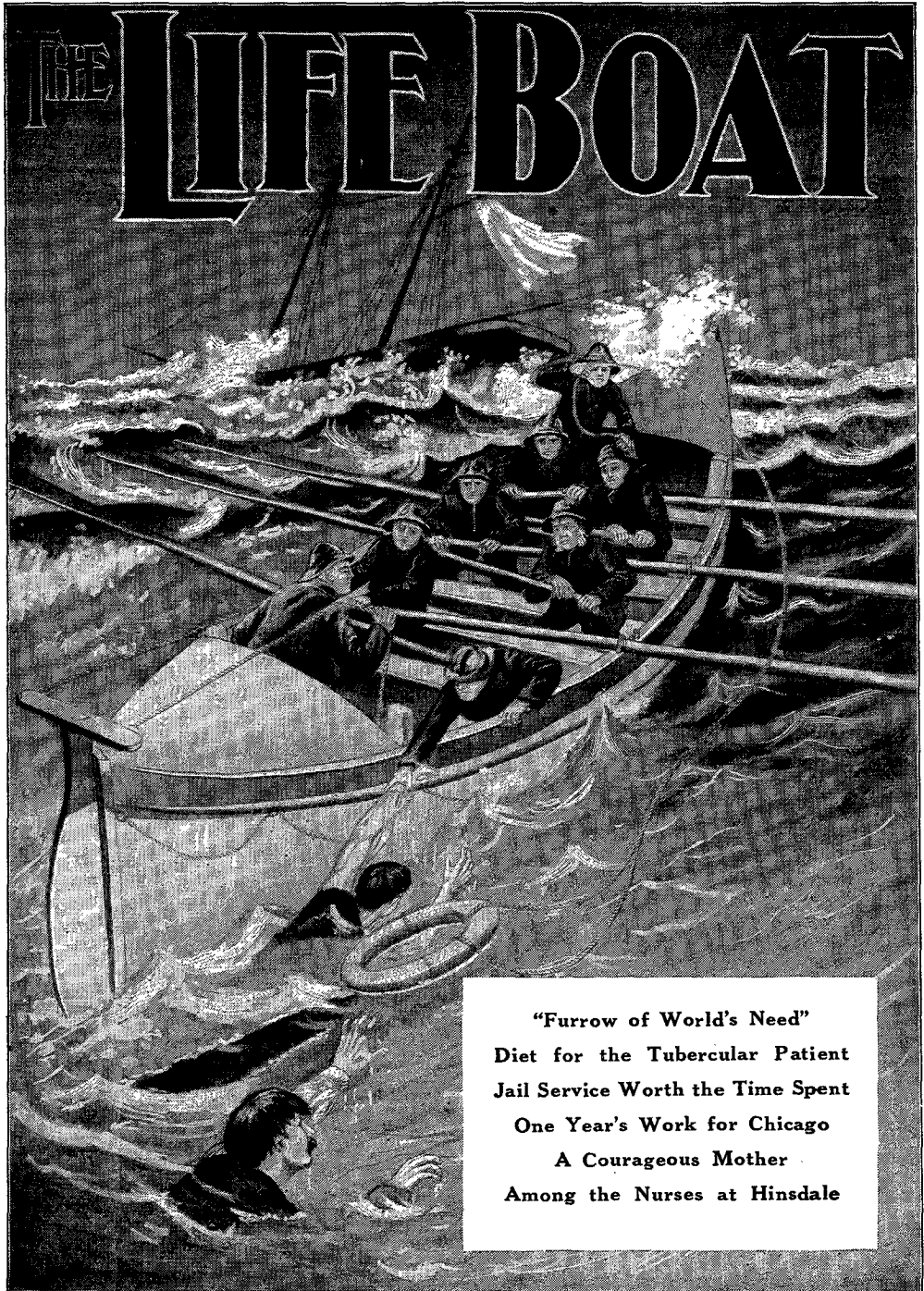


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Jail Service Worth the Time Spent

One Year's Work for Chicago

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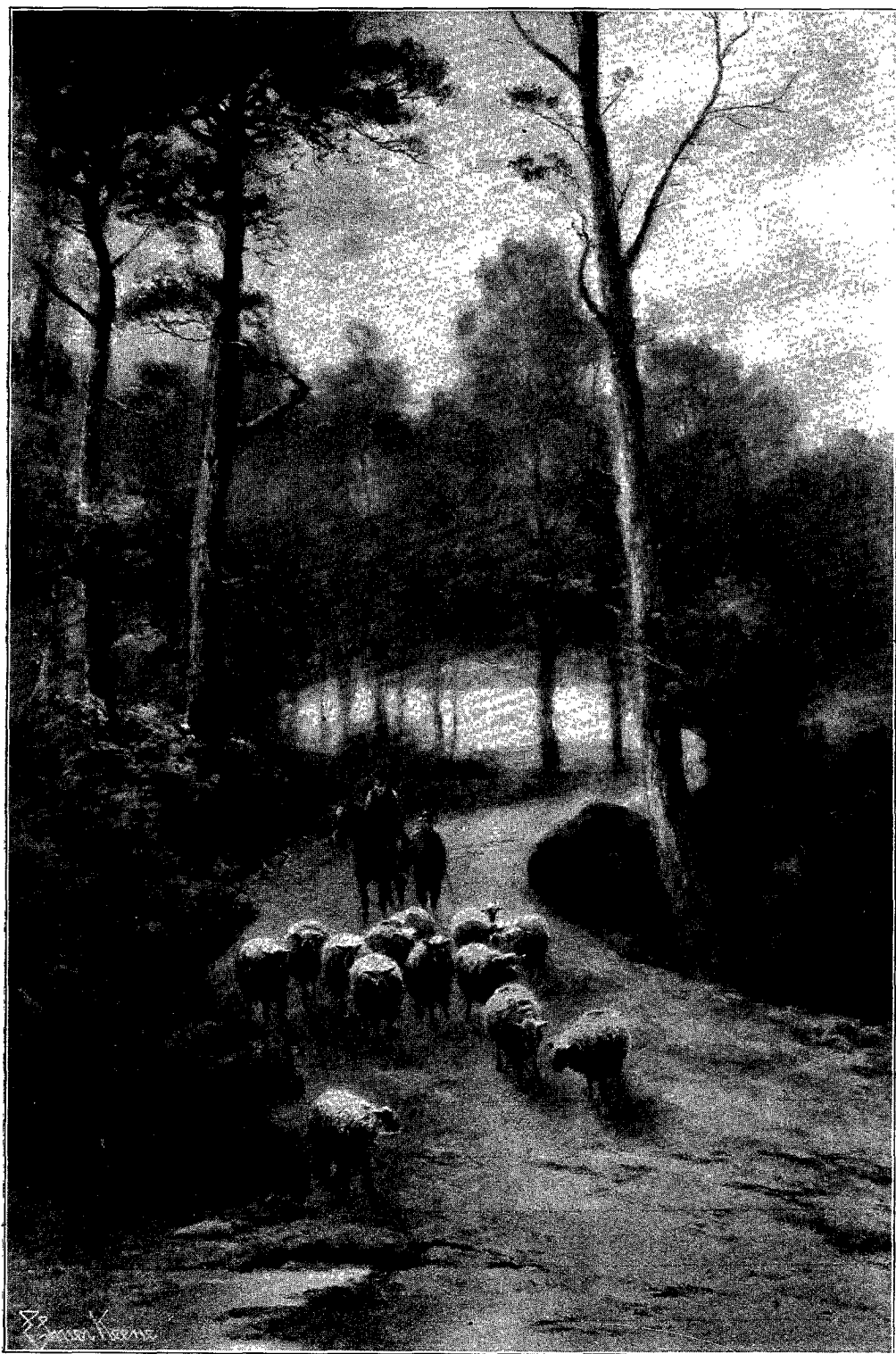
Among the Nurses at Hinsdale

Volume Twenty-one
Number Eight

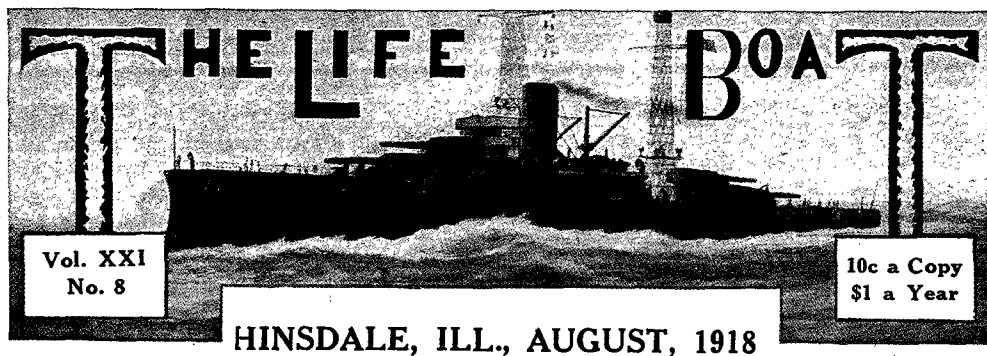
Hinsdale, Ill.

August, 1918

Why Is Smoking So Common—D. H. Kress, M. D.



Homeward Bound at the Close of the Day.



Why Is Smoking So Common?

D. H. Kress, M. D.

WHY is smoking so common? There is certainly nothing pleasant about its taste or about the smell. Tobacco smoking is resorted to chiefly because it palliates or soothes a guilty conscience. It deadens the sense of guilt, saying peace when there is no peace, because it brings a temporary feeling of well being. It soothes the irritable nerves.

Tolstoi, in relating his experience, says: "It is usually said (and I used to say) that smoking facilitates mental work. And that is undoubtedly true if one considers only the quantity of one's mental output. To a man who smokes, and who consequently ceases strictly to appraise and weigh his thoughts, it seems as if he suddenly had many thoughts. But this is not because he really has many thoughts, but only because he has lost control of his thoughts." He says, "Ask a smoker why he began to use tobacco and why he now smokes, and he always will reply: 'To while away time, everybody smokes' . . . Not in the taste, nor in the pleasure, recreation, or mirth they afford, lies the cause of the world-wide consumption of hashish, opium, wine and tobacco, but simply in man's need to hide from himself the demands of conscience. Any smoker may detect in himself the same definite desire to stupefy himself with tobacco at certain especially difficult moments. I look back at the days when I used to smoke; when was it that I felt a special need of tobacco? It was always

at moments when I did not wish to remember certain things that presented themselves to my recollection when I wished to forget, not to think. I sit by myself doing nothing and know I ought to set to work, but don't feel inclined to, so I smoke and go on sitting. I get vexed, and say unpleasant things to someone, and I know I am doing wrong and see that I ought to stop, but I want to give vent to my irritability—and so I smoke and continue to be irritable. I play at cards and lose more than I intended to risk—so I smoke. I have placed myself in an awkward position, have acted badly, have made a mistake, and ought to acknowledge the mess I am in, and thus escape from it, but I do not like to acknowledge it so I accuse others—and smoke. I dispute, and see that my opponent and I do not understand, and cannot understand one another, but I wish to express my opinion, so I continue to talk—and I smoke."

