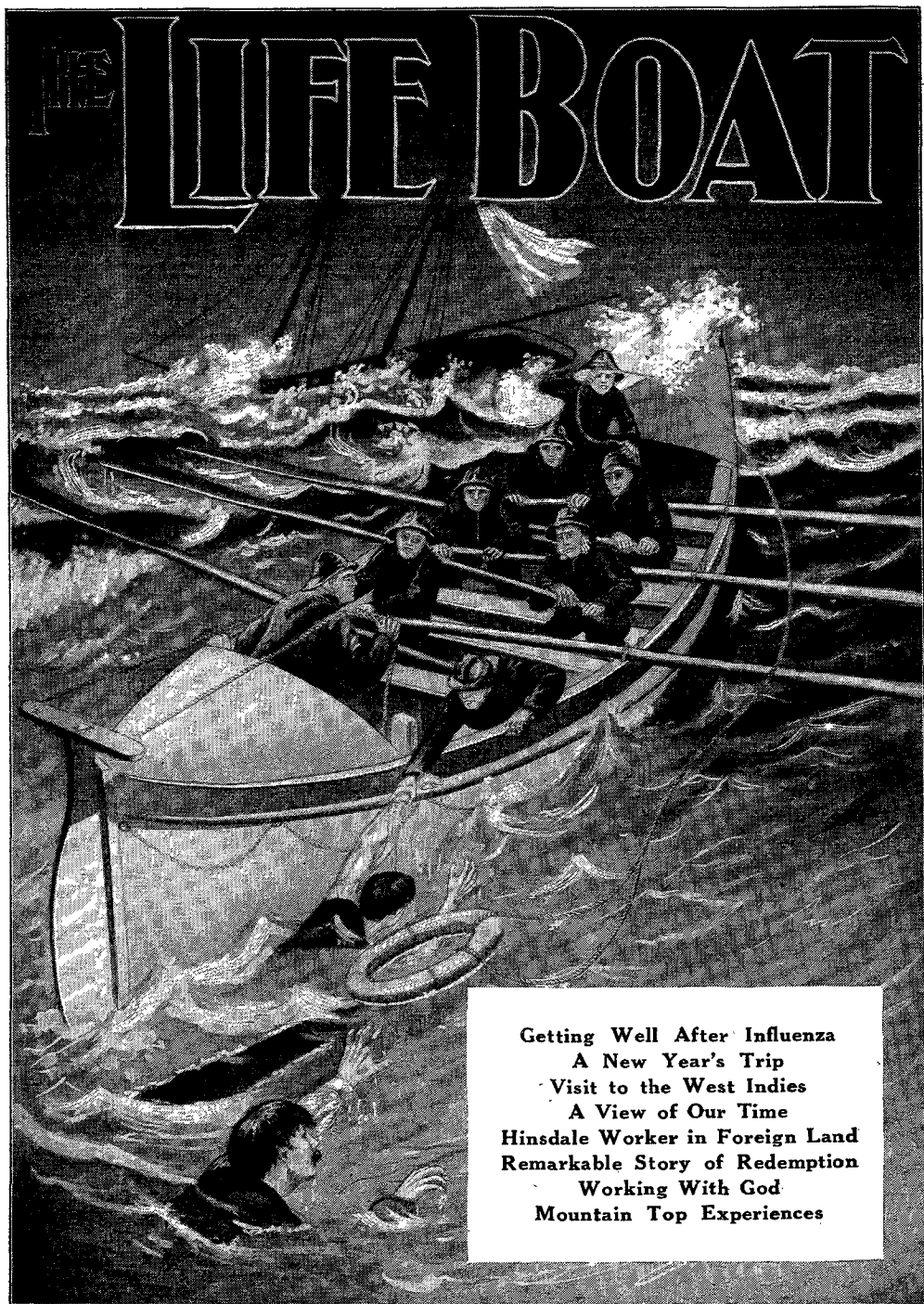


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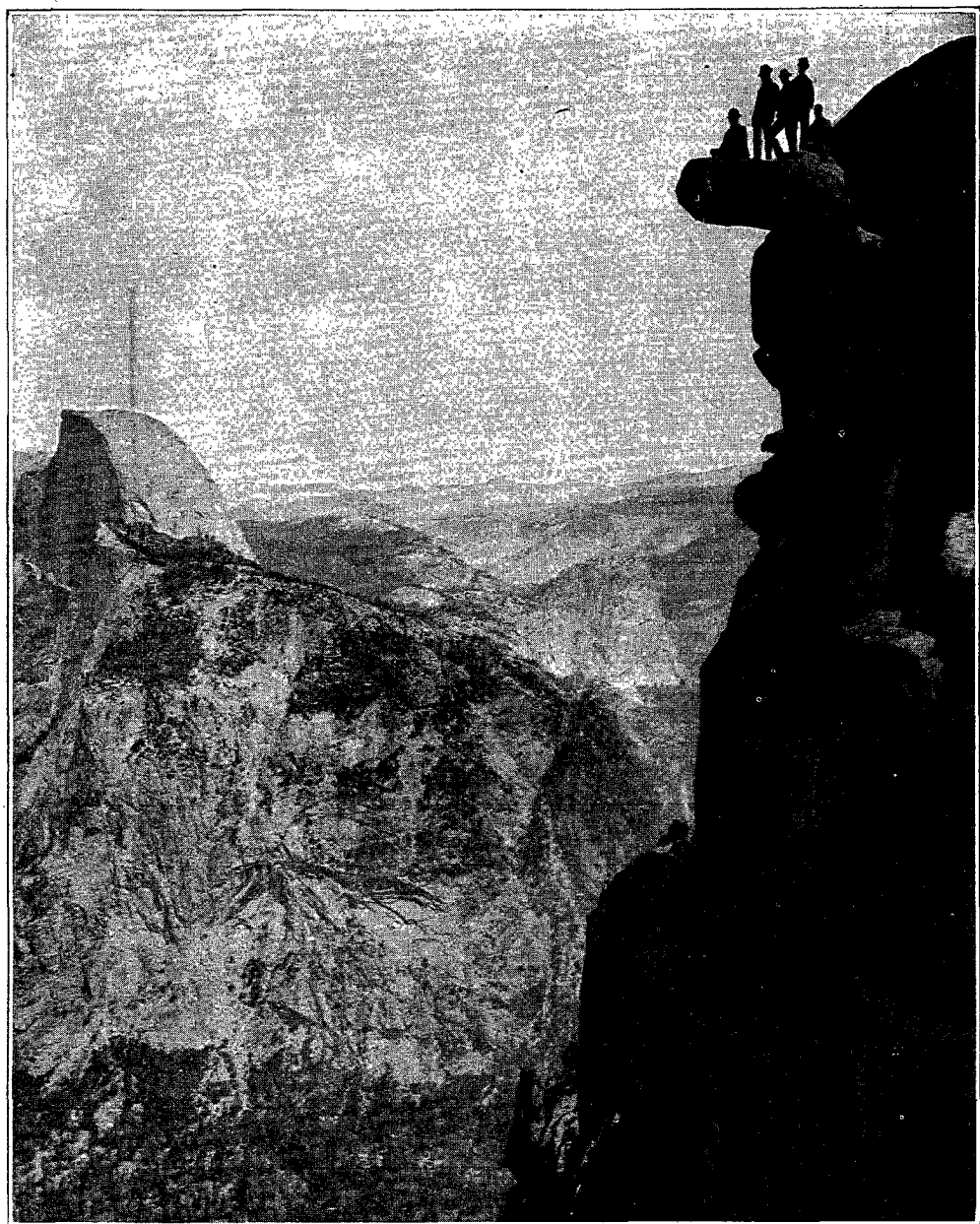
Getting Well After Influenza
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Number Three

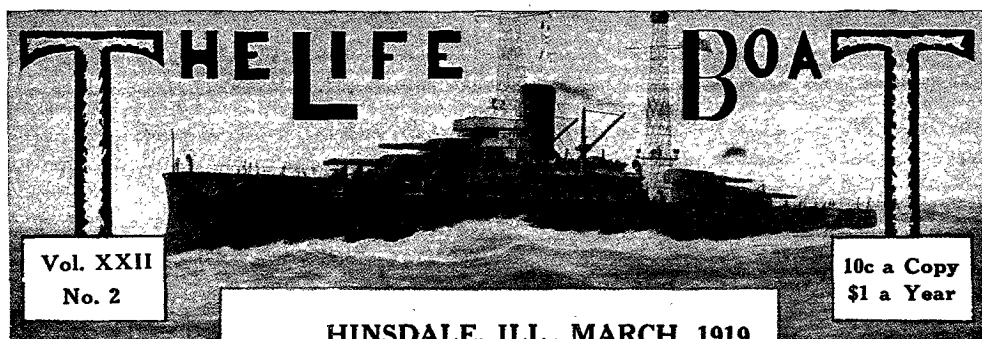
Hinsdale, Ill.

March, 1919

Conservation of Infants—D. H. Kress, M. D.



Glacier Point in the Yosemite.



Conservation of Infants a Necessity

D. H. Kress, M. D.

A NATION that is no longer capable of filling by births the vacancies made by deaths is declining. For several years preceding the war this has been the situation France has been in. The six months preceding the war showed that the number of deaths exceeded the number of births by over 24,000. France was being depopulated at the rate of nearly 50,000 annually. She has been putting forth a special effort to conserve her infants. Since the war began this has become doubly necessary because of the tremendous increase in the death rate and the rapidly declining birth rate.

In the city of Paris 48,917 babies were born in the year preceding the war. During the second year of the war there were born only 26,179. During the year 1916 there were 1,100,000 deaths in France and only 312,000 births. This shows a loss among the civilians alone of over 788,000 for the year.

For many years the birth rate has been declining in all civilized lands. The reduction is greatest among those who are socially and financially best prepared to rear children. In America women of native parentage who marry show an average of less than three children. Taking into account that only about 85 per cent of American women marry and that only two out of every three children born reach maturity, it is evident that American stock will eventually die out at this rate. The average number of children must be close to four per family in order to maintain American stock. Dr. Cathell in his report of 643 American men of science shows that they belonged to families averaging a little less than five children, while when these men married their own families averaged only a little over

two. Their parents' families averaged over double that of their own. College educated women who marry show an average of less than two. This was the case in pre-war times.

Dr. James B. Holmes in an article which appeared in the November number of the *American Journal of Diseases of Children* says: "The number of children will continue to decrease in proportion to the number of men called to arms, the number of women taken into industry and the increase in price in the essentials of life." He adds: "Thousands of men will be totally incapacitated, many more thousands will be only partially capable in years to come. An increase in the birth rate is not possible in war time. The attention of the nations is thus focused on the available means of saving infant life."

Consequently every effort is being put forth toward this end. Babies are weighed, measured and examined by competent physicians and if found below the normal in any particular instruction is given to mothers regarding their feeding, etc. This is good as far as it goes, but it does not go far enough. Prenatal causes have to be sought for. "Out of 58,089 deaths of children under one month in registration area in 1910, 25,672 were attributed to anti-natal causes."

Dr. S. P. Warren reports that in 2,000 confinement cases occurring chiefly in his private practice in the State of Maine the average weight of girls was eight and one-quarter pounds and eight and three-quarter pounds for boys, the mothers belonging to every grade of life, both rich and poor. Babies weighing ten to twelve pounds at birth, Dr. Warren reports, are common in Maine. Why are the babies heavier and better developed in Maine

than in Massachusetts? Dr. Holmes in the article referred to says this is "possibly explained in part by the fact that the state abounds in men and women of large stature, though this would not apply to the foreign element." Why should men and women in Maine be larger of stature than in Massachusetts or neighboring states? May not the fact that Maine has been a dry state for over a half century explain in part both why men and women are larger, and why the infants born weigh more both among native Americans and among foreigners?

