

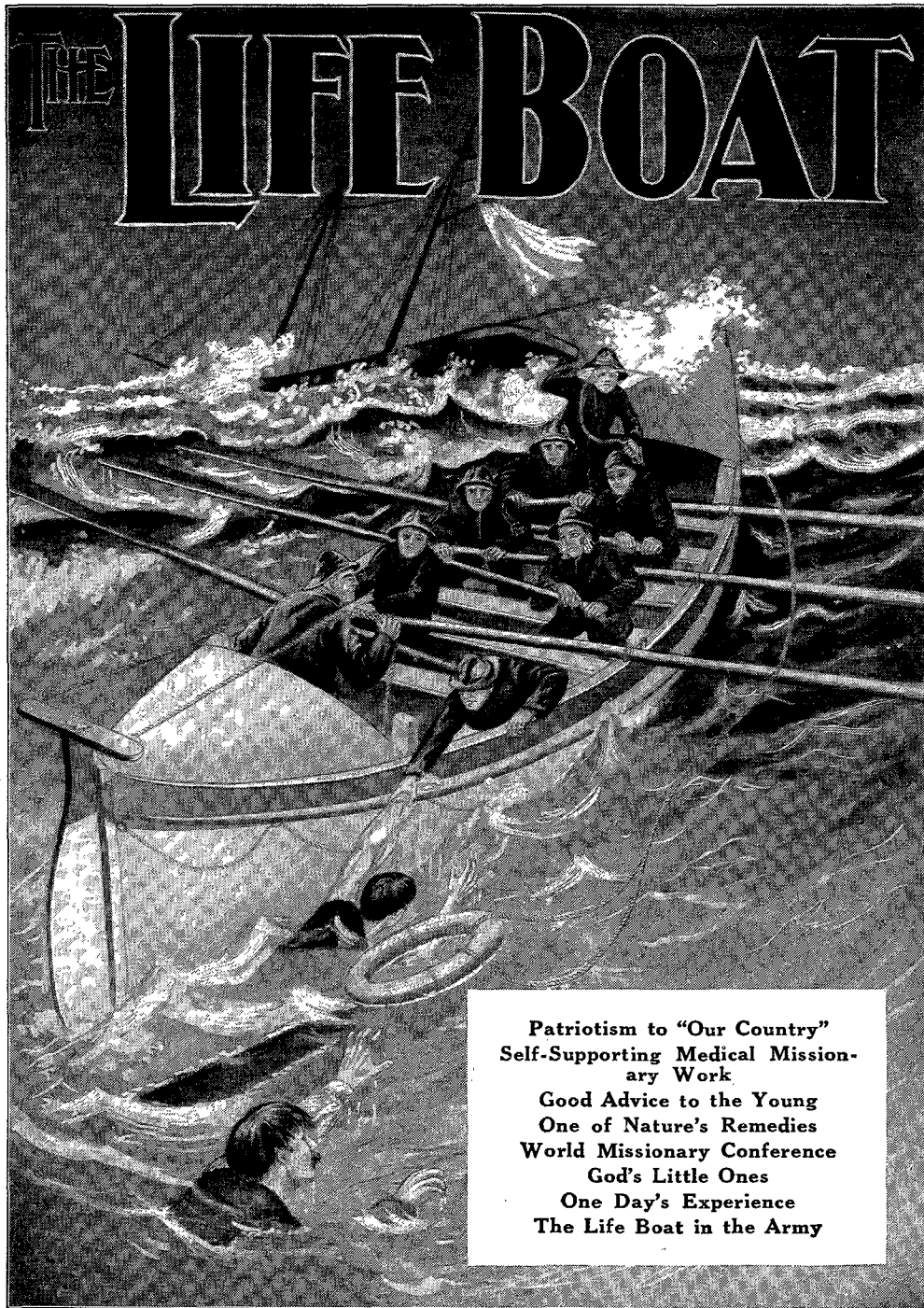
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What Is Next? See Page 185

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Patriotism to "Our Country"
Self-Supporting Medical Missionary Work

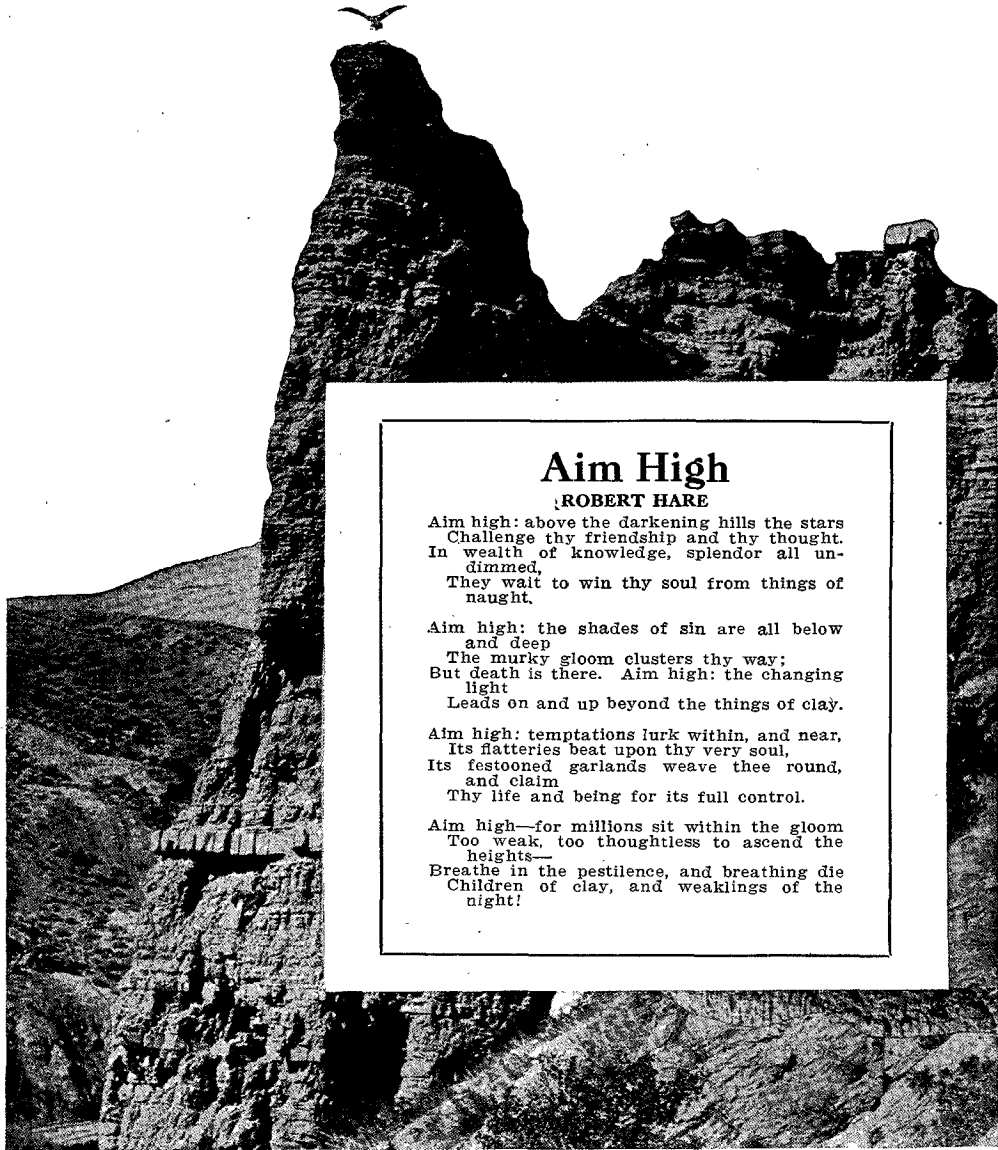
Good Advice to the Young
One of Nature's Remedies
World Missionary Conference
God's Little Ones
One Day's Experience
The Life Boat in the Army

Volume Twenty-one
Number Six

Chinsdale, Ill.

June 1918

Scientific Facts Concerning Tobacco—D. H. Kress, M. D.



Aim High

ROBERT HARE

Aim high: above the darkening hills the stars
Challenge thy friendship and thy thought.
In wealth of knowledge, splendor all un-
dimmed,
They wait to win thy soul from things of
naught.

Aim high: the shades of sin are all below
and deep
The murky gloom clusters thy way;
But death is there. Aim high: the changing
light
Leads on and up beyond the things of clay.

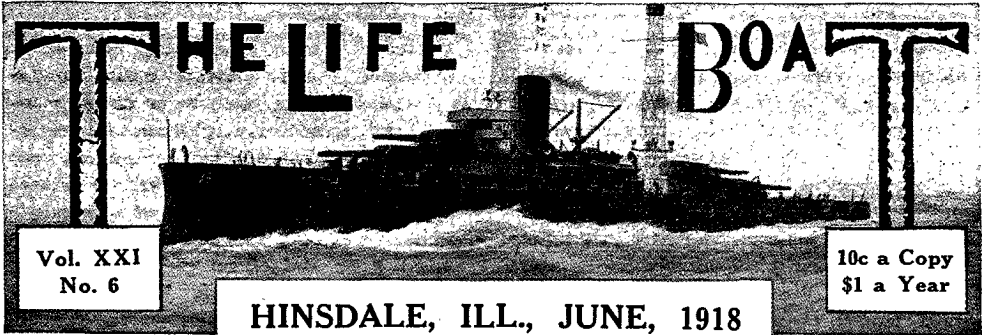
Aim high: temptations lurk within, and near,
Its flatteries beat upon thy very soul,
Its festooned garlands weave thee round,
and claim
Thy life and being for its full control.

Aim high—for millions sit within the gloom
Too weak, too thoughtless to ascend the
heights—
Breathe in the pestilence, and breathing die
Children of clay, and weaklings of the
night!

ARE you ambitious for education that you may have a name and position in the world? Have you thoughts that you dare not express, that you may one day stand on the summit of intellectual greatness; that you may sit in deliberative and legislative councils, and help to enact laws for the nation? There is nothing wrong in these aspirations. You may every one of you make your mark. You should be content with no mean attainments. Aim high, and spare no pains to reach the standard. . . .

Balanced by religious principle, you may climb to any height you please.

—E. G. WHITE.



Scientific Facts Concerning Tobacco

D. H. Kress, M. D.

DURING the past twenty years I have had under my care for treatment numerous drug addicts. The one addicted to the use of opium, morphine or cocaine recognizes that he needs medical assistance, or some strong outside influence to aid him in his efforts to break the habit. In regard to the boys addicted to the use of cigarettes, brought to me by anxious fathers and mothers, all I at first thought necessary was to point out its evils and then give them some good wholesome advice. This I soon discovered did not bring about the desired results. Gradually, I was forced to recognize that the cigarette addict is as hopelessly enslaved as is the opium or morphine addict and that unaided it is as difficult for the one to break the habit as it is for the other.

It is not unusual to hear the cigarette addict say, "Doctor, I have been a drinking man. I have had sufficient will power to give up drink, but when it comes to giving up the cigarette it is a different matter. I find I can not conquer it. I must have some help." Gospel workers have told me that the drunkard is more impressible and a more hopeful subject than is the confirmed cigarette smoker.

I have had the youthful cigarette addicts make all kinds of promises. I have had them request prayer. I have heard them pray earnestly in their own behalf. I could not doubt the sincerity of these boys. But I have seen these same boys a few hours later puffing away at the cigarette as though no serious thought had even been entertained of giving it up. So often has this been repeated that

I have come to place no more confidence in the good promises made by the cigarette smoker than I do in the promises made by the morphine or cocaine addict. I treat these cases now, as I do other drug addicts.

The inhaler of tobacco smoke is in a class by himself among smokers. The ordinary smoker finds it difficult enough to break the habit. The inhaler finds it much more difficult. The cigarette smoke inhaler, however, finds it almost impossible. This is because cigarette smoke contains products of combustion, not present in the smoke of tobacco. The nature of these and their influence upon the smoker has not yet been fully determined.