Tobacco is resorted to for the same reason other narcotics are. At a medical meeting a doctor who was demonstrating a sphygmometer, a new instrument for determining the blood pressure, after testing, a physician friend of mine expressed surprise to find him at the age of over fifty, with a normal blood pressure. My friend, who has for years been an extremely temperate man, said to him, "How is your blood pressure?" He replied, "High." "Well," said my friend, "Do you smoke?" He said, "Yes." "But,"

said my friends, knowing tobacco to be one of the chief causes of high blood pressure, "you ought to know better." To which he answered, "I do, but what is a fellow to do when he feels like the devil?"

Here, possibly, we have the true cause of the tobacco habit, and, in fact, of other forms of drug addiction. Tolstoi rightly ascribed smoking "simply and solely to the desire to drown the warning voice of conscience." Tobacco is so prevalently employed because so many feel as did this physician when they attempt to do without it. The unpleasant feelings may be physical, mental or moral. Tobacco buries them for the time being, only to be later resurrected in an aggravated form, hence smoking becomes an apparent necessity.

Boys often begin the use of cigarettes because they have disagreeable nervous symptoms, and after having formed the habit they continue their use because of the aggravation of these symptoms when attempting to do without them. There are many nervous children who take to the use of cigarettes or other narcotics naturally. Why are there so many nervous children? There must be a cause.

Some time ago, in passing through a building in New York City, where there was a Child's Welfare Exhibit held especially for the education of the poor, I noticed one poster which read, "Do not give coffee or tea to children. They are poison to the child." I said to myself, "That is sensible." But the thought came, "Why not go farther? If tea and coffee are bad for the child after it is born, are they not equally bad for the child before its birth?" Women should, therefore, abstain from the use of tea and coffee for the sake of the child that is to be.

The welfare of children must be thought of before their birth, if we would have normal children. Children whose parents were addicted to the use of narcotics, inherit nervous tendencies and feelings of unrest which call for narcotics. They usually resort to the narcotic most popular, and against which there exists the least public prejudice. In America this is the cigarette.

A GLIMPSE FROM AFAR

PROF. FREDERICK GRIGGS

I have a good natured looking god on my mantle at home which I procured while in China. A little girl was sent to our school; she began to hear of Jesus Christ and believed in Jesus and went home and began to talk Christ to her people. They listened at first, then they told her not to talk any more about Jesus. She then began to talk to her little nephew, and they could not stop him as he was their own child and very small. He said, "The God up in heaven is the one, let us worship him." He became so nervous and excited about it that the father said, "Well, take all these gods away if they bother you." The little fellow took them all away. The father thought he would not do it.

When the parents found that their gods were all gone they thought the house would fall down, or that they would be taken sick or some serious calamity would befall them. After a few days nothing happened, then they thought, if the gods did not know enough to take care of themselves any better than that, they were not the gods to worship at all.

Three-fourths of the people of the entire earth worship false gods. Down in the South Sea Islands human flesh is sold like meat from a meat wagon.

Elder Parker tells of going to an island where there were head hunters. He came on the beach from his little boat and the men of the island came down and got him by the arm and took him up and sat him down on a stone by a tree. They began to feel his arms and legs and began to laugh—he was too thin for them. They had done those things to him two or three times, yet he is carrying the gospel right there and those people who would have taken him and eaten him are becoming converted, and some of them are now ministers of the gospel.

(Told at the Summer Assembly at Berwyn, Ill., recently.)

There is hidden in the heart of every gift of God to us a meaning and sweetness which only reveal themselves when the gift is shared with others.

Diet for the Tubercular Patient

L. H. Wolfson, M. D.

IT MUST be a diet that feeds the man and not the germ. It must contain all the elements entering into body structure. The tubercular patient, as all others, and above all others, must eat simple, plain food. An all-wise Creator has arranged a diet upon which man cannot improve. Of the sixteen different elements entering into this diet there are four that stand out boldly, demanding recognition, if the ravages of the great white plague are to be counteracted, checked, stayed, or best of all, prevented.

First of all we have calcium, the one element able to cope with the invulnerable germ. It cannot destroy it, but it can build a stone wall about it and imprison it for life. Calcium also stimulates heart contraction and assists in the action of the blood, which is very important in any disease or even in health.

The second is potassium, which works with the calcium in the heart and blood action, helps to keep the tissues soft, pliable and strong, and the system from becoming too acid.

The third is iron. Important as oxygen is in all diseases and health, too, and especially in lung trouble, it cannot get to the place where it can be used without iron to carry it. So iron is an absolute necessity.

The fourth is phosphorus, the vital element entering into the life structure of every cell. Consumption, as the name indicates, is destructive to cell tissue. New cells have to be built up, thus bringing about that most important of all conditions, an increase in body weight; without phosphorus this can not be done.

To get these elements, eat foods that contain them. That from the drug store will not do; it must be organized by plant life.

The richest calcium foods are green vegetables, parsnips, carrots, turnips, in their own juice if cooked, all undenatured or unprocessed grains, egg yolk and milk.

Potassium is found in liberal quantities in all the cereals in their natural state, but its most prolific source is the potato—the baked potato, eaten peeling and all.

Iron is found in the outer coats of nearly all grains, in the green of all vegetables, and in fruits, especially the red and dark ones, but its most convenient source is the common cabbage, eaten in the raw state.

Phosphorus is found in egg yolks, the colored coating of cereals, especially natural rice. The legumes are especially rich in it as well as in calcium and potassium.

These four elements, so essential in tuberculosis, are found only in meager amounts, or mere traces in the flesh of dead animals, which often contain the results of not only tuberculosis, but other diseases as well, and besides, too much nitrogenous food of any kind requires the liver to make large quantities of bile to work it out of the system.

The ordinary bakery white bread, before the war bread was introduced, contained only a mere trace of these essential elements. These, with the other mineral elements being removed by the milling process.

Cane sugar, so much lauded as a heat and energy producer, not only contains none of these elements, but is a direct antagonist of calcium, neutralizing the element of most importance in the conquest.

Coffee, tea and chocolate are stimulants which hinder and do not help in the fight for health at any time. No morsel of food of any kind should pass the lips between meals. Three meals a day is the limit, the meals should be at least five hours apart, and the last one three hours before bed time.

Fried foods of all sorts should be discarded, as they impede digestion. Fruits and vegetables must not be eaten at the same meal, for the digestive difference is

too great, the fruit decomposes before the vegetables can be taken care of. Some raw food should be eaten each day.

For breakfast—a cereal, baked or boiled, with cream, fruit, or baked potato and egg, whole grain bread and butter.

For dinner—some legume, cooked or raw vegetables, salad, whole grain bread and buttermilk.

For supper—some cereal such as wheat, corn or rice flakes, shredded wheat with cream and fruit.

“Into the Furrow of the World’s Great Need”

Prof. J. G. Lamson

[We give here a portion of the baccalaureate sermon, stenographically reported, which was given our nurses’ graduating class on June 29, 1918. The thoughts presented are uplifting and inspiring for not only the class but for all the readers of this magazine.—Ed.]

I HAVE chosen, senior class, as my theme to-day the motto which yourselves chose for graduating exercises, and if the Lord sees fit with his spirit to come into this meeting I hope to press on your hearts so deeply that motto that you will not forget it, and to the longest day you ever live, and in the hardest task you ever undertake, there shall come something of strength and love and life and hope from that which you have chosen.

When this world of ours was sent forth from the hand of its Creator it was pronounced very good. But when Adam yielded to Satan, sin entered the world and death came by sin, and that death involved the loss of everything that was good. Man lost his purity, he lost his life, the earth was lost. No more was it filled with the beautiful, it came to be filled with briars, and thorns and thistles. Not any more was it filled with gladness or joy, but sorrow. No more was it filled with beauty, with righteousness, and good, but filled with dying, with poison, with disease, until the human race, warped and belittled, has gone a long way from being in the image of God.

Christ came to restore that which was lost. And when Christ came, after his baptism, he first went into the synagogue at Nazareth and there proclaimed the commission by which he was to accomplish the work of seeking and saving that which was lost.

“And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the Sabbath day, and stood up for to read.

And there was delivered unto him the book of the prophet Esaias. And when he had opened the book, he found the place where it was written. The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord. And he closed the book, and he gave it again to the minister, and sat down. And the eyes of all them that were in the synagogue were fastened upon him.” Luke 4:16-20,

There Jesus Christ announced the process by which he intended to seek and to save that which was lost. There is coming a day when someone will read that commission and say, “This day is this scripture fulfilled in your ears.” Verse 21. I would to God that everyone of you might turn to this company and say that word to-day.

Jesus Christ, when he came, read the commission by which he was authorized to spend his life in helping those who were sick, and we read the story of his life that, “He went about doing good.” There is far more said about his healing than about his preaching on the hillside and on the plain. His talks in the temple in Jerusalem occupy but a small place in the scriptures, but the story of how he rebuked this disease and relieved that distress occupies a large portion of the scriptures. So he recognized his commission.

The work which he proclaims as his is the work which you and I are to prac-

tice, for we read in John 17:18, "As thou hast sent me into the world, even so have I also sent them into the world."

Class, where are you going to find your commission? If Jesus at the beginning of his work read these words from the prophet Esaias, and then he says to you, as he does to every Christian, by the way, "As the father hath sent me into the world, even so I send you into the world," where will you turn to get your commission? You will have to turn to the prophet Esaias to find your commission. It is in the 61st chapter:

"The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the broken-hearted." These nurses have passed their examination in surgical nursing, I believe, but, my young friends, I should hate to give out diplomas if you have not learned to bind up the broken-hearted. You know how to fold the bandages just right, you know how to sterilize, but can you bind up the broken-hearted?

"To proclaim liberty to the captives." O, this is going down and holding meetings in the jail. No doubt it does mean that, but it also means those who are bound down by habit; breaking asunder the bonds which are holding men and women in sin. The Spirit of the Lord is upon me because he hath anointed me to do that work, "to proclaim liberty to the captives, and the opening of the prison to them that are bound. To proclaim the acceptable year of the Lord." That is where the Saviour stopped because the Lord did not come to preach, "The day of vengeance of our God."

That Message Is Due To-day

I would like to ask if anyone who is in his right mind at all can gaze out on the world to-day and not know that some of the sorrow of the last days is coming down upon the people of the whole world. The horrible things that are taking place to-day, the drenching of the world with blood, the destroying of homes, is but the precursor and the sprinkle before the storm of the mighty vengeance of God which is yet to be poured out without mixture into

the cup of his indignation. If there ever was a time when we should be able and willing, it is now, to go forth to the world and proclaim that the day of vengeance of our God hasteth greatly and that the only way of escape in that day of vengeance is to be hidden in the pavilion of the Almighty.

"To appoint unto them that mourn in Zion." That is, to name an appointment with them, to point them to something else. "To give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness." That is, those who are troubled with melancholia. To bring a little joy and gladness to the individual who has sorrow and trouble so he cannot sleep, who thinks the world is dark and blue. It is to bring some gladness to them. Can you do it?

