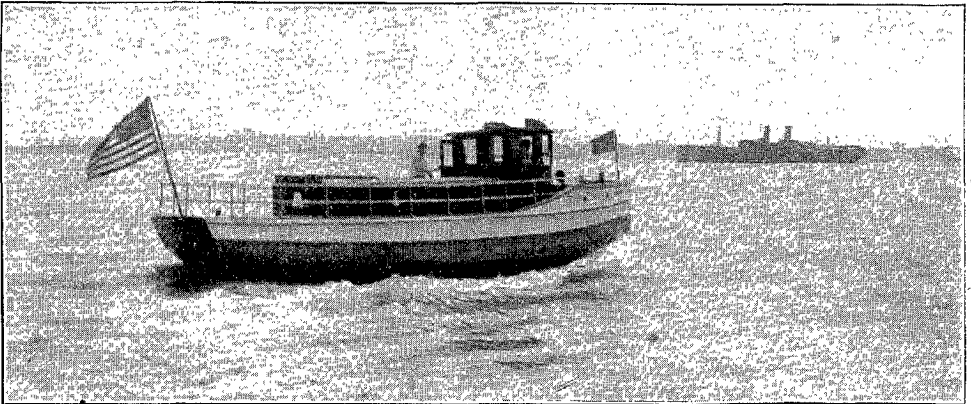
Captain Johnson, New York Harbor

[What is needed today more than anything else is men and women with hearts of flesh so when people are down and in need of help they can look into a face that will bring hope and courage. Peter was on the point of despair, but he happened to look into a face that changed him into another man. The Lord wants men and women whose hearts God has touched. Captain Johnson has been engaged in harbor work in New York City for twenty-one years. His heart has been touched with the needs of humanity. We are giving our readers the benefit of Captain Johnson's recent visit to Hinsdale.—Ed.]

**W**HEN I was young and in the prime of life, I ran away from home to sail on the seas. My father hunted for me, but nobody found me, but they found my hat on the shore and I was mourned as lost.

men and seafaring men. There is no class of men in need of help so much as the seafaring men.

I had a godly mother and father, but my mother died when I was young. I left



The Little Steamer, "Liberty," With Capt. Johnson and His Wife on Board

But I was not lost. My life's work was cast among fishermen, and I can look back and see that Providence was preparing me at that time for my work among the fisher-

home and friends and went to see the world and what was in the world. In my contact today with men on the seas I find that six out of every ten young men start

out to see life without any education and without any help, and they go into that life because they want to see the world. They have no friends when they come into port; there are many places for them to come, but they don't avail themselves of these places, therefore it takes one of their own class—one who has gone through just what they are going through—to talk to them. When they get off the deck of a vessel the first place they go is to the theater and card parties, the billiard hall, the ball room, and, unless somebody is close by them to reach out after them and invite them to some good place, they will never hear a sermon, because many of them travel three or four months, with only a day here and there, before they have opportunity of getting amongst friends; therefore they make friends where they go.

So my work is not talking to congregations, but sitting down with individuals and telling them what God can do for them. In doing that I have to relate my own experience. I tell them how I found the Lord, when a sailor on the great lakes. Twenty-six years ago I went out of Chicago a sinner, but this time I came into Chicago in a different way. Now I have hope in Christ, a hope of eternal life, a hope of seeing many souls saved in God's kingdom. I could not help but think of those things while passing through Chicago as I saw places where I boarded and places where I used to go for amusement twenty-six years ago. That is all taken away now.

The Lord has set a high standard for us, and we must come up to that standard. He set that standard for us eighteen hundred years ago. His life was one of unselfishness. He was reaching out after others, to save others and bring others into harmony with God's plan. To be soul winners we must sacrifice self, denounce the pleasures of this world. There is only one pleasure in this world, and that is reaching out after lost souls.

