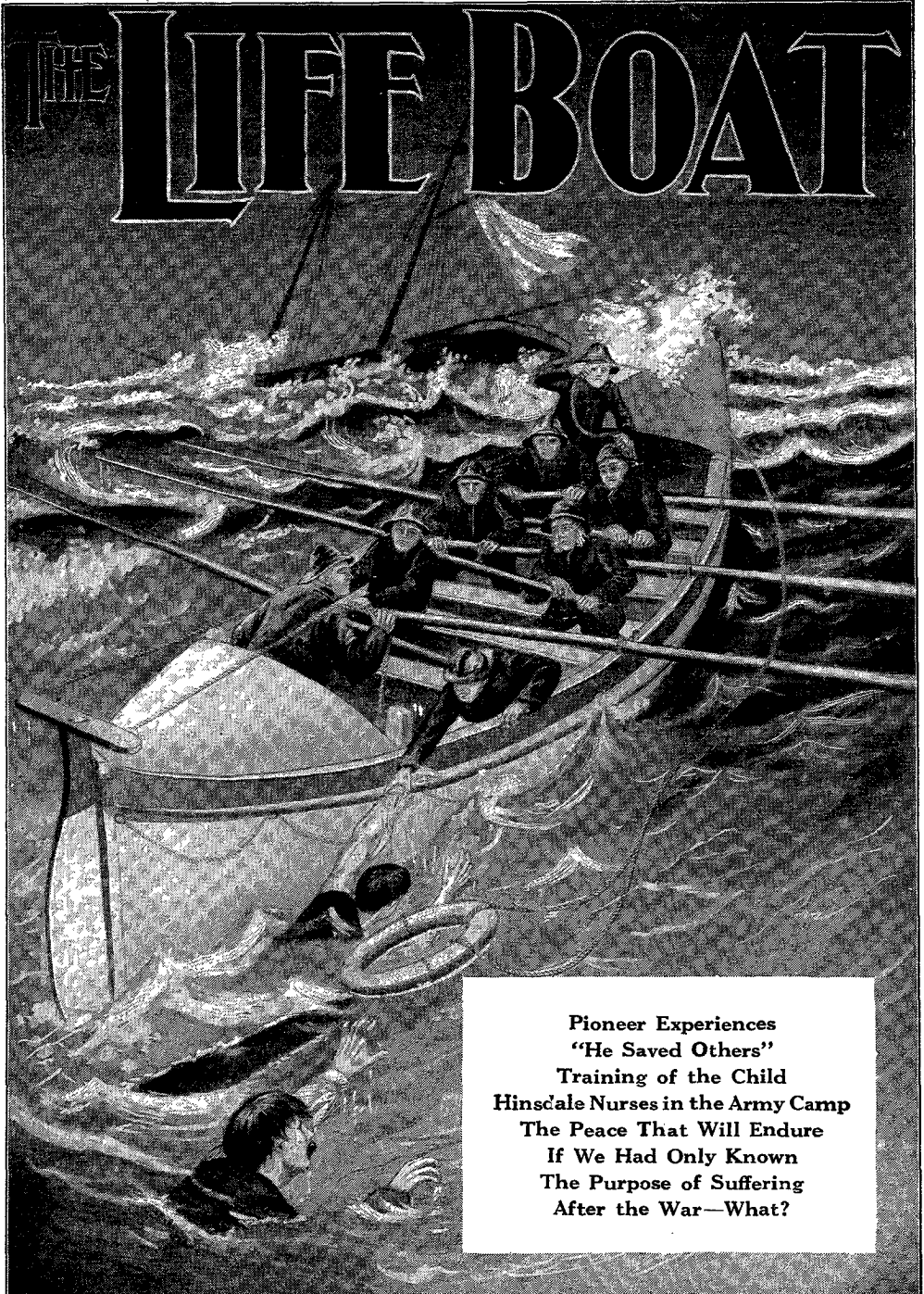


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**The Life Boat Employs No One to Solicit Donations**

Pioneer Experiences  
"He Saved Others"  
Training of the Child  
Hinsdale Nurses in the Army Camp  
The Peace That Will Endure  
If We Had Only Known  
The Purpose of Suffering  
After the War—What?

Volume Twenty-one  
Number Twelve

Hinsdale, Ill.

December, 1918

Headaches—D. H. Kress, M. D.

# FAREWELL, OLD YEAR

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ROBERT HARE

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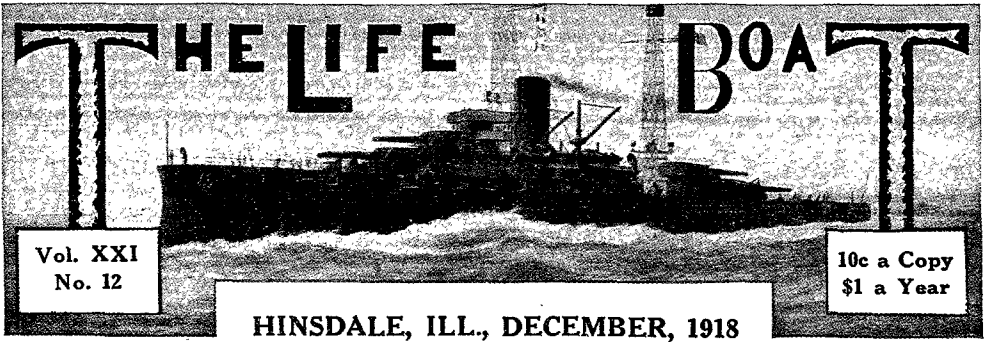
The Old Year folds its mantle and with silent tread departs;  
Bearing its record to oblivion's shore it hurries on;  
Complete the volume, sealed by hand of destiny,  
And none may open till eternal dawn.

A ponderous volume, written both of good as well as ill;  
Time's latest tribute to the record of earth's numbered years;  
The paint unhardened still upon its pictured scenes,  
The eyes still wet that shed its many tears.

Its dim horizon, shaded by a deep and darkening night,  
Casts back reflections from the flaming battlefield's mad strife;  
Ten thousand foemen, crimson-handed, struggle on,  
And dig a million graves for hearts, for hopes, and life.

The gospels loudning voice afar has echoed: glorious thought,  
If not for this how worthless all achievements gained would be.  
"The gospel of the kingdom," with its Word of power,  
Has scaled the mountains and has crossed the sea.

Farewell, Old Year, we breathe a fond, a long, a last adieu;  
Above thy record stained we weep, still praying while we live—  
"Great Father, pity all the folly of its hours,  
The good complete, and all the wrong forgive."



## Headaches and Soda Fountain Cures

D. H. Kress, M. D.

AT SAN FRANCISCO recently on a very warm day, I noticed a robust appearing man with a flushed face step up to a soda fountain bar and ask for headache powders. He was handed a package and was about to start on his way, when he turned and inquired, "How many is it necessary to take at a time?" The boy at the fountain replied, "One is enough," and told him how to take it. Knowing the contents of the package and being aware of the dangerous nature of the drug it contained, I naturally took some interest in this occurrence.

It is safe to say not one of one hundred who take these headache powders know anything of their contents; they do not know they are dealing with one of the most dangerous drugs known to medicine, a drug which many physicians refuse to prescribe, and which all, who do prescribe it, do so, or should do so, only after a careful study of the patient's physical condition. It is not uncommon for those who make use of these powders, to take one, and if in a few minutes the headache has not disappeared, to take another, or perhaps a double dose, in order to be certain of results.

There is no doubt whatever in my mind that many of the sudden deaths from heart failure reported so frequently in our daily papers, might with a little inquiry be found to be due to the use of headache remedies.

Dr. Wiley on headache powders, says: "Hardly a day passes that I do not

receive from some part of the country the report of a death from taking headache powders. Every such preparation sold contains large quantities of either acetanilid, phenacetin, antipyrin, or caffeine, all of which affect the heart more or less. No physician would think of prescribing more than one or two grains of these drugs, but the headache powders contain from four to six grains. Many people afflicted with headache get accustomed to taking these powders for relief. Instead, they should go to a physician, find out what causes the headache, and follow the prescription given for permanent relief.

"If I had my way the sale of these powders would be prohibited. They are poisonous to a person with a weak heart and, are likely to result in death at any time. Most of these powders are sold with instructions to take a second dose in case relief is not immediate. No physician would give such drugs with these instructions."

It is never safe to cure a headache with headache remedies that are guaranteed to stop the pain instantly. The drugs usually employed for this purpose are derivatives from coal-tar, and are known as acetanilid, antipyrin, and phenacetin.

The drug was first discovered by a German physician about the year 1887. In experimenting upon cases of fever he found he was able with it to reduce the temperature, and that pain disappeared as by magic. He made known his discovery to

the medical profession and recommended its employment in medicine. Doctors welcomed it, and for several years it was freely prescribed by them. The results were, however, not all that was hoped for. While it did what was claimed for it—it stopped the headache—it did not stop at that, it did more. In many cases serious symptoms followed taking even the ordinary dose, and in some instances it produced sudden death. The physicians began to make known to each other these unexpected results at their medical meetings and through the medical journals. This led the medical profession to regard this drug with suspicion and to employ it only after being certain of their patient's physical condition. But being a "sure cure" for headaches, and headaches being so common, men who were unaware of its injurious nature saw in its sale financial gain, and began to put it up in various forms and advertise it freely. They even sent around sample packages free, for trial. The immediate results obtained have made its use common, and acetanilid is now sold at almost every soda fountain bar. It is found in practically every headache remedy.

#### **Pain a Danger Signal**

One lesson all who cure their headaches with headache powders will sooner or later learn, is, that it is *not* safe to swallow any and everything that removes pain, in fact, they will discover that the chances are, it is *always* unsafe to do so. It is unphysiological and it is unnatural to get such results. While I admit the pain is unpleasant, and undesirable, and that it is perfectly proper to apply every legitimate means to ease it, the pain is not in itself the real trouble we should feel desirous of getting rid of. It is merely a symptom of real trouble that nature is attempting to call our attention to. We must not forget that the pain in the head may be removed and the real trouble still remain, and it may be even in an aggravated form.

Pain is a danger signal nature erects along the path of transgression, to warn the transgressor. It is not wise to merely pull down the signal and then go on undisturbed and unwarned. To sever the only medium through which nature can warn

me when in danger or when I am doing that which I ought not, is unwise.

#### **Killing the Man as Well as the Headache**

I once heard of an Irishman, who, after swallowing a potato bug by accident, and feeling some alarm, went to a drug store desiring to know what was good for potato bugs, of course, he meant what was bad for them. The druggist informed him that Paris Green was usually employed in getting rid of potato bugs. He said, "Give me a half pound of it." There can be no doubt that the half pound of Paris Green would have been a sure cure for the potato bug he swallowed, but what about the Irishman? And yet intelligent men and women reason in much the same way in regard to headaches, as did this ignorant Irishman. It is possible to kill a mosquito on a man's head with a club, but remember you may kill the man.

