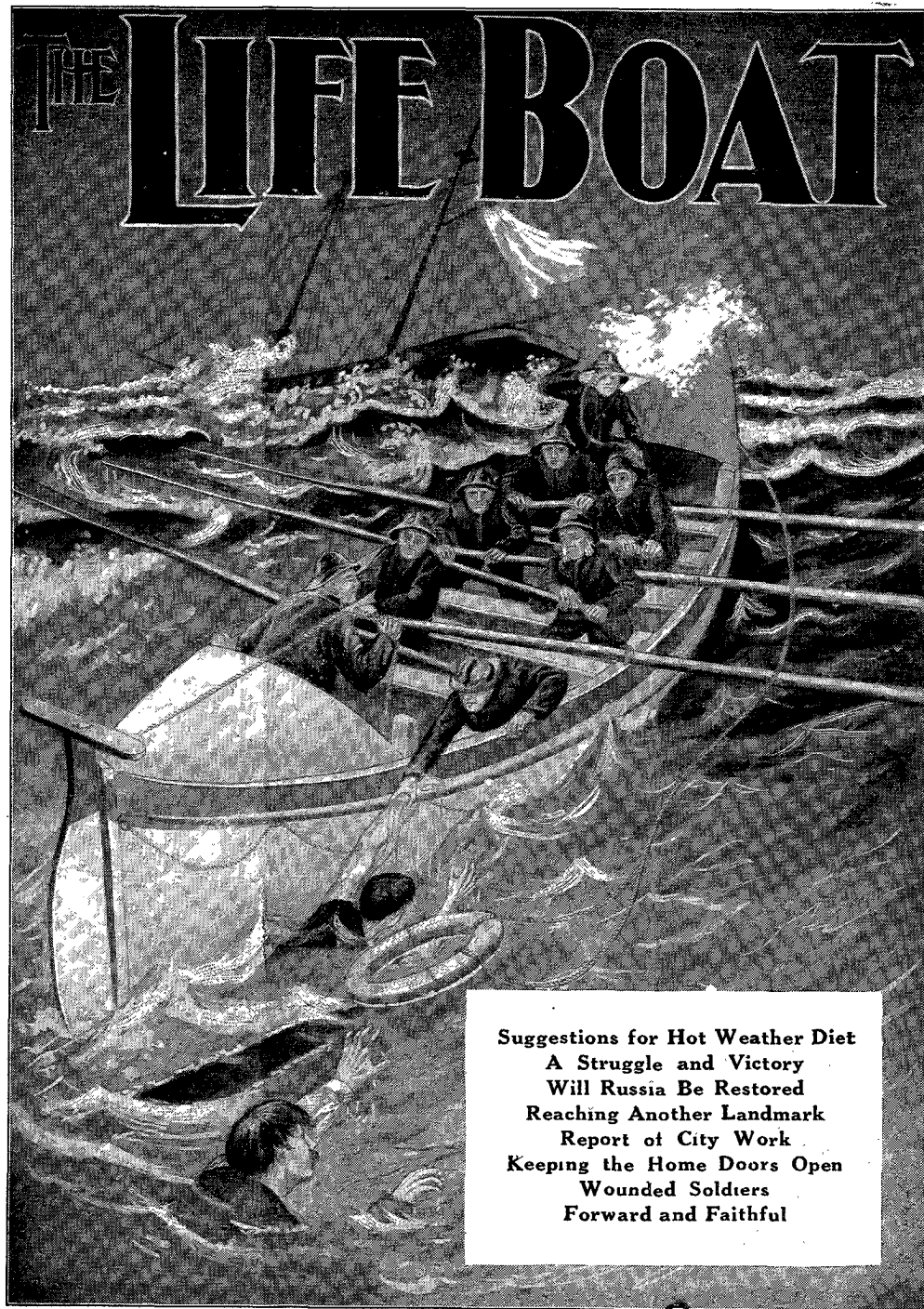


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Suggestions for Hot Weather Diet
A Struggle and Victory
Will Russia Be Restored
Reaching Another Landmark
Report of City Work
Keeping the Home Doors Open
Wounded Soldiers
Forward and Faithful

Volume Twenty-two
Number Six

Windsale, Ill.

June, 1919

Prolonged Fasts—D. H. Kress, M. D.



BEYOND THE HILLS

ROBERT HARE

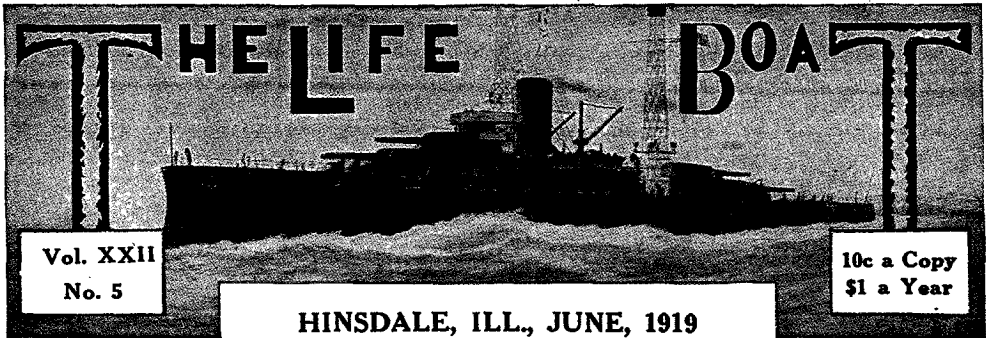
We see the stars, but all beneath grows dim;
The hills recede, the blossoms fade and die;
We look in vain for deathless forms below
The arching of yon distant sky.

The wide horizon, that we often trace
With tearful eyes and vision clouded o'er,
Whispers but faintly of that quiet land,
Where clouds and tears oppress no more.

How oft in fancy we have climbed the hills,
To gaze upon that distant unseen land
Where fadeless beauty paints each opening
bud,
And thorns pierce not the reaper's hand.

But all in vain, for loftier heights arise
Beyond the hills that bound our mortal
sight,
And these shut out the deathless land,
To leave us "pilgrims of the night."

O for the power to scale the loftier steeps
That touch the borders of a deathless clime,
To catch the songs, and view the forms divine
That live beyond these hills of time!



Prolonged Fasts Not to Be Recommended as a Rule

D. H. Kress, M. D.

LONG fasts are advocated by some as an aid in regaining health. In some cases a fast of a week or two may be beneficial. There are other cases, however, where lasting injury is sustained by prolonged fasts. I have seen more than one fall a victim to tuberculosis by lowering the vitality of the tissue through prolonged fasting. When a person is considerable over weight, a prolonged fast may in some cases be of benefit. But even in these cases it would be better to take the fast on the installment plan.

A fast of two days each month is better than a fast of a month each year. A fast of a day each week would be better than a fast of two days each two weeks, and it is still better to fast every day by dropping out one meal, preferably the evening meal. This gives the digestive organs the rest they need and enables them to do better work than they can possibly do on three full meals a day. By eating three full meals a day, even if the food can be digested and assimilated, there will be deposited too great an amount of adipose tissue, and the tendency is for the health to be undermined. A fast of a few days may in such cases be of benefit. But two meals a day lessens the supply of food. What is eaten is better digested.

The difficulty is, men as a rule work until the undertaker has to be summoned, and then they take their long and final rest. It would be better for them to have taken a rest of a month a year, and better still, one week out

of each two months, and still better a daily rest, with out of door life.

Fast Daily Instead of Hastening the Long Last Fast

As a rule men fast when they can no longer eat if they would. Even a long annual fast is better than that, but, as stated, a daily fast, by dropping out one meal a day, is the best method of fasting. Two meals a day, I am convinced, would result in increased health to the majority of mankind, and would greatly lessen the labor of those who are at present troubled and worried about much serving, to such an extent that they have no time for anything else.

Two meals a day are sufficient, and in every way preferable wherever it can be intelligently carried out. Of course, there are those who can eat but little at a meal; for such, three meals is best. But most dyspeptics could cure themselves by simply taking two meals a day, thus affording the stomach a period of rest between meals and enabling it to do better work.

This was the old English custom in earlier days. Their meals were taken between eight and nine in the forenoon and three and four in the afternoon. The Bedouins eat but twice a day, and are perhaps the toughest and most enduring men on earth. The natives of India, Spain, South America, China and Japan eat twice a day only. This was without question the prevailing custom of the world in ancient times, as it is in modern times in these coun-

tries. The hours for the two meals in Judea, constantly referred to in the Scriptures, were about eight or nine o'clock in the morning and three or four o'clock in the afternoon.

The Greek terms used are *ariston*, signifying the first, or morning meal, and *deipnon*, the second, or afternoon meal. The fact that no other Greek words are given for the regular meals of the day proves conclusively that two meals was the custom among them. If the majority of the inhabitants of the world can healthfully restrict their appetites in this manner the subject ought to be worthy of consideration. I am convinced it is not necessary for the maintenance of strength to eat and digest a third meal. To eat and digest this third meal necessitates a withdrawal from labor at the busiest time of the day, when the meal is usually taken hurriedly. The meals are also thrown too closely together. There ought to be an interval of at least six hours between the two meals of the day.

Dr. Bouchard, in his popular and most excellent work on "Auto-Intoxication in Diseases," strongly advocates but two meals. He says:

"The meals must be widely separated from each other. *We must allow nine hours between the two meals as the interval by day, and fifteen hours as the interval by night.* This infrequency of meals is sometimes sufficient to cause heart burn and the sensations of heat to disappear, and to arrest the emaciation of patients who should moderate their appetites in order to prevent their pains."

Dr. J. H. Kellogg, as a result of many years' experience in the treatment of thousands of dyspeptics, says:

"Two good meals, with *an interval of seven hours between the beginning of the meals*, is unquestionably the best plan."

A. Rabagliati, M. A., F. R. C. S., Senior Surgeon, Bradford Royal Infirmary, and consulting medical officer, Bradford Children's Hospital, London, in his book, "Air, Food and Exercises," also advocates the use of two meals. He says:

"All the materials of the food can be distinguished for at least four hours after they have been taken. How can it be wise or physiological to add some other sort of food to a stomach which is still engaged in the act of clearing off the last meal? How can it be

wise to have two supplies of food undergoing digestion at two different stages, in the same stomach, at the same time? And yet this habit is indulged in by almost the whole community all over this country. It is positively hurtful to eat too often; to eat one meal, however small, before the previous one is digested. I feel sure that by carrying out one or two very simple and very easily performed suggestions regarding their food, our people might escape much illness and loss of time through illness, and much suffering. By the simple device of eating twice a day, or at most three times, *with not less than six hours interval between the meals*, the health of our people would be very much better. As I have said, the habit on the European continent in many places is to eat twice a day. In England it is much more difficult to do this, because of the habits of the country. I know, however, from experience that it is quite possible to do this and to thrive on it."

The practice of having a cup of tea or wine with a little food in bed before rising is not uncommon in England and some other countries at present, among the well-to-do. Such luxury usually marks the decay and downfall of a nation. The "Wise Man," in commenting on this practice, says, "Woe to thee, O land, when . . . thy princess eat in the morning"; but "blessed art thou, O land, when thy . . . princes eat in due season, for strength, and not for drunkenness." Eccl. 10:16, 17.

SUGGESTIONS FOR HOT WEATHER DIET

C. C. BENEDICT,
HINSDALE, ILL.

The summer months are with us once more and the question that presents itself is, what is best for us to eat in order to keep ourselves in the best of health and also to keep cool? This subject is a timely one, for it seems that many people do not know what best to eat, and because of the lack of this knowledge they do themselves a great injustice.

The body is like a furnace—the food we eat is oxidized or burned, and is used for the building and repair of the waste tissues, and for heat and energy. The requirements of the body vary according to the time of the year in which we live. In the winter time we need

an abundance of heavy food to keep our bodies warm and thus protect us from the extreme cold.

This being true of conditions in the winter time, we can readily see why it is not necessary for us to continue eating during the summer the same amount of food as in the winter months. This is why when spring comes we feel like going fishing and want to sleep a great deal. This is commonly called spring fever, but in reality it is an overloading of the body with heat and energy producing food. Heat prostration often does not come so much from the high temperature without the body as from that within.