"That they might be called trees of righteousness, the planting of the Lord, that he might be glorified."

The Strongest Horse in the Furrow

I do not know how many of you are farmers. I am not much of a one, but I have heard that the farmer puts the strongest horse into the furrow. God knows there is need of somebody going into the furrow.

It might be well to consider what the Book has said about plowing. I Cor. 9:10: "He that ploweth should plow in hope." You can start out in this great work and try to turn a furrow, but unless you have hope you will not accomplish much. And "with the hope that maketh not ashamed" in your hearts and a strength and a zeal, that hope will give a mighty harvest.

There is a warning I wish to give you right in connection with the thought in Job, 4:8: "They that plow iniquity and sow wickedness, reap the same." If you start out wrong, sow wickedness, you will reap the same. I thank God that I know there is a way to escape the reaping, for many of us have sown a great many wild oats. The Lord has provided a way which is efficacious so that we may be spared the reaping of all our sowing. In the experience of each one of us there are some dark places that have never

been brought to the light. God has made a way by which those sins will not be remembered, they will not be mentioned to us, and even though Satan tries his best to place discouragement upon us, the Lord says, "Forgetting those things which are behind, and reaching forth into those things which are before, I press toward the mark." Phil. 3:13-14.

Our Teacher in Agriculture

There is a great teacher to tell us how to plow. Turn to Isaiah 28:24-26: "Doth the plowman plow all day to sow? Doth he open and break the clods of his ground? When he hath made plain the face thereof,

made agriculture, to be our teacher in all these things.

If I start out to plow a furrow in the fallow ground of some heart and I do not know just how to do it, it is a brand new case, what am I going to do? Am I going to throw aside my opportunity? No, I say, "Lord, I do not know, will you help me," and I have a sweet experience. The same God who has helped in days gone by will help you right now. He will give you the word and show you the work to do, and you will accomplish it in harmony with his will.

Another sad thing is found in the ser-



An Illustration of Mexican Plowing by a Peruvian Indian. No Wonder the Crop Is Meager.

doth he not cast abroad the fitches, and scatter the cummin, and cast in the principal wheat and the appointed barley and the rye in their place?"

Why does he do it? "For his God doth instruct him to discretion, and doth teach him." So when you are climbing down into that furrow, my friends, who is going to teach you? I am so glad that we have an instructor in agriculture. One who

mon on the mount reported in Matt. 7:21. There are a lot of people who start to help in the world's great need, but somehow or other the vital thing in their work is left out. Many do some work that God never knew. "Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?" Verse 22. They

went and proclaimed many things, they did good medical missionary work, but the Lord says, "And then will I profess unto them, I never knew you: depart from me, ye that work iniquity."

Who is it that God knows? He knows the converted heart. There will be those in God's work that are not converted, that have some connection broken somewhere. They are doing the right work and some results appear which will be found in heaven, but some of those who did that work will be lost. Why? Because something is the matter with their hearts. We cannot afford to have that experience, we must know God. If we do not know God of ourselves we will finally be lost. It will be a sad thing if we find ourselves among that company that the Lord disowns in that day.

Agitating the Surface

Another point, there are a lot of people in plowing who just agitate the top of the ground like the Mexicans do. They just take off a little bit of the surface of the ground, then they scatter a few seeds so they do not get much of a crop. The only way to get a good crop is to plow *deep*.

It is necessary sometimes to plow very deep in order to accomplish much. That is just the thing that is necessary to bring up the right kind of a crop.

Sometimes in spiritual things we just agitate the surface. It is an awful thing. Many times we have been in a meeting. The spirit of the Lord was there working upon the hearts, but it was just on the surface and after the meeting was over the good work was gone. Only a few let that get down deep in the soul. Many do not let it go deep. They are just exactly like those disciples who went out to watch with the Saviour. They watched only for a little while, and then went to sleep. Christ came and said, "Could you not watch with me one hour?"

Not only should the Lord get deep into our hearts, but we should get deep into the hearts of other people, so that they will have a foundation deeply laid, so that the storms of life will not wash them away.

Then there is another class that fuss around about nothing in particular. They

spend more time in hunting the plow and getting it in proper condition than they do in plowing. It would be ten o'clock in the morning before they would get into the field all because they have not paid attention to the machinery when they should have, so they lost time on the machinery.

Then there is lack of attention, the man who steps out to the edge of the field and visits with his neighbor does not get the field plowed, and then he starts off to town and spends his time away from the work and as a result the work is not accomplished.

We find our commission in 2 Tim. 2:4. "No man that wareth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier." You have no business to allow the affairs of this life to entangle you if you have been commissioned to the service of God. You may say you have met some hard things. Yes, I have seen horses come in at night with their shoulders all raw. They might say, "I am not going to do it at all." We are going to get into places where there is hardness and sometimes it comes from the very ones that we least expect. But friends, we must learn to stand those things even though they come from our best friends.

Now turn to Luke 9:62: "And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God." If you get into the furrow, do not look back. The man who wants to plow a straight furrow down the field keeps his eye on an object in the distance and does not take his eye off that object till he reaches it. He does not look back until he is actually clear across the field. You can look back when you get across. When you get there, there is going to be a lot of happiness in your heart.

I want to close my remarks with the 126th Psalm and the last verse, "He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him."

If you, my friends, start out in the course of your life that you are anticipating, if this really is the commencement of your work, if you really plow in hope, plow a straight furrow, sow the precious seed, water it

with tears and your prayers, you shall doubtless come again with rejoicing, bringing your sheaves with you. May Jesus

protect you, guide you, and keep you away from the evil in the world and crown you at last in his kingdom, for Christ's sake.

Was This Jail Service Worth the Time We Spent?

Maud Wilson Cobb

ON the 23d of June, about 6 a. m., I had in my mind not to go to Chicago to help with the jail service. I wanted to attend to work in the Home. After planning a few minutes I decided the secret of life is not to do what one likes but to try to like what one has to do, so with this thought I started to find some one to play and sing for our regular Sunday morning jail service.

We are glad to say that in the last twenty years only two times have our workers connected with the sanitarium failed to hold the Sunday morning services at the Clark Street Police Station. The police matrons and officials expect us and always inquire about the older workers who have gone to other fields of labor.

This Sunday morning Miss Rebecca Ford and Miss Mildred Emschweiler accompanied me to the Clark Street Police Station. After a few songs sung by all the prisoners, a scripture lesson was given and words of encouragement were spoken. Two solos were sung, and forty-five men knelt with us in prayer, every one of whom had asked us to pray for him by raising his hand. Many wept, and with tears streaming down their faces, said, I hope to do better."

We hold four meetings in this jail as there are four different departments. The last department visited is the Annex. We find in this place children, young girls, and often elderly women who are kept for various reasons; some as witnesses; children taken from parents who are unfit to care for them remain in this place until the Juvenile officers can take care of them; homeless women and children who are lost are kept until their friends or relatives find them.

On this particular morning we found a very sweet-faced, elderly woman in the

Annex. She seemed so glad to see us, and encouraged the young girls to help us sing. After the meeting I asked her why she was in the Annex? She seemed to be fearful of talking freely, but I soon learned she was only staying there until she felt strong enough to go out and find work. She is seventy-one years old and not very strong. I noticed her hands, her hair and teeth were well kept; I did not think she had been doing heavy work. I asked her to go home with us and I was sure the fresh country air would build her strength and we would find her a place to work. The matron told her we would make her happy for she had known of our work for many years. At once she agreed to go with us.

We very soon found out that she was refined and knew what it meant to be a Christian. She remained in our Home for about nine days, during which time we learned she had lived in Chicago for more than thirty years, had owned three nice homes, raised a son and daughter who are both married and in comfortable homes and have plenty of this world's goods. The woman has some money, enough to keep her in comfort the rest of her life.

What Was Wrong? Here Is the Story

"I loved my children so much, I made them believe they always knew best. Now since papa (her husband) died I am not in my own home where my way is my own. I am living in my daughter's home, they are good to me; my son-in-law is the best man I ever knew, I haven't a fault to find in him. My four granddaughters are dear girls, but I am not happy. I find each home must have its own way in doing things. My ways are old fashioned. I seem not to be able to do anything right. I set the table wrong, I fold things wrong,

I have outlived my usefulness I think, and I want to be busy. I wish my husband could only come back to me, and we could live as we did when we were first married, in our humble home, and I could work again my own way and care for my little children."

With tears streaming down her face she told me she had come to Chicago from her daughter's home in the West and had intended to drown herself in Lake Michigan so her body would never be found, but while walking along the lake front trying to find a place secluded, she became sick and faint and had to be taken to the hospital. The next day she was able to leave the hospital and was advised to go to the county home, as she had come away from home with very little money. Instead of going to the county home, she went to the Annex, thinking she would rest over the next day and night and then find a home to work in for her room and board, as she wanted to be where she would not be scolded so much.

What She Really Wanted

Friends, do you realize what she really wanted? She wanted to be told she was appreciated, that she was the best mother in the world. In the hurry of our busy day every one seemed to run ahead of her. She loved the old days, and she could not adapt herself to the new order of this everyday strife and bustle.

How many of our gray-haired friends have passed the day of interest in our world at this time and are weary and want to rest? It did not take much to make our friend happy. I gave her the care of three rooms, let her care for the meals of three people, let her do a little sewing and mending and asked her advice on many details of our Home work. She kept busy and felt she

was needed, and at night she slept because of a satisfied mind. She gained in strength and courage.

After some persuasion she told who she was and where her home was. At once we notified her family and arrangements were made for her to be taken home. How glad she was to know she was wanted, how ashamed to think she had caused them worry, for she thought she would not be missed much.

Let us make our aged ones know they will be missed, and we love them for what they have been to us. As I helped her to the train, she earnestly said, "I know my children tried to do all they could to make me happy but they did not know what I craved. You left me alone, had confidence in me, showed that you knew I could do things right. This one week has been the happiest week I have known since papa left me to take his last long rest. He sleeps in Jesus now. I, too, wanted to rest from this strife. You have made me want to wait until Jesus calls me.

"I have seen so much the last week. Sick in body were the people in the hospital, sick in body and in soul were the people in the jail, and such awful sin and wickedness, and in your home heart-broken girls and helpless babies. I will make myself more satisfied. I will leave it all with Jesus. I did not know the religion you people have; it is better than mine and what I have known; mine has been a form of Godliness, yours is a practical one, and it appeals to me, and if I am saved I must follow in the path of my Saviour and he will lead me home at last."

Friends, does it pay to hold jail services? Jesus must have known the kind of people who would find him while being in jails. We ask you to pray for our work.

FOLKS NEED A LOT OF LOVING

Folks need a lot of loving in the morning;

The day is all before, with cares beset—

The cares we know, and they that give no warning;

For Love is God's own antidote for fret.

Folks need a heap of loving at the noontime—

In the battle lull, the moment snatched from strife—

Half way between the waking and the noontime,

While bickering and worriment are rife.