Acetanilid is a club. There is no doubt that it will effectively destroy headache, but even if it does, it is never a benefit to the one taking it, and there is always the possibility of it killing the man or woman taking it, as well as the headache.

Acetanilid is a heart depressant. After taking a dose the heart is weakened, the pulse is less strong, and in some cases almost imperceptible. Acetanilid also paralyzes, and lowers blood pressure. The one, whose heart has been stimulated and the blood pressure increased by the use of tobacco, tea, coffee, or by the presence of uric acid and other poisons, may depress the heart and lower the pressure of blood in the brain, and may therefore be temporarily relieved of headache by swallowing a dose of acetanilid. But the sensible thing even for him to do would be to stop the use of tobacco, tea, coffee, and other things which are responsible for the high blood pressure and the consequent headache. It is safe to say that nine tenths of the headaches would at once disappear by doing this. The one whose heart is weak and blood pressure low, cannot with any degree of safety take acetanilid in any form or quantity. It is in these cases that death may result from its use.

It is said of a certain English professor of medicine who placed his sole reliance

upon *one* drug, because it gave such apparent good results in his practice, that he never failed to recommend its employment as a remedy to his classes. But while on a visit to France he was called to treat a Frenchman who was ill—as usual he prescribed his drug—the Frenchman instead of getting well, suddenly died. He could not explain just why, but his confidence in the drug was lessened to such an extent that in recommending it to his students afterwards he always would throw out the precaution—"Remember while it cures the Englishman, it will kill the Frenchman." This precaution should be given on the label of every powder or preparation containing acetanilid, phenacetin, or antipyrin.

Practically while they cure the headache, and the one with a strong heart may live, they may kill another patient having the same symptoms but a weak heart. It will be seen that such a drug is dangerous to place into the hands of innocent people, or to recommend it as a universal remedy for headaches, as is done by the manufacturers.

#### Some Safe Remedial Agencies

So far we have learned what not to do to get rid of headaches; we will now consider some safe remedial agencies that may be employed. In the treatment of headache, the first thing to do is to ascertain its significance—why the headache, what is responsible for it. It may be a stomach ache in the head, due to over-eating, to improper mastication, or to poorly combining the foods. If so, wash out the stomach and the colon, or take a purgative. Do everything possible to clean up the alimentary canal and thus remove the provoking cause. If it is due to hyperemia or too much blood in the brain, and increased

pressure, do everything possible to draw the blood away from the brain. A hot foot bath, with cold compresses to the head and around the neck will give almost instant relief. A towel wrung out of hot water and then folded and placed over the face, with only the nose exposed, and cold compresses to the top of the head, and an ice bag at the base of the brain will also afford relief. A hot enema is also helpful, especially if the increased blood pressure is due to the absorption of poisons from the colon, resulting from the decay of foods.

If a bilious headache exists, the hot enema, followed by hot fomentations over the liver and stomach and a cold mitten friction will be found beneficial. A fast, or fruit diet, for a day or two will, when combined with this treatment, usually bring permanent relief. Never forget that headaches do not appear without a cause. They are the signals nature hangs out to warn, or to call attention to the approach of an enemy. To tear down the signals or to sever the wires which transmit the warning, is suicidal. And yet this is what multitudes are doing. All who do this go down to an early grave.

Men and women who are careless in their habits of eating and drinking find it necessary to be under the nerve numbing and heart depressing influence of some drug most of the time. While under its influence they imagine they have peace, but the path of transgression leads to destruction whether they are conscious of it or not. The only thing to do when Nature warns is to act in a sensible manner and heed the warning; ascertain its significance, and then cease to do evil and learn to do well. By doing this we will find that headaches will be practically a thing of the past.

## Life's Creed

Robert Hare

Life's truest measure is not found in wordy creeds,  
It rather lies in kindly thoughts and kindly deeds;  
Faith's ceremonials, with their pompous will and show,  
May only be the tinsel, with the dead below!

Creeds may but serve to hide the laggard, faithless  
heart,  
From close inspection, that has failed to do its part;  
A cloak, a brilliant covering for the bones of death,  
Barren and dry, devoid of life or vital breath!

Let thy creed be a holy, living, moving power,  
Not something writ on stone, for death or burial hour;  
But breathing in each impulse of thy soul today  
Gilding in radiance of the purest heavenly ray  
The pilgrim path of those who pass thee on the way!

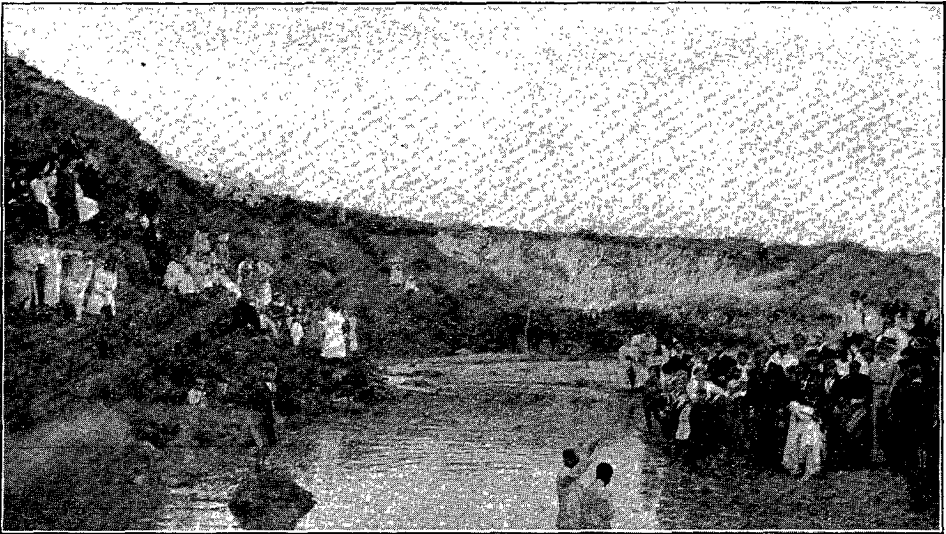
# Pioneer Experiences

O. Montgomery

[Last month we gave our readers a portion of the report of Mr. Montgomery's stirring talk while with us last summer. This month we give some of the personal experiences of our doctors and nurses among the natives of South America, as told by Brother Montgomery, the leader of our South American mission field. THE LIFE BOAT already has a worker in that field and two more nurses are now under appointment to go—Ed.]

THE Indians of South America use tobacco, drink, they steal, murder, in fact they do any wicked thing in the world. I do not know how to describe the filth and dirt they live in. The hands and fingers are black with dirt. The women wear from twelve to fifteen skirts and never change them. Many of them have never had a

converted, truly converted, then with streaming eyes and a broken heart, some woman says, "I am living with a man that I am not married to." We tell her to get married, but she says, "He has three other women, what shall I do?" We say, "The Lord will help you to do what you ought to do." Then she walks out with her



Baptismal Scene, Showing Dr. Habenicht Baptizing an Indian Boy from Peru, Who Is Taking the Nurses' Course in the Argentina Sanitarium.

bath since they were born; they are a low, vile, dirty race of Indians, yet they are civilized Indians. There is no morality there. Childbirth is not legal.

But in our work there is only one standard we hold up for those Indians, which is the same as for the other people, and we believe that God is able to save to the uttermost the poor Indians as well as the intelligent Americans. There is not a believer taken into the church until he is just as faithful and true on questions of marriage and morality as I am. That is true everywhere, and yet we have people come and give their hearts to God. They are

children and goes to washing to support her family, and lives a clean life.

Any man that is able to support a family and then a smaller home on the side, there is no question but what he is doing it. These are the conditions that we have to meet. The greatest curse is the low standard of morality.

### Medical Work in the Early Days

I will give you just one little experience of how Dr. R. H. Habenicht had to work in the early days in Argentina. He was often called out on long trips. He had to go by horseback or on foot. One time he was called to see a patient twenty-

five to thirty miles away. He visited the patient, and on his way back was called in by a family while he was passing. A little girl was sick with the typhoid fever and there was no one to care for her. He made a bed in the back of his wagon and placed her in it and started back to the sanitarium. It had been raining all night, the rivers were in terrible shape and when he reached the stream he could not get across. It was a long distance around so he started in another direction and came to another stream which he could not cross. Here he was seven miles from home; he took a poncho (a native blanket) and made a sling out of it, put the child in it, put her on his back and started to walk the seven miles across the prairie to his home. Night came on and it was raining terrifically. He reached a railroad bridge on which the ties were some distance apart, making it necessary for him to creep along, which he did, and finally reached home with that child, who was sick unto death. He began to give her treatment at the sanitarium and the child's life was spared. That is only one instance of his work.

#### Experience of Nurses in the High Andes

At Lake Titicaca, Peru, we have the most practical illustration of what medical work can do. Most of our workers there are nurses. Brother and Sister Stahl are nurses, and several others I could mention.

I made a trip with Brother Stahl, going over on the peninsular. There we were served with a real Indian dinner in the home of the chief. After dinner Brother Stahl took out his little medicine bag and spread out his instruments on a little low table and the Indians crowded around. I counted, and he gave over fifty treatments in one hour's time. He pulled teeth out of fourteen different heads, he opened abscesses, pumped out stomachs; he did everything needed to be done.

One poor old man, an Indian along in years, came hobbling along with a cane. He lifted up his foot and there was his ankle swollen terribly. Brother Stahl looked at it, and said, "I will have to relieve this poor fellow." The Indians wear a wool cap on their heads and then a hat

over that. When they go to church they take off their hat but keep the cap on. This fellow had on his wool cap. Brother Stahl took it, rolled it up, and said, "Now you open your mouth," then he stuffed the cap in the man's mouth and said, "Now you bite on that." That was his anesthetic while Brother Stahl lanced his foot, cutting in about four inches. The pus gushed out something terrible, and the man was wonderfully relieved.

Just then an old woman came up with her finger on her tooth. Brother Stahl pulled the tooth. Do you suppose she cried? No. Not a grunt. They take it all, and say nothing.

After giving these treatments he closed up his medicine bag and took out another bag, stood up on a block and poured forth the wonderful story of salvation to minds that never had been opened and hearts that never had been touched. Do you suppose they heard the message? Yes. The next year there were one hundred and fifty converts baptized in the place.