All tobacco smoke contains nicotine. From twenty to eighty per cent of the nicotine of the tobacco is yielded up in the smoke. Should the cigarette be smoked the same as the cigar or pipe, allowing the product of combustion to get no lower than the interior of the mouth, no more harm would result from the cigarette than from the pipe or cigar as far as the nicotine is concerned.

Another product found in all forms of tobacco smoke is carbon monoxid. The fatal effect of carbon monoxid inhalation has long been known. But aside from cases of acute poisoning, this poison is capable of producing very serious cases of chronic poisoning when air only slightly tainted with it is breathed for a prolonged period. Carbon monoxid is found in illuminating gas and heating gas. A very tiny leak in a gas pipe might liberate enough carbon monoxid to seriously affect the health of families. Carbon monoxid fixes upon the

hemoglobin of the blood and forms with it a stable or fixed combination. This renders the hemoglobin incapable of conveying the needed quantity of oxygen to the tissues of the body. Oxygenation is interfered with and tissue degeneracy takes place. An animal surrounded with an atmosphere containing mere traces of carbon monoxid for one hour has at the expiration of this time been found to contain in its blood one hundred and fifty-two times the quantity present in the surrounding atmosphere. It accumulates and partially destroys the red blood cells. Chronic cases of this poison are doubtless far more common than has hitherto been suspected. All tobacco smoke inhalers are suffering more or less from monoxid poisoning. These cases of poisoning are often misdiagnosed. The attention is rarely attracted to the real cause which acts in most cases with extreme slowness. The symptoms which appear in these cases include muscular weakness, vertigo, shortness of breath on exertion, convulsive movements, pains around the heart, and headache. Memory and sleep may be seriously impaired. Torpor, loss of



A LITTLE BACKWARD

Which can be said of every boy who soils his lips and burns out his brains with cigarettes.

will power are also noticeable. By smoke inhalation much more of this poison is taken into the blood stream than by merely drawing the smoke into the mouth, hence the smoking of cigarettes is the most disastrous way of

using tobacco, because all cigarette addicts inhale the smoke.

"Furfural" is also found in cigarette smoke. It is possibly a more destructive and dangerous poison than either nicotine or carbon monoxid. Crude immature whisky owes its poisonous nature to this product. The amount contained in the smoke of one cigarette is said to be equal to the amount present in a couple of fluid ounces of crude whisky.

Only a trace of furfural has been found in the smoke of the pipe. It is altogether absent in the smoke of the cigar, but is always present in cigarette smoke.

It is very irritating to the mucus membrane of the throat and lungs. It is fifty times as poisonous as ordinary alcohol. In small doses it causes extreme nervousness, tremors, and muscular twitching. In larger quantities it may cause epileptiform convulsions and general muscular paralysis. This product is formed by the combustion of substances which are added for commercial purposes, either to the cigarette paper or to the tobacco out of which the cigarette is made.

Few appreciate as yet the demoralizing influence of the cigarette upon the growing boy. China did not fully appreciate the evils of opium smoke inhalation until almost her entire people were hopelessly enslaved by the habit. Then, as a matter of self-preservation, she felt impelled to make a sacrifice of the millions of dollars which she annually received as revenue from the traffic, and decreed that opium smoking must cease.

In the United States the cigarette is becoming a greater national menace than opium has ever been in China, because of its prevalent use by boys. The cigarette is more to be dreaded than alcohol, for it strikes down and blasts the youth of our country upon whom we depend for the propagation of the race and the perpetuation of the nation. The use of the cigarette by the immature retards the development of both mind and body and results in physical, mental and moral deterioration. The boy who begins to smoke cigarettes at the tender age of eight to twelve years is certain to be handicapped the remainder of his life. As a rule, he is found to be a failure in school and in any profession he may take up later in life. The rapid increase in the use of the cigarette, more than any other one

thing, I believe to be responsible for the rapid increase of youthful criminals during the past twenty years. During sixteen years, from 1900-1916, the sale of cigars increased about twelve per cent. The sale of American manufactured cigarettes increased over nine hundred per cent. The use of cigarettes is increasing at a more rapid rate now than ever before. Smoking tobacco in the ordinary way is bad enough, but as far as the injury sustained is concerned there is no comparison between it and the practice of inhaling the smoke of the cigarette.

A young man with a crippled leg or arm is handicapped in life's battles. He is regarded as an object of pity. Should ninety per cent of our boys be thus handicapped it would be regarded as a national calamity. If these young men should marry, their children would probably have two sound arms and two sound legs. If the young man whose heart, brain, and morals are crippled with cigarettes should marry, his children would probably be defectives physically and morally. We pass rigid laws shutting out of America defectives and criminals and yet we sanction an evil, which is converting our boys into defectives, criminals and degenerates.

What the future holds in store for America if this practice continues to increase may be read in the history of other countries. Spain was once practically the mistress of the world. Her revenue from tobacco at that time amounted to more than she received from her gold mines of India. She has become degenerate and weak. One by one her colonies have been taken from her, the last one being Cuba, the island from which the sailors which accompanied Columbus and explored the island, brought back the report that they saw the natives twist leaves together and "puff the smoke from their nostrils like devils." It was from Cuba Spain received the idea of cultivating tobacco. It was at first cultivated purely as a drug and employed only for medicinal purposes. Its use in time became general in Spain. Men, women and youths resorted to it for solace. From Spain the practice spread to other European countries. It seems strange that Americans should so far be led astray by the tobacco trusts as to shout for them in their efforts to supply the troops with cigarettes. This has been, and is, merely an advertising scheme on the part of the tobacco mon-

opolies. As a result of these efforts thousands of boys who never smoked and other thousands who smoked only occasionally, are now puffing cigarette smoke continuously. Already its disastrous results are experienced.

A disease is common among the troops, to which has been given the name of "Soldiers' Heart." It is characterized by shortness of breath on exertion, and pain in the region of the heart, which wholly disqualifies the young men for service. Thousands are being sent back disabled, and other thousands, while not wholly disabled, are handicapped in their endeavors in army service. These are facts. They are well known to army officials. There is bound to be a reaction to this. The tobacco trusts will find that they have gone beyond their limit. Possibly in no other way could the eyes of the people have been opened to the evils of the cigarette and tobacco in all its forms. The day of reckoning for tobacco trusts is at hand. Tobacco must follow in the wake of alcohol. Let them be buried together.

"THEY SAY"

ROBERT HARE.

Of all the spooks that walk abroad,
Or come at fancy's call,
"They say," that little red-haired elf,
Is spookiest of them all;
But there's no foe to human peace
So false or out of reason,
"They say," though brightly decked with smiles,
It's very breath is treason.

It haunts the village and the town,
Through mansion, hut, or cottage,
Prepared to barter friendship's name
For Esau's mess of pottage.
Its dimpled face oft wears a grin
As though it meant to scold you,
And then in smiles it whispering says,
"Now mind, don't say I told you."

It has no heritage on earth,
And heaven is blest without it.
I wish that mothers all would hear,
And warn their girls about it.
Teach them to hate the little spook
That friendship's ties would sever,
And thus enjoy the peace of heaven
With "They say" banned forever.

Feeling makes good spiritual kindling,
but the good back log of loyalty is needed
to keep up the fire.

Patriotism to "Our Country"

Pearl Waggoner Howard

[This article from Mrs. Howard, our former LIFE BOAT stenographer and proofreader, who is now with her husband engaged in establishing a new mission among the Peruvian Indians, was written especially for our Special Patriotic LIFE BOAT. Having arrived too late for that, we are publishing it here.—Ed.]

WE are living on the very outskirts and heights of Peru, on the Bolivian border. Frontier life is always a vastly different thing than nearer civilization. Since times are always troublous where we are, we could not say anything very good concerning the country; and the *truth* as we know it in this part might not be very edifying.

Peru, like other countries, has its laws. Being so far removed, however, from headquarters we can scarcely know it except by hearsay. Even the numerous and petty officials of the border section laugh at it because of the distance, saying that no matter what they might do they are beyond its reach, and forthwith proceed to do, according to their temperament, that which is right in their own eyes, regardless of injury to others.

Under these circumstances, it can hardly be expected that the highest grade of patriotism should be developed among the Indians. The Spanish-speaking are the lords of the country, and by the oppressed Indians are regarded as natural enemies rather than co-citizens of the same country, which is but natural.

However, there is a patriotism existing among the Indians that, considering the situation, is almost pathetic at times in its demonstrations. They really seem very proud of their Peruvian flag and seize upon all possible occasions to show their pride and loyalty by bearing it aloft. When most wishing to honor our visits to their various localities, nothing quite so makes it manifest as the country's flag, which they bear toward us in a long procession while coming to meet us. Then, after greetings and throwing of flower petals into our faces and over our horses, they turn, some marching ahead of us, others running by our sides, with all the way from one or two to a couple dozen flags and banners held above. After reaching our destination, no matter how burning the sun or how relentless the storm, we have known them for hours to stand at attention with these self-same flags. The flag-bearers in the procession invariably

seem to feel the dignity and importance of their position.

Though the numerous feast days, and in particular the national holiday (July 28) call forth the most universal patriotism, it is to be regretted that the officials—religious and otherwise—encourage it and, in fact, enforce it in the line of drunkenness. In general, he is no patriot or "law-abider" who does not show his loyalty and enthusiasm by becoming drunk. And the ones who the most faithfully follow this teaching, of course, almost invariably end the celebrations in jail. This is a source of satisfaction to the priests and all in authority as it results in fatter pocketbooks for them.

The soldiers, once in uniform, are fairly well treated,—except in the matter of pay. But they are taught the country's language and many useful things. The poor Indians, however, are unaware of any of the advantages of a soldier's life and hide in terror when they learn there is danger of their being taken for this service. After all, it is small wonder. They are run down and hunted periodically, when it is desired to increase the standing army or police force, or else when some additional money is desired by some official who has exhausted other resources. As so much per head is paid to the official turning in the prospective soldiers, it can be seen how this custom might be abused by the unscrupulous.

If the captured Indian is able, he can secure his freedom by paying a required amount to the official,—only, of course, to run the risk of similar capture and bribe all the following days and weeks till sent on to higher authorities. The Indians are herded as criminals, unfed, except as able to bribe the soldier guards to bring them food (the prisoner, of course, paying). They are bound when first captured, also when in transit,—at least as a rule in these parts. Many of our converts have been taken in this way, as "punishment" for accepting our religion.

At present our chief's son has been in the army for three months. For several weeks he was abused as a common criminal before being

sent on to military headquarters, in spite of our efforts. He and his father were among the first baptized at our mission station, and this boy was among our most promising pupils. We encouraged him, however, to live up to what he had learned, and to make a good soldier in case he was sent on. It has been impossible as yet to get in touch with him since. In fact, families are in this way often broken up without the parents having the slightest idea of the son's whereabouts. Once captured on the road no permission is given to return home for any small possessions or for leave-taking with loved ones; and as writing and reading are unknown it is rare that means of communication presents itself.

We cannot help but compare this method of "enlistment" with that of which we read in our home papers from the States. In fact, the contrast between life here and there is so different in every particular that we are prouder every day of our home country and its principles. Of all the countries on earth there is none we would prefer to have our names connected with than the United States. A stay on a frontier like this would surely cure even the most disloyal.

But to be citizens of a heavenly country is a thing which makes us still more glad. We realize that our true citizenship is above, with God himself, our Father, the law-maker and Ruler. Only those who faithfully keep this law can be citizens of this eternal country; hence it is that we are teaching the Indians. As they learn that above and beyond all existing hardships, lawlessness and abuses of the only country they have hitherto known, there is another country where sin and trouble shall never enter and where all tears shall be forever wiped away, a new hope enters their lives and is seen in their faces. They are instilled with a new patriotism they have never known before for a country where they themselves will be regarded as citizens with all the rights of citizens,—where nevermore will they be robbed of houses and fields, as is now the case. (Isaiah 65:17, 21, 22.)