There are foods that are commonly used which would be much better if they were not used at all, and to dispense with these foods in the hot summer months is of vital importance. These are tea, coffee, meats and alcoholic beverages.

We should cut our winter rations about in half, drink plenty of pure, cool water, eat an abundance of vegetables, light broths, buttermilk, melons, frozen fruits, fruit juices and the fruits in their natural state. Avoid heavy soups and concentrated foods. The vegetable being low in fuel value has the advantage of supplying the body with the necessary bulk to keep the alimentary canal free from the poisons that accumulate and yet not overtax the system. This, with the help of fresh fruits and fruit juices with their antiseptic and stimulating qualities, will keep one in a position to enjoy the summer months instead of dreading them. We are giving here a few recipes that will be suggestive in preparing nature's own gifts:

STRAWBERRY ICE

4 cups strawberries
1 cup of water
 $\frac{1}{2}$ cup of sugar, or more
Two tbsp. lemon juice
Beaten white of one egg

Wash and stem well ripe berries, sprinkle with the sugar and let stand about one hour, then mash them, run the whole through a colander, strain to get as much juice as possible, add the lemon juice to this, also the beaten white of the egg, and freeze.

GREEN CORN TIMBALES

$1\frac{1}{2}$ cups green corn run through a vegetable mill
2 cups milk
Salt to taste
4 eggs

Beat the eggs, mix all ingredients thoroughly, and bake the same as for cup custards, be sure and remove from the oven as soon as the mixture is set, otherwise it will be watery. Serve with some nice tomato or cream sauce.

BAKED STUFFED TOMATOES

Peel two tomatoes. Cut a hole in the stem end about the size of a quarter. Scoop out the inside,

leaving a rather thick wall. Sprinkle with salt and fill with the following:

$\frac{1}{2}$ cup of cooked rice
 $\frac{1}{2}$ cup of ripe tomato
 $\frac{1}{2}$ cup of soaked bread crumbs
Sage, salt and celery salt to taste

Mash all the ingredients together and fill the tomatoes, set them close together and bake in a moderate oven until the tomato is done.

As the hot days come, we will be drawn to the ice cream parlors, and be tempted to try and cool ourselves with the many drugs that are offered in the form of popular beverages, and to partake of ice cream that, if we could only see the unsanitary conditions that surround its manufacture, and see what actually goes into the cream, we would shun it. All these, instead of cooling, have the opposite effect. I do not say that ice cream is not a good food. It is. But it is a food that has a high fuel value, and when eaten in large amounts has a tendency to clog the system, especially when it thrives with bacteria of all kinds.

The Lord has been very good to us in supplying us with the right foods at the right time, and in their proper seasons. The Bible says, "God hath made man upright; but they have sought out many inventions." Eccl, 7:29. This, we believe, is true, and in heaping upon our tables foods that are out of harmony with His great plans we have no right to ask Him to bless it and supply us with strength and health from these same foods.

A STRUGGLE AND VICTORY

[An inmate of the San Quentin, Calif., Penitentiary was a slave to the cigarette, smoking thirty a day, when THE LIFE BOAT dropped anchor at his port. He went on board and through Dr. D. H. Kress, with whom he has corresponded, he is nearing the port of safety. We quote from several letters received by Dr. Kress from him.—Ed.]

"I have your letter of recent date at hand, also both pamphlets you have been so kind to send me, and you will notice that I am answering on the eve of the New Year, because I am sure you will be very glad to know that tomorrow I begin my struggle against the cigarette craving. The fight between Lady Nicotine and myself is going to be bitterly hard, no doubt, and whether I will be able to down the craving in me, which is clamoring for a cigarette even now, and whether I can bear under the strain on my nervous system to the end, and conquer, I do not know as yet. You may rest assured, however, that I will keep you

informed as to my progress from time to time.

"I wish to thank you for your kind interest in my welfare, and beg to say that I will follow your advice cheerfully.

"I hope devoutly that the new year will bring success to you, Mr. Henry Ford and others in your noble fight to crush the evil which is crushing its consumers—cigarette smokers."

Later he wrote:

"You say you have passed through a similar experience yourself—then you must know what a struggle it really is! And I have prayed, too, as you suggested, to no avail as yet. However, I did come out second best by modifying it. Perhaps in time I may be able to stop. All persons who smoke realize the harm the habit does them—particularly those who inhale every puff they take—yet they keep on smoking because it has a soothing effect on their shattered nerves. So it goes with me. Whenever anything upsets me, or I get bad news from home, right away I resort to cigarette smoking worse than ever, thinking to find solace therein. And the body and mind suffer in consequence. But those who make their beds have to lie in them, and I must fight it out myself. With the help of God, if I do not succeed while in here, I will keep on trying when I get out. I have already made good in cutting down the average thirty cigarettes I smoked daily heretofore to about seven or eight a day now. That is a little progress, don't you think? And I hope devoutly that my prayers will be answered in time."

In a still later letter he writes:

"I received your very cordial letter dated March 12, 1919, and subsequently the two issues of *THE LIFE BOAT* also reached me. You have been very good and kind to me, Doctor. The interest you have taken for my betterment, the words of cheer and advice you have given me, shows the humanitarian in you, and incidentally inspired me to follow your footsteps. I often wanted to do something for all suffering human beings, but did not know how to go about it until you pointed

the way. After years of darkness and despair, I now begin to see the light—that radiant glow that stands out like a beacon in the perspective! May God give me the strength, courage and power to help those noble souls who are striving to make this wicked world a more fit place for decent people to live in.

"*THE LIFE BOAT* is a great publication. I would that all prisoners, in every prison, could get one. It might serve to soften their hearts and bring them into the fold.

"The articles you write, Doctor, are wonderful, and also beneficial and instructive to those who are in search of light.

"In closing, Doctor, I wish to extend you the thanks of a grateful heart for your kindness toward me, and for the good you are striving to effect for the human race as a whole."

SYMPATHY THAT LIFTS UP

C. A. RUSSELL

The story is told of a man living in China who fell into a pit. It was a horrible, muddy, slimy, miry pit. He was reaching up on the sides to get a hold so he could pull himself out, when along came a Confucianist. The Confucianist said, "Well, man, you're in a sorry plight. If you had only heeded my teachings, you would not have been in this plight; I'm sorry for you." Then he walked on.

Then a Buddhist came by. He said, "Well, my friend, how did you get down here? If you had heeded my teachings, you would not have been in such a plight as this. I'm very sorry for you," and he walked on.

Then along came a Christian, and he also said, "Well, man, I'm sorry for you," but he jumped down in the pit with him and helped him out.

That is what you and I must do. We cannot help the other fellow as long as we keep aloof from him. It was Jesus who put out His hand and touched the leper, and said, "I will, be thou clean." It is that same Master who reaches out his hand today and touches the poor sin-sick souls of ours, and says, "I will, be thou clean."



Will Russia Be Restored?

B. N. Mulford

THIS question has been on the mind of the world from the day of the Russian collapse to the present. With the first revolution came a bright light, and under the leadership of Kerensky it looked as though the Russian people were about to be led out from the bondage of monarchy into the liberty of democracy. But this was too great a step to a people who had long been subject to the rule of one. The masses were not prepared for so great a move. Their mind could not take in the situation. They could not see the opportunity that lay before them. They knew that the Czar had abdicated, and that he was a prisoner in the castle, and they were told that the government would now be in their hands. What did such events mean to a people who were untrained? To a people who knew only how to obey, and not to think?

To some men and women of Russia these events came as great landmarks of history. They saw that Russia had reached a new epoch; that a better day was at hand. But with this recognition came a sense of duty from which the weak and cowardly would shrink, and which only the strong and the brave would accept. That duty was to so handle the nation's Ship of State that it would not be stranded upon the rocks of internal strife, anarchy and ruin, but would be brought from that chaos which was the natural result of the fall of autocracy, safely into the harbor of organized liberty. And I say that it was only the strong hearts that would accept such responsibility.

Our hearts go out with admiration as we think of some men who stepped forward at this time of crisis, and, as we said before, a bright light appeared. But this light was soon to be darkened, for the great mass of the Russian people could not understand its meaning.

The History of Nations Repeated

To us, who have lived so long under the laws of our own making, it seemed strange that this people could not see clearly the cause within their grasp, but they could not. Nor were they to blame. From the days of ancient Israel we find that nations have shaped and reshaped themselves, not so much

by great and big changes, but rather by the steady working of big principles.

It took Europe hundreds of years to throw off the yoke of Rome, though all this time there were those who held to the truth that the Holy See rightfully had no part in the affairs of the State, but that his was wholly a spiritual work. England struggled for a long period under the "Divine Right of Kings" before she was willing to agree that



CATHERINE BRESHKOVSKY

Known as the "Grandmother of the Russian Revolution," Who Recently Visited Chicago and Made a Strong Appeal for Help for Her Country

a king is but a man, and subject to mistakes along with the rest of mankind.

And we might cite many other instances where nations groped in darkness when the light of truth was at their hand only for the accepting. But why was this? It was because the people were blinded.

The experience of Russia is but a repetition of the experience of other nations. The principle was working, and there were many

strong-minded men and women who were ripe for the change. They urged it upon the people, and the people accepted it, only to find that they were not able to cope with the problems that that change brought. New men arose who declared that the revolution was a farce, and that it was only a scheme to exalt other men in the place of the Czar. The people were confused. They rushed here and there, asking what this all meant, but received no answer that would satisfy, for one said one thing and another said another thing. This counter revolution soon found its way into the army, and here it spread with terrible results.

Whole regiments turned their back upon the enemy when victory was at hand. Divisions surrendered without firing a shot. Lenine and Trotsky came to the head of affairs, and Kérensky fled out of Petrograd in an automobile truck, and the days of BLOOD began which have not yet ceased. Then soon came the Brest-Litovsk treaty which called for the partial demobilization of the Russian army and the withdrawal of her forces from the frontier where for two years she had been holding the armies of the central powers at bay.

Condition Becoming Worse and Worse

It is not the purpose of this article to give a resume of the Russian revolution, but to call attention to a few points only which are familiar to all who have kept in touch with current events. Our purpose is to answer the question, "Will Russia be restored?" Will she regain her strength and assert herself as a first-class power?

In the recent reports from Petrograd it seems that the condition is becoming worse and worse. Men are being shot on mere suspicion. Families are being annihilated. From those who have come from Petrograd we have the words that the condition in that city is "beyond human power to grasp." And it is not in this city alone that this condition exists. It is the same throughout the country where the Bolsheviks are in power. As a crowning act they murdered the ex-Czar and his family and then burned their bodies to ashes. Five hundred were recently executed in a single day in Petrograd, many of these without trial, and some with not even an accusation against them. To be kin to some

one who had stood against the present outrages was sufficient testimony.

A Future of Strength Prophesied

However dark the present, Russia has a future of strength. She is too great a nation to succumb to the eventualities of the present. Within her borders are men who are still planning in harmony with that ancient scheme of expansion so completely outlined by Peter the Great. And what was this? In short, it was to open the Bosphorus and the Dardanelles to Russia and to eventually make of the Mediterranean a Russian lake.

For over a thousand long years Russia has worked to this end. She has fought many a war with no other thought in mind than that of ousting the holder of these two straits, establishing herself in Constantinople, and from that place wielding the scepter of her power. Not a few times has the peace of Europe been disturbed by this attempt on the part of Russia, and it is not too strong to state that it was to this end that Russia entered the Great World War. Just a quotation or two as evidence:

"The long-dreaded conflict is at hand. The destruction of Servia by Austria would mean the political and military control of the great route to Salonika and Constantinople. This could not be countenanced by Russia without war." (Rand McNally's atlas of the European conflict.) "Turkey has pronounced her own doom. The Ottoman empire in Europe will soon be merely in memory. There has never been in the past, and, maybe, never in the future will there be such a happy combination of circumstances for the liquidation of Turkey, at least as a European power. That the moment to seize Constantinople has at last come, all Russia has agreed. This time the question so important to Russia will be solved, solved in its entirety." (Taken from Numbers of the Literary Digest on Turkey's entrance into the war.)

In the early part of the war it seemed that she was about to succeed. But Russia collapsed. However complete this collapse may seem to be, it has not altered the mind of the really Russian statesmen. They are looking with keen hopes to the day when Russia will stand again in her place with the nations, when she will dictate her policy in a stronger fashion than ever before.