#### Deformity a Sign of An Evil Spirit

One day Brother Stahl was treating some patients, Indians, who came in from long distances to be treated. This day he noticed a girl standing at one side, and he asked her, "What can I do for you?" She held out her hand and there was a second thumb growing on her hand. When she tried to weave or knit that thing was in the way. But that was not the worst feature; it was a sign that she was possessed with an evil spirit. Because of that she received nothing but kicks and cuffs from her people, and no young man would ever marry her because she was the means of bringing a curse upon the whole tribe. Brother Stahl said:

"Would you like to have that taken off?"

"Yes."

"You had better come over some day and I will do it for you."

"I am ready now."

"All right, come over to the table."

She held out her hand and he dissected around that growth and cut it right off. Then he took a few stitches and bandaged it up and that girl went away the happiest girl in all Peru. Why was she happy?

Because that band was broken. Getting rid of that growth led her out of bondage. When I visited that place Brother Stahl called her out from the tribe and showed me her hand, then told me the story. It was the means of her accepting the truth, for she wanted to hear the Gospel story from the people that helped her.

#### Another Experience

Another experience in regard to medical missionary work. Brother Stahl and another brother had gone out on a missionary trip. They went a long ways, to visit a little tribe, through a country that they had never seen before. When they came to the chief's house they saw a little boy about seven years of age who was suffering terribly. He was poor and looked as though he was in the last stage of tuberculosis. Brother Stahl's heart was touched by that poor boy, and he said, "I feel as if we ought to do something for this lad whose knee is badly swollen." Brother Stahl said, "We ought to relieve him." So the chief was called out and we told him that we would like to help the boy. He had heard about our work, and he said, "Go ahead."

The chief brought out a clean new blanket, and there on the side of the mountain Brother Stahl opened his instrument case. The crowd began to manifest itself in a dangerous way, but the chief said, "Go ahead." The boy's knee was opened and the pus cleaned out, the wound sewed

up and bandaged, and then the chief was told just what he must do. When they finished, the chief said, "Get on your horses and ride away as fast as you can." So we went.

After four months Brother Stahl was up in that section of the country again. He thought he would go and talk to those people. Then he thought he had better not, as he did not know whether the boy had died or lived. Finally he decided to

go up there. When he reached the top and could look over the valley below he saw groups of Indians going down toward the chief's house. He did not know what it meant but thought that trouble was brewing. He saw he was discovered, so had to go right on. He got near the chief's house and he heard music; then the chief came out to meet him, and to his glad surprise he was given a royal welcome by the whole tribe. The boy was nearly well and they were all grateful to him for saving the boy's life. Then Brother Stahl sat there on his saddle horse and held a wonderful gospel service. So the work goes on.



A Peru Indian Who Has Come for the Word of Life

There is a real warm, true love in the hearts of those workers; they put their arms around one of those Indians, ~~hog~~ hugged him, and pat him on the back, and do as much for him as he does for his child.

Those Indians are just great big children. Brother Stahl can do that and they will do anything in the world for him.



When he wants to pull a tooth he puts his arm around the man and says, "It will hurt you quite a little, but be patient." So he stands there and takes it. Do you know why they are so responsive to love? It is because they have been kicked and cursed and have been in slavery all the days of their lives. They were always an oppressed servant class.

They would lay down their lives because they are loved. So these Indians receive and believe anything the missionaries tell them. They will run for miles and miles and miles on the most trivial errand because they are loved.

God is helping us. There is a people being gathered out in South America that Jesus will bid come to him. When those Indians see their path clear they walk the narrow path.

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### "HE SAVED OTHERS"

J. G. LAMSON

Yes, that was the glorious and mighty work of the "Saviour" and that is what gave him one of the most precious of all his precious names. He had spent his life in service, and was now in agony on the cross. The crafty priests had secured his condemnation and were even now wagging their heads and making sport of Him who came to his own and they would not receive him; who came to redeem and they would not be redeemed; who would have been their Saviour but they would not be saved.

They falsified to secure His crucifixion, but in spite of themselves as they derided, and yelled their hatred they testified, "He saved others."

Yes he did, he saved others and he would have saved those very men if they had been willing, but they would not. They might have taken the blessed assurance given to the poor repentant thief, but they argued that He could not be the Son of God for if he were he would never let himself be put in such an ignominious position as to be nailed to the cross.

"Come down," they said, "and we will believe in you," but Jesus *would not* come down. Not because he *could not* (for the angels longed to smite the infuriated, blasphemous mob and deliver their Lord, and

He himself could by one look or one word have blasted every one of those vile murderers), but *He would not*. He would not just because, if he had saved himself he *could not have saved others*.

Those old priests and scoffers said far more wisely than they knew, for their darkened minds failed utterly to grasp the mighty mystery of the Cross; but they said a truth, for Jesus could not save himself from the cross and at the same time save those who believe in him from eternal death. The offended law of God demanded the death of the transgressor, and Jesus so loved us that he gave himself to die instead of the sinner and so either Jesus or the sinner had to die. Jesus, bless his name, *did die*. No tantalizing taunt or torment could tempt him to give up his settled and sworn purpose to die in our stead and so, truly, He could not save himself, *and us*; but by giving himself we are saved. What condescension! What mightier conformation of God's love.

Did Jesus die? Indeed he did, and just as surely as you know that just so surely you may know that you will not have to die if you will accept Jesus as having died for you. No "guess work" about that plan of salvation. All the promises of God are "Yea" and "Amen" in Christ. Believe it and LIVE.

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### "REDEEMING THE TIME"

ROBERT HARE

WE toy with golden sands,  
As moments pass away;  
We toy, the ages roll and man  
Turns to his clay!

Failure or triumph lives,  
In hours that mark today,  
All undervalued, as they pass,  
To yesterday!

Could we but learn their worth,  
Rubies and gems untold,  
Would be counted in the scale  
Beside time's gold!

We toy with precious hours,  
And make life incomplete,  
We toy, they pass and leave behind  
The bitter-sweet!

Treasure the moments more;  
They cannot stay or wait;  
The dial-hand moves ever on,  
The hour is late!

Soon the last golden grains  
Of time will pass, and be  
Linked with the history of the past,  
For time's eternity!

### A NEW YORK PRISONER REACHING FOR LIGHT

"The letter and pamphlets, including THE LIFE BOAT, you recently forwarded to me came, I assure you, as a very agreeable surprise and I wish to thank you ever so much for your great kindness in so doing. I read all with very much interest.

"Day by day I see my shortcomings and begin to realize them as I never did be-

life. I intend to do better and live better, beginning now.

"I read THE LIFE BOAT with much interest. It is full of inspiration toward all that works for good and the uplift of fellows less fortunate in life. I am also much pleased to note that you will lend your efforts toward securing a correspondent for me. I assure you that I would greatly appreciate such a kind favor as I am friend-



A Group of Prisoners in China Wearing the Canque. The Men Behind the Bars in This Country Appreciate THE LIFE BOAT and Benefit from Reading It.

fore, and I am promptly going to make amends in the right direction. Evil ways and companions are a detriment to anyone's welfare, and I am going to begin now by making the best of the future and what I have left of my life. I am a carpenter by trade and am employed here as such, and it is my serious intention to settle down in life when my term expires, for I feel I can yet accomplish a great deal of good by striving hard with sincere and earnest efforts toward the right object in

less and alone and no doubt you can realize what this means to me.

"In conclusion I wish to thank you for the kind sentiments expressed in your letter, and I trust and hope you will kindly favor me again with some words of good cheer and encouragement."

**Now is the time to send in your subscription to begin with the new year. Why not do it at once?**

### AFRAID OF HIS BEST FRIEND

An inmate of the Minnesota penitentiary writes:

"I thank you most respectfully for your letter which I had the pleasure to receive and for the kind advice you gave me. I have done as you advised, though it was very hard and difficult to kneel down and pray.

"I believe there is a God, but I am afraid of him. I have read what the New Testament tells of Jesus and his doctrine, which is the best teaching in the world, but I have not power to live according to his doctrine.

"I am quite frank with you and I'll confess my greatest sin, which is disbelief. While I trust Jesus as God's Son, I cannot see why it was necessary for the Jews to kill him. Why could not God forgive sins without his crucifixion? And then I never can believe that he went to heaven with his earthly body. I would believe, but I cannot, when the reason is against it. Is there any hope for a person like me? I would find the truth, but I cannot see where and how I could find it when the whole world is wrapped in falsehood's cloak.

"I thank you very much for the leaflets and THE LIFE BOAT, which I also received. Once more I thank you for your letter, for it is a very delightful event in a prisoner's life to get a letter.

### THE TRAINING OF THE CHILD

D. H. KRESS, M. D.

[We are glad to get from the pen of Dr. Kress this important article on a problem that has been a perplexity to so many parents,—why their children do not turn out better than they do. Dr. Kress at one time had in his home and seated around his table about a dozen little ones gathered from the streets. Most of them were orphans. He is not a novice, but is able to speak with some authority on the problem of child training.—Ed.]

To many a parent the promise so frequently quoted, "train up a child in the way he shall go; and when he is old, he will not depart from it," has proved to be disappointing. "Why is it," said a godly mother, "that my only boy whom I dedicated to God at his birth and aimed to rear a Christian is filling a drunkard's grave?" The only reply that could be given at the time was, "The fault I know

is not on God's part." Since then I have been compelled to give the matter more thought. I have come to the conclusion that heredity is a mightier factor in shaping the future of the child than we are apt to think and that a child is more apt to be what parents have been than what they are after they are born.

Some years ago a friend of mine endeavored to demonstrate that the future of a child depended upon environment and early education *wholly*, and that heredity played a very minor part in it. He made the experiment by taking into his home children from parents good and bad. So long as they were infants and children his theory seemed to be proven. There was little or no difference to be observed between them. But when they reached maturity and the buds began to unfold the results were in many cases disappointing. He was convinced that heredity was, after all, an important factor in shaping the future of the child.

I recall the case of an aboriginal infant adopted by a wealthy family of Western Australia. At the age of thirteen years a band of naked savages passed through the town in which she lived. She ran away from the splendid home and went back with this band of savages and to savagery. Young New Zealanders, it is well known, who have been sent to America and England to receive an education, after spending years in training, on their return they invariably throw aside the dress and habits of civilization and go back to the old habits and practices of their people. Their training is of very little benefit to them. Heredity manifests itself. Heredity is a factor that cannot be ignored in the child's training. How important it is therefore for parents to be what they wish their children to be, and to be what they desire them to be, before they are born.

