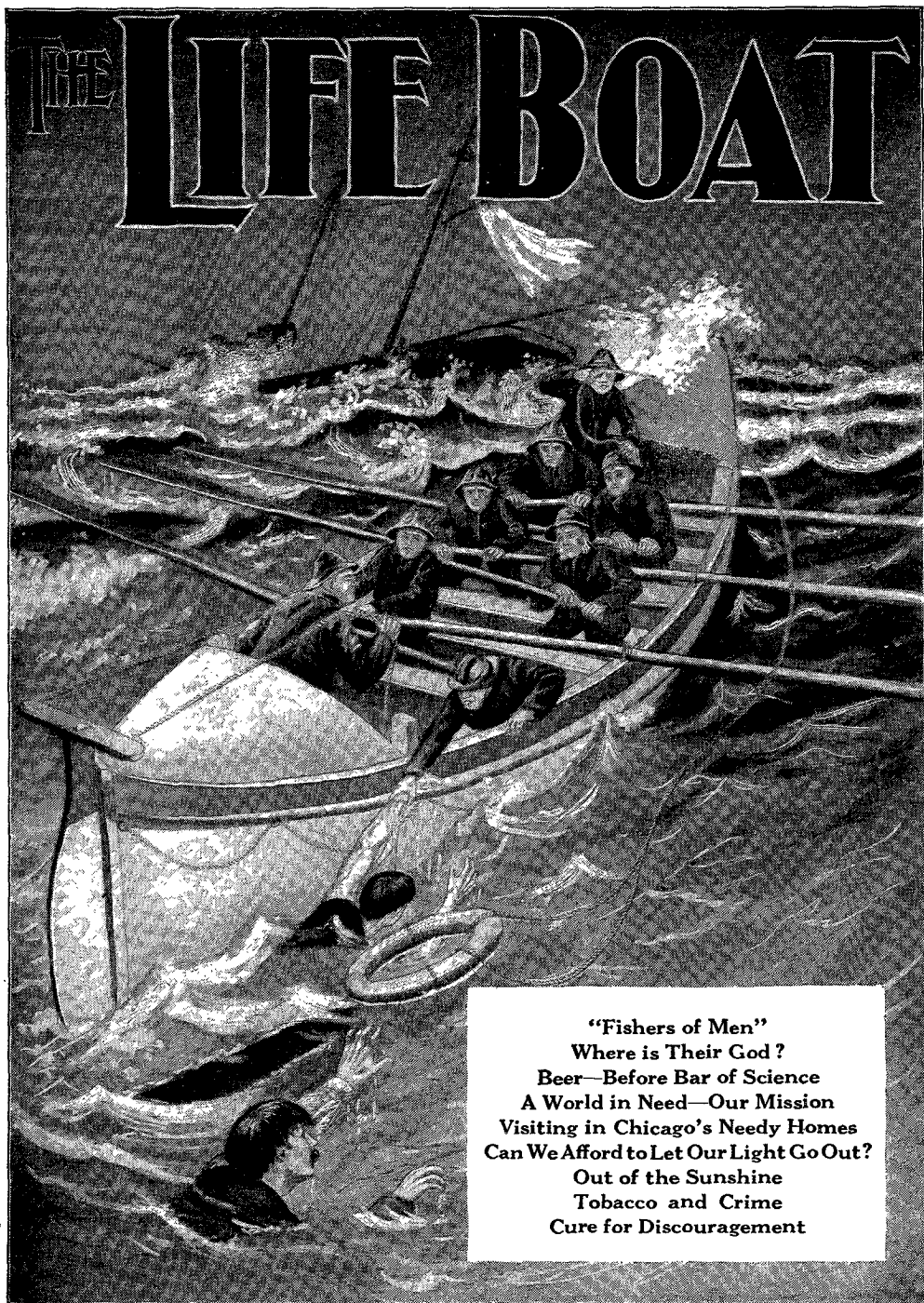


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Warm Weather and Your Milk Supply—D. H. Kress, M. D.



The Old Religion

Pearl Waggoner Howard,
Moho, Peru, S. A.

There are who hold the old-time "Glory Song"
To be but "selfish lore,"—
Who hold as "most unchristian" all the throng
Of doctrines held before.

There are who preach through weekly
printed page,
And from the pulpit, too,
That we, to meet the need of future age,
Must have *religion new*.

What means it all? Has God then passed away?
Was Christ mistaken, too?
His Word—that met the needs of former day—
Is it today untrue?

What says He?—"Yesterday, today, the
same,
And yea, for evermore!"
The Christ who died to save men, bore
the shame;
How it must grieve Him sore

When these same men in worldly wisdom "wise,"
His wondrous gift refuse,
And in its place mor pleasing to their eyes,
Some other saviour choose;

While others substitute "the good in man,"
Or hold he cannot sin,
But by himself, in evolution's course,
All promised good may win.

What says the WORD?—"For the *old* paths
inquire,
And therein ever walk
For they are good,"—*despite* the critics
higher
Who curse them in their talk.

What saith the Eternal One?—His Word today
Is steadfast still, and sure:
"Till heaven and earth themselves shall
pass away,
So shall My Word endure."

What saith He more?—"For neither can be
found
Salvation but in ONE;
No other name but Jesus, high-renowned,
Can save beneath the sun."

"And what requireth God of thee today,
O man, whoe'er thou art.
But that thou love and fear Him and *obey*,
With humble, trustful heart?"

Then let us not seek out, in this our day,
Religions vague and new:
The Christ, of old—the "new and living
Way,"—

Will last all ages through.

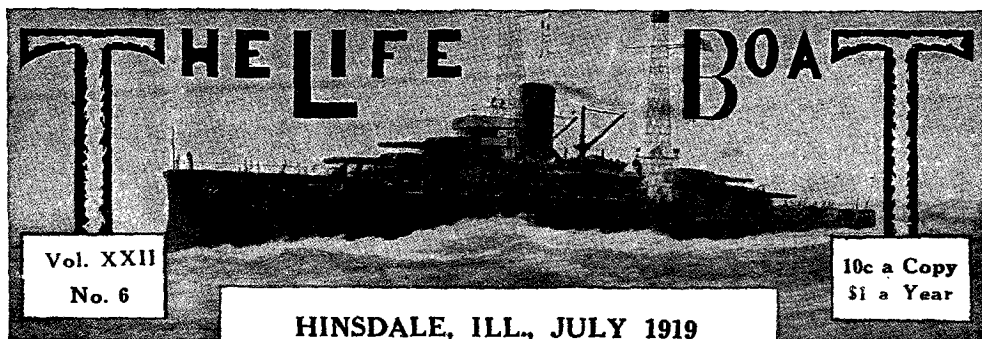
And when these other cults and man-made
creeds
Shall all forgotten be,
The faith of Jesus—filling all earth's
needs—
Shall live eternally.

And further, deem it not "a selfish thing"
To value so the prize
Held out before us, that we fain must
sing,—
Until shall greet our eyes

Those glories in their splendor,—planned by
God
For doers of His Word.
Is it a selfish thing to spread abroad
(When hearts by love are stirred)

Heaven's comfort to the aged,—help to
youth,—
And glories held in store?—
Then keep with us the old religion's truth,
And live forevermore!

(See Heb. 13:8; Matt. 5:18; Jer. 6:16;
Acts 4:12; Micah 6:8.)



Warm Weather and Your Milk Supply

D. H. Kress, M. D.

MILK is an important food for the young. It should, however, be kept in mind that during the summer months it is the most dangerous of all foods for children, if it is not properly cared for.

The many diseases of infancy are without doubt due largely to infected milk, which forms the chief article of food.

Cows' milk is at best not a perfect substitute for mothers' milk, no matter how carefully or scientifically it may be modified or prepared, but since it is the food that has to be resorted to as a substitute, every effort should be made to furnish milk as *free* as possible from germs. But since all the milk contains bacteria, the only practical remedy is in boiling or pasteurization.

Tuberculosis and the Milk Supply

It is estimated by a competent authority that at least one-fourth of our milch cows are tubercular. There are very few dairies that have not one or more tuberculous animals in the herd. The milk of the tubercular creature is mixed with that of the other animals. In this way the entire milk from the dairy is contaminated. When hogs are fed with milk from infected cows, or when they are allowed to follow tubercular cattle in the field, they always become tubercular. What then is to prevent human beings, when fed the same milk, from becoming tubercular?

Tubercle bacilli in butter may remain alive for several months, and retain their power of transmitting the disease. The cream in being separated from the milk, carries with it ninety per cent of the tubercle bacilli.

Cream and butter are likely to contain them in greater proportion than the milk from which it is made. Cheese, too, may contain active tubercle bacilli.

Tuberculosis from milk may be positively avoided by merely boiling the milk, or pasteurizing it; that is, heating it to 167 degrees F. and keeping it at that temperature for twenty minutes, or at 150 degrees for thirty minutes. Owing to the prevalence of this disease in dairy herds all milk should be regarded with suspicion. It is dangerous to use milk even from unsuspected animals without first destroying the bacteria in it.

Tuberculosis is not the only disease that is communicated to children through the use of contaminated milk. Typhoid fever, diphtheria, scarlet fever, and other diseases peculiar to childhood frequently find an explanation by analysing the contents of the milk pail.

Scarlet Fever Epidemics

Dr. John Trask, Assistant Surgeon of the Public Health and Marine Hospital Service, called attention to 317 outbreaks of typhoid fever epidemics, 125 scarlet fever epidemics, and fifty-one diphtheria epidemics, brought about through the agency of milk.

In the past, typhoid fever epidemics were attributed to the water supply, but after improved water supplies eliminated water as a factor, and typhoid fever epidemics still continued, the attention was called to milk as a causative factor of these epidemics. Dr. Harrington of Massachusetts reported eighteen local outbreaks of typhoid fever and of this number fourteen were traced directly to the milk supply.

DIRTY—MILK—CLEAN



Scarlet fever epidemics due to infected milk are not uncommon. In an outbreak in Boston of 227 cases in four days 195 were in families supplied by the same dairy. The same dairyman also sold milk at Cambridge, Somerville and Everett. In these four places 717 cases of scarlet fever were reported. Eighty per cent of them were supplied by the same dairyman. In 1906, during a period of three months, twenty cases of scarlet fever occurred at Melrose, Mass. Nineteen of these were customers of one milkman.

At Evanston, Ill., an outbreak occurred in January, 1907. Out of 157 cases 153 were in families that received their milk from a dairy which supplied only one-eighth of the milk used in Evanston. Many other similar cases might be cited to demonstrate that scarlet fever is spread frequently through the use of milk.

Diphtheria Spread Through Milk Supply

In 1877 an outbreak of diphtheria due to the milk supply was reported in England. In 1898 an outbreak of fifteen cases was reported at Philadelphia, all of which were consumers of milk from one dairy and occurred in houses widely scattered, and the children attending different schools.

In 1903, thirty-five cases of diphtheria occurred at Los Angeles within ten days, in thirty-three families using milk from one dairy. Later the diphtheria bacilli were found in the throats of three of the milkers.

In Hyde Park, Dorchester and Milton, Mass., in 1907, seventy-two cases occurred within one week. Of this number thirty-two were reported in one day. Of the seventy-two, sixty-nine were in families using milk from a dairy farm where the farmer's grandchild had the disease.