It is true, life on this frontier is not the easiest. Neither is the soldier's life in the trenches the easiest, if reports are true. But principles worth while are worth fighting for, and we remember often the encouragement in

2 Tim. 2:3, to "endure hardness as a good soldier of Jesus Christ."

Not only to those who may be called "missionaries" in some foreign land is this advice given, but to all who have taken the name of Christ and enlisted under his banner,—whatever and wherever their lot and calling. Many of Christ's soldiers are isolated, for not alone on one battle front is His battle fought. Some may come from the farm, some from the various callings of city life, from all the known vocations; some may come from "shut-in" lives, from sick-rooms or even from behind prison bars; some from earth's military camps. Place matters not; the Captain knows each one who has been true to His service and worked to extend the principles of Heaven's kingdom and guarded its laws. May we be among that mighty army which shall be given the right to "enter in through the gates into the city" in that heavenly country. All signs show that God's kingdom is soon to be set up. Let us be diligent to make our citizenship secure.

TOO FAR AWAY

The Bible says that "in quietness and confidence shall be your strength." The thoughtful, quiet, trusting child of God is strong; but is not the reverse equally true, that spiritual strength brings quietness and confidence? Is it not as the little girl of five suggested? She heard a preacher praying most lustily, till the roof rang with the strength of his supplication. Turning to her mother she whispered: "Mother, don't you think that if he lived nearer to God he wouldn't have to talk so loud?"

—Selected.

Nothing runs of itself except when running down hill.

Courage is the standing army of the Lord.

Birds and lilies never murmur. That is one reason why we love them.

If a man has in his heart the spirit of Christ, he is a gentleman.

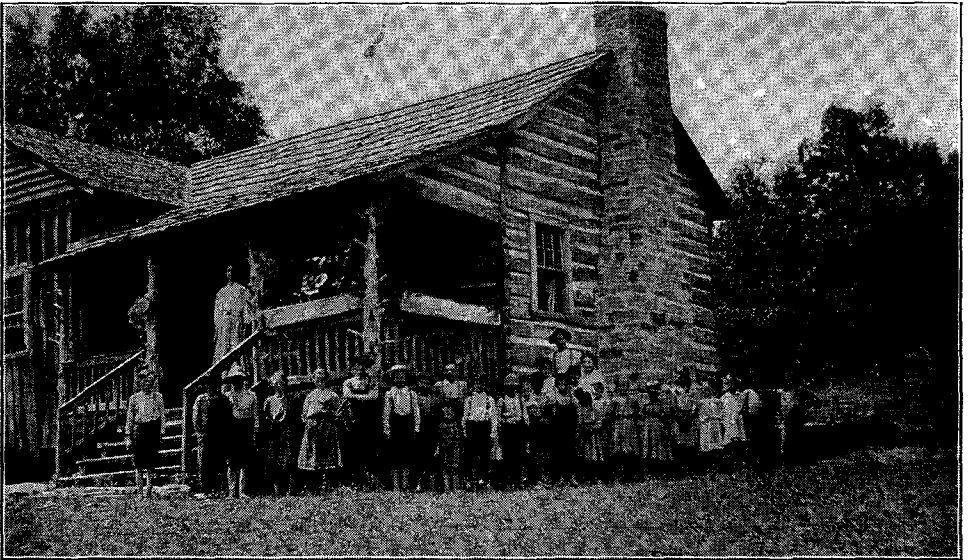
Don't despair, but if you must despair, struggle on in despair.

Self-Supporting Medical Missionary Work

Caroline Roberson

AFTER my graduation last summer from the Hinsdale nurses' course I returned to the work which I loved among the mountain whites of Tennessee. About forty mountain children from the district around had been attending our school there. My work was to go right into the homes of the people and give them Bible readings, and when I was not too busy at that I would make calls. When we were not out visiting the people they would come and visit us. The people expected us to

about ten o'clock in the forenoon and we drove about five miles. It was a bitter cold day. When we reached our destination we found a small log cabin, with only one room, no windows and so dark inside I could not see a thing. One of the women walked up and led me to the fireplace, and then I asked about the patient, how she was getting along. They told me she was already dead. It was so dark I could not see, so I asked for a light. When the lamp was lighted I found I was standing



A Rural Mountain School House in Kentucky Showing a Group of the Mountain Children.

study the Bible with them and have prayer whenever we visited their homes.

We attended their Sunday school and were asked to help with the work, and in fact to lead out. Sometimes I was superintendent, or would teach a class, and always did something. When we attended their prayer meetings we were asked to lead. These people are as raw and untrained as any you can find in the south. It would be difficult to imagine the conditions under which they live. The majority of the families live in small, one room log cabins, many of them with no windows.

The First Experience

My first experience in district nursing was in a home of that type. They called for me

beside the patient who was lying in a bed. There were several neighbor women who had gathered there and when I came in they grabbed me, put their arms around me and thanked the Lord that I was good enough to even come and try to help them. They thought that I was so much above them that it was a condescension on my part to even visit them in their homes. When the lamp was lighted I found there a tiny new-born babe that had not been dressed or cared for and was nearly dead with cold and exposure. The first thing I did was to take my coat and wrap around the infant. These people were extremely grateful for the service I rendered them at this trying time, and before I left I asked them

if they wanted to have a word of prayer. They were all willing.

A Woman Led to Love Christ

There is another case that is really much worse than this one. Some of the neighbor women wanted us to call on this woman, which we did, and found her lying on an old bench with only a few quilts for a bed. This woman had been sick for years with a complication of diseases and had been lying on that hard board for so long that she was practically covered with sores. The first thing we had to do was to clean up the house. By borrowing from the neighbors and improvising we managed to get tools to clean with. Each time we visited this woman we had a season of prayer with her. While she had been very much opposed to any form of religion and had even mocked at it, yet before her death she accepted Christ. As soon as we took an interest in this woman and did for her, the neighbors far and near began to take an interest also, and sent in bedding and all kinds of clothes for her, as there was nothing in the house in the way of supplies or clothing, not even a wash cloth could be found to bathe the patient with. A few days after my first visit to this patient I secured some clothing from people in a nearby town and took them to her.

Cared for Two Children With Pneumonia

One case that I attended they called up and said they wanted a trained nurse, that they had a little girl who was sick and they were expecting her to die any time. This was about eighteen miles from our school. It was nine o'clock at night when they came for me. We drove from nine until two-thirty in the morning before we reached the home of our patient. This trip had to be made alone with the driver, who was a stranger to me. But I soon got into conversation on religious topics. We missed the road several times and had to wake people up along the way to direct us right. These people are not acquainted but a few miles away from their homes. When we reached our destination we found the little girl nearly dead. These people were fairly well-to-do. With the doctor's permission I began to give hydrotherapy treatments at once and the child who had pneumonia began to show signs of improvement.

In the meantime the baby came down with pneumonia. And with the treatments it made

a satisfactory recovery. The successful cure of these patients was attributed to the treatment which we gave them. The grandfather of the child drove back with me in a heavy storm and was obliged to stay all night at our school home. This gave us an opportunity to talk with him.

Sacrificing Comforts to Help the Needy

When I returned after a ten days' stay in this home I found that several calls had come in for my services which others had to attend to. About four days after, another call came and we had to go ten miles in a heavy storm and there we found a little one-room log cabin and six children in the family. I stayed with the family four days. They were very, very poor. All we had for breakfast was soda biscuits and molasses, and corn bread and beans, or sweet potatoes for dinner. They kept the children away to the neighbors to sleep while I was there so that the room could be quiet, and they had a smoke house out back of their little one room cabin where the children stayed during the day.

These people all use snuff, many of the children as well as the men. You have no idea how they smoke and chew tobacco, even the women as they are about their work in the house.

This house was so cold that I could not give the treatments as I wanted to give them and the place I had to lie down was just a bench with one quilt. I had to keep my clothing on all the time. It was very cold weather and living in this one-room log cabin was positively the same as living out doors. The draft from the cracks in the door and walls made it almost worse than living right outdoors.

I would not have known how to adjust myself to the terrible conditions that I found in these homes had I not been instructed beforehand just what I would meet. None of these houses are screened and they are black with flies during the fly season.

Another home where I was called, there were three children sick. One with pneumonia, another with bronchitis and another with grip. There were six children in the family, the oldest girl of seventeen was married soon after I left the home. The last day I was there I stepped outside and when I came back in there was an old hen sitting in the middle of the bed. I expressed surprise,

but was told that the hen was used to laying her eggs there in the middle of the bed, and there my little sick patients were in the same bed! This family was much interested in keeping the commandments and for a time made an effort to obey the Lord.

Many of the women that I found could neither read nor write. The people are always willing to pay us for our services, but seldom have anything to pay with. Sometimes, however, they send a can of fruit or some sorghum for our home. They especially appreciated the treatments we gave and it seemed no matter what treatment we gave, it produced satisfactory results.

There are many more cases I might speak of, but one can hardly find words to express the conditions as we find them. In all the five months that I have been engaged in this work there have only been two cases where they were able to pay me. One was for ten days' nursing, the other for four days. The financial side of this work is small when measured up with the blessings we have, so we forget all about not earning any salary. There is a joy in unselfish service for others that money cannot buy.

Before taking up this work I had no realization of the conditions as I found them. A family living across the way from us were destitute. The children were not clothed and they had not sent them to school. The mother used tobacco almost constantly and when they could not buy it they would send the children down the road and beg it of the passersby. Some of these families we found very reckless.

GOOD ADVICE TO THE YOUNG*

WM. GOODELL FROST,
Pres. Berea College, Berea, Ky.

I want to say to you young people that God has a plan for your life. You should take your life seriously. You cannot afford to drift. You do not know how important a person you may be. There may be some one in this little group here that will some time stand in a position where the happiness of a great majority of people may depend upon your fidelity. No matter even if none of you are ever brought to a position of prominence or fame you will all be brought to a test which

will be for your crowning or your disgrace, so I believe that the young people who take this seriously, those who have a reasonable ambition, an unselfish ambition, who are determined to do their best, they are the ones that Providence co-operates with and crowns.

God has a plan for you, and a large plan. Now have you ever thought of that? You can contract your plan; you can shear it off



Wm. Goodell Frost

and pare it down. You can say, I will neglect this book, I will not do this or that, and you can make your life plan small and then after awhile you will want to go back and live over again.

The most sad experience I have had is to sit down with people advanced in life who want to know if they could not go back and pick up what they had lost when they were young. We can do great things. I have had a father graduate with his daughter in the same class, but he did not get what the daughter did, so it is important that we should do large things, and plan large things while we are young.

I have heard a story about a wealthy family down in the south part of this state. Somebody asked the man how he came to be so wealthy. They were not particularly smart, but they were rich. They had come into the country when the country was new and there

*Told at the Hinsdale Missionary Volunteer Society, May 12, 1918.

was a large amount of land to be had at \$1.25 per acre. His wife told him, "When you are getting it, get a-plenty." Now I want to say to you that while you are getting your education, it is to be had in this way. We live in a country where schools are free, so "while you are getting it, get a-plenty."

There are three or four suggestions I would like to make to you tonight.

Have you begun marking your Bible? Do not be in a hurry to mark it too fast, perhaps with a pencil first, but a marked Bible is a good thing. It is a wonderful book, an entire library of sixty-six books. Nobody knows it all, but you want to make some tracks, some landmarks in it. When you get hold of a few of the best things in the Bible, freeze on to them. You can master the forest if you have some landmarks, so have landmarks in the study of the Bible. One of the things is to review our Bible carefully. We should study such and such things in the Bible carefully so as to be fortified against such and such temptations. It ought to be as definite as a course in mathematics; as a course in geography.