Folks hunger so for loving at the night time,

When wearily they take them home to rest—

At slumbersong and turning-out-the-light time

Of all the times for loving, that's the best!

Folks want a lot of loving every minute—

The sympathy of others and their smile!

Till life's end, from the moment they begin it,

Folks need a lot of loving all the while.

—Strickland W. Gillilan.

OUR YEAR'S WORK FOR CHICAGO

CAROLINE LOUISE CLOUGH

[Report read at the opening exercises of the new nurses' class July 9, 1918.—Ed.]

The greatest, at least the most far-reaching in its influence on our family at Hinsdale, is the Medical Evangelistic Work in Chicago which is done by the members of our first year nurses' class. The "city work," as we frequently call it, has been that which has brought most of us together in this particular place, as our work at the present time is only an outgrowth of the Chicago Medical Mission which was opened in 1892 at the time of the World's Fair in Chicago. Those early pioneer days, of which much could be said, will always remain sweet to the memory, yet they were days of hardship and privation. As conditions in Chicago have changed, and our work developed, there have been many changes during the years; but we have endeavored to keep ever before us the many appealing messages which have come urging us to warn the cities of their soon destruction and to present the revelation of God's love for the human soul. We have but to look to our great divine Pattern to know what we should do for the sin-sick, judgment-bound souls in our large cities. The record tells us that Jesus went from city to city and from village to village preaching the truth and *healing the sick*.

Trained in Evangelistic as Well as Medical Work

If nurses are to be real medical evangelists when they graduate they must have a thorough training in evangelistic work, as well as in bedside nursing. The need for this training led Dr. Paulson, four years ago, to put the city visitation and rescue work into the course of training during the first year. Since that time the students have gone two and two into the homes of the people, visiting every house in the district assigned to them, and leaving literature. This work is followed by repeated calls wherever open doors can be found, either through sick ones in the family, or other cases of need. During the four years, estimating it roughly, 319 city blocks have been visited in this way. Last year about 1,500 visits were made by these "angels of

mercy," as they are often called. A humble prayer was offered in 335 of these homes, and more than two hundred sick were found who were ministered unto in the name of Christ. Many destitute were clothed, having given out between three and four hundred garments; 1,769 of our truth-laden magazines were left in homes; seventeen books were sold; 867 tracts were given away; 104 Bible readings were held; and over 2,329 hours were gladly spent in this work.

No "Happen So"

Just the other day a card came asking for one of our nurses who go on errands of mercy to visit a needy home. One of our workers called who happened to have along some clothing for another family. A basement home of real need was found and a young mother with twins, who had recently arrived, and four older children. This mother was found to be a praying woman and when the suitcase was opened and the clothing laid out for the tiny babies, the nurse remarked that she just happened to have some extra clothing along. The mother immediately said, "No, it did not *happen*, for I prayed last night for someone to come and bring us help. And I know that the Lord has answered my prayer." This mother knew nothing of the card that had been written, neither did she know the writer, yet the Lord took this means to answer her prayer.

The many heart-touching experiences which our nurses have had, during the year, have been reported in THE LIFE BOAT magazine. Some have been led to see the truth as it is in Jesus and are obeying God's word. One dear old invalid sister says that since our girls began to visit her home, the home has been completely changed. While the husband has always been away to his work when they called, yet through the wife telling him what has been done for her and of the kind, loving spirit manifested, his heart has been touched and changed.

The influence of the year's work has been far-reaching among the people who have been benefited by it, but its influence upon the nurses who have been in the work has been of the uttermost value. Young

women whose hearts are yearning to do some unselfish ministry for the Master have been drawn to this place for the sole purpose of engaging in this work; their hearts have enlarged and their sympathies deepened and they have learned first-hand how to engage in loving ministry for the needy. They have been students in the art of soul-winning, of speaking to another soul concerning the all-important question of salvation.

and salvation to Chicago, which is pre-eminently *our* mission field. We wish that not only the nurses, but that every member of our family here in Hinsdale were actively and regularly engaged in some form of helpful work for the city of Chicago. Why not? We ask the prayers of all our family for this work, as it starts anew and we hope that the entire family may be visited with a spirit of reconsecration for service, that self may be forgotten,



THE NEW RECRUITS.

Members of the New Nurses' Class, Who Are Now Engaged in the City Work.
Mrs. Taylor Is Seated in Center of Group.

The jail work where some two hundred gospel services have been held during the year and where our workers have come face to face with hundreds of sin cursed, discouraged and neglected souls and brought them a message of mercy and of salvation, has been among the richest experiences of the year.

Because of the crisis in our work the last three months due to lack of workers our city work has been curtailed, but our jail services have been conducted as usual, and some of the most needy homes have been visited regularly.

*We feel that besides caring for the sick that come to our doors here in Hinsdale there is no work more important than the bringing of the gospel of health, healing

that we may all work unitedly for the advancement of this, our God-given responsibility.

LIKE IT THE BEST

From a Life-Term Prisoner in Dakota.

"I received your two letters that you wrote to me a few weeks apart, and also the calendar you sent me. I would have written to you long ago, but I get to write so seldom. The ten LIFE BOATS that you send to me each month are distributed through this prison and are read with interest. I put several cell numbers at the top of each magazine and that makes ten copies go a long ways. There is no religious reading as well liked by the average prisoner as THE LIFE BOAT."

OUR HOME

MAUD WILSON COBB

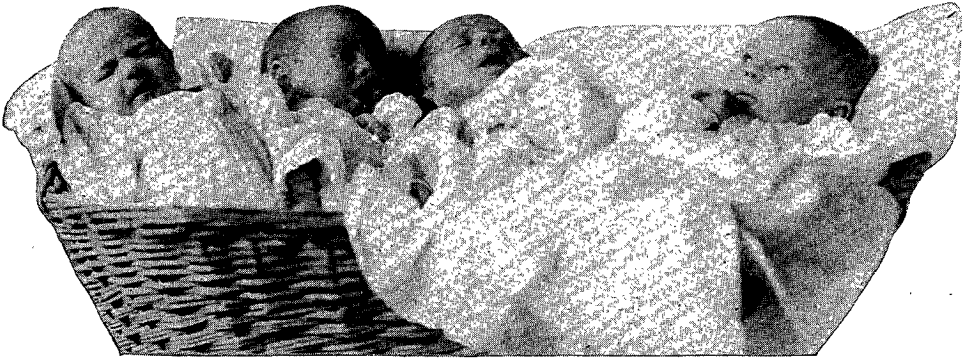
Matron, Life Boat Rescue Home, Hinsdale, Ill.

How thankful I am to-night for the quiet Christian influence in our Home. I do not believe that I have ever lived in a private home where love and kindness has filled every part of that home more than here. We now have a family of nine girls and we expect five more in a few days! With our regular family that has been with us for some time, our Home is about full.

When I look back over the past, and when I receive good letters from the girls that have been sheltered in our Home, I believe with all my heart the promise of Jesus to care for the broken-hearted. We

Home folks to help her bear the cross, with a good position and friends, and best of all a converted girl with a heart full of love to those who stood by her, she is made aware that the door of her father's home is closed and she cannot enter it. Perhaps if it had always been open to her she never would have found shelter under our roof, nor would she have been betrayed.

Another girl has just handed me a letter from her sister asking her to send three dollars which the sister has paid on her life insurance. This sister is married and her husband has a good business. The poor little girl has not a cent, nor has she been able to earn a cent since last January. She was left an orphan when a little child.



Would You Like to Have These Left at Your Door?

recall how our Home was built, how every dollar was sent by friends that a home might be provided for homeless girls and babies, and how for years faithful friends have sent us money, food and clothing so that we might bind up the broken-hearted, feed the hungry and clothe the naked.

Since I have been writing this article I have been impressed to say, "Even when families desert their own, we can pick them up." One girl who has been without a mother since she was ten years of age and has made her own living since seventeen years of age, has just received a letter from her father and step-mother, in whose home she has not lived since a child, and has received less than twenty dollars from them during all these years, as she is now twenty-one, and now, after she has gone through child-birth alone with only our

An aunt by marriage who kept a saloon made a slave of this child until she was ruined.

A more pitiful object never came to our Home. She was sick, starved, ragged and nearly wild. She had never passed through the second grade in school and although twenty-four years old, could scarcely read—not one advantage had been given the girl.

Against all hope we began a training for her. We had her placed in a hospital for six weeks to be treated for a condition we do not treat in our home. We then brought her home again, clothed her, cared for her dear little baby girl and to-day both mother and three months' old baby are the pictures of health and her merry laugh is like a medicine; she is the sunshine in our Home, so helpful and willing, neat and

clean. Her baby is the best, a nicer baby we have never had. We want to help the mother keep it; she loves it and cares for it so well, and it is the first and only thing she has ever had in her life that was really her own.

The father of the child is a married man and is now being kept in the County Jail for the ruin of this girl and refusal to help care for her child. We do not want to send her out into the world with this baby, to combat with the temptations that will surround her, and she is not as strong as she should be. She never had a soul to cling to, nor a friend to keep her from falling. She was only a little slave girl and was willing to give her soul if need be for a kind word or attention from anyone, now she is asked to pay the sum of three dollars that was spent to cover the expense of her funeral, should she have died in her unfortunate condition.

Christ knew such places would be needed, for he has promised when our father and mother forsake us, then the Lord will take us up. I am so thankful that Christ has chosen us instead of we choosing him, for who could undertake a work like this for himself, how could he do it without faith in a higher power?

I know many Christian friends are willing to help us make our home what it should be. I believe the Lord will impress those who are willing to do something for him. We are in need right now of money, first of all, to buy groceries and other necessities to keep the Home open. Then we are sadly in need of funds to have some very necessary plastering and painting done. We want our home to be the very best in the state; we want it to appear neat and clean, to rightly represent the Master, whose we are, and whom we serve.

"Anybody can soil the reputation of an individual, however pure and chaste, by uttering a suspicion that his enemies will believe and his friends never hear of. A puff of the idle wind can take a million of the seeds of a thistle and do a work of mischief which the husbandman must labor long to undo, the floating particles being too fine to be seen and too light to be

stopped. Such are the seeds of slander, so easily sown, so difficult to be gathered up, and yet so pernicious in their fruits. The slanderer knows that many a mind will catch up the plague and become poisoned by his insinuations, without ever seeking the antidote."

A COURAGEOUS MOTHER

CAROLINE LOUISE CLOUGH

The following letter, just received, was written for THE LIFE BOAT by one of our former Rescue Home girls who is now in a western State. This young woman has remained true to the principles she learned while in the Home in spite of the fact that during the years which have intervened she has had to meet many severe trials, and is now, single-handed and alone, working to support her three small children.

When we think of our many girls scattered over the country who are battling with the powers of darkness and with poverty, struggling to give their little ones a good Christian training and to save them from the pitfalls which entrapped their own feet, we know the Rescue Home pays. Don't you? If the Lord impresses you to help us fill up our empty treasury box so that the work may not suffer, we shall appreciate your carrying out that impression.