That this time will come we should not

doubt from the standpoint of international affairs. That it will come we must know from the standpoint of the Word of Truth, for we read, "Therefore, son of man, prophecy and say unto Gog (Prince of Rosh. Notice margin, verse 2 R. V.) Thus saith the Lord God; . . . And thou shalt come from thy place out of the north parts, thou, and many people with thee. . . . It shall be in the latter days, and I will bring thee against my land."—Ezek, 38:14-16. But this is not all. The same word that says that this nation shall come from his place "out of the north parts," says also, "At the same time when Gog (Prince of Rosh) shall come against the land of Israel, saith the Lord God, that my fury shall come up in my face. And I will call for a sword against him throughout all my mountains, saith the Lord God: every man's sword shall be against his brother."—Verses 18, 21. But this is the same time as that spoken of in Joel 3:9-11. "Prepare war, wake up the mighty men, let all the men of war draw near; let them come up: Beat your plowshares into swords, and your pruning hooks into spears: let the weak say, I am strong."

This same time is a little more fully described in Rev. 16:14-16. "For they are the spirits of devils . . . which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty. And he gathered them together in a place called in the Hebrew tongue Armageddon."

The Final Gathering of the Nations

But this is not all that is said in connection with this mighty gathering of the nations. This same Joel who gives so clearly the assembling of the nations for a final conflict, says also, "Put ye in the sickle, for the harvest is ripe. Multitudes, multitudes in the valley of decision, for the day of the Lord is near." Joel 3:13, 14. And the same spirit which caused the Revelator to pen the picture of this mighty Armageddon, caused him also to write, "Behold I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame." Rev. 16:15.

That Russia will have part in this final gathering of the nations cannot be doubted from the standpoint of her natural strength, position, and environment. That the Word of

God states clearly that this will be, substantiates it beyond a shadow of a doubt. Just how long Russia will be in adjusting her internal affairs, and gathering herself into a state of organized strength, is not for us to attempt to foretell. The fact that it *will be* is the conclusion that we have attempted to reach.

But this is not the greatest thing. The same God who declares that the nations will gather for a final conflict, giving Russia a prominent part in this great move, says in the same connection, "Behold, it is come, and it is done, saith the Lord God; this is the day whereof I have spoken." Ezek. 39:8. May the Lord help us to observe the progress of the nations, and be prepared for this time.

NEEDS TO TRUST MORE

(From an inmate of the Wethersfield, Conn., Penitentiary)

"Your letters are always a source of joy and pleasure to me, and I read them over again and again. I find they are always helpful and instructive to such an unfortunate one as myself. If I do as your instructions bid me to do I will win out victorious over the devil and his works. I just consider myself existing, and yet I realize my future depends largely upon what I make it while in prison. I have learned the lesson so well that I will never give the law another opportunity of putting me behind the bars. To be frank with you, it is a hard proposition to be a Christian sometimes. I think it is easier for some people to be Christians than others.

"Thanks to you for your kindness. I want to get THE LIFE BOAT again soon. I always appreciate your writings.

"I haven't committed to memory any of the verses in the Morning Watch, though I read it often and I understand the meaning very well indeed, which means so much to weak humanity like myself."

One soul won for Christ is a greater work than the greatest financial attainment.

It may be a little farther around the corner in a square deal, but the road is better.

By taking revenge, a man is but even with his enemy; but in passing it over he is superior.—*Bacon*.

Reaching Another Landmark

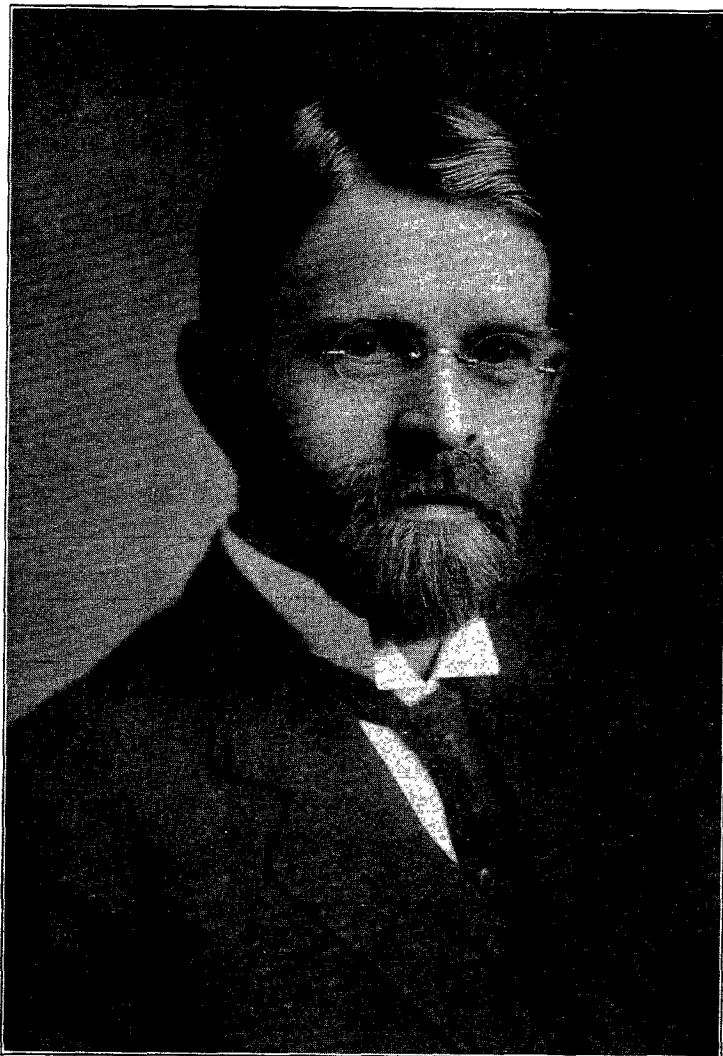
Caroline Louise Clough

THE story of the founding of the Hinsdale Sanitarium and its allied institutions at Hinsdale is one that reads like a novel. The wonderful experiences of faith and sacrifice and answers to prayer are well worth recounting.

Drs. David and Mary Paulson, with their little company of self-sacrificing workers,

who had already given several years of their lives to medical missionary rescue work in the heart of Chicago, felt called of God to remove their headquarters to the country or a suburban town.

By a special providence, through a prominent business man, Mr. C. B. Kimbell who resided at Hinsdale, a beautiful ten-acre



DAVID PAULSON, M. D.
Founder of the Hinsdale Sanitarium and Former Editor of THE LIFE BOAT

grove, the present site of the Hinsdale sanitarium, was purchased and turned over to Dr. Paulson and his company of workers to be used for medical missionary purposes, giving the doctor twenty years to pay for the land without interest. Dr. Paulson, who was a man of much prayer, recognized in Mr. Kimbell's offer a moving of the pillar

how it was done any more than he could explain how the Red Sea opened and let the children of Israel pass over on dry land. But people of means came forward and offered to help Dr. Paulson put up a modest addition to the house which stood on the grounds.

Patients and workers began to flock in,



MANAGERS AND HEADS OF DEPARTMENTS OF THE HINSDALE SANITARIUM

Sitting—Left to Right: Dr. H. C. Nelson, Mrs. C. L. Clough, Mrs. E. L. Johnson, Dr. Mary Paulson, Prof. J. G. Lamson, Julius Paulson, Mr. N. W. Paulson, Miss Rose Andre, Dr. Ora Barber, Dr. Amy Humphrey. Standing—Mildred Knowles, Mrs. M. W. Cobb, J. D. Clark, Miss J. V. Yeakle, Mr. V. E. Thompson, Mrs. H. L. Swanson, Mr. Sheffield, Miss Fyrnn Ford, Mrs. H. M. Colburn, Mr. H. M. Colburn, Miss Nellie Jeffers, Miss Anna Pedersen, Mr. C. W. Hess, Mr. C. C. Benedict, Mrs. J. G. Lamson.

of cloud country-ward, where the sick could be cared for under the most favorable and natural conditions.

Stepping out by faith, Dr. Paulson and his wife came to Hinsdale on March 4, 1904, to start a new center in the country, with nothing at hand with which to do so except the name of being of strong faith and prevailing prayer. Then followed days and months of prayer, and tests of faith.

No purely business man could explain

and each year enlargements had to be made, and money had to be procured. It took the same prevailing prayer to bring the means. Always when in need, Dr. Paulson would "ring up Central," as he expressed it, and the "Central" in Heaven never failed to answer. The years of experience in prayer led him to rely implicitly on Heaven, and often in a crisis he would say, "The manager of the Hinsdale Sanitarium does not

reside in Hinsdale, His home is in Heaven."

As the work grew, Dr. Paulson felt that a special effort should be made to care for the sick poor of earth. Consequently, a separate building was fitted up for that purpose, which for years has been fulfilling its mission, under the name of "Good Samaritan Inn." The large, splendid, up-to-date Life Boat Rescue Home was also built during the years of development. In 1909 a very large addition to the main building was completed, furnishing twice as many rooms for patients as before.

The hand of God has been seen in a special way in sending to Hinsdale responsible, earnest Christian people, who have had the interests of the work at heart. And in every crisis it has been found that the Lord had an individual on the premises who was being fitted up to step into the place of the leader who was called to lay down his work.

Among our present band of leaders and heads of departments in the picture accompanying this article are Dr. Mary Paulson, N. W. Paulson, Mrs. Hannah Swanson and the writer, who were among the first to start the work in Hinsdale. Dr. Mary Paulson has since become the medical leader of the institution. N. W. Paulson is secretary and treasurer. Mrs. Swanson is at present matron of The Good Samaritan Inn.

Miss Anna Pedersen, who is now acting as housekeeper, was the next to join our family, coming to Hinsdale in the spring of 1905. Miss Rose Andre came early in the history of the work and has given faithful and efficient service as matron for some thirteen years. Miss Nellie Jeffers, now matron of the surgical department, connected with our work in 1907. Mrs. Edna Langley-Johnson, who acted as head nurse in our small institution at Chicago, returned to our work in 1911, and now holds the position of superintendent of nurses, and works unselfishly and untiringly for the institution. Dr. Ora Barber was next to arrive, coming in the summer of 1911. Dr. Barber's skill as anesthetist and obstetrician has made her services of great value to the Hinsdale work.

By a special providence and at Dr. Paulson's earnest solicitation, his brother, Julius

Paulson, who had spent some seventeen years in business in old Mexico, connected with our work in the spring of 1916, and after the doctor's death, that same fall, has carried the responsibility of the business management of the institution.

The other leaders shown have connected with the work in more recent years. Professor Lamson, now chaplain, whose frequent visits to the institution for several years back have always resulted in leading our workers up to higher ideals; Mrs. Lamson, who is filling her place in the work as social matron; Dr. H. C. Nelson and Dr. Amy Humphrey, members of the medical staff; Miss Yeakle, our physical director; Mrs. Cobb, our pioneer rescue worker in Chicago, now the matron of our rescue home; Mildred Knowles, leader of the city visiting nurses work; Mr. J. D. Clark, the Sanitarium rooming and desk clerk; Mr. Benedict, the Sanitarium chef; Miss Fyrnn Ford, teacher of the preparatory school; Mrs. Colburn, our church school teacher; Mr. Colburn of the business and bookkeeping department; Mr. Sheffield, who is in charge of the Sanitarium laundry; Mr. Hess, the work-cure man; and Mr. Thompson, head of the men's bath room.

This comprises the company now in charge of the twenty-five leading departments of the institution, where there are now more than 130 workers and 112 patients.

The story would not be complete without mentioning the faithful services of brother H. E. Hoyt, who, during the first six years of the work, acted as business manager, and in September, 1910, passed away, after a brief illness. Also of Mr. A. C. Gaylord, who followed Mr. Hoyt, giving seven splendid years of service to the institution and Mrs. Gaylord, who served as Bible teacher during the greater part of that time; Dr. L. H. Wolfson, who, during his seven years at Hinsdale was always loyal and true to the foundation principles of the Sanitarium work and gave it his unselfish service, and, with his wife, helped in a large way with their means in carrying forward the various missionary activities of the work.

