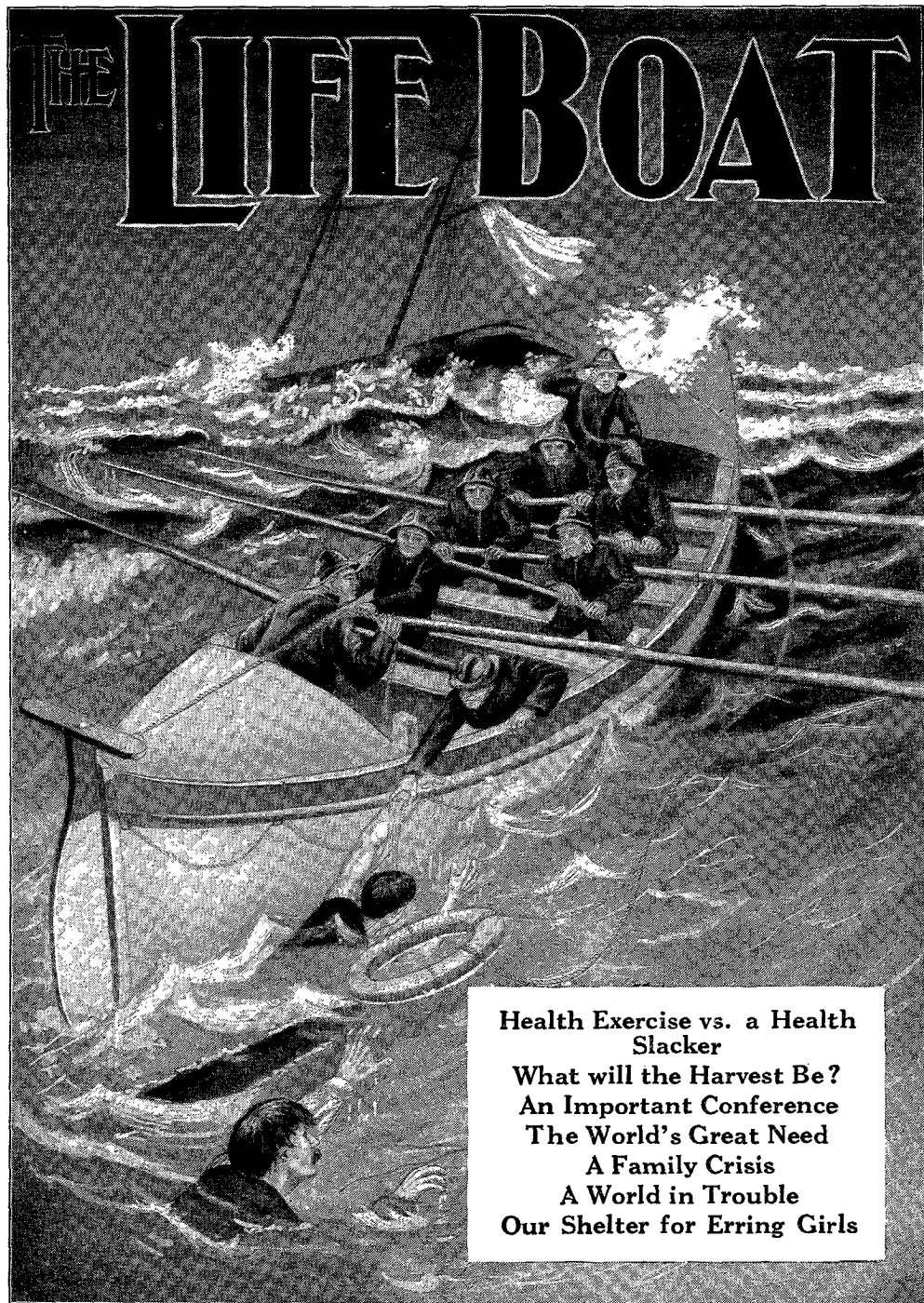


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**The Life Boat Employs No One to Solicit Donations**

Health Exercise vs. a Health Slacker  
What will the Harvest Be?  
An Important Conference  
The World's Great Need  
A Family Crisis  
A World in Trouble  
Our Shelter for Erring Girls

Volume Twenty-one  
Number Ten

Windsdale, Ill.

October, 1918

**Our Hour of Opportunity—P. T. Magan, M. D.**



## Thrilling Times

This is a thrilling time;  
Far-reaching questions, mighty in portent,  
Concern the mind of statesman and of sage;  
The issues of the ages by consent  
Focus their climax on this last-day page.

This is an awful time;  
Of blood and war and strife and secret shame;  
The truth of God is turned into a lie;  
In wrathful tones do men despite His name  
As rebels bold His government defy.

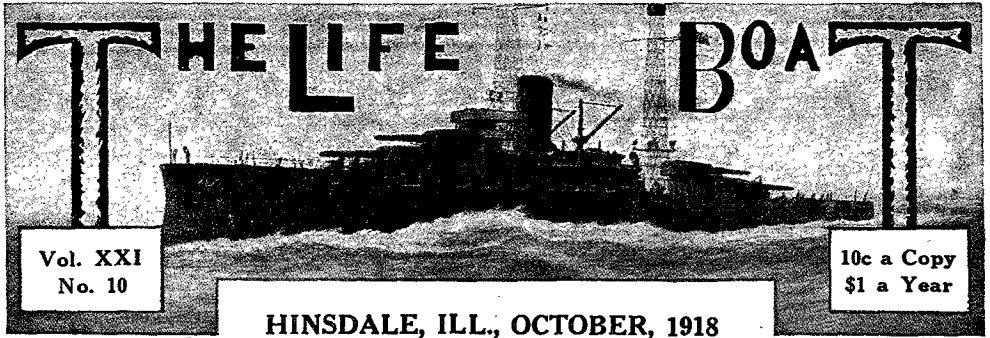
This is a needy time;  
Brave men are needed, loyal for the right,  
To stand for God and truth 'gainst sin and wrong.  
With courage bold to battle with their might,  
Till conflict fierce shall end in victor's song.

This is a weary time;  
Sad hearts are loaded down with pain and care,  
The toils of earth in never ceasing round  
Banish fond hope, the joys of life outwear;  
In this old world but little rest is found.

This is a solemn time;  
For now the Judge of earth and sea and sky,  
Upon His heavenly throne in lofty state  
Holds solemn court, the sons of men to try,  
On its decisions hangs their every fate.

This is a cheering time;  
The signs of God point to the glorious day  
When He shall come whose right it is to reign;  
Bright hope lights up the rugged, darkened way,  
That leads to morn from night, to joy from pain.

—Selected.



## Our Hour of Opportunity\*

P. T. Magan M. D.

“**B**E of good courage, and let us play the men for our people, and for the cities of our God; and the Lord do that which seemeth him good.” 2 Samuel 10:12.

The Israelites were engaged in a great battle. The world for them was in a ferment; and yet all the war and ferment at that time was mere nothing compared with that in the world at the present time.

If there ever was a time when that call should ring out through the land, “Let us play the men for our people, and for the city of our God,” that time is now. If there ever was a time in the history of the earth when men and women should seek to put forth their very best to sacrifice to the limit, that time is right now, and it is the men and women living today who are going to have the mightiest experience that any set of people have had in the history of the world.

### What Can I Do to Help the Cause?

Have you ever thought that at the present time as never before in all the earth's history, practically every man and woman is thinking how he or she can devote his life to a cause? The thought is everywhere among men, religious and non-religious, society women and poor women, men, women and little children, “What can I do to help the cause.” There has never been a time in the history of the world when from one end of this earth to

the other men and women are studying how they can give their lives to a cause. There is no greater thought that can possibly inspire the human brain than that thought of how to give my life to a cause.

Years ago I was reading an article in a magazine giving the history of the great admirals of our great navies. There was a little sketch of R. A. Benson. The story is told of him that at the time the Titanic ran on an iceberg when so many people lost their lives, the reporter of the *New York World* came to visit this man who was then captain of a war vessel. There was much talk as to whether vessels should be provided with life preservers. This reporter went to Mr. Benson, and said, “How many life boats have you aboard this war-ship?” He looked at him, and said, “Well, I tell you, we have life belts for most of our crew, and life boats to carry half our men, but I have just written the Secretary of the Navy for permission to get rid of every life boat we have except just enough to get visitors from and to the shore, and to leave only enough life belts to help in time of trouble.”

The reporter looked at him and said, “What do you mean? The world is ringing with the cry, ‘More life boats?’”

“Well,” he said, “that is not my theory. If you are all the time talking to a crew of men on a war vessel about life boats and life belts and such things, they are eternally

\*Report of talk given at Hinsdale before the sanitarium family of workers.

thinking of how to save their lives. My thought is not to teach these men how to *save* their lives, but how to *give* their lives."

That thought is fundamental if we are going to work for a cause. It is not a question as to how much I can *get* out of my life, but how much I can *give*. Your thought and mine must be great with the idea of giving up our lives rather than trying to save our lives.

Mr. Benson said, "If I train these men how to save their lives, when they get into trouble with the enemy on every hand they will be thinking about life boats for themselves and about what side of the ship is best to climb over. I want to train these men to think of nothing but to go down with the boat when it goes." I love that thought. It is a splendid thought for the men and women who want to make the most of themselves. I know of surgeons who have a promise of \$40,000 to \$100,000 a year who have given that up and answered the call of the army and gone into the army and navy as lieutenants for about \$140 a month. Their whole thought is not so much "what can I get out of it," but "how much can I give to the boys."

That thought is fundamental. As the times grow worse and the days grow darker, your thought and mine more and more must be, how much can I give and how thoroughly can I pour out my life to the cause, rather than how much can I get out of it.

#### "Peter Sat Warming Himself"

I think one of the most pitiful sights in all the Bible was when that poor man Peter sat by the fire warming himself. All heaven was watching the tragedy that was going on in the earth. Christ was stumbling beneath his load, he was reviled, spit upon while approaching the climax of all his suffering on that mountain, and Peter sat warming himself.

Do you know that there are plenty of God's people to-day who are sitting by the fire and warming themselves? I have sometimes thought I would rather go to hades to save another man than go to heaven trying to save myself. All through that terrible time when the world was rocking

and reeling under the death agonies of the Son of Man, poor old Peter sat warming himself while he ought to have been bearing a part of that burden by giving a little comfort. Do you know what happened to him?

There was a poor little girl, just a poor little creature; all she did for a living was to turn the door in the court house. But she turned to Peter, and said, "You are one of them." Peter began to curse and swear. If he had been what he ought to have been, he would not have been afraid of that poor little creature. The safest place is right in the front of the battle, but Peter lingered behind.

#### How Jacob Turned His Dark Days Into Joy

There is not a life recorded in all the Bible as hard as that of Jacob's. Some of the lives in the Bible are easy, take the life of Isaac. I do not know if there is a hardship recorded at all concerning Isaac. The Bible has the most to say about the men who went through the most and had the hardest time. There is more written about David than any other man, and David went through more trouble and hardship than any other man.

Take the case of Jacob when he had to leave his home and go out, not knowing where he was going. You remember that night he spent with a stone for his pillow, and the night he wrestled with the angel all night. If you ever meet Jacob in the kingdom of heaven and ask him to tell you what two nights in all his life were the best, he will tell you that first night that he slept with a stone for a pillow and saw the ladder and the promise that the Lord will never forsake him, and the other night when he wrestled with the angel all night long. You could never get him to trade off those two nights for all the other nights put together, yet they were the darkest nights in all his life.