Our young sister writes:

"I received a June LIFE BOAT, the first one for a long time, and as I am interested in the article from the Rescue Home I turned to it first. I was very much impressed when I read of the girls who wanted to keep their babies so very much, and yet were timid and afraid to go out in the world to earn a living for themselves and their little ones. For the benefit of those girls I feel a burden to write my own experience in hopes it may give some of them courage.

"Early in the year of 1910 I came to the Rescue Home, discouraged and heart-broken, as most girls do, with no one I might go to, whom I could trust. I had kept my troubles to myself, which makes them much harder to bear. I had sisters and a brother, but I did not dare to go to them. We were raised in the South and the Southern people consider a disgrace of any kind a disaster to the family.

"The mother love of Mrs. Swanson, who was matron of the Home at that time, and the encouragement I received from the dear old lady that lived in the Home put new light in my life, and soon I found myself almost happy regardless of the gloom. So time passed. The future was a blank to me, but there was one thing I knew, I had fully decided to keep my baby. My baby came, and I lived in the Home and filled my place there till he was six months old.

"I then went to my brother, who lived in the middle west, who invited me to his home. I was only there a few days till he asked me what I was going to do with the baby. I was surprised, and answered him quickly, 'Keep it, of course.' I shall never forget the hard, stern look that came over my brother's face as he said, 'You foolish girl, you can't do that. I had you come here so I could help you get a home for it, and you *must* give it away.' I held my baby close to me and almost screamed that I would never give him up only in death.

"I went out with baby in my arms to look for work, but could find nothing. No one wanted me with a baby. My brother was really pleased with this. He said, 'Don't you see that you can't get along with the baby?' It finally came to the pass that the covering was taken from my bed and there was no place set for me at the table. I used all the pennies out of baby's bank to buy him milk, and I at last procured work for six hours, thus earning sixty cents, which, at that time, would keep him in milk for some time. When I grew so hungry I couldn't bear it, I would slip to the pantry and take something to eat.

"In the meantime Mrs. Swanson, who knew of my trials, had found a place for me in another state; the railroad fare was sent, and I was very happy and went at once. I was not there but a short time till I married a man twice my age, and soon after our marriage we sold the farm and came West. In about five years, after two other children had been born to us, my husband proved untrue. He was sent away for treatment with a disease that made him unfit for a husband or a father, but his real condition was kept from me for a long

time and when I learned the truth I knew I could never live with him any more. I could not trust him, and he refused to help support his children unless I would live with him, and that, of course, was impossible. So instead of having one to care for, I have three.

"But listen, I have made a success. I have told you the dark side of my story, but there is a bright side also. The only thing to do is to set your aim high and look to God for help, at the same time remember, 'A bird with a broken wing can never fly so high again.' One cannot stand so high in the world. There are many pleasures of this world that I have had to give up for baby's sake, but it's worth it.

"I wish I could bring before you to-day my boy, who will soon be eight years old, a noble little fellow, a beautiful character, and when he comes and puts his little arms around my neck and says, 'I love you mother,' oh! it's then I say, it is worth the fight. I thank God that I kept him.

"I have my little family together and we get along nicely and soon we are to make a trip to the far South, to visit relatives who have never seen my children, but have forgiven me for the disgrace I brought on the family. I have made good; with God's help I succeeded, and yet I was a Home girl. You girls who leave the Home with your babies will meet hardships, no doubt, but don't be afraid to face the world. Ask the dear Lord to help you and he will carry you through.

"It was the Christian influence, the training and the encouragement I received in the Home that helped me. I obtained there what I could not get elsewhere. Sometimes I thank God that he permits these things to happen to us for our own good.

"Every day I look at my boy and think of the Rescue Home and I praise God for such a place."

SELLING BONES FOR FOOD IN ENGLAND

Over in England, at the height of the meat shortage and before the populace was put on rations, they sold bones at the rate of five pounds for one shilling. Police-

men regulated long lines of people patiently standing out on the sidewalks, waiting not for their favorite matinee idol to pass, but for a chance to enter a food shop and buy a small quantity of food. It takes about three minutes for the shop keepers to dress their windows over there, merely because there are, perhaps, but a few cans of

but mostly they are buying tickets to shows! In the busy streets in towns and cities, shopkeepers display elaborate arrangements of all kinds of delicacies in their show case windows. They would scorn a "display" of corned beef and condensed milk!

The accompanying picture is from the

And You are only asked to save and not waste Food



condensed milk and a box or two of corned beef to be displayed.

Yet over here in America, bones, hay, even fats and precious scraps of meat are going into the garbage pails! Although in many cities there were long lines of people waiting last winter for supplies of coal, there has as yet been no pinched-faced mob pleading for food. True, there are frequently long lines of people on the street,

Official Press Bureau in London. It was sent over to this country for the express purpose of showing America what England was actually facing. A country in such straits not only needs help herself, but cannot possibly be expected to contribute to the support of United States troops now on the other side. The food shortage is real. Save food and "Carry On."—*U. S. Government Bulletin.*



The Large Family of Nurses at the Hinsdale

Among Our Nurses at Hinsdale

Caroline Louise Clough

THE Hinsdale Sanitarium was a busy place during commencement week of July 6-13. The exercises began Sabbath morning when Prof. J. G. Lamson, principal of the Beechwood Academy, Needham, Ind., gave the baccalaureate sermon. The professor adapted his remarks to the class motto, "Into the furrow of the world's great need," drawing some splendid lessons from God's Word.

On Sunday evening the Sanitarium Nurses Alumni gave a reception to the graduating class. Many speeches were made and special music rendered. The class history was given by Miss Gerda Bengtson, who recalled particularly the experiences during their first year when the class was located in "Students' Hall," where they lived on the community plan, having a general fund to which each member contributed and from which their living expenses were paid. A large part of their time was spent in Christian help work, visiting the needy and poor in the tenement districts of Chicago. Here they learned by actual experience how to meet the people in their homes and to help them.

The class prophecy was given as a conversation, five years hence, between the Misses Mabel Anderson and Viola Dyer. While this was drawn largely from the imagination, yet it was gratifying to see the high ideals that breathed through it all as one member after another of the class of 1918 were pictured as being engaged in some helpful medical missionary work in this and other lands. Let us hope that not one member of this class shall lose her ambition for service in God's cause and become merely a nurse seeking only worldly ambitions.

On Monday evening, July 8, the graduation took place in the Sanitarium gymnasium, the largest assembly room which the institution affords and which proved to be inadequate for the occasion, as it was crowded to the doors and a large audience on the outside.

J. William Osborn, professor of music of the Broadview Swedish Seminary, rendered two vocal solos. Mr. A. C. Ford, Jr., the only gentleman in the graduating class, read a paper entitled: "The Medical Missionary vs. The Professional



Sanitarium. Taken at Graduation Time.



Nurse," and Miss Dollie Tyrer, president of the class, spoke on "The Missionary Nurse in Foreign Lands."

The Price of Liberty

Prof. Frederick Griggs of Washington, D. C., who has recently returned from an extensive evangelistic tour abroad, and has now taken the presidency of the Emmanuel Missionary College at Berrien Springs, Mich., gave the graduation address. His subject was "Liberty." Among other things he said:

"It is the individual who forgets himself in work for others that has liberty and that can give it to others. The men who to-day win victories in the cause of national liberty are they who forget themselves even in the heat of the battle. The man who is mindful of himself cannot stand in the face of the awful carnage of battle. He does not win the victory. He thinks of himself and is frightened.

"Success is won and liberty maintained only by those who forget themselves.

"Your class has chosen the motto: 'Into the furrow of the world's great need.' What is the world's great need to-day? I affirm that it is this liberty of which I am speaking, liberty of mind, of heart, and of body—this is the world's need. It needs

it in foreign lands and in our own. Go down the streets of Calcutta or of Chicago, it is the same. Look into the faces of those whom you meet, and you may note that few seem to show health, courage and happiness, while many look ill and disheartened.

"Indeed, man's great need is to know and realize his possibilities of liberty and to live in its pleasures. If the need of the people of our favored land is that freedom which comes through obedience to the gospel of liberty—the gospel of Christ—far more do those need it who live in those lands where its light shines but feebly. I have had the privilege within the past few months of visiting some of the dark portions of the world, India, China, Japan, and Java. I have had a faint glimpse of what these countries greatly need.

"We are our brother's keeper and are under Christ's bonds to convey the liberty of his gospel to all our brothers who know it not, and I say that any man who does not have these great principles of liberty so fully enshrined in his heart that he is willing, if need be, to die that they may live in the hearts of others, has not a full understanding of liberty and has not entered into its supreme joys.

Plow the Furrow Nearest By

"Now this great work of the world's need does not lie alone over in India or China. The world's need for us begins here, where we are. The 'furrow' of your motto, does not start away over in China or India, but here in Hinsdale, and to-night. If we turn that furrow well, plowing it deep and running it straight, it will lead to just the place where the seed which we sow in it will yield the largest possible harvest.

"The wise man said, 'Whatsoever thy hand findeth to do, do it with thy might.'

member him as he worked his way through school. I saw him go into life's work, I saw this institution grow under his hand, I saw the zeal with which he worked. Everyone who knew him knows that he consecrated himself. He sanctified himself to the work which he had to do and did honestly and prayerfully and thoroughly that which he was given to do. His life inspired me as it inspired thousands of others. He yet lives in our lives. I think that the secret of success lies in whole-heartedness more than anything else. It is the individual who consecrates



THE GRADUATING CLASS OF 1918

Standing: Pearl Stiles, Flora Champaign, Viola Dyer, A. C. Ford, Jr., Gerda Bengtson, Mabel Habicht, Anna Williams.
Sitting: Mabel Anderson, Louise Murchison, Dollie Tyrer, Mrs. E. L. Johnson, Supt. of Nurses, Nellie Hansen, Ethel Harrison, May Giles.

That means right where we are, not off in the distance. This 'whatsoever' is found not alone over in Najibabad, India, or Yen Cheng, China, but as well here in this very institution. One of our greatest hindrances to advancement and success in all good work is that we are looking off into the future and somewhere else instead of looking right into the present, and at the work at hand.

"As I was thinking of this my mind went to the founder of this institution. Dr. Paulson was my school friend. He and I were students in college together, and I well remember him in class work. I re-

every faculty and power of his being to his work who succeeds in that work, and it matters not what that work may be. Of Christ, the great Liberator of all men, it is said, 'He was not willing to be defective, even in the handling of tools. He was perfect as a workman, as He was perfect in character.'

"Class of 1918, the world's great need to which you have consecrated yourselves is the deliverance of men from bondage; it is the promulgation of the gospel of liberty—liberty of body, mind and soul for all men of all lands. Go forth into your work with prayer and perseverance. The

furrow which you are to turn begins here at home; not in China nor India, nor in the South Seas; it may never carry you outside of your community; but plow it straight, plow it deep, see that the soil is well turned. He who does his work well at home will do it well abroad. So surely as you do this, so surely will you fulfill God's great purpose in the life of everyone of you. And may it please him to direct your furrow into those darker portions of the world where the need of the blessings of liberty is greatest and its rewards seem largest."