Now, what is the new landmark that has been reached in the Hinsdale work? It is

simply this—that the work has grown so rapidly all these years that it has been hard for our workers to keep pace with providence, and today we have reached the time when practically every department of the institution is bulging with the rapid growth of the work. For instance, the medical offices are far too small and inadequate, the patients being compelled to wait in the public hall for their turn to see the doctor. The kitchen and dining room departments are chronically overflowed. The sun parlors, waiting rooms and even offices, are used for bed rooms at night. The adjoining cottages are crowded till there is no place for a friendly visitor to find a proper welcome at Hinsdale. Yet we are only too glad to entertain friends of the work.

Hence, the work has reached a crisis and something must be done, so our Sanitarium board has voted to build a substantial addition, and to make other enlargements and improvements which are imperative. So we are again stepping out by faith, believing that the Lord still hears and answers the prayers of His children in the year 1919, and that He will make Hinsdale large enough and complete enough to care for the many hundreds of sick who knock on its doors, and we ask the Lord to keep us so near to Him that the healing power of God may flow from the lives of consecrated workers whom the Lord sends to Hinsdale for service here.

TESTIMONY HEARD AT THE HINSDALE PRAYER MEETING

"I had an experience of an answer to prayer that I want to relate. About nine years ago I had a serious surgical operation and was very ill for some time after it. I was taken to the hospital, and stayed there for several weeks. I was told that I had an incurable disease.

"I was taken from there to my home in Michigan, where I expected to die and be buried. But I prayed for weeks and weeks. I would go down in the woods and pray where nobody could see or hear me. After some time I had recovered so far that I thought I could go back to work, and I prayed that if God would only take me back to my work again I would serve Him the rest of my life.

"I wrote to my old employer and received a letter back that my old job was open for me, and that I could come. I went and I learned that the very day, hour and minute that I prayed for my old job, the man who had taken my place threw down his tools and quit his job. The employer received my letter the same day and answered it, writing that the job was open and for me to come at once. The very next day the man who had quit his job came back and asked for it again and was told that it had been given to me.

"I looked upon that as a definite answer to prayer."

It Takes Courage

To speak the truth when, by a little prevarication, you can get some great advantage.

To live according to your convictions.

To be what you are, and not pretend to be what you are not.

To live honestly within your means, and not dishonestly upon the means of others.

When mortified and embarrassed by humiliating disaster, to seek in the wreck or ruin the elements of future conquest.

To refuse to make a living in a questionable vocation.

To refuse to do a thing which you think is wrong, because it is customary.

To be talked about and yet remain silent when a word would justify you in the eyes of others, but which you cannot speak without injury to another.

To face slander and lies, and to carry yourself with cheerfulness, grace and dignity for years before the lie can be corrected.

To stand firmly erect while others are bowing and fawning for praise and power.

To remain in honest poverty while others grow rich by questionable methods.

To say "No" squarely when those around you say "Yes."

To do your duty in silence, obscurity and poverty, while others about you prosper through neglecting or violating sacred obligations.

—Success Magazine.

Report of Our City Work

Miss Mildred Knowles

NO doubt our LIFE BOAT readers have missed during the winter months the interesting reports of our city workers. I wish we might say that the workers have not been needed in the great city, but owing to the ever increasing cry for nurses since the outbreak of the "flu" last fall we have had to stay at home and fight for lives here.

But our leaders had not forgotten the needy in the city and kept praying that the way might be opened for workers to again go in and help wherever they found need, either spiritual or physical.

Just five and one-half years ago Miss Ruth Stapp and I started the "Hinsdale Nurses' Center," the work in Chicago which brought relief to so many souls. How glad I am that I can again have a part in this wonderful work and I trust that many of our readers will pray for the work.

A few weeks ago Miss Reinmuth and I started in with a few addresses given us by nurses who had been working in the city last summer. Most of these people were very glad to see us and receive a copy of THE LIFE BOAT. In this time we have given fifteen treatments, for nine of which we received some pay. So far we have had no opportunity to hold Bible readings, but have found some lonely and discouraged ones who seemed glad to have us read and pray with them.

The first one I will mention is a woman who called up the Sanitarium one Saturday night asking if one of our nurses could not come and help her. Several years ago Miss Stapp had treated some member of her family and in that way she became familiar with our methods. She believed in our work and that our prayers would help her. We visited her and found that her husband was a very sick man, dying of cancer, so Miss Phelps, one of our nurses, stayed two days with her until her husband died. She is now planning either on having one of our nurses come and stay with her, or on coming out to the Inn for treatment.

The next lady we visited was on the West Side. Last summer she was quite ill, but we now found her well, and she was one whose

face lit up when she saw THE LIFE BOAT.

The most interesting case I think that we have had is "Little Katy." We had nothing to guide us to her home but a number with a question mark after it, a few facts about the mother's ill health, and the name "Little Katy." The number was wrong and we knew not where to go, but noticing a little girl playing in the street, asked her if she knew a girl by the name of Katy. She said, "I am Katy." On inquiring further concerning the mother, we decided she was the one. The mother, who had an operation last summer, is up and around now, but suffers very much. She could not speak English, so Katy had to be our interpreter.

We asked her if she would not like some clothes, but she shook her head, saying that every one who offered them clothes wanted pay for them. When we assured her she would not have to pay for them she was glad enough to obtain help. So we took in about thirty pieces and I wish you might have seen the faces of those children as they saw them. They did not touch them while we were there, but on going back for something I had left, I found the two girls looking them over, no doubt, wondering which child they would fit. I suppose we cannot do anything in this home at giving Bible readings until we find someone that can talk their language, as they are Slavish people.

Still another one lives on the North Side. She has a little boy eleven years old, who, being injured when he was but a baby, lost his mind. He recognizes no one but his mother. This mother's heart is heavy, for he is practically all she has, as the father is not good to her and they expect soon to be divorced. Her life, however, is one of unselfish service and she is trying hard to be a Christian.

I think the greatest part of our success depends largely upon the prayers offered every morning in Mrs. Clough's office before we leave for the city, asking that we may be led to those who need us and that we may be given wisdom in doing and speaking just what God would have us.

FINDING OPEN DOORS

HULDA REINMUTH

[Miss Reinmuth, a member of the first year nurses' class, is working with Miss Knowles in medical missionary house to house visitation in Chicago. At a recent Missionary Volunteer meeting these workers related their experiences. Our readers will be interested in the simple account of unselfish endeavor and heart service which these workers are rendering to the needy of Chicago.—Ed.]

I find that in doing our work as city workers we not only need to know how to explain the Bible, but also to tell what Christ has done for us.

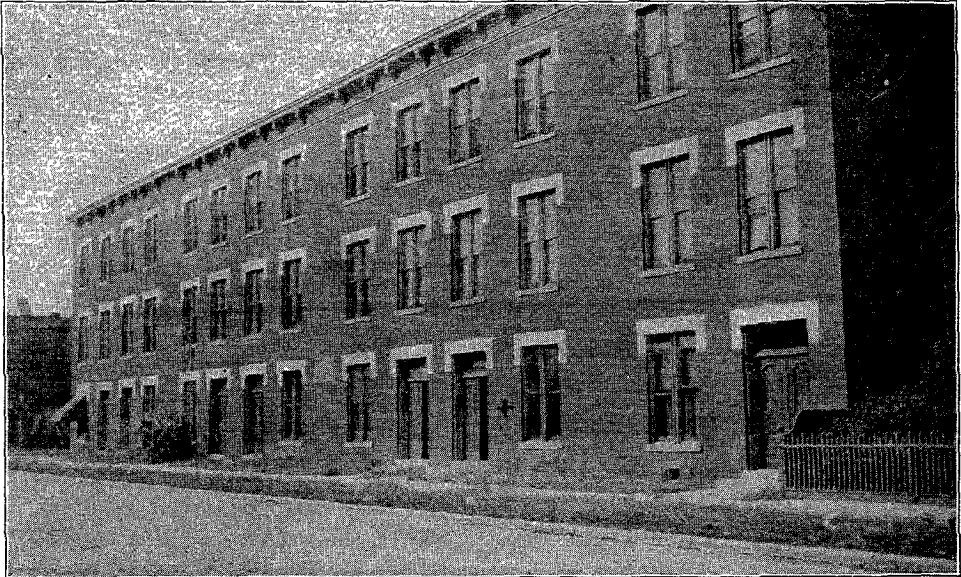
I want to mention here some of the homes and conditions we have found so far in our work.

The first home we entered was that of a

make baskets, and so secured employment in a factory for the blind, doing piecework and earning no more than \$10 per week, and because of not having work all the time he usually earns much less.

The mother had been sick nearly all the winter, which, of course, added to their perplexities. We gave her treatments and helped her. We read to her from the Bible, also from *THE LIFE BOAT*, and she seemed to enjoy having us read to her and is grateful for all that we do for her.

We also went to call on a woman who lives in the flat where our nurses several years ago had their nurses' center. She seemed to be



The Flat Marked With an X Locates the First Nurses' Center Started by Miss Knowles and Miss Stapp, on the West Side of Chicago

lady who had been visited before by our workers in Chicago. When we told her that we were Hinsdale visiting nurses, and asked if she remembered the nurses that visited her last summer, she said, "I have just been praying that the Lord would send some Hinsdale nurses again, and He has answered my prayer." She was nearly blind and could read only by using a magnifying glass. Her son, who lives with her, is about fifty years old and is totally blind, and has been since the Spanish-American war. He wasn't able to do anything toward supporting his mother, until three years ago, when he went to a school and learned to

quite interested in our work and asked us to come and hold Bible readings with her.

Another woman seemed to be very lonesome. She lives all alone in the rear of a large house, and she hasn't been feeling well. We prayed and sang with her and read from the Bible. She surely seemed to be happy to have us.

We find that the doors everywhere are open to receive us. They all seem so glad to have us come.

I am glad that I can have a part in this work, and though we can only sow the seed, we are asking the Lord to send the rain and sunshine to help make it grow. We ask your prayers.

TWO MORE NURSES START FOR PERU

CAROLINE LOUISE CLOUGH

The occasions when our Hinsdale family of workers gather together to say farewell to some of their company who are starting for the mission field are becoming more and more frequent.

Just a few months ago the family said their good-bye to Mr. and Mrs. Archie Field, who have already sailed for Peru, South America, to work among the Inca Indians.

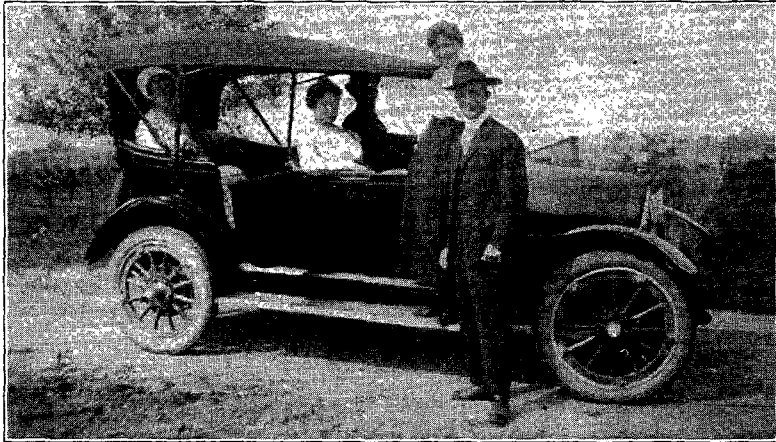
Now, another young couple, Mr. and Mrs. A. C. Ford, are leaving the Hinsdale work to enter the same field. Last night our large family gathered together to say good-bye to these young people who have been with us for nearly four years, and both of whom gradu-

very nicely as long as the bottle was not upset. He said these nurses would be called upon to extract teeth, open abscesses, and to do many things commonly done by physicians.

Dr. Mary Paulson spoke of the pleasure which such occasions gave to our leaders and faculty to know that their hard and patient work of training these young people will result in furnishing trained medical missionary recruits for the foreign fields.

Mr. Julius Paulson, on behalf of the family, presented Mr. and Mrs. Ford with a case of instruments and other supplies for their medical work.

Our prayers go with Mr. and Mrs. Ford, who expect to sail some time in June, and we are sure the LIFE BOAT readers will be interested in their letters and reports, which we hope to receive and publish from time to time.