#### In the Right Place

Last September, a year ago, I visited an American steamer lying at Brady's Pier, at the Staten Island side. I was delivering some books to the captain of the steamer

and a Bible. While aboard the steamer, talking to the captain, another steamer pulled up on the opposite side of the pier. After the lines were made fast, I saw some men go ashore, and I stepped across and went aboard and went back into the saloon.

I found the steward and second engineer and the officers of the ship there. I presented them with some Gospels of Matthew, Mark, Luke and John which the American Bible Society furnish us for free distribution. After I had presented these to the men, the steward spoke up: "I think you are in the wrong place. These Gospels are good for the chief engineer, not for us, but he is ashore. We do not read these books."

I did not say any more, but I dropped leaflets of present truth here and there on the table, and they were soon picked up. I noticed that the second engineer picked up the leaflet on the "Eastern Question," and scanned it over, and I opened my valise and took out a book on that subject and laid it down on the table. Then I took out another one entitled, "Armageddon" and laid that down on the table. I had no more than laid them down when the first assistant engineer picked them up and said: "What is the cost of these books?" I told him a half dollar. He said: "Wait a minute," and he went into his room and came back with that half dollar and gave it to me. He said: "I want to read these books."

#### Wishing for Help

While we were talking, the door opened and in stepped the chief engineer. He stepped up close to me and I caught the fumes of his breath. He had been ashore for his morning draught. Not that he did not carry it with him, but they like to get fresh beer instead of the hard stuff which they carry aboard the ship.

He said to me, "What is your business?"

I said, "The King's business, missionary work."

He was glad to meet me. I showed him what I had and he said, "I have been wishing for a long time that I could meet some man who would help me. I have been in trouble. Will you come to my room?"

I went into his room and we sat down



and talked, and he opened up his life to me. His fingers were all stained with nicotine. He had been a smoker for thirty years. He said that he had had delirium tremens three weeks before, and while lying in his berth in the ship he had seen horrible things.

While talking with him he said, "I was shown that I had committed the unpardonable sin and that I could not have forgiveness for my sins any more." I said to him: "Why should you tell me of this?" You said you were wishing for somebody who would talk to you, and here you are talking to some one now that has been where you have been, for all you know, and has had relief, just as you can have relief. You have not committed the unpardonable sin, brother. The unpardonable sin, if I understand it, is when a man comes to the place where he rejects the teachings of God's Word. When a man gets to that condition he has sinned against the Holy Spirit."

He said, "Thank God, I have not done that. I have been studying the Bible, but I cannot get relief. Will you pray for me?"

"Yes. Will you pray for yourself?"

"Yes, but the more I pray, the worse I seem to get, the more liquor I want to drink and the more I want to smoke cigarettes."

We got down on our knees, and all the while he had a cigarette in his fingers. I offered a simple prayer and reminded the Lord of how He had given me power to let go of those things and had taken them out of my life, and now He could take them out of this man's life. I asked the Lord to touch him and make him to hate the smell of tobacco, the smell of liquor and make him a new man.

I thank the Lord for doing it. When we got up off our knees he walked to the port-hole and threw the cigarette out, and said, "I hate the smell of it; the first time I have ever hated the smell of tobacco." That man, six weeks later, came to my house and said that he had been six weeks without tobacco or liquor.

I thank God for what He can do for human beings. It is wonderful that all the disciples that Jesus chose were poor, hum-

ble, neglected fishermen. He kept them by His side for three years and a half and educated them so that they became mighty men of God in the earth. They wrote the greatest writings of inspiration and handed them down to us to point us to the Lamb of God. They lived the life that Jesus did. They went about healing the sick, waiting upon the suffering, preaching the gospel, and He used them mightily. He is the same God to-day. He can take the weakest and humblest human being and teach him to reach out after souls.

### CONSERVATION MUST BE MORAL AS WELL AS MATERIAL

MAUD WILSON COBB.