When asked by an anxious young mother, "When should the education of a child begin?" Dr. Holmes replied, "Madam, at least two centuries before it is born." This is not a modern doctrine. When the promise was made by the angel of God to the wife of Manoah, "thou shalt conceive and bear a son," the instruction was given

her "now, therefore, beware, I pray thee and drink not wine nor strong drink and eat not any unclean thing." Later when Manoah entreated the Lord, saying, "Teach us what we shall do unto the child that shall be born," the reply was "of all that I said unto the woman let her beware. She may not eat of anything that cometh of the vine, neither let her drink wine or strong drink, nor eat any unclean thing. All that I command her let her observe." Judges 13.

The concern of the parents was in regard to the child after its birth. The concern of the divine Instructor was in regard to the child before its birth. What the child is at birth and ever after, depends much upon the habits of the mother before its birth. It seems strange that during the period of pregnancy when women should be the most careful in the selection of their food and drink, they feel at liberty to eat and drink whatever their fancy may dictate. Even physicians sometimes give advice which is entirely out of harmony with that given by God's messenger to the wife of Manoah, "beware, I pray thee." If ever a woman should exercise care in the selection of food and drink it is during the period of pregnancy. Some children have birth marks due to mental impressions made on the mother during the early period of pregnancy. The facts are, we are all marked at birth. The mark may not be visible. It may in fact not be seen until maturity is reached. Children may be born with criminal and suicidal impulses; gloom and despondency are often birth marks. The child born to a mother that gave loose reins to her appetite and passions will in all probability manifest the same tendencies when it reaches maturity in spite of the early training. This undoubtedly explains the many disappointments to parents after years of patient training of children. The training should have begun before their birth. Many a drunkard owes the desire for drink to the mother who was a tea or coffee toper, if not a rum drinker.

The sins of the father are likewise visited upon his children. Every father who sows wild oats in youth marks his offspring. The father who drinks and smokes may not

suffer much apparent harm himself. He may appear to be in the very best of health. He may say that "tobacco does not injure me." "Be not deceived," wait and see. Time will tell. Many a father's heart has been broken because of a wayward child, whose waywardness might with a little effort be traced to the sins he committed when he himself was a youth. With unerring accuracy the books of nature are kept. We reap what we sow. There is no way of escape. The present degeneracy, physical and moral, is due to the accumulated results of our own sins and the sins of our fathers and forefathers. Dr. Holmes is right. The time to begin the education of the child is not at birth, but "at least two centuries before it is born."

### THREE FORMER WORKERS GONE

CAROLINE LOUISE CLOUGH

The Spanish influenza and pneumonia has claimed three of our former Hinsdale workers as victims. Miss Ruth Stapp of Arcola, Ill., came to Hinsdale in 1910 to procure medical missionary training. For some time previous she had desired to be a medical missionary but did not know where she could obtain such a training until one day a copy of *THE LIFE BOAT* fell into her hands and immediately she came to Hinsdale. While in training her Christian experience was brightened and there grew in her soul a desire to help the needy poor in Chicago. This desire materialized when during the second year of her course she, with the co-operation of her classmates, founded what they termed the "Hinsdale Nurses' Center" in the needy tenement district on the West Side of Chicago. Here Miss Stapp and Miss Knowles, her classmate, toiled and prayed and worked for needy people around them until they became known near and far as nurses who were helping the people because they loved them. Other members of the class helped in the work and the next second-year class of nurses continued the work.

From this beginning Dr. Paulson conceived the idea of having the first year nurses spend a portion of their time visit-

ing among the homes of the people in Chicago. It was found best for the students to go and come each day rather than to take a room and remain in Chicago. So during the last four years practically every nurse during her first year has had an opportunity to go from door to door and carry the blessed gospel to hundreds of poor sick women who have found help

in July, 1914, that she might have the missionary and evangelistic experience which the first year's students receive. She came and spent a year in this work, after which she returned to Minnesota and took up self-supporting medical missionary work.

This last summer she felt a call to go South and engage in the same work at Nashville with her sister. When the epi-



View of Miss Stapp (the Second One at the Right) and Some of Her Classmates, With Dr. Paulson Standing Behind. Taken as They Were Leaving for Chicago to Find a Needy District in Which to Begin Their Work.

and encouragement in their ministry, and the reports of their work published in *THE LIFE BOAT* have cheered many thousands of souls. While Miss Stapp had to drop out of the work to care for her dying father, from the strain of which she never fully recovered, and for the last two years has been battling with disease, and on October 30 laid down the struggle, yet her work and her influence will live on and Hinsdale has need to feel grateful that its doors were open to this child of God.

Miss Vera Morlock, who had had a two years' nurses training in Minnesota applied to enter our first year's nurses class

and in July, 1914, that she might have the missionary and evangelistic experience which the first year's students receive. She came and spent a year in this work, after which she returned to Minnesota and took up self-supporting medical missionary work.

The third young woman was Mrs. Elizabeth Johnson-Erickson, who for the last two years gave faithful service as stenographer and bookkeeper in *THE LIFE BOAT* office. Last spring she entered the canvassing work to earn a scholarship so that she might attend the Emanuel Missionary College at Berrien Springs, Mich., this year to fit herself for a larger field of usefulness in the work. Before entering she married Mr. Elmer Erickson and together

they attended school. Both Mr. and Mrs. Erickson were very ill with the influenza and Mrs. Erickson passed away on the morning of November 3.

More workers are needed and we trust as these workers lay down the armor other

young people will take it up. Those are needed who will do this work because they have the love of Christ in their heart and do not want to miss the opportunity of ministry to the helpless, the sick and the needy.

## Hinsdale Nurses In the Army Camp

[A few weeks ago Dr. Sol. C. Dickey of the Winona Lake Assembly sent an urgent call for help to care for the hundreds of cases of Spanish influenza among the soldier boys in the camp at Winona. Two of our senior nurses, the Misses Ida Peterson and Sylvia Bossert, were sent at once, and Miss Virginia Boone, a first year nurse, was sent later to assist them. On their return they gave an interesting account of their experience at the sanitarium Missionary Volunteer meeting, a portion of which we pass on to our readers.—Ed.]

### FOUND A HUNDRED BOYS SICK

WHEN Dr. Mary Paulson asked me to go to Winona Lake in answer to a call from Dr. Dickey, Miss Bossert and I both felt it was a call from the Lord and we were glad to go, although we did not know what we were going into.

We were met at the station by the commanding officer and the lieutenant, who asked us if we were the nurses from Chicago. We told them that we were, and the Captain said, "We haven't anything fine to take you in, but we have two small trucks that have just come and we will be able to get you out all right." We wondered at the "two" but we saw how it was, and not until we were settled and on our way to the camp did we know what our work was to be. I rode with Lieutenant Mann and he told me of the condition of the boys in camp and what the conditions were when he got there. The boys had been sent there without any notice, as it were, and the officers themselves had arrived just a day or two before we came.

They took us to our boarding and rooming place that night where we were very cordially received. The next morning we met Dr. Dickey and had a little talk with him and he was glad that we were there. He knew the boys would be glad, too. The commanding officer came in the morning and took us to the college, which was used as a barrack and doing duty as a hospital, and we found as many as a hundred boys on cots just as close together as they could be in that large room. They had no sheets, no pillow slips, no hot water, soap nor anything by which we might make them more comfortable.

Miss Bossert and I spent that morning taking temperatures, seeing where the sickest were, giving medicine, etc. That afternoon the army physician sent for us to come over to the other building across the street where he was. He himself was sick and not able to be around. We told him we gave hydrotherapy treatments and he said to go on with them and do what we saw was needed. He told us that the boys there were at our service and were to help us. They were very good to help, as well as they could.

As the army physician was sick there were civilian doctors called in from time to time. One doctor came from Indianapolis and I believe that the Lord had his hand in having that doctor sent there. I was glad to notice that in his grip was a Bible and I felt that the Lord was with him and with us. He was very much in favor of our packs and fomentations. I forgot to say that as soon as we got there the Red Cross got busy and did what they could. They asked us to make out a list of things we needed: wash boilers, for one thing, blankets for packs, etc., and they saw that we got a gas plate and we soon had things in running order and cleaned up.

The doctor from Indianapolis was very much in favor of the packs we were using. He told us to go right on with them. One night especially it seemed it had been an unusually hard day at the building where I was. There were twenty-five or thirty sick boys there. Miss Bossert was over at the other building, where there were nearly one hundred boys, also Miss Boone when she came. There were six orderlies to help us from the camp at Fort Leavenworth,

Kan. This particular day the doctor came over and made several calls and that night after twelve o'clock a lady came to me quite worried. Her husband was sick and had been for several days. His temperature was over 104. She said, "If there is something you can do, won't you do it?" There were several more packs to be given that night besides his and I asked the Lord to help me and prayed that the treatments would reduce that temperature. He went to sleep and slept well until morning and in the morning his temperature had gone down a great deal.

When the doctor came over a few days later we were talking over different things and I told him how glad I was to see his Bible in his bag. He said he knew we were from a missionary institution and that he was glad of that. I told him about praying especially for this boy and that the Lord had blessed the treatment. He said, "I have felt ever since being here that the Lord has been answering the prayers that have been going up at this place. I have felt that the Spirit of the Lord was working here." The tears just streamed down his face. It is wonderful how we can have the Lord with us in doing work like this.

The army physician was sick all the time we were there. He had the influenza and was run down, so he had to have treatments and finally decided to go away for a rest. He was not able to be up so two of the boys and I took him to Chicago on a stretcher and I left him in Chicago and the boys went with him to Kansas City for a much needed rest.

I feel glad for the opportunity of going there. I am sure the Lord had planned it and I am sure, too, that some day we will see results in the Kingdom.

IDA PETERSON.

### PRAYED AND WORKED NIGHT AND DAY

I went to Winona Lake three weeks ago tonight. A sergeant met me at the station with a truck and he took me out to the hospital about a half mile from the station. They first took me to my rooming place and then I put on my uniform and went right back. I had a lunch that I had

put up here at Hinsdale, but did not get to eat it until the next day at noon. Miss Bossert was just worn out. She told me she was not afraid to leave me with the boys. There were about forty in one room, but she thought I could do it. There were six or seven other women there to help, but they had to be taught how to do every little thing. I asked the Lord for strength to do it. I did not walk any of the time that night, I ran.

During the night the mother of one of the men away over in a corner wing of the building came running in to me and said, "O, nurse, come out to see my son. He is in such terrible pain in his side." I knew they had carried a man out of the hospital that Miss Bossert said had appendicitis and I thought it was he, so I went back and looked at the man. He was having terrible pain. I knew I could not give the hot and cold to him, so I went down to call the doctor, but by the time he arrived we had done everything we could and the boy had begun to get quiet and had gone to sleep.