Experiments conducted upon animals show very conclusively the influence of drink upon their offspring. Animals exposed to the fumes of alcohol while apparently injured very little themselves their offspring are always degenerate and not many of them survive. Many are stillborn.

Drink undoubtedly on the part of the father is a factor in the causation of so many still-born infants. It is, however, not the only cause by any means. The prevalent use of tobacco, and especially of cigarettes, is as much and possibly more responsible for the decreasing birth rate, the many stillborn infants, and for the high mortality among infants during the first months of life.

Animal experimentation fully justifies us in arriving at this conclusion. In an editorial of the *Journal of the American Medical Association* of January 19, 1918, the editor says: "There is increasing evidence of the harm that alcohol can do to the generative organs. Earlier we made reference to Stoddard's widely quoted experiments demonstrating that the germ cell of males can be so injured by allowing the subjects to inhale the fumes of alcohol that they give rise to defective offspring, although mated with vigorous untreated females. The offspring when reaching maturity are usually nervous and undersized. These effects are apparently conveyed through descendants for at least three generations. Such evidence," he goes on to say, "establishes at least the probability of the transmission of serious ill effects to human offspring through alcoholic indulgence of the male parent."

Dr. Kostrál, a famous Austrian physician, has found nicotine in the amniotic fluid and in the milk of women workers in tobacco factories. It is not surprising that 91 per cent of infants born to mothers working in these fac-

ories die before reaching the first year of life. Think of an offspring undergoing development surrounded with a fluid containing nicotine, and then after birth being nourished with milk containing nicotine. We object to formaldehyde or boric acid being placed in the milk of infants, nicotine is much worse. Fishes die if kept in water containing nicotine for even a few minutes. The mother that is compelled to live in an atmosphere of tobacco smoke or to be continuously in the presence of a tobacco smoker, inhales nicotine just as certainly as do the women workers in tobacco factories. The nicotine thus inhaled gains entrance into the blood. The infant in utero is nourished by this blood containing nicotine. It is surrounded in the uterus by fluid which also contains nicotine, and when born is fed with milk containing nicotine. Considering the prevalence of smoking it is not surprising that so many infants are stillborn and that the mortality is so high during the first month and first year of life. It is not surprising that those which survive are nervous and why they so readily take up with any narcotic which allays temporarily their nervous symptoms. Possibly this explains the present demand for cigarettes by boys.

In pre-war days campaigns were carried forward to have enforced prohibition of alcoholic drinks. This will undoubtedly be accomplished. Alcohol today stands unmasked before the world as a destroyer and a deceiver. But it is different with tobacco and the cigarette. They have apparently dissolved partnership with their former companions and have joined the uplift. They are regarded as essentials to the well-being of army men. Women and modest girls have been stationed at railway depots innocently handing out cigarettes to the young men as they passed through. Few of these young men had stamina to resist the package so temptingly held out. Cigarettes were showered upon the men in the cantonments, by well meaning friends. As a result practically every young man in the army and navy were smokers. There are a few Daniels who, in spite of this popular wave, favoring the use of cigarettes, stand unmoved, but these are regarded as odd and unsocial.

When the war ended the boys could lay aside their khaki suits, but this habit which they formed cannot so readily be laid aside.

Those who smoked then are in all probability smoking now. Instead of smoking less they will smoke more. Of course all these young men are injured whether they recognize it or not, but the offspring of the cigarette fiend is impaired to a greater extent. We cannot hope much for an improvement in the conservation of infant life under such conditions. Science, practical experience and observation can hold out no hope of an increasing birth rate, a decrease in the number of stillborns, or a lowered death rate among infants until a change is made in the habits of parents. If

changes are not made, in spite of all our efforts to conserve infant life, the decline in the birth rate will continue, the number of stillborns will increase, and the mortality among infants will become greater. No other sane conclusion can be formed. The time has come, fully come, for the searchlight of science to be turned on tobacco and the cigarette, as it has upon alcohol. When this is done, as it will be and facts are made known, tobacco will have to take its place beside its running mate, alcohol, from which it is temporarily separated and with it meet the same fate.

Getting Well After Influenza

Mary W. Paulson, M. D.

THERE are several conditions which may follow after influenza which could in most instances be avoided. Tuberculosis is not an uncommon sequence of influenza. Lack of nerve tone and muscle power and disturbed digestion often follow. These conditions may be so marked as to interfere greatly with the performance of the daily duties of the individual.

If you want to feel good after influenza you must have the right care during the period of the disease.

The patients who are not given drugs are in a much more normal condition after the fever stops than are those who were given drugs. Hydrotherapy, properly used, gives better results. The importance of a light diet, very free water drinking, absolute staying in bed, must not be ignored. Water should be taken every hour; the diet should be light; fruits, soups, buttermilk, cereals. The patient should stay in bed at least two days after the fever has

gone, and then in the house, not attempting to do anything scarcely for two days after that, making four days of absolute rest after the fever has gone. This program prevents relapses and many cases of pneumonia.

More nourishing food should be taken, with great care that there is a bowel evacuation daily. As a tonic, a cold friction to the skin should be given daily, taking care not to get chilled.

To aid in bowel action, use freely of green vegetables, fruits, figs and prunes, particularly the black figs, and bran. A heaping tablespoonful of bran can be taken with each meal to advantage.

Whenever possible, an oil rub, using olive oil, should be given at night before retiring.

Gradually take up your normal duties, putting as much outdoor life in your program as possible. Keep cheerful and trust in God.

RECIPES

Take a word or two of kindness,
Season well with some good deed,
Add of charity a plenty,
And of hope a generous meed;
And if you mold them rightly,
Which may be no easy thing,
You will find you have a dainty
Fit to serve to any king.

Take of happiness full measure,
From the Granary above,
Knead the whole with inspiration,
Leaven with abiding love;
And some day you may be able
To supply, with gentle art,
All the bread that is required
By one hunger-stricken heart.

Take a brimming pint of patience,
And of faith an equal share,
Stir them thoroughly together
In the crystal bowl of prayer;
Mix with these a cup of wisdom,
And a dash of self-control,
And 'tis yours to quench the craving
Of a famished human soul.

—Selected.

A View of Our Time

J. G. Lamson

WHEN any man starts upon his ministry the individuals who listen to him are entitled to ask, "Where is your authority? By whom are you commissioned to do your work? What business have you to set yourself up as a teacher?" Jesus recognized that the people had a right to know by what means or authority he began his ministry. He went back to the place where he was brought up, right among the men with whom he grew up. He went into the synagogue on the Sabbath day. He went right down to the place where the scrolls of the prophets were kept and when it came time to read, the minister turned to this young man and offered him the privilege of reading. It was a great opportunity. It meant that he was appointed to a similar work. So they gave him the scroll. He opened to Isa. 61 and began to read:

"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord."

The Saviour stopped reading just before reading the next line, "And the day of vengeance of our God; to comfort all that mourn," and he shut the book and handed it to the minister and sat down. Then he said, "This day is this scripture fulfilled in your ears."

Why did Christ stop at that sentence? Why did he not read the rest of the sentence? Because the time had not yet come. There would come a time when somebody would be invited to preach the "day of vengeance of our God," but it had not come then. The Spirit of the Lord was upon him to preach deliverance to the captives, and Jesus Christ did it, and all bear him witness, and they said, "Is not this Joseph's son?" That is just as plain as can be; those people back there had the same dispositions as the people of today.

"Why, we know that fellow. We have known him ever since he trotted around here in knee breeches. We have seen that boy going down the street carrying chairs that his father has made in his carpenter shop." Their hearts were hardened and they refused to listen to a brother talking to them because they had known him for a long while. "And he said, Verily I say unto you, no prophet is accepted in his own country."

Those people could not get into their heads that that young man standing there and reading to them was the one that God had appointed for a special work, and every one of them turned their ears against him and would not hear, and it is a terrible story that follows. He spoke of that man Elias: he spoke of that man that lived over there in a foreign country, Naaman. It made those that lived in the city so mad that they started to kill him,—the man that had grown up among them, but was preaching a glorious message. They wanted to kill the man who preached the acceptable year of the Lord, but he was delivered from their hands.

A Special Message for This Time

That was the time when the first part of that message was to go to the people. We have reached the day when the last part of that message goes to the people. So the day of vengeance of our God is right at hand. Not only the day of vengeance, but when people need to be comforted in their mourning. This is the time of all times in the history of the world when men need their hearts changed and when they will grow up into trees of righteousness. The day is at hand when the message is given that those who expect to be in heaven at last will have characters that must be perfected. These individuals must be the plantings of the Lord that he may be glorified in them. That is the message that is to go to the people today.

There shall be famine, there shall be pestilence and earthquakes, etc. Pick up the

paper and every week you read about an earthquake. In one place it says, "All these are the beginning of sorrows." Are you looking for a nice, easy time of it on this earth? When the peace document is signed are we going to have an easy time of it again? Will the signatures that will be signed over there stop the pestilence over here? We have read these verses and have failed to be touched by them. We are like the man who is put to work in a factory where there is machinery on every hand; he is very cautious at first, but leave him there and in a few weeks he gets used to it. Pretty soon he loses a finger. We read the story of thousands of people killed

what he has in such a way that he can handle it. Is it not time that we were wide awake? We had better be getting our deposits in the bank of heaven.

It seems to me that the message and the call today is for every soul to get that deeper consecration and give the life to God. If you stop, what would you go back to now? Would you like to go back to smoking and drinking again? Would you like to go back to the old style of living? Do you want to go back to worshipping the sun? What is there to go back to? God holds out before us the ages of hereafter. He holds out before us the joy of dwelling with Christ. He holds all that before us. Are we not going for-



Above: Greek Refugees at Salonica. Five Hundred Thousand of These People Were Massacred.

Below: Women and Children Waiting Anxiously for News of Their Relatives.



in the war, and we said, "How horrible it is," but in a few months we read the same things and were not disturbed by them.

Friends, now is the time when we should read Isa. 61 and put the emphasis on the "me." "The Spirit of the Lord is upon me." If that does not mean you, you are in a lost condition unless you change. Do we have a right to sit still and let things go when the world is going wrong? Jesus Christ read that back there so we should read the rest of it down here.

A Time for Deeper Consecration

If we can read the papers at all we can see that things are closing in on this world and what we must do we must do quickly. The time has arrived during this little time of peace that we expect to have in the next few months that every man should get

ward? Let us keep the truth. The journey is about to end. Let us go on.

—From *Christian Herald*.

WHEN I HAVE TIME

When I have time, so many things I'll do
To make life happier and more fair
For those whose lives are crowded now with care,
I'll help to lift them from their low despair
When I have time.

When I have time the friend I love so well
Shall know no more these weary toiling days.
I'll lead her feet in pleasant paths always,
And cheer her heart with words of sweetest praise
When I have time.

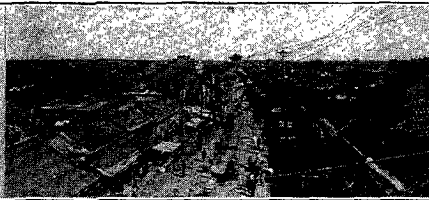
When you have time the friend you hold so dear
May be beyond the reach of all your sweet intent,
May never know that you so kindly meant
To fill her life with sweet content
When you had time.

Now is the time. Ah, friend, no longer wait
To scatter loving smiles and words of cheer;
They may not need you in the coming year.
Now is the time.

—Selected.



First "Riksha" Ride.



Looking Down on Chinese City



Street Scene in Mukden

Hinsdale Worker in Foreign Land

Mrs. Edwin Bye

[Hinsdale is a medical missionary training center. The many little heart-to-heart experiences published in *THE LIFE BOAT* that appeal so strongly to its readers are from the young people who are receiving a training for medical missionary work in the field at large. Each year a class of these young people graduate and go out into the great field beyond to find places for themselves in home and foreign lands.

A few years ago one of our *LIFE BOAT* stenographers, now Mrs. Bertha Peterson, sailed with her husband for Mukden, Manchuria, where they with another young couple have established a successful mission station and have gathered around them a large company of native believers.

