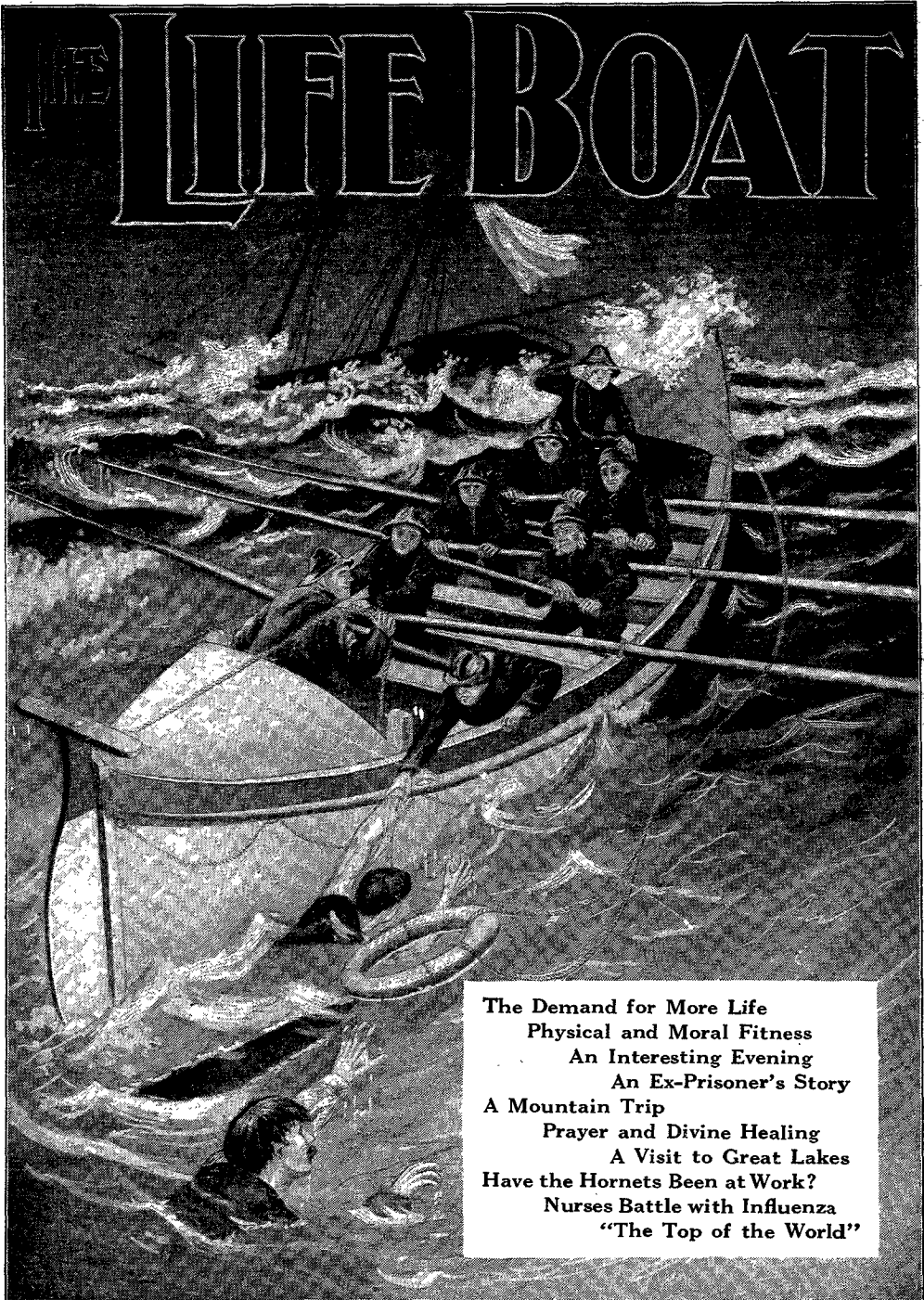


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**The Life Boat Employs No One to Solicit Donations**

The Demand for More Life  
Physical and Moral Fitness  
An Interesting Evening  
An Ex-Prisoner's Story  
A Mountain Trip  
Prayer and Divine Healing  
A Visit to Great Lakes  
Have the Hornets Been at Work?  
Nurses Battle with Influenza  
"The Top of the World"

Volume Twenty-two  
Number One

Hinsdale, Ill.

January, 1919

**HAPPY NEW YEAR!**

# The Year 1919

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*ROBERT HARE*

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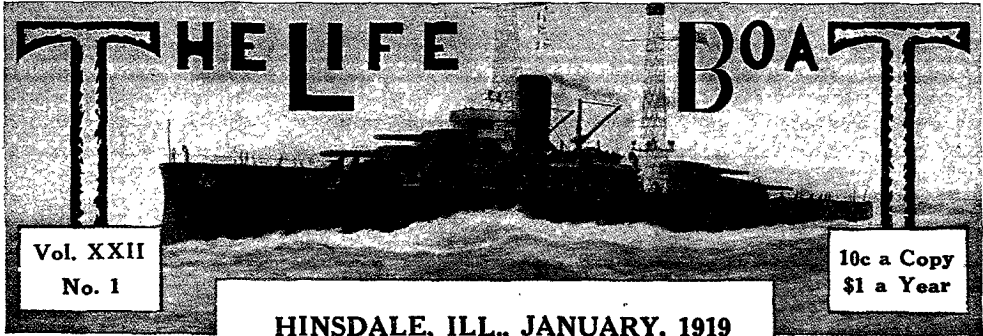
What will it bring, this new year? Who of men can tell,  
What strange unfoldings lie behind its kindling rays?  
What pictures will its restless moment-finger trace?  
What great events will gild its autumn days?

Time's latest fragment of eternity, it comes  
To hasten on the changeless destiny of men,  
To shade the century's dial with that deeper hue,  
For dyes pictured by prophetic pen!

The last remaining agencies of strife that lie  
In silence, may awoken at its passing tread!  
And from its fateful skies may flash the judgment doom,  
O'er earthly empires, in their glory dead!

Oceans will narrow as its changing days pass by,  
And gospel heralds, hasting quickly on, will tell  
The message of a Coming King—the King Divine!  
Far as the Sons of Earth in converse dwell!

Most wondrous year, what may we learn, what ask of thee?  
What mysteries lie hidden 'neath thy smile or frown?  
Great Father, help us then, to meet Thy will divine,  
And with Thy blessing all its mysteries crown!



## The Demand for More Life

D. H. Kress, M. D.

THERE are many who do not really live, they merely exist. They are able to move about but know nothing of the joy of living. There is a reason for this, "The curse causeless shall not come." Whether a person has life or not depends on the condition of the blood. "The life is in the blood."

Blood is made up of three important elements, chiefly, serum, red cells and white cells. The life in the blood is derived from the food. Through the life-giving rays of the sun the *lifeless* elements contained in the earth and air are gathered and combined in fruits, grains, nuts, etc., and vitalized. As we partake of these foods, we are able to appropriate this stored up energy. Within the body it is liberated and utilized. The serum of the blood holds in solution the nutritive elements, while the red blood cells convey oxygen to the tissues to keep up the vital fires and remove carbon dioxide. The white cells are the policemen of the body. Their function seems to be chiefly to destroy germs of disease that may gain an entrance into the blood or tissue.

Dr. Carroll has demonstrated that the prolongation of the life of animal tissue separated from the body depends upon keeping the medium in which it is bathed free from wastes and poisons. He has demonstrated the biblical truth that "The life is in the blood." The one who keeps his blood free from foreign impurities,

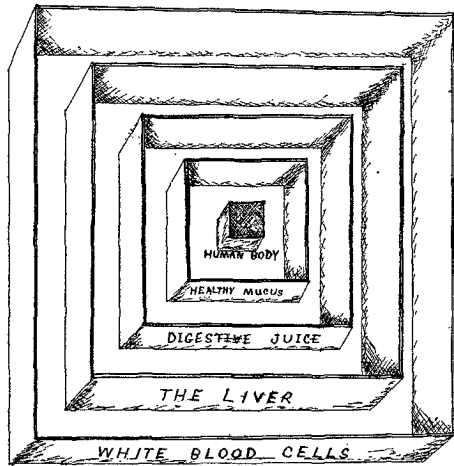
other things being equal, will live the longest and the best.

"He giveth to all life," that life is in the food. The Psalmist says, "What thou givest them they gather." We see here the importance of eating the kind of food that has life in it not death, and also of keeping the blood free from impurities. Suppose we should place in a glass globe containing water and fishes some poisonous substance, in a very short time the effects of it upon the fish would be seen. If alcohol or nicotine should be added to the water the fish would perish in a very short time. The cells of the body have just as distinct a life as do the fish. They are bathed in the blood just as the fishes are in the water. There exists the same need of keeping the blood clean and free from poisons, that there is in keeping the water containing the fishes free from poison. When poison is taken into the blood it surrounds these cells in the same way that the poison in the water surrounds the fishes, and the result is the same. It injures and shortens their life. The cells, which manufacture gastric juice, when poisoned, produce a poorer quality of gastric juice; the cells of the brain produce a poorer quality of thoughts. High living and low thinking are associated. In order for a person to be fit physically and morally he must keep his body free from everything of an impure or poisonous nature.

There is a great deal of effort put forth

to destroy germs. We have antiseptics and disinfectants, the purpose of which is to kill germs of disease. The principal thing, after all, is to keep the interior clean. Germs must find a similar condition within the body that favors their growth without.

To keep the plague from our dwellings something more than clean streets are necessary. We must have clean blood. God not only giveth to all life but he also giveth breath. The blood cells carry oxygen derived from the air to the tissue and carry carbonic acid gas from the tissue to



A Diagram Showing Some of the Defenses Against Disease Found in the Human Body.

the lungs to be thrown off. Suppose a person lives in a poorly ventilated room. The air soon becomes vitiated. We breathe about 20 times a minute, and it is estimated we contaminate three cubic feet of air with every breath.

Supposing a person should sleep in a room 10 feet by 10 feet with a 10 foot ceiling. Such a room would contain 1,000 cubic feet of air. If he contaminates three cubic feet by every breath, and breathes 20 times a minute, he would contaminate about 60 cubic feet every minute. In less than 20 minutes the 1,000 feet of air would be rendered sufficiently impure by the exhalations from one person, providing the room is perfectly air tight, to render it unfit to live in.

It is frequently the case that two sleep in a room as small as this all night and have the windows tightly closed. These

people are re-inhaling contaminated air. This has the same effect upon the cells of the body, the brain, and other structures that the impurities in the water would have upon the fish.

Those who sleep in poorly ventilated rooms have no ambition to get up in the morning, and when they do they feel unfit for work. It is not uncommon for physicians to have patients say, "Doctor, what is the matter with me? I get up in the morning and feel as though I have not enough strength to put one foot before the other." In the morning he should be at his best. The feeling of languor is often due to being deprived of pure air. The stream of life becomes polluted, the cells are overwhelmed by poisons and do their work imperfectly. There is but one way to live above the possibility of disease and that is by keeping the blood pure.

Blood is not purified by taking so-called blood purifiers. Supposing I should place some medicine into impure water, would it purify the water? It would render it more impure if anything. The only way that the blood can be purified is by eliminating the impurities that are there, not by adding more to them.