After the professor's speech the class then sang their song entitled, "Into the Furrow." The class motto appeared above the platform in rustic letters of gold, and Old Glory, which stands for liberty, and for which our boys are giving their lives to-day, held a prominent place behind the platform.

Mr. Julius Paulson, president of the Sanitarium Association, presented the class with their diplomas. In doing so he said:

"The world to-night is lying in sorrow, stricken with war, heart's breaking and bleeding everywhere. There is need of someone who knows how, not only to apply physical remedy but to bind up the broken-hearted, to administer the Balm of Gilead. You have an excellent and great calling. You have dedicated your lives to service for God and humanity. If you keep that aim before you, you will make a grand success of your life's work."

While this graduating class has finished its work this week and will soon be scattered, others are coming in to fill up the ranks. A new class of twenty members is now being organized. On Tuesday evening the opening exercises of the new class were held. At this time Dr. Mary Paulson gave them an address of welcome, and Prof. J. G. Lamson, Prof. C. L. Taylor, the Sanitarium Chaplain, and others, took part in the program.

Among the visitors from afar were: Dr. Elizabeth Jamieson, a former member of the Sanitarium medical staff, now connected with the Sanitarium at Harvey, N. D.; Mrs. A. C. Gaylord, who for a number of years

conducted the Bible classes for the nurses, and a number of the Sanitarium Alumni. Among them were Miss Lelia Patterson, Forrest Bliss, Fred Vaughan, Archie Field and Miss Grace Redwine.

THE PROFESSIONAL NURSE VS. THE MEDICAL MISSIONARY*

A. C. FORD, JR.

The great world is sick. Wherever the children of men dwell, humanity suffers. The unusual need calls him who has been saved to an unusual service for his fellow-men. Who best meets the emergency? The professional nurse or the medical missionary?

To some, the terms professional nurse and medical missionary might seem synonymous since both have to do with the care of the sick, but does the fact that both have a common aim place them on an equality? I propose to have my hearers see and acknowledge that they are not, and that really they cannot be.

What are the qualifications of the professional nurse?

No one is disposed to question the high standards that must be reached by him who shall receive the R. N. degree which the registration bureaus of to-day bestow. R. N. stands for a whole world of knowledge and ability. It means a thorough knowledge of physiology and anatomy. It means a knowledge of materia medica. It means a knowledge of diseases and their remedies. It means a knowledge of emergencies and their treatment. It means, in short, a splendid equipment on the part of the nurse in technique and skill for the handling of all cases which come under the physician's care and which he is pleased to trust to the oversight of the nurse.

All this is granted without question. It is a self-evident fact, and all of us rejoice that the medical world of to-day expects great things from its professional nurses and is constantly seeking to do great things for them that the true end may be realized.

What of the missionary nurse? Are his standards of knowledge, technique, ability, and general worth lower in any wise than

*Paper read at the Nurses' Graduation, July 8, 1918.

those just described? Because he is a missionary shall he know less, do less and succeed less than his merely professional brother?

It is gratifying to know that the records of the day bear witness to the contrary. In actual trials before State Boards, the missionary nurses are taking away the honors. In a recent examination in California, the missionary nurses from Loma Linda and St. Helena Sanitariums stood the severest of tests and out of scores of nurses who were entered, they bore away as high marks as ever were given nurses.

The Great Pioneer

Then what is the essential differences between the one and the other? If both are equal in general knowledge and skill, wherein are they unlike? While the professional nurse spares no effort to heal the body the medical missionary goes further and labors to cure the soul. To understand the duties, responsibilities and privileges of the medical missionary we shall profitably review the career of the great Pioneer. It is well that we notice the principles, incentives and motives of him who first undertook this missionary enterprise. Somewhere in the remote past before the foundation of this world Christ gave himself a ransom. Circumstances demanded that he come to this earth to fulfill his mission. That he was a medical missionary is evident from the prophecy which he read and applied to himself. He said, "The spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord." Luke 4: 18-19. That Christ was a medical man in general, and yet proficient in every line is evident from his answer to John's inquiries. To whom he replied: "Go and show John again those things which ye do hear and see: The blind receive their sight, and the lame walk, the lepers are cleansed and the deaf hear, the dead are raised up and the poor have the gospel preached unto them."

No doubt Christ knew the principles of

hydrotherapy and when to use plasters and poultices, for we see him mixing clay and applying it to the blind man's eyes. We are told that Christ spent more time healing the sick than in preaching. Yet to make the deaf and dumb to hear and talk, the blind to see, and the halt to walk again was not the great ambition of his life, or the mission of a Saviour. Man's Redeemer made each work of healing an occasion for implanting divine principles in the mind and soul. He imparted earthly blessings that he might incline the hearts of men to receive the gospel of his grace. "The spirit of the Lord is upon me," he declared in his first sermon, "because he hath anointed me to preach the gospel to the poor, to preach deliverance to the captives, to preach the acceptable year of the Lord."

Christ came to this world to show that by receiving power from on high, man can live an unsullied life here below. With patience and sympathetic helpfulness, he met man in his necessities. By the gentle touch of grace, he banished from the soul unrest and doubt, changing enmity to love, and unbelief to confidence. This Christ is the medical missionary's ideal, and just to the degree that he comes to be like him just to that degree he has realized his ambition. It is the privilege of any professional nurse to become a medical missionary if he desires.

A Medical Missionary on the Battle Field

A medical missionary picked up a wounded soldier on the battle field. After carrying him to a place of safety he treated his bruises and bound up his wounds. Quietly opening his Bible, he asked, "May I read to you out of this book?"

The man groaned, "I'm cold." The missionary took off his own coat, spreading it over him, and whispered again, "May I read to you out of this book?"

"I'm hungry," was the reply. From his own lunch basket the missionary brought food for the hungry man. The request was repeated, "May I read to you from this book?"

A sigh in response and then, "I'm thirsty." At the risk of his own life, water was found and brought back to the restless sufferer. The soldier was quiet, when his

strange attendant ventured again, "May I read to you out of this book?"

"My head is too low." Instantly off came an under coat to make a pillow for the weary head. Once more a sympathetic voice had courage to say, "May I read to you out of my book?"

"Does that book tell you to do as you have done?" The soldier's voice grew stronger and he continued, "if it does, read it to me."

The true medical missionary *should be* a skilled nurse of superior professional ability, but he *must be* a Christian. While no effort to convert to any denomination or creed should ever be made in the sick room, opportunities often afford in which a Christian nurse, kneeling beside the sorrowing and afflicted, can offer a simple prayer which revives hope in the heart that may have long since forgotten its Creator.

Talent, wealth or worldly fame can never restore the health, gladden the sad life, or heal the broken-hearted. Man's extremity sometimes proves to be God's opportunity. When the nurse has done all within his power for the relief of his patient, and yet his efforts seem to be fruitless, let him remember the motto coined by a foreign missionary, "Attempt great things for God, expect great things from God." A patient may have been prepared for a serious or perhaps scarcely hopeful operation. With his or her permission the nurse on bended knee may ask God to guide the surgeon's hand, and if God wills, save that life for future usefulness. There is something in such prayer that calms anxious hearts.

The medical missionary is an embodiment of professional skill, technical knowledge, efficiency and Christian fortitude. The peril of the soul is recognized to be more serious than the peril of the body. While treatments are being administered, he is the personator of a kind, happy disposition and when a suitable opportunity affords, his conversation is a pleasant reminder of Him who is able to heal all our diseases. Unfortunate humanity craves the sympathy that a true medical missionary can give. Cheerfulness is an inestimable asset to any nurse. The poet hinted at this thought when he said: "Not what we give, but what we share, for the gift without the giver is bare."

Solomon truly said: "A merry heart doeth good like a medicine."

The professional nurse's possibilities for good are great, but the field of medical missionary endeavor is unlimited, for its results cannot be calculated until we traverse time and enter eternity. The need of a sin-sick world is the medical missionary's call; the largest amount of good is his ambition, and the actual giving and living of the gospel of a crucified and risen Saviour to all the world in this generation is his motto. Another has said, "The credentials he offers to the world are the ineffaceable characteristics of Christ's immortal principles."

ORGANIZING A RESCUE LEAGUE IN PRISON

"Your letter of June 4th was gladly received and also THE LIFE BOAT. You haven't any idea how I appreciate the same.

"I and some of the men here are going to organize a rescue league. Our motive is to get the men to be manly men and make a grade in our merit system, and live and act so that our mothers and sisters could roam over the playground in perfect safety. Pray that we may be successful in our undertaking. I would be glad if you would tell the good people of all the churches in Chicago about our work that we are going to undertake and ask them to send us good literature so that we can read some and be better men when we get out, and make us able to look the world squarely in the face. Oh how I long to be out and help my country in this time of trouble."

"The adversary of souls is not permitted to read the thoughts of men; but he is a keen observer, and he marks the words, he takes account of actions, and skilfully adapts his temptations to meet the cases of those who place themselves in his power. If we would labor to repress sinful thoughts and feelings, giving them no expression in words or actions, Satan would be defeated; for he could not prepare his specious temptations to meet the case."

GETTING THE CHILDREN TO WORK

MRS. MINNIE DOUGLASS

This evening I am going to write you and tell you the glad news that to-day we have shipped to you by Wells Fargo express a box of clothing for the Home.

We have certainly enjoyed the work and I hope you will enjoy receiving the clothing as much as we were to send it. Here is a picture of all that helped to do the work on the clothing. The young man is

WAY LOOKS BRIGHTER

From an Oregon Prisoner.

"I was converted to the Lord a little more than seven years ago in a prison cell while reading the book, 'Early Writings,' by Mrs. E. G. White. I had been reading the Bible a great deal before that.

"I had difficulty in obeying the Lord as my conscience directed, but the Lord helped me to win favor. I wanted to bring the truth to others in the prison, so after fasting and praying a long time I went to



The Children Who Are Helping the Rescue Home. Mrs. Douglass Is Standing at the Rear in Center.

the church school teacher. The children are some of his pupils. They are very much interested in the work, and I know I am surely interested in the work you are doing and I only wish I could do more, but I am thankful I can do my bit.

The July LIFE BOAT certainly is good. I am pleased to see what a wide circulation THE LIFE BOAT has. I certainly do all I can to help get this wonderful little magazine before the people. It surely does me so much good to read THE LIFE BOAT. It puts the spirit of inspiration in my heart to do more work for my Master.

A GOOD DECISION

"I used to spend about a dollar a month for smoking tobacco, now I have stopped using it, and will pay you for THE LIFE BOAT magazine."

the deputy and asked if he would let me sell religious literature to the men in the yard. He walked around and around in one small place. I stood still and watched him, and when he came to a stop, he said, "It will be all right to go ahead."

"Now I am out as a trusty and have been for over one year. On the 29th of June, 1918, I followed my dear Lord in baptism. Now I am one of God's dear sons, bound for the beautiful land of glory. The way looks brighter to me to-day and more sweet than ever before. Pray for me that I may have eternal life."

"LIKED IT ALL OVER"

What a Minnesota Prisoner Wrote.