War brings a wave of restlessness to any country, and with the demand for workers and the large wages, it tempts boys to leave school, when the law will permit, and enter into some remunerative employment. Think of the thousands of college men who have answered the call to the colors and contemplate how many of these may never return to former tasks. We must see that your children and ours are trained mentally to take their places. Never before was it so necessary for parents to see that the child's training is thoroughly done. There is also a moral conservation or preparedness among our children which seems to me to be America's greatest need. Parents who coax and bribe their children to obey are weakening and undermining the foundations of our liberties.

Children must be trained to respond instantly to a command, to do exactly as they are told, to work without wasting effort, to adapt themselves to actual conditions. Furthermore, they must learn to walk properly. To stand at attention when talking to their elders. To look the speaker in the eye. To cultivate bodily self-control. To sit and stand as straight as a candle. To say, "I do not know," instead of guessing. To answer the question that is asked, instead of the question they had hoped would be asked. To acknowledge unhesitatingly their mistakes. Too many grown-ups to-day, as well as children, are unhappy when disciplined. We

must learn to accept discipline as habitual; then be happy under it. Obedience, thoroughness, are a large part of a soldier's discipline.

Too many of the grown-ups of the race have been pleasure-loving, overfed, under-exercised, in the prosperous days that have passed. A whole race of undisciplined, disobedient children have been reared in homes. In the awful searchlight of world-war times we see the errors of the past, and we must be resolved to meet the need of moral preparedness. There never has been a time that our jails and reform schools have been so filled and overcrowded.

Just think! A few weeks ago over one thousand men and women were locked in our Chicago Police Stations. It is a fact little known that nearly one-half of the indictments for felonies in Cook County are charges against young men between sixteen and twenty-one years of age. The jail division of the County Bureau of Social Service is working in an effort to study and attempt to return to normal life these hundreds of young men, so many of whom are first offenders and victims of bad neighborhoods and environments. Every period of life has its peculiar temptations and dangers, but youth is the time when we are most likely to be ensnared. This is the forming and fixing period, the spring season of disposition and habit, and it is during this season, more than any other, that the character assumes its permanent shape and the young are wont to take their course for time and for eternity.

"Tell me how you bear so kindly with the ways of wild young people?" This question was asked me a few days ago. My answer was this. "Truly, they would be unbearable if I had not also been unbearable myself as well." I can forgive many things in girls now that I dealt severely with a few years ago. When youth is fallen there is hope the young may rise.

We are members of one great body. Nature planted in us a natural love and fitted us for a social life. We must consider that we are born for the good of the whole body. Some people find it is easier to destroy than to construct, possibly be-

cause they are incapable of constructive work.

In the city of Chicago there lives approximately 95,000 boys between the ages of 16 and 21. They are of all nationalities, creeds, colors and conditions of life. A small proportion of these boys have been raised from infancy amid surroundings affording every possible safeguard. This class have had every educational and other advantages calculated to promote and develop character. The second class have not been so fortunate. These come from poorer homes of hard-working, thrifty fathers and mothers who spend most of their time providing for their home, food, clothing, fuel and shelter, and the finer things of life are necessarily neglected. These boys must go to work at the age of 14 or 15, leave school with only a grammar-school education. They have their own way to make in life without adventitious aid. These boys constitute the larger proportion of adolescent boyhood and an important factor in industrial life. Many of them rise above limitations, restrictions and environments and become successful men.

Descending the social scale, we find another class of boys, the unfortunate sons of negligent, thriftless or dissipated parents. While still of a tender age, these lads have become victims of ills that follow in poverty's train, and not infrequently to vice in one or another of its aspects. They, more than either of the other two classes, are liable to fall upon evil days and wreck their lives. Although the melting pot, more often than the average citizen realizes, turns out valuable metal. Read some of the experiences in this LIFE BOAT and investigate for yourself if it is not well to conserve the moral as well as material life.

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Unwillingness to forgive is the most convincing evidence one can give of narrowness of mind and smallness of soul.

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Environment need not and should not determine the character of one's life. The true man will rise above that which environs him.