The Lord cleanses the blood by imparting the needed knowledge of how to live. The habits of the people of the world render impure the blood. "Come out from among them, and be ye separate, and touch no unclean thing and I will receive you and will be a father unto you and ye shall be my sons and daughters," is the call. Then follow the words, "Having these promises, dearly beloved, *let us cleanse ourselves from all filthiness of the flesh*, perfecting holiness in the fear of the Lord."

There are other ways of contaminating the blood and rendering it impure. Food may be perfectly wholesome and pure, yet taking more than the digestive organs are capable of handling or the system able of appropriating results in accumulation of impurities. The blood is polluted by not taking proper care of the skin, by allowing the little sewers to close up through which poisons are eliminated. Insufficient exercise and lack of personal cleanliness will block the little sewers. It may be

polluted by constipation, by the absorption of poisonous products from the colon.

Surgeons recognize that a drunkard or a butcher is not a good subject for a surgical operation. They do not care about operating upon one who is addicted to the use of alcohol or one who is given to the use of large quantities of meat.

Their tissue is in the same condition that the fishes in the basin containing alcohol would be in. Blood poisoning is apt to set in or at best the healing process takes place slowly.

The red blood cells break down every six weeks. That is the duration of their life. In six weeks' time, if careful, it is possible for a sick man to have a complete change of cells, whether they shall be better or worse than the old ones remains for him to decide. The cells of the liver do not break down quite as rapidly as do the blood cells. Their life is from three to six months. In three or six months' time it is possible for the man with a diseased liver to have an entirely new liver. There is something very encouraging in this. If the sick co-operate with nature a great transformation may take place in a very short time. When the hand is cut new tissue forms, and new skin builds over it in a short time. Something which hastens healing may be applied. We call these curative agents. There is nothing in them that cures. They simply render the wound aseptic and clean, thus preventing the growth of germs. This affords an opportunity for nature to heal, or do her best. If no attention should be given to the wound and it should be allowed to become dirty, healing would take place slowly. The wound might even suppurate, or become a chronic sore. By constantly taking impurities or irritants in the food and drink, or from the air, we make healing difficult. We interfere with nature's friendly efforts. The sick man needs a change in his food and drink and other habits. By continuing the old habit of eating and drinking that which was responsible for the diseased condition, healing is delayed and disease may become chronic. Chronic ulcers we know are difficult to heal—nature gives up the effort to heal. In order to encourage heal-

ing we sometimes have to curette ulcers. This creates an inflammatory process or sets up an acute condition. Nature then goes to work and healing takes place. There may be no pain, merely a disagreeable feeling in chronic disease. In the curative effort an acute or sub-acute condition has to be set up—massage, electricity and hydrotherapy arouse nature. When nature is doing the most and best for us, we feel the worst. The immediate effect of the best treatment may be disappointing as far as feelings are concerned.

When God healed the palsied man, he said to him, "Go and *sin no more* lest a worse thing come upon thee." When He heals He aims to impart the knowledge which if obeyed will enable men to remain in health. It is possible to intelligently co-operate with nature, by doing our part in keeping the stream of life pure.

### ENCOURAGING WORDS

(From the Michigan Penitentiary)

"While I am a stranger to you in person, yet I am not a stranger to God, and feel that I am not a stranger to you in the Spirit, as we are of one faith. I received THE LIFE BOAT and also the paper you sent me, which was very highly appreciated. I passed it on, and it was read with deep interest among the inmates, as it revealed the prophecy of the second coming of Christ so plainly, and it is still rapidly going from one to another like wildfire leaping from one building to another.

My pen cannot describe the joy and pleasure THE LIFE BOAT brings to one in a lonely cell, and may the Lord fill you with all his fulness and give you all the mind of Christ.

"God has become our salvation. He has become our salvation because his love reaches even to us in the low depths of our wretchedness; He has become our salvation by clothing our souls in his own beautiful righteousness, wherein we can stand in his presence without fear, with great joy.

"I who am writing you this message have suffered a great sorrow that I might be made to realize how little are the things of this world compared to the love of God and the things of heaven. God saw fit to chastise me, in order to lift me above the things of this

world and bless me more abundantly. These are dark days, but there is a shining way to the city of God. Our Lord never held out to his followers the false hopes of a life with-

out storm and a victory without conflict and suffering. It is because I enjoy the service of my blessed Lord that I give you this message. May it prove a blessing to you, is my prayer."

## Physical and Moral Fitness of the Labrador Fisher Folk

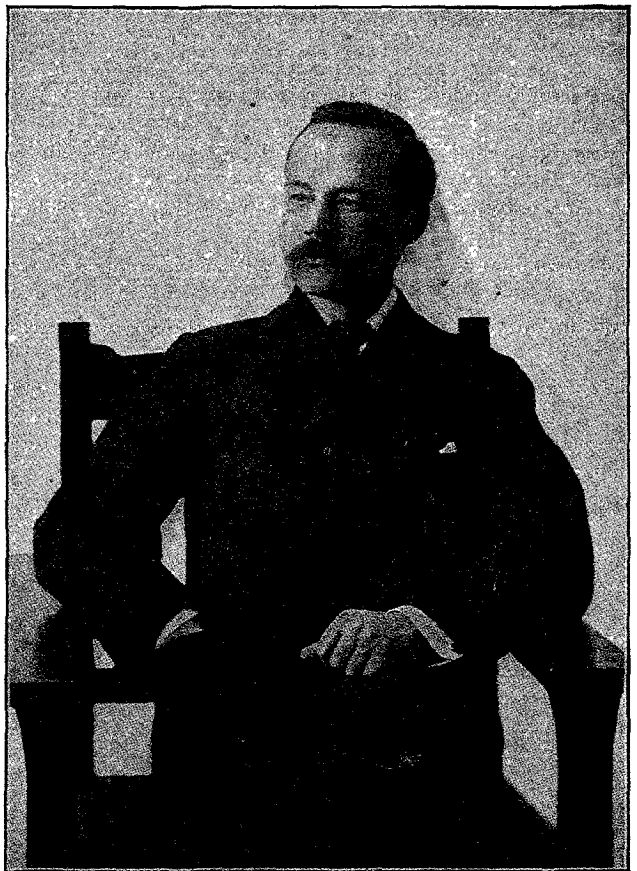
Dr. Wilfred T. Grenfell

[Dr. Grenfell, whom we have heard several times tell the story of how when a young man in England with vast opportunities opening up before him in the medical world, he strayed into a gospel tent in London and heard Dwight L. Moody tell the story of the cross. His whole life was changed, and soon after he gave himself to the neglected fisher folk of Labrador. That was many years ago. Now he is famous the world over, and his work of giving medical, surgical and spiritual help to the people of Labrador is supported by the International Grenfell Association of Canada, United States and Great Britain. In the December *Red Cross Magazine* Dr. Grenfell gives his observations on the physical and moral fitness of those simple people as compared with "civilization." He writes from his hospital ship, *Strathcona*, off the Labrador coast.—Ed.]

I HAVE been intensely interested in the introduction to the little articles on "Strong Life—Long Life" in the August, 1918, magazine, and also in the article entitled, "Pershing Keeps Fit; Do You?"

strenuous life. Every summer there come north to help us in our work a number

For twenty-six years we have been here among people who get their living by physical work and not simply by their brains. They are all producers, and by their physical fitness wrest food material for the world from a reluctant environment. It is true that we have tuberculosis, and we have also some of those diseases that are produced by insufficient or non-nourishing food in childhood; but our capacity for endurance at hard labor has made me wish often to call "civilization's" attention to the vast importance of "physical fitness," and the maintaining of it as it can be maintained. I have seen more than once a man of eighty pulling a good, strong oar in a heavy fishing boat, and already we easily notice the effect of motor boats replacing oars, even in this



Dr. Grenfell

of young men and women who act as voluntary teachers, nurses, hospital hands, ministers, and outdoor workers. They represent mostly the youth of modern communal life, and are naturally fitter and stronger than a similar sample from middle life; but even they haven't the physical endurance of our people. As Professor Wyckoff found when he went out as a "working man" instead of a "talking worker," he wasn't physically able to compete with the "lower classes." I once asked the secretary of one of the largest Y. M. C. A.'s what happened to the average Y. M. C. A. athlete in middle life. "He marries, settles down and runs to fat," was the reply.

### Can the "Upper Classes" Keep Physically Fit?

Now, your contention and our experience is that it is a lie to say the "upper classes" cannot keep physically fit. Of course, they can, and, of course, they ought to. Are they fit to consider themselves the upper classes when their physical means of responding to all the requirements of life on the earth are admittedly inferior? Can they expect to settle the very intimate problems of labor and capital, of domestic, social and political difficulties by talking and theorizing when they are admittedly unfit? I never could listen to an obviously self-indulgent preacher. Can a perfect animal accept the decisions of an obviously unfit one? Missions will come into more universal sympathy when they aim at the physical as well as the spiritual betterment of the people they serve, and when the missionaries themselves strive to be exponents of what physique as well as creed should be. Fat and sloth are evil heritages of the bodily machine, even as they appear to be of the soul; therefore all the more need for us to keep fit for the next generation.

We haven't seen yet a man in this country who has suffered by war restrictions of food. Meat is never necessary. We live among those whose daily bread comes by supplying the world with fish, which ranks with us as meat. We cannot well be vegetarians where so few vegetables can be grown and no fruit except wild berries. Meat is not necessary to "fitness"—quite the reverse, in fact.

As for play, it is exactly what civilization needs. We would have just as many high

financiers and big business men if they kept their bodies physically fit by exercise in holiday times. And we should have less temptation and less crime if all men took their exercise in off hours as enforced war work has shown, and that not less among women than men. When our women in society keep physically fit by a self-mastery of their habits, then so-called "society" will have the influence in the world among the world's workers which it should and could have, but never has obtained.

The workers from these Labrador wilds wonder at the possessions, the comforts, the machinery of life when they visit civilization, but they also marvel at the human physical unfitness. It is so ancient a truth that mental balance is largely dependent on physical balance that one hates to repeat it. It is as true as the converse, which all doctors now realize.

For spiritual and moral fitness makes for physical and mental fitness. A clean army means an efficient army, as does a clean community mean a worthwhile one. God gives the victory to those who deserve it—in America, in France, or anywhere. But it all has to be won, not merely believed in, and the harder it is the more it is worth winning. Nothing can make a victor in life of a physically unfit man who could be physically fit but will not face the morning cold bath or setting-up exercises. May God send into the field at home and abroad more men like General Pershing, who are not afraid to live out this doctrine!

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Fretting tends only to evil doing.

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Life, like the water of the seas, freshens only when it ascends toward heaven.

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Prayer should be the key of the day and the lock of the night.

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Whichever way the wind doth blow,  
Some heart is glad to have it so;  
Then blow it east, or blow it west,  
The wind that blows, that wind is best.

—Caroline A. Mason.

# An Interesting Evening and How It Came to Be

Caroline Louise Clough

LAST night, December 4th, we attended the opening of the new Dan Batey Mission on the corner of Wabash avenue and Fourteenth street, Chicago.

In order that our readers may understand why we are interested in this particular mission, when there are Missions scattered here and there all over Chicago, we will have to go back some twenty years.

One evening, when our Life Boat Mission was in existence, located at that time on Madison street where the Northwestern depot now is, there were in the mission a group of our workers singing gospel songs. Men and women of that district were gathering for the evening service. The doors swung open and the words of that song, "Oh! it is wonderful, very very wonderful, what the Lord has done for me," floated out on the night air and reached the ears of a man and woman passing by on their way to the theatre. They had been living for years outside of Christ, and each year brought them nearer the great abyss. Their hearts were heavy, they had been groping among the cheap pleasures of the world hunting for happiness and finding it not.