Mr. and Mrs. Ford are Shown Standing

ated from the nurses' training course in the class of 1918. We were fortunate in having with us as a visitor Dr. A. C. Selmon, who, with his wife, Dr. Bertha Selmon, and Drs. Harry and Maud Miller, and two nurses, Carrie Erickson and Charlotte Simson, started from our work in Chicago for the interior of China about sixteen years ago.

Dr. Selmon spoke of the conditions under which our medical workers have to labor in heathen countries, and of the importance of the workers being resourceful and being able to use whatever is at hand. To illustrate, he said no bottles could be procured in the section of the country where he was located, so they made their bottles from bamboo sticks, using the pulp for the cork. These served

CONQUEST

ROBERT HARE

'Tis victory over self that tells—
Not the mad thrust of steel,
That lays a foe-man in the dust,
Beneath thy heel.

"Self-conquest," this is born of heaven,
To glorify thy life;
It keeps the spirit calm and true
Amid the strife.

God wills His sacred power to all,
Who dare to run the race;
By hallowed promise they are pledged,
"To see His face."

Then fear not, though the foe be strong—
'Tis victory or defeat,
And angels beckon thee to share,
The joy complete.

"BILLY" BRAY

Billy Bray, the famous Cornish miner of Cornwall, England, was a poor drunken profligate miner before his conversion to Christ. But after the Spirit of God took possession of him he was known the world over as an honest Christian and soul-winner. He was a happy, joyous, shouting Christian.

It is said of him at one time at a prayer meeting, after he heard the people tell about their many trials and difficulties, he arose smiling, and clapping his hands, said: "Well, friends, I have been taking vinegar and honey, but, praise the Lord, I've had the vinegar with a spoon and the honey with a ladle."

At another time he said, "The Lord has made me glad, and no one can make me sad. He makes me shout, and no one can make me doubt. He it is that makes we dance and leap, and no one can make me keep down my feet."

Like all great soul-winners, the secret of his work was much time spent in prayer. Before going anywhere he would ask the Lord to keep the devil from scratching him while away.

Billy Bray, before his conversion, thought more of his pipe than he did of his dinner, but after his conversion he became a strong opponent of the use of tobacco in every form. He often remarked that if the Lord had intended people to snuff, He would have turned their noses upside down, and that if he had intended them to smoke, He would have put a chimney in the back of their heads. He said that an architect who would build a house so that all of the smoke had to come out of the front door was, in his opinion, a very poor architect.

Billy Bray did not approve of extravagance in dress. One of his expressions was, "I would rather walk to heaven than ride to hell in a fine carriage." To women who wore artificial flowers on their hats he would say, "I wouldn't mind you having a wagon load of them on your heads, if that would do you any good, but you know that it wouldn't, and all persons know that flowers only grow in soft places."

At one time when called upon to speak at the dedication of a new meeting house, he told the people that "the dear Lord had given them a pretty chapel to worship in; and now he

wanted good furniture, for bad furniture looks disgraceful in a good house. I told them that the good furniture for the house of the Lord was sanctified souls. We must be pardoned, sanctified, and sealed, and then we shall not only be fit for the Lord's house on earth, but we shall be good furniture in heaven." (From "Deeper Experiences of Famous Christians.")

A BRAND FROM THE BURNING

E. C. TOWNSEND

It was a very dark, forbidding scene into which a little company of LIFE BOAT mission workers peered one Sunday morning in the early part of March, as they went down into the dark cell rooms of the old Harrison Street Police Station to hold a jail service. The cells were full from the haul of the police nets from the Saturday night before. There could be traced upon the countenances every kind of markings from the light-lined pencilings of initial humiliation upon boyish faces to the deep-furrowed, sin-hardened faces of those experienced in crime. When we look out upon nature and behold everywhere the handiwork of God, the soul is forced to exclaim, "What hath God wrought," but to look into the dark recesses of our large cities and see criminals of every character huddled together, it makes one exclaim in anguish of soul, "What hath sin wrought?"

It reminds one of the burnings of some ancient forest. And it was into just such scenes as is here described that the gospel appeal went forth on that memorable March morning. One man had forged several checks. He sat in his cell until the services were to open, when he immediately began to pace back and forth. After a time, he quieted, sat down and fixed his gaze upon us. When the appeal went forth to pray for those who would like an interest in our prayers, this man asked that he be remembered. As he knelt upon that prison cell floor he wept bitterly and gave himself to God.

His case interested me. I followed it up through the police court and he is now known as "Number 367" while waiting for trial before the grand jury. I have visited this man and am in close touch with him. His expression has changed from a wild, reckless stare, to that of calm repose. He awaits trial with

firm faith in God. Excerpts from his letter may be to the point in this connection:

"Just received your kind letter and it cheered me up quite a good deal. . . . I know I have to do time for what I have done and have asked God to forgive me for my sins and to help me to be a better man. I am sincerely sorry to think I had to take to drink after being away from it for over 20 months. I think I can safely say that I will never touch a drop of whisky as long as I live. I know I can say it with God's help. In all my prayers I ask for strength to fight it and know I am going to succeed. I want to live a better life for the sake of my soul and because I know that a Christian life is the only happy life to live. I have broken my poor mother's heart through drink and she knows and God knows that drink is the cause of it all. I have put my case in the hands of God and let Him judge me. I have a lot to overcome, but I am going to make an effort to live a better and happier life; not because I am in jail, but because I believe in it."

It is truly a cause for genuine rejoicing to bring this sheaf as a "brand plucked from the burning" to a position of trust and repose before the throne of God.

"He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him." Ps. 126:6.

There is a time for sowing, for weeping and also for reaping. One class of labor may be set apart by some as more desirable than another. There is great joy in reaping. There is also joy in the spring time to go forth with precious seed scattering it upon the freshly turned sod. Even though there is labor connected therewith, yet the tinge of spring in the air invigorates, and the song of the thrush and the meadow lark puts an immortal inspiration into one's being. Surely, there is joy in all our toil for the Master, in the sowing and the reaping, and in the weeping even our tears may become fountains of joy.

When sin entered into our world; earth became, the one dark spot in the universe, the prison-house of the human race. It was a dark and forbidding prospect that God looked down upon from His throne, after sin had entered our world. But God sent forth His son, commissioned with light to penetrate this

dark world of ours. And that light has been shining with clear, steady rays from that day until now.

WHAT IT MEANS TO KEEP THE RESCUE HOME DOORS OPEN

MAUD WILSON COBB,
Matron.

When the front door of our Home opens and a timid, shrinking girl looks into my face and the tears begin to fall it means much to clasp her trembling hand, and say, "The dear Lord knows, poor heart, and allows it for your good. He is not a hard master. Jesus would say, 'I love you, child.' He knows your slightest need. He will not condemn you, but bid you go and sin no more."

With hope renewed, the girl will always lose that hopeless look and fear, and soon will adapt herself to our home. How thankful we are for our home! In our living room the songs of Jesus are being sung. And as I look into the faces, I think of the experience of each life, and how helpless these girls were in their first great sorrow, when they had to come to this haven of rest, or home of refuge.

It has been a refuge to many a dear girl, who has had to bear the blows of an angry step-father and be turned out of the only home she knew, when her heart was already filled with sorrow because she had been deceived and deserted. Now she can sing because Jesus means much to her. His grace is greater than the cross.

Here sits poor Esther whose body is very frail and her sad eyes appeal to you as she makes the effort to be happy, for she is indeed sad, and longs for true friends.

Nellie listened to hear the first sound from the nursery, for her baby girl might awaken. Nellie is one of the girl-mothers and she wonders how she can work and care for her little one. She does not know what is in the future for her, but she trusts Jesus to lead her.

Hazel, in an easy chair looking very pale, wonders how her little one is in its foster home, when a 'phone message comes saying, "I am coming, and will take you home with me. I haven't heard your voice for six months. Now I have found you and I am coming." How those sad eyes brighten as she leaned toward me and said, "He is coming."

She, too, has accepted Christ and as she passed through the valley of the shadow, she said, "Mother Cobb, I am not afraid. I am trusting Jesus." Now she is happy.

Another one of our home girls has just left my side with a heavy heart. She told me that her baby's father has been killed. He was run over by a heavy truck. She has waited two years since the birth of her baby boy, for him to come for her, but his father would not let him come. I wrote to the father and told him how true and brave this little girl had been for two years, and that we were proud of her, and he would be, too, if he could only see her. She had not left her baby for an hour during these two years, and she needed the father of the child now. The father wrote, "You better give the child away. My son cannot come, no need of her working for the child. Let her adopt him into a good family."

The day the father sent us that letter his only son was cut down in his youth. Now the girl-mother knows her hopes will never be realized, and all her devotion to his child will never be known to him.

Near my chair sits a new girl, here only a day. She did not think the evening would be spent in songs, and she dreaded the trip

to the "Home for Girls." She did not know it was a real home. All is not sadness for Esther, and little Violet, now a year old. She is home for the day. Every one is happy to watch our dear baby as she laughs and runs about and tries to talk. Our Margaret and little Thelma are also home for a few days, and we are enjoying them both.

Another girl who has learned to trust Jesus, calls out the Christian song she loves the best, for that song touched her heart when it was aching and gave her hope to look up and say, "Yes, I will trust Him ever, though He slay me."

Mother Case, with her big family of eighteen about her seems happy tonight, and with her is her youngest daughter who has just made a trip from her field of labor where she is teaching the Bible, and her cheerful laugh and words of encouragement make all our family happy.

Another Day's Experience

Yesterday as I looked from the window, a trembling aged man hurried to our door, and in an excited voice said, "I am bringing my little granddaughter to you. I hurried for she is sick. I left her at the depot with her sister. Can you help me bring her to your home. I will go back at once to them." In a few

A Neighbor's Little Girl Admiring the Home Babies



minutes the girl was brought to us. We learned that they had come quite a distance to their grandfather's home in Chicago and he started early in the morning from Chicago to our home for he knew she needed our care.

The grandfather and sister remained in our parlor until late in the afternoon. At that

but this is my only daughter's child. I have tried to care for her for her mother's sake. Maybe I didn't know how wicked the world is in these days. I didn't warn her as I should, but as long as I live, I will care for them and give them all I have."

The girl, who is very young, said, "Granpa, can I have my baby boy to take home?"

After taking the white-haired grandfather and the young sister to the train we thought, "Another day's experience," and thanked God we were able to help one of his followers who for years has believed Jesus would help him bear every heavy burden.

A Christian Home Established

A few days ago while in the Union Depot, one of the "Travelers' Aid" ladies called to me and asked how the little girl from the far West was getting along—that she had thought of her many times since the night she had taken the girl and her sister to a hotel to wait until morning to get a train to our home. Now she wonders how the girl is doing as the days go by. I was glad to tell her that the managers of our home had spent much time in helping this girl to adjust her affairs.



"Billy" the Pride of His Mother

time the girl-mother cried, "Can my Granpa come to me? I want to ask him to forgive me and tell him all of the truth." As the dear old grandfather entered the room, he held out his arms to her and said, "It is all right, my child, don't worry now. Just get well. I haven't much, but I will care for you and your baby." Then he continued, "Mrs. Cobb, I am now over seventy-eight years of age. There has never been a disgrace in my family,



One of Our Happy Babies in a Foster Home

She is an orphan with only one sister a few years older, who has left school to stand by her little sister through her trouble.

Only sixteen years old, with no father or mother to guide or direct and with a brain almost wild, she came to our home with her

sister. When the baby came, it was given a home with good Christian people. But every morning the child-mother's pillow would be wet with tears. She wanted her baby again. She prayed for it, and then a letter came from the baby's father saying: "I am coming to you, I want to make you happy, I want our baby. I want to stand my share of this trouble. May I come?"

Now he is here, has a position and has made his peace with God. The baby is with its own parents, and another Christian home is established. They now, as husband and wife, have determined to serve God and the evil one has been thwarted in his plan. He wrecked the young folks' plan for their future, but God has brought good out of evil, and we are glad to have a little part in seeing how Jesus will lead if we trust Him when we make mistakes.

The Travelers' Aid lady was so glad to hear the report of the girl, for the two girls looked so helpless that day and needed encouragement.

What does it mean to have a home built on the foundation of Christ? He gave us this home for our faith, and by that same faith our door swings open to the heart-sick girls and children. Jesus does care for His own.