In an outbreak in Clifton, Ohio, reported in October, 1906; within a few days, thirty-six cases of diphtheria developed in the suburb of Clifton within four squares of each other. Each of the thirty-six patients drank the suspected milk. When only one member of the family drank the suspected milk, as it happened in several families, only that member contracted diphtheria. In two families who took milk from this dairy, but who sterilized the milk before using it, no diphtheria appeared.

In the case of a small boy who returned

from Europe on the afternoon of October 4, and who on reaching home at once ran to the cottage of the coachman, and there drank a glass of the suspected milk, diphtheria appeared on the evening of October 6. The following day the coachman, his wife and daughter all had diphtheria, all having drank the same milk.

At this time two cases developed in a boarding house in the heart of the city, several miles distant from the other cases. These two, mother and child, had daily visited the boy's grandmother in Clifton and there drunk milk. This milk came from a small dairy and the boy who delivered it had had a sore throat.

There are a number of other diseases common in infancy and early childhood which can with a little investigation be traced to a dirty or infected milk supply.

A Possible Cause for Summer Disorders

Summer cholera among infants, dysentery and other bowel disorders so prevalent in warm weather, when the bacterial growth in the milk is favored, are unquestionably due chiefly to the milk supply.

To deliver milk in sealed bottles is an improvement over the old method, but this does not eliminate the danger of milk contamination since bacteria gains access to the milk before bottling. The bottle itself, unless boiled, becomes a source of danger. Frequently full bottles are carried into the sick room and emptied, the contaminated air from the sick room rushes into and fills the space occupied by the milk, this same bottle is refilled and the germs of disease are planted in the milk where they multiply rapidly. The bottle finds its way to some other home. In this way germs may be conveyed from family to family.

In view of these facts, it seems almost criminal to serve milk to children without first boiling or pasteurizing it. A little attention given to this will save an unnecessary outlay of means in doctor's fees and will also save much sickness and suffering.

While the danger of infection from bacteria in milk is now generally understood, the subject of milk poisoning has received very little attention. It is generally held that milk may be rendered perfectly safe and wholesome merely by destroying the bacteria by boiling. But this is not the case.

The harm resulting from the bacteria is due to the poisons they produce. It is the poison produced by the tubercle bacilli that causes the rise in temperature, the emaciation and death. The poison formed by the germ of typhoid fever is responsible for the high fever, and the disturbed functions of every organ of the patient. It is the poison formed by the germs of diphtheria that causes paralysis and finally arrests the action of the heart.

Poisons administered to animals such as arsenic, lead, iodine, morphine, mercury, etc., are eliminated chiefly through the mammary glands. Milk from animals receiving these drugs is dangerous to young animals and to children. Poisonous plants when eaten by a cow, render the milk harmful.

It is well understood that the feeding of milch cows with vegetable refuse that has undergone partial decay, as rotten apples, moldy hay, etc., poisons the milk. Extreme fright or anger causes the formation of poisonous milk.

The poisons formed by bacteria in the body of a diseased animal are just as real as the poisons named. These poisons like the other are eliminated by the milk.

Dr. Vaughan, in investigating a number of acute cases of milk poisoning, discovered a product to which he gave the name of tyrotoxin. At present not much is known regarding the precise chemical nature of these bacterial poisons. We do know, however, that all pathogenic bacteria produce definite chemical poisons, and that milk containing these poisons when fed to children may produce diarrhoea, or other toxic symptoms, if not death.

JOSEPH'S KEEPER

H. E. SAWYER-HOPKINS

In his youthful days Joseph listened to his father's instructions, and it was a pleasure to him to obey the Lord. When he was a captive and felt the loss of his father's tender care, he was thus led to turn to his father's God. At this time when he needed help, angels of God would lead, guide, instruct and protect him, and he then and there gave himself fully to the Master's use. Thus the God

of Israel was Joseph's keeper while in the land of exile.

When he was sold to Potiphar, and during the years of service, when exposed to temptation in the midst of royalty and idol-worship, Joseph stood firm to principle; and we know how the Lord was with him, and prospered him in all that he did. Because Joseph was loyal, truthful and honest wherever he was placed, the Lord favored and blessed him; he had trials, grievous ones, too, but his confidence was unshaken in the God in whom he trusted.

The Lord gives us opportunities, and success depends on the use we make of them. It pays to be upright, firm, and true to principle. Such a character is worth more than earthly fame or honor that might be conferred upon us.

TOO BUSY

ROBERT HARE

Too busy to read the Bible,
Too busy to wait and pray,
Too busy to speak out kindly
To some one by the way!
Too busy with care and struggle,
To think of the life to come;
Too busy building mansions,
To plan for the heavenly home!

To busy to help a brother
Who faces the winter blast;
Too busy to share his burden
When self in the balance is cast!
Too busy for all that is holy
On earth beneath the sky;
Too busy to serve the Master
But—not too busy to die!

A PRISONER ENJOYS THE LIFE BOAT

"As it has been my great pleasure to have most graciously handed to me one of those little booklets entitled *THE LIFE BOAT*, I can not help but express my thanks to you for its most valuable as well as helpful reading, and I beseech you, should you have a spare copy at hand, to please in your generosity send it to me, that I may in turn pass it on to other enthusiastic readers at this institution. To us unfortunate "shut-ins" it would be a guiding and uplifting hand, leading us toward our supreme Saviour, Christ Jesus."

"Fishers of Men"

A. C. Selmon, M. D.

[The Doctors Selmon, who were engaged for a time with THE LIFE BOAT workers in medical missionary work in Chicago, are now in this country on furlough after spending sixteen years in China. Their few weeks spent at Hinsdale were enjoyed by the family of workers and now we pass on some of the interesting things they told us while here.—Ed.]

THE Lord has said that he would make us fishers of men. (Mark 1:17.) I always thought he had in mind the medical work, because from my experience and the experience of others, I gather that the medical work is the most effective net. I got

China under the old name of "Sinim." "Behold, these shall come from far . . . and these from the land of Sinim." When Isaiah looked over to China, saw the large kingdom there, he called it "Sinim." He foresaw that before people would come from the land of



Doctors A. C. and Bertha Selmon at the Extreme Left, with Their Co-workers and Some of Their Native Nurses.

that idea from Dr. David Paulson, founder of this institution. I look back to the early experiences in Chicago when Dr. Paulson was here and think of his inspiring talks. I am glad to see, on returning, some of his dreams are coming true.

I want to tell you at this hour what some of the medical work has done in China. What I say holds true in all the different fields. The Lord, through his medical missionary work, has opened up the way to get the gospel to the people.

We like to refer you to Isa. 49:12, because there a very definite mention is made of

Sinim, various walls of difficulty would have to be broken down.

The earliest worker, Robert Morrison, worked seven years before having his first convert, and that man did not stay by. But we give Dr. Peter Parker the credit for breaking down the feeling against the Christians by establishing a hospital. The missionary propaganda in China opened up very rapidly. We found that true when we went to China sixteen years ago. We were just in the wake of the boxer uprising, when thousands of Christians were slaughtered.

Three years after that, in 1903, when we

went up into that territory, the feeling against foreigners was bitter. We found that the medical work was a way of getting to them. We would open a chapel, but we could not get anyone in. In those days they gave Bibles away, but the people would take them home, tear them up and use them to sole their shoes. We started a medical dispensary, with meager equipment somewhat similar to the one we had in the early days in Chicago at 1926 Wabash Avenue. Throughout the mission field, the people have this idea of the missionaries, that they can both heal the sick, and preach the gospel.

We find that the words for salvation and for curing a man, are almost the same thing in Chinese. The word for medicine, and the word for the Bible are almost the same thing. I did not know that until one day in the dispensary when the people came in, one of our workers said, "You come here to get medicine for your body, but now we have another medicine for the heart, it gives peace." I found out how closely the Chinese associated the healing of the body with the gospel, and who will say that the person who goes out to heal the soul should not deal with the physical infirmities as well. After we heal their diseases, then they listen to what we have to say.

One dispensary in China has a remarkable drawing radius, drawing the sick from a radius of eighty to one hundred miles, there being no other place in that district from which the people can get help in sickness. And there are some four to six hundred people to each mile, so you can get a little idea of the people to be helped.

The Prevalence of Disease

The conditions, such as we find in China where the people are not civilized, are appalling. A man comes to the dispensary who has had malaria every year, for eight or ten years, and is laid up for weeks at a time. The ordinary itch—for instance—whole families would have it. In those days, all the Chinese doctors put on some irritating medicine, and the result would be an open sore. It cured the itch, but it made an ulcer. They bring much of this sickness upon themselves. Thus, the appeal is strong to help them.

You can hardly find a family but what some member of the family has sore eyes or is blind, or has some other serious disease. All

the diseases you have in America, they have there. That includes, you would think, small-pox and leprosy, but really those are some of the smaller diseases. The people come to us with toothache, and will not tell us about the small-pox. They call it "the heavenly flower." Many of these diseases come on them so often and so regular, that they think it is a function of the human body. You will find round worms in children; others will tell you that the skin breeds "cooties." That simply shows us how prevalent disease is there. But that does not say that they cannot be educated out of these ideas. Anyone with facilities, could open up a dispensary or a hospital with a thousand beds, and be busy every day of the year.

In Need of Education

You can go through the country, and not find a single educational institution. If we could only train up some Chinese young women for nurses, and young men as physicians, we could accomplish more. The reputation that a medical missionary gets is very gratifying. We read of the experiences that Christ had. Some of those experiences have been duplicated by medical workers in heathen fields. We win the confidence of the people. Chinamen never knew about a cataract over the eye, and for a physician to remove it and restore sight to the blind, is a marvel. To fix up a broken limb, to cure a disease, is to their eyes, working a miracle.

Back in the early days when opium was common, we had many opium suicides. We counted 250 opium suicides that we restored in our little community. In the early days they tried to cure by poking the finger down in the throat. It was quite an advertisement for our work to pump the opium out of these "would-be" suicides. They would bring to us these suicide cases, carrying them on a door or anything they could use as a litter. We did our resuscitating out of doors in the open for several reasons. In case of death, they would know how it happened.

They believed we could do anything for them. One man came to us one time from a city thirty-seven miles away. He was not sick. We inquired what was the matter. He said his boy was lost, and he wanted me to tell him where the boy was. He had thought of our wonderful work, and thought I could tell right where that boy was.

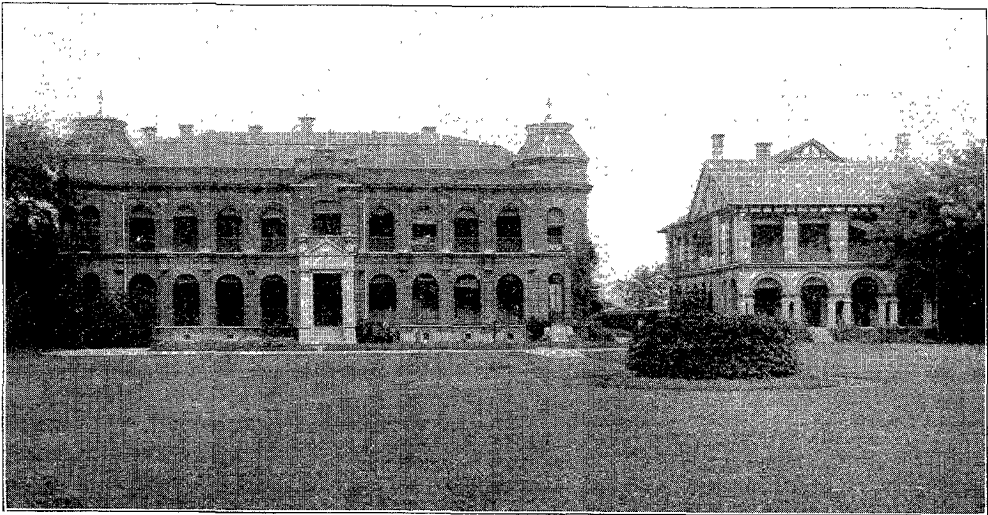
Best Workers Won Through the Medical Work

Our first convert was through the medical work. The people would not come to hear the gospel or to see the foreigner, but they would come because they were sick. Prejudice was broken down in that way, and, after a few months, they accepted the gospel. Some of our best workers over there now were won to the gospel through the medical work.