This last year Mrs. Edwin Bye who took a part of the full course of training at Hinsdale, has gone with her husband to join Brother and Sister Peterson in Manchuria. We give here an account of their arrival in Mukden and abstracts from subsequent letters written to Mrs. Bye's twin sisters, Ruth and Helen Henriksen, now in training at Hinsdale.—Ed.]

AFTER having been more than six weeks on the way we reached Mukden August 30. We soon felt at home in the pleasant cottage of Brother and Sister Peterson. Our compound is right within the temple area, outside the city wall. Our cottages are comfortable and practical as well as neat. The pretty lawn outside presents a striking contrast to the dirty, filthy surroundings; it is like an oasis in the desert.

The streets are indescribably muddy and dirty; disease and sickness brought on by ignorance and superstition is common.

The people believe that when a person becomes sick the evil spirit must be driven out of the seat of the pain. One occasionally sees people begging for bread who have lost their sight through the native "doctor" trying to cure their eye diseases by running sharp, often hot needles into them to drive the devil out. It is common to see people with long scratches on their bodies—the "doctor" having tried to scratch the devil out from the place where the patient complained of pain.

We are hoping for a man to come and start a dispensary here. We also need a school. I wish our young people in the homeland could see these earnest Chinese young people who are really longing for a religious education. At present we must send them down to Shanghai, hundreds of miles away, and the

Chinese are poor. So we can help only those who need it the most, for the workers here are few.

There are very few English speaking people in this city. The large majority of the population is Chinese and Japanese and a few Russians. It sounds almost like sweet music to me now to hear English spoken occasionally on the street. The only familiar sight we have is the dear old American flag which waves over the American consul's compound. It is lifted far above the dirt and grime of the city. It almost seems out of place flying as it does over an old temple now used as a dwelling by the American consul general.

At this writing Brother and Sister Peterson are in Japan and we are having some intensely interesting times trying to communicate with the Chinese without the aid of an English speaking person. A small pocket dictionary has been of wonderful value. But these experiences are undoubtedly good for us and we are trying to study Chinese at every opportunity. We refuse to believe, as some say, that the devil invented the Chinese language to prevent the gospel from being preached in the Middle Kingdom. The characters are knotty and the idioms and sounds funny, but we believe the Lord can help us in this as well as in other things.



Mr. and Mrs. Edwin Bye

The influenza has a strong hold over here where there is so much poverty and ignorance and no health rules. It attacks the whole family here, and there they all lie on their *kang* or bed until better. It is pitiful to see how the poor people get along here. In Japan the natives wear kimonas both sum-

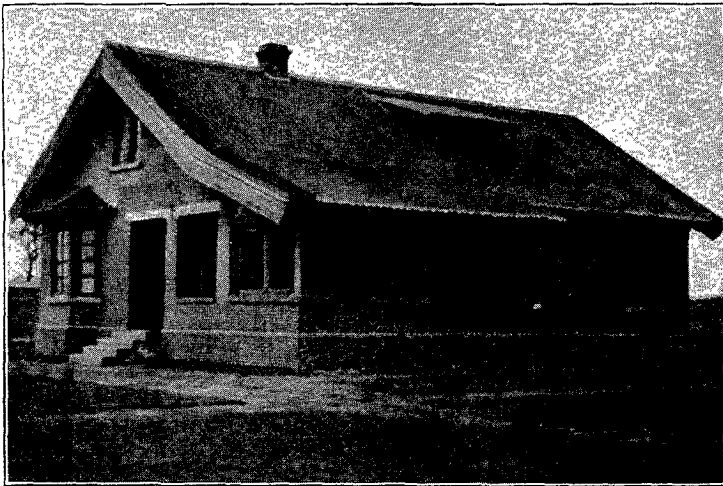
mer and winter and go with bare feet and limbs exposed to the cold, so have felt this epidemic very much. They are dying off so fast that the undertakers are kept busy. The hospitals and all available places for treating the sick are filled to overflowing.

China is like a child that has stopped growing, as all the surrounding improvements have no effect on it. To follow the carts loaded with grain as they jog along to a large flat piece of ground and then see the bunches of grain rolled over and over by a heavy stone roll drawn by donkeys going about in a circle takes one back to the time this method was used by our forefathers.

We are as happy as can be here, even though so far away from you all, because we are where the Lord needs us most and where we see so many places we can help. We ask the Lord to keep us from getting homesick. He can make us contented here as well as at home.

There is a great need for workers among the poor, ignorant Chinese. You should see the difference between the native converts and others we see about us, and yet they were the same just a few years ago. The gospel can change lives as nothing else can.

Now that the flags are up, which means that peace is again here, the time is ripe for the great latter rain to be poured out upon the earth. (Joel 2:23.) Pray as never before for the work and the workers that soon all may have been warned, the work finished and we gathered home never more to part.



The present mission compound and headquarters of our work in Manchuria.

A Visit to the West Indies

John L. Shaw

[This article is culled from a talk given by Prof. Shaw on a recent visit to Hinsdale.—Ed.]

I WAS asked to visit the islands of the West Indies to help our brethren there and look over the work. I think I will tell you of the trip I made down there.

I left New York by boat and after eight days out our boat came into the harbor of Port of Spain, which is the chief harbor of Trinidad and its capital. I was taken into the city by our workers, who came to meet us, and I was greatly surprised when I found it a very up to date city. Some Americans went in there who had some push and energy and put in the street cars and ice plant, and got the streets all paved with asphalt. I noticed that not only the streets, but the alleys were all covered with asphalt, and I asked how that was. I was told they had plenty of it there and would take me out to see it. So they took me out to see the asphalt lake, as they called it. It covers two or three hundred acres and they say they have never been able to make any change in the appearance of the lake. As fast as they take it out the lake fills up again. I saw one man digging down there in the lake in a little hole that seemed too small for a man to work in. I asked him how much he was paid for working down there and he told me sixty cents day. I said, "How many days have you worked in that hole?" He told me, and I said, "That is not a very big hole for one man to work in so many days," and he told me it filled up again as fast as he took it out.

They have a line of steamships that bring nothing else but asphalt over to America. They have scoops that come down on trolleys and carry about a ton at a time direct from the lake to the boat. That is the way we get a lot of our asphalt.

Holding a Meeting with Those People

Their custom for their meetings is different from ours. When they came to decide on the hour that I should speak to them they said five o'clock in the morning. I said, "That is early for me, but if it is your pleasure we will have it then," and

so we had the meetings then. They were always present and really enjoyed the meetings.

Some mornings I got there a little before five, but the people were there before me. I said, "How is this? When I go away the people are here and when I come back they are here." The minister said, "These people, many of them, do not have a clock or watch, and so when they wake up in the night they don't know the time, so just get up anyway and start for church."

Found True Hospitality

I went to stay with one family and they only had one bed and I was to stay there over night. I wondered where everybody was going to sleep. They said, "Now, that is your bed." They had made it up as nice as they could. I looked around and said, "I do not want to be inquisitive, but I want to know where the rest are going to sleep." I found they slept on the floor and had given me the only bed they had.

This family was instrumental in starting the work in that place. At one time their house was burned and they were stranded because of their poverty, and I said, "Hadn't you better give the whole thing up?" but they said "no, we have only one thing to live for and that is giving the Gospel of the Lord Jesus Christ." There is nothing else worth while. I found from others that the revelation of the Gospel in that family had made them missionaries for others.

We have a good work going down there in British Guiana. We have about seven hundred believers in that country, something like fifteen different companies. Some are South American Indians, some are natives, and some are English speaking people.

How the Work Started in British Guiana

You may be interested to know how our work took root down there. There was a brother working among the ships here in New York who would visit captains and place bundles of literature on the ships and

ask them to distribute this literature in the harbors where they landed.

He thus became acquainted with the captain who came down to Georgetown, and so asked him to take some literature down to Georgetown. The captain said, "I am not a missionary." The brother said to him, "But you can carry missionary literature, can't you?" So he finally prevailed upon him to take it. When they reached Georgetown he distributed the literature and said to himself, "Now I have gotten rid of it, so I guess I've done my duty." One man who got some of the literature took it home with him. He was taken sick. A lady came in to see him and he said, "There are some papers on the table a ship captain gave me as he said, 'There, I have fulfilled my promise.' I suppose there is something in them for us." The woman took a paper home and began to read it. She compared its teachings with the Bible and began to obey the Lord and soon there were six or seven other believers with her, and soon they had a company there.

She was so glad to get the good news that she folded the paper and sent it to another island to her sister, and several others read it and believed, and as a result we have seven hundred believers in British Guiana and three hundred in the Island of Barbadoes.

A Rough Gold Miner Converted

I learned something of how the work was going up in the country that was hard of access. I found the message had gone up into the gold fields, way up there in the country of perpetual snow, among rough men who did not seem to care for God nor man nor anything else in the world.

There was one man up there who had been a hard man himself, but somehow the Spirit of God rested on him and he said, "I wish I had a Bible to read." The men laughed at him and asked him if he was getting religion. He said, "I wish I had a Bible to study." They could not find any Bible, but one woman said, "If you are so anxious to read I have a book that says something about religion. You may have it if you wish." He said he would like to have it. He became so absorbed in that

book he did not want to do anything else. He went down to Georgetown and found our people down there and began to study and examine the Bible and was thoroughly confirmed in the message of truth for the time.

Went Back to the Mines to Get Others

After he had been down there for a time he said, "I would like to go right up there to the miners and sell this book. I think I can sell one to every man I meet." They told him all right, to go ahead. He started out with two or three boxes of books. He went up there and, of course, had had no experience. He started out and a woman came to the door of the first house he approached. He started in canvassing her and tried to sell one of the books. She was just getting interested in it when a man who had been in another part of the house heard what was going on. He said, "What are you trying to sell this woman?" He got angry and threw the book out on the street and then helped the man out of the house. The colporteur was not looking for anything like that and said, "Have I come up here for such an experience as this?"

He went to his house and got down on his knees and prayed. He went out again and the next person did not treat him that way. He sold several books. A day or two later he met the man who had thrown him out and spoke to him very nicely, but the man did not speak. In a few days he met the same man again in such a position he could not help but speak to him. It was very embarrassing to him, but the man said, "How can you speak to me after what I have done to you?" They had a talk and the man made an appointment with him for a Bible study. He finally accepted the truth and became a co-worker with this brother in the work.

A Leper Missionary

I was interested in another company up there. Near Georgetown there was a company of believers who were all lepers. It seems as though there was a believer who became a leper and they put him in the lepers' asylum and he began missionary work. I found a Sabbath school there of twenty-one members and most of them

were baptized believers. They told me of the offerings they gave for foreign missions. I did not know how they could give money when they earned nothing. They said, "You see, the government allows each one so much for tobacco, and as we do not use it we give that money to missions."

There is something about the gospel of

Jesus Christ when it gets into the hearts of men and women that leads them outside of themselves; it enlarges their horizon; it helps them to see the needs of other people and to give themselves to the help of their fellow men. Friends, that is what Christianity is wherever it is found and if it is filling your heart that is what it is going to do for you.

A New Year's Trip

Maud Wilson Cobb

Matron Life Boat Rescue Home

ON New Year's day I wondered what could be done to give part of the day to the Lord's work. About noon I called our Superintendent of Nurses, Mrs. John-

son, asking her if she could spare some nurses to visit Chicago and give some clothing to some poor people I had found. In a few minutes Mrs. Johnson called by



Mrs. Cobb and Members of the First Year Class Nurses Starting Out with Clothing for the Needy

'phone, stating she had five girls who would be ready for the 12:57 train. Our home girls were just beginning to eat their dinner, but, leaving that, each one followed me to the store room, where seven large bundles of children's and women's clothing were made up. These were placed in a box on a sled and a girl from a western college said, "Oh, Mother Cobb, let me draw the sled to the depot for you. I want to do something to start the New Year off in a right way." So away Mary started with the sled and box of bundles.