In his old days he settled down in a little place in Canaan and then his son Joseph was taken away from him, and another sorrow came into his life. Then afterwards they wanted Benjamin, to take him away. Then it is written that in the

last days of his life Israel took his journey and came to Beersheba and there sacrificed, and God spoke unto Israel in the night and said, "Jacob, Jacob. And he said, Here am I. And he said, I am God, the God of thy Father; fear not to go down into Egypt; for I will there make of thee a great nation. I will go down with thee into Egypt, and I will also surely bring thee up again. And Joseph shall put his hand upon thine eyes." Gen. 46:2-4.

Did you ever think that Jacob might have said: "I have done my best and now I am an old man, tottering into the grave, let me stay here?" But when the Lord said "Jacob," Jacob said, "Lord, here am I." The Lord said, "Fear not to go down into Egypt. Fear not to go down into darkness, for I will there make of thee a great nation."

### Our Nation Now Passing Through Egypt

Did you ever think it is in our Egyptian experience that God always makes us great. Let me ask you a question. Why did the United States go to war? Because President Wilson and Secretary Lansing and Secretary of War Baker wanted us to eat war bread for ten years; because they wanted to take away our sons and to take the joy out of our lives; because they wanted to spend our wealth like nothing? No, because they felt that the only way this nation could be a great nation was for us to stand by that principle they believed to be eternal in our own individual lives.

"Fear not to go down into Egypt," for then when you come to the dark hour of your life, the hard things, then will I make of thee a great nation. If you ever amount to anything you must go down to darkness.

The next verse is better still. "I will go down with thee into Egypt." The Lord did not say "go down and I will go after you." He does not say, "Go, and I will come after the war is over."

He does not say, "You go down and I will try and come and cheer you up." No, he says, "I will go *with* you." To every man and woman that chooses the thing that looks the hardest and the darkest, God says, "If you go down into Egypt I will go down with you into Egypt."

He promises one more thing: "I will surely bring thee up again." Look at all the promises there in those two verses. "I will there make of thee a great nation," "I will go with thee into Egypt," and, "I will surely bring thee up again." That is one of the most wonderful series of promises in all the Bible.

Have you thought that this war before we are done with it is going to cause every one of us to make great decisions in our lives? It is going to bring every one of us to decide, "How can I be of the greatest use in the world?" Some folks will decide to sit by the fire and warm themselves and have a little time with a small girl, like Peter did. Some will decide to stay in Canaan, and others will decide to go down to Egypt and be a blessing to their fellow men.

There comes a time when one or two big decisions will settle the whole course of your life. Every man and woman can look back and see where one or two decisions settled it and a world of things flowed down the stream afterwards. There was a day when Dr. David and Dr. Mary Paulson had to decide whether they would come out here to this spot. They had no money, nothing to start anything with, but look at all there was in the bosom of that decision—everything that is here to-day. One or two decisions in life settle the way you are going to go.

### David's Goliath

I often think of what David said when he fought Goliath. He was told, "You cannot kill that great giant; he will kill you." But David said, "I had a scrap with the lion and another little scrap with the bear and the Lord delivered me out of the jaws of the lion and out of the paws of the bear, and he will deliver me out of the hands of this Philistine also." Each one of you will come to a place where you will have a scrap with a lion, and if you learn to take it right and know what it has meant for God to deliver you in that trial, then you will know how to meet Goliath.

### Lions, Bears and Philistines to Fight

There are all kinds of lions and bears, they do not need to have four legs either.

You have got to decide what you will do, whether you will let the lion or bear get his paw around you or whether you will stand for the principle in your life that you are going to make a man or woman of yourself. If you do that once or twice and learn what it is to get delivered out of the paw of the lion and the bear and you come to some tremendous trial in your life, and some say, "You never can do that," you just think that the Lord delivered you out of the paw of the lion and bear, he will deliver you from this Philistine also. Settle the first little crisis in your life right, don't sit around warming yourself like Peter while all heaven is watching the Son of Man. Don't sit around thinking of ease and pleasure in these days when every man and woman is trying to throw himself into the midst of the furrow of the world's need.

Every great man in the Bible went down into Egypt or went through some experience of that kind. To Abraham it was said, "Get thee out of thy country and from thy kindred." He preferred to stay around the home folks, but he had to go out. He had to go into his Egypt. Joseph had to go into his Egypt. Jacob, the last thing in his life, after all his trials, had to go down into Egypt. David had to be driven like a wild beast in the mountains. Jeremiah had to suffer by his own people, and Daniel had to go into the den of lions, and John had to go to his Patmos. They all had to go to Egypt. What makes John the greatest of the apostles? It was his visions on the island of Patmos. Paul had to go to Arabia and later had to go in chains to Rome. That is what made his name known among the great of earth. Esther had to go down into an experience that broke her heart. That is what God put her in the Bible for. Ruth had to leave the land of Moab and come to Canaan, where she had no home. She had to go down into her Egypt, and because she did, God made her ancestor of Jesus Christ. It is that way all through the Bible. They all had to go down into Egypt.

When the dark days come and these decisions have to be made, "fear not to go down into Egypt; for I will there make of thee a great nation. I will go down with

thee into Egypt and I will also surely bring thee up again."

## Let Him In

PEARL WAGGONER HOWARD

(Mark 7:24.)

"**B**UT He could not be hid,  
 Altho' He wished 'it so;  
 No walls or doors could e'er forbid  
 That they His place should know.  
 The tidings quickly sped  
 To all the country 'round,  
 And many came, and then rejoiced  
 That they the Christ had found.

You can not hope to hide  
 The fragrance of the rose;  
 Its subtle perfume permeates  
 Its presence each one knows.  
 No need is there to tell  
 That such a flower is there:  
 Its subtle perfume permeates  
 And sweetens all the air.

And so where Christ comes in  
 To sup and there abide,  
 To cleanse the heart from gloom and sin,  
 His presence none can hide;  
 Twill glorify the life,  
 'Twill shine through e'en the face,  
 While to the actions 'twill impart  
 A new and added grace.

And lo, the very hour  
 He enters in, today,  
 Some longing one will feel His power  
 And can not keep away.  
 Is it your chief desire  
 Some soul for Christ to win?—  
 Just open wide your own heart's door  
 And let the Saviour in.

"Prayer calms the mind, quiets the fears, subdues the passion, conquers habits, mollifies feelings, and is a general tonic for health and happiness. True prayer is self-discovery that the body is more than flesh and muscle, bone and blood; that it is something higher than to be pampered by appetite and animal cravings."

# Health Exercise Vs. A Health Slacker

Juliet V. Yeakle

[The human body can be compared to a delicately adjusted machine, every part of which should be subjected to the same amount of exercise in order to retain healthful vigor. Every wheel in the machinery must be a living, active, working wheel. This is the Lord's plan for the preservation of the human machine. All who are interested in carrying out God's plan will be deeply interested in this valuable article by Miss Yeakle, the physical director of the Hinsdale Sanitarium.—Ed.]

“**B**ALANCE between the receipt and the expenditure of vital force constitutes perfect health.”

Tension unduly increases the expenditure of vital force. It is an obstruction to the entrance of this force. It antagonizes nature's endeavor for replenishment. Assuredly, it is of the first importance to rid ourselves of this foe to health,—even to life itself. How is this to be accomplished? By relaxation.

Relaxation means a “letting go” of one's self at will. This is the only remedy for exhaustion. By tension, the nerve centers are depleted; by means of relaxation, they are recharged with force.

Muscular motion is cheap. Nerve power is expensive. A thought may consume more nerve force than a blow.

Hurry and worry are physical sins.

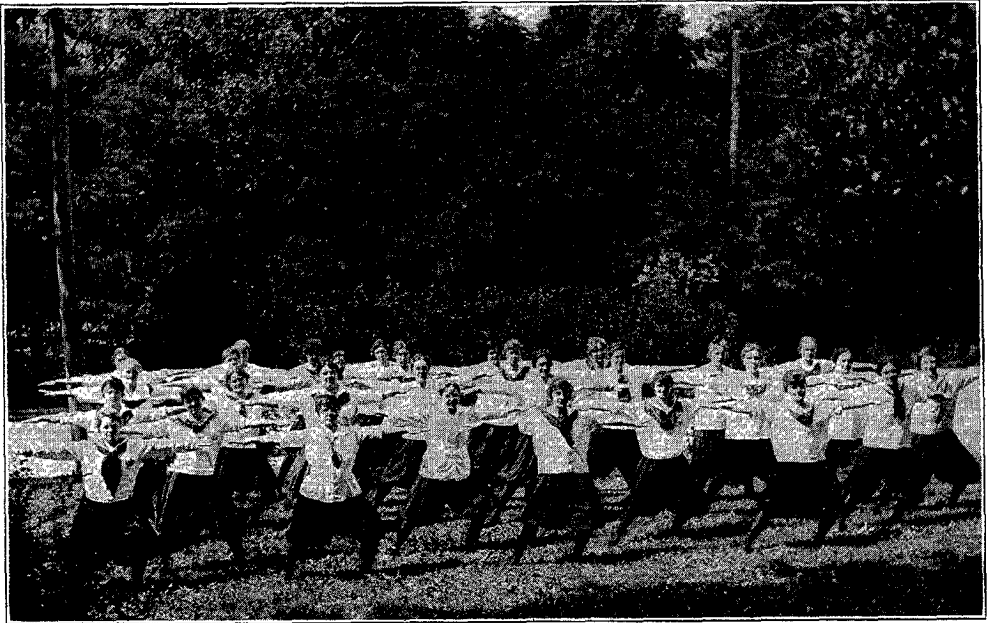
When we feel most hurried or worried is just the time to do nothing—to relax.

There is always mental cause for tension. By controlling the conscious thought we affect the unconscious, and so gradually establish harmony in the entire man.

Thoughts make or unmake us physically as well as mentally; not because of the thoughts in themselves, but because of their physiological effects on the body.

Thoughts of struggle, of impatience, of anger, work to our physical detriment as well as to our moral. They put tension into the body and tension obstructs some vital process. Most of all we should not entertain thoughts of fear. There is more to fear from the action of fear on the body than from any other cause.

All happy thoughts—thoughts of hope,



The Sanitarium Nurses' Class Drilling in the Open Air

beauty, sublimity, love, faith, charity, are upbuilding. They are relaxing in effort.

Relaxation can be secured by mental and physical discipline. The will can be made a governor-valve for shutting off, as well as putting on, steam in the human machine. When the tension can be removed at will, and the muscles be reduced to their natural, free condition, then do we "become as lit-

the lower arm at the elbow and finally the whole arm drops and relaxes at the big shoulder joint.

If the arms are stretched well up over the head—every joint made to stiffen out, the order of relaxation just given may easily be followed. Conscious energization and relaxation meet together as well-ordered exercise and can be performed better by those who are strong than by those who are weak, because, the weak relax out of weakness, having insufficient strength to thoroughly energize.

By concentration of these two opposites (the positive and the negative) any one may soon become master of the human dynamo—master of his nerves and muscles and at will send out and recall the electric sparks of human life.

This is the principle of the "conservation of energy" and its applied use. It should be followed out in exercising all parts of the body, for the purpose of learning how to withdraw energy from the extremities when not in use; and of learning how to send it out when wanted. Strength, poise and a healthy condition to already over-taxed nerves, will be the result.

#### Exercise 1. Hand and Arm Joints

Sit in an ordinary camp chair, or similar straight back chair. Lean back. Let the feet rest in a natural position on the floor, —separated.