# EDITORIAL

EDITORS:

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

## THIS SPECIAL LIFE BOAT

This special Patriotic number of THE LIFE BOAT takes the place of the Nineteenth Annual Special Prisoners' number which is due this month. We are not forgetting or neglecting our annual visit to the penitentiaries. We shall go there as usual, by the help of God; but we are also remembering our lonesome soldier boys in the various training camps of this country. So this Special LIFE BOAT is a personal letter to you whoever you may be and wherever you may be, whether in the army, in prison, in your own home or cast out from your home. If you are in need of a Christian friend, write us at once. If you have plenty of friends why not help us to extend the circulation of this LIFE BOAT? Join our campaign to bring good cheer and blessing to all. At least one thousand dollars is still needed to launch this number. We are praying the Lord to send it by May first. May the Lord impress you to answer our prayers. Next month we shall publish the names of those who give to send THE LIFE BOAT to the soldiers and sailors as we have been doing each month recently. Think of sixty million citizens in this country with no church connections and thirty-five

million young people outside the church, and ten thousand small towns in the west with practically no Christian instruction! What do you think of it? Is the Lord stirring your heart to do something for these millions of unsaved, judgment bound souls? If so, why not help us? We are not engaged in this work for any selfish purpose, but we are engaged in this work because our hearts are burdened for the lost souls all about us. The opportunity to reach them will soon be gone forever. Who will help? C. L. C.

## WHAT THINK YOU?

**SIXTY** millions of our one hundred million citizens have no connection with any church. There are fifteen million children in this country who receive no religious guidance whatever. There are thirty-five million over ten years of age outside the membership of any church. There are ten thousand small towns west of the Missouri River in which Christian preaching is rarely, or never, heard.

New sciences, new psychology, new wealth, new forms of amusements are all factors in the decreasing interest in religious training. We are fast drifting into a cultured paganism. Unless the Church takes immediate steps to stem the present tide of indifference, luxury, and commercial greed, this country will soon cease to be a Christian nation—if, indeed, a country in which three out of four of its citizens are without active church relations can be said to be a Christian nation now.

—PROF. WALTER A. ATHEARN.

## AN EXPERIENCE OF MR. MOODY'S

Early in Mr. Moody's Christian life he resolved that he would never let a day pass over his head without speaking to at least one person about Christ. One night he was returning late

from his work. As he got near home it occurred to him that he had not spoken to anyone that day. He said to himself, "It is too late now. I will not get an opportunity. Here will be one day gone without my speaking to anyone about Christ." But a little way ahead of him he saw a man standing under a lamp-post. He said, "Here is my last opportunity." The man was a stranger to him, though he knew who Mr. Moody was. Mr.

Moody hurried up to him and asked, "Are you a Christian?" The man replied, "That is none of your business. If you were not a sort of a preacher I would knock you into the gutter." Moody spoke a few faithful words to him and passed on.

The next day this man called on one of Mr. Moody's business friends in Chicago in great indignation. He said, "That man Moody of yours over on the north side is doing more harm than he is good. He has zeal without knowledge. He came up to me last night, a perfect stranger, and asked me if I was a Christian. He insulted me. I told him if he had not been a sort of preacher I would have knocked him into the gutter."

Mr. Moody's friend called him in and said to him, "Moody, you are doing more harm than good. You have zeal without knowledge. You insulted a friend of mine on the street last night." Mr. Moody went out somewhat crestfallen, feeling that perhaps he was doing more harm than good; that perhaps he did have zeal without knowledge.

But some weeks after, late at night, there was a great pounding on his door. Mr. Moody got out of bed and rushed to the door, supposing that the house was on fire. That same man stood at the door. He said, "Mr. Moody, I have not had a night's rest since you spoke to me that night under the lamp-post, and I have come for you to tell me what to do to be saved." Mr. Moody had the joy that night of leading that man to Christ.

### 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.

### MAKING PROGRESS

When a man can say that he is not ashamed of his thoughts we know he has been cleansed in the blood of Christ. The Lord can cleanse any heart no matter how black and vile. This prisoner writes from Represa, California.