We all know that the New Testament is more important than the Old and that the words of Christ are the most important of all. I think I know the most important text in the Bible. There are three or four perhaps which can compete with it. Perhaps one would be "God is love." There was a lawyer once who asked the Master a question. Lawyers know how to ask questions. He said, "Master, what is the greatest commandment in the law. The laws are very complicated and what is the greatest thought the perfect thought, the soul thought?" I am thankful it was put down. What is the greatest commandment, the one which if kept, other things will follow? He said, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. And the second is like unto it, thou shalt love thy neighbor as thyself." Matt. 22:37, 39.

Then there is a part of the Lord's prayer. It is on the lips of all Christians. "Thy will be done, thy kingdom come." That is the desire of all Christians, that of the coming kingdom.

Then in the 10th chapter of Acts: "But in every nation he that feareth him, and worketh righteousness, is accepted with him."

ONE OF NATURE'S OWN REMEDIES

C. W. HESS.

[Mr. Hess is in charge of the Work Cure department of the Hinsdale Sanitarium. In this department the patients weave rugs, frame pictures, make baskets and other small articles, and thus become so absorbed in working with their hands that they forget their ailments.—Ed.]

"It's a splendid thing! I forget all my aches and pains when my hands are engaged in this work." Another patient at the sanitarium who is confined to the wheel chair said, "I have so much to worry about that when I am not in the Work Cure doing some of the pleasant things which I find to do there, I am thinking about myself and my troubles."

The sanitariums in our land are kept busy caring for large numbers who are intemperate,—doing too little or doing too much. To illustrate: the broken-down teacher comes for treatment. She has taxed her brain to the utmost capacity, failing to even think of the physical or spiritual side of life. Had she judiciously divided her efforts, what a changed condition there might have been.

The minister of the gospel often brings premature suffering and sometimes even an early death in his zeal, while if he had labored more physically he might have saved his life and his health. To remedy the situation educators are making prominent in our graded schools, normal schools and colleges the training in manual arts. To supplement this training we have in our sanitarium the Work Cure, which affords opportunity for occupation of both hand and mind. While thus engaged with the hands at some useful, attractive labor, the mind is diverted from the physical ailments of the body. Under these conditions the rational treatments become rapidly effective, the monotonous, weary hours are rapidly converted into moments of pleasure and contentment. In this improved condition the thoughts may be directed heavenward to the Source of all blessing, even to Him "who forgiveth all thine iniquities; who healeth all thy diseases."

Many have a false idea of God's ways and dealings with men. They give the impression that He is arbitrary and that He is a hard Master. They fail to realize that all His commands and acts are expressions

of love. When He drove the holy pair from the garden and placed an angel with a flaming sword at the gate, that they should not re-enter and eat of the tree of life and perpetuate life in sin, when also He gave the command "In the sweat of thy face shalt thou eat bread till thou return unto the ground," men failed to appreciate His love and have been constantly seeking to find a better way.

We find the great problem is to stay the tide of migration to the cities. The youth are not educated to bear their share of life's burden. Contrary to this, definite plans are laid by many parents to evade work and to instil into the hearts of their children a desire for an easier way, not to work as hard as they worked or to engage in so-called menial labor. They soon catch the spirit. Satan is thus laying his plans for unwary feet, for "idle hands are the devil's workshop."

Let us consider God's plan for a few moments. Jesus upon one occasion said: "My father worketh hitherto and I work," and again, "I must work the works of him that sent me, while it is day: the night cometh, when no man can work." John 9:4.

God sends the angels forth as ministering spirits to minister to fallen man and "all things in nature do their allotted work." Action pervades the whole creation. He gives us the earth and its treasures, but we must adapt them to our use and comfort. He causes the trees to grow "and we prepare the timber and build the house." And since it is only through toil that we can partake of earth's harvests, why should we not follow the example? What more can a loving Father do for us than has been done? The Lord of glory came down to this earth, took upon Himself the nature of humanity and became a pattern for us. As a character builder all His work was perfect. The same perfection was brought into His secular labor as was brought into the characters He was transforming by His divine power.

When, at the close of creation, beholding the fruit of His labor, He said that it was "very good," and we may as reasonably suppose that at the close of every day in His life work He could bear the same testimony. Let us not forget that Jesus loved His work and wants to bestow upon all the same spirit. If love for our work could come into our lives, how vastly different would be the results!



The articles shown in this picture were all made in the Sanitarium Work Cure, even the pictures on the wall and the rugs on the floor.

In the days of Sodom, the prevailing sins were "pride, fulness of bread, and abundance of idleness. Ezek. 16:49. God bore with them patiently, but finally their course led to their destruction.

In our day, conditions in general are not improving. The cities are fast becoming like Sodom and the cities of the plains.

It remains with us to lift up the standard—to give to the world the true conception of living. Everywhere there are those who need our help. Many love their work and have given their lives to the work they love beyond their strength, and there are thousands who, failing to grasp the true principles of living, are drifting about, while there are multitudes who are indifferent.

“Droop not, though shame, sin and anguish
are round thee

Bravely fling off the gold chain that hath
bound thee;

Look to yon pure heaven smiling beyond
thee,

Rest not content in thy darkness—a
clod!

Work—for some good, be it ever so
slowly;

Cherish some flower, be it ever so lowly;
Labor!—all labor is noble and holy;

Let thy great deeds be thy prayer to thy
God.”

“IT WOKE ME UP”

From the Wisconsin Penitentiary.

“THE LIFE BOAT certainly has been the means of pointing out to me my path in life while in prison. It was in prison that I first read one of THE LIFE BOATS. That number contained a few columns about tobacco and alcohol, which, when I read, put me into a deep study, and being in poor health, I wondered if tobacco using and alcohol was not somewhat responsible for my poor health. Well, to tell the blessed truth, it has been the cause, not only of my poor health, but to a certain extent of my criminal record, as well as it tended to degrade me, lowering me in the estimation of others and thereby making me still more careless of myself and others, until at last I could not associate with the cleaner class of men and women, but only with those of my own class, which still further tended to degrade me. These habits finally landed me in prison.

“In prison I commenced to think and to reflect on my past life until I resolved to read the books called medical science or physiology, also THE LIFE BOAT, which I read immediately and which further strengthened my resolve to read and study physiology. I now

feel certain that I can give up tobacco, and beer, forever.

“I certainly do feel grateful to THE LIFE BOAT, for it has been the means of waking me up to a higher and nobler existence in life and making me feel that I also have a mission in life which I can render to humanity, and make myself useful in warning others of a similar fate.”

GROWING STRONGER IN JESUS

From the Dannemora, N. Y., Penitentiary.

“I received your letter. I am always glad to hear from you. I remember your first letter to me five years ago which touched my heart; and led to my conversion. Ever since that first letter I have been growing stronger in Jesus Christ. I love him because he first loved me; and I find him to be all and all. I am rejoicing in him and I thank God for my good health and what I am this day. I have not been sick since I have been here all these years; so you can see that God has been good to me. I have plenty to eat, have a good job out in God's sweet air, and I thank and praise Him for it.

“When I am free again I am going to work for God, help sinners to the cross of Christ, help little children to help one another and serve God, that is what is in my heart today.”

RESOLVED TO DO HIS BEST

From an Inmate of the Jeffersonville, Ind., Reformatory.

“I received your kind letter and it brought to me sunshine and love. It was indeed a letter that brought true light into my cell and left me with the impression that somebody cares for me after all, even if my own sister and brothers have forgotten me in my sad fate.

“The only New Year's resolution I have made is, I'll go where you want me to go, dear Lord, and I'll say what you want me to say, and do what you want me to do. This seems to cover a great deal of ground, but, nevertheless, I mean to try to cover it all and to do the best according to my strength and help from Christ Jesus.

“I hope that you can find time to write more often, as I get so lonesome when I go so long without a letter. You are about the only friend I have to write to. My own folks never write to me.”

Views From the Front



Copyright by International Film Service
Above: A typical French town after having undergone a terrific bombardment. Below: Real dogs of war and their masters moving forward to rescue wounded French soldiers.

THE tumult of each sacked and burning village;
 The shout that every prayer for mercy drowns;
 The soldiers' revels in the midst of pillage;
 The wail of famine in beleaguered towns.

* * *

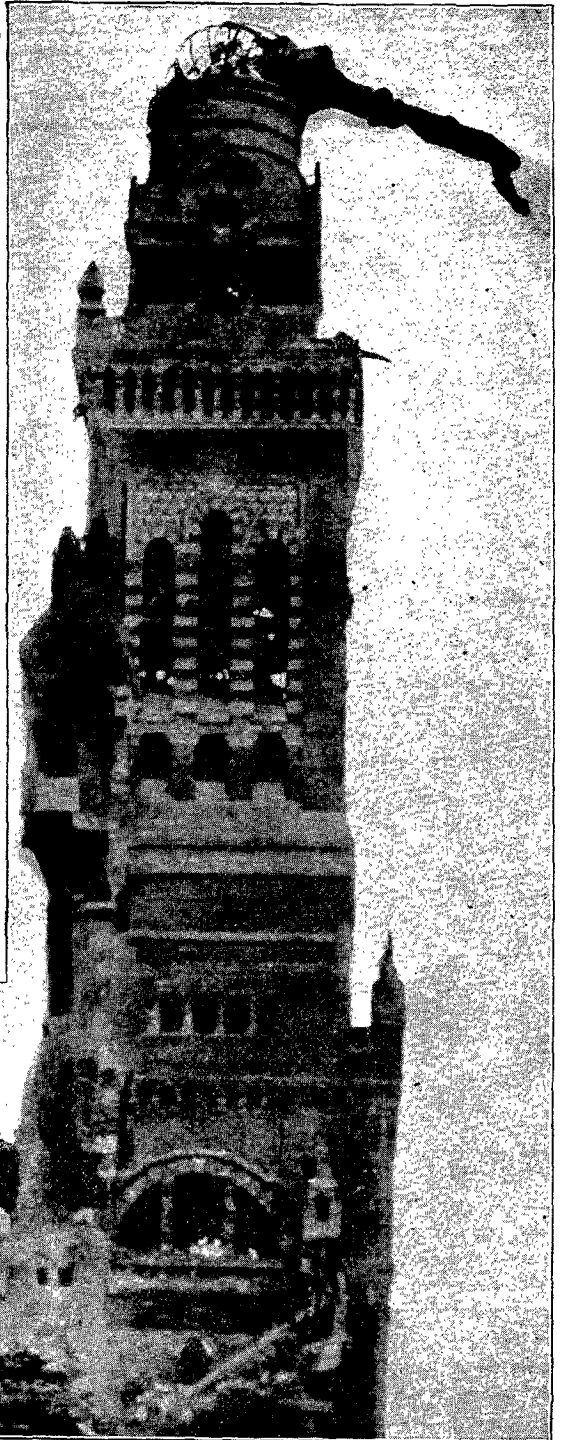
WERE half the power that fills the world
 with terror,
 Were half the wealth bestowed on camps and
 courts,
 Given to redeem the human mind from error,
 There were no need of arsenals or forts.

* * *

DOWN the dark future, through long genera-
 tions,
 The echoing sounds grow fainter and then cease;
 And like a bell, with solemn, sweet vibrations,
 I hear once more the voice of Christ say,
 "Peace."

PEACE! and no longer from its brazen portals,
 The blast of war's great organ shakes the
 skies!
 But beautiful as songs of the immortals,
 The holy melodies of love arise.

—From "The Arsenal at Springfield"
 by Longfellow.



The Leaning Statue, Recently Shot Down from Albert Cathedral

This figure has been overhanging the street since 1914, when the city was shelled by the Germans. There was a widespread superstition that when the virgin holding the figure of the infant Jesus fell peace would be declared.

AN ANTIDOTE FOR DEPRESSION

C. E. WEAKS

[Brother Weaks, who has just returned from the Orient, where he has been engaged in missionary work, visited Hinsdale, and led morning worship for the patients at the Sanitarium. His talk, a part of which we publish here, was based on the 34th Psalm.—Ed.]