The words of that song struck a responsive chord in that woman's heart; she gave one glance inside, and the Spirit of God said to her, "Here is where you will find peace." She turned to her husband and said, "Let us go in here instead of going to the theatre." He replied, "All right, if you want to."

They went inside and listened to the thrilling story of Jesus' love. As they listened, this woman's heart grew more and more hungry for the peace which comes through confessing sin and accepting Christ. When the invitation was given to come forward she turned to her companion and said, "I want to go forward tonight, will you come?" His reply was, "No, not tonight. But you go on and I will not oppose you." She went forward and found forgiveness and has been going forward in the Lord's work ever since.

This woman began immediately to find some one to lead to Christ and to tell what he had done for her. She began praying for her husband and also for a man who roomed at her house, and after weeks and months of earnest prayer her efforts were rewarded in seeing her roomer converted. For six long years she continued to pray for her husband, then after a severe test of her faith, her husband was converted and has since remained a faithful earnest Christian.

Her roomer began at once to work for others. It soon became evident that the Spirit of God was with him, and although an unlettered Irish sailor, he worked untiringly for the salvation of unfortunate souls like himself. He opened several missions in Chicago and St. Louis. He gave his life for the men of his class and laid down the armour a few years ago, but his work did not die.

Another man was raised up, a poor, drunken outcast, whose home was gone, reputation gone, ambition gone and every thing that a man holds dear had passed out of his life. He was sitting on the curb on the street corner one day listening to the glorious gospel story from the lips of the Irish sailor, who was none other than Dan Martin the far famed mission evangelist, and the gospel songs sung by Dan Martin's little girl touched the heart of this other man, who later took up the work that Dan Martin left, and now for several years has been engaged in mission work, leading others to Christ.

This man is none other than Dan Batey, who has recently secured and fitted up a large mission room adjoining his former quarters and last night several pastors, converts, mission workers and others gathered to honor the event. Ex-senator George W. Dixon of Chicago presided. The center of the hall was filled with some sixty or seventy men of the underworld. It was surprising to know that when asked by the speaker how many of these men had homes, knew they had homes, and knew where



their homes were, to raise their hands, that there were only six of that vast company who could do so. One man replied, "Our only home is Batey's."

Each of the pastors present contributed their part toward the success of the occasion. Dan Batey's daughter and others furnished special music.

Clean, nice looking men scattered here and there through the audience were pointed out as converts of the Lord Jesus Christ through the efforts of Dan Batey

take an interest in them, to get them started in life again. Many men are now holding positions that will not be able to find employment after the "boys come home." Their places will be filled by younger and stronger hands, and they will need a helping hand extended to them.

It was apparently only a small seed that was sown back there by the Life Boat Mission twenty years ago, but that seed has grown into a mighty oak and hundreds have taken shelter under its spreading branches



Opening Exercises of the Dan Batey Mission, Showing Dan Batey Standing by the Speakers' Stand.

At the quiet hour before the service closed when all hearts were lifted to God in prayer, the invitation was extended to come to Jesus. Many in the audience responded.

In these after-the-war times when thousands of men will be poured into civil life from Uncle Sam's great military coffers there is more need for missions of this kind than there has been in years. There will be hundreds, yes thousands, of homeless unfortunate men that will need some one to

and the work is still going forward. Does it pay to pray? Does it pay to be interested in your neighbor's salvation? If that woman back there had not been interested in praying for her roomer there would not have been a long train of souls brought to Christ.

So many are wishing for some great thing to happen so that they can start out as workers for God when there is someone right at their very door in need of help.

That "someone" may be right in your own family. Are you helping them? Are you praying for them? Why not?

### AN EX-PRISONER'S STORY

[This experience, from a man who withholds his name for business reasons, we can vouch for as true. We well remember his first appearance in THE LIFE BOAT office and his struggles to reinstate himself in the business world. And we trust that many men behind the bars will read this and take courage.—Ed.]

Run down—that's all. Reached Hinsdale Sanitarium to run up—that's all. Left the city and its hot bricks and scorching pavements last August. As I stepped from the train, the cooling breeze, and Oh! that first sniff of pines aroma—new life to a tired man. After depositing baggage, made a straight line for the Life Boat headquarters. Was greeted in the usual hospitable manner by the best friend of the boys behind the bars—the editor—amid the click, click of the typewriter, clicking its monthly message to the prisoners all over the United States prisons. What a rush of memories crowded my thinking cap—just eleven years had passed since I first entered the editor's sanctum—prison bars just left behind—despair. New visions of strong, realized hope before me—this is no fiction, as the following story can be vouched for by the editor.

Just twelve years ago I was behind prison bars, and, as afterwards proved, the innocent victim of a hypocritical grafter. Not one of my friends knew where I was, the only exception being my wife. My problem was to get out on parole and establish my innocence.

The chaplain used to hand me monthly THE LIFE BOAT. As I read it I determined to write the facts to the late Editor Paulson of blessed memory. I did so, and he promptly came to the rescue. He took me on board THE LIFE BOAT and safely landed me on the shores of liberty, faith and courage. Taken care of for a few days, my problem to establish my innocence and to get employment was speedily accomplished. The president of one of the largest mercantile houses in Chicago, after investigation, promptly gave me a job; this I have held eleven years. Better still, I am an established member of the church of God, have a happy home and friends by the hundreds, for, "When a man's ways please the

Lord, he maketh his enemies to be at peace with him." Whenever I meet Life Boat workers I am sure of a warm handshake of Christian fellowship.

It matters not how bad a record a man has against him, by God's grace he can leave these things behind and reach out to the great moral victories that lie ahead in his future life. The sure, successful foundation for victory is just one thing—get right with God. I personally can bear record to the marvelous, wonder-working power of THE LIFE BOAT in searching the soft spot that lies deep down in the heart of even the worst sinner behind the bars. No man instinctively criminal but has this vulnerable spot in his makeup. The testimony of men printed in THE LIFE BOAT does reach the consciences of men.

My advice is, read THE LIFE BOAT, compare its scriptural teachings with the good old Bible, and you will readily see that the rock on which THE LIFE BOAT seeks to redeem men is based on the doctrine of the new birth offered from Calvary's Cross. "Ye must be born again." It was on this foundation that Jerry MacAuley and Harry Monroe and hosts of reclaimed men became workers in the front ranks of soul winners.

Too often the men behind the bars think they are socially and morally down and out. You can never be down and out just because Christ of your salvation is not and never can be down and out. It may be while you are reading these lines God's Holy Spirit is striving with you, wants you to do the very work accomplished by Jerry MacAuley, and because he was touched with the feeling of the man behind the bars he had the dynamic spiritual power to lift men to the heights of victory through the blood of the Lamb. It is not, however, sufficient to know the power of sin; we all know that we must have the overcoming power of Christ's grace. This will enable any man to go over the top and pull other men over with him. Don't think that I am an exceptional case that has opportunities to rise in the social scale. The door of opportunity lies wide open and all men can enter in. There are scores in Chicago, respected and honored, who once were behind the bars. The secret of success is "Get your heart right with God."

## A Mountain Trip

Miss Petra Tunheim

Java, D. E. I.

[Miss Tunheim has been a missionary in Java for a number of years. She has always been an enthusiastic worker for *THE LIFE BOAT*, and when she first went out to Australia she sold large quantities of this magazine on the way, with which she helped to defray her expenses.—Ed.]

I N middle Java and a little to the north are a range of high mountains called the "Dieng Gebergte." The writer has taken a trip up through these mountains for a change of the cold air, and also to get the message in among the people who are sitting in darkness in these far away miles up the mountains. Then on horse-back for ten miles, as the road is now so steep and narrow. The heavy literature and provisions must be carried by coolies, who get the sum of two cents per mile. As I watched the hard bamboos, frequently being changed from one shoulder to the



The Audience in the Mountains.

places. About \$33 worth of literature was sold on the way from Batavia going up to the mountains, and that mostly in the train. The conductors here are very kind, they give me permission to go all through the train with our literature, as they have no newsboys. In that way literature can be sold to people who travel from far distances, and that is an excellent way of getting the truth into places where perhaps a canvasser or minister would never enter.

Wonosobo is the last station by rail, and now I must take a small dogkar for five

other as feeling the rub and pressure from the heavy weight, I longed so for the time to come when neither man nor beast shall groan any more under these burdens. Oh, what a joy to think that such a glorious time is almost here. Only a few more hills to climb, a few more kampongs to enter, a few more people to search out and give the warning to, then when the last honest man has been found shall be heard the joyful words of our glorious King: "It is done." How faithful we should be now to hasten that day greatly!

The road going up runs in zig-zag around

the mountains, and the scenery is most beautiful. The rich fir trees covering some of the hill-sides, standing there proudly and yet gracefully, casting their foliages to the passers by. The deep ravines winding through, with the clear trickling streams laughingly rushing down over the clean white pebbles to their homes below; then the many sweet birds joyfully and melodiously praising their Maker in the tree tops. With such a surrounding and change from a dirty, dusty, hot city, one becomes almost lost to this wicked world for a little while and feels one is in a different atmosphere. But oh, how hard it is to see that the curse of sin has also marred such nature in its beauty, but how good to know that very soon the curse shall be wiped away, and we shall see this earth in its former perfect grandeur! Oh, what will it be to behold its purity throughout the eternal ages!

Half way up the mountain is a European living, who earns his living by a garden and store. At that place all the coolies ask for two cents each to have their dinner. Then I took some small books and visited this family. In the course of conversation I found he was seeking for light. I told him I had a large book in my baggage that would bring him the light from God and would bring peace to his soul. I soon fetched the book and he gladly paid me \$5.00 for it. I was very glad of this good visit, and the message for this time which had entered a new home to bring food for a hungry soul. How wonderful that far away upon those lonely hills, our heavenly Father in his love and mercy looks down upon his strayed sons and daughters and in some providential way, through the guidance and work of the Holy Spirit they are called into the fold of safety.

"How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace." Isa. 52:7. "For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands." Isa. 55:12.

In a small mountain town where a number of Chinese are living, I canvassed for

one day, and took a number of subscriptions for our Malay paper, and sold small books to the amount of \$20 gold. One little experience I had in that place shows clearly that God hears and answers prayer. While I was out in the hills praying that there may be found one honest soul in that place searching for light a young Chinaman came to the hotel wanting to see me, then left word asking me to come to his house. By calling upon him the following morning, I found that he was just hungering for the word of God and His precious truth. I had the great joy of telling him and his father about the message for this time, and the glorious appearing of our dear Saviour in a little while from now, which made their hearts rejoice with mine. They bought a great deal of literature, and wanted to study this message further, praying that the Spirit of God will press it home to their hearts.

In other places also I have seen evidences of answers to prayers. Up at the little town Dieng, while I prayed that there also may be some light seekers, the only two European men in the place came to me and offered to give their subscriptions for our papers, and bought other literature. Let us pray very earnestly that the Spirit of God shall run to and fro over hills and valleys and prepare the hearts of the honest ones to cry out and search for the message, then very soon the work will be finished.