"Your letter of recent date received and it gave me great pleasure to hear from you. I did not receive the calendar as yet. I appreciate your presents very much and am sorry I cannot give to you more than my most hearty thanks.

"I will not try to create a false impression by saying to you I am perfect, but my thoughts are thoughts that I would not be ashamed of inside or out.

"Please let me hear from you again."

### NEWS HERE AND THERE

Mr. Marion Lawrence, secretary of the International Sunday-School Association, was a recent guest at Hinsdale.

John G. Woolley, the noted temperance lecturer, and wife, of Madison, Wis., were also recent visitors at Hinsdale.

C. C. Pulver, C. V. Leach, H. H. Cobbon, of Washington, D. C., and S. H. Wellman, of Columbus, Ohio, called recently while en route to San Francisco, Cal.

L. L. Fairchild, of Columbus, Ohio, has connected with the sanitarium family of workers.

Mr. Julius Paulson is spending a few weeks in California, attending the World General Conference in San Francisco.

Mrs. C. L. Clough and Mrs. Maud Wilson Cobb recently took two Life Boat Rescue Home babies to their new homes in Ohio.

Our LIFE BOAT workers are having astonishing success selling this magazine. From one to three hundred a day are easily disposed of by one individual. More agents are wanted.

# The Life Boat

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

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

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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.

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

## 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.

## MORE WORKERS NEEDED AT HINSDALE

More workers are needed at Hinsdale to help in the domestic department, serving room work, washing dishes, waiting table, chamber work, etc. A splendid opportunity for young women desiring employment with chance for missionary opportunities and medical missionary preparatory training. There is an opening now for several strong young women. Earnest Christian workers preferred. Address at once the Hinsdale Sanitarium, Hinsdale, Ill.

## 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 Desplains 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.

## FABER FOLDING ORGANS



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

Folds like a suit-case

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

## Have You a Camera?

Let Me Do Your Developing and Printing

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

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

Quick Service

Low Prices

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

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

## 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

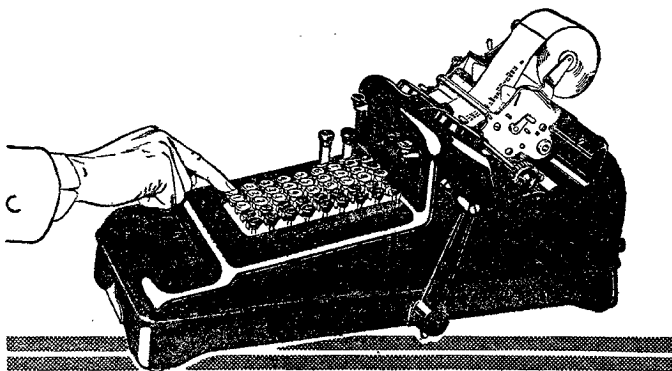
"I received the PATRICIA and think it is just the garment for health."

"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.



## No Business is Too Small for a Burroughs

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

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

### 98 Burroughs Models

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

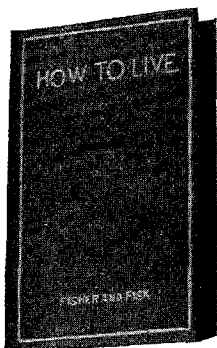
FIGURING AND BOOKKEEPING MACHINES  
PREVENT COSTLY ERRORS—SAVE VALUABLE TIME

PRICED AS  
LOW AS \$125

# Burroughs

# NEW PREMIUM OFFERS

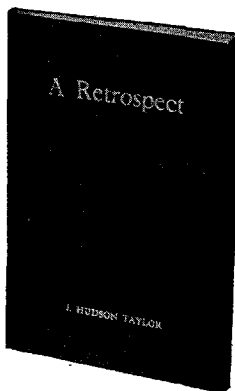
## "How to Live, or Rules for Healthful Living, Based on Modern Science"