People come to us day after day with little

infection with them. I saw that carried out on a woman's arm, who had rheumatism. I saw a Chinese doctor stick in eight or ten needles, and then he put a little sawdust on the needle, and would light it and make it burn until the needle was hot. They do not have rheumatism any more. They forget about it and think about the blisters.

They do not stop with the grown people, but apply that on the children also. Infant mortality is great, six or seven per cent do not reach the age of eight or ten years. They



The Sanitarium at Shanghai, Founded and Operated by Dr. Selmon.

boils on their chin. Instead of opening it, they spread oil paste on the abscess and it spreads the infection out. That is a very common treatment.

Result of Belief that Disease Is Caused by Evil Spirit

We have some peculiar conditions to meet with that have come about through the belief that disease is caused by evil spirits. One method that they use is sticking a needle in the flesh to get the spirits out. They stick the needle into any part of the body, even the most vital parts. They come to our dispensary, blind, and we find a little white speck on the eye, where they have stuck a needle in. They do not know any better. They know nothing about sterilization. They stick these needles down in the flesh, carrying the

have what they call an "eight-day sickness" there that takes almost all of their children.

A Great Opportunity for Nurses

There is a high mortality among young mothers in China. There is a wonderful work to be done by nurses over there. One old man having seen in his own family the methods we used in child-birth, has urged us to conduct a school of midwives, and he would finance it. These appeals sometimes lead us to do more than we can do properly, and that is why we are glad to tell of these conditions, as it leads us to get more help from this country, where we have a doctor for every five or six hundred people, and more nurses per capita. But in China we have one physician to one hundred and fifty thousand people and not any more nurses than doctors.

Our situation over there would be like taking all the physicians out of the United States but six or seven, and then having the influenza epidemic come along. You can imagine the result.

Reaching All Classes

In a well-conducted dispensary and hospital, it is not only the common people who are reached, but all classes. We find as every other mission body in China has found, that through the evangelical work, we are not able to reach the upper class of people, but through the medical work we have been able to reach the most influential men of China. We have had them in our institutions. They are enthusiastic supporters of our work.

The work started in Shanghai. We did not know just how much could be done. But to our surprise, we found that our sanitarium treatments were very popular with the Chinese. Too popular. A man comes there and he wants all of the treatments the same day. The results we have had have been very encouraging, because we have treated diseases that the ordinary physician has not had to handle at all.

We have some very wealthy Chinese people there. No matter what our prices, they are willing to pay, and to accept poor service, but we find they are glad to get better service. We find that in caring for the better class of people we can get a little ahead that will help us to care for the poorer class. We see that the medical work is a universal language, so that all understand it. When you have had a well-conducted hospital, you will want no greater fruitful fields for the evangelical work.

Our hopes are in the work that we have started, that we will be able to get enough help of physicians and nurses, to conduct a training school, and turn out an army of young men and women, trained in real, practical, medical missionary work. I do not know of any place under the sun where we can have so many open doors when we go out to help the sick, and be welcomed, as in China. In that way we get a hold on the family, and can draw them. So the things that have been said about the medical missionary work there, and the field for medical missionary work, are true. There is no field like the oriental field, where these things can be carried out.

"WHERE IS THEIR GOD?"

PROF. J. G. LAMSON

[Our Hinsdale Missionary Volunteer committee felt they were not succeeding in doing as much spiritually for our young people as was needed to be done, that we were not seeing the results in our missionary activities, that we believe the Lord would have accomplished. Then, too, there were unconverted young people in our family for whom we had been praying. So we set aside Friday evening, May 23d, for a special consecration and revival service. Some ten or a dozen of our young people took their stand and a precious season of prayer followed the general meeting. We give here excerpts from Chaplain Lamson's talk at this time.—Ed.]

"Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet. Let the priests, the ministers of the Lord, weep between the porch and the altar, and let them say, Spare thy people, O Lord, and give not thine heritage to reproach, that the heathen should rule over them: wherefore should they say among the people, where is their God?" Joel 2:15, 17.

What is the reason for having a trumpet blown in Zion? What is the reason for calling a solemn assembly? Is not the church of Christ Zion? Are we not a part of that city that God calls His church?

As I read these verses, and try to think of the many things I would like to say concerning them, I am simply swamped. Would anybody look to you and to me and say, "Where is his God? I thought he was a Christian. What kind of a God does he serve, anyway?" We may profess Christianity and yet allow our temper to get away with us. But my God is able to help me to overcome that sort of thing. Then we show by our actions, and let loose our tongue, and just slam things,—some one sees us, and knows that our names are on the church book, and then people say, "Where is his God?" "Wherefore should it be possible for anybody among the people to say, Where is his God?" You claim to have overcome temptation, and then you fall as Israel did, and people say, "Where is that man's God? I thought he was worshipping the true God."

That is why all these people should be called in to sanctify themselves, and especially at the time this prophecy belongs. I want to call your attention to that. Let us read verse twelve. "Therefore also now, saith the Lord,

turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the Lord your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil." That word "rend" means "tear," it means to tear your heart, to pull your heart away from what it has been tied to. Not tear your garments as the High Priest did that day when Jesus was there before him. The Lord said, "Rend your heart"; get hold of your heart; tear it away from the things that are keeping you away from God.

What is the difficulty? It is, that we do not endeavor to be victors, even though it costs us suffering. Though it hurts to overcome temptation—there is actual suffering—yet where there is no suffering, there is no temptation. How much do you think I suffer when I pass a saloon in Chicago? Not a bit. Why? Because liquor is no temptation to me. How much does the man suffer who feels a drawing to go in there, like the cords drawing on the cords of his heart? His suffering is great.

I do not know what your temptation may be. It may be to go to the "movies," the theatre. It may be to smoke. It may be to dress like the world. But I want to tell you that unless you are resisting these temptations, you are going to be lost. Suffering is the thing that perfects character. I have some battles to fight, and I am not through with the battles yet. I want to be through with them in time.

That grand old doctor down in Indiana, whose life after forty years of service was brought to a close this morning at two o'clock, in the last little talk I had with him said, "It is not that I am afraid to die, but I want to overcome this quick temper of mine before it is too late." I wonder how it would be if the Lord should speak to you and me at two o'clock and say, "At 2:30 o'clock I am going to call you." How would you and I spend that thirty minutes? I want you to think, soberly and seriously, that it is necessary, and necessary now, to make that preparation. There is coming a summons that we cannot ignore. Shall we be ready for it? The only way for you and me, is to be prepared for the hour.

I am appealing to you young people. Why should we not have in this institution an army of men and women who are absolutely conse-

crated to God? Who, if they do make mistakes and errors, get down on their knees and ask God to forgive, and then go on. Why should we not have a group of men and women who are governed by the Master every day? Do you know of any better time than right now for us to make that peace with God which we know we must? There is no better time than right now. There is not one among you that has had as great trials as did Joseph or as the Son of God, and all He asks of you is, "Will you come?" He says, "Let me clean up all the past mistakes, and let me wash you clean." Would you not like to take such an offer as that? He says, "Come just as you are with all your backslidings." If you are honest when you come, He will forgive you all your sins. All He asks is that there be a sincere heart.

A PRISONER'S EXPERIENCE OF ANSWER TO PRAYER

"God answers prayer. I wrote to a very prosperous farmer I use to work for, who owns several hundred acres of land here in Michigan and is a stockholder in a bank. I asked him in my letter if he would intercede for me in an effort to get me out. I waited about three months and received no answer. I then got down on my knees and asked the Lord in a heart-giving prayer to touch the heart of this man of influence, and encourage him to do something for me, and to let me hear from him.

"In about a week the man came here to see me. He found out here that my prison record was first-class, and he told me he would do all he could to get me out of prison, and that he would take me back again on his farm, and that I would have another chance. That he would also let me have what money I needed to get my wife with me again and start life anew. This, of course, will take some little time. I am glad to say I am still serving the Lord, and I ask an interest in your prayers.

"I receive THE LIFE BOAT regularly and it is a good comforter in time of sadness. It brings light and cheer to the shut-in."

"Stand by your post of duty. Do not try to pull up the post and remove it to some other place, or seek another post. God will move or change the post at the right time."

Pointed Paragraphs.

PROF. J. G. LAMSON

Any offering that has no life in it is Cain's style of offering. Put some *life* into your service if you expect it to be acceptable.

* * *

And is it not strange that the fellow who had no "life" in his offering was the very fellow who was jealous of the man who did? Yes, that is a fact, and Cain slew his brother.

* * *

Who is it that is nursing a "grouch" because God is not paying any attention to him? The mere formalist who "says his prayers" instead of "praying."

* * *

And an offering should be without blemish also. Think of bringing a lamb that has but one eye or three legs. Especially when that lamb was to typify the spotless, perfect Lamb of God.

* * *

Yet folks bring the "sacrifices of their lips" to God as an offering and wonder why He does not accept their offering. People go on their knees to worship the Holy One and then let their minds chase off all over the world, unthinkingly saying over words, words, and nothing but words; maybe reading these words that some one else wrote, with no heart put into their meaning by the one using them. What a blemished offering! And yet folks wonder why God does not do what they want Him to.

* * *

What business have you and I to try to get God to be our "chore boy," anyhow? Whoever gets the idea that prayer is just one form of getting God started out on the work we want Him to do for us today has the wrong notion entirely. That is not prayer.

* * *

Prayer is the bringing of our thoughts to God to find out what He wants *us* to be about today. And we cannot bring our thoughts to

Him without praise and adoration for His goodness, and trust for his guidance. Then He will talk to us all right, in language we can understand, too.

* * *

Offerings anciently were made both publicly and privately, just the same as they should be now. The "lamb" was brought by the sinner openly and "above board." He did not get around behind somewhere to make his offering. Anybody looking on could see the repentant sinner as he thus acknowledged that he was worthy of the death the lamb was about to die. He was not allowed to say to the man next to him, "Here, you kill this offering, I don't want to." No, sir, each man was required to do the probably disagreeable work of killing the lamb. And why not? He individually and personally had done the wrong; he had himself caused the death of the Redeemer to be; why should he not do his part to atone for the wrong by openly acknowledging that he was worthy of the death the sacrifice had to die. But before he made the fatal stroke, he quietly, by himself, laid his hands on the head of his offered lamb, and there confessed his sins. The secret things were confessed to God alone, and then the blood was shed. The priest took it and offered it as the mediator. Just so today, our secret sins are to be confessed to God only, but we are to make no secret of the fact that we have confessed them, and that we are depending on our Redeemer, the Lamb of God, to take away our sins. Our public sins and faults, known to all, are just as publicly to be confessed, and our whole sincerity will be tested by our efforts to make good any wrongs we have done. That brings real *life* into our worship.

* * *

Let us have "*life*" in our offerings to God.