#### The People of Java

In all my travels in Java I have never seen the native people so poor, dirty and lazy, as up in these mountains of Dieng. Their pieces of land are small, and they do not have many ways of earning anything. The most of them seem to have only the one simple garment, and by the shade of it no doubt it has never been in water since it was put on new. But as the sun comes up in the morning they sit outside their little bamboo huts and pick the vermin off their worn coats, which seems easier to them than a hard wash. The little girls of three and four years old look as though their hair had never been combed, nor their bodies had a bath. The hair is

twisted in little round ropes all over their heads like the wool on sheep or goats.

But I do not want to write this to cast any reflection on these poor souls, as they are my brothers and sisters, and created by our loving heavenly Father. If we could realize more fully His great love and compassion for them, we would also love and pity them more, even in all their ignorance and filth. I am so glad to have the opportunity of telling some of them about a message that is able to cleanse their souls, as well as their bodies, if they will only accept it. How good to know that among the twenty-five million Mohammedans in Java, steeped and hardened in that deceptive doctrine, yet among them there will be many gathered out who will stand with the overcomers. Let us all pray very earnestly that the Lord through His power may soften the hearts of this great army of precious souls.

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### IN HIS CARE!

ROBERT HARE

No storm destroys the tree Jehovah plants!  
However rough the winds or rude the blast  
However dark or wide the storm-wings spread  
Some time—all tempests will have past!

No storm destroys the tree Jehovah plants!  
His power surrounds; His watchful eye  
Beholds, and with a kind Almighty hand,  
He guards till bleakest winds pass by!

No storm destroys—then hush, my soul, nor weep,  
'Tis well whatever wind may blow to-day!  
The heart will learn where love and duty lies,  
And in that duty learn to pray!

A myriad angels wait, with healing balm,  
For spirits wounded in the storms of time—  
Fear not, my soul, Jehovah ruleth still  
Mid tempests as in stormless clime!

### PRAYER AND DIVINE HEALING

D. H. KRESS, M. D.

Why are there so many prayers in behalf of the sick unanswered? This question is asked frequently. The true purpose of prayer is not well understood. The worshipers of Baal prayed and cut themselves with knives, but no answer came. We are assured that the prayer of faith will save the sick. But prayer was not designated to work a change in God's attitude toward man. God's thoughts toward man are thoughts of peace. He desires all to be in health. The purpose of prayer is to change man and bring him into har-

mony with God and His laws. Before prayers are answered it may be necessary to repent and forsake some sins which are the cause of sickness. It may be needful to make some changes in our habits of living.

The man who desires to get rid of a red nose must abandon strong drink, if strong drink is the cause of his red nose, in order for his prayer to be answered. The prayer for patience God answers by making a man more temperate, if intemperance is the cause of his impatience. The one who has spells of depression and despondency can assist in answering his own prayer by making a careful study of his food combinations and by giving a little more attention to the quality and quantity of food he eats. Food conservation will heal thousands of America's sick. True healing begins, where transgression ceases. "That ye may know that the Son of man hath power on earth to forgive sins," Christ said to the sick of the palsy, "take up thy bed, and walk." Physical healing was the evidence that his sins were forsaken and forgiven. Reforms in living are designed to prepare the way for the prayer of faith to be more fully answered.

Healing may be gradual or it may take place instantaneously. Ours is not to command which it shall be, but after having removed every obstacle we can, we should submit to him who will do for us that which we would choose to have done could we see the end from the beginning.

All the wine is formed by the Lord, the work of making wine is a gradual or natural one. Jesus wrought a miracle and converted water into wine instantaneously. It was no more difficult for him to do one than it was to do the other. Why did he not from that time forth continue to produce wine in that manner? It was evidently best for man to continue to work the soil, to plant the vines, and obtain his wine from the cluster of grapes as before this miracle was wrought.

Jesus wrought a miracle in feeding the hungry multitude, many followed Him after that because of his miracle, because they ate of the loaves and were filled. "This was an easier way of gaining

their daily bread. It was best for them, however, to continue to earn their bread by the sweat of their brow. It is no evidence of a lack of faith, when praying for our daily bread, to work with our hands. It is in fact an evidence of real faith. Faith is a stimulant, not an opiate. "Faith works."

The Saviour wrought a miracle and raised the poor widow's son to life. He raised Lazarus from the grave. It is His will that all the dead should be raised at the last day. It does not follow, because He raised the dead then that all who die should be raised immediately after death, or that there should be no death from that time forth.

Jesus wrought a miracle in healing many instantaneously, and many sinners followed Him after that because of the miracles and not because they desired to be saved from their sins. Today there are many following Him not because they desire to get rid of wrong habits of living which are responsible for sickness, but because they want to be healed instantly and miraculously. Because of this, more are not miraculously healed. The people are still seeking a sign, instead of knowledge. "My people are destroyed for lack of knowledge." God says ignorance of the laws of health is responsible for sickness.

At the beginning God made a full grown man instantly, since then the growth from birth to manhood has been gradual. There is wisdom in this. It would not be well since sin entered the world, and we are by nature sinful, for a child to grow into a full grown man in one day. If he should the father and mother would possibly have to vacate the premises. The little child needs to be trained and disciplined as he grows. He has to be taught lessons of self control before it would be safe for him to be intrusted with the full strength of manhood.

The sick need to be disciplined. "All we like sheep have gone astray." "My people are destroyed for lack of knowledge." We are to obtain knowledge of God's laws and statutes, and daily improve our habits of life in order to be entrusted with health in its fullness later on.

A most intimate relation exists between the mind and the body. It is impossible for one to suffer and the other not to be affected. While derangements of the body due to wrong habits of living are often responsible for derangements of the mind, and improvement in the mental condition cannot be expected until the bodily conditions are improved by the correction of wrong and injurious habits, heart sickness is without doubt also responsible for many physical ills which cannot be cured by diet or treatment alone. Remorse of conscience, dissatisfied and restless feelings, discontent, mental despondency, all interfere with, and mar the healthy action of the vital organs. Obstinate digestive disturbances and often more serious difficulties may be wholly or in part due to a perverse mental state.

When the mind is sick, the entire body is sick, and true mind cure is the only effective remedy. To the poor palsied man who was suffering mentally because of a knowledge of past sins committed, Jesus said, "Son, be of good cheer; thy sins be forgiven thee." The Saviour of men understood fully this man's physical and mental state, and recognized that to heal the palsy of the body, he must first restore the palsied mind. When good cheer had taken the place of despondency, and hope the place of despair, he could say to the paralytic, "Arise, take up thy bed, and go unto thine house." Matt. 9:2-6.

The purpose of the gospel is "to bind up the broken hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound." "To comfort all that mourn," "To give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness." Isa. 61:1-3.

The wise man said. "A merry heart maketh a cheerful countenance," and "Doeth good like a medicine." It is only when the mind is cheerful that the organs of the body are at their best, and able to do their work well. "Godliness with contentment is great gain." "He that is of a merry heart hath a continual feast." "A man's life consisteth not in the abundance of the things which he possesseth." "Better is

little with the fear of the Lord than great treasure and trouble therewith."

"He that hath mercy on the poor, happy is he." The knowledge of being a blessing to others is conducive to health. Many hopeless invalids could be helped should they think less of self and more about the need of others. "The merciful man doeth good to his own soul; but he that is cruel troubleth his own flesh." Prov. 11:17.

"If they obey and serve Him, they shall spend their days in prosperity, and their years in pleasure. But if they obey not, . . . they shall die without knowledge." Job. 36:11, 12. Here we have the true cause of disease pointed out. There were places where the Saviour could not do many mighty works because of unbelief. Unbelief in God's promises is always revealed in a life of disobedience. Wherever God's laws are knowingly ignored, there unbelief ex-

ists and the power of God to heal is neutralized. "Many lepers were in Israel in the time of Elijah the prophet; and none of them was cleansed, saving Naaman, the Syrian." Luke 4:27.

In the Saviour's manner of healing there are valuable lessons for all. On one occasion He annointed the eyes of a blind man with clay and bade him, "Go, wash in the pool of Siloam . . . He went his way, therefore, and washed, and came seeing." John 9:7. The cure could be wrought only by the power of the great Healer, yet Christ made use of this simple agency of nature. From this we see that Christ sanctions the use of the simple and natural agencies of nature which he has placed within the reach of man, and that it is an evidence, rather than a denial, of true faith to utilize the best in nature we have access to, to aid in restoration.

## A Visit to "Great Lakes"

Chaplain J. G. Lamson

JUST say "Great Lakes" to a sailor boy, he of the wide trouser legs and white cap, and the eye sparkles, the back straightens, the figure is all alert. If you speak again and mention "Commandant Moffatt," the eyes take on a look of affection and a human interest that speaks a regard unknown except to those who have "served together" with a beloved leader. I met one of "the boys" on a train in Michigan the other day; he was going home to bury a sister, victim of the recent plague, and he told me all the boys love Captain Moffatt. I asked why. He said, "Because he is approachable and everybody gets a square deal. He is untiring in his looking after our welfare." Expressing a desire to visit the station my navy friend suggested that Wednesday afternoon is the regular review and probably the most interesting time, so it was Wednesday we started, two auto loads, all being Sanitarium folks, some doctors and managers and their wives.

A letter of introduction to Captain Carson, one of the doctors of the medical department, brought many additional courtesies to our

party and the afternoon was much too short to any more than glance at so great a work as was being done in the training of men for the navy.

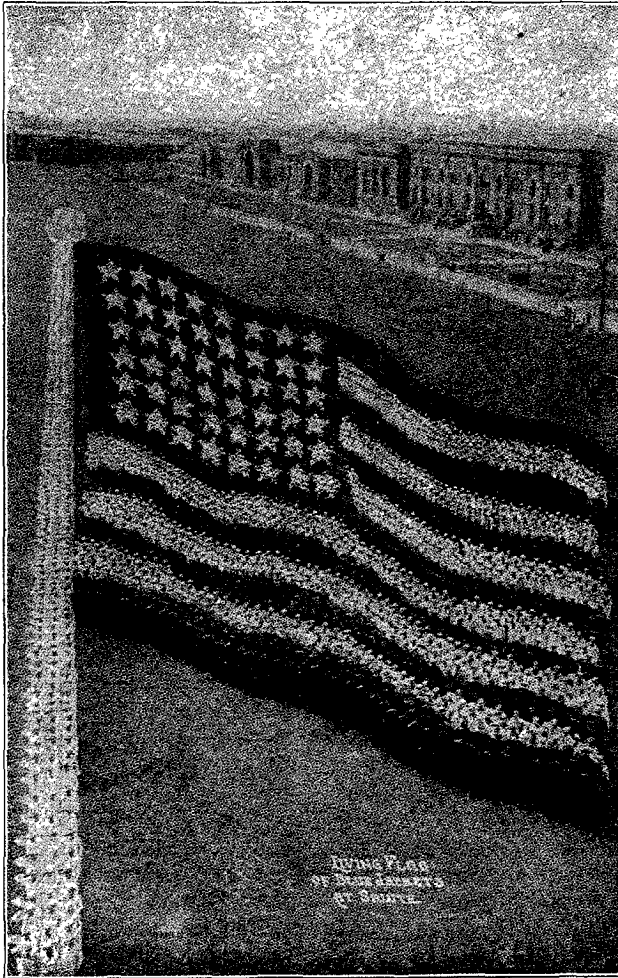
The fine parade ground was one sea of finely set up young men, and the inspiring music made the marching men a scene never to be effaced from the memory. After the review we visited one of the hospitals, were allowed to inspect some of the barracks and then we drove to the north end of Camp Luce, back through Camp Perry, and were ready to leave the grounds just as thousands of the boys lined the tracks and crowded into coaches for their Thanksgiving holiday.