Energize each arm separately (and then both at once)—by extending it well up over the head. Let it remain for twenty slow counts in stretched position overhead.

- a. Relax the fingers and hold ten counts.
- b. Relax the hand and hold ten counts.
- c. Relax forearm and hold ten counts.
- d. Relax the whole arm, letting it fall to the side or in the lap, and remain completely relaxed while going through the same process with the other arm.

Repeat each arm again. Now, both arms at once.

Repeat each arm again. Now, both arms at once.

#### Exercise 2. Knee Joint, While Sitting

Lift either leg from the floor by clasping both hands around the thigh above the knee joint. Shake the lower leg back and forth for about ten counts. Let the vibrations

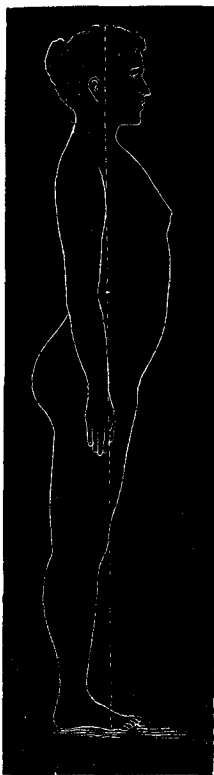


Figure 1.  
Correct Position

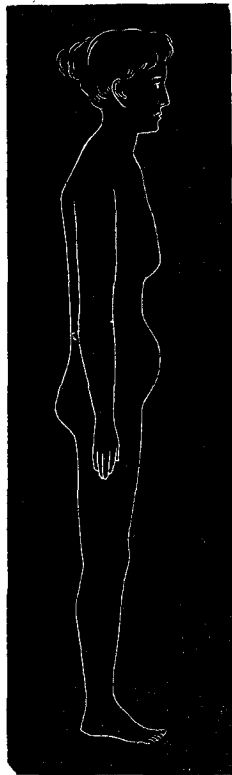


Figure 2.  
Incorrect Position

tle children" in the degree that we relax and are receptive to vital energy.

#### Relaxing Exercises

Think of the chest as the fountain-head of strength—the place to and from which all energizing movements of the trunk and its appendages emanate.

Think of energy as a fluid, which when withdrawn from the energized arm and hand, creeps back to the chest in this order: fingers relax first, then the hand,



“die out” and the leg hang relaxed. Remove the hands and the leg will drop relaxed to the floor.

Same process with the other leg. Continue three to six times.

### Exercise 3. Head and Trunk, While Sitting

Sit erect with knees well separated, arms hanging relaxed by the sides. Look steadily at a point some distance ahead, while counting slowly to ten.

Begin to slowly lower the head to the chest,—relaxed. Continue to relax the spine between the shoulder blades, gradually letting the relaxed body fall forward between the knees, until the relaxed hands touch the floor on each side and the body falls forward and downward completely relaxed.

Come back to the original position by very gradually straightening the whole spine,—the lower spine first. Allow the motion to creep slowly up the spine until at last the neck and head are energized and erect.

Repeat the exercise four to six times.

### Exercise 4. Hip and Knee Joints, While Lying

Lying on the back, bend the knees, drawing the feet close up to the hips.

Count ten while slowly sliding the feet

down to position; think of weight and heaviness and when nearly down let the legs relax at the knee joints and drop to the floor completely relaxed.

Repeat six to eight times, after resting between each time from one-half to one full minute.

The arms may be trained to relax as suggested in Exercise 1 while lying.

If convenient, have an assistant, whose duty it is to test the arms and legs when supposed to be relaxed.

The assistant should lift them by some portion of the garment which covers them; she should suddenly drop the arm or leg, and if it is completely relaxed the patient will make no effort to retain the position the assistant last held the member in, nor to put it down of herself.

### Exercise 5. Whole Spine, While Standing

Stand erect. See Figure 1.

Very slowly begin to relax the whole spine by starting at the head. It drops gradually forward, followed by the shoulders; then the motion creeps down the spine near the waist line; now it goes a little lower down, while the arms in the meantime hang limply down. Continue this undoing of the spine, allowing each vertebrae to become relaxed and unjointed, as it were; finally the whole trunk, includ-



Center: Test for a Relaxed Arm.  
Left: Entire Spine Completely Relaxed (Sitting Method).  
Right: Entire Spine Completely Relaxed (Standing Position).

ing the arms and the head, hang limply down, eyes closed.

Reverse the process. Gradually bring the spine into position. (Fig. 1.) Be careful to see that the natural curves of the spine are reformed again in successive order,—hips, waist, shoulders, and, lastly, the curve of the neck appears, as the head is raised to position; after which the eyes should be opened slowly.

All of the exercises are *conducive to sleep* and greatly relieve a tired, nervous condition of the body. For this purpose it is best to practice the exercises just *before retiring*.

The ability to relax for short periods of time,—in the midst of the day's work, will finally become a habit, and thus the *power* to relax for longer periods of rest will have been established.

#### WHAT WILL THE HARVEST BE?

LUCY PAGE GASTON

Some years ago in a widely-read news-

paper article Mrs. John A. Logan said, "The introduction of the cigarette in this country was a crime."

Was Mrs. Logan and the host of others who in the past have viewed with alarm the invasion of America by the cigarette, mistaken, or is cigarette smoking a comparatively harmless indulgence and an actual God-send in times of trial and danger? The latter view is held by many who were formerly antagonistic to so-called "coffin nails," but are now encouraging cigarette smoking by all men in uniform.

Sympathy for the boys who are called to the colors has caused many to change front on this question, feeling that any possible enjoyment or solace should be afforded those who are ready to make the supreme sacrifice. This natural feeling has been encouraged by the constant appeals for "smokes for soldiers" from newspapers and relief organizations. The public mind has become confused on the question. Here and there, however, parents and



A striking contrast between cigarette smoking and non-smoking boys of the same age. The total abstainers have the advantage in size as well as mentality.

friends and many of the boys themselves are standing their ground against this baneful indulgence. Gradually the public consciousness is being permeated with the idea that back of the present craze is the hidden hand of the cigarette manufacturers who are draining the life blood of the nation into their own coffers. Papers whose columns have long been open to flaming cigarette advertisements are hardly safe leaders for moral reform and there is a growing indignation on the part of those who fear the cigarette influence for their boys more than German bullets.

The stand taken against liquor and immorality by the army and navy and the remarkable results seen are a cause of thanksgiving to the home folks. With the tide of temperance constantly rising, our nation will at least be spared the scourge of drunkenness that followed the Civil War.

But what of the results of cigarette smoking? Instead of the wholesale making of drunkards as in the Civil War, a crop of cigarette smokers is to be the heritage of the present war.

The cigarette addict, known familiarly as the "cigarette fiend" is in a more hopeless and desperate condition than the drunkard and more difficult to cure than the victim of drink, according to Keeley cure experts. The cigarette habit, they declare, resembles the drug habit and requires much the same treatment. In China, where the cigarette has taken the place of the outlawed opium, it is said that five cigarettes are equal in effect to one pipe of opium. This is readily believed because of the soporific effect of a cigarette in case of serious wounds of soldiers on the field of battle. The cigarette may serve a useful purpose in extreme cases like this, but the question is, does America wish her fighting men to be drug addicts? A man who is a large employer and requires a high degree of efficiency in his business was heard to remark that he, for one, had no place for cigarette fiends in his employ. Whatever feeling of sympathy or gratitude the business world may have for our boys "over there," large numbers are bound to find themselves in the discarded class if they are physically or morally incapacitated by war experiences and large

numbers are bound to be private or public charges in the coming days.

Tuberculosis, tobacco heart, tendency to pneumonia and other diseases follow the debilitating cigarette inhalation of poisons not one but many, which are the products of combustion, and a train of evils are following the cigarette in army as in civil life.

What to do about it is the question. All interested in a great forward movement of preparedness are asked to get in touch with me at once. Enclose a dime in stamps or silver (well wrapped) and information will be given. Address Lucy Page Gaston, Woman's Temple, 108 S. La Salle street, Chicago.

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### HIS LIBRARY

From an Inmate of the Deer Lodge, Montana, Penitentiary

"It is with pleasure that I acknowledge the receipt of the August LIFE BOAT and also the July number. Am almost ashamed to write since I have been so long silent. Yet, in my silence, I have thought of you many, many times, and have often breathed your name in prayer. THE LIFE BOAT and the Bible almost constitute my library. I read and re-read them over and over again, and then pass them along. Was very much impressed and deeply touched by the article by Maud Wilson Cobb, 'Unusual Ways of Doing Your Bit.' I could not withhold the tears. You will be pleased to hear that I am growing in grace each day, and doing my best to live as God would have me do.

"It does not seem possible for any to read your magazine and not grow in grace thereby. I have a year before my term will expire, thus I will have some time yet for the study of the word. I look forward to the time of the coming of THE LIFE BOAT with eager longing. Will you please accept my sincere thanks for THE LIFE BOAT and remember me at the throne of divine grace?"

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Even one wrong trait of character, one sinful desire cherished, eventually will neutralize all the power of the gospel.

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

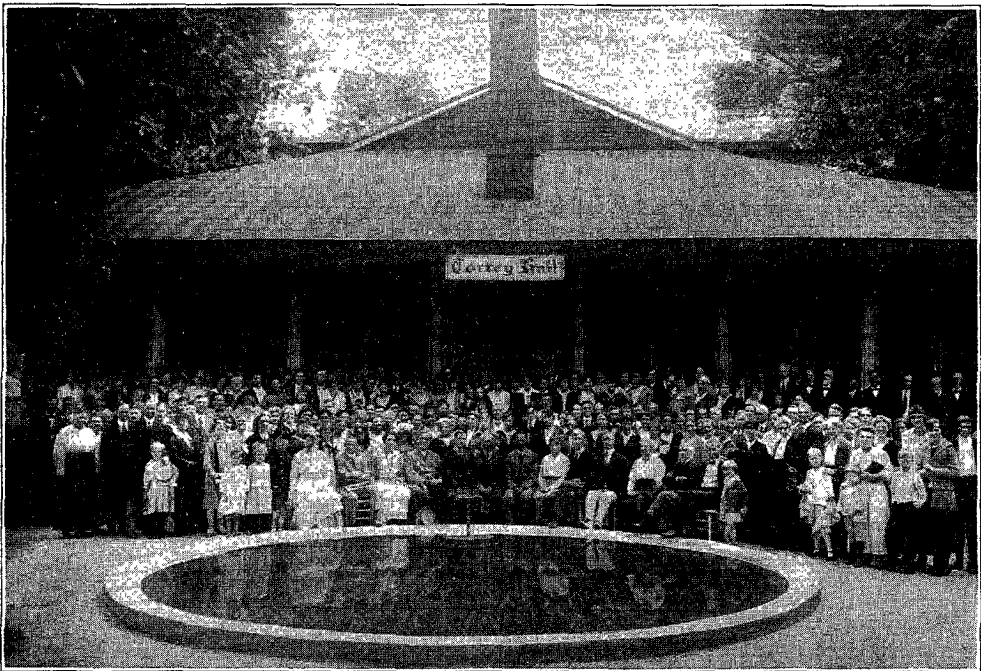
## An Important Conference

Caroline Louise Clough

WHILE the terrible carnage of war goes forward on the western front and men and nations are pouring out their life blood to advance the cause of liberty and make the world a safe place to live in, there are those who are looking beyond this terrible strife to the final outcome of all earth's problems and warfare, and are preparing their hearts and lives for the coming of the Prince of Peace; and are

the beautiful oak grove, at the twilight hour, were having a testimony meeting. C. G. Trumbull, the editor of the *Sunday School Times*, was in charge. Several prominent Christian workers were pouring out the story, sacred to them, of their heart struggles in getting the victory over themselves and their natural carnal hearts.