The greatest antidote for depression is the religion of Jesus Christ. We are living in a time today when men need courage. A short time ago when making a trip from Burma to the east coast of China one of my fellow passengers was a man who had spent two or three years in military service in the East and in the North Sea in the mine sweepers. One day I wanted him to tell me quite in detail about his experience. I shall never forget his answer:

"I cannot; it takes a lot these days to keep a man's courage up. I had rather talk about other things; I do not enjoy these things." How thankful I am for the religion of Jesus Christ that can keep a man's courage no matter through what difficulties he may be passing.

"I will bless the Lord at all times: his praise shall continually be in my mouth." Ps. 34:1. No matter what experience may come to David His praise will be on his lips.

"My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. O magnify the Lord with me, and let us exalt his name together." David wants others to rejoice in the same hope he had and to worship in the same worship in which he is engaged.

"I sought the Lord, and he heard me, and delivered me from all my fears." There is a great difference in the religion of the Bible, and religion of Jesus Christ, and the religion you see in the far East. The great difference is that we worship a God who can hear us, and the heathen worship dumb idols. I so often see the gods they carry about, gods of wood and stone. I remember one day especially in India there was a man going to market and he had his god on his shoulder. Evidently he manufactured gods and he was taking it to market to sell. It was carved out of something, possibly hard wood, as many of them

are. I thought, how different to worship a god like that instead of the One who hears us when we pray.

"He delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed."

You see the look of depression on the face of the heathen as he prostrates himself before his god. He does not have the experience David refers to. I remember going into a great heathen temple in Tokio, Japan. There I saw an idol supposed to impart physical benefits to men. I remember one day especially as I stood there I saw a mother who had brought her little infant who was sick and supposed that virtue would proceed out of this god. If it is the eyes which are afflicted, they stroke the eyes of the idol and then stroke the eyes of the afflicted. There that idol has stood for centuries until the whole face has been wiped off by those who have come there for physical help. There that mother stood with that little child, and O, the look of depression on her face. You could tell the terrible feelings in the heart of that mother who had come that long pilgrimage to get help for that little child and yet that god could give no help. You

can see it in the face of these pilgrims. I have seen them in India prostrate themselves on beds of spikes, measuring the distance on the ground, sometimes miles, to come to some sacred place where was such a god as this.

"This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encampeth round about them that fear him, and delivereth them. O taste and see that the Lord is good: blessed is the man that trusteth in him." We cannot taste for each other; it is an individual experience, something we have to experience in our own souls.

"O fear the Lord, ye his saints; for there is no want to them that fear him. The young lions do lack, and suffer hunger; but they that seek the Lord shall not want any good thing. . . . The Lord is nigh unto them that are of a



Waiting for the blessed gospel of Jesus Christ.

broken heart; and saveth such as be of a contrite spirit."

A very beautiful message and promise to those who believe, no matter whether it is in the heart of an American, a Korean, or a Japanese. It makes a change in all their lives.

I was sitting one day in a gathering of Korean believers and there was an old lady came in. She was pointed out as a very interesting case. She had journeyed seventy-six miles in that cold Korean weather to be with us in this gathering, and you could see in her face a difference between her and the heathen around her. She was willing to travel all that distance so she could unite in worship with us. So these things show out in the very countenance that we have something different from the heathen. I thank God this morning for the beautiful truths of the gospel.

ONLY LETTER IN TEN YEARS

From the Montana State Penitentiary.

"I did not know just how my first letter would sound to you as it was the first one I have written in ten years; the only letter I ever wrote in my life before was one to my mother, ten years ago, before she passed away.

"If I were a little better educated and in a position where I could help in your soul winning work I would be very glad to do so. I am young yet and could do good work in that line. I have seen and I know the ups and downs of a young fellow in this world.

"My time here is one year and five months more. If I ever go East, some day I hope that I may have the pleasure of meeting the only one that ever gave me any good advice outside of my own mother.

"You might think I am a very poor Christian because I mention nothing of Christianity in this letter, but the fact of it is I have never been in church of any kind for eleven years and I have no Bible. But now that I have taken hold I am going right on through with the Lord."

A GOOD LETTER

From a Prisoner in Philadelphia, Pa.

"I am writing you a few lines to let you know I received your kind and welcome letter and was glad to hear from you. I am still trusting in Jesus and I know when I pray to

Him for strength He hears my prayers. I am doing all I can to bring other men to Jesus and to show them what it is to have a friend like Jesus. I do not like to see these men living with the devil when they can have a Friend that will stick to them till the last.

"I know what it is to be in sin. My mother taught me to do what was right, but I went astray the same as many others do. It has been a good many years ago since I stepped into a church of God, but I am glad I have found Him at last. I am singing in the choir here. I want to keep as close as I can to my Saviour so when He comes I will be prepared to meet Him. I will be glad when He comes through the clouds, won't you?

"I want you to pray for me and ask Jesus to give me strength to bring sinners to Jesus, as I feel sorry for these men. Pray for me, won't you?

"I thank you for the little tract you sent me. The reading is interesting, as it tells about Jesus. I also thank you for THE LIFE BOAT. When I am through with it I pass it on. I hope it will touch some poor sinner's heart so he will see the danger he is in without Jesus. I know it touched my heart the first one you sent me. I thank you for being a friend to me and for the friends you send my way. God will bless you for this."

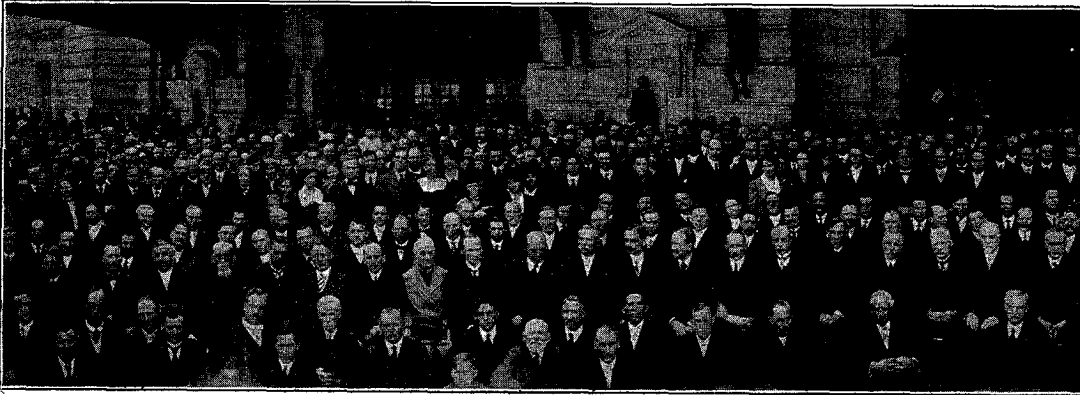
"GREAT COMPANY"

From Michigan City, Ind.

"I received your letter and was very glad to hear from you. It found me well and doing fine and in splendid health. I have formed a new resolution this year. I have joined the Bible class and I never miss any of the classes. I thank you for your words of encouragement and I hope to meditate on all the advice day and night. I am not lonesome at all. When I feel blue I get my Bible which is great company."

FROM A PRISONER IN CALIFORNIA

"I am sorry to inform you that I haven't the money with which to renew my subscription to THE LIFE BOAT. A company of Christians in Bakersfield, Cal., enrolled me on your subscription list, and I have been receiving it regularly since. I will, however, miss your paper very much, as it has been a great help to me in my effort to lead a better life."



The middle section only of a large photograph of the leading delegates and v

A Visit to a World Missionary Conference*

Julius Paulson

IT was my privilege to attend the great World's conference of our people held at San Francisco March 29 to April 14. I not only spent fifteen days at the Conference, but I visited seven sanitariums and met with hundreds of old acquaintances, many of whom I had not seen for twenty or twenty-five years. It was a real pleasure to meet some of those who were boys and girls with me in school twenty-five years ago. Many of them were very unpromising, and I did not think they would amount to much. They used to get into mischief and do all kinds of things. I never thought I would hear from them again, yet a few of these gave the best reports that were heard at the Conference.

I left Chicago on the evening of March 23, with about forty delegates in two special Pullman cars. At Lincoln another coach of delegates was added to our train and at Denver a special train was made up consisting of eleven Pullman coaches.

The only stop-over en route was made at Salt Lake City. Our train was side-tracked for twenty-two hours while we visited the places of interest there. We arrived in San Francisco a little after nine o'clock on Thursday night. As we were pulling up to the docks the first one I saw was Alfred Klug, one of our Hinsdale boys, and our former stenog-

rapher, Brother Rogers was waiting for us with hundreds of others who came down to meet the boat. We were taken to the Whitcomb Hotel, which was the headquarters of all the leading Conference workers.

On Friday evening our Conference opened. There were delegates there from almost every part of the world, excepting Germany. Missionaries were there from Australia, from Asia, from China, from India, many of whom were personal acquaintances or old school-mates. It is really encouraging that so many from our old college are giving their lives for the betterment of the heathen.

The first sermon of the Conference by President Daniells was the keynote of the whole Conference, "The Finishing of the Work." The idea of everyone was to spread this gospel to all nations of the world. (Matt. 24:14.) When you hear missionaries telling about India with its millions, China with its 400,000,000, and only a few missionaries in that territory, you cannot see how the gospel will ever be preached to all the world. It is certainly a gigantic task that these men have undertaken and yet the stories they told of the wonderful spread of the gospel among the heathen are remarkable.

I sometimes think that some of us will not stand when we come before the judgment bar of God, as will some of these heathen. We have had ample opportunity in this land filled

*Extracts from talk given at the Hinsdale Missionary Volunteer Society meeting recently.



in attendance at the great Conference held in San Francisco during April.

with Bibles and churches of every kind, with Christianity given to us on every hand, and yet we neglect it and go about indifferently while these heathen are grasping for it.

Brother W. H. Anderson from South Africa was at the Conference. He told some remarkable stories. I pass on one that he told:

"Nobody to Teach My Mother About Jesus"

"I do want to tell you of a little native boy who came to us at the time of the famine in Matabeleland. The little fellow, although seven or eight years old, was so nearly starved that he had to be carried on his mother's back. We took him in. I think I never saw a child of his years that seemed to grasp the doctrines of the gospel quicker than that little fellow did. Day by day you would find him trying to read his Bible and understand it. After three or four years he wanted to be baptized. He wanted to be 'Jesus' boy."

"And then it was with him just as it is with the rest of us, as soon as the truth got into his heart and into his life, he wanted his own people to have the message. His mother lived in a village about fifty miles away. One day my wife was sitting at the table writing a letter home, and the little fellow came up and stood by her.

"She said to him, 'What do you want?'"

"'Well,' he said, 'Missis, I just wondered who you are writing to.'"

"She said she was writing to her mother across the ocean.

"Said he, 'Was it your mother that sent you here to teach me about Jesus?'"

"'Well,' was the reply, 'she had something to do with it.'"

"'Missis,' said he, 'won't you put this in the letter, and tell your mother that down in that village where my mother lives there is no missionary, nobody to teach my mother about this Jesus you have the knowledge of, this same Jesus?'"

"Just to satisfy the little fellow, my wife said, 'Yes; I will write that in the letter.'"

"A little while after that he wanted to know about how long it would take for his missionary to come. You know those people, in their simplicity, think that about all one needs to do is to ask for somebody. They have heard that there are thousands over here that know all about Jesus, and they cannot understand how anybody should be willing to let anybody else live without knowing anything about him. So he said, 'How long will it take for my missionary to come?'"

"We told him it would take about five months before we could get a letter back, and so the little fellow counted the moons. He had a stick and every time the moon died, as they say, he would cut a notch in the stick. When he had five of these notches on his stick, he said, 'My moons are up, how about my missionary?' And we had to tell him that we had no word about it yet.

"Six months, seven months, eight months, he waited, and it was going on toward the ninth month. Then one day he saw some people going through the village, past the mission station. He ran out to see them, and found they had come from his home. Childlike, the

first question he asked was, 'How is mother?' And the word came back to the little fellow, 'Your mother is dead.' She had starved to death in the famine that extended all over the country, when the natives were dying by the hundreds.