It would hardly be possible to enumerate even all we saw in that one short afternoon, but among all that might be mentioned we must speak of the remarkable cleanliness of all buildings and grounds. We saw where the boys swung their hammocks at night (for a sailor sleeps in a bed only when he is sick), one of the great mess halls all ready for supper, the libraries, the Y. M. C. A. and "hostess" houses, the giant drill hall, the ware-

houses, the docks where the boys get a chance at boat drill, the schoolrooms where all kinds of knots and knotty tricks are taught the prospective sailor. All these and much more, and then as the sun began to dip below the horizon we heard the band in the distance playing its hymn of praise and loyalty to our beloved flag as it was about to be lowered for the

off above the blue of old Lake Michigan. With a smart jerk of the hand downward the officers and men resumed their duties or their conversation, while we rather reluctantly put our hats on, for a sense of solemnity of the service just finished remained upon us.

It was dark before we left the reservation and guards were on duty everywhere, but



From *Bible Society Record*  
A Human Flag of Blue Jackets at Great Lakes. 9,650 Men Compose This Wonderful Flag

night. Every officer and jackie on duty or off jumped to "attention" while we, just common ordinary folks, grabbed off our hats, faced the "colors" and waited in silence till the last faint echoes of the "Home of the brave" died away across the plain or floated

they were convinced of our peaceful mission and courteously directed us into the correct road for our journey home.

We did not share any of the grief of the boys at the station that the war was over so soon that they would not be able to get into



it; on the contrary, our hearts were glad that if all goes as well as we hope no one of that fine bunch of boys will be called upon to yield his life in defense of our country, but we are convinced they would give as good account of themselves as any who went ahead of them. On the other hand, many of those young men will be released to civil life soon, and their training physically will fit them for

many employments, so that far better work can be done than before. Some, no doubt, will have obtained a taste for the navy that will cause them to devote their lives to that service or to the merchant marine. Judging from the viewpoint of a landsman who has all his lifetime loved the sea, no greater worldly calling is now beckoning the aspiring youth and the ocean of opportunity is as wide as the "seven seas."

## "Blessed Are the Peace Makers"

Maud Wilson Cobb

**M**OST of the present-day newspapers and magazines are filled with peace notes. Every one seems to be striving to that one end—when our country will have peace. How many hearts are in a turmoil just as our nation has been? Our home is a place where we have the opportunity to hear those who cry for peace. It is a blessing when we can see peace settle a troubled heart that has been fearful, sad and sick. It is wonderful to watch peace come and see hope renewed. How many little attentions must be given. Often a look or a careless word will make a girl's heart sink in despair, then you must do your work all over again.

Today one of our girls came home for a day's visit, bringing her little Violet, that we might see how well she had developed. Baby Violet is now seven months old, has never been sick an hour, never cross; what we call a perfect disposition. To see her is to love her. And, friends, do you remember, those who read the LIFE BOAT last January, how I went one cold winter's day to the Chicago police station and found a poor, deserted girl who did not have enough clothing to cover her frail body—sick, sad and without hope for the future? Not a penny in the world; all her belongings lost, and not a friend could we find. Homeless, motherless, fatherless, but not without her God, for He led her to peace.

This little girl lived in our home seven months and grew strong. Her baby came in June. The mother had no idea she could keep her baby, but friends of our Home helped by sending clothing and money, so she could remain and learn how to work

and care for her baby. Since September they have lived in a physician's home in Chicago. This family have had two of our girls with their little ones, and, indeed, they are doing a great missionary work, for many mothers could not be more kind. A personal interest is taken by both the doctor and his good wife for our girls and babies that their health and character will be protected.

When I met little Violet and her mother at the Union depot and showed the baby to our friends, the matrons and officers, they remembered the pitiful object the little mother made last year, but the girl's dignity and modest face caused them not to remind her of the past. They only praised the baby and remarked how well the mother looked.

What a different homecoming! How proud I was of them, and how they laughed as they watched the snowflakes blow across the fields! How warm and comfortable they were dressed! How the mother ran up our steps with a happy laugh and said, "Oh, Violet, we are home." After a dinner with us and a visit with the girls who love them and a visit to the photographer, they took the train for Chicago, promising to be back for the holidays.

Peace within the mother's heart made me feel that the Lord knew and understood; that the cross was not greater than His grace, and those who cast their burdens upon Him would not have to carry them alone. Many have helped to bring peace to this girl's heart.

We have many girls now in correspondence with us who need help. We can stand by the girls and their babies and give our

strength and encourage them as long as we have faithful friends as we have had in years past.

We thank each one who has remembered us in small sums and those in large sums. The smallest bundle has helped to clothe little Violet and the nice red cloak that one of our friends sent us last summer was given to the mother today, as we thought her suit

distress or danger. Mother Case has been sent to us by a definite providence and her life in our Home means much. Her experience in raising her own family of girls and boys, and not one that she need be ashamed of, makes her understand other girls. Only a mother can understand fully a mother's love. God heard our pray for efficient help for our Home. Mother Case fills a place, and we



Benjamin and Violet May.

not quite heavy enough to start out in the storm that came during her visit.

Every garment is put away and we know just what we have and whom it will suit and fit, so nothing goes to waste. We thank our many peacemakers, and we are thankful for the privilege we are granted in being able to handle the means that are sent to us to make these little ones happy and bring peace to their hearts.

How wonderful the Lord works, and how many experiences one must pass through to know that the Lord can deliver one out of any

pray her health may be spared, for we appreciate her love and advice in our Home. "What is home without a mother?"

#### HOW THE RESCUE HOME IS BENEFITED BY THE HALIFAX DISASTER

MRS. ANNA CASE

It was a bright sunny morning on Dec. 6, 1917 when a ship on fire laden with high explosives, steamed into our harbor at Halifax. It was a beautiful sight and every-

body ran to the water front to see that burning ship never thinking that it meant death to them. Another ship was on her way from Bedford basin; going out of the harbor full speed she ran into the burning ship which caused the fire to spread so swiftly that it blew up the ship and all of the north end of the city. Every soul was killed who lived along the water front and every building was laid in ruins. Large foundries and sugar refinery, cotton factory, railway station—all went to the ground in less time than I can tell it.

I had just gone down stairs to use the 'phone when a terrible report like a cannon went off in my ear, and I felt myself sinking to the floor and my house falling down over my head. Every thing closed in around me and I was in darkness; nothing touched me only the plaster as it fell. I prayed to God for deliverance and the promise of God came to me, "Fear not, I am with thee." I tried to be calm and trust God for deliverance.

I could smell the wood burning and wondered if my house was on fire. Still I was trusting in God's word and believing that the "angel of the Lord encampeth round about those that fear him and delivereth them." Just as I was thinking about this promise I smelled sulphur and I knew that the fire was being put out. My son came to my rescue. After he had gotten his wife and two children out he called to me, fearing I was killed, but I assured him I was not hurt at all. He did not know where to locate me, so I put my hand down through a hole in the floor that was opened near where I was sitting. He got a saw and opened the floor and brought me out without a scratch, my glasses on my eyes not even broken. Our lives were saved, but our home was lost. My children and grand children were all saved and can all testify to the wonderful power of God to save.

I remained with my son in the town of Dartmouth until May when I came to Hinsdale to visit another son. Thus I met Mrs. Cobb of the Life Boat Rescue Home who told me of her work in caring for unfortunate girls, and her need of help in the Home and asked me if I would help her

bear the burdens. I felt that God had saved me for a purpose, and I am happy and contented in helping with the work here.

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### INFLUENCE

ROBERT HARE

The flash of your eye, the grip of your hand,  
Or, may be, the sound of your voice,  
Can help with the power of an unseen will,  
Some heart in making its choice.

The songs that you sing, the words that you speak,  
And even the thoughts you may think,  
Touch chords in some heart that echo again,  
And lift when the spirit would sink.

And yet it may be you never have known  
The power of a winsome smile,  
But it falls, like the chime of vesper bells,  
O'er the jargon of "life's little while."

Then watch with a spirit all tender and brave,  
Lest thoughtless the hand or the heart,  
Should hinder some faltering footsteps that pass,  
Your way on the crowded mart.

And touch with a spirit both helpful and kind,  
The burden that others must bear;  
Responsive in grief, a tear or a smile,  
May save a heart from despair.

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### THE MEASURE OF ONE'S INFLUENCE

HARRY L. LAUSTON

In our work in caring for the sick an invitation is extended to several of the Sanitarium family every Sunday to visit the Harrison street jail and sing songs and tell the story of Christ to the men behind the bars. It is a great privilege to do so, for the men have time to think over their past life, and when words are spoken to lift them to the Saviour, in many instances, it has changed their whole life.

I will relate one instance while traveling through the East a couple of years ago. I met a man by the name of John Tyler at Allentown, Pa., at the Y. M. C. A., and was invited with him to the city mission. As he portrayed his experience to the men whom he could speak to on his own ground and from experience on real life, he said he had lived a "down-and-out" life for twenty years in New York City, eating at free lunch counters at saloons and asking strangers to give him a handout, for he was ashamed to meet his friends.

So one night as he came along he stumbled into the Bowery Mission in New York. He listened to the singing and the story of

the power of Christ, his heart was touched and he went forward just as he was, slouchy and dirty, but the Lord heard the prayer he offered and answered it immediately. Since that night when he surrendered his all to Christ and the Lord hearkened, God has used him in a marked manner in Y. M. C. A. work and religious work among the factory helpers, going at the noon hour and telling the

story of Christ and what He has done for him. Should we doubt all things are possible with God when such experiences are brought before our very eyes daily? This man made me feel ashamed for not having done more for humanity, having lived a Christian life from the start. And, too, I have not experienced the hardships which some have, for I studied the Book of books daily and the Lord kept me in



Our Gospel Jail Workers. Taken in Front of the Clark Street Police Station With the Police and His Patrol.



Our Workers in Front of the Women's Detention Home, With Three of the Home Matrons.

the hour of temptation, for which I am grateful.

We have opportunity, and we should take time to visit those in prison, for many express their appreciation and enjoy reading *THE LIFE BOAT*. It brings comfort and cheer to their lives and a great satisfaction comes to our hearts for having done our duty before it is too late.

When I look back over my past life and see that I have sinned and come short of the glory of God-I find the basis or root of sin is in forgetting God. This I tell to our men in the jail, and if we would first think of God and fear Him, not as a slave coming to his master, but with reverence, and hold him before us daily, He would keep us in the hour of temptation.

To our friends who have not visited the men and women in prison, I would say that when they find themselves complaining of the times in which we are living, finding fault with the food they eat, and complaining of hard work, I would suggest they visit the jail, and their hearts will go out from self, and they will say, "What can I do?" or "What can I say to point some poor soul to the Lamb of God?" And that man or woman will return with eyes opened and more appreciative of their present circumstances.

It is my desire to use the talents the Lord has given me, if it be His will, in ministering to the sick or visiting the men in prison, and I wish to ask those of our friends in whose hands *THE LIFE BOAT* comes to respond by helping this good work, and also by sending a few dollars to help in the Life Boat Rescue Home work, and I assure you we will see accomplished as we have in the past never-ending results and our efforts will not have been spent in vain.