One gentleman from the Philippines told of how because of an injury done him he



The Victorious Life Conference at Cedar Lake, Ind.

also preparing others for that great event.

For some time we have followed reports of the various Victorious Life conferences held under the auspices of the *Sunday School Times*. One of these conferences was held recently on the Moody Conference Grounds, Cedar Lake, Ind., which we had the pleasure of attending.

As we arrived on the grounds, a company of people were seated on the bluff overlooking the lake and, under the shade of

had rebellion in his heart and his Christian experience began to leak out like water from a leaky vessel, until one day he could stand it no longer and he prayed to God for a new experience. He was traveling on the train at the time, and when he reached his destination he was asked to preach. He said:

"I hunted and hunted for a text and could not find one. All I could think of was Achan and his sin, so I preached on

that; all the time conscious that it was Achan doing the talking. That night a man came to me and asked me to pray for him, saying he was hungry for God. I said, 'I am to.' I suggested that we go apart and seek the Lord with fasting and prayer. That day we went out on the beach and I began to pray for myself, which is not a good thing to do. Then I thought of a man way up in the mountains,—a great strong boned, brawny, native, head-hunting man. I prayed for that man and it seemed to me I could empty out the treasure of God's grace and put it on that man. Then the blessing came and everything I prayed for, for that man, God gave me."

We were happy to meet at this conference Mrs. Alice McClure, whose experience is published in the tract, "An American Girl's Struggle and Surrender," which has been used as a premium for THE LIFE BOAT.

She told briefly of her rebellious spirit when she went out to India with her husband, and that she went simply because he was going. After his death she lived in doubt and darkness for one year because God did not see fit to answer her prayer to save the sick. She finally decided to believe God or go home. She saw that truth in the Bible and believed, and a great blessing came into her soul. She said: "I have since been drawn over a rugged road, stony and blood stained, but I have never doubted for one moment that Christ is my Saviour."

All the meetings of the conference were devoted to the subject in hand. No effort was made to merely entertain, but there was a seriousness and a desire for more than a superficial knowledge of Christ apparent among the visitors.

The unprecedented experience through which our world is passing should lead every one of us to spend more time on our knees seeking God, for we are every one living fathoms below what the Lord wants us to be. A half-hearted Christian experience is not going to be sufficient to carry us through no more than it was the five foolish virgins who did not take enough oil in their vessels with their lamps.

The topic of the second coming of Christ was also discussed at this conference.

Many religious bodies to-day are beginning to see the importance which the Bible attaches to this great event. The speaker on this subject emphasized the fact that while the question of baptism and of the Lord's supper are mentioned only a very few times the subject of our Lord's return is mentioned by some thirteen writers of the Old Testament, and some 300 passages in the New Testament refer to the event.

Why is it that this great subject has been overlooked by leading scholars of the Bible until just recently? Surely it must be because the end of time is right upon us and God is taking that means to awaken the people that they may be ready to meet him with joy and not with mourning.

It is an important thing for each one of us to take an inventory of our stock of goods for the better land. The story is told of a wealthy, worldly Christian man who dreamed that the angel was taking him through the new earth and showing him the mansions prepared for God's people. He was delighted to see the beautiful homes of some of his poor neighbors, expecting of course to see a much grander mansion for himself, but when the angel pointed to a tiny, plain little cottage he expressed his amazement, but the angel kindly remarked that they had done the very best they could with the material he had sent up. So to-day if we expect a home in that kingdom which is soon coming we must begin to plan now for the material for that home. There is a moving day soon to come. Will our life's work be thrown out as dross, or will we have something worth transporting to that better land?

### STICK TO YOUR TASK

"You cannot climb high,  
Sitting down.  
You cannot get there,  
Standing still;  
You can't win a smile  
With a frown;  
You won't if you don't  
Say 'I will!'  
You can't climb a hill,  
Without work;  
There's no easy way  
To success;  
You can't do a thing  
If you shirk;  
You cannot be sure  
If you guess;  
And so, as you travel  
Your way,  
Rebuffs you will meet,  
It is true;  
But stick to your task."

## The World's Great Need\*

William Guthrie

**I**F you and I look out into the world we will not be able to find anything that the world is needing worse to-day than it is needing a little bit of love. There stood a man on the center of Brooklyn bridge looking down into the dark waters beneath, and longing for a little bit of love. Not getting it, he was waiting for a friendly moment to leap over. Just then a kind hand fell on his shoulder, and a voice,

"My brother, are you in trouble?"

His heart awakened, "Yes, I am in trouble. I had planned to end it all in the dark waters beneath me."

A few minutes more and it all would have been over. But that kindly hand and that gentle voice led him to understand that the world yet has a heart for a sorrowing soul.

The next morning he went to his job and to his family, into a Christian life, because somebody put his hand on his shoulder and showed him a little bit of love, thus bringing him back to usefulness, to manhood, to citizenship, and to a Christian life.

As Christians you and I need to learn to love as God loves; we need to learn that love is not carried on the outside, but that it works itself out from the inside. You cannot rub it on and let it go that way. The world is seeking for just a little bit of love.

The little boy runs to his papa when his finger is hurt. The father says, "What is the matter?" The little boy holds up his finger. The father says, "Well, I can't help it's hurting, run away." The boy says, "Papa, you might say, 'I am sorry.'"

We must have that sympathy of heart that goes to make up the Christian world. We may get so interested in our missionary work, so interested in scattering literature, in teaching the truth, that we run right by people and never see them. We should cultivate a desire to help others and especially the stranger who comes into the church. When love gets into our hearts as it was in the heart of Jesus Christ we'll not forget those things.

The Lord wants us to love as he loved. "God so loved that he gave." But what did he give to you and me? His only begotten son. Were we friends of the Lord when he did that for us? No, we were his enemies.

I want to notice another scripture in the fourth chapter of first John and the seventh verse, "Beloved, let us love one another, for love is of God; and every one that loveth is born of God, and knoweth God." That is what you and I want to do. We want to know God. If you want to know God, do not depend upon theory to make yourself acquainted with him. If you want to know God, love. The Lord says, "He that loveth, knoweth God, and he that loveth not, knoweth not God; for God is love." How can we know that we love him?

### Do We Love the Poor Beggar?

I remember one poor beggar; it was on a cold November morning in New York City. I was on my journey from Washington to Halifax. I landed late in New York City and had but a few moments to get across to make my train for Halifax. As I ran up the street I saw an old gentleman standing by the side of a building at the edge of the walk. He did not say a word as I passed. He seemed to be thinly clad, but I thought, it is train time and I have no time to stop and help him. I discussed the matter in my mind and my own selfish disposition to hurry on got the best of my judgment and love for humanity, and I left the old gentleman without even saying a word to him and hurried on.

I can see him yet on that cold November morning standing there trembling, longing for someone to take pity upon him, to invite him into a home. How long he stood there I will never know until the day I stand before God, but I learned one lesson and from that time forward I determined that no matter how many trains I missed or how many appointments I failed to meet, I would stop to help those in need. If I could have gone back after I got on that train and known that I would have found

\*Report of talk given at the Berwyn summer conference in June.

that man, I should have done so, but I did not know. The opportunity was past, the hour was gone, and it never came again. That opportunity passed forever, and I have been reaping the harvest of sorrow and sadness all the time since.

I thought as I went on my journey on that warm train that possibly that poor old soul had fallen down and shivered to his death. The opportunity of winning that poor old man, if not already a Christian, was lost and lost forever. I am not sure if I knew God at that time. "He that loveth not, knoweth not God; for God is love."

#### How Christ Set Us an Example

I have thought of that day when there came a company of people to Jesus Christ and they brought a woman in the midst and said, "This woman has sinned." Jesus stooped down and wrote on the ground. They looked down to see what he was writing. One man saw there a record of the deeds he had done and possibly the record of the part he had in the fall of that poor woman. Then Christ said, "He that is without sin among you, let him first cast a stone at her." He looked up and nobody was there. When they read their sins written on the ground, they said, "This man knows something about us. We had better get out of here." When he rose up he said to the woman, "Woman, where are those thine accusers? Hath no man condemned thee? She said, "No man, Lord." And Jesus said unto her, "Neither do I condemn thee: Go, and sin no more." John 8: 10, 11.

If there is a single thing on earth that Christians ought to do it is to get men and women to turn away from sin. We never can drive a man out of sin, but we can love a man out of sin.

#### Enough Power to Help Him

I want to tell a personal experience, a little incident that I can never forget. I went to a young man, put my hand on his shoulder, called him by name, and said, "How is it with you to-day?" The reply was, "I am just about through with this world. I am discouraged. I never can be a Christian; nobody cares for me, nobody takes an interest in me, and I have about made up my mind to go back to the world

for I don't believe it will make any difference. I said, "There is enough power in the Lord Jesus Christ to help you up out of that." He said, "Do you ever have any trouble?" "Yes, but you can get free just as I am free if you tell the Lord to do it for you." That man is working for souls to-day.

#### The Mountaineer and the Eagle

A few years ago out in the state of Nebraska a mountaineer was passing along the street. He saw a lot of men gathered around a window, and he stepped over to see what was going on, and there was an eagle that had been captured. His head was hanging, his eyes closed; he was almost gone. The man looked at him for a moment and remembered having seen him, so the mountaineer went and bought the eagle for two dollars. He took the bird across the street and climbed a ladder to the top of a pole and placed him on the top. The man descended and the bird began to realize that he was free. He raised his head and wings, gave a scream, and soared away to the mountains. The mountaineer said, "I have seen that bird in his native lair and I could not bear to see him in a cage."

That is just what Jesus Christ has done for you and me. He has seen us in our native lair and he gave all and became a poor captive that you and I might enjoy that liberty that belongs to us. God wants us to enjoy a little of the love of God. If a man will give two dollars to see a native bird set free, how much will you and I give to set free a human soul? Let us get the love of Jesus Christ in our lives, as we have never had it in our lives before.

"As thou hast sent me into the world, even so have I also sent them into the world." John 17:18. How did the Lord send Jesus Christ into the world? He came a baby born in Bethlehem, he gave up the beauty of the kingdom of God, he gave up those cooling draughts from the waters of the river of life, he came down here, took on sinful flesh that he might walk the blood stained path to set you and me free. He said to the father, "Remove this cup from me; nevertheless not my will, but thine, be done." Luke 22:42.

### A Mother's Love for Her Daughter

Out several miles from the city of Glasgow, Scotland, there lives a good old Scottish lady. This woman brought up a lovely girl. She raised that girl to the best of her ability to make her a good Scotch Presbyterian. The time came when temptation came before the daughter and she left the mother's home. The mother tried to find her, but could not. Then she said, "There is one thing more I can do; I will go down to the city of Glasgow and I will have my picture taken and hang it on the walls of the houses where my daughter will be apt to visit."

"The good widow did so. She had her picture taken; she had a number of paintings made from it and with her own hands hung them on the walls, that she might attract the attention of the daughter that she loved. That mother took her reputation in her own hand and said to the people of Glasgow, "Here is a picture of a woman who has lost her virtue"; but she was willing to lose her reputation as a virtuous woman that she might bring her daughter back.