"The little fellow came back into the house, and stood up there with the tears trickling down his cheeks, his lips quivering, and said, 'Teacher, my mother is dead, and the missionary never came. Will I ever see my mother again?'"

I will never forget the earnestness with which he told that. I wonder what we shall say when there are so many who have never heard the Gospel and we have heard so much and yet we do not at times care to even come to meeting. It touched a chord in my heart as it did many who were present in the congregation.

Brother Stahl was there. He was just a trained nurse who went among the Inca Indians in Peru, about 14,000 feet above the sea level. His talks impressed us with his intense earnestness. He went into that work with just as much earnestness as some people do in business, to make it go. It is a real business with him to bring the gospel to those heathen and in just a short time there are more than 1,100 of those heathen who have been brought to Christ.

On the Sabbath there were something like 6,000 people present. It was a wonderful meeting.

The Spirit of Giving Took Possession of the Audience

The last Sabbath of the Conference, President Daniells gave a very stirring talk on the needs of missions and men, but made no special plea for money. He hoped that every one would give of their means as they could for the advancement of the gospel. He told of some one who had handed in a check for \$20,000 the day before. In a moment the audience was trying to bring up checks. It reminded me of the account in the Bible where they brought of their possessions and laid them at the apostles' feet. For one hour the audience was busy filling a large laundry basket with checks and money, diamond rings, etc. When the money was counted it amounted to \$237,000.

Mr. Mell, the representative of the American

Bible Society on the coast, spoke to us one day and told us what the Bible Society is doing in bringing the Word of God to the heathen. A collection was taken for his work amounting to \$1,400.00, which was the largest collection ever given by a congregation of church members at any one time to the American Bible Society in one hundred years.

After visiting a number of our leading sanitariums at St. Helena, and in Southern California, and also attending the dedication of the White Memorial Hospital at Los Angeles, I returned home. The conference was a wonderful inspiration and gave me a greater desire to work for the advancement of God's truth that it may indeed go to all nations.

"LONG LIVE THE LIFE BOAT!"

From a prisoner in Deer Lodge, Mont.

"Were it not for God my Father, and Jesus Christ my elder brother, I would sometimes feel discouraged. He is the acme of my soul's desire; and, according to the fulfilling of the scripture, we shall soon see Him as he is. I long to do something more for him than it is in my power to do at present. I at one time had my name on a church book as a member, but was never fully converted. Therefore, I never fully realized the full glory in His service until brought to his feet since coming here. I can truthfully say that the happiest days of my life have been spent in prison. Some may ask why? Because I have spent them in the service of God. When we can spend our life in His service and be in prison at the same time, then we can say with the poet:

"Stone walls do not a prison make,
Nor iron bars a cage;
Minds innocent and godly take,
That for an heritage!"

"I so much enjoy God's service, and do all I can, as he gives me light, in my present position. I read and re-read *THE LIFE BOAT*, and then send it on to my less fortunate brothers who pass it along.

Long live *THE LIFE BOAT*, and may God's choicest blessings be yours, is the prayer of your humble servant."

No man is ignorant who is wise enough to be silent.

WHY WE USE WHEAT SUBSTITUTES

DR. ALONZO TAYLOR

[Every week there comes to our desk government matter pertaining to war, food and economic problems. We are publishing here one of these articles which gives us a glimpse of the conditions in France, which have led our government to conserve the wheat and other staple food supplies for our Allies.—Ed.]

My words are not powerful enough to do even scanty justice to the most heroic figure in the modern world, and of ages past—the woman of France. Of the healthy men who are engaged in the military service in France, practically all are engaged either in transportation or in the manufacture of munitions, leaving the agriculture absolutely to the women. Not only this, but they have stepped into the place of work animals; you can go into any section of France to-day and see women of magnificent, noble womanhood hitched to the

lie within the heart of the American people to preserve and hold to every convenience of our life at the expense of adding an additional burden to the womanhood of France? This is the exact question that is involved in our substitution of other cereals in place of wheat.

The women of France must be enabled to hold up the morale of the French soldier until next spring. The morale of the house decides the morale of the soldier in the fighting line. We can do this by giving to them the greatest possible freedom in their food supply, and of this, wheat is the chief factor.

FREEDOM IN SIGHT

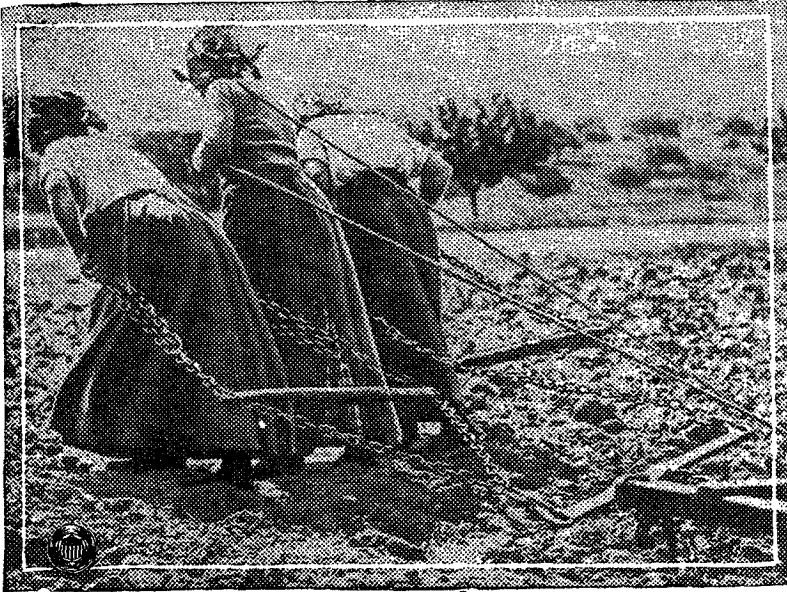
From the Windsor, Vt., Penitentiary

"Your very welcome and helpful letter of the 9th came to me promptly, as also did the little booklet enclosed, for which accept my heartfelt thanks. It is wonderfully helpful, and goes to show that with the right spirit one can do a great deal of good in life, even though fettered by disease or most any other unfortunate condition. What noble hearts often live in unfortunate bosoms.

"I wish to also thank you very much for the Morning

Watch Calendar for 1918, which you sent me. It is very choice and I will endeavor to make it my constant companion through the year. It is difficult to reckon how much help we obtain by associating about us such high ideals in our daily walks. They have far more influence upon us than we think at first.

"The general tone of your letter bespeaks the higher and best things of life."



This photograph shows how women of France are toiling to keep bread in the mouths of their children and soldier husbands and sons.

plow and cultivating the soil. All of the agriculture rests upon their shoulders. The home, always an extremely efficient home, maintains a few old men, the wounded, and the tubercular. Uncomplaining, with high devotion, with an attitude that amounts almost to religious exaltation, the woman of France bears the burden.

Now, conditions being as they are, does it



Caring For God's Little Ones

Maud Wilson Cobb

Matron, Life Boat Rescue Home, Hinsdale, Ill.



APRIL and May have been a busy time in our Life Boat Rescue Home. We have had many changes, girls coming and others going out into the world again with new hope; babies being placed in new homes, also new babies being brought into the Home.

THE LIFE BOAT magazine plays an important part in our work here in the Home. We feel as though it is a forerunner for us. In the last week three girls have asked admittance to our Home; each one told me she had learned of The Life Boat Rescue Home by reading THE LIFE BOAT.

Each girl came from a different part of the state; one girl found an old LIFE BOAT among some old papers she found while cleaning a closet in a home where she was cleaning house. This girl is an orphan, her father having died nine years on the day her baby came. The only relative she knows is a brother, now in France. She has worked for her living since a child and is now twenty years old. The father of her child has gone to France. She has not heard from him, does not know whether he is alive or not, she has not received any mail for several months—the poor girl has carried her secret alone. She has worked very hard all the spring, not knowing where she would go in her hour of trial. If this girl had had a mother, do you believe she could have hidden her true condition?

Many a home in which there is a hired girl pays no attention to the girl's physical condition just so long as the work is well done. No one in the home in which this girl has worked had asked her if she was well. She worked for a family of ten and had a very large house to keep in order, and did the washing and cooking all for \$4.00 a week and her board. She looked far from well when she entered our Home two weeks ago.

How glad I was to tell this girl what Jesus told the woman, "Neither do I condemn thee: go, and sin no more." John 8:11. We know

Jesus will forgive. She must believe and not fall into temptation again. Her heart is aching for she wants to keep her child, but she has no one to take her and her little one. When she leaves our door she is alone in the world. She has had to work very hard and has had no time to make many friends. Out of her \$4.00 a week she bought her clothing and saved \$30.00 toward her expenses. How glad I am to be able to say to her:

"You will not be turned out of this Home without a penny. We will see you safely into a position with proper clothing, and this will be your home to return whenever you want to come back and rest or visit, and we stand ready to encourage and help you. You have found a new mother and many sisters through your trouble."

We could write a longer story about other girls, if space permitted. We have another girl who was left an orphan at an early age. She has had a hard, cruel battle to fight. She has no home. As she lay with her dear baby on her arms, she said, "Mother Cobb, this is the only real thing that ever was really my very own, and I would like to keep it and always live in the Home. I am afraid to go into the world again with no home."

How many girls start out to make a living for their little ones! One of our brave little mothers who shrinks at the thought of letting her little boy leave her arms, has had three positions in the last few months, although she is very good and has been able to hold a position for more than a year in one place; but people now tire of the baby after a few weeks and her wages are gradually reduced until now she makes very low wages, but will accept it if she can only live respectfully with her child. She is trying hard to live a Christian life and care for her little boy. She needs the prayers of Christians.

A young mother came to us with a ten weeks' old babe asking us to find a boarding

place for it so she could be free to work. She knew of our Home through THE LIFE BOAT. We have the baby now in a good home.

We have just had two calls from young girls, begging for a shelter for them during their trial.

A Sad Experience in Our Family

We have been reminded that we can not control all things. On the 17th day of April we were obliged to give up one of our babies. This baby was born in our home on the 17th of January. The mother was unable to care for the baby. We found a home for him, but did not place him, as we felt as though he was not as strong as we wished him to be, and thought we would care for him until he should gain more strength. Under the best of care the little one failed gradually, his heart never was strong, and on the day of his death Doctor Barber and myself gave him the best we had to give and he never left our arms until we placed him in his last little white bed and gave him to the undertaker to take him to the last resting place.



The upper and lower pictures are of babies born in the Home last year who are now with their mothers. The smiling boy in the center was left motherless with five other children.

We placed this baby under the best care we could afford, paying his board and also his burial expenses, so we did all we could, and in the last day we expect him to be placed in some one's arms by the angels who will carry the little children. He rests from all pain and sorrow.

On the fifth of this month I went to Indiana Harbor and remained until after the burial of a dear mother of six small children. It was sad to see six little children bending

over her for the last look. Her last prayer was to keep her children in Christian homes so she might claim them in the earth made new. The mother was a Christian. The father asked us to take the seven months' old baby boy. He does not want to give one of them away but would like for the children to be kept in the country for the summer. The children are all beautiful children, a boy ten years, another eight, a girl six, a boy four, a girl two and a half,

and the baby seven months. We are trusting God that He will help us to arrange some way to keep this family together. The father is willing to pay every cent he earns, outside of his own expenses for board and clothing, to the support of his motherless family. We will be glad for clothing or any help our friends will offer in the care of this family. The father is a laboring man and means are limited.

So our work goes on. God must have a care for us for He, through our friends, keeps our wants supplied, so we need turn no one away. We want to thank our many friends for remembering us. We owe to them the privilege of keeping our Home open for the weary and sick souls that come to us.