#### REMEMBERED HIS FRIENDS AFTER GAINING FREEDOM

(From a Former Montana Prisoner)

"It affords me great pleasure in writing to you. You will rejoice with me on this Thanksgiving Day that I am again in a manner free. Unexpectedly I was paroled on November 11th. I have a good position and am making good. I feel deeply indebted to you for the many blessings that came to me from the instrumentality of you and *THE LIFE BOAT*.

I did not get to read the November number before leaving the prison, so I brought it with me. Rest assured that the first dollar that comes my way will go for a subscription to *THE LIFE BOAT*.

"On leaving the prison I gave my Bible to a fellow prisoner, thus I have nothing to read. (We have now sent him one.) Yet I have Jesus Christ as my elder brother and God the Father, with whom I can commune. Thus I can say, 'I will lift up mine eyes unto the hills from whence cometh my help. My help cometh from the Lord.'

"This day is a day set apart for thanksgiving. The one thing that I am most thankful for is found in John 3:16 and it is in His promises that I am trusting. If I can be of any service in the work, please let me know and I will gladly respond. How much I should enjoy bringing comfort to some hungry soul. Remember me at the throne of divine grace."

#### HOPE SPRINGING UP

(From a Minnesota Prisoner)

"I have received your friendly letter, and I'm more thankful than I can say for this teachable letter, likewise for those leaflets and *THE LIFE BOAT*, which all made me very glad and happy. Though I'm late in answering, I never for a moment forgot all the kindnesses that you have done for me, and I'm sure God will reward you and bless you.

"I've read the Bible and prayed God's mercy and forgiveness, but so far without answer. Perhaps I am so great a sinner that even God has rejected me. As I was sick, I hoped to die and so get free of this misery, but all in vain; even death refused me. I've lost everything I had in this world; only regretful and reproachful conscience is left. Many a time I think this life is unbearable, for so unfortunate I am that I have not a single friend in this country, and I'm afraid I'm taking too much of your time with my letters, yet I dare to hope you'll kindly remember me some time again.

"One of the leaflets you sent to me on the Second Coming of Christ and about capitalism and labor is the very truth. I have wondered many times that there was no one who would write the truth, but at last there was one, God bless him."

## Have the Hornets Been at Work?\*

J. G. Lamson

THESE are many verses in Scripture, especially those verses telling the story of God's dealings with Israel, that carry with them deep spiritual significance. The story of the driving of the Canaanites out of the land of Palestine is a story of the driving of the Canaanites out of our own hearts and dispositions. The story of Israel entering upon the promised land is the story of our entering into the promised land. The experiences through which the children of Israel passed are types of the experiences through which we must pass if we go through into the promised land. So it is exceedingly interesting to study some of the experiences of the children of Israel.

These things happened unto them for examples, but are written for our admonition. Had there been no generation to come after Israel, had there been no people to look over the experiences of Israel, there would have been no necessity for the Lord to have had these experiences written, but inasmuch as what happened to them happened to them for examples, you and I may get many lessons from a study of their experiences. All of us need to read them, to study them, to fully enter into the things that happened to them that we may get courage and strength and admonition when these things come to us.

"And I will send the hornets before thee, which shall drive out the Hivite, the Canaanite and the Hittite from before thee." Ex. 23:28.

There are very few of us who do not have in our hearts some "Hivites," some "Canaanites" and a large number of "Hittites." Don't forget that. They are in our hearts, they are in our dispositions, and we will have to get rid of the whole motley crowd before we will have the joys of settling in the land of Canaan. Just as the Lord said He would send hornets to drive those people out of His land back there, we must take His word that He will send hornets to drive them out of our lives. We may draw courage, for in their experiences the children of Israel had a great many

things to contend with, and these people who inhabited the land helped to furnish the experiences.

Further we read: "I will not drive them out from before thee in one year." So many of us are of the opinion that when we give our hearts to the Lord He will fix the thing up quickly and drive out every experience that is not good, take away every disposition that is in us to do evil and let us have a nice, easy Pullman car journey all the way to glory, but the Lord himself has said that it would not be so, He would not drive them out in one year.

This question of getting to be a Christian, I mean to have the absolutely perfect life, is not a proposition that is settled in a minute. There is one thing settled in an instant and that is, if we confess our sins God, for Christ's sake, forgives us. Just the minute that we come to the Lord our past is, so far as any charge against us is concerned, as if it had not been, but it is not settled just that quick that we have no more trials, no more Hivites, no more Jebusites, no more Canaanites and the rest of that crowd to fight; because we do have them to fight all the rest of our lives; for sanctification is not the work of a day, nor a week, nor a month, but of a lifetime.

Sanctification is not a condition that a person can get into by howling; it is not a condition we can get ourselves into by getting into a frothy state of mind and yell and say, "Praise the Lord, I'm saved, I know I am!" That does not do the business. Sanctification comes from a hand-to-hand fight with the hosts of evil, the ridding of the evil forces, and the building into the character all that strength which comes by the exercise of our spiritual muscles, by our conflict with evil. If it could have been done at all, if the Lord could have made it possible for us to get into a state of sanctification by an instant faith as He makes the forgiveness of sin possible by an instant faith, He would have done so, but He knew that this would not be best for us. These enemy individuals

\*Taken from a report of sermon given recently at Hinsdale, Ill.

were left in the land of Canaan for a purpose.

"I will not drive them out before thee in one year; lest the land become desolate, and the beast of the field multiply against thee.

"By little and little I will drive them out from before thee, until thou be increased and inherit the land."

Some individuals get discouraged when they start out to live the Christian life, because they get down on their knees in the morning and pray, "I want victories today," and then in fifteen or twenty minutes after this some temptation comes along and strikes them instantly off their feet and they fall under the tempter's power. Then they say, "What is the use of my trying? I had reckoned myself to be dead to sin just as the Bible and the preacher told me, and here I am, tumbled down in front of the very first temptation that came along. Something is wrong. The thing that I felt had been driven out is there. I might just as well give up."

I hear so many say, "I will not be a hypocrite." So many like to say that sort of thing and count themselves more virtuous for giving up trying to do right. My friends, the Lord leaves these things for us to work out, fight out, and He will leave them there until we have developed such character, such power, and strength that we will be fit to be called the brothers of Jesus Christ, who overcame all things; until we will feel comfortable in the presence of Paul and Peter and some of the others who are going to be saved in heaven.

I want to call your attention to another verse that touches upon this point in the 7th of Deuteronomy and the 20th verse:

"Moreover, the Lord thy God will send the hornet among them until they that are left and hide themselves from thee be destroyed."

There were some of them that hid, some of those Canaanites, Jebusites and Hittites; and the Israelites thought that they were all gone, and that is the way with you and me. "Yes, Lord, we are sorry for all we have done in the past," and we promise we will not do these things any more and we accept the forgiveness that the Lord gives and we go in peace and just as like as not we straighten up our shoulders and say, "I have it fixed now." There are a lot of these Canaanites in the heart and the Lord will send hornets to hunt them out. The Lord has no intention of covering up that thing in our hearts or allowing us to do so. I do not know who or what the "hornet" will be; I do not know what the thing will be that will take place; but something will come in our experience that will show us that there is one of these Canaanites there. What is the cause of that? Because the Lord wants us to know that the thing is there and He wants us to get that thing out and keep getting this one out and that one out until there is not a solitary one left.

These dispositions are in us and the Lord is anxious for us to get the victory over them and He leads us over these different roads to teach us what is the best thing for us to do. These experiences that are bitter may be the stepping stones to the grandest things in our lives. The weakest things may become strong. Just like the man at the forge takes the broken chain and puts in a link that will become stronger than the rest of the chain, just so the weak spots in our character can be made the very strongest if we will let God do it. There is no reason for discouragement when we find these things in our hearts. The Lord has shown us these things in order for us to put them away.

## At Midnight

Pearl Waggoner Howard

**J**UST to breathe the calm and stillness  
Of the quiet midnight air,  
Just to feel the gentle breezes  
And the healing that they bear—  
Oh, it rests the soul when weary,  
And it soothes the heart that's sore,  
Robbing it of heavy burdens  
Which throughout the day it bore.

Just to listen to the music  
Of each insect, herb and tree,  
Nature's voices all uniting  
In one mighty melody—  
This is harmony more sweet than  
Any symphony of art;  
'Tis God's orchestra supernal,  
Bringing comfort to the heart.

## Our Nurses Battle With Influenza

Mary W. Paulson, M. D.

WE are still having influenza in our community and calls come in constantly every day asking us to send them help. Because of our making every effort to answer these calls the nurses have not been able to do their regular city missionary work. We have sent these nurses out to the rich and poor alike, to the homes of the greatest need, and we positively know that many lives have been saved as a result of their ministrations.

These nurses have gone out with prayer, have worked praying, and they have seen miraculous results in using simple remedies.

The other day a call came over the 'phone from a distant city saying they were in great need, there were so many cases in the city they were not able to care for them and the Red Cross and the physicians of the city appealed to us for help. We were of course, glad to send out of our very limited supply three consecrated nurses.

They went. After reaching there, they had to fit up their hospital for service, as they were given a building for emergency work. After fitting up the hospital, patients poured in. The following extracts are from letters just received from these nurses:

"God's promises are surely proving faithful and true. Truly He has proven a sure Friend and I know His name has been glorified. One of the teachers invited me to dinner with her. I went, and afterwards went with her to visit a very sick friend. Her temperature was 105. I told her mother she was very sick and ought to have treatments and wished she was at the hospital. The mother said she would not consider it.

"The influenza kept getting so desperate and people were dying by the dozens so the doctors sent us some patients. These patients were very ill when they reached us but in a few days their temperature was normal.

"Two days after I had been to see that sick girl whom should they bring in but this same girl in a dying condition. The doctor said, 'You can do anything you like, but I have no hope for her.' We prayed and worked for thirty hours straight for we felt

impressed that God's name would be glorified if she would get well. Many times it seemed as if each breath would be the last. In four days her temperature was normal and she was well.

"Many of the patients who have come to us have been given up by physicians and in from twelve to twenty-four hours after reaching our hospital their temperature would be normal. If this isn't the healing power of God, I don't know what it is."

Can any one doubt that these experiences are answers to prayer and can we expect such experiences as these without prayer? I believe not. This terrible pandemic is certainly a pestilence such as is prophesied of in the word of God and the worker who attempts to care for these cases must have supernatural help and one who attempts to do this work without prayer and without consecration and without connection with the Divine Healer will certainly fail.

We should learn from these experiences how to keep up our bodily resistance. This can be done by paying attention to normal hours of sleep, to the use of plenty of fresh air, the normal amount of exercise, drive away worry out of your life by substituting more confidence in God, to a more normal dietary, such a dietary as will decrease as much as possible the amount of toxins in the body. People who are toxic are very susceptible to serious results when fevers of any kind attack them regardless of how well they may seem to be.

### TWO WORSHIPPERS

ROBERT HARE

Two men went up to worship by the temple shrine  
Mid scenes all calm, all sacred, all divine;  
Both were of clay, but differed in the mind—  
One heart could see, the other heart was blind.

The one looked up with boastful face to pray aloud,  
Told of great gifts, good deeds; his spirit proud  
Betrayed its haughtiness and selfish pride,  
In condemnation of the poor man by his side.

The other with bowed head and spirit all ashamed,  
Would not look up, the humble prayer he framed,  
Full of confession, told with heart sincere  
Of sin and shame—He found a Saviour near!

Two men went home—the one in selfish thought  
complete,  
Yet he had found no pardon at the Master's feet.  
And one went down in humble joy to wait,  
The Master's bidding, whether small or great.