A few days passed and a scene occurred in one of those buildings. The daughter saw that picture and said, "That is mother's picture," and the thought came to her, "mother still loves me." Just then other girls came in and she said, "That is my mother." She said, "I have a new vision of life. I am going to leave the life of sin; I am going home to-night. Do you see that picture? That is mother's picture. When mother loves me enough that she is willing to lose her reputation as a virtuous woman, I have decided that I am going home." She did.

She went to her old home and there by the lamp light sat the mother knitting in the old Scotch way. The girl had not the courage to go into that room. She went around to the front door and found it open. She said to herself, "What does this mean and mother here all alone? I will just open the door quietly and go up to my room." She found the bed made, the covers turned back, and a candle burning on the stand. She said to herself, "I cannot

go to bed here, mother has given my room to someone else," and with her heart breaking, she said, "I must go down and see mother."

She went down. But before she reached her the mother turned around, and she said, "Mother, I have come home. Have I a welcome?" That mother arose and no human words or picture could tell what happened for a few moments. The daughter said, "Mother, I must know by your own voice that I am welcome before I can stay, for I see you have given my room to another. What means the burning candle and the open bed?"

"For thirteen years, the last thing I have done at night was to open the bed and light the candle so that if my daughter returned she would find a welcome."

That mother painted her picture and hung it on the wall, but the Lord Jesus Christ painted a picture on Calvary and he gave to *all*. If that mother's picture won that girl after thirteen years of riotous life, surely the picture of Christ on Calvary ought to lead us to come to him before going into sin and thus show our appreciation of him.

Henry M. Van Dyke once visited Rome. He learned that a portrait of Dante was hidden there and determined to find it. After searching for a long time he finally located the room, but it was filled with debris. He caused it all to be removed, and washed the walls with his own hands, until he finally came to a painting that he recognized as the portrait. He continued to clean and wash until that portrait stood out in all its beauty and grandeur. Since then thousands of people have visited that place to see the portrait. It is your business and mine to uncover the painting of the mercy of God in the human soul of this world.

I want to read one more text here to show God's love. Jer. 16: 14-16. Here the Lord says, "Behold, I will send for many fishers, saith the Lord, and they shall fish them; and after will I send for many hunters, and they shall hunt them from every mountain, and from every hill, and out of the holes of the rocks."



I wonder how many of us have been fishers. I used to fish every Sunday. I would go along to the very place in the river where I knew the fish were. I never was still, I was always catching fish because I learned the habits of the fish in the river where I lived. The Lord wants us to learn the habits of the human race in order to catch them. We will never fish for them until the love of God is planted in our souls. God can plant it there.

### A FAMILY CRISIS AND HELP AT HAND

CAROLINE LOUISE CLOUGH

"Hwoo! Hwoo!" came a child's voice from a basement window as Mrs. Cobb and

Once inside that basement flat our hearts sank within us. A mother in ill health, with six small children—all in a neglected, disheartened and discouraged condition. The climax had been reached.

"To-morrow the landlord is coming to put us out in the street, and," the mother added, "I am completely discouraged with life. I don't know where we shall go, nor what we shall do."

On inquiry from friends, neighbors and landlord, we found that this family needed help from the outside to adjust their problems. Accordingly Mrs. Cobb and Mrs. Swanson started early the next morning for this home, and were busy all day. The mother had to be taken to the hospital, their few household belongings packed and



Six Splendid Children Now in Need of Temporary Homes

I were passing down a street in the tenement district of Chicago. Mrs. Cobb had visited this family early in the summer when some twin baby girls arrived, and had taken clothing for them, and promised to come again. The stress of other work had kept her from calling until just the other day we went over to find the family and the little girl saw us before we discovered their new location.

disposed of, the children washed and dressed, and altogether the day was full.

At nightfall we wish our readers could have seen the picture of those four beautiful, brown-eyed children, all bathed and in clean, white beds at the Rescue Home and a nurse in charge of the three-months old twins who also enjoyed their fresh, clean clothes. Right here we must say a word for the nurses, Miss Beda Bengtson

and Miss Alice Youngs, who did the "scrubbing up." They at once made the entire Home family feel that it was the pleasure of their lives to care for these neglected children, and the little tots were supremely happy as one can see from the accompanying picture, which was taken the next day.

A boarding place for all the children will have to be found, the father promising to do all he can to support them, and we may need to find permanent homes for the little twin baby girls.

This gives us just a peep at the misery found in thousands of Chicago homes, in fact, such homes can be found in any large city. We feel the responsibility upon us to relieve some of this suffering and our nurses, during their first year of training have devoted much of their time to helping just such people, believing that in so doing they are walking in the footsteps of Jesus, who, while on earth, "Went about doing good."

### A WORLD IN TROUBLE

D. H. KRESS, M. D.

Germany is in trouble. Her mortality is tremendous on the field of battle. Her civilian population has a greatly increased death rate and her birth rate is rapidly on the decline. Depopulation is taking place at a break-neck speed.

For years Germany has shown marks of degeneracy, for instance: Fifty years ago there were five times as many centenarians as there were just before the war began. The excesses which have come into German living as a result of prosperity, is proving her ruin. Physical and moral degeneracy among her people is rapidly increasing. The decline in the birth rate is merely one of the symptoms of degeneracy. The decline in the number of births has been greatly accelerated as a result of the war. Her best and most stalwart sons have been called to the battle front. Several millions of them have already been slain. As many more have been disabled. Other millions are in training and necessarily deprived of home life. Upon her men Germany must depend for propagation, and to make good the losses sustained in the army and among the civilians. Having so few men, she is

compelled to resort to extreme measures. How far she may ultimately go to encourage propagation, the future alone will reveal. The social standards of former years no longer exist. Marriage at the age of twenty is already compulsory, and a penalty hangs over the heads of couples who choose to remain childless.

It is children Germany calls for. Her future depends upon them. It matters not it seems to Germany how they are brought into being.

Russia is also in a dilemma. Under the new freedom resulting from her democratic rule, she has gone even further than Germany to make good her losses, which have been extremely heavy. It is there illegal for a man to claim his wife wholly as his. The state has claims upon her paramount to that of the husband. It is regarded as a patriotic duty for her to bear children. The moral standard of former years, which has never been too high, is trailing in the dust. The naturally debased now are afforded an opportunity to give loose reins to their passions. "Evil men and seducers" are waxing "worse and worse, deceiving and being deceived." Even apparently good men, if not in possession of complete self-control, are in danger of being swept into this immoral current. As one of the evidences that we are living in the last days, Jesus said, "Because iniquity shall abound, the love of many shall wax cold." This explanation was given in answer to the inquiry, "What shall be the sign of thy coming and of the end of the world?" Mat. 24:13, 3. He further said, "As the days of Noe were, so shall also the coming of the Son of Man be." V. 37.

The condition which prevailed before the flood is described in Gen. 6:2 as follows, "The sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose." When the professed sons of God threw off restraint of the Spirit and gave themselves up to the gratification of the lusts of flesh, the condition became hopeless. The Lord said, "My spirit shall not always strive with man." V. 3. "The wickedness of man," we are told, "was great in the earth" and "every imagination of the thoughts of his heart was only evil

continually. And it repented the Lord that he had made man on the earth, and the Lord said, I will destroy man whom I have created from the face of the earth." V. 5, 6. In commenting upon this the Saviour said, "They were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of Man be." Matt. 24:38, 39.

Just before Christ comes in the clouds of heaven to redeem his own, the condition existing upon the earth, *morally* will reach the same incurable stage, and the second coming of Christ will be an act of mercy and a necessity. The time to build up a moral character is before this overwhelming test comes.

### UPLIFTING THE FALLEN, BRINGING CHEER TO THE CHEERLESS

JESSIE TUPPER

I have had the privilege of visiting the South Clark Street Police Station for the past five weeks and am very thankful for the wonderful experience and blessing I have enjoyed.

I'll never forget my first visit. Three of my classmates and Mrs. Cobb and myself left Hinsdale at 7:40 Sunday morning and while on the train we all expressed our opinion on what we were going to find in jail that morning. But when we reached there our ideas had somewhat changed. Each week before we start the services we go to the third floor and get our things together such as the organ, hymn books, tracts, etc., and ask God to make our meeting a success. This time while we were entering our room, there were about thirty girls who were just leaving to be examined at the court, so we felt sorry we couldn't give them a word of encouragement because they looked as though they needed it.

Our first service is usually held with the drunken, disorderly class of men; we sing a number of hymns such as they want, and one of our company speaks to the men. After the service is over we hand out tracts and LIFE BOATS. The men seem very glad to get something that is better than the ordinary reading. One man asked us if we

would be kind enough to call his wife and tell her he was in jail. Of course we can't do this, but we spoke to the captain and if it is right he attends to it.

Our next visit is in the second corridor with the criminal class of men. We find it somewhat hard to keep their attention, especially when Mrs. Cobb or the other leaders are talking, but this time we managed by the help of God to have a wonderful meeting. And when we asked for those who wanted to be remembered in prayer, every hand was raised. Our hearts were full of God's love and we were so glad we could tell these dear men that Jesus is "The same yesterday, to-day, and forever."

When we entered the women's corridor, there was such a difference. Most of them were in tears and we had a better chance to talk to them and get in personal touch with them.

Our last visit was in the Annex. We found five girls there and one married woman with a baby. I had some foreign tracts, and as she was a foreigner, I asked her if she could read them, but she said no, so I gave her a LIFE BOAT and she said, "God bless you, my dear." After we had a season of prayer, I noticed she was crying and I spoke to her and told her that Jesus loved her and was waiting for her to come home.

But there is one experience that I must mention. The last time I attended jail service, we went without Mrs. Cobb and being inexperienced, we felt our need of God's help as we talked to the prisoners. There was a young white man in the cell with a crowd of colored men, and he was looking somewhat sad. I went where he was and handing him a LIFE BOAT, I said, "If you ever need a friend write to this address." With tears in his eyes, he said, "Thank you lady. I haven't been bad always, but I just went a little too far and this is where I ended, in jail."

As we spoke to the girls one of them told us that she had been drinking and wouldn't pay the taxi-cab man his fare and he put her in jail for that. She also said she used to be a good Christian, but when her mother died, she began to grow careless, and just took one step too far in sin.

I told her perhaps it was for the best that she was kept in a secluded place where she could think what God has done and is doing for her and that when she is released she can look back and see how God works in a mysterious way, and "all things work together for good to them that love the Lord." She answered with tears in her eyes: "I am going to do better when I get out, and you'll not forget to pray for me, will you?" I was so glad I could tell her we would pray for her and that we could give her just a glimpse of what it means to be a Christian.

I wish every Christian could make it a point to attend jail service; it not only gives one a desire to do right, but it increases your faith in God and helps you to have a burden for your fellow neighbors.

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### IN THE HOMES OF THE PEOPLE

ERMA P. HENISE

It is indeed hard to gain an entrance to the homes in the third and fourth flats, and still more difficult to tell them of our meetings through a speaking tube, without the little personal touch and a friendly smile. We find people all over the world just longing for someone to talk to them of the better things to come and how Jesus really died for them.

One day as I was passing up the street a woman tapped on her window, and as I entered I found another woman just recovering from a surgical operation. She thought she had the truth on Divine healing. We talked for quite a while on the subject and eternity alone will reveal the good that such little talks really do.