We had thirty-nine minutes to run to the fourth floor of our home, wrap seven bundles and go three blocks, over ice and snow to the station. There we met the nurses, who did not finish their dinner, but my girls had filled a bag with some food for me to eat and I divided with the nurses, so in forty-five minutes we were in Chicago and about forty minutes more on the street car brought us to the stockyards' district, and there we found house after house filled with half-clothed children.

A writer for the *Chicago Tribune* describes this district:

"A feeble sidewalk does its best to survive, but at intervals gives up in despair. There is no pavement. There is mud.

"Shacks varying from one to three short stories high straggle along the west side of the mudhole. Humanity that exists in the upper stories on state occasions reaches its habitat by wobbly stairs built gracefully in front of the buildings. For ordinary times it uses the back stairs, which are more dependable, if less artistic.

"A block or so north they pack cattle and sheep and hogs. In Bishop street the packing concerns human beings.

"They don't expect much in Bishop street; hence the lack of disappointment. They are not unhappy. They're used to it. And when anything special *does* happen they are about the happiest people to be found."

We had over fifty garments with us and in an hour every garment was given to some one that needed it.

In one home we found a mother very sick with pneumonia, three little half-

clothed children, a nine months' old baby clothed with no garment other than a little thin dress. The father had to stay at home to care for his wife, as no help could be found.

Another place we found a poor mother with six children, the father dead. The rooms were so dark we could hardly see to move about.

Another place we found a sick father and five children, with the mother in a delicate condition; they all needed clothing. Another place we found the mother had gone to church while the father was caring for the little ones. He was so glad to get the nice, warm clothing that he told the little girl to thank us and kiss our hand. This was done in three different homes.

In one other place we found a widowed mother and a crippled child that could hardly keep warm. How pleased the mother was with the new blue apron!

When we were ready to return to Hinsdale we were all happy. The temperature had dropped to about sixteen degrees below zero, but our hearts were warm with love for those we could help.

Thanks to our many LIFE BOAT friends who keep us so well supplied with good clothing. We write this that you may share the blessings, too.

OUR COMMISSION

"Many feel that it would be a great privilege to visit the scenes of Christ's life on earth, to walk where He trod, to look upon the lake beside which He loved to teach, and the hills and valleys on which His eyes so often rested. But we need not go to Nazareth, to Capernaum, or to Bethany, in order to walk in the steps of Jesus. We shall find his footprints beside the sick-bed, in the hovels of poverty, in the crowded alleys of the great cities, and in every place where there are human hearts in need of consolation.

"We are to feed the hungry, clothe the naked, and comfort the suffering and afflicted. We are to minister to the despairing and to inspire hope in the hopeless."—From "Ministry of Healing," page 106.

WORKING WITH GOD

MRS. D. K. ABRAMS

I look forward to Sunday morning with joy when our little band of workers come in from Hinsdale and I can go and work with them for the salvation of souls. My prayer is, "Lord, give us souls this morning; touch hearts and tender them by thy love and help them to give their hearts to Thee; help them to realize their need of a higher power than man to save them. God hears and answers my prayer and I know the Lord called me to this work."

It is a blessed work to come in personal touch with a lost soul and then to reach your hand through the iron bars and take hold of that sister's or brother's hand and tell them Jesus loves them and wants to save them if they will only be willing to let Him, and then to see the Spirit of God working to convict and convince of sin, and see them yield to the Spirit of God and get down on their knees and lift their hearts to God in prayer, and then to pray with them and hear them say, "*I will trust God*," and "*I am done with this old life*."

Many a man and woman thanks God today for the service which we hold each Sunday in the jail. It gets them to thinking about eternal things. Some song was sung or some word spoken that left its impression. Daily we are sowing seeds along the way; daily they are growing for the harvest day. Some have been more sinned against than sinning, and what they need is some one to come along their way and show them a way out of the life they are living. I am glad I can tell them Jesus is "the Way, the Truth and the Life: no man cometh unto the Father but by me," and "Him that cometh to me I will in nowise cast out."

They don't need to be told they are going to hell, or "the way of the transgressor is hard," and that the "wages of sin is death." They know this, but they don't know about Jesus, their Saviour, and that He has power to save and to keep us from sinning.

I am so glad that I know many a lost soul has found Jesus precious to his soul as a result of our Sunday morning service and has gone out to tell the story of redeeming love.

While getting ready to begin our service one Sunday morning a woman prisoner came to me and said, "Aren't you Mrs. Abrams? Don't you remember me?" Then she told me

how I had met her in her home and talked with her about her soul and gave her a LIFE BOAT. She was the last one I ever expected to see in a place like that. I said, "What can I do to help you and why are you here?" She said, "Pray for me." She wept all during our service and when the invitation for prayer was given her hand was raised. I knelt by her side and prayed with her and she prayed. I was glad I could comfort her and tell her about Jesus and how He loved her. I would help her if she would only give her heart to God. I believe God permitted that woman to get into jail as he has many others that she might learn the lesson God had for her in that experience, and that it might be the means of her soul's salvation, for that woman since she got out of trouble has called me on the 'phone and asked me to come and see her. I believe she will yet be saved in the Kingdom and I know she is sorry for what she did. God for Christ's sake hath forgiven her.

Another woman called to see me at my home who was a prisoner in the Harrison street station some years ago. We had prayer together. She gave her heart to Jesus at our jail service and now has a home and family and is faithful to the Lord. Where would these souls be if it had not have been for that jail service that morning? I thank God for the many jail services I have had a part in. I could tell of many, many others who have been led to accept Jesus as their Saviour as a result of our service in the jail.

It pays to hold jail services. Jesus says, "Inasmuch as ye have done it unto one of the least of these, My brethren, ye have done it unto Me." Matt. 25:40. Jesus here mentions two classes of people—the hearers of the Word and the doers—and what He will find at His coming. I want to be a doer of the Word, for true happiness consists in doing, not in what we say.

A juvenile officer from the Juvenile Protective Association called to see me about a poor woman I had known for years, but whose home was broken up. Three of her children died of influenza and the other three were being cared for in a home for children. The mother was sick and they were trying to raise money for her berth and other expenses to send her to her mother. The railroad company had given her transportation and they wanted me to help. I was only too

glad to help and the Lord used me to interest my friends and they helped. The Lord blessed and I was able to raise five dollars. Oh, I was happy to have a part in helping this poor soul! Then I prayed and asked the Lord whom I should go to for help and he put it into my heart and mind. As I went to them and stated the case none turned me away. God bless them and reward them. Another dear friend of mine who also knew this woman helped with her means and put her up a nice lunch. Just the night before she left Sister Cobb, matron of our home for girls, and myself called to see this woman and give her the money. Mrs. Cobb also gave her some money and helped her in other ways. Just before bidding her good-bye we had prayer together. You ought to have heard that prayer; it was from the heart. She was so thankful to God for what He had done for her. I thank God for the little part I had in helping this woman.

I have a class of boys in my Sabbath school that I love and have a burden for their souls, and as I teach them I realize the responsibility that rests upon me, for I can see if only the right influence is brought to bear upon them they will make earnest workers for the Master. I am praying that God will give me those boys as souls for my labor. But I have been praying and asking the Lord what He would have me do to help those boys to realize that they need the power of God in their lives to keep them from sinning and that without the power of God to make and keep us right our lives are a failure. So the Lord has put it in to my heart and mind to take one boy at a time with me to the jail service that they might see what disobedience leads to and get the lesson out of it. I have had some young men that were behind the bars tell that boy something about their life and what led them to take the first step and then go from bad to worse until their sin found them out. This was the result of sin. I thank God for the way the boys have expressed themselves on our way home. I would ask the boy what lesson he got out of this experience and he would tell me. It's the little things we do while young that grow on us. It's just step by step we go down the downward road that leads to prison bars. May this experience be a warning to them. Pray for my boys' class. Also remember me in your prayers. Also pray for our jail service, for it pays to sow beside

all waters, for "thou knowest not whether shall prosper, either this or that, or whether they both shall be alike good," Eccl. 11:6.

HUNTING FOR PEARLS

C. W. HESS

[Brother Hess, who is in charge of our Work Cure department of the Hinsdale Sanitarium, assists frequently in the jail services held in Chicago each Sunday morning. At our mid-winter convention Mr. Hess gave a report on this work which we publish here.—Ed.]

I would like to describe a little jail service such as we had this morning. We have no trouble in getting to our work. We are recognized as a company who are supposed to come on Sundays to do the work there, and they seem to be glad to see us. We go into a little room and spend some time in prayer, and then we go to the cells. In these cells we find men of different color, different nationalities, and of different religions and without any religion and we find all the way from twenty-five to seventy-five men in the cells. Saturday night seems to be a very favorable time to get many persons there because there seems to be more evil abroad that evening. They are held until Monday morning and then either sent on to some other place or dismissed, as the case may be.

These people are not always quiet and ready to listen to us. We find all sorts of conditions, some are singing, some talking loudly, and some swearing. We tell them we would like to hold a little service with them, get out our song books and ask them to help us sing. As we begin singing they are usually touched by the songs and quiet down. Singing is the greatest influence we can use in the prison. Sometimes they announce a song, whatever they like to sing.

When we first enter the jail it seems as if there were no chance for the Spirit of God to enter, but when the Spirit does come in it begins to touch hearts and then we can talk to them. We have drunkards, murderers and thieves and we must give to them something that will arouse in them a desire for a better life. We tell them that it is only by the grace of Christ that we are on one side of the bars and they are on the other. We try to get these

people to look up to God, telling them there is One who is able and willing to save.

A few weeks ago a bright man came in while we were holding service and said, "Men, three years ago I was a boy in this very cell, a drunkard with no home and no hope in God or man. I heard these people who are here today sing and pray; they called me their unfortunate brother; they awakened me to a new life today. I have a home restored to me; I have a position; I am sober and saved by the grace of God; I am helping other men to know God, because I believed all I heard that day. Men, I was in a worse condition than you are today. If He saved poor me, He can and will save you." Every man, 45 in number, knelt or bowed their heads in prayer. This man invited the men to attend a mission where many men are saved each night. We have many young boys to deal with who have committed their first offense.

Some day we will know the results of these jail services.

"Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungered, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me," Matt. 25:34.

A POLICE MATRON'S WORD OF THANKS

For many years women arrests of the downtown district of Chicago have been held in the Clark street station, but a few months ago a change was made and the women are now taken to a station on the south side of Chicago, where they are under the full care of women matrons.

A few weeks ago, in our service at this place, twenty-six women knelt in prayer. All felt the spirit of quietness and many wept. At the close of the meeting the matron said, "How glad I am for these meetings! This morning before you came some of these women were very rebellious and threatened to take my keys and make a rush to escape. Now I know my assistant

matron and I will be safe the rest of the day, for that spirit which you are leaving behind will remain with these women until they are taken to court. Sunday is our worst day, for places are raided on Saturday nights and more women are picked up from the streets. On Monday they are discharged or sentenced to the work house. Be sure and come back every Sunday. We need you." This same matron said, "I have heard your people talk of the last days of the world. I have been thinking about it. Do you believe now that the Lord will come very soon? Can the world get worse than it is now? I have been watching your work for twenty years, and I believe you are right."

A PEEP INTO THE RESCUE HOME LIFE

MAUD WILSON COBB

Our family during the past year has numbered over seventy-five. We have had some fifteen nationalities with us, besides thirty children who have remained from a week to a few months with us. We have had girls from all walks of life, the rich, the poor, the educated, the ignorant, some from good homes, some with no place to go, but all in need of sympathy and help.

The work of the Home is done by the girls and, as in any well ordered home, each member of the family is made responsible for some part of the work and is taught to do that work systematically, properly, and well. While there are all kinds of work to be done, from the nursery with its little people to the laundry and kitchen, the work is so arranged that no girl works beyond her strength, but is better mentally and physically than if she had nothing to do.