# Mission Notes from "The Top of the World"

Pearl Waggoner Howard

Moho, Peru, S. A.

**O**FTEN in the homeland we heard of our Lord's commission to His servants anxious to win souls for His kingdom to "go out into the highways and hedges" to proclaim the Gospel invitation. Often, too, we heard the "highways" quoted as referring to the busy thoroughfares of our large cities. Doubtless this is correct. Yet somehow as we make our way along the high trails of these mountains, almost cut off by the clouds from the rest of the world, we feel that in a special way we are fulfilling our Master's command, literally working in the earth's *high ways* in a way not privileged to all.

We so often wish, on our trips, that we might be accompanied by some of the home friends to see some of the things we see and to enter into some of the same experiences. So, though it is difficult at a distance, we wish to let you, in mind at least, accompany us on a couple of visits this week to the homes of some of our Indians. Since the baptism of twenty-three new converts last week here at our Occo Pampa station, we now have a little church of 106 members. These, together with about forty remaining candidates and many more interested persons, also with some whom we thought interested but for some reason have failed to attend meetings of late, all require personal work and encouragement.

For instance, a neighbor who has always held aloof but who for a few weeks was persuaded to attend our meetings, and even appeared friendly, has been missing for some time, and is now, with two other leading spirits of this section, heading the enemy Indians against our work. We were unable to account for the change until, by diligent inquiry, we just learned he was discouraged by our well-meaning chief and deacon, whose zeal surpasses oftentimes his discretion, who severely censored him for daring to attend church with his mouth full of dirty coca. Of course, this necessitates personal work, and Mr. Howard and our interpreter are visiting the family this afternoon. Our brother must also be further taught that our church is for

more than the "publicans and sinners." And circumstances are continually arising to keep us busy.

Sunday one of our Indian brethren brought us his son who has been ill for some months. We have prescribed for and treated him, but he lives at too great a distance to permit of frequent visits, and we find that no prescription is carried out by these people. Hence we have offered to keep him a while in our house, to give him daily treatments, and see if we can get him fully on his feet. How we are made to feel our need of a medicine house and treatment room!

## A Tour in the Mountains

We had planned on visiting some of our distant members this week, so have had to care for our house patient before leaving mornings, and after return, leaving a prepared lunch. Monday morning Mr. Howard, myself and our interpreter, Marcus, started for Pomo Occo, about four leagues away, to visit Calisto Quispi first, then three or four other families. On our way we left our horses while we went to the top of a volcano, now extinct and filled with water to within about twenty feet of the surface. We also passed some salt lakes, small portions of which are owned by different persons exclusively, some of whom were engaged in gathering the salt. For some distance the ground in all directions is white with salt and nitrate. Though salt up here is plentiful and cheap (and lumpy), *clean salt* is a luxury of bygone days, and existing only in our memories.

The distance to our brother's house seemed to increase as we went on, and after climbing some distance up a rocky canyon we could only guess at the right direction. Suddenly we came to an outlet leading to another pampa, small but fertile, entirely hidden by the first ridge of mountains. This we followed, seeking some one of whom to inquire once more the way, having previously been directed thus far. Seeing a woman in the distance herding sheep, our interpreter headed toward her on a gallop. But, as usual in this country, this

proved the signal for her to likewise turn and run from him with as much speed as she could command, finally trying to hide behind a rock. The fear of these natives of foreigners or even of anyone on horseback (who might be a Spaniard to rob or oppress them) is amusing but also pathetic.

#### Entertained in an Indian Mountain Home

Continuing on our way we at last reached what was evidently the place, a small boy, scantily garbed, leaving his sheep nearby to shake hands and inform us that his father was on the mountain planting potatoes. But before we could send for him we could see him far off descending the heights, followed by a little black baby lamb. He threw his arms around us cordially on arriving, spread out blankets on the stone bench in the patio for us to sit on, and, the wife soon afterwards arriving, preparations immediately went forward for our refreshment. In the meanwhile we looked about his place somewhat and had a really enjoyable visit, the little boy passing back and forth busily occupied, each time shyly looking backward and looking delighted when seeing he was being observed. On each of his frequent trips through the patio he carried some sort of animal, either a black, hungry-looking, scrawny kitten, a larger gray cat, a lively black puppy, or the black lamb—the latter with a colored string around its tiny tail as a sure protection against all ill. The Indians—grown-ups as well as children—seem to be passionately fond of animals. Many are the kisses that have been showered by them on our own small kittens by old men as well as by young girls.

After partaking of hot soup and cebada coffee from a box placed in front of us, we visit some more with the family, having a Bible reading and prayer with them, which seemed to be highly appreciated. An older married son who was present urged us to visit his wife and have prayer in his house also, so we thought best to accept the invitation, even though it meant taking a different route homeward and postponing certain other planned visits. Before leaving the first place the mother expressed her desire for baptism, though the distance—made much longer by the bad roads—prevents her from attending regularly as do her husband and son, who attend our school. We noticed on the place

three small kraal-shaped houses filled with salt, the man owning quite a section of the salt beds on the pampa.

Arriving at his son's house, we met the wife, who was ill, though able to be around. We gave her some advice for her condition and after arranging for him to call at the mission for some simple remedy for her relief had reading and prayer, inviting him to our meetings, as heretofore we had been strangers. Distances in this country being long and roads bad, we were then obliged to start home in order to reach it before dark and before too cold, not having taken extra wraps along. After the sun disappears the cold is intense, no matter how extremely hot it may have been an hour previous.

#### Went Twenty Miles to See an Aged Couple

The next morning after giving treatments to our house patient we set out on what proved to be about a forty-mile trip to the house of an old couple who, with their elderly son, who is a hunchback, takes turns in coming to our meetings every Sabbath. For this they are obliged to leave home as early as 2 or 3 o'clock in the night. Although having visited them before, it was at the "community house"; hence we had to inquire the way many times, as they lived far up another pampa and high on the mountains. To reach the place we were obliged to cover much boggy ground, the horses sinking at each step and sliding over especially wet and slippery places, and then climbed the lower part of a mountain so steep that one began to think that the feat of a fly walking on a wall was not so wonderful after all. We were glad to find that the house toward which we were heading was indeed the right one, and were royally welcomed and entertained for about three hours. Beautiful alpaca skins were spread out on the ground for us to rest on, and after long preparation, soup was served, and hot boiled corn on a cloth, hot milk having been given us on our arrival. The servant, a bright and attractive young girl who has been brought up by the old couple, is also now a member of our church. Here, too, we had an interesting visit, coming in closer touch with the family and encouraging them, as usual, having prayer before leaving.

We really love these people, and though at

first sight these Indians appear strange to the foreigner and somewhat uncivilized, yet when the truth has had a chance to change their lives and make them clean we find them with hearts of gold and as true as one could hope to find. Having lived in ignorance so long, they naturally have the minds of children as far as concerns all things new; but in the kingdom we know they will shine as brightly as any who come from more favored lands.

#### An Interruption

While writing the above many interruptions have, of course, occurred; I will mention but one: There was a knock, or rather a fumbling, at the door, and the little Aymara girl, whom I am teaching to help in the house, opened it. I immediately heard crying and sounds of great distress, so went out. A poor woman was before me on the ground, and after sending for the school teacher to help interpret, we finally learned her pitiful story. She lives at Pomo Occo (the place first visited by us this week), has a husband who has been ill for a number of years, and four small children. Being entirely out of food in the house, she took some salt and went to a near place across the border in Bolivia, trading her salt for a cargo of food and paying a small amount of money in addition—all she had. On the return trip four men attacked her, stripped her llama of its cargo, took even her sack and lunch, then took their departure, she arriving at our mission with but the llama left, which her small boy was guarding on the pampa below us. They had no more money, no food in the house and none growing—just a few sheep.

Although she has never attended our meetings, it appears that all the Indians who travel from this section are accosted as "evangelists" because of the proximity of our mission station here, the clean ones especially suffering persecution and being often well beaten up. As usual, she was called one, which was considered sufficient excuse for robbing her. Knowing no other place, she naturally inquired of us for help. We gave her some bread and something hot to strengthen her for the remainder of her trip, and filled a large flour sack with cebada (barley) and potatoes, besides giving her a supply of rice. Then promising to come and see if anything could be done for her husband, we had the

satisfaction of seeing her go on her way rejoicing, her tears all changed to smiles.

The needs which we are forced continually to meet in our work make us wish more than once that we were somewhat richer in this world's goods, for, as James says, what does it profit if a person be naked or destitute of daily food, and one say to him, "Depart in peace, be ye warmed and filled; notwithstanding ye give them not those things which are needful to the body?" And it is often true that the relieving of their physical necessities is the way to win their hearts and their interest in listening to the gospel.

So the work goes on. Many are the visits to be made, many the calls for help, many and varied the experiences of the worker at this altitude. Through them all we are glad to know that here in this high corner of the world we are helping to fulfill the divine commission: "Go ye into all the world and preach the Gospel to every creature." And the accompanying promise, "Lo, I am with you always, even unto the end of the world," brings continual cheer to our hearts.

#### THE MOTTO THAT COUNTS

You may bring to your office and put in a frame

A motto as fine as its paint,  
But if you're a crook when you're playing  
the game,

That motto won't make you a saint.

You can stick up the placards all over the  
hall,

But here is the word I announce:

It is not the motto that hangs on the  
wall,

But the motto you live is what counts.

—Exchange.

#### A SPECIAL COMING

Each year we issue a special number of **THE LIFE BOAT** to send to our unfortunate brothers and sisters. Another special is coming; it will arrive in May. If any desire to help send this special number into all the penitentiaries and reformatories of this country their assistance will be greatly appreciated. Who will start this fund with a hundred dollar gift?



Dorothy, Blanch and Ernest, the Three Younger Children Standing, Who Are Remembered at Christmas By Other Children in Utah Who Are Total Strangers.

### THE TRUE CHRISTMAS SPIRIT

CAROLINE LOUISE CLOUGH

The other day we visited a children's home by invitation to attend their annual Harvest Home. Three of the family of children of whom we wrote about in the October LIFE BOAT are being cared for in this home. The mother of these children was taken to the hospital, and they were left with nobody to

care for them. We kept the entire family of six children at Hinsdale for a time until a more permanent place could be found for them. Then the three were placed in this Home.

As we were taken around to the different departments of the children's home we met our little tots, Blanch, Dorothy and Ernest. They recognized us at once and came and



These Children in the Rocky Mountains Not Only Love Their Pet Lambs, but They Love Unfortunate Children in Illinois and by Making Them Happy, They Are Also Happy.

put their arms around our necks. Before leaving that night little Blanch came up and, putting her little face up to mine to kiss good-bye, said, "Will you please send me a Christmas present?" I said, "Yes, I will send you something." Very soon she trotted back again and said, "Will you send Ernest a present, too?" "Yes, surely we will." Our hearts went out for those poor motherless children who will probably never know again what a moth-

er's care is. We darted up a little prayer for the Lord to remember them also.

The next day there was a letter on my desk from a mother in Utah asking if we knew of any motherless children that her children could send Christmas presents to. Of course, we wrote her about this family, and a letter came back enclosing some money to make these little folks happy, and some other little children in Utah are happy, too.