Another evening as we were waiting for the meeting to begin a lady came in and asked about the meeting? We soon began to converse, and I learned that she had been taking up with various questionable "isms." She invited me to her home and the Bible worker went with me. She talked so fast and asked so many questions that we could not complete our study. Another day Evangelist St. John accompanied us and he cleared up some of her questions. She is looking for the truth and I am glad it is written, "If any man will do his will, he shall know of the doctrine, whether it be of God or whether I speak of myself."

### A FEW WEEKS IN THE LORD'S GREAT HARVEST FIELD

VIRGINIA F. BOONE

During July and August it was my privilege to be connected with the evangelistic tent effort held in Chicago on the west side by Evangelist St. John.

In spite of the hot weather, many interested ones were found. Day by day as we walked up and down the hot pavements and steps with the announcements of the meetings we felt our work was almost in vain, but later as we visited the homes with the "Present Truth" leaflets we found many who were thinking on these great questions; some wanted more literature, others wanted studies upon the subjects.

I was engaged in this work for five weeks, when my partner and I were asked to go each afternoon for a week to care for a mother and her baby. This we did, giving her Bible readings and having prayer with her after we had cared for her physical needs. This home was in a basement, dark and small, with no fresh air, only that which blew in off the dusty pavement above. In this home there was no Bible, but before we left the mother decided to get one at once and study more fully into it. This home is just one in thousands in Chicago that do not know the saving power of Jesus.

"Pray ye therefore the Lord of the harvest, that he will send forth laborers into his harvest." Matt. 9:38.

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### GOD DEALING WITH HIM

A Montana prisoner writes:

"We had the pleasure of hearing Mrs. Ballington Booth yesterday. She gave us good advice and explained that it is God's plan we should be here, and that when we have learned our lesson, we will be released. She has been a prison worker for twenty-three years, has several homes in the big cities for her "graduates," as she calls them.

Many a man has no friends to return to on leaving prison and without a helping hand soon gets discouraged. I know something of this. When I was a free man I had plenty of friends, but to-day I have but one left, all the others have forsaken me. And not one of my own people has been to see me; so you see how God has

dealt with me. I often think of the straight and narrow way that leadeth unto life and the few there be that find it, and I am so glad I have you to talk to, as friends are so very few. I have other correspondents that I hear from occasionally, but you are different from the rest. You have written when I did not answer. This looks to me as if you were trying to do as Christ would have done had he been on earth.

"I get awfully discouraged sometimes when I see how I have been treated, but God is good, he has helped me to bear the burdens, and your letters have put me in mind that not all are careless of the man behind prison bars; and I am so thankful for your letters. I shall do better hereafter. How good it is to have faith in God's promises. He says his children shall not want and that alone is worth living right for. I am trying to get right with God before he comes. I keep trying and praying, but the flesh is weak.

"Yes, I received the papers you sent, and I have enjoyed them so much. Our warden has been good to let me have most anything I want. He is good to his boys when they do right by him, and I have tried hard to please him."

### AN EXPERIENCE AT THE JAIL

ELIZABETH GOTT

While in company with a few others from the Hinsdale Sanitarium, I was privileged to visit the jail service Sunday morning, September the first. On this morning we found only a few prisoners—quite a decrease from the week previous.

After our meeting had nicely started, a young woman joined our number, from some place, we knew not where. And it is the story of this young lady's life that we shall hear. Jennie Moulton, as we shall call her, was left an orphan when very young, her mother dying when she was three years of age and her father a few years later. This left her under the care of a stepmother, and little Jennie, not willing for further restraint, ran away from home when only thirteen.

She now was face to face with a world of sin, being obliged to make her own way in the world. A few more years passed

away and our innocent Jennie was no more. She grew into a woman whom Satan had fastened his evil ways upon. At twenty-four she was sentenced to Joliet state prison for a term of twenty years.

It was in 1908 when Jennie first entered the prison, and for seven long years she was without a ray of light from Jesus; only longing for death to come. But one day God had an angel of mercy passing through this institution, calling upon all and inviting them to come and give Him their troubles. Sister Abrams told the simple story of Jesus, and that he was ever ready and willing to take fallen humanity and fashion them into characters ready for entrance to the beautiful home he is preparing, and that he wanted to help poor Jennie. This so touched the girl's heart that she resolved to give herself to the Saviour who had died to save her from her sins, and two years later we find her released from state's prison by a government pardon.

It was in September, 1917, that our Jennie finally regained her liberty, and her life now is being devoted to help others who have fallen by the evil one's snares, to rise above it all, and live so that God can claim them as his little children. She is trying to be faithful in her appointed work so at the end she can say as did Paul, "Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day." 2 Tim. 4:8.

### BE CHEERFUL

*Samuel O. Buckner*

Be cheerful in your daily work—  
In everything you do—  
It makes the heavy task seem light  
And gives you courage, too.  
If your neighbor has hard luck  
And seems to be upset,  
A cheerful word may brace him up  
And his troubles soon forget.

Be cheerful with your fellow men  
In every walk of life,  
And strive to banish everything  
That brings discord and strife.  
Wear a smile upon your face—  
Extend a helping hand—  
Be optimistic in your talk  
And join "The Booster's Band."

## Our Shelter For Erring Girls

Maud Wilson Cobb

**I**N our Home many pillows are wet with the tears of repentance, many eyes are swollen with weeping, often all night is spent in tears. I am glad every day for just a little part in pointing these erring girls to higher faith and in encouraging

her hour of trial. Mothers and fathers come to us with aching hearts and say, "I am to blame. I did not care for my girl properly. I still thought her a little girl and did not warn her."

How well we remember each girl and baby we care for! And after they leave our Home how glad we are to keep in touch with them and encourage them! To-day we have quite a large family scattered in many places.

A few days ago a woman called and with her were two little girls; one about ten and the other six years of age. The woman said: "We have called to visit your Home. These children belong to a cousin of mine. This older child was born in your Home ten years ago. Her mother has always wanted her to visit the Home because her life was saved by the faithful care of your physician and kind nurses and her mother's



A Sunshine in Her New Home

them to take a new grip on life and let their unfortunate experience make them stronger women, better able to help others who have not fallen but who dare to go too near the brink, thinking they will be safe.

Many hungry souls are about us begging for love and care. To-day we have ten girls in our Home and we expect more in the next week. Much time must be given to each one individually to help her through



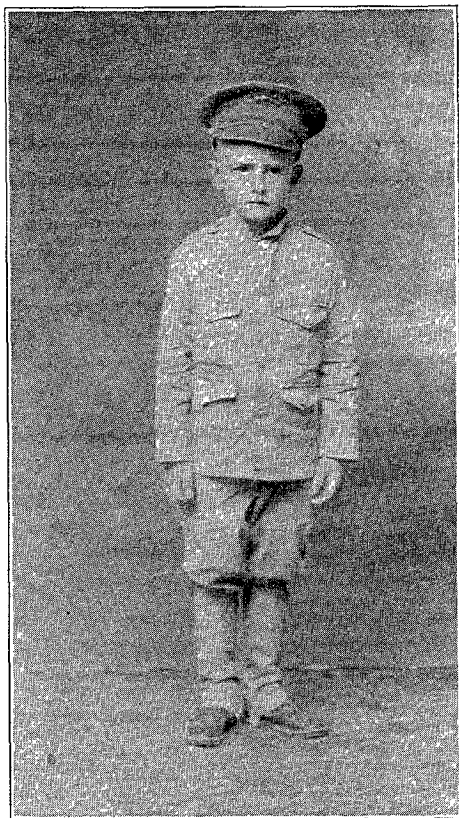
Elmer and Thelma Who Spent the Winter With Us  
Last Year

life also was spared by the same care."

To-day that mother has a happy home, a husband and these two children.

Many of our girls come from large families. Often the parents are willing to pay their expenses, but can give very little. Some girls save a little money; only a few are able to pay what their expenses amount to.

We have several school girls in our



Trying to Be a Soldier

Home just now who are very young, and they need much care and good environment to help them to be women that the world will need at this time when trouble is all about us. We are trying to teach each one that she has a part to bear in the world's work.

We need fruit to can, we need painting and repairing done on the house, we need

coal for winter, and provision made to care for these girls and their babies, so that our work will not be in vain. Without friends we could not maintain the Home. We are glad we keep the friendship of those who have known our work the longest. Very frequently some one comes to visit our Home from a distant part of the country who, before he leaves, will tell us he had helped our work when it was started years ago and had always wanted to visit us because of the interest with which he had followed our work by reading THE LIFE BOAT magazine. We are glad to entertain and welcome these friends. They often ask us to tell them some of our experiences, which we gladly do.

#### AN EXPERIENCE OF A LIFE BOAT AGENT

"I have been very busy doing some real practical Life Boat work. A young girl eighteen years old came from Pittsburgh to the Y. W. C. A. in this city. She was in trouble, her mother was dead and she was very much alone in the world. The Y. W. C. A. knew of my work in selling THE LIFE BOAT so sent her to me.

"I have been very busy getting matters adjusted for her. The soldier boy who had caused her trouble was at Fort Harrison and refused to marry her. For the last six weeks I have had to spend most of my time and some money to help the girl, but just one week ago to-day she was married. The boy left for France in two days after he was married. I kept the girl with me all that time which meant time and money.

"I wrote to her home town and found she was a good girl except for this experience. She had no appearance of being a sporting girl. I felt this experience had come to me and I should do all I could to help her and by the grace of God I have. My life has been full trying to help others. Each day I find something I can do for my Redeemer."

A gentleman on inquiring about the Christian experience of another man, asked if he was all right toward God. The answer was, "Yes, he is all right toward God, but a little twistical toward man."

## A PRESCRIPTION FOR SLEEPLESSNESS

PEARL WAGGONER HOWARD

Job knew what it was to have sleepless nights:

When I lie down, I say, when shall I arise, and the night be gone? and I am full of tossings to and fro unto the dawning of the day. Job 7:4.

Yet he was under God's special notice and care:

And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause. Read Job 2:3-6.

When the quiet of night all around brings unaccountable nervous terror, there is help in One who likewise is awake:

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth. He will not suffer thy foot to be moved: he that keepeth thee will not slumber. Behold, he that keepeth Israel shall neither slumber nor sleep. The Lord is thy keeper: the Lord is thy shade upon thy right hand. Ps. 121:1-5.

The awful darkness cannot separate from Him:

Yea, the darkness hideth not from thee; but the night shineth as the day: the darkness and the light are both alike to thee. Read Ps. 139:9-12.

Some soothing promises for "terror by night."

Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day. Read Ps. 91:1-11, Prov. 3:24-26; 1:1-33, Isa. 41:10.

The "fear of the Lord" (or departing from evil) is a remedy for other fear:

In the fear of the Lord is strong confidence, and his children shall have a place of refuge. Prov. 14:26; Job 28:28; Prov. 3:21-24.

What is the further condition attached to these promises?

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. Because thou hast made the Lord, which is my refuge, even the most High, thy habitation. There shall no evil befall thee, neither shall any plague come nigh thy dwelling. Ps. 91:1, 9, 10; Isa. 58:10. How can we reach the place where we

may be *confident* we may claim these promises for ourselves?

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. 1 John 1:9. Read also 3:21; Isa. 32:17, 18; Acts 10: 34, 35.

When nights are oppressive, what is comforting to know?

And there shall be no night there; and they need no candle, neither light of the sun; for the Lord God giveth them light; and they shall reign forever and ever. Read Rev. 22:25; John 14:1-3.