Beer as a Deceiver—Stands Before the Bar of Science

D. H. Kress, M. D.

Beer is a deceiver because it contains alcohol.

Alcohol is a poison, it matters not whether it is taken in a beverage containing forty per cent or two and three-fourths per cent. Beer has been advertised as "liquid bread." By many it is supposed to be nutritious. It is difficult to convince the classes most given to its use, that instead of being a liquid bread it is a liquid poison, that it imparts, not strength, but a mere *feeling* of strength. It does not impart warmth, as many suppose. It imparts merely a *sensation* of warmth. It is not a stimulant, as once thought—it is a depressant, and leaves its user always in a worse condition. What is true of beer is equally true of wine. Both now stand at the bar of scientific research, as deceivers. They have claimed to be what they are not, and to do what they have failed to do.

Both beer and wine are products of fermentation or decomposition. Fermentation is produced by the action of bacteria. The bacteria feed upon the nutritive elements, or sugar, contained in the juice of fruit, and in doing so, they eliminate through their bodies a waste material known as alcohol. This excretory product can no longer be termed a food. The fresh juice of the grape or the "new wine as found in the cluster," is a food. Paul, in referring to its value in certain physical infirmities, said, "Use a little wine for thy stomach's sake and thine often infirmities." I Tim. 5:23. The food elements present are predigested. They are ready for absorption and impart heat and energy. Alcohol promises to do and *appears* to do, what food actually does. It produces an immediate feeling of strength and well being, and the unwise are deceived by it. It makes the weak man feel strong for the same reason that it makes the poor man feel rich. Apply fruit sugar to the heart muscle and it causes increased action. Alcohol applied in the minutest quantity inhibits or arrests the heart's action.

Alcohol never builds up tissue, neither does

it impart utilizable heat to the body; it dissipates heat and lowers body temperature. Soldiers are better able to endure the fatigue of marches when they are not allowed any alcohol at all. Sir Frederick Treves, referring to his own observations on the battle field, said, "It was a curious fact that troops could not march on alcohol." In the Lady-smith relief column, which he accompanied, "the first men," he said, "to drop out were the men who drank. The fact was as clear as if they had all had labels on their backs."

Makes Men Less Efficient

That alcohol does not increase strength is recognized by athletes. If they wish to reach the highest pinnacle of physical strength, development and endurance, it is necessary for them to abstain from all alcoholic liquors, altogether. In no way does alcohol increase efficiency. It always makes men less efficient.

Alcohol lessens the power of self-control, even when used merely to the point of sociability. It tends to degrade and drag downward. One social glass is often sufficient to destroy poise and self-control, and thus may lead to immoral or criminal acts. The effect of the universal beer drinking upon the German nation has been carefully studied by prominent university professors and other scientists in that country. The following are a few of their utterances:

Professor Edward von Hartmann, author of "The Philosophy of Unconsciousness," says, "Although of all nations the German has the greatest capacity for culture, the general culture of its higher classes is undergoing frightful retrogression because of the beer consumption of its students."

Dr. A. Eorel of the University of Zurich, in meeting the argument that, used in moderation, beer is not harmful, says, "But you will say 'alcohol is poisonous in excessive amounts only. A moderate quantity of beer or wine does no harm; it promotes pleasant sociability.' Doses of even one-fourth to one-half ounce of alcohol, which corresponds to a glass of wine or a pint of German beer, are

sufficient to paralyze, retard, or disturb the central and centripetal brain functions. The number of mistakes in calculating, setting type, and memorizing, is increased. Sensibility is blunted. One feels heat, cold, and pain less; one is less afraid; less accurate, less scrupulous. Hence, whenever alcohol promotes sociability and loosens the tongue, it is the consequence of a cerebral intoxication. Whenever the dose is too weak to produce this result, it also fails to have the desired effect. Hence, it is evident that the *social effect of alcohol is pathological.*" He adds, "To be convinced of its moral effects, one only needs to study in Germany the 'beer jokes,' beer conversation and the beer literature. Among the academic youth of Germany the drinking of beer has truly killed their ideals and ethics, and has produced an incredible vulgarity."

Dr. Bollinger, the director of the Anatomico-Pathological Institution in Munich, asserts that "It is very rare to find a normal heart and normal kidneys in an adult resident" of that city. The tax and irritation placed upon the kidneys by the drinking of excessive amounts of beer, and the fatty degeneration which it produces, are responsible for the conditions named. Formerly, the population of that city was recruited by accessions from the country, but the use of beer has spread to the rural communities to such an extent that this source of healthy new blood is cut off. Scientists have recognized that unless the drinking of beer in Germany was checked it would destroy the nation.

A few years ago a number of leading scientists connected with the universities of Zurich, Munich, Basle, Leipsic, etc., met together to consider this problem. They published the following statement:

"It is an absolute scientific fact that alcoholic drinks, more than any other factor, injure our national life, diminish the physical and intellectual forces of our race, impregnate them with hereditary diseases, and lead to degeneracy." While in appearance the beer drinker may be the picture of health, in reality he is not well. He is a degenerate, physically and morally. It does not matter whether he is a German or an American.

The German Imperial Board of Health has found it necessary to issue a tract calling the attention of her people to their great

danger in the use of alcoholic drinks. A measure has also been passed by the Chamber of Deputies of France, the purpose of which has been to enlighten her people regarding the injurious nature of alcohol.

That the desire for alcohol in some form is almost universal cannot be denied. It is to satisfy this desire that alcoholic drinks are resorted to. Whenever in any community a demand arises for any class of goods, there will always be found those who are ready to supply the demand. The demand exists before men consider it a safe business investment to handle the goods. The saloon exists because there is a demand for what it has to offer the public. Could we stop entirely the sale of strong drink, something we ought to do, the devotees would probably in many instances resort to cocaine, morphine or other poison to satisfy the abnormal demand, felt by the system. That which is responsible for the saloon is the craving which men possess for narcotics to deaden sensation.

How to Remove the Thirst for Liquor

It is more than a mere coincident that *men who drink are usually heavy meat eaters and are always fond of highly-seasoned foods.* In countries where such foods are freely used, alcoholic drinks are also freely used. It is true that not all who eat highly-seasoned foods or stimulating foods are users of alcohol. But in all of these cases the desire for narcosis exists. The irritation produced by pepper, mustard, the uric acid found in meat, causes symptoms which are undesirable and which may be allayed temporarily by the use of a narcotic. When this discovery is once made, the most natural thing in the world to do, is to step into the saloon for a drink. The one who has not the will power to deny this craving is an easy victim of the saloon.

The poor drunkard who was admonished by Dr. Lauder Brunton, of England, to be a man and give up drink, replied, "You good people have much to say about my drink but you have nothing to say about my *thirst.*" While we must do all in our power to protect these unfortunates from drink, by closing the saloon, we must go a step further.

The education of mothers, wives and daughters in the art of preparing nutritious,

wholesome, non-irritating, yet appetizing and inviting foods, if combined with these legislative efforts, will accomplish much more than can be accomplished by prohibitory measures alone.

A VISIT TO INDIANA

CAROLINE LOUISE CLOUGH

Mrs. D. K. Abrams, who was wondrously converted in the Life Boat Mission some years ago, and who has now for years been an earnest soul-winner, invited us recently to go with her to her old home town of North Liberty, Indiana, and tell her home church some-

soon coming Saviour to a world in darkness,—that blessed truth of which the Bible speaks so much and which the editor of the *Sunday School Times* says is the "key to the whole Scriptures."

These pioneer workers met with much opposition and many hardships, but they continued on, and today this truth is preached from the popular pulpit. Practically all of the foreign missionaries believe the event is near at hand, and even men of the world have an inward fear of some great and thrilling event which is about to take place. And why should they not? Because the events leading up to



The Historic Church, Established in 1868.

thing about the wonderful work the Lord is doing in Hinsdale, in reclaiming unfortunate girls and leading sinners to Christ.

The church in which we spoke was a historic one, having been organized and built in 1868 by Elder Joseph Bates, a pioneer missionary in this country whose name is familiar to many of our LIFE BOAT readers.

In those days, those pioneer workers were so filled with the Spirit of God that in their earnestness to preach the Truth they forgot everything else,—food, raiment, personal comfort, salary,—everything of that nature looked insignificant to them, as compared with the burden they had of carrying the message of a

Christ's coming, as is told in Matt. 25, 2 Tim. 3, 1 Thess. 4:15-18, Rev. 11:18, and many other Scriptures, are actually taking place before our eyes.

When speaking in this church, where the truth of the second coming of Christ was proclaimed fifty years ago, our minds went back to the earnestness that was put into the work at that time. And then the thought that we are fifty years nearer that event today, and are we as earnest in working for the salvation of souls as they were then?

We were led to pray much while on this trip, and we had the privilege of visiting and praying with several who were outside of

Christ and pointing them to a sin-pardoning Saviour. We also visited the leading pastors and the village editor in the interests of our Rescue work, with a view to holding a stereopticon lecture in the town in the near future.

We pray that the seed sown may take root, spring up and bear fruit abundantly.

AN EXPERIENCE RELATED AT MISSIONARY VOLUNTEER MEETING

MISS EVELYN CASE

Mrs. Cobb and I had occasion to go to one of the large hospitals in Chicago to have some work done there.

While there, the lady who attended to our needs asked me what work I was doing, and I told her I was in the Bible or missionary work. She said, "There surely is need for that work in the world today. The condition that things are in, with strikes, anarchy and rebellion on every hand, I sometimes wonder what the world is coming to." I glanced at her face and noticed the earnest expression there. I quietly said, "The world is coming to an end." She said, "Do you know that I really believe that it is too." I quoted a few texts of scripture on the subject and went to an adjoining room.

Mrs. Cobb was relating to her some experiences relative to her Rescue Home work, and the gospel services at the jails, and the lady said, "I have often read the Bible and have gotten provoked with myself, because I couldn't understand it better; for instance, the books of Daniel and Revelation. Tell me, Mrs. Cobb, what you think about the 13th chapter of Revelation." Mrs. Cobb said, "Miss Case can explain it to you better." I asked her what portion she was especially interested in, and outlined very briefly the prophecy of the Kingdoms. When I came to explain the last verse, "Here is wisdom. Let him that hath understanding count the number of the beast; for it is the number of a man, and his number is six hundred three score and six," her eyes beamed, and she said, "Wonderful, wonderful." While she was deeply interested, I improved the opportunity to carry her back to Daniel 7 and 8, showing briefly the work of the papacy, and she said she had never heard anything like it before in her life. She asked where she could find out more about it. I assured her that we had a book that took

up Daniel and Revelation, explaining it verse by verse, and she wanted one.

The next day, when returning, as soon as I went in the room she told me that the night before she and the doctor and her young nephew, who is studying at the university for the ministry, studied the book for two hours and thought it was the most wonderful book they had ever read. She asked if I had any more good books, and I told her of our publishing houses and how many good books we printed. She said, "Miss Case, do you have any other book that would be nice for just reading at home, one that we can all understand easily?" and I said, "Well, I think you need Bible Readings for the Home Circle. It touches on every phase of the Bible." She said, "Get it for me in full morocco binding."

The following morning she said, "Why, Miss Case, that book is perfectly wonderful!" and again asked if I had any more good books. She said this time that she would like to have a book that would be nice for a man to read who is neither a Methodist, Presbyterian or Baptist, and I told her a most excellent book that we had was "Desire of Ages," touching on the life of Christ and his work while on earth, and she asked me to order that for her in full morocco binding. She said if I had any other books that I could recommend, to feel free to do it, for their library was open to receive any that I could suggest. I told her that a very excellent book that we had for deep thought and study was "The Great Controversy Between Christ and Satan." She said, "Order that for me in full morocco binding."