A PERSONAL LETTER FROM A WAY-SIDE WORKER

"I've taken THE LIFE BOAT most of the time since I've been a Christian, and that is fifteen years now. I do love to read the paper.

"After I began to be a Christian, my husband was very much against the faith, and opposed me strongly, which only drove me nearer to the Lord. He was going on a little trip one day on the train, and while waiting at the depot he got a LIFE BOAT out of a reading rack at Walla Walla, Wash. He read it and liked it so well that he brought it home to me and said he would get it for me, and he did. After that I was anxious to give THE LIFE BOAT to people I thought were discouraged and friendless, as my heart went out to people of that kind. So one day I went with my husband about ten miles in a sleigh to an old friend's home. I took a LIFE BOAT along with me, and at that place a girl was working who was about seventeen years old. The lady she worked for told me about the

girl's downfall, and my heart went out in tender sympathy for the girl. I gave her THE LIFE BOAT and encouraged her to read it, which she did, from cover to cover.

"She had a sweet little girl about a year old. She herself was only a young child when her mother and father let her go out among strangers to work in a hotel. I learned that she had been misled the second time, so she took her little girl and went to a hotel. She had saved money that she had earned, and there she got a room. Her folks lived near, but had turned her out, and she said she would stay out in the street before she would return to them.

"Later I went to town to get some dental work done, and just before I reached the dentist's office this girl stepped out of her room and spoke to me, and asked if I would come into her room, as she wanted to talk with me. I could see that she had been crying. She wanted work, and showed signs of wanting to be a good girl. The snow was deep and cold. I told her I knew of no place where she could work then, but she could pack up her things and go out home with me until we could find some place for her to work. She seemed very happy over my kindness. My husband was willing that she should go, so I kept her three months. I talked with her about being a Christian, and she soon got interested in the Bible, and could hardly wait until THE LIFE BOAT paper was unwrapped when it came. She would read it and cry, and she set her heart to live right. She stopped using slang words.

"She worked for another Christian lady a while and diphtheria broke out in the neighborhood, and she and her little girl got it. She couldn't get care there. I visited her and saw that the baby was in a critical condition, so I took them to my home and treated them. She and I would pray the Lord to help us and we did all we knew to do, and the Lord blessed and saved both of them. Doctors were very scarce, so the Lord was our great Physician. He never loses a case.

"Because of illness I had to leave home, so some Christian friends that I knew came after her and took care of her. She said she couldn't bring up her two children right and work out as she would have to, so she let two brothers living nearby adopt her little girls, as she knew

they were better able to educate them than she was.

"For several years I kept in touch with the girl and encouraged her to hold on to the Lord. For the last four years I had lost track of her in my moving from place to place, but I kept praying for her. I also lost trace of the people who took her children. Last year, while attending a camp meeting in Portland I met the people who had adopted the oldest child. They now live near me, and are giving her a good education and she is now finishing the seventh grade, and is real good in music. It made my heart rejoice and tears come for joy to see how wonderful God has blessed my first efforts and prayers for this girl. The other brother, who has the youngest child, is only about sixty miles from here, and has a good home.

"The mother has now written that she is married and is rejoicing in the Lord and is trying to save her sister and to get her mother to become a Christian. She is also trying to save her sisters and to get her. You can see what power there is in prayer and faith and works. My husband is also a Christian now.

"May the Lord watch over you all and give you help in every way you need, and all the workers there."

THE LIFE BOAT TO THE WOUNDED SOLDIERS

HARRY C. LAUSTON

Member Hinsdale Nurses Class.

We visited the wounded soldiers in the Army Reconstruction Hospital on the south side of Chicago recently with *THE LIFE BOAT*, and it was very interesting to hear them tell us about their experiences.

They have very good care. Miss Knowles, Mrs. Cobb, Miss West and myself went there and distributed *LIFE BOATS*. This hospital accommodates about five hundred. Some of the soldiers have been there about three or four months.

On entering the hospital, Mrs. Cobb asked one of the officers for the privilege of going through the institution, which was granted, and he was handed a copy of *THE LIFE BOAT*. We took the elevator up to the fifth floor, and went right to work distributing our magazine.

In talking with one of the boys who had

his arm in a sling, I noticed that with the right arm he seemed to be improving the time by making cartoons, and seemed to be very happy. I handed him a *LIFE BOAT* and he said he would be glad to read it.

I next handed one to a boy who had his leg broken. He said he had been in the hospital in France four months, and has been here three months.

Mrs. Cobb met a soldier who had read *THE LIFE BOAT* in New York before he sailed for France. On their way over, their transport was torpedoed and he was cast into the water. He said he thought then of the picture on *THE LIFE BOAT* of the man overboard who was reaching for the life line, and he was glad that he reached the life line extended to him and was saved. He gladly took *THE LIFE BOAT*.

It is a great satisfaction to me to know that we can go and help these boys, and there is a great blessing in it. I think some of our folks ought to go and visit the boys oftener, and I hope that we will have the privilege of going and visiting them again.

FROM A NEW YORK PRISONER

"To think I, a stranger to you, am writing letters and asking you for help, and to think a stranger should write to a person like me, a boy in prison who has disgraced his mother. To think that God above has sent me a helping hand. To think that He has chosen a stranger whom I have never seen and who has never seen me! When I think of these things it makes me feel just like a person that has received too much, a person that does not deserve such help as you are giving me. I thank you and ask God above to thank you for me.

"Any reading like the tracts you have sent me will be received with joy and happiness. When I get through reading them I pass them to other inmates who hail them with a cheer, and are very glad to read them or any good reading they get. "Crippled Tom" has made a great impression on a good many of our old inmates here, and "Charlie Coulson and the Drummer Boy" has helped in a good way the Jewish inmates here and I am sure that if you would send once in awhile some more of such good reading, it will be gladly received by me and other inmates here.

"I got four words out of the Bible, and I am glad I got these words, 'Thou God seest me.' It helps me to do my work better."

Forward and Faithful

PROF. J. G. LAMSON

[Chaplain Lamson of the Hinsdale Sanitarium received on May 19 the degree of Bachelor of Arts from the Emmanuel Missionary College, Berrien Springs, Mich., at which time he read this original poem which he had written for the occasion. The poem is such a good one that we are publishing it entire for the benefit of our readers.—Ed.]

FORTH from the lips of our Creator sprang
A new-born world; formless and void it came,
While from the vaulted arch of heaven rang
The mighty chorus praising His great name.
The darkness covered thick upon the deep,
The spirit hovered o'er its rolling sweep.

A voice rang out and said, "Let there be light"
And light there was,—the brightness of the day,
The whirling earth emerged from out the night
And started Time on his uncharted way.
Then day by day, according to God's plan,
A home was perfected and given to man.

Then Satan came amid the Eden bloom
And filched from man the happy Eden home.
A race designed for joy was plunged in gloom
And driven out, in sorrow deep to roam.
Though fallen far from God, the unhappy pair
Are by His mighty love kept from despair.

Long years pass on; the lengthening centuries roll;
Millenniums come and go till now we stand
Where millions daily pay the awful toll
Of sin's most certain wage and law's demand,
Our faces pale as onward day by day
The hordes of people press their downward way.

Behold where India's millions bound by caste
Unwarned die nor know which way to turn;
Or China's multitudes in sorrow vast
And Japan's hosts who now for wisdom yearn,
From Greenland where the icy torrents run
To "Africa's" lands beneath the scorching sun.

Behold again the turmoil and unrest
That seethes throughout the Nations of the world;
The crime, the wrong, the people so distressed;
And all the wicked shafts by devils hurled,
Our cities reeking wet with filth and shame,
And villain stalks abroad of every name.

And then behold the church! how far from God!
How fallen from her first so high estate!
Immanuel's banner lowered to the sod,
And charity replaced by cruel hate!
The work that faithful Christians should have done
Is left to "crowd the hours of setting sun."

I look into the devastated homes:
The cities torn and wrecked by horrid war;
The places where the love light never comes;
And moans and groans ascend from near and far.
The staring eyes of men, with mind dethroned;
The hell-torn hearts of womanhood disowned.

I see a mother bending o'er the form
Of loved one borne away upon the bier;
I see a father carrying on his arm
A babe, whose mother ne'er can see the tear.
I see the lover hover o'er the bed
And bathe with tears the features of her dead.

I've seen some wretched lives in silk arrayed;
I've seen some noble souls in pastry gown;
I've known of trusting hearts by brutes betrayed,
Who, struggling heavenward, were battered down.
All kinds of wrong, all kinds of sore distress,
All sorts of wickedness without redress.

Is there no hope? no light to break the pall?
No rift in clouds that hover dark and low?
No remedy for all the lost who call
For help to come and lift them from their woe?
Must all this mighty multitude be left?
Are they of every saving hope bereft?

Yes, there is hope. The controversy grand
Twixt good and ill will soon come to its end.
The day is near when God's own powerful hand
Will prove to longing souls a mighty friend.
The day foretold by seers long years ago
Is hast'ning on, to sin and wrong o'erthrow.

The foe's long trenches stretch in every clime.
Embattled forces maddened for the fray
By Prince of Darkness, knowing that his time
Is short; and hastes the last great day,
With furious hate and subtle methods keen
He works with agents everywhere unseen.

But God is Lord, and Prince Immanuel
Is calling now his forces into line;
Each blood bought soul is under bond to tell
The Gospel, which will quicken and refine.
"To arms!" the trumpet calls, make no delay,
The time is short, now hasten and obey.

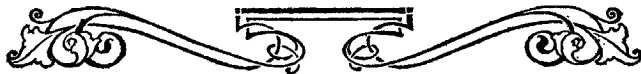
With godly zeal the army of the Lord
Is mustered in and hurries to the field.
With eager ears they wait the Master's word
And know that by His grace they'll never yield.
Expectant eyes are watching His loved face,
And every man stands ready in his place.

"Forward!" it is the Lord's command;
"Faithful," that is their glorious theme;
And quickly at the call in every land
The swords of God and Gideon brightly gleam.
And Satan cowers 'neath the Saviour's glance
As craven's cower 'neath the avenging lance.

The battle rages. Torn from Satan's train
The prisoners of hope come trooping in.
The shackled slaves of passion's evil reign
Are freed from all the bondage brought by sin.
To break the yoke and let the oppressed go free
Is what the Master's army strive to see.

Forward, though standard bearers fall;
Faithful, though traitors oft are found;
And soon the final destiny of all
Will settled be; and then the awful sound
Of great and mighty men for rocks to hide;
While Christ will come and with his saints abide.

Then tears will dry and banished be our sighs;
The mourners then will sing with holy joy;
Victors o'er the tomb the dead will rise
And hearts will join in love without alloy.
So Forward, then, the battle's almost won;
And Faithful, too, till all the conflict's done.



"I OWE IT ALL TO MOTHER"

MAUD WILSON COBB

So said a young man as he told how God had awakened him to see himself a sinner. "God," he said, "led me out of self into Christ, and now I am saved by the virtue of Jesus' blood and nothing else." Many a time he had heard his dear mother pray for him in her little room. She knew her son needed a new birth and to die without it would mean he would be lost. While in trouble one day, he longed to hear his mother's prayer. He believed it would help him in his hour of trouble. Mother was far away, so he tried to pray as his mother had prayed, and Jesus heard and answered his petition. Now he is free in Christ Jesus because he had a praying mother.

All who are mothers should seek to teach their children that there is nothing good about them by nature, and then bring them before their God.

Young men often say to me, "My friends say they are saved, but I never hear them say much about Jesus." People generally talk most about that which they love best. One young man said, "Would you go to a show if the play was taken from the Bible, would it not be as good as going to church?" I told him there were no more dangerous plays than those which have a little of the pious things about them. Since God has saved my soul, and led me to see beauty in His beloved Son Jesus, I have no time for the trashy novel, or the religious play. They never have, and they never can satisfy anyone who sits and watches them. A very dear Friend died for me and I need all my spare time to look over His will to find out more and more of what He has laid up for me in the inspired Word. "Where withal shall a

young man cleanse his way?" Answer, "By taking heed thereto according to thy word." Ps. 119:9, 130.