"One night last month I found THE LIFE BOAT in my cell. As it was the first time I saw the paper I began to read it to learn what kind of a magazine it was. I liked

it very much all over, but especially the sentence: 'If you are in need of a Christian friend, write us at once,' aroused my attention. I am in need of a Christian friend because I am a fallen man. All my relatives and friends have forgotten me and they are far away in the old country. Therefore I am lonely and the time seems to be very, very long and dull. It would be a delight to get a letter some time. What I need most is good advice as to how I might become a Christian, and a good citizen of this great country, the United States."

LIFE'S TESTING

ROBERT HARE

If you can keep your temper, keep it true and sweetly,
When all things vex or rise against your will;
If you can whisper kindly, when your soul is bitter,
And still with constant heart each task fulfill!
Your dim horizon yet may kindle brightly,
And clouds that darken yet may hurry by;
Some angel whisper may be in the tempest,
Some lesson in the toil o'er which you sigh.

If you can meet the jeer with dauntless courage,
The scoff that hate would fling, with fearless heart,
The shaft that jealousy would hurl in anger,
And in it, through it all act well your part!
You have a mission that is truly noble,
A part to act that may be made divine;
Great souls have fallen underneath such blasting—
Souls greater, mightier, loftier than thine!

If you can keep your patience in a world of hurry,
And keep your spirit calm when all gives way,
Your eyes will learn to see with clearer vision,
Your feet less often slip or go astray.
The world is out of rhyme and out of reason,
Perplexed and hurried in its selfish pride,
And often it will vex your wearied spirit—
Blessed the heart that can in peace abide!

TRUSTING IN GOD

From a Missouri Prisoner.

"I am in receipt of your most encouraging letter and was very glad to hear from you. I have also received two copies of THE LIFE BOAT and a tract. Yes, I have taken the Lord Jesus as my only Saviour and Redeemer. I am trusting entirely in him to obtain eternal salvation. In him only can we find refuge from the evil that is coming now upon the earth. The Lord has been very kind to me in preserving me from evil, and has also placed me in a better position than I was formerly. I

thank my God, through Jesus Christ, for his manifold mercies which he has bestowed on me, who am not the least worthy of all his mercies and kindness which he has shown toward me, because I have committed many offences against him since I began to call upon his name."

FROM ONE OF OUR BOYS IN THE TRAINING CAMP

JAMES H. REID

[Mr. Reid, one of our Hinsdale nurses in training, was recently called by the Government to enter training in the army. A few days after his arrival at Fort Riley he wrote us concerning his experiences, from which we cull the following. We would like to send a large club of LIFE BOATS to Fort Riley each month. Can you help us do so?—ED.]

We left Wilber, Neb., June 27th and arrived at Fort Riley at 9:30 p. m. the same day. Before taking our departure we were given a farewell dinner at the Wilber Hotel, after which the citizens took a collection for cigars, tobacco, etc., for us. Of course I did not care for that but they had \$59 left and \$5.40 was my share, which was, of course, acceptable. At Beatrice, Neb., the Red Cross entertained us at the First Christian Church, giving us a fine dinner, which included nice cherry pie and new potatoes, but the thing we all appreciated most of all was ice water to drink.

There were nine coaches in our special train from Beatrice and all along the way nearly everyone cheered. At two or three places I noticed old women feebly waving their hands, while through the window of their homes the service flag showed three stars.

The whole trip to Manhattan was in the Blue River Valley. From Manhattan we traveled up the Kansas River eighteen miles to Fort Riley. After leaving the car the adjutant met us and we were checked in, then we marched to the gun sheds and left our hand baggage and then to the storehouse a mile away, where we were told to sign our name in full three times, and we each picked up a barracks bag and cot. Then we went back to the gun sheds for the night. The next day after mess we were marched to a place down the river in the shade of the trees where we were examined to see if we were mentally sound and to find out if we were especially

qualified for any particular line. From there we were mustered in, then examined by several doctors. The first one asked me if I always felt real well. I said: "nearly always." He said: "You are a healthy fellow, pass right along, glad you are here." About five o'clock Friday we got our outfits of wearing apparel. A call was made for some one who was handy with a pen, pencil and typewriter. No answer was made for so long I thought maybe that is my opportunity, but I knew it was not my own choice; however, I answered, and was commanded to step forward. The officer had a good expression and said for me to come into his office and be clerk next morning. After a few minutes, he said, "Wouldn't you like a private room?" He let me clean out a store room, so now I have private quarters.

There are sixty-six men in our barracks. When the section leader is absent I have charge of them. We have good quarters, good food and good clothes, as well as good officers. I can surely say army life is all right.

This morning we detailed an extra room orderly and had our floor oiled. I watched them very closely and did not permit them to leave a spot unfinished on outside step or floor. The boys thought I was rather rigid in my demands, but I told them someone's barracks would be the best kept in the camp, and it ought to be ours. After dinner one of the room orderlies came with a wonderful smile and said the lieutenant had just been here and asked who the leader was. They told him he was away. He said, "Well, I can't find a cleaner barracks anywhere." He said other places had material with which to keep in first-class condition, but did not do it.

Y. M. C. A. No. 3 is only about a block from us. Nearly every night they have some form of entertainment. Of course it would be more pleasant at Hinsdale than in any army camp, but so long as the other boys have to sacrifice the same as I do, I want to do my part.

I shall be glad to get a few copies of THE LIFE BOAT for I am sure several of the boys will be glad to read it.

I shall try to secure some subscribers to THE LIFE BOAT. It was several days before I had an opportunity to visit the Y. M. C. A., but when I did they had no LIFE BOATS and one of the secretaries said they would be very glad to get them.

OUR SOLDIERS' LITERATURE FUND

Previously reported.....	\$708.35
Mrs. J. Osborn.....	1.00
Mary V. Dryden	1.00
Mrs. Marie Johnson.....	1.00
Anna J. Dickinson	1.00
A friend	5.00
Hinsdale M. V. Society.....	4.26

Total\$721.61

"MORE THAN A FRIEND TO ME"

A Wisconsin Prisoner.

"Just a line to let you know that I have received THE LIFE BOAT each month and I wish to thank you for same. I always read THE LIFE BOAT from cover to cover and I enjoy reading it. I love to read the letters from the men behind the bars.

"I am getting along very nicely now. I did feel very discouraged several months ago, but I have finally overcome it. I tried very hard to get out on pardon but I did not succeed in the attempt. That is why I felt so discouraged when the Governor refused my application. I wanted to get out so I could join the army. I have served almost three years of my seven years' sentence, and it seems a long time in here. I don't know what I would have done if it had not been for THE LIFE BOAT. It has been more than a friend to me. When I get out I shall do everything I can to help spread THE LIFE BOAT. Do not forget to pray for me."

"LIKE A WHOLE FAMILY VISITING ME"

"I thank you for sending THE LIFE BOAT so faithfully. The owner or partner in the saloon business buys it each time you send one. At times THE LIFE BOAT is just like a sister or brother speaking to me. This last one was like a whole family came to visit me. What precious moments we (THE LIFE BOAT and I) have together."



EDITORIAL

EDITORS:

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

MORE LIFE BOATS, MORE LIVES RESCUED

The more LIFE BOATS set adrift, the more lives booked in heaven. There never was a better time to sell LIFE BOATS. There never was more need for them than to-day. Look at the wrecks on every hand. Thousands are going down in the sea of strife, and in the ocean of sin. THE LIFE BOATS must be on hand to rescue. One worker writes: "Send me a thousand at once," another orders twelve or fourteen hundred. The work of rescue demands haste. How many LIFE BOATS will you take out this month? Write us for terms.

C. L. C.

WRITE TO US

We invite correspondence with anyone who desires to receive Christian help and encouragement. It matters not who you are, if you feel your need of human sympathy, if you desire help to improve your spiritual condition, if you long to know the Lord better, we would be glad to correspond with you. Perhaps you are dreading the future, perhaps you are in deep trouble now, it may be your own relatives and friends have turned against you, whatever the difficulty, the Lord loves you and he is saying: "My child, come home." Write to the editor of this magazine and you will receive an answer.

C. L. C.

IS THIS YOUR INTENTION?

"I hope soon to send you a good number of subscriptions for that beautiful little paper, THE LIFE BOAT. I do so enjoy reading it."

Dead men never make mistakes.

STARTING THE NEW CLASS IN THE CITY WORK

Arrangements have been made so that the members of our new nurses class can this year work under the direction of and co-operation with the Evangelistic Tent meetings held in Chicago during the summer. More than half of the class have been assigned to this work and just as this number goes to press the work is being organized.

Future numbers of THE LIFE BOAT will give reports of their experiences. At this writing we cannot say much about their plans for work, but we are earnestly seeking the Lord for his guidance and for the love of Christ and the spirit of helpful ministry to descend upon the class.

We ask our readers to remember this company of workers in their prayers. Never was there a greater opportunity for work in the Master's cause and never has Chicago been more in need of the Gospel than right now. We have been fortunate in having Mrs. C. L. Taylor, the wife of the Chaplain at Hinsdale to mother these young people as they go back and forth in this work and we ask our readers to pray for this company of about fifteen workers, who shall give their time to this work for the coming two months.

C. L. C.

DO YOU EXPECT TO CHASE A THOUSAND?

The word of God speaks of an experience of God's people when one shall "chase a thousand, and two put ten thousand to flight." Deut., 32:30.

Apparently that seems like a delightful experience to have. No doubt many of our brave American soldiers would be glad to claim that distinction in putting the enemy to

roul. Just the other day I noticed the bold headline in the morning *Tribune*, "Thirty Yankees Defeat Two Hundred." That is a good record, but if two of our American boys should put ten thousand Huns to flight they would be honored in a way that no soldier ever was honored.

But did you ever stop to think that you cannot chase a thousand until a thousand surround you? To be surrounded by the enemy a thousand strong is, you will agree, far from being in an enviable position.

Speaking spiritually, the most of us are ready to flee when only one or two difficulties surround us. What would we do if surrounded by a thousand?

"If thou hast run with the foot-men and they have wearied thee, then how canst thou contend with horses? And if in the land of peace, wherein thou trustest, they wearied thee, then how wilt thou do in the swelling of Jordan?" Jer. 12:5.

In other words we must somehow be prepared to be valiant soldiers for the Master.

C. L. C.

WHAT CHOICE HAVE YOU MADE?

The Psalmist says, "I have *chosen* the way of truth." Young men and young women are called upon to-day to choose between the way of truth and the way of evil, and unconsciously many are choosing the latter, thinking that at some future time, after they have served themselves for a while, they will then walk in the way of truth. In the meantime, precious time goes to waste, the best part of their life goes to the devil, and only the broken, worn-out life, if any at all, is given to God.

David says, "I have *chosen* the way of truth; thy judgments have I laid before me. I have *stuck* unto thy testimonies." Ps. 119:30, 31.

Here is pictured a settled, progressive, Christian experience. The first thing is to *choose*, then after having made the choice, to "*stick*." Many choose to walk in the way of truth, but when temptations come they are gone, they do not stick. The Psalmist not only *chose*, but he *stuck*.