## EDITORIAL

EDITORS:

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

### LOOKING FORWARD

From almost every angle we see vast needy fields opening up for THE LIFE BOAT for 1919. We are well into the after-the-war reconstruction period. THE LIFE BOAT must share a part in the spiritual work of reconstruction of human hearts. The business and industrial world is today trying to adjust itself to the new program. Business men who know, are looking for a decrease in prices in the financial world. When the thousands of soldiers from France and from the training camps arrive they will furnish abundance of labor in the commercial and manufacturing world. Thus thousands of older and weaker men will find themselves jobless. The wounded soldiers will need more than expert medical and surgical attention, they will need the gospel of Jesus Christ to give them hope and help them to start life anew. The families that have been broken up by this terrible plague need to be reached by the comforting message of THE LIFE BOAT. The field of activity is unlimited.

On the other hand, we can promise our readers a wealth of information and instruction along the line of health and soul-winning. We shall publish short practical articles on health each month that will be of value to each one. The gospel will be

presented in such an attractive manner that it will be read with interest by even the most hardened individual. Reports of medical missionary work giving actual facts and experiences will touch hearts.

We are glad to say that we begin the year 1919 with courage. Our December circulation was nearly doubled. Our agents in the field have worked untiringly to extend THE LIFE BOAT. We are full of hope and courage for the future. Will you not go with us and help us that as the difficulties thicken about us in these last days THE LIFE BOAT may be on hand to bring its message of cheer and of salvation where needed?  
C. L. C.

### DO IT NOW WHILE YOU "HAVE THE HABIT"

People now "have the habit" of giving a share of their time to war work activities. And now that the war is over, why not devote that same time to selling LIFE BOATS or procuring subscriptions and thus be helping to wage a war against vice and sin?

Encourage your children to begin their missionary careers by selling LIFE BOATS. Many boys and girls can go out for a while after school and sell a dozen or more copies.

Will you not start up a LIFE BOAT busi-

ness in your community by selling the magazine yourself and getting others to do so?

Write us about it at once so you can get started early. Special discounts to those ordering in quantities. C. L. C.

#### A WORD OF APPRECIATION

"I received two copies of the November number of *THE LIFE BOAT* for which I am grateful. I would not have missed the story of Mr. A. I. Root for all this world's goods. That may sound exaggerated, but it is just the story or experience I was looking for, in the hopes that it will be meat in due season for a friend who I know has not the faith to take God as his partner. I also wish to thank you especially for the extra copy you sent me. I do not know how you came to send it, but I believe God guides all who put their trust in him. I sent the extra copy to my brother who is in Camp Lee and know he will enjoy reading it as I have. The reading of that copy was just like a revival to my soul. I don't want to ever be without *THE LIFE BOAT* hereafter."

#### HAVE YOU READ IT?

The November *LIFE BOAT* arrived yesterday morning, and although every number is good, this one is the best I have seen. We always save our other good old magazines to read on the Sabbath, but we can hardly wait till *THE LIFE BOAT* gets into the house. When we have read it we pass it on to some one who we know will be interested in it."

#### THANK THE LORD

We are indeed thankful for such letters as this:

"Enclosed you will find my personal check for ten dollars, which please use in the Home as needs require. We have doubled our monthly allowance, knowing that more money is needed at this time of year. Our heart is with you in this work and we hope to be able to help you more substantially in the near future."

Why not subscribe for *The Life Boat* NOW and start the new year right?

#### NEWS HERE AND THERE

Prof. J. L. Shaw of Washington, D. C., returned missionary from India, spent a few days recently in Hinsdale. His inspiring talks of missionary work in foreign fields were not only thoroughly enjoyed by our family, but our *LIFE BOAT* readers also will enjoy reading the reports of same.

One of our young men who went to war, Mr. A. C. Ford, has now returned from Camp Benjamin Harrison.

Mr. Paul Williams, a Hinsdale graduate nurse, who has been in Los Angeles for some time, called recently while-visiting in the East.

Dr. and Mrs. George Thomason spent a few days in Hinsdale while on their return from New York to their home in Los Angeles.

Ulric Jeffers and seven other soldiers from Camp Grant spent a day at the Sanitarium recently while on their way to Pittsburgh to assist in a new government reconstruction hospital there.

Mr. Jesse Jared, a former Hinsdale worker, now located at Berrien Springs, Mich., called recently.

Mr. A. N. Anderson of Berrien Springs, Mich., spent a few days at Hinsdale auditing the books in the bookkeeping department.

Miss Margaret Wintringer and Miss Maude M. Aldrich of Chicago, well-known lecturers in the temperance cause, spent Thanksgiving at the Sanitarium.

Pastor A. J. Clark and family of Holly, Mich., have located in Hinsdale.

Mr. O. R. Staines of Nashville, Tenn., was a recent caller.

Pastor M. E. Kern of Washington, D. C., was a welcome guest at Hinsdale recently.

W. T. Knox of Washington, D. C.; William Guthrie of Berrien Springs, Mich.; C. S. Wiest of Fond du Lac, Wis., and W. H. Holden of Springfield, Ill., attended the meeting of our sanitarium association held Dec. 10, 1918.

Mr. J. Kloss of Madison, Tenn., called recently.

Mr. and Mrs. H. N. Cooper of Chicago, old friends of *THE LIFE BOAT* and its work, called recently.

Miss Emily D. Reid of Mt. Vernon, Ill., a former patient, has returned for the holidays.

Mrs. D. K. Abrams of Chicago was called to Gary, Ind., recently to assist one of her "girls" whom she has helped.

## BOOKS WE RECOMMEND

From month to month we shall mention in this department some of the choicest books on the market today covering a variety of subjects, believing that our readers will appreciate having their attention called to these valuable books which have been an inspiration to us. We shall be glad to supply any books mentioned here from our office, if desired, or they can be ordered direct from publishers.

### "Knowing Insects Through Stories"

Prof. Floyd Bralliar, who for a number of years has been connected with the rural industrial and agricultural school work near Nashville, Tenn., has recently written a most charming book on "Knowing Insects Through Stories." The great truths of insect life so little known to the average individual are given in such a simple and entertaining style that it captivates and holds the attention of the reader.

The book is published by Funk & Wagnalls Company, New York, and contains 291 pages, 12 full page colored illustrations and numerous smaller ones. The price is given as \$1.60.

### "The Hand That Intervenes"—W. A. Spicer,

who has been for many years secretary of our Foreign Mission Board, and has visited many times our missions in all parts of the world, has recently published this splendid book of Providences, gathered from various sources. No one can read this book and ever doubt that God has his hand in the management of human affairs. The book contains 334 pages, and is well illustrated. Price, \$1.50. Published by Review and Herald, Tacoma Park, D. C.

Write us the account of some interesting experiences that you are having in soul-winning work. It may be the means of encouraging others.

## LIVE HYGIENICALLY TO BECOME HEALTHY

If you want the very best grade of cooking oil (or salad oil) be sure to get GOLD MEDAL VEGETABLE COOKING OIL, sold at wholesale prices to all. We ship all over the United States. Very low rates.

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# 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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### Expirations

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

### Change of Address

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

### Mistakes

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

### Premiums

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

### Rates for Advertising

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

### Life Boat Magazine Agencies in Chicago

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.  
Illinois Tract Society, 116 North California Avenue. Phone Garfield 8261.

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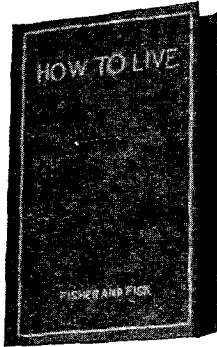
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# NEW PREMIUM OFFERS

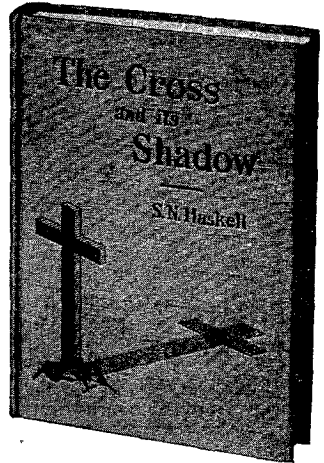
## "How to Live, or Rules for Healthful Living, Based on Modern Science"



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 50 cents additional. Induce some one to subscribe for The Life Boat the coming year and receive this most excellent book.

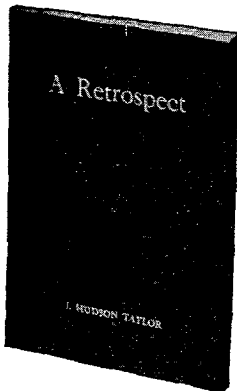
## The Cross and Its Shadow

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 and 25c extra for mailing. Take advantage of this offer while it lasts.



## A Retrospect

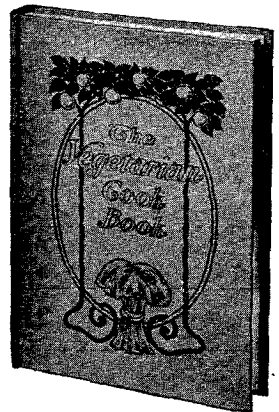
This book by J. Hudson Taylor is one of the most thrilling and inspiring books on the market today. We have sold nearly 4,000 of them. Should be read by every young person who desires to be of some use in the world. This red, paper-covered edition can be furnished with one subscription to The Life Boat at \$1.10.



one subscription to The Life

## Pastor Hsi

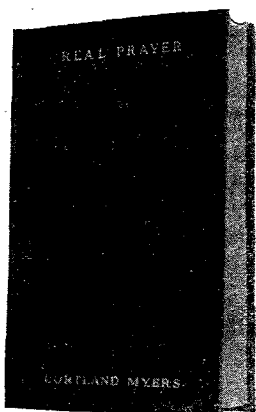
This charming book, "Pastor Hsi," by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year. The author gives in a most fascinating manner the remarkable 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 \$1.50 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 twenty-five cents extra. Send us \$1.25 and receive The Life Boat for one whole year and this splendid book.

## A New Webster's Pocket Dictionary

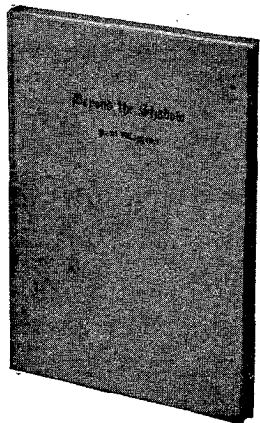
for only one subscription or renewal at one dollar. This book is really five books in one. It is not only a dictionary but a complete parliamentary manual, a rapid calculator, a compendium in business and social forms, a letter writer and literary guide, and a pronouncing and statistical gazetteer of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



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## 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.

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free with twelve yearly subscriptions and three dollars 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 twelve yearly subscriptions at one dollar each and three dollars extra and receive this watch.



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

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

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"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 it."

"I have worn this garment now for five 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.**

# 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.

Address **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

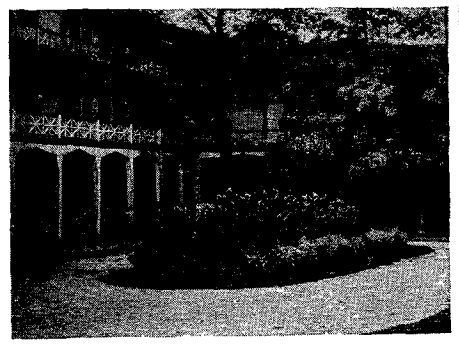
**The Hinsdale Sanitarium**

Phone  
Hinsdale 645

**Hinsdale, Ill.**

## *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*