Evenings, the girls gather in the parlor and busy themselves with their needlework, reading, writing or music. There is a good upright piano for their use, and a library with good books, magazines and papers.

We often have some one to come and play some special music and recite. This is greatly enjoyed and appreciated by the girls. By ten o'clock all have retired and the house is quiet.

In addition to the daily family worship.

some one of our Bible teachers will come and hold Bible studies with our family. Many girls say, "It has been my first opportunity to study the Bible."

The tiny occupants of the nursery in their innocence and helplessness appeal to



Julia, Who Has Found a Good Home at Last.

the hearts of all. Visitors at the Home always beg the privilege of a peep into the nursery. The girl mothers are taught that not only are they responsible for the physical care of these little ones, but for the moral and religious training as well, and that they themselves must be strong and true to be able to guide the little lives aright. One of our girls married some time ago and writes, "I never supposed I could be so happy and contented. Baby is so sweet and strong. He grows more wonderful every day. He loves his father, and his father is so proud of him."

From the mother of one of our girls we received the following: "I do not know how to thank you for all your kindness to my poor little girl. She was always so kind and good. I thought before she came

to the Home she would never try to live above her unfortunate condition. I feared she might take her life. Now she has learned to trust God and begin life anew. She has a broader view of life's duties. Words fail me, but, oh, I do feel so grateful."

We want to express here our gratitude to the Hinsdale Sanitarium, especially to the doctors and nurses and managers of different departments, who each give us their time when we call on them. The managers give us advice, the doctors and nurses give us splendid care in all cases of illness in our family of girls and babies.

The object of the Rescue Home is to aid and encourage destitute, homeless and unfortunate girls and women, having been betrayed from the path of virtue, who are



Our Little Baby Who Was Sent to an Indiana Home.

willing to reform, and give a home to such until restored to friends or established in honest industry.

It is not difficult to save these girls. They have rarely fallen from choice. Many of them are mere children, some at the age

of fourteen—the age when other girls are playing with their dolls—they are holding a babe in their arms without even understanding the tragedy of it, and blissfully unconscious of the heartache and struggle that must come with the knowledge.

DO YOU KNOW—that the majority of girls who come to our home come because of a lack of early training; of unfortunate home surroundings?

DO YOU KNOW—that we not only shelter and care for the girls during the time of their greatest need, but that we strive to fit them for honest self-support and find suitable positions for them?

DO YOU KNOW—one single, sensible, just reason why we should not give these girls one chance to make good when we are willing to give the boy so many?

One of the strongest principles of the Life Boat Rescue Home is we endeavor to keep the mother and child together, for through love of her child comes courage and the incentive to do her best. The Home will try to keep each girl for at least six months, in order that the girl may get the full benefit of the uplifting influence surrounding her. There are exceptions to this rule.

Judge Graham of the Morals Court says: "The work of the Life Boat Rescue Home is of a character which should command the sympathetic interest and support of every good citizen. You and your co-workers have my best wishes for the fullest measure of success in all your undertakings in furtherance of the aim of the Home."

FOLLOWING THE BLUEPRINT*

PROF. M. E. KERN

I remember how interested I was when I first got the idea that God was thinking about me and that God had a purpose and a plan for me.

This idea of God's plan was vividly illustrated in my mind a few months ago when I heard Mr. Fritchie, whose home is in Bombay, India, speak in the great missionary meeting in Washington. He is an architect and builds some of the finest buildings of that land, which excels in fine

buildings, and I judge from what I could learn has become wealthy in his business as an architect. On one of his wedding anniversaries they had a family council and inasmuch as they had enough to live on for the rest of their lives they decided to run the business for the Lord from that time on. They set aside enough to keep the family properly clothed and fed and all the profits gained from the business year after year they gave to the Lord's work.

Among other things, he told of a building he erected in Bombay for the education and religious instruction of young men. A young Hindoo happened to come into that building. This young man had come to Bombay utterly discouraged and had decided that he would commit suicide. He left his country home where he was known by everybody and came to the great city with the intention of taking his life, where no one would be the wiser for it. But he came to this building and Mr. Fritchie was speaking and he heard him make this expression, "God has a blueprint of every one of your lives."

We know what a blueprint is—the plan the architect makes for the builder to follow. If the plan is followed the structure goes up according to the plan.

I often think of the old story of the architect of Brooklyn Bridge, one of the wonders of the modern world. He laid his plans, but took sick during the process of construction and his faithful wife carried to the builders the plans of the architect and the work went on without the presence of the man who had planned this wonderful structure. Finally the bridge was finished and he was carried on his cot to the place where he could observe it, and he looked it all over and then said, "This has all gone up according to the plan." So every builder wants his building to go up according to the plan, and the idea that was presented to this young man was that God was the great architect, the Creator, and that he had a plan for every one of their lives.

This young Hindoo said to himself, "If God has a plan for my life, then I ought not to destroy my life."

It would make a lot of difference in our

*From a recent talk given before the Hinsdale Missionary Volunteer Society.

thinking if we always stopped to remember that God has a plan for our lives. Our lives can only be successful as they follow the plan. I often look at my watch and say, "When is it a success?" Only when it follows the plan of its maker, so we are only a success when we follow the plans of our Maker.

So that young man got an idea by his happening into the meeting. Sometimes it is a book, sometimes it is a talk with a friend, sometimes in a meeting of this kind, some great truth comes to us that changes our lives. The Hindoo said, "I will not destroy my life," so he began to plan that he might follow God's plan, and the end of the story is that today that young man is in charge of the religious work in that building in Bombay. God marvelously wrought for this young man when he got the idea that God had a plan for him. So every one of us, as young people, should get that idea.

CLOTHING THE DESTITUTE

[As the first real cold blasts of winter arrived, our first-year nurses, led by Mrs. Cobb, sought out many unfortunate families in Chicago, who were suffering from the cold, and distributed to them several hundred pieces of clothing which had been sent in by friends of the work. Here is their report.—Ed.]

We have never known so continuous and insistent a demand for clothing as we have had this year. The cause for this is the price of clothing necessary for a family's comfort has risen more correspondingly than the wages.

We are very grateful to every one who has sent us clothing. Here is a list of the families who have appreciated the clothing that has been sent to us and that our nurses who are interested in city work have distributed:

The children of family No. 1 are: Lillian, aged 13; Esther, 11; Mildred, 8; Beatrice, 4. All are destitute of clothing.

In family No. 2 there are: Mary, aged 16; Rose, 15; Anna, 8; Francis, 6; Veronica, 4. The father of this large family is dead and the mother sick.

The mother and father are both sick in family No. 3 and there are two small children, Anna, 4, and Olanda, 2.

In No. 4 there are Anna, aged 3; Ella, 10, and baby, four months, with the mother just recovering from pneumonia.

In another family there was a girl of 13, girl 8, girl 7, girl 5. The father is in insane asylum and the mother hardly able to work.

In another home we found a baby, 4 months; little girl, 3, and girl, 10, all for a widowed mother to support.

Another home, where there were a boy, 7; girl, 5; boy, 9, and boy, 12, the mother has been a widow for four years.

We also found a seventeen-year-old girl, and a little sister of three. The girl is trying to care for this child, as the mother and father are both dead.

We found another widow woman with a girl of six, a girl four, and a baby boy of two, making nine homes in all which we visited.

We have been able to supply these people changes of comfortable clothing. If our friends will only keep us in mind who have any extra clothing to send, how gladly we will distribute it. We also were able to send many garments for children from four to eight years of age to a Protestant Orphan Home that was over-crowded. We feel so thankful to be able to give this clothing. All the garments were clean and many were new. I wish our friends could have been with us and heard the glad cries of joy when these garments were laid out. One little Italian widow with her group of black-eyed children about her clapped her hands with joy, crying:

"Oh, nisa cap, nisa coat, all righta for my Angelo, my Angelo, my fina boy. Good so lika his pa. Biga eye, blacka hair, biga shoulders, biga man some day. So gooda, sella papers, bringa money to his ma. So biga lovely blacka eye. My Angelo. He, father to Pedro, Ferdinando and Mary. God so gooda. I locka my door nights and pray God keepa my Angelo, my Pedro, my babies. He gooda God. I no cry. I singa to-day, so glad."

Those big black eyes showed her appreciation as she kissed my hands. She looked very proud at her little Mary dancing around the room with a bright red hood that some of our good friends sent to us.

We have spent a great deal of time since New Year's day visiting these many poor children and mothers. In one neighbor-

hood we found fire had burned out a large tenement house. Several families had no clothes, only their night clothes, and stood in the cold street, with a temperature 19 below zero. We have been able to furnish some clothes for all these families. One gray-haired woman of 74 years of age lost everything she had in the world but her night clothes she had on. How glad we were to find just what she needed just as though they were made to fit. She thanked God with all her heart and said: "How good God is in our extremity."

Another widowed mother with six children, the oldest twelve, and youngest one month, cried as she kissed our hand, and said: "I could only feed them. I knew nowhere to



Scene in Tenement District of Chicago.

find clothing. Now my poor bare-footed children will be so warm and comfortable." A few days later we visited this family. The ironing had just been done. The little well-ironed and starched garments hung on the clothes bar, showing the care she had given the clothing we had brought her.

Although tired at night, we remember the little prints of bare feet we followed in the snow to the door of a humble little home where seven children were being cared for by a widowed mother. Five of these children were bare-footed. How thankful we were when we laid down in our comfortable beds to know that on the morrow those little feet would be covered.

Now, dear friends, remember that our stock room is about bare. We have given

away some 550 garments at this time. Remember all these little ones will soon need more. We know each one is worthy, and this is only a part of many more our city workers are looking after at this time. You can see by the faces in the picture each one is happy in her work.

Donations of clothing for which we are grateful have been received from the Needlework Guild of America, Oak Park Branch, and from our friends from Oregon to Texas. Someone from nearly every state has sent us from a small bundle to a box. We can well remember that we have given away thousands of garments this last year. Each one has been cared for as we have reported in this article. We thank each one personally, and ask to be remembered in the future.

THE LONESOME PEOPLE

They are the lonesome people
Who sit in their greed apart,
Solely selfish and centered
In their own gray heart.
They are the lonesomest people; and pity them,
Father of all,
That they give not even the blessing of a flower in
the crannied wall!

They are the lonesome people
That have no moments of life
To forget their own poor burden
And think of another's strife.
They are the lonesomest people, remote in their selfish day,
With nothing but "me" to consider—poor vessels of clay!

They are the lonesome people
Who, moving amid the throng,
Can take no part in the singing,
Responsive unto its song.
They are the lonesomest people who gather from life
no rose
To lay on the lips of sorrow or soften the ages' blows!

They are the lonesome people
That cannot even with sight
See over their utter darkness
The burning spirit of light.
They are the lonesomest people that, wrapped in their petty care,
Forget that the world with its sorrow is waiting in sympathy there!

They are the lonesome people
That are merely living to live,
With nothing at all to scatter
And nothing at all to give.
For they only give who are giving self and the soul
that flings
Itself into the empty chalice that the suffering comrade brings!

—Folger McKinsey, in *Baltimore Sun*.

Have you asked your friends to subscribe for THE LIFE BOAT?

A REMARKABLE STORY OF REDEMPTION

MAUD WILSON COBB

On the last day of December it was necessary to go into Chicago in answer to a 'phone call from the state agent who visits all hospitals and institutions in the interest of the state. Our records have to be investigated concerning the babies that are wards of our institution. We are thankful to know the State Board is satisfied with all the homes found for the children born in our Home.

The state agent spent a few hours and had dinner with us a few weeks ago, and visited every room in our house and was well pleased with the condition throughout the Home and the condition of health of all the family. No disease, not even one case of influenza has been in the Home, and we have had no death of an adult in the nine years that the Home has been operated. I am thankful our home has been so blessed, and all our friends will rejoice with us.