When I left she wanted to know when she could see me again, and I told her we would be glad to have her come out and visit us at the Sanitarium, and that I would be glad to explain to her anything she would like to know.

I pray that the Lord will touch her heart to help her to understand these things. I take no glory of this to myself, but I give it all to God.

If you intend to go to work, there is no place better than where you are. If you do not intend to go to work, you cannot get along anywhere.—Abraham Lincoln.

Do not keep any company in your heart that you have to apologize to yourself for.

WIRELESS MESSAGES FROM THE PRISON LIFE BOAT

C. M. Miller, Chaplain of the Western Penitentiary of Pennsylvania, writes:

"I am in receipt of your letter of May 19. Thanks for all you have done for the men and women under my care. The 400 copies of *THE LIFE BOAT* are now all distributed and they will be passed along from man to man and read and re-read until there will be nothing left of the printed page. I doubt not but what you will hear from some of the readers from time to time.

"Thank you again and again for all your help in furnishing *THE LIFE BOAT* to all of the people under my care."

R. F. Fisher, Chaplain of the Michigan State Penitentiary, writes:

"I hardly know how to thank you and how to express my appreciation for the splendid gift to my boys. Every man received a copy of *THE LIFE BOAT* and rest assured they were greatly appreciated. If you supply every penal institution as you have ours I wonder how you can do it. It would take a trainload to supply them all.

"You certainly are doing a noble work in carrying a ray of light to the unfortunates in prison. I have only been in this work a little over eight months, but it has proven both a revelation and inspiration to me. My concern has always been with and for men, for the unfortunates, for the weak and helpless in the great problem and struggle for life, success and happiness.

"Again thanking you in a feeble way, I am."

FROM A RHODE ISLAND PRISONER

"A friend sent me a copy of your *LIFE BOAT*, and since I went through the valley of humiliation I have not read a better magazine or book than yours. I appreciate your effort to bring sinners to Christ, as the cause of criminology is often a lack of personal acquaintance with God. I, for one, am serving eight years for perjury, just because I was paying no attention to religion; I studied theology in Italy, but when seventeen years of age I simply put that away and went into the business world, making money and having a good time. For twenty years I never went to church.

"I lost a large fortune, my wife went back on me, and I found myself alone and in disgrace. I then began reading the Holy Bible, which has given me such peace of mind that money could not give me. Nothing could satisfy me before; nothing was good for me; I was never satisfied; never willing to hear a preacher. To day I thank my enemies that persecuted me. In a way they have gotten me near to God, where I never was or intended to be.

"In the name of Christianity, please send along your *LIFE BOAT*, as I can pass it to other unfortunates who need to worship God in order to be saved from their sins."

NOTICE THIS SPECIAL ANSWER TO OUR PRAYER

From Another Prisoner in Rhode Island.

"For the last sixteen months, sorrow, misfortune and loneliness came to me without measure. Finally, three weeks ago came the last blow of sadness in the form of a message from the outside world extinguishing the last ray of hope. My thinking power almost ceased to act; the outlook was so gloomy, in fact, so hopeless, I felt that I could only too gladly go to sleep and die once for all.

"After working hours I went to my room, where I sat for hours, weak and powerless, reasoning with myself. On the floor lay a magazine, *THE LIFE BOAT*. Ever since I can remember I ignored all such literature as being unworthy of looking into it. But there was something in me which made me stoop down and pick up *THE LIFE BOAT*. I opened it and became interested. It was something different from all other magazines. When I read the Editorial, 'A heart to heart message to the shut-ins,' I became a new man, and I felt as if a great weight, as it were fell from my breast. I had found a new reason for life. The world became bright before me. If I read the journal once, I surely read it a hundred times over and over, and decided to write to you and tell you of the great light your words brought to one in time of need."

Love is the pilot by which God is to guide this old staggering world through darkness and storms into the haven of rest.—*Henry Ward Beecher.*

A World in Need—Our Mission

Caroline Louise Clough

MANY, many times, in God's word we find the gracious invitation to sinners to "come." The last closing message of the Bible is summed up in this invitation, "The Spirit and the Bride say come, and let him that heareth say come, and let him that is athirst come, and whosoever will, let him take the water of life freely." Rev. 22:17.

But to the church the Master gives the direct command, "Go ye." "As ye go, preach, saying, the kingdom of heaven is at hand, heal the sick, cleanse the lepers, raise the dead, cast out devils." (Matt. 10:7, 8.) "Relieve the oppressed, judge the fatherless, plead for the widows." (Isa. 1:17.) "Hide the outcast; betray not him that wandereth." (Isa. 16:3.) "Loose the bands of wickedness, undo the heavy burdens, let the oppressed go free, break every yoke. Deal thy bread to the hungry, bring the poor that are cast out to thy house." (Isa. 58:6, 7.)

The spiritual darkness that covers the earth today, which is intensified in the large cities, is the sign that the harvest time of the world is near at hand, just as truly as the silk on the ear of corn assures us that a well-rounded ear is nearly ready to be plucked.

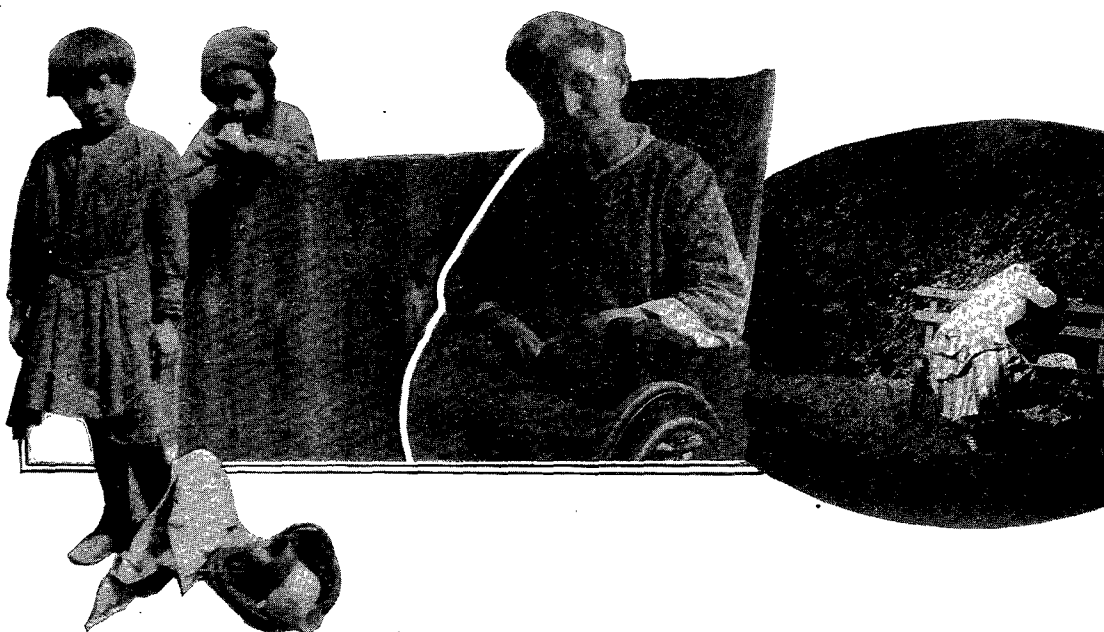
"The record of crime and iniquity in the large cities of the land is appalling. The wickedness of the wicked is almost beyond

comprehension. Many cities are becoming a very Sodom in the sight of heaven. The increasing wickedness is such that multitudes are rapidly approaching a point in their personal experience beyond which it will be exceedingly difficult to reach them with a saving knowledge of the truth. The enemy of souls is working in a masterful manner to gain full control of the human mind; and what God's servants do to warn and prepare men for the day of judgment, must be done quickly."—*The Review and Herald*, April 7, 1910.

Thus we find in the large cities our mission field. Here we find the sick to be healed, the moral lepers to be cleansed, devils to cast out, the oppressed to relieve, fatherless children to care for, helpless widows to encourage, outcasts to shelter, wandering and wayward girls to show compassion toward, many who are bound by the chords of their sins, many sick mothers to relieve of the burdens of their families for a time, many who are oppressed to set free, many yokes of sin to break, many hungry to feed, many poor to shelter.

The Test of True Discipleship

Such humble service, is, in reality, the test of true discipleship. For does not the Master say, "Come ye blessed of my father, inherit



the kingdom prepared for you from the foundation of the world," to those only of whom it can be said, "I was an hungered and ye gave me meat. I was thirsty and ye gave me drink. I was a stranger and ye took me in; naked and ye clothed me. I was sick and ye visited me. I was in prison and ye came unto me," for, "Inasmuch as ye have done it unto one of the least of these, my brethren, ye have done it unto me." Matt. 25: 34-36, 40.

This work is languishing today because God's people, many of them, are in need of a new conversion. They need to learn anew how to walk in the footsteps of the Master, who, "Went about doing good." The little children were brought to him and blessed. The sick were healed of their maladies. The unfortunate woman heard his gracious words, "Neither do I condemn thee, go and sin no more." The poor beggar by the wayside heard his words of comfort, and arose and followed him. The prisoner he remembered as being bound with him, and so all classes were blessed by his ministry.

Are we following in His footsteps?

VISITING IN CHICAGO'S NEEDY HOMES

MISS MILDRED KNOWLES

"The Spirit of the Lord God is upon me, because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the broken-hearted, to proclaim

liberty to the captives, and the opening of the prison to them that are bound." Isa. 61:1.

If ever there was a time in the history of this world when Christians needed to follow in the footsteps of their Master and do as he did for the relief of their fellowmen, it is now.

Step with us for just a moment into a poor home. Here a mother and son live. The son has had no work for five months. The mother is old and crippled with rheumatism. Two years ago her husband dropped dead by her side in the street car. Just a year later her youngest son died while in camp, after two days' illness. Her heart seems broken, yearning for her boy. For two years she has been waiting for her husband's pension money, but some little thing keeps it back. Her young son told her he carried an insurance, but she cannot find the proper papers. Everything seems against her. Her shoes are practically worn off her feet and last week when we were there she was trying to make a waist from three different pieces of black goods. As she talked of her boy she smiled to us through her tears and said, "I thank God my boy is not returning to me badly crippled, as so many mother's sons are, and many not returning at all. I at least could give my son a good burial and have the comfort of knowing where he lies." She is going to look at the best side at least. We always have prayer with her and she thanks us so much.

If she feels that she has something to be



thankful for, what about you, dear reader? Can you not count more blessings than this dear old soul?

One woman has ten children, the oldest being thirteen years. The four-year-old has been ill several months, has paralysis and cannot walk or talk. The husband works from 6 a. m. to 7 p. m. He has to get in overtime in order for them to meet expenses. He is wearing out under the strain and the wife fears he will have a mental collapse.

Just yesterday we visited a lady whose heart was burdened to know just what was her duty. She is a good Christian woman, but just now is having such peculiar family difficulties that she longed to talk with some one, so we prayed. As we knelt with her I know God heard us and His spirit comforted that woman.

Another home is unhappy because the father will not work. He is capable of earning a good daily wage, but more than half his time is spent in idleness. So, with several little children to support, the mother is considering a separation.