One night a short time ago, while in the Dan Batey Mission, I looked into the faces of sixty-four men, some young, and some gray-haired. Over half of these men were homeless and friendless, except for those who night after night open the mission doors and tell the story of Jesus. When it came time for the men who knew of the saving power of Christ to speak, about twenty arose to their feet, one after the other, some on the platform, some in the congregation. Each one told how he had been saved and how happy and satisfied he was in trusting Jesus, and when the call came for men to seek Jesus, three men with bowed heads came to the altar and gave up all for Jesus' sake. Although their heads were gray, they seemed as little children, while seeking help.

One young man who was converted in our jail work only a few months ago walked among the men and told them how the Good Shepherd gave His life for the sheep, and how "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9.

Jesus only knows how our hearts rejoice to come into some jail service and see and hear young converts, who have just been on the outside of the jail bars a short time, stand with their Bible in their hands pleading with the man or boy inside of the cell, and reading one text of Scripture after another to prove to the prisoner that God is good. If we can see the works of the Spirit and rejoice, how must the angels of heaven rejoice over one who gives up his wicked ways and asks the Lord to lead him. No wonder the angels of

ARE YOU INTERESTED IN MEDICAL MISSIONARY TRAINING?

If so, write us at once for full information concerning our new class which will start July first. We are now accepting applicants for this class. Our course is three years in length and we desire those to apply who have consecrated their lives to the Master's service, or wish to do so. If God impresses you to take up this work, write at once. Address Mary W. Paulson, M. D., Hinsdale, Ill.

heaven desire to look into the mysteries of the plan of redemption (1 Pet. 1:12). When a drunken man who does not know God, can be made sober by a prayer or a song, and then cry in his grief for mercy and pardon, and is heard by Jesus, and then day by day grows in Grace and goes out to bring others to Christ, is it not wonderful to know and tell the story?

NOTICE THIS APPEAL

"Dear Friend: Will you not send some monthly numbers of THE LIFE BOAT to the prisoners in the jail of this town? There are white and colored prisoners, and since the war activities have so increased in the country the religious services there have been given up. They have none, and are held in close confinement. It seems to me they are spiritually utterly neglected. I would pay from my own purse if I were able, but I will not let my disability prevent me from making this appeal for them. But when I am able I will try to do something for the good cause.

"Thanking you in advance, and hoping the men may have some reading matter before the week is out if possible, I am, Yours sincerely."

"A LETTER FROM A FRIEND"

WALTER THOMAS,
San Quentin, Cal.

I've heard of many far and near
Whose thoughts go forth to prisons drear,
Who seeks by friendship to allay
Some sorrow—to make lives less gray.
And to a man barred from his kind,
With earnest heart and eager mind,
No greater joy the day could send
Than just a letter from a friend.

Within his lonely, narrow cell
His soul will sing! No words can tell
What raptures thrill him and inspire
New courage and a new desire
To look his fellows in the face,
And take before the world, his place—
To be of use in God's great plan
And what God meant,—an honest man.

CLEANSED HIS VILE TONGUE

(From an Inmate of the Connecticut Penitentiary)

"Your letter and the Morning Watch Calendar were both received and I thank you very much, and I assure you that it and my Bible shall be my daily companions, and I intend to live nearer to God this year than I ever have. I wish to thank you for your kind offer. I have two Bibles, one that a friend gave me when he went home. It was his wish that I keep his Bible to remember him.

"When I look back four years, I can truly say it is wonderful what the Lord has done for me. I do not believe any man had as vile a tongue as mine once was, but thank God, He has cleansed it.

"I ask your prayers that I may prove true to my dear Saviour."

FROM AN EX-CONVICT

"Truly God will bless you and reward you for the efforts that you are putting forth to the advancement of His cause and kingdom. My courage never falters in upholding the gospel of our dear Saviour. This I do at every opportunity and feel blessed in the work. How often I think and repeat to myself His injunction, "Seek ye first the kingdom of God and His righteousness, and all of these things shall be added unto you." Oh! that more of the children of men would seek His kingdom. My prayer is that the day may hasten when peace and righteousness shall reign.

"You will be pleased to hear that I am growing in Grace, and that I never fail to remember your work in my daily prayers. I so often think and pray for the boys behind the bars. Pray for me that God may use me as an instrument in bringing precious souls to the foundation of life.

"I have several correspondents who are seeking for the light of eternal life. I am glad that God has given me the ability to minister to their wants in this way. May the Father of us all bless THE LIFE BOAT that it may live always."

"Begin thoroughly. It is a thousand times easier to live altogether for Christ than half for Christ. Don't be an amphibian, half in one world, half in another."

May We Expect a Time of Health?

D. H. Kress, M. D.

I HEARKENED and heard, but they spake not aright: No man repented him of his wickedness, saying, What have I done? Every one turned to his course, as the horse rusheth into the battle. Yea, the stork in the heaven knoweth her appointed times; and the turtle and the crane and the swallow observe the time of their coming; but my people know not the judgment of the Lord." "We looked for peace, but no good came; and for a time of health, and behold trouble!" Jer. 8:6, 7, 15.

Men are today anxiously looking for peace. So long as wickedness exists, and is on the increase, what right have we to look for peace? For "the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked." Isa. 57:20, 21. The only assurance we can have of peace is by receiving into the life the principles of the King of Peace. "Oh that thou hadst hearkened unto my commandments! then had thy peace been as a river." Isa. 48:18. "Great peace have they which love thy law." Ps. 119:165.

Men are looking for a time of health. What right have we to look for "a time of health" so long as sin exists, and is on the increase, when the wages of sin is ill health and death? In healing the palsied man of his physical malady Jesus said first, "Son, be of good cheer, thy sins be forgiven thee" and then added "that ye may know that the Son of man hath power on earth to forgive sins," He said, "Arise, take up thy bed and walk." Matt. 9:2, 6. He first removed the sin, or the cause of ill health, and then healed him. To another one, after being healed, He said, "Sin no more, lest a worse thing come unto thee." John 5:14.

In the New Earth, the home of the redeemed, there will be no sickness because there will be no sin. "The inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity." Isa. 33:24. Then "there shall be no more death, neither sorrow, nor crying, neither shall there

be any more pain: for the former things are passed away." Rev. 21:4. "We, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness." 2 Pet. 3:13. There is no sickness or death there, because there is no sin. Righteousness dwells there. Not until wickedness and sin are banished have we a right to look for peace or a time of health.

Professor Metchnikoff, a noted scientist, Pasteur's successor, who himself died at the age of seventy, said: "Man should be at his best at eighty-five. He should be still active at one hundred and twenty, and live to the age of one hundred and forty." This is not absolute. It may be, and probably is, true of some men, but not of all. By inheritance one man may have within himself the possibility of being at his best at eighty-five, and living to the age of one hundred and twenty or one hundred and forty, but another man may by inheritance have within himself, live as carefully as he may, the possibility of being at his best at fifty, and living only to the age of eighty years. While still another, do what he may, is handicapped through all his life, and can live merely to the age of fifty or sixty years. The one who dies at sixty has tissues just as degenerate as the one who dies at one hundred and forty. He becomes prematurely old and dies of old age. Death in old age, whether it takes place at sixty or one hundred, is due to tissue degeneracy.

Why do we die at all? Why is it not possible to be so careful in our manner of living that we may live forever? Our heredity will not permit this. "As in Adam all die"—so death is ours by inheritance. We cannot escape it. By careless living we may still further shorten our existence, so that instead of living to the age of one hundred and forty, or eighty, or sixty, we may die at the age of one hundred, or sixty or forty, depending upon the inherited vitality we are in possession of. If we thus shorten life, we shorten it not merely for ourselves, but also for our posterity. The man who had by inheritance, within himself, the possibility of living to the

age of one hundred and forty, but through careless living died at the age of one hundred, the probability is that his son who should have had within himself by inheritance the possibility of living to the age of one hundred and twenty, no matter how careful he may obey the laws of health, will die at the age of possibly eighty or ninety years. This is something we cannot escape. "The sins of the father are visited upon the children."

Death when it occurs is due to tissue degeneracy. How does this degeneracy take place? Through the continuous presence of poison within the tissue. In the human body poisons are constantly being formed from the disintegration or breaking down of tissue. These have to be eliminated in order to keep alive the tissue. No matter how careful we may be in our habits of life, the tissue from the continuous contact of these poisons, degenerates and becomes old and ultimately dies. No matter how perfect the elimination may be man cannot live for ever in his present state. Anything that favors the retention of body wastes, as lack of exercise, insufficient rest, living in poorly ventilated rooms, and a neglect of keeping open the pores of the skin by suitable bathing, will hasten the degeneracy of the tissues and will cause premature old age and death.

In addition to the poisons normally formed within the body, poisons may be introduced from without through the food, as in free use of meat, through the drink, as in the use of alcohol, tea and coffee, or through inhalation, as in the use of tobacco. All of these will hasten degeneracy and will shorten life.

Poisons may also be formed within the alimentary canal through errors in eating. Foods, good in themselves, may be combined in such a manner as to undergo fermentation or putrefaction and produce poisons, or what is popularly termed auto-intoxication or self poisoning. This is one of the chief causes of degeneracy, premature old age and death.

"Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Eccl. 8: 11. Because a habit does not *at once* kill, it is difficult to convince men that is is killing just as certainly. To the innocent pair in Eden, God said "in the day that

thou eatest thereof thou shalt surely die." Not instantly, but *surely*. Degeneracy and death began in man when he sinned. He possessed sufficient vitality to live to the age of nine hundred and thirty years in spite of it. The record reads; "And all the days that Adam lived were nine hundred and thirty years; and he died." Gen. 5: 5. To Eve the tempter said "Yea, hath God said ye shall not eat," of everything you please? There is nothing in it, he urged, "ye shall not surely die." Test it out he argued. Arrive at truth by demonstration.

She yielded and demonstrated to her own satisfaction that Satan was right and God was wrong. She felt no immediate ill effects from eating the forbidden food. Possibly she felt an exhilaration which would lead her to believe that the food withheld from her was something to be desired to make one wise. Armed with such a weighty argument she went to her husband and gave to him, and he did eat. The woman was deceived.

This crowning deception has been handed down from that day to this. Men and women are still made to believe, because they feel better when taking whisky, tobacco, coffee, tea or meat and other things which act as excitants and exhilarants that they are not injured thereby, but that these narcotics are something to be desired to add to the joy of living, but there is death in them. The deception practiced by the tempter on Eve has been handed down from generation to generation. "Ye shall not surely die." And men and women are just as responsive to the deception as was she.

Principle, not feeling, must govern in the selection of food and drink. Man may feel at his best when he is actually at his worst, and he may be at his best when he feels the worst. Feelings are not a safe guide in determining the value of food or drink. It is possible to follow a course that shortens life, when it appears to be the only thing that maintains life.

"The service of the Lord is not slavery, but the only thing that frees man from slavery. The Lord will have no one in heaven who does not possess perfect freedom to do as he pleases."



EDITORIAL

EDITORS:

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

FINDING A WELCOME IN PRISON

Before this LIFE BOAT goes to press we want to say just a word about our annual campaign for prisoners. At this writing more than ten thousand copies of the Special May LIFE BOAT have already been sent on their mission to prison ports. Many prayers were offered for means to pay for these LIFE BOATS. Our faith has been tested, but we have gone forward trusting in God's promises, and while we are still in need of more money to supply other penitentiaries not yet heard from, yet we believe the Lord will send it before the month closes.

From our pile of fifty or more letters from prison chaplains, wardens and superintendents, men of wide experience in prison reform work, we quote here briefly their appreciative words of THE LIFE BOAT work without taking the time or space to mention names:

"No literature has been received by the inmates more gladly than your little magazine. Each year after the distribution of the Prison number, several men have asked me if I had other numbers for them to read. That tells the story of whether it helps or not."

"It is a splendid, well-edited little publication, and I have no doubt but that good is accomplished through your distributing it in the prisons throughout the country."

"I regard it as one of the most helpful papers that comes into the institution."

"It is always welcomed by the inmates."

"The prisoners have always enjoyed this magazine very much, and we certainly appreciate the generous spirit that has prompted you to send them to us from year to year."

"You are engaged in a noble work in providing inspirational reading for men and women who need the uplifting hand."

"THE LIFE BOAT is a most excellent and welcome visitor here each year, and has cheered and blessed many a weary soul."