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

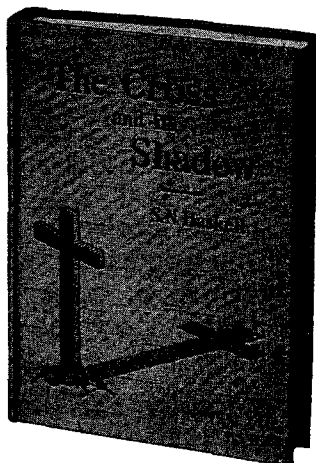
## The Cross and Its Shadow

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



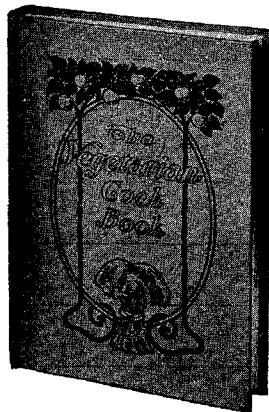
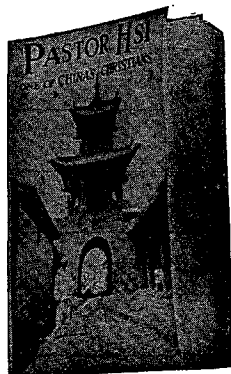
## A Retrospect

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



## Pastor Hsi

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



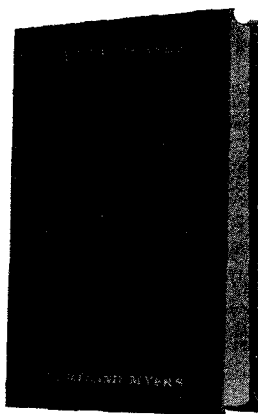
## The Vegetarian Cook Book

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



## Real Prayer

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



## A New Webster's Pocket Dictionary

for only one subscription or renewal at one dollar. This book is really five books in one. It is not only a dictionary but a complete parliamentary manual, a rapid calculator, a compendium in business and social forms, a letter writer and literary guide, and a pronouncing and

statistical gazetteer of the world. Everyone should possess a copy of this handy booklet; bound in morocco and stamped in gold.