FROM A GIRL IN THE HOME

"I have often in my meditation since coming to the Home wondered how many of us really appreciate this Home. When we found ourselves grumbling and finding fault, have we tried to imagine what would have become of us if it were not for this haven where we are sheltered from the world?

"Above all we must let the spirit of the Home rule. We must not let this become an institution of written rules and regulations. Think of the difference of being persuaded to do a thing and being forced.

"Our matron or the 'mother' of this Home has never been heard forcing anyone. Her loving, kind persuasion has won her a place in each girl's heart. With her tender guiding spirit and the co-operation of the girls this Home will surely remain a haven of rest and peace, always waiting to welcome one more unfortunate sister."

ARE THERE ANY MORE WHO WILL COME?

CAROLINE LOUISE CLOUGH

The doors of The Life Boat Rescue Home are always open to the unfortunate girl who is in need of help and friends. The Home is now nearly filled, but there is always room for one more. Appeals like the following come to us frequently:

"THE LIFE BOAT was handed to me by a friend, and in it I read about your Rescue Home for unfortunate girls. I am one of

these unfortunate girls and am asking for shelter and refuge in your Home. My mother is dead and I have no place to go in this hour of trouble.

"All hope had fled and all the sunshine in this world had vanished until I read about the good work you were doing in your Home. Somehow amid my sorrow and darkness fresh hope and courage came to me because it said in the magazine you turned no one away. Your house must certainly be a God-send to poor unfortunate girls like myself. Hoping and praying that you will not refuse me, I am."

We also received a letter from a girl who has been in the Home, from which we quote:

"I never in my life shall forget what good the Home has done for me. I often wonder if it was not the best thing that could have happened to me, because I am afraid if my darling boy had not come to me I would not see things the way I see them now. In a way I am glad God punished me the way He did, because it has made a different girl of me. And all that is left for me to do is to try and live the way I know is right, and I hope that some day I can have my baby back again. I try my best, but in many ways I am weak, and I want you to pray for me."

I wonder how many girls will read this magazine who are in need of friends. Our doors are open for you. Write us and we will try to give you the help needed.

ONE DAY'S EXPERIENCE IN THE CITY

MABEL LEVISON

Beside going to the city during other days of the week some of the Sanitarium workers go to the Clark Street Police Station every Sunday to hold little meetings with the prisoners there. Last Sunday we were very busy, so only three of us were able to get away. Nevertheless we were sure that the Lord would bless our efforts and bring some good out of it. As we went to the corridor on the criminal side a young man said to me:

"O lady, will you please do me a favor? My mother does not know I am here, and I am afraid to telephone to her, the shock might kill her, she is very sick."

"I am sorry," said I, "but they do not allow us to carry any message whatsoever." I then started to get out the song books.

"Listen," said he, "I don't want you to carry any message, only tell my mother I am all right and not to worry. This is the first time I have ever been in such a place as this." So many times we have to ignore their entreaties, however, we promised to see the jailer about it.

When we sang, he tried to sing also, but big tears would trickle down his face at times. When we asked for an expression from those who wanted our prayers he was among the first to raise his hand, and as we knelt he knelt with us. We saw the jailor, who gave us permission to go and see the mother.

His home was a long distance away and it took us more than two hours to reach the place. The old mother came to the door, and after introducing ourselves she invited us in. Anxiety and worry were expressed on her face, and as we broke the news to her, her anxious expression changed to one of gladness that her boy was safe. Right in the midst of our visit the old intoxicated father came staggering in. The mother told him to leave the room and said: "For shame that you should come in," but he would not leave. I then called his attention away and talked with him while Mrs. Cobb talked with the mother. She warned us not to tell him of the boy as he would be terribly angry. He had watched for the boy to come home, but, giving up hope, and trying to find comfort and drown his troubles he turned to that awful curse of humanity—drink. Here the poor sick mother was forced to bear it all alone with a sick daughter and her boy in prison with not even her husband to comfort her. She was unable to go to the police station, so we walked about six blocks to her son-in-law and broke the news to him.

This is only a faint picture of many a mother and many a boy. Somehow the boys have drifted away and got into trouble. Then is when they need a friend, for they realize the uncertainty of humanity, and often at such times they will accept Jesus as their dearest friend. May the Lord help us to know just how to deal with these people and help them to find their Saviour.

"He who loves not labor loves neither himself nor his fellows."

SCATTERING SMILES AND BLESSINGS

EUGENIA VILLA.

[This account of experience in house-to-house medical missionary work in Chicago was told by Miss Villa, a Porto Rican and a member of the first year nurses class, a few weeks ago at our Young Peoples' Missionary meeting.—ED.]

I have received many blessings from the Lord while engaged in the city work, and I appreciate the many prayers offered in our behalf. As I go from house to house I know the Lord has guided me and opened the hearts of the people to receive His word.

At first, I thought it would be very hard, not knowing the language very well, but I made up my mind I would not make this an excuse. I thought I would do my part and I asked the Lord to help me so I would be understood by the people. I realized every day that the Lord certainly did help me.

One Swedish lady, which I visited once or twice, lived in an old house, not very clean. When we told her we were from the Hinsdale Sanitarium she said it was good to meet new faces from this place. She asked us to come in. It was a very cold day, but it was colder inside the house than outside. She had five or six children and they all gathered around. They seemed very glad to have us smile at them. We read the 14th chapter of John. That encouraged her very much. We had prayer and she offered a very humble prayer and asked the Lord to help us in our work.

Another lady we visited is a Polish lady. She does not talk very good English. The girls had given her several treatments and she was praising the Lord for the relief she had gotten from pain and said that the Lord sent the girl to her.

Another lady has been treated by the girls for rheumatism and she appreciated it very much. While there a neighbor came in and said she wanted us to come to see her also. We called on her the next day and studied the Bible with her and she offered prayer also. She said she was very glad the girls had come to see her. She had never thought of going to her neighbor's that day but something told her that if she would go somebody there would help her.

While in city work I realized more and more what it means to be a Christian.

THE LIFE BOAT IN THE ARMY

CAROLINE LOUISE CLOUGH

A copy of THE LIFE BOAT found its way to the reading table of the Y. M. C. A. at the naval training station, Paris Island, S. C. A young man strolled in, sat down, and began reading this LIFE BOAT. As he read on, a picture of his life, which had been a hard one, passed before him. His friends had forsaken him and even his own people had turned him down. His heart was warmed as he read, and there sprang up in his soul a desire to become a Christian. He appealed to THE LIFE BOAT for help, which he received. His second letter was more encouraging, from which we quote:

"I have received your letter and I am glad that I have found a friend, for I have been in need of a friend who would kindly help me to carry this burden.

"Before I received your letter I did not understand why we should confess our sins. I thought it was all foolishness to confess what we have done or to even let a friend know what we have done, so I have kept all things I have done quiet.

"The tracts you mailed me were very interesting and I do not see why I can't win as well as the rest. I want to make a new name for mother instead of lowering it.

"I shall be glad to let you know if I am accomplishing anything toward drawing near to God, and I pray for all who are doing wicked now as well as myself."

But his last letter shows that he has decided to make a complete surrender of his life to God. He writes:

"I have received your letter, THE LIFE BOAT and the book entitled 'Pastor Hsi,' and I am very glad to receive them. I have enjoyed reading THE LIFE BOAT and now I am reading the book and I enjoy it as far as I have gone.

"I am letting the boys read THE LIFE BOAT and they think it is strange that a Christian journal containing true Christian stories, which are interesting to read, should contain *better stories* than their dime novels, which are ruining their lives.

"On Sunday I listened to the very *first sermon* which I ever enjoyed, and now I am glad to be on the Lord's side, and I am going to be a follower of him. I never want to go against the Lord or use his name in vain again.

"I enjoy sitting down an hour and reading

my new Bible, studying it and praying, and I hope others will enjoy it as much as I have."

What a blessing that the Lord used THE LIFE BOAT to bring this soul to him! Our special Patriotic number will go out in a few days to bless the boys in the camps. Where one was reached before thousands will be reached by this special campaign, returns from which will be reported in a later issue of THE LIFE BOAT.

As long as the need exists we must continue to place THE LIFE BOAT on the army reading tables. Will you co-operate in helping to reach other boys as this one was reached?

SOLDIERS' AND SAILORS' FUND

Previously reported	\$421.17
D. P. Corey	1.00
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A friend	1.00
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A friend	15.00
Mrs. Rebecca Thompson	1.00
Total	\$589.42



EDITORIAL

EDITORS:

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

PRISON OFFICIALS WELCOME THE LIFE BOAT

Our patriotic LIFE BOAT has already begun to sail into prison ports. At this writing large consignments are going out every day. Appreciative letters are coming from wardens, superintendents, and chaplains, after having received a sample copy. We quote here from a few of these letters:

Wants Every Inmate to Read It

A. Sterling, Chaplain of the large Missouri Penitentiary containing nearly three thousand inmates, writes:

"THE LIFE BOAT is a splendid magazine and very welcome in this institution. I wish it were possible for every inmate to read and ponder over the valuable suggestions therein contained. Truly such publications do 'exert a strong influence toward physical and spiritual righteousness.' Nothing but good can flow from reading such an uplifting and morally clean publication."

The Men Have Asked For It

Irving E. Thompson, Chaplain of the Blackwell's Island, N. Y., Penitentiary, writes:

"I greatly appreciate your offer of 400 copies of THE LIFE BOAT for distribution among the prisoners at the Penitentiary. Our census is very low now and we could do with a hundred copies less, but if you can spare them I can use them at the branch penitentiary on Rikers Island where I am also chaplain.

"I came to the Penitentiary last year after your magazine had been distributed, but I have had several men ask me about it during the year and ask if they could not get other numbers. It is evident that they appreciated it very much."

Grateful For the Yearly Visits

H. S. Johns, Chaplain of the Louisiana State Penitentiary, writes:

"I shall be very glad to get 200 copies of that issue for distribution among the prisoners of this institution. We have the State Farm system, and allowing one dozen copies to each place would just about fill the demand, or rather provide the paper for as many as would be interested.

"Your people have been sending me these papers for many years, and I assure you we are very grateful."

Planning to Send for a Club of Life Boats

E. A. Schlaman, Chaplain of the Reformatory at Anamosa, Iowa, writes:

"Our men are always glad to get THE LIFE BOAT. In fact we have been talking of getting up a subscription among the men of our C. E. Society and ordering a number of copies to pass around. I do not know how that will come out, but I know that the special number coming as you say it will at this time will help things along.

"In behalf of the men I want to thank you for your generosity. May you be blessed in your noble work for the advancement of the Kingdom."

C. L. C.

WHAT IS NEXT?

Leading Christian authorities are coming more and more to believe that we are nearing the close of this earth's history and the coming of our Redeemer to gather his own to himself. The many texts of scripture which point out unmistakably the events of these times are being sought out and used to arouse a sleeping world, and warn it of its impending doom.

Have you noticed how much attention is given to this subject in the religious literature of to-day?

We quote extracts from various well-known sources which show that thinking men and

women are reading aright the import of the events which are startling the world to-day.

The editor of the *Sunday School Times* says:

"Stupendous events no longer startle the world. And yet the whole world is consciously in a tense attitude, ready to be startled. Since the Titanic, the unsinkable ship of man's supremest genius, went down, an avalanche of world-shaking events has poured through every-day history; and the greatest battle in the history of the world is, as these words are written, now agonizing Europe. Before these words can be printed that battle may be forgotten in the flood-tide of something newer. What does it all mean?"

"We know 'what next?' God has graciously told all who will hear. The coming of our Lord Jesus Christ, this earth's rightful and only true King, in personal, visible return as he pledged himself, is 'at hand'—the next great event in God's program. Those who have already received Christ into their lives, as their personal Saviour from the death-penalty of their sins, will instantly be caught up out of this world, at his coming, to meet him. Then will follow his necessarily unsparing judgment of those who have refused to believe on him and accept him while they could in this age of grace. He is coming quickly. Are we ready for what is next?"