On my way home that night I thought of the year 1918 that was leaving us and what a wonderful year we have had. I wonder how many souls have made their peace with God? Passing near the Pacific Garden Mission, knowing they would have a special meeting, I stopped and listened to some beautiful songs sung to awaken the souls of men and women. The mission was crowded to the doors, men and women from all stations of life were there. When they began to testify what God had done for them it would have convinced any one that the mighty power of God is at work. One man gave a wonderful testimony.

Here Is His Story:

"Twenty-two months ago tonight I was a drunkard. I had not been sober for months. In my boyhood days, being the only son, my parents favored me until I was fourteen years of age. I had not caused them any shame, although I did not like to obey. I was not allowed to stay out later than nine o'clock at night. But, fathers and mothers, do not forget, much harm can be done before nine o'clock at night. Near my home lived a boy whose father was a

drunkard. This boy would go every night for a can of beer for his father. At first I would only walk to the saloon door with him. Later I would go in. At last we both would take a sip of the beer. Thus I learned to love the taste and finally I wanted more than the sip.

"I began stealing money from my parents, and later I stole from the store tills, and each evening this boy and I would have a can of beer. At last the thirst came for whisky and then cigarettes. I stopped kissing mother good night, but I was always home by nine o'clock.

Caused His Mother Sorrow

"At fifteen years of age I left home one night and rode away in a box car. The shock turned my mother's hair white as the snow. I had my hand in every pocket I could reach and never was caught. It would have helped me if I had been caught. At last I was so ragged and dirty and looked so unkempt I could not come near people who had money. Then I began begging at back doors. At last I grew homesick.

"One day, near a college campus, some students dressed me up in a long-tailed coat and a derby hat that rested on my ears. I had on outside clean clothes, so I started home and in that condition one night I stood at mother's door. Oh how glad she was to see me! Mother thought my wanderings were over, but again I left and for twenty-one years I wandered far from home. One day, while sober, I met a girl, whom I loved and wanted. She tried to reform me by marrying me.

"If there is an unmarried woman in this hall, I tell you never marry a man to reform him. You can not do it. Only the power of God can do it. I made her heart bleed. Only nine months did I keep straight. Then I drank heavier than ever. She would not forsake me. Her people turned her down. Many times her feet were out of her shoes, her dress torn and ragged, but she loved me and prayed for me. Two beautiful children were born to us. One with my mother's face. It used to make me feel ashamed to stagger home to those poor little ragged, hungry girls, half of the time bare-footed. I could

straighten up a short time only to steal enough to get on another big drunk.

"About two years ago it seemed as though a strange spell came over me as I sat in a lodging house. From under my window came the voice of a Salvation Army lassie, singing "There Is Power in the Blood." It struck a tender cord. I felt homesick for mother and home. I thought of my wife and my girls, sixteen and ten years of age. I received a letter from my wife a few days later stating, 'Come home. Billy Sunday is in town and our oldest girl has given her heart to God. She wants to see you saved.' I did not believe in Billy Sunday's religion. I did not go home. Yet only when in a whisky fit would my mind be away from home. I began to hunt for new places. I would lean against a mission door and listen to the singing.

Remembered the Man and His Prayer

"One day, in a rush to hide from a man I had stolen from, I opened a door I thought was a saloon and there I found an evangelist teaching from a chart hung on the wall. That man led me to a chair and persuaded me to get on my knees, and oh the prayer he prayed for my soul. But I did not give up, and went directly next door to a saloon and got more whisky to satisfy that eternal craving. However, I did not forget that man nor his prayer. I reached home at last and went to hear Billy Sunday. I still believed him a grafter. I went to a Salvation Army meeting, but would not give up. I met a man from the Y. M. C. A. in one of the meetings. His eyes seem to pierce my soul.

Caught in the Net

"In my restless wandering one day I entered an office and there sat that Y. M. C. A. man. I tried to reach the door. He beat me to it, locked the door, made me get down on my knees, and men it took less than fifteen minutes for me to give all that was left of my poor wasted life, bleared eyes, whisky nose, sore faced, bloated body and hungry soul to God. What a gift to give in place of what it would have been if the devil had not ruined it; but God took it and gave me a clean heart.

Cleaned Up Physically and Mentally

"For twenty-two months not a piece of tobacco, nor a drop of whisky, not an oath, have passed my lips, my children and wife are clothed, my expenses are thirty dollars a week. God cares for them. Today I am in the Moody Bible Institute preparing to spend the rest of my life in God's vineyard. My brain is clean now and I am able to audit the books for some of the largest business concerns in the state of New York. To look at me one would say that man has never been intemperate. My looks deceive my age. I do not know why God has so mercifully taken every trace of sin away, for He has cleansed my blood, my skin, and made that swollen, red whisky nose a normal one, but God knows what my mother, my wife and children needed and had prayed for, and tonight I stand before you as the greatest miracle that I believe God ever performed. He followed me and at last saved me, and by His grace a new creature stands before you to proclaim him all in all. Every desire except to do His will is gone. I am a new man in Christ Jesus, and I know He will give me eternal life."

A LETTER OF APPRECIATION

FROM AN INDIANA PRISONER

"Your letter of Dec. 25th at hand, which I received with much interest. Also I am glad you have remembered me as you have. And I am quite sure that same shall not go unnoticed by me and as God is just He shall also reward those who are the author of such good and kind acts, for such people in this big world of ours are the means of placing a person at the point where they realize the importance of living a true Christian life and strive for the betterment of mankind, and in such a case life is a pleasure to all you come in touch with, as well as yourself.

"I will say, the Christian life is the only life worth living after all, so think of me often and a simple word of prayer will help me along those lines. You may send me anything you wish except a Bible, which is furnished here. Accept my thanks for your interest in my spiritual welfare."

NOT BY COMPANIES BUT BY INDIVIDUALS

J. G. LAMSON

"Associate yourselves, O ye people, and ye shall be broken in pieces; and give ear, all ye of far countries: gird yourselves, and ye shall be broken in pieces; gird yourselves, and ye shall be broken in pieces." Isa. 8:9.

The first eight verses of this chapter show that the Lord had sent plenty of messages to the children of Israel, but they had refused the waters of Shiloah, they had refused the blessings that were over them and had turned their hearts constantly and intentionally away from God and His purposes and as a consequence the Assyrian army was brought upon them as a punishment. After that was promised they said, "We will associate ourselves together and make treaties of peace with Egypt and when Egypt sends up her armies, Assyria will not be able to do anything. The Lord knew they were going to do this sort of plan and this is the language He sends to them:

"Take counsel together, and it shall come to nought; speak the word, and it shall not stand: for God is with us. For the Lord spake thus to me with a strong hand, and instructed me that I should not walk in the way of the people saying, "Say ye not, a confederacy, to all them to whom this people shall say, a confederacy; neither fear ye their fear, nor be afraid." Verses 10 to 12.

So when the prophet is walking around through the land and the people would say, "Preacher, let us make confederates with these people down in Egypt and they keep us from the people of Assyria" he was not to say:

"A confederacy to them that say a confederacy, neither fear ye their fear, nor be afraid. Sanctify the Lord of hosts himself; and let him be your fear, and let him be your dread. And he shall be for a sanctuary; but for a stone of stumbling and for a rock of offence to both the houses of Israel, for a gin and for a snare to the inhabitants of Jerusalem. And many among them shall stumble, and fall, and be broken, and be snared and be taken. Bind

up the testimony, seal the law among my disciples." Verses 13-16.

Now let us make the application for the present time. Just as truly as back there the Lord had sent messages to His people that they were to behave themselves and get right, just so He sends the messages now. Just as back there they tried to figure out some other way that they would be able to enter a confederacy, so just now there are a great many of His professed people that figure that they are going to get their strength by associating together by big organizations and by a strong pull along legal lines. There is great danger.

If there is one thing that is true above another it is we are not saved by others or by churches. And we are not saved by *law*. It is an individual proposition. I am not saying that church or organizations are wrong. There must be organization to carry on the work, but we cannot depend upon machinery to perfect our individual character. Our hope of salvation depends not upon our great associations, but upon our individual acceptance of Christ; and the great danger is that we will depend upon these associations and be in that class which the Lord in Revelation says, "I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor and blind and naked;" Rev. 3:17. It seems that we have the gold of the truth and we have the denominational system of tenets and we are all right. We know not that we are absolutely naked, wretched, blind. I am not able to conceive a more horrible condition than to be blind and wretched and then not to know it, and yet the Lord Himself says that would be the condition of a great many of His people in the last days, in the last church of this period.

It is the individual perfectness of character that is going to gain the individual glory and no confederation will ever do it. Though we be a Job or a Daniel, we can save neither son nor daughter, but ourselves only.

When I was little I had a little rocking chair. When prayer meeting came to our home I used to get that little chair and go and sit down between old Brother Blank

and his wife. I had it in my heart that the Lord was soon coming and if I could get in between this couple—they were saints—I would get to heaven with them; but the Lord tells us Himself, "Then shall two be in the field; the one shall be taken and the other left. Two women shall be grinding at the mill; the one shall be taken and the other left." It is not by getting into the crowd that we are saved, but by getting right with God ourselves. The crowd goes down the *broad way*.

Now why is it that God says He is going to be a sanctuary to one class and a stone of stumbling to a lot of others? The one thing that is going to make a class of people exceedingly strong is going to be the thing that makes others go wrong. What is the thing that is going to do that? "*The straight testimony of the Living Witness.*" That straight testimony is going to be the stone of stumbling to some individuals and a sanctuary to others. Is it going to be a sanctuary to you or a stone of stumbling?

"And many of them shall stumble, and fall, and be broken, and be snared, and be taken. Bind up the testimony, seal the law among my disciples." Isa. 8:15, 16.

Is there to be a time of sealing among God's people? When that takes place our

characters are not going to be like the waves of the sea, up and down, but settled. We are desperately close to the time when the Lord is going to start that work among the living. It is time that our lives be brought into harmony with God, growing into peace with Him, growing into such a condition that He is our sanctuary.

WANTS A GOOD BIBLE

Each year we send the prisoners with whom we are in correspondence a Morning Watch Calendar to encourage them in daily Bible study. We received this reply from one man in Indiana:

"I thank you for sending the Morning Watch. I will try and study it and make a man of myself. I did not pay much attention to the one that I got last year, as I did not have a Bible that had large enough print. I would like for you to send me one if you can with a concordance, so I can find what I want in a little while. I will try and read it every day and also study the Morning Watch.

"You do not know how much I miss THE LIFE BOAT. I would like to get it again, but I have no money. If you have any extras that you do not need, I wish you would send them to me."



TESTIMONY OF A REDEEMED MAN

[Mr. Harry Mitchell, who was redeemed by the blood of Christ and was an active worker in THE LIFE BOAT mission in the days gone by, renewed his consecration to God a few months ago and with his wife promised to obey all of God's precepts. He passed away soon after. This article, which his wife found after his death, was handed to the editor for publication.—Ed.]

An expert criminologist whose name we withhold affirms that he delved so long into the why and wherefore of human wickedness that he himself has taken to the life of an outlaw. He qualifies this statement by saying that this was his natural bent, and had he no criminal tendency, he would still be honest.

He was arrested for forging a \$20 check, his second offense, and he made the following remarkable statement:

"I'm a natural criminal. I couldn't be otherwise if I chose.

"I'm a living example of a man with criminal instincts highly developed. I couldn't be straight if I wanted to.

"I studied criminology for nine years and went deeper into it than most men have. Nearly all the men convicted of crimes are criminals by nature. They really are not to blame for what they do. My own case shows that. I had no need or excuse for criminal action, but I had the trait in me and it had to be gratified.

"If a man is a criminal it will come out in any environment."

This statement was made by a man who is conceded to be an authority on the subject of criminals and their reformation.

Now, it is a well known fact that when a statement is made by a man who has a reputation for knowing what he is talking about, it will be received without a question by eight out of ten persons; especially by those who know absolutely nothing of the subject spoken of.