The doctors came about nine o'clock and looked the boys over, thumped them on their chests, but did not give them a bit of medicine, so Miss Bossert and I started in to take care of them. We started in with hot blanket packs and we "packed" the boys all day long. The next night about eight o'clock the civilian doctors came to look at the boys and we had the temperatures all taken. They found one in a pack which they had not ordered, so then we were told not to give the packs.

We saw that we could do no more. Miss Bossert and I left the room. We cried as if our hearts would break as some of the temperatures were up to 105 and we were sure our treatments would bring them down.

We started to pray as we felt that was the last resort. The civilian doctor from Indianapolis came that night and we believe that he was sent by the Lord. We worked all night until five the next morning and at eight o'clock the patients were all quiet and the delirious boys were resting. We knew that was in answer to prayer, so all during the week until about Wednesday we brought the boys along with

hot packs. We were willing to do everything to help those boys get well. Many of them told us, "Girls, it is by your efforts that we are here today" or "It has been those hot packs."

It has been worth all the hard trials and the tears, for we have had tears, and it is true that the Spirit of the Lord has been there. The medical sergeant was a Christian and the doctor was a man of prayer and it seemed as if the boys were under his influence and I believe the Lord has impressed these things upon their hearts.

VIRGINIA BOONE.

### HOW THE LORD REWARDED OUR EFFORTS

Miss Boone talked about giving packs until five o'clock. At 5:30 we thought we would slip off to bed, but just as we were about to go an orderly came to us and told us that the doctor wanted a nurse to go down to the Warsaw hospital to teach them there how to give hot packs, so I went down to the hospital.

This hospital was a private institution operated by one of the doctors that had given us a lecture for giving hot packs. The civilian doctor from Indianapolis had been taking care of the boys there since his arrival. He told us to go ahead. They had one little nurse there and over ten patients with pneumonia and she just flew around. I taught them how to give hot packs and fomentations to the boys. They got hot water and had a gas plate. By morning we had all the temperatures down. They saved many a man's life that night. Three patients had been taken from the Inn at Winona because they were not getting any treatment at all. Every time we would see one of the boys after that they would say, "Your hot packs certainly did the work over there." The doctor worked right along with us all the time. Whenever we were perplexed about anything we would go to him and he seemed to be interested in what we were doing.

One day as we were going past Westminster building an orderly came after us and wanted us to go upstairs to see one of their sick boys. He had a temperature of 104. We told him that he ought to go

down to the hospital. A young woman then came in. "Is there anyone here by the name of John?" she asked. They told her that they were just going to take him down to the hospital. She wanted to see him, but they told her that no ladies were allowed in the hospital. She said, "Can't I see him for just one minute?" They said, "Well, in this case, we will send an orderly with you." We went on and I did not remember the girl for a day or so, but she stayed right there by her husband. I think it was Thursday afternoon that he began growing worse, just the time when we were not permitted to give the hot packs. That night the patient was so delirious we could hardly keep the covers on him; they quieted him some, but it seemed as if it were too late. As the medical boys and Miss Boone stood around the bed there was earnest prayer and the boy did live until his father arrived at seven the next morning. His father told us, "I want you to know we certainly appreciate everything you have done for John. His mother is dead, his sister is dead, and now he is gone."

On Monday morning the boys were taken to the Otterbein House. This place was heated by steam and where we had been it was heated by a furnace. Little army cots had been used and now they had better ones. All the sickest boys were transferred on cots and the others were taken over in trucks. When we got there the arrangement was better and the boys were taken from the Warsaw Hospital and brought back to us.

One of the boys was about twenty-one years old. He had had pneumonia in the hospital and was getting along pretty well, but had had no hot treatments. Tuesday noon he began to get worse. I had planned on coming home Wednesday, but he became worse and he just felt that his lungs were filling up. He was in my ward and I had to take care of him more than the others.

He said to me, "Sister, I am afraid I am going to die. I do not want to die."

"What is the matter, Mr. ———, are you afraid to die?"

"I do not want to die, but I cannot suffer so long."



"You must leave your case in the hands of the Lord."

"Well, it will be all right, but I do not want to die. Can you pray?"

"Yes, I can pray."

"I want you to pray for me."

"I knelt down by his bed and prayed for him. I then said, 'Now, Mr. \_\_\_\_\_, are you afraid to die?'"

"No, I am not afraid to die."

I went to my room and when I returned about six o'clock the medical sergeant was in the room with him. The patient said to him, "Sir, are you a member of the

## A FEW OF THE EXPERIENCES CONNECTED WITH OUR WORK

MAUD WILSON COBB

All our friends will be glad to know that the Lord has protected our Rescue Home from influenza. Not one case has developed. For a time no one from the Home visited the city, and our place was under quarantine from outsiders. Now that the danger is passed, visitors are coming into the Home, and we have had a chance to follow up some of our work in Chicago.

Last Sunday we held our first jail service after five weeks. It seemed good to again



Chicago Children Who Stopped Gathering Old Iron from the Cars of Rubbish Long Enough to Have Their Pictures Taken With Mrs Cobb and Miss Lemmon.

church? Can you pray? I want you to pray for me. I am sure that Jesus is on my side and is going to take care of me." I told him he was too weak to talk much, but he said, "I know it, but I just love to talk about it." He died that night about 8:30.

I had planned to come away that morning, but I think it was providential that the Captain was out of town because it was worth while for me to stay that day anyway.

I have had a letter from the commanding officer since coming home, and he said, "We want you girls to know that we appreciate everything you have done. Hinsdale is going to hear from this, too."

Out of the 150 cases that we cared for only four died.

SYLVIA BOSSERT.

take up our regular Sunday work. During the week, arrangements had to be made to hold these meetings as there has been a change in the protection of women. All women under arrest will be detained in three different detention homes, under the care of police women. No men are allowed to visit these homes. When the women arrests are taken to court they are accompanied by women.

Women who have been detained at the old Clark Street station are now cared for on the south side of Chicago at the Stanton Station, Thirty-first St. and Rhodes Ave. We found this home well ventilated, clean, sunshiny, and provided with showers and bathing facilities, good beds, and sufficient warmth. Disorderly cases are confined in another part of the building where they can be managed.

Nine women knelt in prayer with us last Sunday morning. This meeting was conducted by Mrs. Clough, Mrs. D. K. Abrams and the writer. Miss Lemmon provided the music. The three matrons in charge of this home welcomed us cordially. We felt that the Spirit of God helped in this work.

Services for the men were also held at the Clark Street station. Nine men asked for prayer. The cordial welcome shown us by the officers at this station showed the appreciation of our work. After being away the five weeks, it showed that we had been missed by them. We found on our arrival at these stations that the chief of police, through the recommendation of the mayor, had sent a written permit, stating our work was considered worthy of attention, and should be given every consideration. Since these stations have been rearranged, many calls are coming in from social workers to hold meetings. Only those receiving a permit from city officials will be allowed to enter.

After leaving these stations, we made a visit to the Isolation Hospital. There we found 150 girls under the care of the government, isolated from the public. It made our hearts sad to see some of the young girls whose health had been ruined by vice and sin. After some words of encouragement and promise to pray for some of the inmates with whom we are acquainted, we left the home with the determination to help those who had not yet become social lepers, to beware of the fate that awaits those who throw themselves into the paths of sin.

On our way to the hospital we noticed two large open freight cars filled with what looked to us to be garbage. On top of the heap were a dozen or more children searching through the rubbish. We walked down the track beside the cars and persuaded the children to let us take their picture and then learned that they were picking out pieces of iron or anything saleable from the rubbish and street sweepings which the cars contained. Several of the little girls who were with the boys were anxious to have their pictures taken, and told us where they lived.

We wondered how these children escaped disease. There must be some overseeing

power that cares for these little ones in face of danger. Not one seemed delicate. I could not help but think of the precaution we have been using to prevent disease by disinfectants when I noticed one of these fellows rubbing his eyes with his fingers that were far from clean, and then putting them in his mouth. But in some way they live and grow.

On our return home we found work awaiting us. Calls for clothing, and visits to be made for the coming week. So our work goes on. Each day is crowded full. We are so thankful to our many friends who are helping us in this work. We have never received so many encouraging letters. It is worth more than money to open a letter full of appreciation of our work. We are glad to have a part in this work. Every day we see evidences that God still lives and rules.

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## OUR SORROWING CHILD

CAROLINE LOUISE CLOUGH

We just received this letter from one of our Rescue Home girls who was happily married in The Home over two years ago to the sailor boy father of her child. At the time he was excused from Government service, but when America went into the war he was called to serve again, and for the past nineteen months he has been on the high seas.

She writes: "On the nineteenth of October I received a message that my husband died October the 15th with the influenza. He was buried in France. Oh, Mrs. Clough, I am just broken-hearted now. It is hard for me to give him up so far away from home. I know he died a noble death. Our married life was short, but he was a good husband and father to me and the baby. My boy and I were waiting and longing for the time to come when he would come home, but the time never came. I never will have a home now and poor little Billie will never know he had a father. But I'm glad he did all he could to save his country before death came to him. I'm thankful he was not buried at sea nor taken prisoner by the Germans. My husband was the first in this town to leave for the colors and the first to pass away."

## The Peace That Will Endure

B. N. Mulford

THE great war has closed. The Central Powers are humbled to the dust. Victory lies with the Allies. Peace again broods upon the waters. The aircraft has flown to her nest; the submarine has returned to her base; the great fleets of the nations are at anchor; the big guns, which have so long belched forth death and destruction, are silent, and millions of men

Powers have in word consented. In just what way such a conclusion will be reached, or just what will be the basis of protection for the smaller peoples is not for us to say at this time. That must be settled in the council of the nations. That the map of Europe will be materially changed is not to be doubted, but just where those new boundaries shall be will be determined,



Thanks to the Generous Support of the People at Home Our Wounded Boys Are Able to Enjoy Themselves Like This in the American Red Cross Canteens All Along the Front.

have stacked their arms, and lie at rest in their camps, while the representatives of the powers gather to determine upon the terms of peace.

We hear it said that this shall be a lasting peace. That the world must be made free for the smaller peoples and nations, as well as for the greater peoples and nations. That these smaller nations must be so protected that in the future they shall not be made subject to the greater nations against their will, but shall be left free to choose their own path of national life. To this, in spirit at least, all of the Allies agree, and to the same the Central

only after very close study, by the representatives of all the nations at the peace council.

### "The Turk Must Go"

There is one thing, however, that stands out distinct and clear, and that is, "The Turk Must Go." Go where? He must come to his end, at least in Europe. This is openly demanded by some of the Allies, and as yet it has not been made a matter of objection by the rest of the Allies. It seems to be the common consent that the time has come for the Turk to pack his bag and baggage, cross the Bosphorus, and leave Europe free from that

pillage, murder, and strife which he has so freely used since the days of 1453, when Constantinople fell into his hands, and his hordes pushed westward and northward, ultimately swallowing up, as it were, the Balkan peoples. France and England have made themselves decidedly clear on this point.