In the meantime there are *special* promises for just the hours of darkness, as some compensation for wakeful nights:

And I will give thee the treasures of darkness, and hidden riches of secret places, that thou mayest know that I, the Lord, which call thee by thy name, am the God of Israel. Is. 45:3. Read also Ps. 112:4, 18:28, 42:8, 63:5, 6.

A text to go to sleep on:

I laid me down and slept; I awaked; for the Lord sustained me. Ps. 3:5, 6; also 4:8.

Further "pillows" if needed:

John 14:27; Ps. 89:34; Isa. 26:3; Ps. 36:3; Isa. 12:2; 43:2; 49:15-16; 54:10; 40:27-31; Isa. 33:14-24; 27:3; Deut. 33:27; Ps. 139:17-18; 125:2; 30:5; 31:15; 37:7; Psalms 46, 34, 23 and 27.

## "IS GOD DEAD?"

A little girl, whose father had once been very active in the work of the church, but had ceased to work or pray, climbed on his lap one day and said, "Papa, is God dead?" "Why, no, my child; why do you ask?" "O, you never talk to him any more, and I thought perhaps he was dead."

Perhaps from the lives of many of us the world could not be sure whether God was dead or not.—Selected.

## YOUR CALL

"The world is dark, but you are called to brighten  
Some little corner, some secluded glen;  
Somewhere a burden rests that you may lighten,  
And thus reflect the Master's love for men.

"Is there a brother drifting on life's ocean,  
Who might be saved if you but speak a word?  
Speak it to-day. The testing of devotion  
Is our response when duty's call is heard."

There can be no true conversion without the giving up of sin.



**EXPERIENCES BY THE WAYSIDE**

MRS. A. E. LOUNSBURY

I sold a LIFE BOAT magazine to a young lady who afterward came back to the store to tell me that she had enjoyed reading it very much and enquired about the work and about what the Bible had to say concerning the end of time.

Others gathered around to hear me read the Word and explain it. A young man in the crowd heard me say that I was happy in Jesus. He said, "Sell me one of those magazines for I have no happiness at home and no Lord to comfort me, and if there is anything that satisfies, I need it."

Another man bought a LIFE BOAT and came back for the September number, stating that the reading was splendid; the more he read, the more he wanted to read, and he advised those present to purchase. Oh! that men would thirst for righteousness! But God says he will not always strive with man.

A man who calls for THE LIFE BOAT every month speaks highly of the same and always pays me in advance. A lady who took the magazine every month but failed to receive it during my absence, called, and said she was lost without it and wanted to subscribe. It is wonderful what good the magazine accomplishes.

Eighteen years ago I found this work precious to my heart. Dr. Paulson then asked me how long I wanted to engage in the service, and I replied, for life. Each year the work has meant more to me.

A man came into the store rather intoxicated. He had more money than reason, and offered me a large sum of money for THE LIFE BOAT. I talked with him regarding his eternal destiny and gave him a magazine. He said, "Money is all I have—no happiness that endures." He said he would read the book when his mind was free from the curse that had made him what he was—a drunkard, a gambler. I prayed that he might be convicted and find the straight gate and travel the narrow way.

A young man bought a book from me at the counter, and asked me to explain the way of salvation. After reading to him from the Scriptures he exclaimed, "How

plain that is! It looks as if anyone could understand the way, for every man, 'though a fool, shall not err therein.'"

In these peerless times many are falling away and men's hearts are failing them for fear. There are more lovers of pleasure than lovers of God. My desire is to be watchful and strengthen the things that are ready to die.

Often times I feel weak and unworthy to proclaim the truth, but through many trials and conflicts I have stayed by the Word and not denied His name. I will say that I was glad when Jesus said to me, "Go in peace; thy sins are forgiven thee."

**HOW GOD WORKS**

From our exchanges we quote this remarkable instance of God's wonderful care over his children, which was related by a prominent minister in Canada:

"I am frequently impressed by the Spirit to perform actions at the time unaccountable to myself. These impressions are so vivid that I dare not disobey them.

"Some time ago, on a stormy night, I was suddenly impressed to go to the distant house of an aged couple, and there to pray. So imperative was the call that I harnessed the horse and drove to the place, fastened the horse under the shed, and entered the house unperceived, by a door which had been left open. There, kneeling down, I poured out my petitions to God in an audible voice, for the divine protection over the inmates, after which I departed and went home.

"Months after, I was visiting one of the principle prisons in Canada, and moving among the prisoners, was accosted by one of them, who claimed to know me. I had no recollection of the convict, and was fairly startled when the latter said: 'Do you remember going to such a house one night, and offering prayer in the dark for the inmates?' I told him I did, and asked how he came to know anything about it. He said: 'I had gone to that house to steal a sum of money known to be in the possession of the old man. When you drove into the yard, I thought you were he, and intended to kill you while you were hitching your horse. I saw, when you spoke to

the horse, you were a stranger. I followed you into the house, and heard your prayer. You prayed God to protect the old people from violence of any kind, especially from murder; and if there was any hand lifted to strike them, that it might be paralyzed.' Then the prisoner pointed to his right arm, which hung lifeless by his side, saying, 'Do you see that arm? It was paralyzed on the spot, and I have never moved it since. I left that place without doing any harm, but am here now for other offenses.'"

### REFUSING THE MASTER MUSICIAN

Mendelssohn at one time went to see a great organ in a large Cathedral in Germany. He asked the keeper to let him play on that organ, but the keeper refused, and said it was against their rules to allow anyone to play on it. Mendelssohn's fingers itched to try that beautiful instrument, and he again said, "Will you please let me play on this organ?" Finally he was granted permission, and began to play. And the keeper who was entranced by the music said, "What is your name?" And when he learned that Mendelssohn was the man that stood before him, he said, "What, did I refuse Mendelssohn to play on that organ?"

God is the master heart musician and he wants to play on the organ of our lives. He will bring out the most exquisite melody and music which the Lord only can play on the organ of the human heart. Will you let him?

The highest evidence of nobility in a Christian is self-control.

If you find you are being driven to despair, get out and walk.

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

Anything worth starting is worth finishing.

Better, by far, be dull, honest and industrious than bright, tricky and lazy.

The highest exercise of charity is charity toward the uncharitable.—*Buckminster*.

### LIKE A DEAR OLD FRIEND

"I am enclosing one dollar for one year's subscription to THE LIFE BOAT and also ten cents to pay for the sample you were so kind as to send me. I appreciated it very much. It always seems like a dear old friend to me. When I feel sad and lonely all I have to do is to read the good LIFE BOAT; then I feel like a different person. I always feel Jesus is close by my side."

### FEELS BETTER SPIRITUALLY

"The magazines take well. People love to read them. Every one that reads THE LIFE BOAT feels better spiritually. There is no magazine published that will take the place of THE LIFE BOAT with me and mine. I just love to sell THE LIFE BOAT for I know that all who read will be helped to make better men and women of them."

### "A COMFORT TO ME"

"I am very sorry that I cannot send you more money to help send this little magazine broadcast over the land, for I am sure that its influence for good is wonderful.

"Your little magazine has been a good comfort to me. And I also ask your earnest prayers for me, for 'The effectual fervent prayer of a righteous man availeth much.'"

### AN AGENT'S EXPERIENCE

"The July number is the best I have ever read. I started to canvass a lady, but she didn't have time to look at anything I had. In a few days she called me in. She said she was sorry she had turned me down, as she had since seen a LIFE BOAT at the neighbor's and she liked it so well that she wanted me to bring her a copy."

### GLAD TO SEE IT

"Please accept my small amount of \$1.00 for the soldiers' and sailors' fund. I am glad to see the fund is growing and will be a great blessing to those into whose hand it may come.

"I have been interested in THE LIFE BOAT I think for the past three years. And it is a great magazine, and always look forward in getting it every month. It brings glad tidings and cheer to the lonely ones."



# EDITORIAL

EDITORS:

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

## ROCKING OR STEADYING THE BOAT, WHICH?

For nearly twenty-one years THE LIFE BOAT has been sailing the high seas. Occasionally a storm has arisen during this time which has rocked the BOAT for a brief period, but there has always been someone on hand to steady it. Thus it has continued to sail on, carrying the blessed Gospel of salvation to storm-tossed, ship-wrecked humanity.

When the dogs of war broke loose other magazines have had to be discontinued, but through all the various storms, such as increased postal rates, a shortage of paper, ink, labor and nearly everything that goes to make up a LIFE BOAT, this magazine has weathered the gale, and is really not suffering as much as other magazines are.

We ask our readers to help us, with their prayers and their efforts to steady the BOAT. Our Pilot is at the helm and He will see us safely over.

Just now the best way to help the magazine is to extend its circulation. Can you help us to get fifty more subscribers in your community? Write us about it.

C. L. C.

## ARE YOU HALF-WAY BETWEEN?

A gentleman once visited a museum in which he saw what appeared to be a phenomenon. Just behind the glass doors of a showcase was a key which seemed to be hanging in space. There was apparently no reason why the key did not drop to the floor of the case. But in looking more carefully a magnet was found hidden at the top of the case, and the key which was drawn to the magnet was held a short distance from it by a slight thread which was attached to the bottom of the case. Should someone clip the thread, the key would fly

upward to the magnet instead of falling to the bottom.

This very fittingly represents the average Christian's experience.

The wise man, in speaking of the sinner, says: "He shall be holden with the cords of his sins." Prov. 5:22. But Christ, the Magnet, says: "And I, if I be lifted up from the earth, will draw all men unto me." John 12:32. And John says: "As Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up: That whosoever believeth in him should not perish, but have eternal life." John 3:14, 15.

C. L. C.

## A GERMAN'S VIEW OF CHRISTIANITY

"Friedrich Wilhelm Nietzsche was one of the most noted of modern German philosophers. How much has his philosophy affected the views and character of the Germans of to-day? Is not the answer written in the blood of the women and children, the old men of occupied France and Belgium? Are not the *Lusitania* victims witnesses to German adoption of Nietzsche's faith?

"Here is his indictment of Christianity: "With this I conclude, and pronounce my sentence: I condemn Christianity. To me it is the greatest of all imaginable corruptions. The church is the great parasite; with its anemic idea of holiness it drains life of all its strength, its love, and its hope. The other world is the motive for the denial of every reality. I call Christianity the one great curse, the one great intrinsic depravity, the one great instinct of revenge, for which no expedient is sufficiently poisonous, secret, underhand, to gain its ends. I call it the one immortal shame and blemish upon the human race."

The treasury department of the United States Government sent us this quotation from a modern German philosopher, with the Government comment on the same. We want to comment further on this terrible challenge of Christianity. We are reminded of Paul, his faith and work and the results, as contrasted with that of Nietzsche.

Nietzsche's essays were a series of revolts, not only against Christianity, but apparently against every form of government and fashion about him. They were conceived in a diseased brain, and his career ended in more than twelve years of hopeless insanity.

While Paul, who for the love of Christ, endured, "Stripes above measure, in prisons more frequent, in deaths oft. . . . Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck. . . . In perils of waters, in perils of robbers. . . . In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness." 2 Cor. 11:23-27. Yet to-day Paul lives in the hearts of millions of people. His life and work have found a large place in God's Word, and his faith, so ignobly reviled by Nietzsche puts hope and courage in the weakest and faintest heart.

C. L. C.

### WHICH IS IT?

Mr. McQuilkin of the *Sunday School Times* said that one day his little girl was singing the song:

"Have Thine own way, Lord! Have Thine own way,

Thou are the Potter, I am the clay.  
Mould me and make me after Thy will,  
While I am waiting, yielded and still."