"We have always appreciated THE LIFE BOAT very highly, and our prisoners ask for it."

"I have heard several men speak of the help they have received in reading THE LIFE BOAT."

"I wish to add my testimony to the very good service you have rendered to the thousands of unfortunates behind the bars who have received THE LIFE BOAT. I trust it will drop anchor in this port again. I assure you that the messages THE LIFE BOAT brings will indeed be life-saving to many, and we can testify that it has been the means of saving many souls who otherwise might have been lost had not THE LIFE BOAT visited us."

"I look over THE LIFE BOAT when it arrives and find many good readable articles in it."

"The 400 copies of THE LIFE BOAT sent to this institution have been welcomed by the prisoners, who would appreciate a continuance of them."

"To many of the men and women under my care the saving value of this wonderful little messenger and silent preacher has been very manifest. There is no periodical or book except it is the Holy Bible that is more inquired about than your little booklet. And the secret to me is this, it exalts my Saviour, He who saves from sin. He it is who is needed by every sinner, and, strange to relate, this same Jesus is found of those who seek Him, and I am so glad to know that THE LIFE BOAT beats on this anvil—Jesus only."

"In my seventeen years' work as chaplain among the lost and wandering, it has ever been my delight to put this good old LIFE BOAT into the hand of some erring one. My earnest prayer is that our God may bless your work."

C. L. C.

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

THE MAN WAS GONE

Once, when a battle was raging between Israel and Syria, a prophet went out into the midst of the battle. Suddenly a soldier turned aside and brought a prisoner of war to the prophet, saying: "Keep this man: if by any means he be missing, then shall thy life be for his life."

Later when the king of Israel passed by, a victor, this prophet had to answer for the safe-keeping of the man, and he said, "As thy servant was busy here and there, he was gone." 1 Kings 20:39, 40.

Christ the King of Glory has given us the responsibility of caring for the souls of our loved ones and those about us. Are we so busy here and there looking after the material things of life, or seeking our own pleasure, that we will have to say some day to our King, "As thy servant was busy here and there, he was gone?" C. L. C.

AN INDUSTRIAL CRISIS IMMINENT

Sober thoughts fill the minds of many of the world's best thinkers as they look into the future. Grave apprehensions are felt over the increasing industrial complications.

There is an undeniable feeling of anxiety over the outlook. There is a strong presentiment that somehow human history is approaching a greater crisis than any of the past.

One of the fiercest and most far-reaching controversies that has arisen between man and man in this world is seen in the conflict that is now being waged between capitalists and laboring classes. It is feared by many that we are on the eve of a mighty revolution.

The strained relations existing between the

rich and the poor, between the capitalist and the wage-earner, cannot long continue. Unless some peaceful solution of the difficulties can be discovered serious results will inevitably follow. The trust magnates are yearly adding billions of dollars to their already princely holdings, while on the other hand the toiling masses are finding their condition more and more intolerable.

The trouble is caused by the concentration of the country's wealth in the hands of a few, and by the oppression of the laboring men in order to increase the fortunes of these few.

Those things have exasperated the laboring men, because they know that a part of the millions thus spent represents their wages "kept back by fraud," as the Bible says plainly in James 5:4.

But have the working men done just the right thing? The labor unions have in the last twenty-four years conducted over 36,000 strikes, and during these strikes much property has been destroyed and many people have been killed.

God has pronounced a terrible judgment upon those who secure great riches through fraud and oppression of the poor. Doth not He say: "Go to now, ye rich men, weep and howl for your miseries that shall come upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and silver is cankered; and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days. Behold, the hire of the laborers who have reaped down your fields, which is of you kept back by fraud, crieth: and the cries of them which have

IF YOU HAVE MONEY TO LOAN, READ THIS

The Hinsdale Sanitarium has had the largest patronage for the past year in its history. For many months it has been possible to accommodate only a small percentage of those who have wished to come here for care and treatment, therefore we have decided to build a fifty-room addition this summer.

This will make it necessary for us to borrow a few thousand dollars. We will give the note of the Sanitarium, signed by the president and the secretary, bearing interest at six per cent, payable semi-annually and running for whatever length of time may be desired—one, two, three or more years.

Anyone having money to loan us or who may wish further particulars, address The Hinsdale Sanitarium, Hinsdale, Ill.

reaped are entered into the ears of the Lord of Sabaoth. Ye have lived in pleasure on the earth, and been wanton; ye have nourished your hearts, as in a day of slaughter." James, 5:1-5.

Neither can He bless those who resort to violence in order to secure their own rights. The Psalmist tells us that "his violent dealing shall come down upon his own pate." Ps., 7:16. The best rebuke to those who oppress and wrong us is to follow the admonition of the Word: "Recompense to no man evil for evil. If it be possible, as much as lieth in you, live peaceably with all men. Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil, but overcome evil with good." Rom. 12:17-20. Then in the kingdom of Christ soon to come, we shall have our share of the good things, and be permitted to enjoy them throughout eternity.

WHY WE SEND THE LIFE BOAT TO PRISONS

Because we are receiving almost daily just such appeals as this one from an inmate of the Indiana State Penitentiary:

"I wish you would send me the May number of THE LIFE BOAT. I would like to get it. I miss it when I do not get it. I like to read it very much. It is a nice book."

FROM OUR MAIL BAG

"There was a stranger came here one evening. He did not stay but a few minutes. He said he was just out of prison. He said he was converted through reading THE LIFE BOAT while in prison."

MORE WORKERS NEEDED AT HINSDALE

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

Address at once the Hinsdale Sanitarium, Hinsdale, Ill.

NEWS HERE AND THERE

John R. Carter of Battle Creek, Mich., who was formerly employed at Hinsdale Sanitarium, called at Hinsdale a few days ago.

Mr. and Mrs. L. C. Shepard from Wisconsin, called at the Sanitarium recently, while enroute to New York, to sail soon for India. Mrs. Shepard (Irene Cutler) was a member of the present nurses' graduating class.

Dr. and Mrs. A. C. Selmon who have been engaged in medical missionary work in the heart of China for the past fifteen years, are now on furlough in this country, and are spending a few weeks in Hinsdale.

Mr. Julius Paulson visited Stevens Point, Wis., on business during the month.

Mr. E. L. Vogel, of Wheaton, Ill., President of the Illinois Gideons, visited Mrs. Vogel who is a patient in the sanitarium.

Prof. and Mrs. C. A. Russell of Berrien Springs, Mich., visited their daughter Mildred who recently underwent a surgical operation at the sanitarium.

Mary E. Lamson, preceptress at the Emmanuel Missionary College, Berrien Springs, Mich., visited her brother, Prof. J. G. Lamson. And Mrs. Lamson enjoyed a visit from her sister, Mrs. W. D. Tapert of Sault Ste Marie, Mich.

Among the new workers who have recently arrived are Miss Ethel Howard, Franklin, N. C., Ethel Struble, Covert, Mich., Charles Marshall of Montana, and Mr. Charles Wikle of the Cowee Mountain school, Franklin, N. C.

Mrs. C. E. Clark of Vassar, Mich., mother of J. D. Clark, the Sanitarium rooming clerk, spent a few days at Hinsdale recently.

Mrs. Alice Peterson of Lima, Peru, South America, who is in this country on furlough, visited the Sanitarium.

Prof. J. G. Lamson, N. W. Paulson, Mrs. Gertrude Taylor, Dr. Mary Paulson, Mrs. C. L. Clough, and several of the workers at Hinsdale, attended Commencement exercises of Emmanuel Missionary College, Berrien Springs, Mich., on May 19.

Mr. and Mrs. A. C. Ford of the Hinsdale Sanitarium family left on May 16 to visit their parents before sailing in June for Peru, South America, as medical missionaries.

BOOKS WE RECOMMEND

If this magazine has interested you, we would refer you to the following books and magazines for further study. They can be procured from our office or ordered direct from the publishers:

The Marked Bible is a new booklet by the late Prof. C. L. Taylor. It brings out Bible truths in story form, being an actual account of a missionary's experience on shipboard. The book is having a remarkable sale. Price, 15c per copy.

Soul-Winning—G. B. Thompson. A splendid book to encourage professed Christians in personal soul-winning work. 192 pages, 75c.

Steps to Christ—Mrs. E. G. White. A splendid book for the unconverted and the seeker after God, and a constant guide to the Christian. Published in several bindings from 25c paper or khaki cover to a \$1.00 gift book.

Thoughts From the Mount of Blessing. An application of the principles of Christ's sermon on the mount. A real gem of truth. 218 pages, 85c.

Ministry of Healing. One of the most remarkable books ever written on the subject of health and healing, with instruction for the upbuilding of the Christian home. We have a few copies of this splendid book on hand which we will furnish at \$1.50 each.

The Signs of the Times is a weekly periodical which deals with Bible truth and its relation to the times in which we live. \$1.50 per year. Published at Mountain View, Cal.

The Watchman Magazine. A live up-to-date, illustrated monthly magazine dealing with world-wide current topics from the Scriptural standpoint. \$1.50 per year. Address, Nashville, Tenn.

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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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The Life Boat

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

Entered as second-class matter July 17, 1905, at the P. O. at Hinsdale, Ill., under Act of Congress of March 3, 1879. Acceptance for mailing at special rate of postage provided for in section 1103, Act of October 3, 1917, authorized April 11, 1919.

Mary W. Paulson, M. D.....	} Editorial Staff
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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, 16 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 months, \$50.

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

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

Life Boat Magazine Agencies in Chicago

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

D. K. Abrams, wholesale nut store, 3529 Cottage Grove Avenue. Phone Douglas 6743.
Illinois Tract Society, 116 North California Avenue. Phone Garfield 2261.

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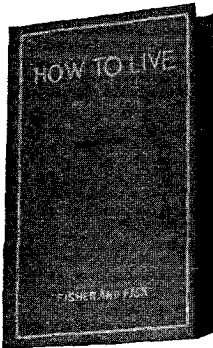
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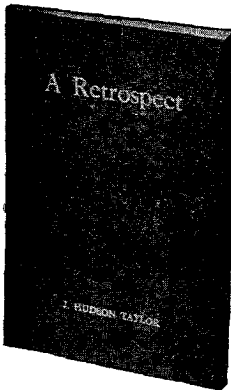


"How to Live, or Rules for Healthful Living, Based on Modern Science"

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.

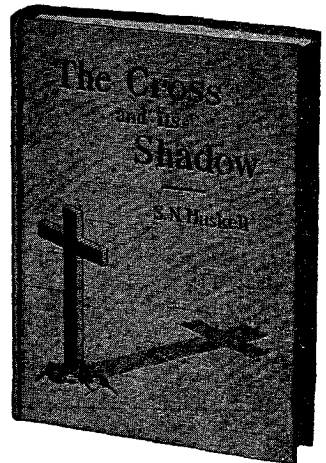
The Cross and Its Shadow

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.



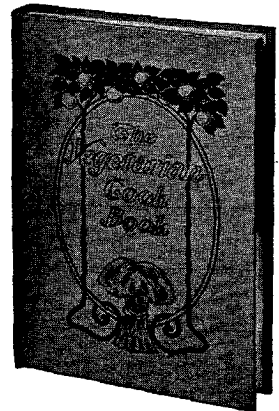
A Retrospect

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.



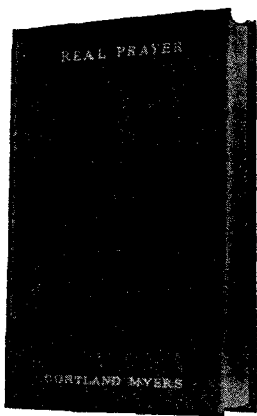
Pastor Hsi

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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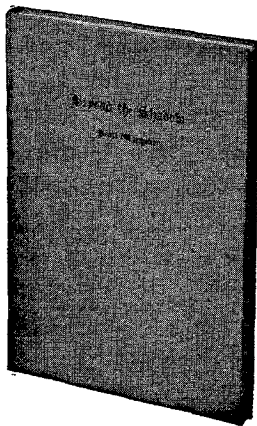


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Beyond the Shadow

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

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

Liquid Paraffin

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

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

Prices

1 Pint	\$0.45	Shipping weight.....	2 lbs.
1 Quart75	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

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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