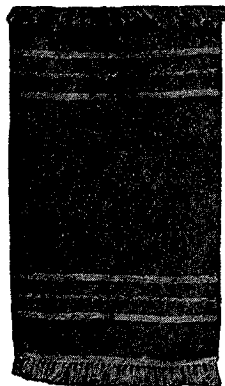
## A Fountain Pen

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



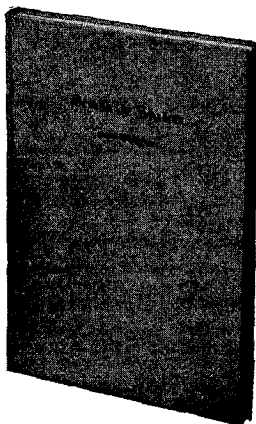
## A Beautiful Rescue Home Rug

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



## Beyond the Shadow

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



## Beautiful Gold or Silver Watch

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



# The Life Boat Practical Health Specialties

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

## PRACTICAL HEALTH SPECIALTY No. 1.

### Natural Rice.

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

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

## PRACTICAL HEALTH SPECIALTY No. 2.

### Genuine Graham Flour.

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

## PRACTICAL HEALTH SPECIALTY No. 3.

### Liquid Paraffin.

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

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

### Prices

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

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

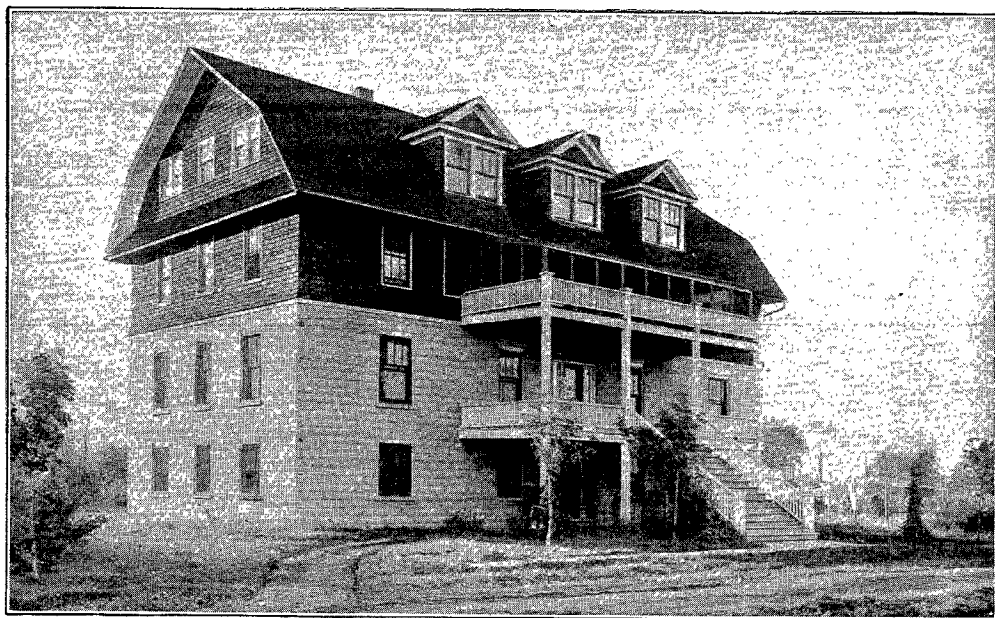
## HEALTH SPECIALTY No. 4.

### A New Health Garment.

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

THE LIFE BOAT, Hinsdale, Ill.

# THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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

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

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

## Are You Contemplating Making Your Will?

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

## Why Not Be Your Own Executor?

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

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

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

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

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

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

Address: **The Life Boat Rescue Home**

**Hinsdale, Illinois**

# VISIT HINSDALE FIRST



*The Main Building*

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

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

A work cure department.

Musical entertainments and lectures.

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

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



*The Main Parlor*

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

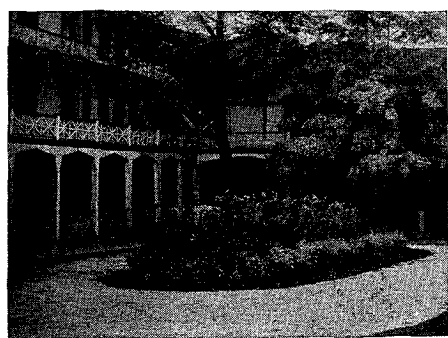
It is completely descriptive and beautifully illustrated. Once you read this book and note the location, the charm of Hinsdale and the ability of this institution to benefit the sick, you will realize that we offer you every possible means of restoring your health and of becoming completely rested, among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

**The Hinsdale Sanitarium**  
**Hinsdale, Ill.**

Phone  
Hinsdale 645

## *Endowed by Nature Equipped by Science*

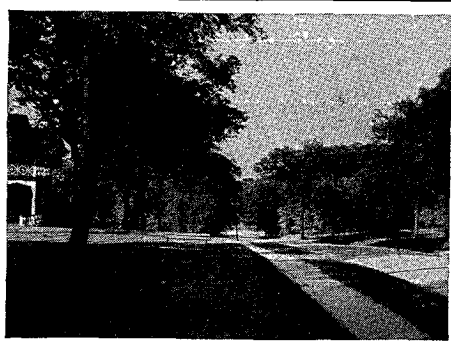
*Do not go abroad for what you have at home. Were it possible for you to see Hinsdale as it is, you would come. So pleasant as to attract many guests who have no ailment. Patients are kept so busy getting well that they have practically no time to worry over their troubles. Pleasant, refined associates.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



*The Driveway*

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

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



*A Glimpse of the Lawn*