He said further, "I will *run* the way of thy commandments." The gospel puts the "Go" into one. I never saw a truly converted person yet but what was ready to *run* for the Lord.

You will remember when Philip was conducting a successful revival up in Samaria, the Lord told him to go down a lonely desert road. He arose and went immediately, and when the Lord said, "Go near and join thyself to this chariot," Philip *ran*.

Now let us read all of verse 32 of Ps. 119: "I will run the way of thy commandments, when thou shalt *enlarge* my heart." When we *choose* the way of truth and *stick* to the Lord's testimonies, and *run* the way of his commandments then we will experience a *change* of heart. We will find that our heart is enlarged to take in every needy soul; our sympathy will go out to those in need of help.

The Lord needs hundreds of young men and young women in His work to-day where there is only one who has settled some of these things. Such workers are needed everywhere. They are needed in Chicago, and at Hinsdale, they are needed in their own communities, everywhere there is work left undone that should be done. Who is ready to step into the gap, and say "Here am I, Lord, send me?"

C. L. C.

FACTS ABOUT THE BIBLE

The Bible contains sixty-six books, 1,189 chapters, 31,173 verses, 773,692 words, 3,586,489 letters.

The middle verse is the eighth verse of the 118th Psalm.

The longest verse is the ninth verse of the eighth chapter of Esther.

The shortest verse is the thirty-fifth verse of the eleventh chapter of St. John.

The following five facts about our English Bible are worth remembering:

First complete translation of the whole Bible was made by John Wycliffe, A. D. 1380-1382.

First New Testament printed in English was that of William Tyndale, A. D. 1525-1526.

First Bible printed in English was Miles Coverdale's, A. D. 1535.

First division of the Bible into verses, as we now have them, was begun by Whittingham, in 1557, and completed in the Genevan Bible, 1560.

The revised version of the English Bible was begun in England, June 22, 1870, and in America, Oct. 4, 1872. The New Testament was completed in England, Nov. 11, 1880, and in America, Oct. 22, 1880.

These facts concerning the Bible were taken from a recent number of the *Bible Training School*. It is good to know the shortest verse, the longest verse and the middle verse, but it is more important for us to ask ourselves this question: "How many verses have I tested out in my own experience and found to be true to me?" The more verses you can claim as your own because of their being of special help to you in time of distress or perplexity, the larger and more valuable will be your Bible. Remember that God's word will keep you from sin and sin will keep you from his word. C. L. C.

NEWS HERE AND THERE

G. R. Fattic of Berrien Springs, Mich., was a recent caller.

Dr. F. Burton Jones of Sanitarium, Cal., was a recent caller, accompanied by Mr. and Mrs. H. Walton.

Mr. C. H. Towns of Chicago, a warm friend of THE LIFE BOAT work, spent a few days in Hinsdale.

Dr. Elizabeth Jamieson of Harvey, N. D.; Prof. Frederick Griggs of Berrien Springs, Mich., also Mrs. A. C. Ford, and Mr. and Mrs. J. D. Clark and son, were among the many visitors during the month.

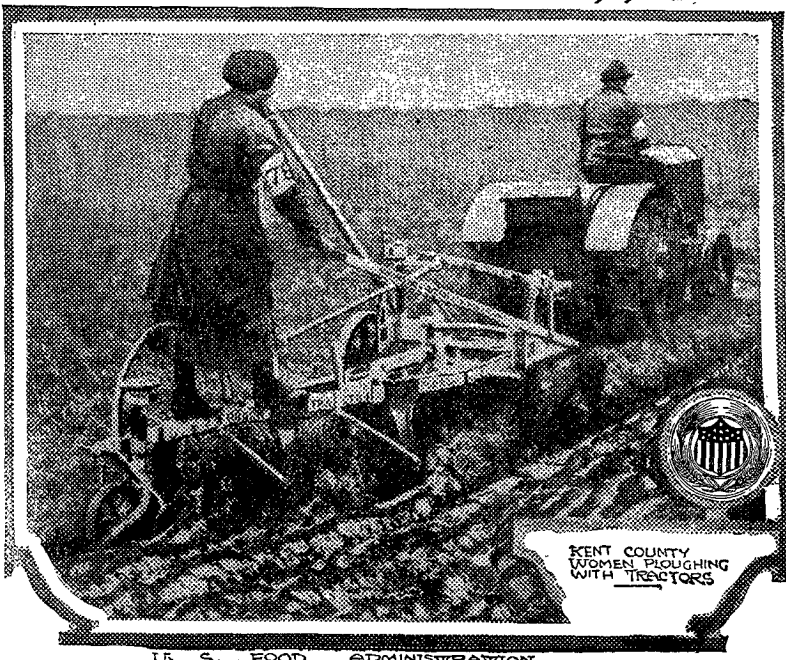
Prof. and Mrs. J. G. Lamson of Beechwood Academy, Ind., spent a week at the Sanitarium.

Mr. and Mrs. A. C. Gaylord of New Castle, Ind., were also among the visitors during the month.

Mr. Loyal G. Minier of the Army Y. M. C. A., visited the Sanitarium recently and gave an illustrated biological lecture on the origin of life.

Mrs. Vera Morlock of Minneapolis, who took one year's medical evangelistic training in Hinsdale in 1914 and 1915, visited Hinsdale recently with her sister, Regina Morlock, of Madison, Minn. Since taking her course in Hinsdale, Miss Morlock has been engaged in self-supporting medical missionary work, and is now with her sister, going to enter the work in the Southland.

English Women guaranteeing next Year's Food Supply



U. S. FOOD ADMINISTRATION

The Life Boat

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

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

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The date on the wrapper indicates when your
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scription, 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.

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The Life Boat magazine can be secured in quan-
tities at wholesale rates from the following agencies
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D. E. Abrams, wholesale nut store, 3529 Cottage
Grove Avenue. Phone Douglas 6743.
Illinois Tract Society, 116 North California Ave-
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tunities and medical missionary preparatory
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Sells for ten cents, costs five cents. Send for

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dale, Ill.

ALWAYS ENJOY READING IT

"I always enjoy reading THE LIFE BOAT.
Every one of them are such good numbers.
My last number that I got is a very good num-
ber. I think it would sell very well. I would
like to have ten copies to sell of the May
number, as I think it is such a splendid
magazine."

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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.

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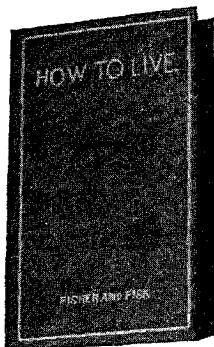
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"I have worn this garment now for three years and find it eminently satisfactory. I consider it superior in many respects to any other garment of its kind which I have worn and can heartily recommend it to other women."

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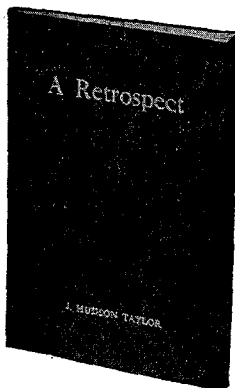
"How to Live, or Rules for Healthful Living, Based on Modern Science"



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

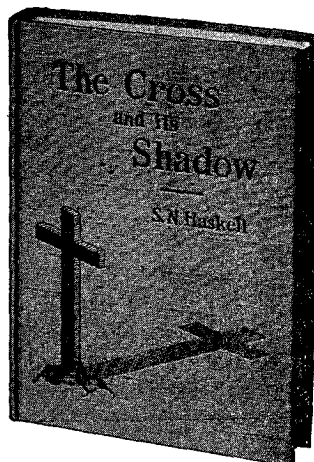
The Cross and Its Shadow

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



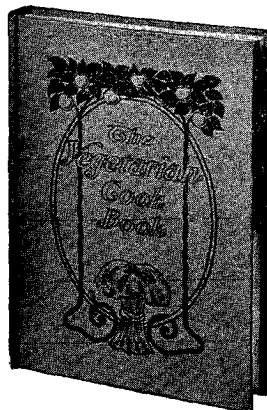
A Retrospect

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



Pastor Hsi

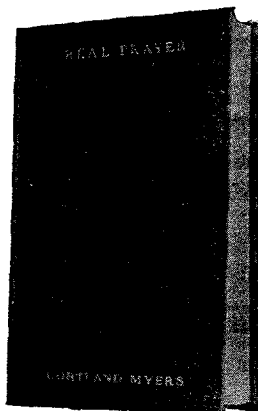
This charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year. The author gives in a most fascinating manner the remarkable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



The Vegetarian Cook Book

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

Real Prayer



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



A New Webster's Pocket Dictionary

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

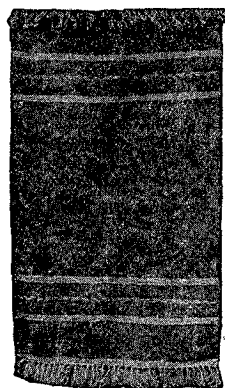
A Fountain Pen

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



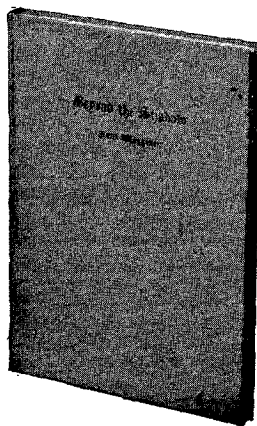
A Beautiful Rescue Home Rug

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	1.95	Shipping weight.....	6 lbs.
1 Gallon	2.00	Shipping weight.....	10 lbs.

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

HEALTH SPECIALTY No. 4.

A New Health Garment.

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

THE LIFE BOAT, Hinsdale, Ill.

THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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

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

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

Are You Contemplating Making Your Will?

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

Why Not Be Your Own Executor?

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

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

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

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

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

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

Address: **The Life Boat Rescue Home**

Hinsdale, Illinois

VISIT HINSDALE FIRST



The Main Building

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

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

A work cure department.

Musical entertainments and lectures.

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

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



The Main Parlor

Let Us Send You Our Booklet "Visit Hinsdale First"

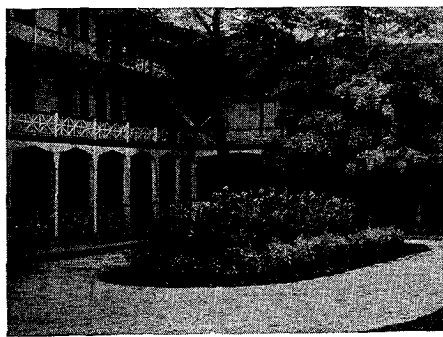
It is completely descriptive and beautifully illustrated. Once you read this book and note the location, the charm of Hinsdale and the ability of this institution to benefit the sick, you will realize that we offer you every possible means of restoring your health and of becoming completely rested, among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

The Hinsdale Sanitarium
Hinsdale, Ill.

Phone
Hinsdale 645

Endowed by Nature Equipped by Science

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



The Driveway

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

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



A Glimpse of the Lawn