Please pray for us that we may be given wisdom as we go about meeting these needy ones. We want to walk closer to God each day who is able to do all things, and is ready to help us when we call on Him.

"WILL YOU BE THERE?"

ROBERT HARE

Will you be in the kingdom of God, bye and bye,
When the loud hallelujahs ascend—
When the trumpet at last, sounds the jubilee blast
Mid pleasures that never shall end?
Will you be in the kingdom of God, bye and bye—
My brother, my sister, my friend?

Glad songs are awaiting that gathering home,
Glad songs that will never grow old,
And heaven's sweet light unshaded by night
Will shine in that city of gold;
When the songs that they sing, eternally ring,
Will you be at home in the fold?

They will gather from kingdoms all under the sun,
From the south, from the west and the east;
And the message still rings, for beggars or kings
"Come share in the Lamb's marriage feast."
Say, will you be there, all the glory to share,
When the last heart sorrow has ceased?

The best time in the world to work for others is right NOW. Help somebody today, do the same thing tomorrow and the next day.

PASSING IT ON

"I have received the May LIFE BOAT. I think it is just fine. Many good and excellent things. I do believe that every word that is printed in the little LIFE BOAT is inspired by the Holy Spirit, for every time I read it I just feel a heavenly influence in every word I read. I think it is a wonderful little book. I cannot speak enough praise for this book and the noble work it is doing in saving souls.

"I am more than pleased to know of the wide circulation and the many hearts that have been touched by reading THE LIFE BOAT. I can't help but to notice how well the name LIFE BOAT does fulfill its mission. I can say that THE LIFE BOAT has been a great help to me in my Christian experience. I love to read it.

"I have several people waiting for this number. The extra one I received I could have sold several times, but I had not read it and I did not want to part with it. I told them I would have twenty copies of them in a few days, then I could sell them one. A lady said to me the other day, 'Say, I hear you so often speak of a LIFE BOAT magazine and I have heard so much about it that I would like to have one.' 'All right,' I said, 'you shall have one, and it will do you a wonderful lot of good to read it.' If I could only have the time, and could leave my home I should love to sell THE LIFE BOAT, but I cannot be away on account of the babies. What I sell is mostly to those that come to my home."

WITHOUT A CHRISTIAN MOTHER

From a California Prisoner.

"I am much interested in the good home that you have that takes care of the poor girls that the devil has trapped. The devil surely goes around like a roaring lion, seeking whom he may devour, and that is true. I would not be here today if that were not true, but I think the time will not be long that the devil rules over the people, for I think that Jesus is coming soon.

"I am a boy eighteen years old. The devil has cast me into prison, but he caught my mother younger still, at fifteen years of age. I have no money; all I can do is to pray, and when I get out of prison I will devote all my time in building up that which the devil has torn down and to give a testimony to the power of Jesus."

Can We Afford to Let Our Lights Go Out?

Maud Wilson Cobb

Matron, Life Boat Rescue Home

WHAT would it mean to Mary if our light had not been shining when a cruel step-father drove her from the only home she ever knew, when her brain was wild with fear and her heart aching? One night when he whom she had trusted, left her to bear her shame alone, then is when she cried to God for help and the little LIFE BOAT came to her and invited her to our haven of rest. What a pleasure it has been to help soothe her in her sorrow and help her to believe that Jesus cares for her soul! Now as the dear little boy baby rests on her arm, she says, "Oh, how glad I am that I came to the home. In spite of my sorrow, I cannot help but be glad for I know Jesus has forgiven me and I trust Him as I never knew how to trust before in my life. Mother Cobb, Jesus did help me in my hour of trial I know, and I love Him."

Poor, little Ruth. Just a child she seems, who does not know any of the wickedness of the world, has lived all her life on a little farm. But because her mother failed to confide in her and tell her the problems of life, she trusted one who told her the old, old story that "it made no difference." He would make her his wife and if she loved him, she would trust him with her very soul. Now she clings to her baby and says, "I wonder if he would love us both if he could see us? Do you think he would be angry if he knew our baby had come? I'll not give my baby away. I love it too much. My mother will help me keep it and maybe when he gets older his father will love us both. Do you think so?"

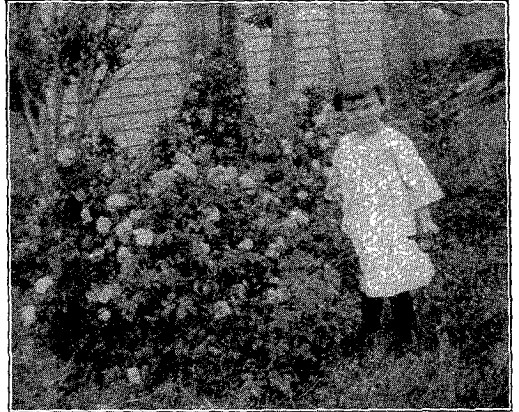
Readers, this little girl has been a great joy to us. Always willing, she says many times, "I thank Jesus for this home. It has meant life to me, and I will always pray for it that its doors may never close."

The Door Stands Open for Such as These

A letter just opened, and we read, "Please let me come. If I were not a coward, I would destroy my life, but I am afraid. I am leaving all of my friends here in this little town. I am an orphan, but no one

shall know where I am going. I am deserted, and alone. I want to begin a new life. May I come?"

Another young woman in the jail says, "What a life to come to! I am of a family of Christians. I was taught to serve God. My people expected me to be a missionary, but I wouldn't give up the world. I loved the ballroom and the theatres, and loved wine and the race track. I loved everything that was worldly. But always in my mad career, I could hear a voice say, 'This is the way:



One of Our Little Sunbeams Among the Flowers.

walk ye in it.' But I couldn't take my gay friends with me, and I didn't want to leave them now. Mother died asking me to follow her. Father died pleading for me to return home. Sister and brother hate me and refuse to talk to me. They say I broke mother's heart. Now, today, after a night in jail with low vile women, I find myself downcast and friendless. My gay friends do not help me. They are looking for some one else who has money and can amuse them with song and dance. I am beginning to fade, and not yet thirty years of age."

She walks the floor and cries, "Oh, Jesus, forgive me. I am one of the prodigal daughters. I have eaten husks with the swine. I will go back to my humble charge that I left, in the

poor of the Southland. I can tell them how I tried to hang on to Jesus and dragged Him with me to the gutter, and how He did follow me even to a jail, and now if He will trust me with a little part of His work, I will humbly do it because He has not left me. He bore His cross alone for me. I will give up all for Him. If He will only forgive me." This woman is the daughter of a wealthy Southern plantation owner. She has had every advantage. She is now planning to return to her homeland. She is sure that if she had not heeded this call, she might never have heard another.

While on a street car a few days ago, an old man said to me, "Are you THE LIFE BOAT lady that goes to the detention home for girls? Well, I want to say, that my little girl has gone to her last long rest. She died in her mother's arms last Sunday night. She has suffered much. Sin had marred her face, but mother and I loved her still. Her last words were, 'It's all right mother, all right daddy, THE LIFE BOAT lady said Jesus would forgive if I only believed. I believe now. It's all right. I am not afraid.'" The tears ran down the old father's face, and as he left the car he said, "Come and see mother. She is lonely now."

HOW THE LORD USED A LIFE BOAT TO HELP A WAYWARD GIRL

"I believe the Lord caused a copy of your LIFE BOAT to be placed in my hands. I found it on my desk one morning when I went to work. I did not know there was such a place as you describe as the Rescue Home. Please write me full particulars in regard to same. Is it just for young girls? Or for anyone that has made the fatal mistake?

"This is the only thing I have ever done in my life to be ashamed of. I am almost desperate over it and have thought several times of taking my life, but it seems like that would be a cowardly act.

"Please let me know what it will cost me to stay at the home till I am able to work again. Only the Lord knows how I am suffering in both body and mind. I don't know whether I can live through it or not.

"So let me hear from you before I do something desperate.

"From one in distress."

BE SURE AND NOTICE THIS

CAROLINE LOUISE CLOUGH

Our treasurer has just handed me this statement of the expenses of the Life Boat Rescue Home for April, May, and a part of the month of June, which leaves, as you will see, over four hundred dollars for us to raise immediately. We know of no better way to raise this amount than to publish the financial statement

Statement of Expenses of the Life Boat Rescue Home for the months of April & May, and part of June for which there are no funds in the Treasury to settle.

Telephone	11.47
Coal	22.06
Laundry	14.98
Repairs	40.67
Incidentals	9.08
Salary Clerk	25.00
Gas	20.00
Water	12.00
Groceries	85.63
	<u>442.79</u>
Cash on hand	36.00
Total	<u>406.79</u>

M. W. Rankin
Treas.

here and at the same time seek the Lord earnestly to bring this notice to the attention of people with means.

This is God's work. You cannot read the splendid article in this number by the matron of the Home, Mrs. Cobb, without having your heart warmed and without being led to thank the Lord that such a place is in existence where poor, wayward girls can find shelter and find a Christian friend to help them break the bands which the evil one has bound about their lives.

Whenever the girls can, we expect them to pay the small sum of five dollars a week toward their expenses. But we never turn away a girl that we can help, simply because she has no money, and just now we have several such girls who are needing our care and protection.

If you feel strongly impressed to send something to this work, do not turn that impres-

sion aside, for the Lord may be using you to answer our prayers.

It may be that you have already promised to remember this work in your will; why not give it, or a part of it, to the work now and have the pleasure of seeing some wayward girl brought to Christ as a result of your work? Very few people are prepared to carry on a work of this kind, but all can help with their means, and such will share in the reward.

Do you want to be a rescue worker? Then let us hear from you. Any amount will be gratefully received.

FROM A HOME GIRL

"Charles is quite a big boy now. He will soon start to school and weighs fifty-four pounds. Just think! six long years of hard labor for my boy and I will work till I die for him. He surely is a good, healthy boy. I could never go away and leave him like some girls do.

"I cried when I read in *THE LIFE BOAT* about that poor little boy that was so ill. I thank God my child is with me. And mother thinks so much of him, too.

"I need the Lord's help in every way. I need Him more every day. I am so glad I have a dear Saviour who will give me pleasure instead of sorrow. The lady here where I am working didn't see how I could be so happy with so much trouble. But the Lord is helping me, and I surely appreciate it.

"I am glad I found your Home when I was in trouble, and I can never thank you all enough for the care and shelter you gave me. I couldn't say much while I was there, for I was too full of sorrow. I want you to pray for me and my son."

"CANNOT SEE HELP ANYWHERE"

From a Minnesota Prisoner.

"I thank you very much for your kindly letters and also for those leaflets you have sent to me. Though I haven't answered your letters before, I have never a moment forgotten your kindness, but the reason is that it is very difficult for me to write in English. I've been thinking, and thinking hard. The religion is all right, and to believe in God is the best thing on this earth. But though the ministers are preaching, nobody *lives* according to Christianity. Everybody lives to himself. You

people are the only ones I've met who are working for others' benefit. But the great multitude is seeking for riches and pleasures of this life, not from the result of their own work, but from others' work.

"The rich people can avoid the law by the help of their money, and the Americans can get alleviation because they have relatives and friends who are helping them, but we foreigners must drink to the bottom the cup of suffering. I'm hoping every day that death will come to my rescue. Lately I have become so frail and weak that I'm sure I cannot endure this much longer. Thus I've uncovered my secret thoughts to you as a friend to a friend, and I am sure you will understand me. I've got very sad news from the Old Country. My children are starving to death, which makes my burden the heavier—yes, heavier than what I can bear. I am despised by the people and forgotten by God, and I cannot see help anywhere."