We here give a short quotation from the *Nashville Tennessean*: "The aim of France and Great Britain in carrying on in the Near East the war let loose by Germany's

In his latest work on the Balkan situation, entitled "The Eastern Question," J. A. R. Marriott, M. A., sums up his most extensive study with these words: "The problem which this book was designed to unravel appears for the time being more than ever insolvable. All the Balkan states have been thrown into the witches' cauldron, and what may issue therefrom no man can tell. But the allied governments have, with admirable perspicuity, enunciated principles which, if they be accepted



PLAYING ON THE BEACH.

Children of the Taormina, Italy, Red Cross Summer Camp for Children.

ambition, is the complete and final liberation of the peoples so long oppressed by the Turks . . . And to put an end to discords which have too long been taken advantage of by the Turkish rule. Such is the role that the two allied governments claim for themselves in the liberated countries." This is only one of many such statements that might be sighted. From Russia comes the word that the Turk must move, and, though unorganized as that country is at the present, we must know that the Russian people are still alive and keen to the situation that has so much to do with their southern Slav brothers.

as a basis of European settlement, must have far-reaching consequence in the lands once subject to the Ottoman Empire. "No peace," the Allies have declared, "is possible so long as they have not secured the recognition of the principle of nationalities and of free existence of small states." These principles are inconsistent with the continued presence of the Ottoman Empire as decidedly foreign to Western civilization.

So we have from one who has been on the ground, and who has delved into the diplomacy of the Balkan situation, that "Turkish rule over alien races shall, if pos-

sible, be brought to an end." That this will be one of the decisions at the world peace council is not to be doubted. And the Turk himself expects this, for just before his unconditional surrender he asked the permission to move out of Europe with his people.

But what does this mean to you and me? The same God who said "The Most High ruleth in the kingdom of men, and giveth it to whomsoever he will" (Dan. 4:23), said also, in speaking of the Turk, "And he shall plant the tabernacles of his palace between the seas in the glorious holy mountain; yet he shall come to his end, and none shall help him." Dan. 11:45. But this is not all, for we read in the following verse, "And at that time shall Michael stand up, the great prince which standeth for the children of thy people, and there shall be a time of trouble, such as never was since there was a nation even to that same time." So it will not be long after "He shall come to his end" before the Lord shall come, for "At that time shall Michael stand up." But we read in the same verse that "There shall be a time of trouble such as never was." This is in harmony with Christ's own words in speaking of the time of the end. "Ye shall hear of wars and rumors of wars." Matt. 24:6. And again we read, "For they are the spirits of devils, working miracles, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty." Rev. 16:14. So we cannot expect a peace of long duration. If we are living near the time of the coming of the Lord, we are living nearer the time of a world struggle, "such as never was since there was a nation." Though the Turk be driven out, thus removing the apparent cause of the disturbance, the problem is yet unsolved. Concerning this, Dr. Marriott says, "But the geographical distribution of these peoples is so complex, the ethnographical demarkation is so disputable, that the mere enunciation of the nationality principle will not suffice to secure a satisfactory settlement. Greeks, Bulgars, Albanians, Roumanians and southern Slavs, will have to learn to live side by side in the Balkan Peninsula on terms, if not of precise mathematical equality, at

least of mutual forbearance and good will. Otherwise, there can be no peace for them or for Europe at large." *The Eastern Question*, p. 443.

Note the last statement. "Otherwise there can be no peace for them or for Europe at large." What does this mean? It means that if trouble arises between the Balkan states the whole of Europe would be affected. It means that if the peace of the Balkan states should be disturbed, then the peace of the whole of Europe will be disturbed. It means that if the Balkan states should go to war, then Europe at large would go to war. And to quote further from the same writer we have this fact made still more clear. "In an unsolved Eastern Question the origin of that war (the present war) is to be found. For that secular problem the peace must propound a solution. Should it fail to do so, the Near East will in the future, as in the past, afford a nidus for international rivalries, and furnish occasions for further strife."

We can see, therefore, to some extent at least the tangle that must be unraveled by the peace council. It is not too much to say that upon no set of men has there fallen so great a responsibility. Will these men, though desirous as they may be for the continued peace of the world, will they be able to make such terms that will forever settle the Eastern Question? If treaties of peace have in the past been treated as mere scraps of paper, is it probable that it will be different in the future? If Constantinople and the Bosphorous have been the pivot of past ages upon which hung the balance of power, can it be made different today, though all nations agree to peace terms which declare that the battle ground of antiquity shall no more so be, and that the Bosphorous and the Dardanelles shall henceforth be but quiet, peaceful straits, open to the commerce of the world? Or shall we find in the future, as in the past, that man is ambitious, hungry for territory and power? And will not this selfish ambition make another break in the diplomacy of the nations and throw the whole world into the maelstrom of strife?

"Take heed that no man deceive you." Matt. 24:4. "For when they shall say,

Peace and safety: then sudden destruction cometh upon them." I Thess. 5:3. "The great day of the Lord is near, it is near, and hasteth greatly . . . That day is a day of wrath, a day of trouble and distress, . . . a day of darkness and gloominess, a day of clouds and thick darkness." Zeph. 1:14, 15.

But just as surely as that day is coming, just so surely is a better and brighter day to follow, for we read, "And he shall send Jesus Christ, which before was preached unto you: Whom the heaven must receive until the times of restitution of all things, which God hath spoken of by the mouth of all his holy prophets since the world began." Act. 3:20, 21. "And righteousness shall be the girdle of his loins, and faithfulness the girdle of his reins." Isa. 11:5. "Then judgment shall dwell in the wilderness, and righteousness remain in the fruitful field. And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever." Isa. 32:16, 17. "And the Lord shall be king over all the earth: in that day there shall be one Lord, and his name one." Zech. 14:9. And this is the peace that will endure. Anything short of it cannot stand, but will crumble beneath the weight of human weakness and sin.

## RUBBING SHOULDERS WITH THE FRENCH

WILLIAM HARPER DEAN

[The valuable work that the American Red Cross has done during the great world war which has just closed claims the hearty support of all loyal Americans. And their work has but just begun, for the condition of the famine-stricken, homeless peoples of Europe demands immediate relief; then, too, our own boys "over there" must be cared for. To meet the demands of this work the Red Cross has issued a Christmas Roll Call. In writing us about it the secretary inclosed this touching incident by Mr. Dean.—Ed.]

Characteristically emotional, the French yet hold fast to their sense of values. They cheered and paraded and showered our troops with flowers when our forces first set foot on French soil. But withal the French withheld their verdict of the value of this alliance. They waited until we should pass through our first ordeal by fire before committing themselves without mental reservation.

I recall a little conversation I had one night last winter with a discharged soldier

from Verdun. He had been wounded in the back, he had been decorated. I was watching him from my table in a tiny café where a dozen of his kind were smoking and chatting, principally about Americans.

Finally this particular Frenchman turned to me with an apologetic smile:

"You must not misjudge us," he said, "this war burns away all superficial virtues and reveals men in their true selves. So we are waiting.

"When the English came to us we welcomed them. We knew them to be gentlemen and good fighters by their heritage. But we waited to see. After Vimy Ridge and Cambria, we knew.

"Now you Americans have come and we are very happy. But you have yet to reveal yourselves. This spring will come the opportunity. Until then we welcome you as guests, but fully confident."

Came Chateau Thierry, St. Mihiel and other battles when America's men proved themselves. And then came unreserved recognition by the French. We were no longer guests but worthy comrades in arms.

The gratitude of France to us is supreme, beautiful in its childlike simplicity. It runs from the supreme command through the ranks to the humblest *poilu*.

An American Red Cross ambulance driver was telling me a bit of personal experience which shows this far better than when our men step out into hollow squares and receive the *Croix de Guerre* for bravery.

One night when calls were coming to his post every minute, he started out through a fearful rain and wind to a sector under concentrated bombardment from a dozen massed German batteries. Before he reached his objective the German artillery found the range of the ambulance road and began to deluge it with shells. It was impossible for any motor to pass through that wall of flying steel.

So he stopped his car almost on the edge of the barrage and crouched behind it to wait until the firing should slacken. It was pitch black, save for the flashing of guns and heavy shells; it was raining and miserably cold.

Presently a French *poilu* staggering along

on a rifle used for a crutch came up and joined him. The Red Cross man looked at the shattered leg and offered to take the man back to the first aid post. The *poilu* refused. With a little rest, he said, he could get back alone; the ambulance was in greater need just ahead.

The driver gave the leg emergency attention. Then the two crouched in the soaking blackness to wait. They talked of many things. But presently the *poilu* began to talk of a trench comrade who had been wounded the week before. He had

"It is very cold and wet," he finally said, "and shelling keeps up. Will you wait here just a little while? I am coming back."

He struggled up and limped off in the darkness. Half an hour later he was back.

"And you know," the driver was telling me, "when he came back his water flask was full of boiling hot coffee. Lord knows where he found it. He made me drink it all— wouldn't touch a drop himself. It was all he could offer to somebody who had taken a hand in the saving of his friend."



Entrance to Workrooms of the American Red Cross at Taormina, Italy.

heard no word from this man since he had been taken away and felt sure he had died. They had been friends from boyhood.

Now this Red Cross driver happened to be the very driver who had taken this man to the first-aid station. He recognized the case from the other's careful account of it.

"Why," he said, "I took that man in myself. He was operated on and you'll find him doing well at ———."

The wounded *poilu* listened, had the driver repeat this.

### A CALL FROM PRISON

"I have turned over a new leaf and am a better man. Will you do me a favor and send me some reading matter, and oblige? I am reading my Bible every night and morning."

---

Don't be suspicious. Suspicion of others is self-accusation.

---

We need less "higher criticism," and more constructive criticism.



Three Views of One of Our Darling Boys.

## If We Had Only Known

Maud Wilson Cobb

Matron, Life Boat Rescue Home

HOW many of us would change our attitude toward our fellow man, if we had only known the heart. I find in the work connected with our Home that only those who live very close to our girls really know them, and many nights I cannot sleep because of the many perplexing conditions that arise with each case.

Today a quiet, brown-eyed girl is sitting by the window trying to decide what is best for her baby's future. She came to my room last night for a quiet talk and for advice. Here is a part of the conversation: "Oh! I want my baby. I feel as though I cannot live without her. If my brother would only return from the war he would help me. I cannot tell my mother and father, but my brother would never cast me off. I will work hard if I can only find a place."