Mr. McQuilkin and his wife listened for a moment and then he said, "How is that child singing that song?" Then the mother went into the next room and said, "Virginia, how are you singing that song?" Virginia said:

"I have *my own way*, dear Lord, I have *my own way*."

That is the way with many professed Christians. We have our own way, nine-tenths of the time, then we come to the meeting and sing this song, "Have *Thine*

own way, Lord," when we do not mean it at all.

C. L. C.

### OUR SOLDIERS' LITERATURE FUND

This month we are sending out a thousand LIFE BOATS to the soldiers in the training camps. The boys enjoy them and are encouraged by reading them. Do you want to help swell this fund that the literature may go out to these needy places? May we hear from you?

Previously reported .....	\$721.61
Mrs. Maud Brown .....	1.00
Mrs. Rachel Spenser .....	1.00
Mrs. Mary J. McNally .....	1.00
Marie Gaper .....	2.00
Donation .....	1.00
Marie Johnson .....	1.00
A Friend .....	5.00
C. J. Wing.....	2.00
Mrs. D. K. Abrams.....	3.00
Total .....	\$738.61

The virtue of humility, when worn as a cloak, does not penetrate even skin deep.

### NEWS HERE AND THERE

Dr. G. B. Replogle, who a number of years ago was connected with our Chicago medical mission, and since then has been in sanitarium work in South Africa and Argentina, South America, was a welcome visitor at Hinsdale recently.

Miss Lucy Page Gaston, founder of the Anti-Cigarette League of America, spent a few days in Hinsdale recently.

Mr. Julius Paulson made a business trip to Berrien Springs, Mich., recently.

Mrs. M. W. Cobb and Mrs. C. L. Clough spent a few days attending the Victorious Life Conference at Cedar Lake, Ind.

Miss Dollie Tyrer, one of the Hinsdale graduate nurses, left recently for Lexington, Ky., to visit her brother, Austin Tyrer, who is conducting sanitarium treatment rooms in Lexington.

Mr. C. A. Cole, the sanitarium chef, left recently with his family to take up work in Colorado. Mr. C. C. Benedict has taken the position made vacant by Mr. Cole leaving.

Geo. B. Taylor of Berrien Springs, Mich., recently visited his parents, Prof. and Mrs.

C. L. Taylor. Prof. Taylor also enjoyed a visit from his brother, J. F. Taylor of Sault St. Marie, Mich.

Dr. Emma Perrine-Laird of Decatur, Mich., called recently.

Miss Zada Hibben of Sheridan, Ill., spent a day at the sanitarium recently.

Pastor and Mrs. E. L. Cook of Nebraska called while en route to their new field of labor in Jamaica, B. W. I.

Miss L. Marie Willis, one of our Hinsdale nurses who has been in Loma Linda, Cal., during the past year, has returned, and visited Hinsdale while on her way to her home in New Castle, Ind.

Prof. C. A. Russell of Berrien Springs, Mich., called recently.

Mr. and Mrs. J. A. Finkenbinder and son of South Bend, Ind., have recently connected with the Hinsdale work.

## The Cost of a Loaf of Bread

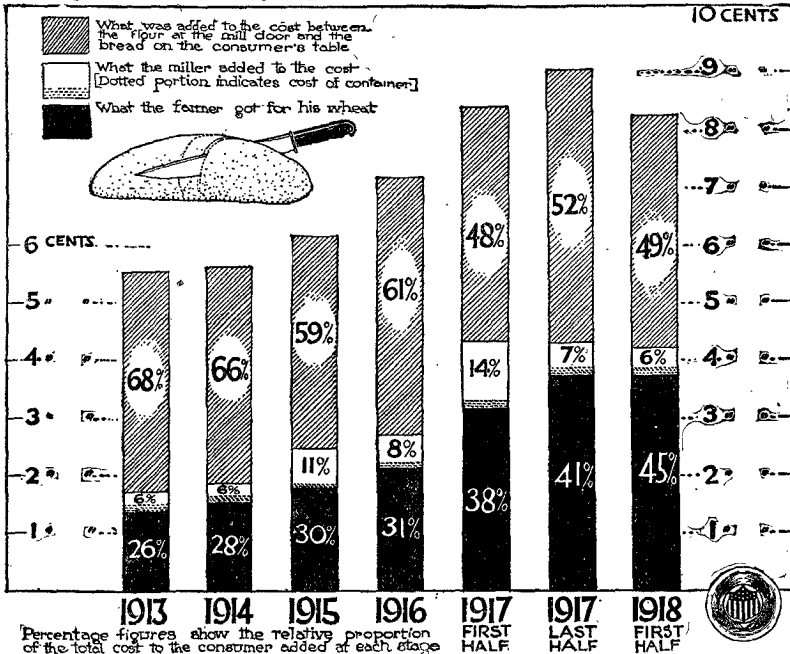
U. S. Food Administration

Since 1913 farmers have been receiving for their wheat a gradually increasing proportion of the price paid by the consumer for bread. The amount received by the wheat grower for his contribution to the average pound has increased from less than 1½ cents per loaf in 1913 to more than 3½

cents (6 per cent). In this 6 per cent, however, is included the cost of the containers (bags, sacks, etc.), shown as dotted area, which has increased very nearly in proportion to the price of bread itself. Bags now cost about 50 per cent more than in 1913 and 1914.

The shaded portion of the column represents the expense of distributing the flour,

### COST TO THE CONSUMER OF A POUND LOAF OF BREAD



cents early this year. The proportion to the whole price is shown by the relative length of the black columns of the chart.

The middle portion of each column shows what the miller received for his milling costs and profit. This has been a somewhat variable factor, but is now at the mini-

making it into bread and getting the loaf to the consumer.

The chart shows that the farmer is now receiving a much larger share of the final price for his product than in the past, and that a considerable amount of "spread" has been taken out of other expenses.

# The Life Boat

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

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

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

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

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

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

Yearly subscriptions, \$1.00. Special discounts when a number are sent to one address.

**Expirations**

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

**Change of Address**

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

**Mistakes**

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

**Premiums**

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

**Rates for Advertising**

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

**Life Boat Magazine Agencies in Chicago**

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.  
 Illinois Tract Society, 116 North California Avenue. Phone Garfield 8361.

**MORE WORKERS NEEDED AT HINSDALE**

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

**WANTED**

Lady canvassers for spring curtain holders. Sells for ten cents, costs five cents. Send for

particulars. Eureka Mfg. Co., 1116 No. Vandeventer Ave., St. Louis, Mo.

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

**WANTED**

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

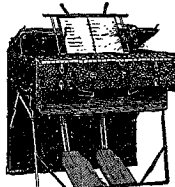
**COAL CONSUMERS MUST BUY WINTER SUPPLY NOW**

Consumers must buy their Winter supply of Coal during the Spring and Summer for storage if Production is to be maintained at a maximum and the country enabled to avoid a serious Coal shortage this Winter //



*H.A. Garfield*  
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# A New Plan for Securing Subscriptions

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

**THE LIFE BOAT PUBLISHING COMPANY**  
Hinsdale, Ill.

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

.....  
Manager.

**THE LIFE BOAT, Hinsdale, Ill.**

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

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

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

Address: THE LIFE BOAT, Hinsdale, Ill.

# Are You Wearing a "Patricia"

## A SHIELD TO HEALTH

The PATRICIA GARMENT is a PERFECT SUBSTITUTE FOR THE CORSET and a great improvement in other respects, as it permits natural circulation, perfect respiration and freedom for every muscle, with no bands or strings and countless buttons and buttonholes. There is no opportunity for girding the soft parts of the body, as it follows the natural curves, preserving the contour of the figure.

We are now able to furnish the Patricia health garment in stock sizes from 32 to 42 bust measure, made from the very best of materials and carefully shrunken before making. Price \$4.00. Write for further particulars and description of garment.

**"Once in possession means never without them."**

**"Just the Garment for health conservation."**

**"A splendid step in advance over corset wearing."**

### WHAT WOMEN SAY OF THE PATRICIA

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

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

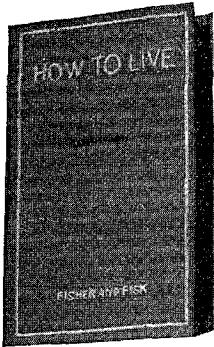
"For comfort, style, saving of time in dressing, saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without them."

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

Address **THE PATRICIA GARMENT CO., Hinsdale, Ill.**

# NEW PREMIUM OFFERS

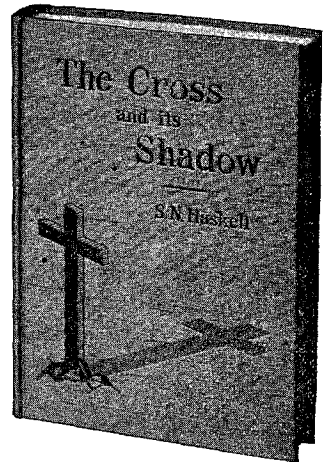
## "How to Live, or Rules for Healthful Living, Based on Modern Science"



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

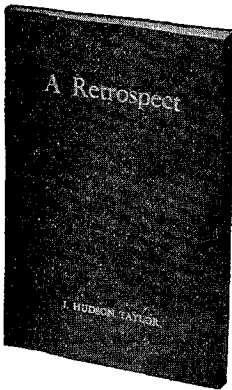
## The Cross and Its Shadow

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



## A Retrospect

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



## Pastor Hsi

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



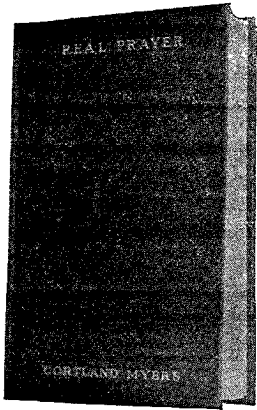
## The Vegetarian Cook Book

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



## Real Prayer

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



## A New Webster's Pocket Dictionary

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

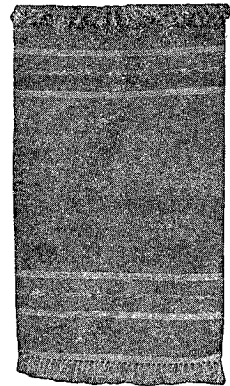
## A Fountain Pen

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



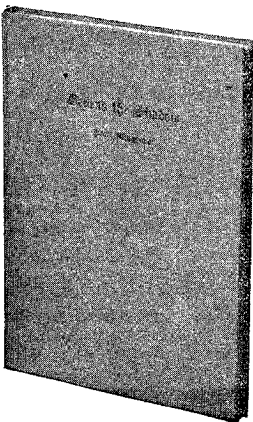
## A Beautiful Rescue Home Rug

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



## Beyond the Shadow

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



## Beautiful Gold or Silver Watch

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



# The Life Boat Practical Health Specialties

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

## PRACTICAL HEALTH SPECIALTY No. 1.

### Natural Rice.

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

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

## PRACTICAL HEALTH SPECIALTY No. 2.

### Genuine Graham Flour.

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

## PRACTICAL HEALTH SPECIALTY No. 3.

### Liquid Paraffin.

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

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

### Prices

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

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

## HEALTH SPECIALTY No. 4.

### A New Health Garment.

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

# THE LIFE BOAT 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*

## *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*

## 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**

Phone  
Hinsdale 645

**Hinsdale, Ill.**