DECEIVED

ROBERT HARE

She was a sweet and simple girl,
Untarnished by earth's sin—
Her life a sunny treasure—dream
That did not care a pin
For folly or for fashion's rage;
But one with subtle art,
Betrayed that trusting spirit—life
And crushed a tender heart.

"Why did not someone tell me?"
A sad girl-mother cried—
"Why did not someone tell me
That ruin would betide."
"Why did not someone whisper—
"Trust not, his love is lust"—
O that the grave might cover
My life with silent dust!

The sunlight faded from her eyes—
I see the vision now—
Sorrow had paled her rosy cheek,
And left a furrowed brow.
My spirit wept to read the change
Wrought as by demon hand,
Yet traced, in tears, ten thousand times
Throughout our sunny land!

Say, Mothers, can you read this tale
Without a heart of pain—
A blossom trampled in the dust,
Never to bloom again!
Cursed by a vain deceiver's guile—
O Mothers! why not lend
Some kindly warning to your girls
And prove a saving friend?

Out of the Sunshine

Maud Wilson Cobb

ONLY those who go, realize what a change comes over one on entering the Clark street jail on a bright summer morning. You leave the sunshine and fresh air outside, and spend several hours in a dark, stuffy jail, filled with men and women—some who are sick, some recovering from a night of debauchery—most all of them ill-natured.

Leaving Hinsdale on the early morning train, we soon reach the great city of Chicago with its noise and turmoil. A short walk brings us to the old Clark street jail, where our Hinsdale workers have conducted gospel services and aided the sick for over twenty years. The record shows only about six days have been missed, and that because all public services were closed on account of the "flu" last winter.

Those who enter this jail every Sunday, feel a sick sensation come over them as the big iron door clangs behind them and they must face the prisoners behind the bars. Thieves, murderers and others, held for crime, begin to arouse themselves and wonder what is going to happen. This is a "lock up" where the prisoners only stay twenty-four hours at a time. We never meet the same men until we find them in the county jail or some prison after they have been convicted, unless they have been set free and re-arrested.

We enter the corridor, unfold our little organ, give each prisoner a song book and then ask if any man has a choice of songs. One will cry out, "Sing 'Let the Lower Lights Be Burning,' that is my mother's favorite song." Another will say, "Let's sing 'At

the Cross,'" and perhaps another will say, "Let's sing, 'Face to Face with Christ My Saviour.'" So the songs are called for, one after another, and we find many splendid voices in this place. Often the officers and matrons will join in a song or listen to us sing. Some one of our workers will talk to the men on "Why it pays to be a Christian." Many personal talks are given.

We have been very fortunate to have with us three splendid young men from one of the churches in Chicago. One of them is Mr. Carlson, who gladly plays the organ and sings for us nearly every Sunday. Last Sunday, by request, he sang "Love Lifted Me." Mr. Jackson, who helps in the Dan Batey mission every night and has charge of it on Friday nights, is a very great help to us. His good testimony always encourages us and helps every man behind the bars. This young man expects to take up the ministry for his life's work, and the Spirit of God seems to be with him.

Mr. Hicks, with his smile, always has a new story to tell the men behind the bars. We are always glad to have him help us in our work. He spends the whole day in visiting other jails, but starts his morning work by helping us.

The Testimony of a Gideon

Last Sunday we were surprised by a visit from one of the oldest Gideon men of today—Mr. Squires, 89 years of age. He came in during our service, not known by any one of us. He asked for Mrs. Clough, who, for many years, conducted these services, which he at one time had visited. He said, "I will

ARE YOU INTERESTED IN MEDICAL MISSIONARY TRAINING?

If so, write us at once for full information concerning our new class which starts 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.

never forget how earnestly the workers labored for these lost men, and I just came into Chicago today and wanted to hear again the plea for lost souls. Thirty-eight years ago I was a drunken outcast in jail. Jesus Christ saved and cleansed my soul. My wife became a Christian and we lived many years walking in the Christian's path. I have laid her away now, awaiting the judgment. On that glad morning we will clasp hands again and there will be no more parting. For fifty years I lived a sinner's life. I never knew Jesus. I was unsaved until in jail thirty-eight years ago I was converted.

"Now I want to tell you men, you may have heard of the four gospels in the Bible and may have studied some Sabbath-school lessons, but today you must know the book of Daniel and the last book in the Bible—Revelation. We are living in the last day now, and you should know about the times in which we are living. Get a Bible and study these two books; and believe them if you would be saved. I do not know the day or the hour, but I believe I will be living when Jesus comes, for the time is short. Get ready men: get ready: your Redeemer draweth nigh."

There were fifty-five men in our services last Sunday—all were sober and could understand every word. Every man was silent as we knelt in prayer. There was not a sound coming from the prisoners. Many uttered the Lord's prayer as we knelt on the cold stone floor, and, as we left, several of the men thanked us and said "No one ever asked me to pray before, and no one ever prayed for me. We are glad that you came, and your work is not in vain."

These men are always invited to go to the Dan Batey mission and they will be given a new start in life if they want to do right. One man called on our Brother Carlson and asked to be helped to properly clothe himself, so he could find work. He now has a good position and is able to buy himself new clothes. Twenty weeks ago we prayed with a young man. Now he is holding a good position, and is trusted and loved by those who employ him. He is helping other men to decide for the right. His clean face and happy smile encourage us to continue to hunt for the diamonds in the rough, for he is one of many.

Last Saturday night 500 men were arrested and lodged in the police station—most all were young. All were some mothers' boys, some sisters' brothers. Satan is working hard to destroy the souls of men. We who profess to be Christians must not be "slackers." We are in the thick of the fight here in Chicago. When old men and young boys say, "No one ever asked me to pray for my soul," is it not a fact that someone has not done his or her duty?

Let us work while it is still day, for the night cometh when no man can work. If we would have stars in our crown, now is the time to let our light shine for there are many dark places in the world today, and many a hand is stretched out for help, and many hearts are aching for a kind word and to know that Jesus saves.

AT THE CLOSE OF DAY

PEARL PAURIEA

On the shore of a beautiful river,
I stood at the close of the day
And the breeze wafted up from the meadow
The fragrance of new mown hay.

And the tiny waves flowing so gently
Were lapping the sands at my feet
And the bells of the cows in the pasture
Seemed to make all things complete.

The sun setting west of the river,
Was turning the waves to bright gold;
And along the quiet roadway,
Were the sheep going home to the fold.

The birds twittered softly and sweetly,
In the trees gently swayed by the wind;
And the lessons the day had taught me
Sank deeply my heart within.

And I thought when the day of life closes
For me by the river of Time
And my world weary eyes are seeing
Fair lands of another clime,

Will the sun of my life set in splendor?
Turn the waves of death's sea into gold?
May God in his infinite mercy,
Gather all of his sheep in His fold?

Grief can take care of itself; but to get the full value of a joy you must have somebody to divide it with.

The world will not be convinced of the sweetness of your faith by the sourness of your face.

TOBACCO AND CRIME

D. H. KRESS, M. D.

Color blindness due to the use of the cigarette has been found during the past four years to be quite common. The examination of young men for the army and navy has revealed this. This has been undoubtedly responsible for many of the serious accidents by land and sea in the past. Mr. Harriman, the American railway king, seemed to have appreciated this. He once said, "The cigarette smoker is unsafe. I would just as soon get my men out of the insane asylum as to employ cigarette smokers." While all cigarette smokers may not be color blind, the optic nerve in every case suffers injury, making it less sensitive to distinguish colors and slower to respond to signals of danger.

Tobacco does not possess the capability, however, of selecting the optic nerve, and injuring it, to the exclusion of other nerves. The injury sustained by it indicates the injury sustained by every nerve of the body.

The cigarette is especially injurious to the delicate brain cells. It seriously retards brain development. For this reason the boy who begins the use of cigarettes is handicapped intellectually.

Cigarettes not merely injure the intellect, but they weaken the will and deaden the higher and nobler instincts and desires. Nine times out of ten, criminals begin their downward career by the use of cigarettes. The great majority of criminals arrested in our large cities today are mere youths in whom the ambition to excel in a profession has been destroyed, and who have concluded to obtain means without physical or mental effort.

I was informed recently by Dr. Coffin, who for many years has been connected with the Whittier Reform School of California, that ninety-five per cent of all the criminals that have passed through that institution were cigarette addicts, and that he discovered they began their downward course with the use of cigarettes.

Mr. Walker, the manager of the Fifth Street department store of Los Angeles, said to me, "Five years ago we traced ninety per cent of petty thefts to cigarette users. Since then we refuse to employ cigarette boys, if we know it."

Whenever I read of a terrible crime I am

usually prepared to learn upon investigation that the perpetrator has been a cigarette addict. I am seldom disappointed. Judge Gemmill of Chicago said that of the twenty-five thousand criminals he had to sentence during the time he has been in office, he frequently finds the nicotine-stained fingers, especially is this true of the young men and boys. Those who are brazen-faced and unable to blush are practically always cigarette users, he said.

A judge of the Juvenile Court of California very feelingly said to me, "If this thing continues" (referring to the use of cigarettes by boys) "the next generation of boys will not be worth killing." I said to him, "Judge, I fear if it continues, in two generations there will be none left to kill."

In dealing with cigarette addicts for some years I have been forced to recognize that there is something mysterious about the cigarette. When it takes a grip on the boy it seldom releases him. The cigarette habit is about as difficult to give up as is the opium or morphine habit. I have never been able to explain to my own satisfaction this mysterious power of the cigarette to hold its victim. I have attributed it to the inhalation of the nicotine, and to the addition of other products to the cigarette tobacco. No doubt the inhalation of the smoke affords a partial explanation.

Experiments conducted in England, however, show that the tobacco used in making cigarettes is milder, and that the smoke contains *less* nicotine than does the smoke of the cigar or pipe. But it revealed another thing which may afford the explanation we have been seeking, and that is that the cigarette has developed, in its combustion, by-products which are not found in the smoke from the cigar or the pipe. Some of these by-products are found to be more injurious even than nicotine. Just what is put into the cigarette and not into the cigar that is responsible for these by-products is at present not fully known since the process of manufacture is kept a secret. The development of these poisons is ascribed to the addition of glycerine, salt petre and other substances which are placed in the cigarette tobacco and paper.

The presence of these substances places the cigarette in a class distinct from the cigar or pipe.

The cigarette is crowding out the pipe and even the cigar in America. Even in Germany the cigarette is taking the place of the pipe.

The use of cigarettes is becoming much more common among boys than is supposed. Prof. Lickley, supervisor of compulsory education of Los Angeles, Calif., a short time ago said three out of every four boys over eleven years of age attending the public school of that county are addicted to the use of cigarettes or tobacco in some form.

Boys usually begin its use on the sly and are not suspected by their parents until the habit is formed when they become less careful and more daring.

The first symptoms which should indicate to parents and teachers that cigarettes are being used by the boy is the lack of interest in school, the inability to study and the change in disposition. The boy who was cheerful and kind to his parents is apt to become morose and unkind, and unthoughtful of others' needs. There is a disinclination to work. The next symptoms are of a criminal character.

Dr. Bonar's Resolve

"In getting up in the morning I have resolved never to speak to man until I have spoken to God; never to do anything with my hands until I have done something on my knees; never to read newspaper or book until I have read my Bible."