I then said, "My dear, I want to tell you something. Over twenty years ago I knew a young woman who stood alone with her little girl. Both had been deserted by an untrue husband and father. This mother could have given her little girl away, but she would not. She faced the world with the child. She started first to gain an education for herself, and kept her child with her. There were times when the last cent was spent for food. More than once the

mother made the excuse that she was not hungry, so that the child would eat the last bite. Often the feet of both were on the ground because of thin soles; often a ten-cent summer hat was worn when the snow was falling; often the only suit of underwear was washed and dried overnight. More than once was the child's school clothes dried overnight while she slept, so she would be dressed clean for school. Often when the mother and child were ill, no physician could be called. And another sad thing: School mates would say: 'Where is your father? Maybe you haven't got one.' Then the mother's heart would ache, when the girl would say: 'Why don't papa take us home where we can all be happy again together?'

"And one morning when they were eating breakfast, a crowd of little girls passed the house laughing and singing on their way to school. The mother noticed them and a shadow crossed her face as she thought, I can stand poverty, but for my child. A prayer arose from her heart: 'Oh, God, make me strong in faith, do not let me become discouraged, for Thy promises must be sure. You have written, "I have not seen the righteous forsaken, nor his seed begging bread."' This mother and daughter live today. And the daughter who



has a happy home of her own often says: 'My mother has been both a father and a mother to me. All I am she has helped to make me.'

"Now let me advise you to pray, and be sure you can stand all the trials that will come, and not give up. Many a time your baby will cry while you are cooking or working in someone's kitchen. Often you will have to seek a new position because of the baby. People who have children will not want to increase their family, and families who are childless will not want the care of a child in their home. Many times you will want to go out with young people, but your child will come first, and you cannot neglect it. You must make many sacrifices for it, but if you have an aim in life, and that aim is to live for your child, and give it the very best of yourself, and trust God to guide you, you can do it. If you do not give yourself to your child, then you had better give your child to someone who will give it more than you can give.

"Mrs. Clough and I called on a family some time ago where there is one of our little girls, now seven years old. We found a very comfortable home, and noticed on the hall tree a beautiful fur coat that had just been purchased for the adopted child. The foster mother could talk only of the little girl, and was so fearful we might leave before she would return from school. We visited another daughter of the home, and found a lovely home, with every comfort, and while there the little girl came in to see us. She was well dressed, and seemed happy and bright; she showed love and care had been her share in the home, and everything pointed to a well ordered life for her, with every comfort.

"All of our children are placed in good homes, often better than many children are permitted to have in their natural parents' homes for adopted children are not asked for until a good home is provided. One little girl said, 'Mother, Mary Jones said to me, "You are a child from an orphan's home," and I told her that my mother had to go to many places before she found me, and she picked out just what she wanted, but her mamma had to take just what she got, and that was her. So you

see adopted children are happy in good homes, and you can make your little one happy even though the way seems dark at times. But be sure that you do not keep the baby for your own satisfaction, just because she is pretty and good to see, for there will be sick days and dark days when it will seem as though the sun will never



Two Years Old and His Mother's Joy.

shine again. Will you be brave then? If so, by all means keep her, and we will aid you all we can, but for her own good, if you cannot bear the burden, we will find a good home."

I asked her to spend her evening and the morrow in prayer and careful thought, and we would talk over the question again before we would decide. So it is with every girl. We must help them decide how to start life anew. This is an example of our every day work. There are no cases alike. A little girl just from a business school

wondered how she could care for her coming little one, and said, "Life will never be the same." A girl from college said, "I wish I could keep my baby, but I know I cannot. My parents say I must go back to school, but I can never forget my baby."

A Polish girl, who has only been in this country three years, and has learned much of this new country, said, "Mother Cobb, I tell you, I no think I try keep my baby. I work too much for American ladies. My baby no get no care. He gets bad. No much teacher. I see too much troubles myself. Maybe I gets boy baby some day. When twenty years he gets, he makes a bum of himself. I think you gets him good home, good people, who know the Lord. They make him good man. Maybe I make him bum on the streets. What thinka you, Mother Cobb? Me right, me wrong? Lord, He knows I pray much. I no sleep much at night. Day I work, night much time to pray."

Friends, you will understand how many problems we have to meet, and if we only knew each other's hearts, how different our attitude would be. If the mother of our brown-eyed girl had known her girl would sit in our Home with a broken heart she would not have left her alone to take a long visit. If the college girl's mother had known the result of her daughter's not having a proper chaperon, she would have been more careful. If, when the trial seems hard to bear, we would only know and understand each other, how many a cross could be borne, for the cross is not greater than His grace, and no cloud can hide His blessed face. It is His grace that makes us able to bear all things.

#### FROM ONE OF OUR GIRLS

"There are many, many unfortunate girls like myself that will never be able to realize what a haven of rest the Rescue Home has been to them in their hour of trial.

"I have received two LIFE BOATS. I always look forward to receiving them and I am never contented till I have read them from cover to cover.

"I am getting so tired of going on doing the same thing over and over and not making anything of myself. I wish I could be of some use in the good work

you are doing. I just get so lonesome for you people sometimes that I nearly make up my mind to come back to you. I have prayed that there would be a way for me but sometimes I lose faith and then I just don't care.

"The last year and a half has seemed like a dream to me, but if I could live it over again I don't believe I would want to have it changed because what I have learned since I have lived in your Home has meant more to me than anything else in the world. I have known what a mother's love is, and through that I have found out the love of God, which means a great deal. But I am going to brace up and pray and see if some time I can not be a help to others."

#### NO ONE HAD TOLD HER

She was just in the bloom of life's morning;  
She was happy, and free, and fair;  
And a glance in her bright eyes would tell  
you

Of nothing but innocence there.

She was waiting for someone to tell her,  
As she stood with reluctant feet,  
On the banks of the wonderful river  
Where childhood and womanhood meet.

She waited, but still no one told her  
The secret of life so sublime:  
And she held not the safeguard of knowl-  
edge  
In life's beautiful morning time.

The flower so sweetly unfolding  
Was crushed by a rough hand one day;  
And the jewel so sacred, so precious,  
Was stolen and taken away.

She had waited, but no one had told her  
The secret, the danger, the truth;  
So the dark cup of sorrow she tasted  
While still in the morning of youth.

Mothers, listen: The pure ones are waiting  
For someone to point them the way;  
And *yours* is the hand that should lead  
them,  
Another's might lead them astray.

If you leave them to go unprotected;  
Unarmed meet the foes that assail;  
If the wild, angry storm should break o'er  
them;  
How little your tears will avail!

Then awaken, O mothers, awaken,  
And warn them of every dark snare;  
Let the love-guard of home be around them  
And follow them always with prayer.  
—Selected.

**THE PURPOSE OF SUFFERING\***

J. G. LAMSON

The question often comes to us, "Why are we permitted to suffer, why do we have to suffer? The answer is, "Because we learn obedience by the things we suffer."

"Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears unto him that was able to save him from death, and was heard in that he feared;

"Though he were a Son, yet learned he obedience by the things which he suffered." Heb. 5:7, 8.

This verse is speaking of Christ. Though he were a Son yet he learned obedience by the things he suffered. We so often get the idea in our minds that the Saviour was an entirely different proposition from what we are; that he had an entirely different experience. That, it being granted that he was the Son of God, somehow or other his life did not make perfect connection with our lives. This is absolutely untrue. Just as he suffered, being tempted, so we must expect to suffer being tempted; and just as he learned obedience by the things he suffered, so we are to learn obedience by the things we suffer. His learning and the obedience came by the same process as ours, if the scripture means anything at all.

Now in our case it is not necessary for us to suffer as much as we often do. In his case it was necessary for him to suffer, in all points, so he could be a perfect High Priest; for if he had not he could not have sympathized with us nor have given us succor when we need it. Inasmuch as he has passed over the road and has learned perfect obedience by the things he suffered, you and I may shorten up our sufferings if we will be apt students. Many of us suffer more than necessary because we will not learn the lessons. These are vital principles in connection with the suffering many have in this building. I was talking recently with a beloved brother who suffers so much. He has just buried his little baby. He knows what suffering is because of the disease preying upon him. He was telling me about his terrible struggle to try

to get to the place where he could say, "The Lord's will be done."

I call to mind another father's experience when he was called upon to part with a little five-year-old son. He said, "O Lord, they say that thou art kind and gentle and merciful, but I do not believe it." That cup was pressed back to that father's lips, for son after son was taken from him until only one was left. The cup we refuse to drink is pressed back to our lips until we learn to drink it for it is the thing we need to do and suffer.

We learn obedience by the things we suffer. You tell the little child not to go near the stove but he goes over and over again to the stove, and you say, "Burny-burn," but he is not going to be completely satisfied until he puts his hand there to that stove and you have to do the hand up. And the Lord says here that we will not learn obedience except by the things we suffer. We feel that we must try it ourselves. Many and many a time I have stood before students of fifteen years and upward and said, "Do not pursue such and such a course. Learn from those who have gone through those things before." Many will not learn without going through the sad experience themselves.

Even though he was the Son of God, even though he knew all things from the beginning as the Son of God, he had to start in as a child; his mind grew as a child and he had to learn obedience by the things he suffered. You and I have to do the same thing. It is necessary for us. Somehow or other we have to have it or we are lost. "For what son is he whom the father chasteneth not?" Heb. 12:7. If we have not chastening then are we illegitimate children. We are half-way sons. We have no right to the title. That is a pretty hard speech after the manner of the world, but it is true. If a person goes on without any struggles, without trials or difficulties, that individual must not expect that he can be the true child of God. The Lord desires everyone of us to be true children and gives us the experience that is necessary to make us such. If we are willing we will be developed into genuine sons but it comes through suffering.

\*Told at morning worship at Hinsdale.

The things in our disposition and in our language that are wrong will take suffering and pain and anxiety to get rid of, and the question is, "Are we willing to make the fight?" Some say, "That is altogether too hard for me. I will turn back where I can have a whole lot easier time." Others will say, "I care not what conflict may come nor over what road I must walk, I

will stick by this proposition until the Lord has purged out of my life all the sin by the spirit of burning." And, after all, the individual who has not the character and the determination to clean out the life of sin would not be happy in heaven. The kind of people God wants in heaven are those who are willing to make the trial and learn obedience.



## EDITORIAL

EDITORS:

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

### ANOTHER MID-WINTER CONVENTION

There will be held again at Hinsdale another mid-winter convention. Next December 25 to 29 is the time set for this meeting. As formerly, it is planned to make this one of the most interesting and instructive occasions of the year. Prof. J. G. Lamson, who is now permanently connected with the Hinsdale work, will take charge of this convention. Other leading workers will be in attendance and will help to make this annual occasion one of far-reaching importance. Friends of THE LIFE BOAT and the Hinsdale work are cordially invited to attend. All the Hinsdale graduate nurses and former workers are especially invited to meet with us at that time. A program of the convention will be mailed on request.