For example, we are told that it is possible to communicate by telegraph without wires with vessels far out at sea, and the vessels can and do communicate with each other in like manner; also that communication is maintained easily with points hundreds of miles in the interior of the country. We know nothing of how this is done; we could not tell someone who had never heard of it so that they would know anything about it, yet we believe it

is true, because we have been told of it by men who have a reputation of knowing what they are talking about.

Now friends, this is all well and good, so far as it goes. I am not going to take an issue with any man on what he does or does not believe, as it makes absolutely no difference to me one way or another.

But I want to tell you that a man came to me one time when I was suffering the pangs of bitter remorse while recovering from a protracted drinking bout, and told me that if I would only "accept Jesus Christ as my Saviour he would take away my troubles and burdens and make me free." But I was very much grieved to think anyone would place such a low estimate on my intelligence as to think I would listen seriously to such a proposition. I was willing to believe anything some learned electrician or astronomer or doctor would tell me, but in my egotism I would not even listen seriously to anything a Christian had to say.

Friends, it actually seemed foolish to me for any person to say that Jesus Christ could or would do anything for me if I would only let him. And the majority of the people to-day are just as I was at that time. They will believe anything and everything rather than the word of God. And it has always been so. Paul makes it plain in the first epistle to the Corinthians, second chapter and fourteenth verse: "But the natural man receiveth not the things of the spirit of God, for they are foolishness unto him; neither can he know them, because they are spiritually discerned."

Now, let us go back to the criminologist's statement: "I'm a natural criminal. I couldn't be otherwise if I chose." What an awful confession for an educated man to make! What an awful condition for a human being to get into! And to me it is absolutely incomprehensible that a man so well-educated and well read as is this man would allow himself to drift into the condition that Paul speaks of in the book of Ephesians, 11:12. "That at that time ye were without Christ, being aliens from the covenants of promise, having no hope and without God in the world."

I was in the same condition, but it was

because I had sunk so low through the awful appetite for whisky that I was not to be considered in connection with this learned doctor.

The thing which is so surprising to me in this connection is that men will not look into the subject of Christianity and investigate it when there are so many miracles being performed right among us every day. Just think of how many men and women you are personally acquainted with who have been lifted out of the very depths of degradation and sin by the power of the blood of Jesus Christ.

I am proud that my conversion followed very quickly after I began to investigate. Oh, my friends, begin to-night an investigation of His precious word on your own account. I can guarantee that the more you study the word of God the happier and better you will be.

There is another thought which this learned man's statement brings to me—it is the impossibility of his reforming. He says: "I couldn't be straight if I wanted to." To be candid, I have very little faith in reformation, because anything in which a man has to depend on his own strength is very weak, even when we have a strong man. I am sure that in my own life no reform could ever have lifted me high above the old life, nor held me for very long, because the devil had too great a hold on me. That is a very plain statement, friends, but I am not trying to disguise facts nor dress sin in gaudy attire, but to apply truths in such a manner as to reach some poor heart and turn him to God. I am a living testimony of God's power and willingness to save a drunkard—whatever I am to-night I owe it entirely to Him.

Jesus tells us in the book of John that "All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out." Now, as we have His promise that He will in no wise cast us out, it is very plain that He will take us in, and when He does that we become His own and are regenerated or born again. Paul says: "Therefore, if any man be in Christ he is a new creature; old things are passed away; behold all things are become new." Jesus tells us: "That which is born

of the flesh is flesh; and that which is born of the Spirit is spirit.

There is the difference in reformation and regeneration, and if the learned criminologist will just give God the opportunity he will get what I have gotten and will find something new in the world to live for.

I have no fear of contradiction to-night when I tell you that I am as positive in my statements as any professor of anything ever was. I have not told you one thing which I believe, my friends, but that which I have *tried* and proven for myself. The second time I was approached by a disciple of Jesus Christ, the same statement I had considered foolish before, I thank God the message this time went straight to my heart. My condition was much different and I know why. I had a friend, a man who is very spiritual and who stands close to the throne of God who had prayed for me without my knowledge for two long years. God, in answer to those prayers, put my heart in condition to receive the message when it came. Oh, friends, when the opportunity is given you to ask for the prayers of Christians, do not be ashamed. You have nothing to lose and everything to gain. Whatever God has done for any person He is only waiting for you to ask and He will do as much for you. He says to you: "Come unto me, all ye that labor and are heavy laden and I will give you rest." That is what I did, I got down on my knees and poured out my heart to God. I did not give him a part of my heart; my surrender was complete. I got up from that prayer a saved man, a man who had been forgiven and I was not only saved, but have been helped ever since. I do not crave for whisky and I love my neighbor. Oh, it is so easy to do right when God is back of you. I love Him more and more each day I serve Him.

IT HELPED HIM

FROM THE STATE HOSPITAL IN OHIO

"Above all things, please send me *THE LIFE BOAT*, as I have not seen one for two or three years. I must say that I truly love that little magazine. When I was receiving it from you it helped me very much."

A BIBLE BROUGHT PLEASURE

A man recently released from the Montana Penitentiary writes to thank us for the Bible which we sent him recently. The men behind the bars appreciate the interest and encouragement of others.

"I am anxious to thank you for the Bible which I received on New Year's day. It was the most precious New Year's present that I have ever received. Am very thankful to you indeed. I shall make good use of it. This is a most beautiful, bright, sunshine morning, an ideal day. How thankful I am to God for His goodness. He is blessing me with health, a good position and strength to perform my duty. Praise forever and ever to Him. Please let me hear from you when convenient. You are my only true friend."

WANTS MORE TO READ

One of our brothers in bonds writes from Wethersfield, Conn.:

"I received the Morning Watch Calendar which you sent and I like it very much. I am living up to the good principles which I am reading about and am praying daily that I may have a home in heaven. Please send me some more reading matter, as I like to read it."

Too many folks try to serve God in a way that only makes a hit with the devil.

A man is seldom square who constantly boasts about it.

WOULD BE GLAD TO HAVE THE LIFE BOAT

"I am studying the Morning Watch you sent me. I would like to have a Testament or a Bible of my own to look up these texts in and would also like to have you send me THE LIFE BOAT every month. I have no money to send for it myself."

A JUDGE'S VIEW OF OUR WORK

The judge of the Morals Court, with whom we had had dealings, called on the mayor in our behalf regarding holding services in other jails in the city, thirty-two in number. Judge Graham told the mayor our work with the women could not be better, that he had parolled quite a number of women and girls to us, and our reconstruction work was the very best and every woman had made good that had been under our care. The mayor sent his secretary to the chief of police and ordered him to give us a permit to work in any jail we chose, and our work should be given every consideration, for his secretary had known of it for over twenty years.

We believe in these days of trouble, these men, judges, mayors, police men and police women, many of the city officers and many of the inmates will be our friends, because we have talked to them of Christ and His power to save, and the motive we have of doing this work.

The medical missionary is a missionary and a half.—Robert Moffat.

Who Will Join Us in This?

Can a greater and more needy gospel field be found than the large army of men and women who have been so unfortunate as to land behind the bars? That there are aching hearts behind the bars we have discovered through sending The Life Boats into these places. We have found many a soul, who, on seeing the light, has accepted Christ as his Saviour and has been led to rejoice in Him. The Life Boat comes to them as a real life saver.

We want to visit the penitentiaries again this year, as we have every year. The May number will be our special prisoners' number. We want to send thousands of this number into the prisons. To do so we need your co-operation. Will you join us in this effort? You may have a hundred dollars that you have promised to give to the Lord's work; why not use it to send The Life Boat into the prisons? If not that much, perhaps you can send less. Ten dollars will send 250 copies. Nearly everybody can spare at least five dollars. May we hear from you?



EDITORIAL

EDITORS:

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

MOUNTAIN TOP EXPERIENCES

While in Southern California this winter we climbed one of the mountains near Loma Linda, where we were stopping. We motored up a part of the way, then left the road to get a taste of real mountain climbing. With a stick in hand we climbed up over the rocks and sand, finally reaching the summit. The rest of our party who came on by auto joined us there and we rested and lunched at a point called Skyland, overlooking the valley with its beautiful orange groves and palm trees and still higher mountain peaks in the distance. Oranges and flowers and gardens were growing in the valley; snow and ice were in evidence on the mountain top.

While standing on this high point, so far removed from civilization, so high above the people of the valley and so near the sky, we thought of some mountain top experiences recorded in the word of God.

I can see dear old Abraham, staff in hand, and his obedient son Isaac at his side, climbing up the trail on Mt. Moriah. That was a long and troubled journey for the Lord had told him to go up and offer up his only son as a sacrifice to God. Never did anyone climb a mountain with a heavier heart, for he loved his son, yet he trusted God to bring a blessing out of the experience in some way.

When the Lord found that Abraham was ready to obey him, to please him more than anyone else on earth, then the Lord stayed his hand and not only saved his son, but pronounced a blessing upon Abraham such as no one on this earth has ever received since that time, and God told him He did it "because thou hast obeyed my voice." Abraham gained a victory that day and he brought something down from that moun-

tain top that he did not take up with him and he was better able to lift up the people of the valley as a result.

The Lord met Moses on Mt. Sinai and gave him the law of ten commandments. It was on the mount of transfiguration that Christ communed with heavenly beings and then came down and did a mighty work in the valley. It was in the quietness of the mountain solitude that our Saviour spent many nights in prayer, and this was the secret of his days of miracles and blessing to suffering humanity.

Every Christian should have his mountain top experiences—his time of quiet communion with God and his moments of victory. But not all the time must be spent in the mountain for the needy multitudes are in the valley and there is where the Christian should work.

As we stood four thousand feet above the sea and saw the valley below with its teeming thousands we thought of the experience of Bible characters who had gained spiritual strength from a trip to the mountains and there we asked the Lord to come more fully into our life and help us to lift others up to a higher Christian experience.

Another thing we noticed: enterprising business men have made use of the mountains to publish their business. On one mountain we saw the figures "57." advertising Heinz' "57 varieties." And some zealous Christians have published the gospel on the mountain roads by posting up signs such as, "Get right with God," "Jesus is coming soon," and a host of other striking statements.

We are reminded of the text in Isa. 52:7: "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace."

C. L. C.

HAVE YOU DECIDED YOUR FUTURE WORK?

If not, please stop a moment and think and ask God what *he* wants you to do. If your decision cooperates with God's plan for your life then you will be a blessing and will be blessed.

The needs of humanity should appeal to us. The world needs to-day unselfish, consecrated service, service which is not tainted with personal ambitions or personal honor or commercialism.

The medical missionary work offers an opportunity for just such service. You go to people with the ability and training to do a two-fold service, that of healing their sick bodies and binding up aching hearts. The recent epidemic of influenza has demonstrated the great need for the truly consecrated nurse or medical missionary.

Why not prepare yourself to fill this great need? At the Hinsdale Sanitarium is offered an excellent opportunity for such training. Write us for further information.

Our next class begins in July. We are accepting applicants now.

Address Dr. Mary Paulson, Hinsdale, Ill.

WHO DWELLS WITHIN?

"Christ is sitting for his portrait in every disciple. Every one God has predestinated to be 'conformed to the image of His Son.' Rom. 8:29. In every one Christ's long suffering love, His holiness, meekness, mercy and truth are to be manifested to the world."

Our lives and our faces reflect more or less the image of the one who dwells in our hearts. If Christ *abides* there, a spirit of love, holiness, meekness, mercy and truth will be portrayed to all the world. What a great opportunity! Poor, weak, sinful creatures that we are, privileged to have Christ, the honored son of God, sit for his portrait in our lives!

C. L. C.

TWO FOREMOST AMERICANS GONE

Since the last LIFE BOAT went to press, word has come of the passing away of Theodore Roosevelt and Evangelist J. Wilbur Chapman—two men who have been so prominent in American political and religious life respectively that they need no

introduction by the editor of this magazine. Roosevelt was first of all an American, and America loses a statesman, an explorer, a writer and lecturer and a man who could "do things" in his own characteristic way.