The Sinful Condition of the Nations

There is another sign of the nearness of the end. George T. B. Davis, International Secretary of the Pocket Testament League, who has been working for the welfare of the British and American soldiers since the beginning of the war and who has felt the spiritual pulse of the two nations, has this to say:

"The man on the street admits that modern nations have largely forgotten God and rebelled against his commandments.

"Waves of the Higher Criticism and rationalistic philosophy 'made in Germany' have flooded the universities, schools, periodicals, and vast numbers of the pulpits in Britain and this country. As a result Sabbath desecration, divorce, and other evils have correspondingly increased by leaps and bounds. There has been an appalling decline in family worship. A speaker told how a few months before he had been talking with one of the residents of a country village. Pointing down the main

street of the village the man said: 'Thirty years ago, if there was one family living in the street that did not have family worship it would be the talk of the community. But now there are very few in the entire street that gather together daily to worship God.'

"Admiral Sir David Beatty, the naval hero of Great Britain to-day, declared that Great Britain was sunk in self-complacency, and that until a revival swept over the country and she looked out upon the future with humble, prayerful eyes, just so long would the war continue."

It is time for us each one to do as the inspired writer says:

"If my people, which are called by my name; shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." 2 Chron. 7:14.

So we should ask ourselves the question, "What next?" In that last day, on the one hand will stand those who have disregarded the warning, who have gone on in careless indifference and are found wanting. On the other side are those who have been preparing, who through heart-searching and humbling themselves before God, are ready to meet their Lord. On which side are you standing?

C. L. C.

THE SPIRIT OF SACRIFICE

The Lord's work needs those who are ready to sacrifice for the advancement of His truth in the earth. Christ came right into the midst of a wealthy, proud, satisfied Jewish nation. The Pharisees and doctors of the law lived in ease and luxury and served in a temple of wealth, yet our Saviour "Had not where to lay His head." During the three and a half years of his ministry he traveled back and forth over the dusty roads enduring privation and hardship that the poor, hungry, common people might be fed with the Bread of Life; and many a time after a day of toil and hardship he would return to the mountains to agonize with God through the long hours of the night for the multitudes that thronged his pathway.

"He could have passed his days on earth in ease and plenty, and appropriated to himself the pleasures of this life; but he considered not his own convenience. He lived to do

others good. He suffered to save others from suffering. He endured to the end, and finished the work which was given him to do. All this was to save us from ruin."

Why is it that to-day so few that profess to be followers of the Master are willing to endure hardship as He endured, yet they consider themselves "In the work?"

The first thought is of self. The first question asked is, "What am I to get out of it?" So the cause of God suffers. Is the situation much different from the time of Christ when the money changers filled the temple and bought and sold in the house of God?

God's people to-day need to pray most earnestly for the self-denying, self-sacrificing Spirit of Christ to take possession of them. "If any man will come after me let him deny himself, and take up his cross daily, and follow me." Luke 9: 23.

The comforts and pleasures of this life are only temporary, they will soon pass away, but we have the promise, "If thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, (A garden of perfume. Spurrell's translation) and like a spring of water, whose waters fail not." Isa. 58: 10, 11.

The cause of God needs to-day those who, forgetting self, will "Go about doing good," as our Master did two thousand years ago.

C. L. C.

HAVE YOU PLANTED A WAR GARDEN?

In these days of food shortage throughout the world and especially in Europe, every available plot of ground should be used to contribute to the food supply of the nation and thus help to furnish the Allies with wheat and other staple articles. The University of Illinois gives us the following information on the subject:

"The University of Illinois Bulletin, 'The War Garden,' by Prof. J. W. Lloyd, contains many suggestions on the war garden. It tells what and how much to plant, and how to till the soil. A few things emphasized in this bulletin are the thorough preparation of the

soil by cultivation and fertilization, and the careful planting of good seed. More information on the subject may be obtained by sending for Circular No. 198, on Home Vegetable Gardening, issued by the Illinois Agricultural Experiment Station, at Urbana. The following publications from the United States Department of Agriculture, Washington, D. C., are also useful, Farmers' Bulletin, 818; The Small Vegetable Garden, No. 853; Home Canning of Fruits and Vegetables, No. 879; Home Storage of Vegetables."

C. L. C.

NEWS HERE AND THERE

George A. Johnstone, of Battle Creek, Mich., a former Hinsdale nurse, spent a few days at the Sanitarium recently.

Mr. Andrew Levison, of Viborg, S. D., visited his sister, who is in training at the Sanitarium.

Dr. Adella Black, of Washburn, Ill., is spending a few weeks at Hinsdale.

Miss Margaret Wintringer, national Lecturer and Journalist, visited Hinsdale recently and talked to the Sanitarium family on the subject of the "Allies' Message to America." Miss Wintringer was accompanied by Miss Maud Aldrich of Chicago.

Mr. and Mrs. H. A. Collins, of Havana, Ill., have been recent guests at the Sanitarium.

C. L. Rogers formerly stenographer at Hinsdale, now of Washington, D. C., called recently on his return from the Pacific coast.

Miss Mable Hawthorne of Concord, N. H., spent a few days at Hinsdale visiting the various lines of missionary activity.

Mr. W. A. Bergherm of Chicago, enjoyed a brief rest at Hinsdale recently.

Mr. and Mrs. W. H. Holden of Springfield, Ill., were recent guests.

President Wm. Goodell Frost, of the famous Berea College, Ky., enjoyed a rest at Hinsdale for a few days. President Frost gave a most interesting account of the work of Berea College among the mountaineers of the Southland.

Pastor W. H. Branson of Atlanta, Ga., was a recent visitor, also Evangelist Chas. T. Everson of New York City.

Miss Fannie Emmel, our former rescue worker, visited Hinsdale recently in company with Mrs. Belle Kershaw and Mrs. Rice.

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

Mary W. Paulson, M. D.....	} Editorial Staff
Percy T. Magan, M. D.....	
D. H. Kress, M. D.....	
Caroline Louise Clough.....	
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The Life Boat is published at Hinsdale, Ill., by the Workingmen's Home and Life Boat Mission, Incorporated.

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

Do not send currency in your letters, as The Life Boat will not be responsible for receipt of the same. Single copies, 10 cents.

Yearly subscriptions, \$1.00.

Special discounts when a number are sent to one address.

Expirations

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

Change of Address

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

Mistakes

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

Premiums

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

Rates for Advertising

Full page, single issue, \$20; three month, \$50. Half page, \$12; three months, \$30. One inch, column width, one insertion, \$1.00.

Life Boat Magazine Agencies in Chicago

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.
Illinois Tract Society, 116 North California Avenue. Phone Garfield 3361.

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.

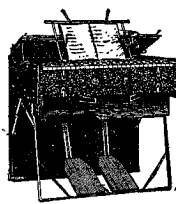
YOUNG PEOPLE WANTED FOR NURSES' TRAINING

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. Write to us early for further particulars. Address Dr. Mary Paulson, Hinsdale, Ill.

Music Lovers Should Take Notice

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

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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
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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 shrunken 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.

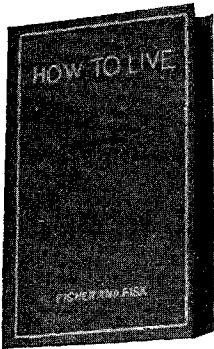
"For comfort, style, saving of time in dressing, saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without them."

"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.

NEW PREMIUM OFFERS

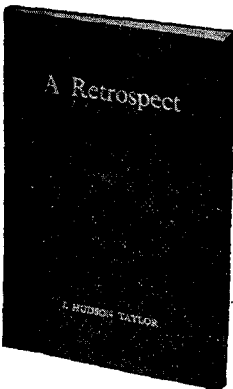
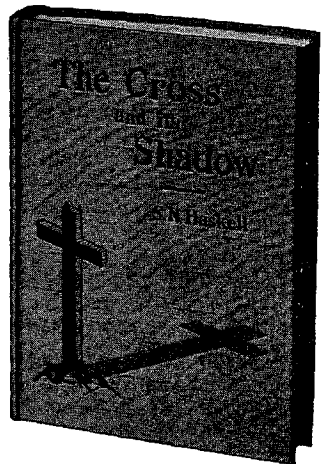
"How to Live, or Rules for Healthful Living, Based on Modern Science"



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

The Cross and Its Shadow

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

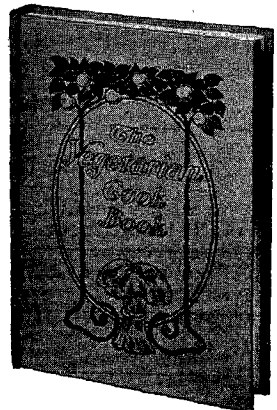


A Retrospect

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

Pastor Hsi

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

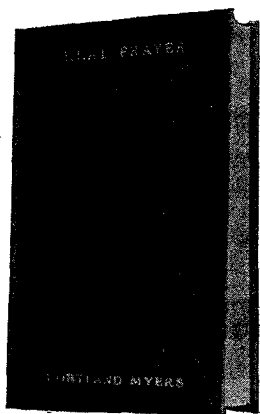


The Vegetarian Cook Book

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

Real Prayer

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



A New Webster's Pocket Dictionary

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

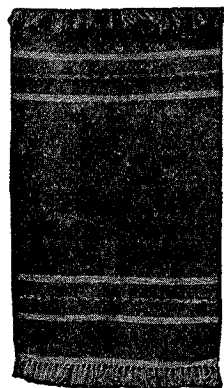
A Fountain Pen

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



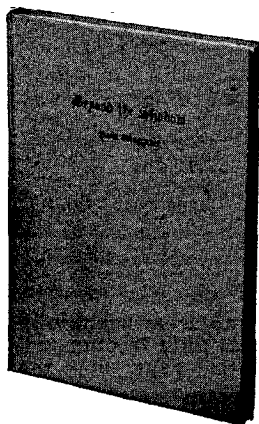
A Beautiful Rescue Home Rug

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



Beyond the Shadow

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



Beautiful Gold or Silver Watch

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



The Life Boat Practical Health Specialties

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

PRACTICAL HEALTH SPECIALTY No. 1. Natural Rice.

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

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

PRACTICAL HEALTH SPECIALTY No. 2. Genuine Graham Flour.

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

PRACTICAL HEALTH SPECIALTY No. 3. Liquid Paraffin.

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

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

Prices

1 Pint	\$0.45	Shipping weight.....	2 lbs.
1 Quart75	Shipping weight.....	4 lbs.
2 Quarts	1.25	Shipping weight.....	6 lbs.
1 Gallon	2.00	Shipping weight.....	10 lbs.

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

HEALTH SPECIALTY No. 4. A New Health Garment.

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

THE LIFE BOAT 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

**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.

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

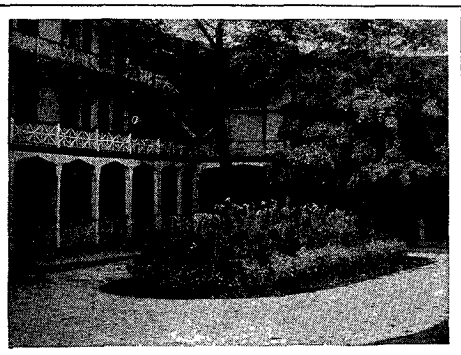
Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis court.

A work cure department.

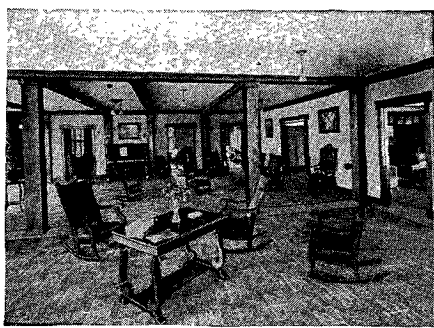
Musical entertainments and lectures.

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

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



The Driveway



The Main Parlor

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.

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



A Glimpse of the Lawn