C. L. C.

### AFTER THE WAR—WHAT?

There is considerable agitation among the religious leaders of the country as to what is the duty of the church after the war. Some advocate that a union or a federation of all the Protestant churches is necessary in order that the work of the church may be more effective for the advancement of Christ's kingdom on earth. It is suggested that denominational distinctions must be wiped out in order that a

greater degree of harmony may be reached.

But Dr. J. Wilbur Chapman, in the *Christian Herald*, says: "It is to my mind a very serious question, however, as to whether the Protestant churches could ever be organically united, and it is an equally serious question as to whether or not they should be so united." He states further: "What the church needs, more than anything else, in my judgment, is a gracious revival of true religion, a spiritual quickening, and power from on high. I am persuaded that when the soldiers come back they will not be concerned as to whether the church is Methodist, Baptist or Presbyterian, but they will be concerned as to whether or not it is a *spiritual force*. . . . A genuine spiritual awakening would solve all our problems today and in the future."

It is not so much a federation that God's people need today as they need an outpouring of the Spirit of God upon each individual heart. In fact, the Lord tells us through Isaiah, "Associate yourselves, O ye people, and ye shall be broken in pieces; and give ear, all ye of far countries; gird yourselves, and ye shall be broken in pieces; . . . Take counsel together, and it shall come to naught; speak the word, and it shall not stand; for God is with us." Again, "Say ye not, A confederacy, to all

them to whom this people shall say, A confederacy; neither fear ye their fear, nor be afraid. Sanctify the Lord of hosts himself; and let him be your fear, and let him be your dread." Isaiah 8:9, 10, 12, 13.

Is it not time for the priests and ministers of the Lord today to "Weep between the porch and the altar, and let them say, Spare thy people, O Lord, and give not thine heritage to reproach, that the heathen should rule over them: wherefore should they say among the people, Where is their God?" Joel 2:17.

C. L. C.

### "OVER THE TOP" AGAIN

This month one of our agents went over the top again, in fact, she went higher than ever before; she sold 335 LIFE BOATS in one day, and 1,750 in one week and one day. This worker hustles, of course, but it pays her to hustle. Just think of the great good that is done,—more than seventeen hundred sermons reached seventeen hundred hearts. What will be the results? God only knows. We sow the seed, He takes care of the harvest.

This may seem like a herculean effort to you. You may feel that your situation excuses you from doing that much; possibly it does. Then why not join hands with nine others in selling two thousand copies each month? This will mean that you sell two hundred copies. The first ten people to respond to this will be placed in LIFE BOAT Crew No. 1, the next ten will be LIFE BOAT Crew No. 2, and so on. Why not join the Crew and get your friends to join with you? Help us to go "over the top" every month of 1919. Let us hear from you about it.

C. L. C.

### DEMOBILIZATION AND DEMORALIZATION

"Don't let demobilization bring demoralization" was a slogan we noticed today in large letters on the side of a building in Chicago. This sign was helping to raise funds during the United War Work Campaign last week. When we noticed the words, our mind immediately went back to that recent memorable day of November 11th when word came that the Kaiser had

signed the armistice which meant the demobilization of the most gigantic armies the world has ever witnessed.

Chicago, which was slumbering peacefully, when at 2 o'clock Monday morning it rose from its bed to plunge into the wildest, most delirious celebration of its history, and for nearly twenty-four hours pandemonium reigned supreme. The Chicago populace forgot itself. Wine and liquor flowed like water. Men and women together drank over the bar. Young women forgot their womanhood, and long before evening demoralization had set in and Chicago was drunk with debauchery.

The fear of demoralization of the army is not the only demoralization to fear today. The nations of Europe are torn asunder by revolutionists, socialists, Bolsheviks, anarchists and what not, and our own country is not entirely free from these elements of demoralization.

There is only one remedy for the situation, and, strange to say, that remedy is without money and without price, yet only a very few avail themselves of it. The love of Christ in the heart will keep the individual up to a high standard of living and will bar from the life any thought of hatred and revenge toward a fellow being.

"Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof."

"Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?"

"But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.

"For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." Rom. 6:12, 16, 22, 23.

C. L. C.

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.

**NEWS HERE AND THERE**

The Sanitarium Missionary Volunteer Society has recently raised a total of \$240 for the relief of the starving Armenians and Syrians. Three members of the society each adopted one of these children, and the senior nurses' class adopted one for one year, at \$60-each.

Dr. Mary Paulson recently enjoyed a three days' visit with her daughter, Mrs. Lindsay Eldridge, at Bloomington, Ill.

Dr. Newton Evans, president of the Loma Linda, (Cal.) Medical College, called while en route to Washington, D. C.

Miss Grace Smith of Hartford, Mich., was a recent caller.

Miss Dollie Tyrer called recently while on her way to her home in Austin, Minn. Miss Tyrer is a member of the 1918 graduating class.

Dr. A. W. Nelson of Battle Creek, Mich., visited the sanitarium recently accompanied by his mother, Mrs. A. M. Nelson, and sister, Mabel E. Nelson.

Mrs. M. E. Foster of Berrien Springs, Mich., spent a couple of weeks with her daughter, Mrs. B. A. Meeker, at the sanitarium. Recently Brother and Sister Meeker and Mrs. Foster left for California to open up work among the Chinese on the coast.

Dr. Amy Humphrey of Crittenton, Vt., has recently arrived and will assist with the medical work at the sanitarium for a short time.

Mrs. M. J. Hart of Madison, Wis., called recently.

Miss Augusta Blosser of Chicago spent a few days at Hinsdale recently.

Mrs. Hudleston and daughter, Miss Hudleston of England, are among the sanitarium guests at present.

Pastor A. J. Clark and wife of Holly, Mich., visited Hinsdale recently; also Wm. Guthrie of Berrien Springs, Mich.

Miss Mary Lamson of Berrien Springs College spent a few days at the sanitarium.

**WANTED**

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



# The Life Boat

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

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

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

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Special discounts when a number are sent to one address.

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

**Mistakes**

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

**Premiums**

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

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Half page, \$12; three months, \$30.  
One inch, column width, one insertion, \$1.00.

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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.

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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.

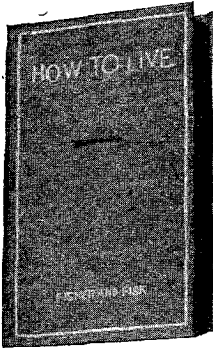
"For comfort, style, saving of time in dressing, saving in laundry—in fact I have never enjoyed any garment that has brought me so much pleasure. Once in possession means never without them."

"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

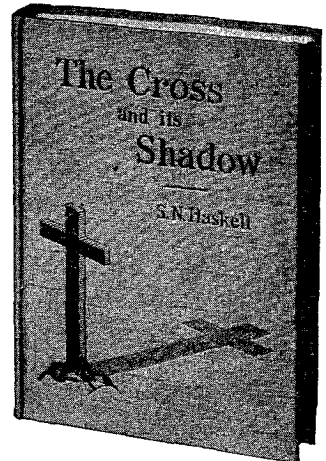
## “How to Live, or Rules for Healthful Living, Based on Modern Science”



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.

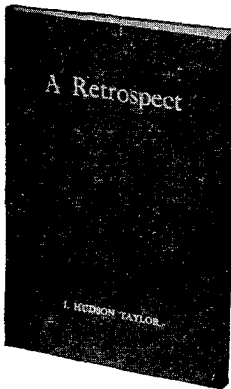
## The Cross and Its Shadow

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.



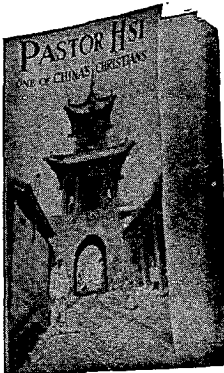
## A Retrospect

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.



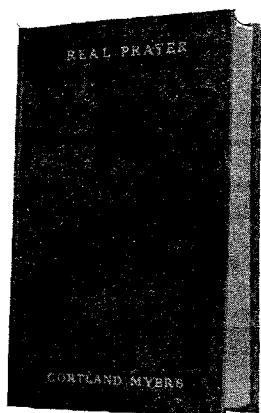
## The Vegetarian Cook Book

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.

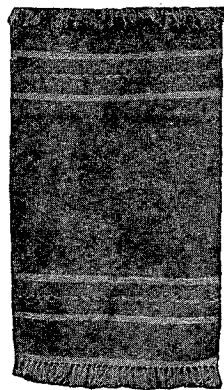
## A Fountain Pen

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.



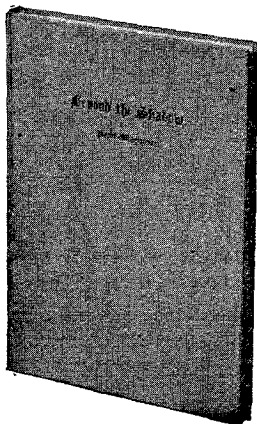
## A Beautiful Rescue Home Rug

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.

### 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. 3

### A New Health Garment.

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

THE LIFE BOAT, Hinsdale, Ill.

# THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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

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

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

## **Are You Contemplating Making Your Will?**

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

### **Why Not Be Your Own Executor?**

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

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

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

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

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

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

**Address: The Life Boat Rescue Home Hinsdale, Illinois**

# VISIT HINSDALE FIRST



*The Main Building*

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

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

A work cure department.

Musical entertainments and lectures.

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

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



*The Main Parlor*

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

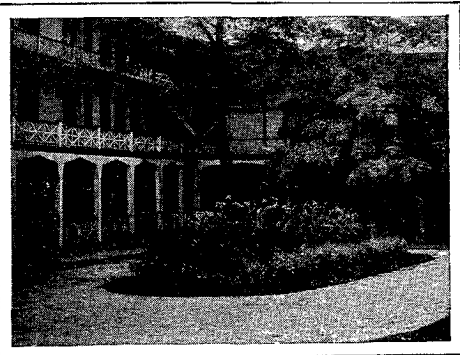
It is completely descriptive and beautifully illustrated. Once you read this book and note the location, the charm of Hinsdale and the ability of this institution to benefit the sick, you will realize that we offer you every possible means of restoring your health and of becoming completely rested, among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

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

Phone  
Hinsdale 645

## *Endowed by Nature Equipped by Science*

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



*The Driveway*

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

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



*A Glimpse of the Lawn*