Dr. Chapman, who with Chas. M. Alexander, stirred this and other countries with his campaign of Evangelism and who has written a large number of religious works, will also be missed.

Both of these great men have left many "Footprints on the sands of time," and they are reminders to us that *now* is our opportunity to *make* footprints that perhaps will guide others in the way.

C. L. C.

WHY STOP HOOVERIZING?

If Hooverizing was a good measure healthwise during the war, why stop it now?

During the war we were made to live the simple life and we benefited in many ways by it. We learned that we could dispense with many of our luxuries and be better men and women by so doing.

We learned to Hooverize our food, to Hooverize our dissipations, our time, our expenditures in every way. We were determined to eliminate the non-essentials and we concentrated our efforts on the essentials of life. By this means we were enabled to accomplish more than ever before in the same length of time.

Keep on Hooverizing and we will become a more productive, thrifty, healthy people.

M. W. P.

THE LIFE BOAT A GOOD SELLER

One of our LIFE BOAT workers writes:

"I sold 1,350 copies from Wednesday until Monday. Some days I sold 300 per day." Other workers have done nearly as well. If you have never tried selling THE LIFE BOAT why not try now? Write us for particulars.

C. L. C.

NEWS HERE AND THERE

Mr. Leaton Irwin of Quincy, Ill., is renewing old acquaintance at the Sanitarium.

Rev. Mr. Ferguson of the St. James Episcopal Church, Hinsdale, gave an in-

teresting and inspiring talk to the Sanitarium guests New Year's day.

Miss Mildred Knowles of the class of 1913 has returned to the Sanitarium to answer some of the many calls for the help of nurses. She is now working in the city.

The Hinsdale Sanitarium is now installing a fine private ice plant which will provide for all the refrigeration needed by the Sanitarium.

Eld. J. H. Schilling, ex-president of the Chicago Conference, S. D. A., and now missionary secretary for foreign languages in the United States, was a guest at the Sanitarium for a short time in January.

Miss Mary McCowan of the Chicago Normal School, who has spent many years in teaching deaf children to talk and to understand the spoken language by what is popularly known as "lip reading," gave a very interesting demonstration and lecture in the parlor one evening last month. The guests showed their interest by many questions. Miss McCowan is a patient at the sanitarium taking a much needed rest.

Two very interesting departments of sanitarium work which are not often mentioned, but which, nevertheless, are doing their full share to bring back health to those who are seeking it at Hinsdale, are the gymnasium and the work cure. The physical director, Miss Yeakle, gives public instruction and demonstrations in the gymnasium, and also private counsel and help to many. Mr. Hess is in charge of the "work cure" department, where patients who want to get away from thinking of their ills may have the opportunity of engaging in some form of interesting and educating and health giving labor. This is offered in many different lines—basket weaving, pyrography, wood turning, sawing, cutting, carving, metal working, rug weaving and many other interesting trades.

Immediately following the mid-winter convention the denominational teachers in the common school grades met for a teachers institute at the Hinsdale Sanitarium. About thirty were in attendance besides the instructors. Subjects of extreme interest to teachers were considered daily from January 2 to 6. Among those present and taking part in the program we

notice the names of Prof. Clifford Russell and Prof. Grover Fattig of Berrien Springs, Mich., secretaries of the Lake Union Conference; Miss Dorothy White, head of the Normal Training Department at Emanuel Missionary College, and Mr. John McConnauey, home missionary secretary for the Lake Union Conference. Besides these were leaders in the Hinsdale Sanitarium who assisted in the presentation of papers and discussions of questions interesting to teachers. The institute was favored by visits from a representative of the Palmer Penmanship School, and Chicago Normal School and their help was greatly appreciated. Prof. J. G. Lamson gave a stereopticon lecture on "The High Lights in American History," which served as a review in that important subject. A reception tendered by the sanitarium; community singing under the leadership of Messrs. McConnauey and Russell and other inspiring and pleasurable events made up the balance of the program.

Have you enemies, those who hate and abuse you? Then you have a golden opportunity of obeying Christ and manifesting His Spirit by loving them and doing them good.

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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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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.

"Alone With God"—One of the choicest little books on the market. The author, Matilda Erickson, has endeavored to help all Christians, and especially the young, to get more intimately acquainted with their Saviour. Rich, terse sayings from men and women who have had a long and intimate connection with God are given in this book, also striking incidents of answered prayer and the results of strong faith. A splendid gift-book, neatly bound in cloth with 128 pages at 50c. Published by the Pacific Press Publishing Association, Mountain View, Cal. This can also be secured from THE LIFE BOAT office.

WANTED

Lady canvassers for spring curtain holders. Sells for ten cents, costs five cents. Send for particulars. Eureka Mfg. Co., 1116 No. Vandeventer Ave., St. Louis, Mo.



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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| Percy T. Magan, M. D..... | |
| D. H. Kress, M. D..... | |
| Caroline Louise Clough..... | |
| N. W. Paulson - - - - - | Business Manager |

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

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

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

Yearly subscriptions, \$1.00.

Special discounts when a number are sent to one address.

Expirations

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

Change of Address

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

Mistakes

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

Premiums

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

Rates for Advertising

Full page, single issue, \$20; three month, \$50.

Half page, \$12; three months, \$30.

One inch, column width, one insertion, \$1.00.

Life Boat Magazine Agencies in Chicago

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6742.

Illinois Tract Society, 116 North California Avenue. Phone Garfield 3361.

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Low Prices

Any size roll film developed for 10c; film pack, 25c. Velox prints, 3c to 5c each.

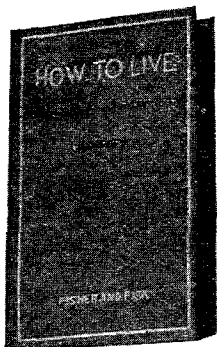
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HINSDALE, ILLINOIS

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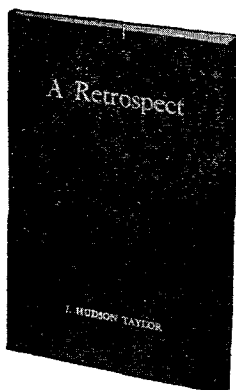
"How to Live, or Rules for Healthful Living, Based on Modern Science"



By Irving Fisher, Professor of Political Economy, Yale University, and Dr. Eugene L. Fisk. Hon. William Howard Taft, formerly President of the United States, has written the foreword and in fact has edited the entire work. We quote the following from the Preface: "A sad commentary on the low health ideals which now exist is that to most people the expression 'to keep well' means no more than to keep out of a sick bed." This book has a splendid chapter on air, another one on food, another one on poisons, such as those due to constipation and those due to infected teeth, etc. A chapter on exercise, one on hygiene; a chapter containing the last word on alcohol and on tobacco, and how to avoid colds; signs of the increase of degenerate diseases, etc. By special arrangement with the publishers we are enabled to offer this book as a premium for one new subscription and 50 cents additional. Induce some one to subscribe for The Life Boat the coming year and receive this most excellent book.

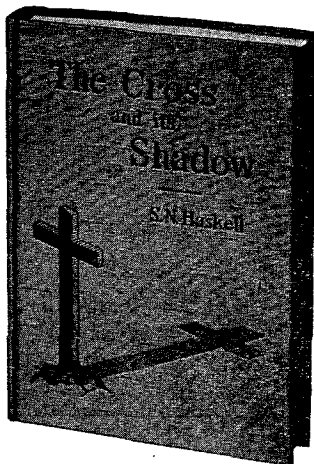
The Cross and Its Shadow

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.

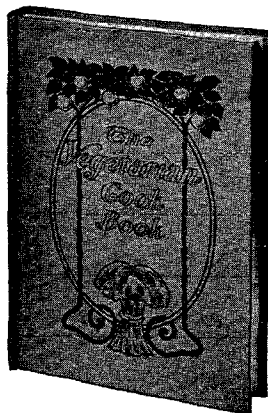


Pastor Hsi

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.

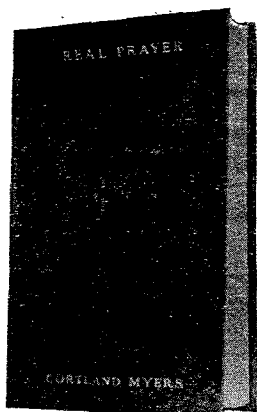


The Vegetarian Cook Book

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.

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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.



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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.



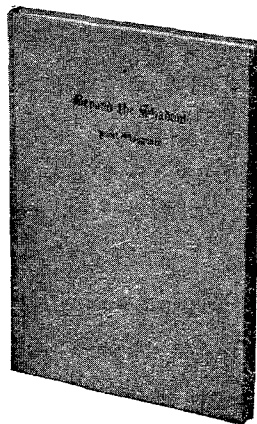
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for only one yearly subscription at one dollar and fifty cents extra. Every pen is guaranteed 14-carat solid gold and will do good service. This is your opportunity to receive a good fountain pen for fifty cents and only a few moments of your time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

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 shrunk before making. **Price \$4.00.** Write for further particulars and description of garment.

"Once in possession means never without it."

"Just the Garment for health conservation."

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"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.

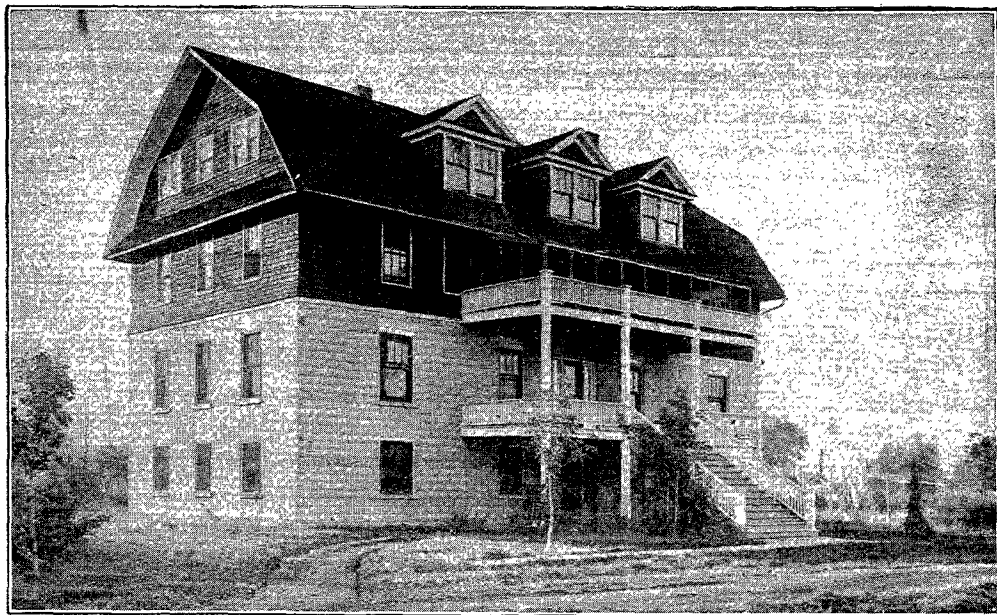
Prices

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|----------------|--------|----------------------|---------|
| 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?

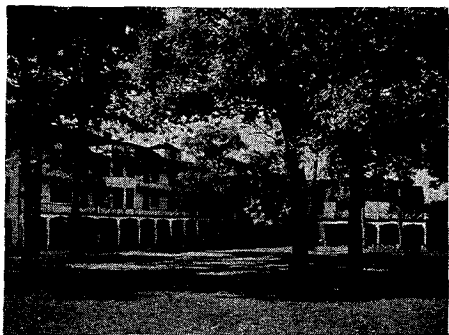
If you are interested in this matter write us and we will give you further suggestions and information regarding this annuity plan that so many sensible people are adopting.

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