KINDLED COURAGE ANEW

"Your magazine has renewed my hopes, aims and ambitions. It is my earnest desire to be a Christian worker in some field of labor. I care not what it may be, just so it gives me an opportunity to work for the salvation of precious souls."

A CURE FOR DISCOURAGEMENT

C. A. Russell

The story is told of a man in Chicago some years ago. The poor fellow, he had become so entirely discouraged that he had gone into despair and said, as many another poor fellow has, "What's the use anyway?" He started out and was making his way to the lake to plunge in. As he neared the docks he was walking along one of those back streets and passed a poor little waif on the curb stone.

He paused and said, "Why, child, are you lost?"

"No, I am not lost, but I am cold and hungry."

"Where do you live?"

"Up stairs, and mama is sick and has nothing to eat."

"Take me up there and let us see what we can do."

Up the stairs they went and the child threw open the door and there in one corner lay the mother upon a heap of rags with nothing to eat. The man said, "We will have to do something about this." He got them something to eat and someone to look after them in the future and then started down the stairs. As he came out on the street he said, "What was it I was going to do? O, I know, I was going to drown myself." He did not go. He had gotten a little picture of human suffering and his own heart had been warmed and helped in seeking to help someone else. It is the blessed Christ who said, "It is more blessed to give than to receive."

WANTED EACH MONTH

Last month we published an appeal from a jail in Virginia for copies of *THE LIFE BOAT*, as it was thought the prisoners were neglected spiritually. We sent them fifty copies at once. Now we have word that the prisoners all enjoyed them and the jailor is asking for fifty copies each month. We cannot send them without more money. We more than used all the funds that came in for special prisoners' number and are continually giving that the gospel message may go forward. It will cost \$2.50 each month to answer this call. Who will do it?
Editor.

"Is thy cruise of comfort wasting? Rise and share it with another;
And through all the years of famine it shall serve thee and thy brother.
Is thy burden hard and heavy? Do thy steps drag wearily?
Help to bear thy brother's burden. God will bear both it and thee."

Men who want to be Spirit-filled must be self-emptyed.



EDITORIAL

EDITORS:

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

HOW YOU MAY USE THE LIFE BOAT

Occasionally mark one or two strong articles and mail that copy to some friend, just to warm his heart.

Hand a copy once in a while to the newsboy on the corner, whom nobody seems to speak a kind word to. Notice his appreciative smile next time you meet him.

Supply your bootblack with a copy to hand to his customers while waiting.

If there is a drunken outcast in your neighborhood, send him a marked copy of *THE LIFE BOAT*. At the same time send a prayer to God for him. You can't tell what may happen.

Put a *LIFE BOAT* in your pocket when you go to prayer meeting, and if it seems to fit in, read a short experience of what God is doing for others. It may give the meeting new life.

Take a copy along when you are traveling. Hand it to the stranger with whom you accidentally become acquainted. As a result, you may meet him on the other shore.

Pay for having a copy sent to some prisoner who is without a friend on earth, and who really needs the Gospel more than he needs freedom.

Encourage some one to sell *THE LIFE BOAT* in your home town. He will have a splendid experience, and stars in his crown.

Invite your friends to subscribe for *THE LIFE BOAT*. It will be the same as persuading them to attend twelve stirring revival meetings.

We will furnish you a club of five *LIFE BOATS* each month for a year for \$3.00, or we will furnish you ten *LIFE BOATS* for \$5.00, to be used for missionary work, which is an unusual bargain. But for those who wish *THE LIFE BOAT* to hand out for missionary work, we will sacrifice with them to do so.

May we hear from you?

C. L. C.

REVIVALS, AND HOW THEY ARE STARTED

A well-known writer said, "When churches are revived, it is because some individual seeks earnestly for the blessing of God. He hungers and thirsts after God, and asks in faith and receives accordingly. He goes to work in earnest, feeling his great dependence upon the Lord, and souls are aroused to seek for a like blessing, and a season of refreshing falls on the hearts of men."

"A sleepy, Christless church, quarreling and surmising evil, will have no reward, and need look for *no revival*, unless its members repent, and do the first work. God will not revive His work in any church unless it is *sincerely desired*, and earnestly sought for."

"A revival of true Godliness among us is the greatest and most urgent of all our needs. It is our work, by confession, humiliation, repentance, and earnest prayer, to fulfill the conditions upon which God has promised to grant us his blessing. A revival need be expected only in answer to prayer."

"If the lay members of the church will arouse to do their work in a quiet way, going a warfare at their own charges, each seeing how much he can do in winning souls to Jesus, we shall see many leaving the ranks of Satan to stand under the banner of Christ."

There is much to be said about the needs of the church. The churches of the world are banding together in an effort to meet those needs. It is said that the church has not the power, that its efforts are not strong enough to direct the lives of the young in its community, because of an apparent stronger element which has come in since the war closed. This, no doubt, is true. Such conditions may exist. But what is the remedy? It is not that we need a greater church organization, or federation of all the religious forces, but we need "a revival of true Godliness." The spirit of

God, and that alone, can soften and subdue the human heart, and it comes into the heart only in answer to prayer. So inasmuch as this is the *greatest* thing in the world today, will you not join THE LIFE BOAT family in praying for a revival of true Godliness, that sinners may be converted before it is everlastingly too late?

C. L. C.

A NURSES' INSTITUTE AT HINSDALE

There was held at Hinsdale, June 9-20, this year, a Nurses' Institute, especially for the graduating class of the Nurses' Training School.

The regular class hours, every afternoon from 2:30 to 4, were devoted to Medical Missionary and School of Health Institute work.

During the first week, Professor Lamson conducted a study on Medical Missionary work from the Bible standpoint, from 2:30 to 3. Following that, the first two afternoons Dr. Mary Paulson presented some popular health talks on the following subjects: "Accidents and Emergencies," "Gymnastics Without a Gymnasium," and "The Home Sanitarium."

The third afternoon Dr. Amy Humphrey presented the subject of "Medical Dietetics."

The following day Dr. H. C. Nelson gave the class some special instruction on "Infectious and Contagious Diseases," and gave instructions on how to care for those diseases in the home.

On Friday afternoon, the Sanitarium chef, Mr. C. C. Benedict, gave a talk and demonstration on "Healthful Dietary."

On Sunday afternoon, our Rescue and Christian help work, as is represented by the

LIFE BOAT magazine, was presented by the writer.

The members of the graduating class were then called upon to give, before the class, talks on the different subjects presented. We trust that as this class goes forth they may have many opportunities to hold up the light of health reform, personal hygiene, and real medical missionary work wherever they go.

C. L. C.

ARE WE TRAINING OUR CHILDREN?

Every child born into this world is destined either for heaven or for—some other place; and home training has more to do with the destiny of the child than any other influence. Parents make a great mistake if they depend upon the church, the school, or any other organization, to give their children the mental, physical and spiritual training that should be given in the home.

There are very, very few successful men and women in the world today who did not have good home training during childhood. Dogs and horses are worse than worthless unless they are properly trained; and the better the training the greater their usefulness. In spite of the fact that children are endowed with many faculties and powers which animals do not have, they need the best of training and guidance in order to be prepared to occupy the place in society which they should hold.

Some people, though they realize the necessity of training animals, seem to think that children can bring themselves up. Others make the mistake of postponing the training of their children until it is too late.

The first seven years of life, the "golden age of childhood," are far more important than

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.

We will give as additional security Sanitarium Bonds, if desired.

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

any other seven years. The mind of the young child is like wax to receive impressions, and like marble, or cement, to retain them. Some compare the child's mind to a sensitive photograph plate or film, blank at first, but ready to receive any impressions which may come to it, whether good or bad.

A few hours spent in training the young child in correct habits will do more good than many hours spent in trying to train the adolescent boy or girl.

Obedience is one of the first and most important things for a child to learn. Those who do not learn to be obedient can never properly lead or control others in later life. They are always in trouble—and the worst is yet to come!

Truthfulness and honesty must be instilled into the young minds from early childhood, both by precept and example.

Regularity is one of the great laws of success, and the children should be taught regularity in eating, sleeping, working and playing—in fact, in all the ordinary duties of life. Those who do not learn this law in childhood seldom learn it at all, and must later suffer the consequences.

In the presence of a child no disparaging remarks should ever be made about anyone to whom the child should look up—as parent, neighbor, teacher, minister, or representative of the law.

The importance of a good example on the part of those who have the care and training of children cannot be overestimated. If the father uses tobacco, why shouldn't the boys? If the mother gossips, why shouldn't the girls? If the teacher uses slang, why shouldn't the pupils?

Give the children a chance, not only for this life, but for the life to come. "*Train up a child in the way he should go: and when he is old he will not depart from it,*" Solomon says; and every day we see the effects of training, or the lack of it.

"I have been long in kindling my torch, now let me burn out for God."—Henry Martyn.

Some folks are like rocking chairs: full of motion without progress.

Our business is not to dissect disciples, but to study Christ.

NEWS HERE AND THERE

Mr. John Isaac of the Clinton German Seminary, Clinton, Mo., visited the Sanitarium recently.

Dr. W. C. Dalby and wife of Du Quoin, Ill., were guests at Hinsdale, May 23.

J. D. Reavis and family of Berrien Springs, Mich., spent a night visiting friends at Hinsdale.

Mrs. C. L. Clough visited North Liberty, Ind., May 31, in the interest of THE LIFE BOAT Rescue work.

Dr. Mary Paulson conducted the Senior Nurses' class on a visiting tour to some of the large hospitals of Chicago.

The Hinsdale Sanitarium Sabbath school enjoyed a very pleasant program on Rally Day, June 7. Together with the beautiful decorations and the interesting program of short talks interspersed with music, a very profitable time was spent, and the interest in the Sabbath school and the study of the Sabbath school lessons was deepened.

Dr. Ora Barber left recently for California, where she expects to spend a three months' vacation.

Dr. Emma A. Laird of Decatur, Mich., is with the Sanitarium for a few months, and will take Dr. Barber's place while she is away.

Mrs. Edna Langley-Johnson spent a few days at her home in Southern Missouri recently.

Among the helpers who have come to the Sanitarium recently are Miss Nellie Bennett of Fort Sheridan, Ill.; Wm. Applegate of Boggs-town, Ind.; Mr. and Mrs. B. A. Hamilton of Hartford, Mich.; Maud Paulson, who has just returned from Fox River Academy, Sheridan, Ill.; Marion and Clara Salchow of Central Lake, Mich., and Mr. H. L. Pearson of Lincoln, Neb., who will assist in the culinary department of the Sanitarium.

"Every time a Christian goes wrong, he makes it harder for some sinner to go right."

THREE BEAUTIFUL SACRED SONGS

With Music for the Piano, "*The Mountain Flower,*" "*The Wonderful River*" and "*His Loving Voice.*" Standard sheet music size, ordinary voice, all three for 50c, postpaid. Order from

OTTO LUNDELL

725 Unity Bldg., Chicago, Ill.

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.

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

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

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

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

Yearly subscriptions, \$1.00.

Special discounts when a number are sent to one address.

Expirations

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

Change of Address

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

Mistakes

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

Premiums

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

Rates for Advertising

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

The 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.
Chicago Book & Tract Society, 812 Steger Bldg., 28 East Jackson Blvd.

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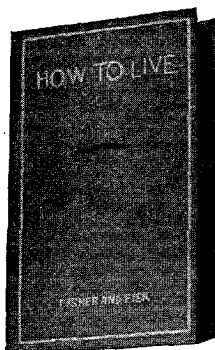
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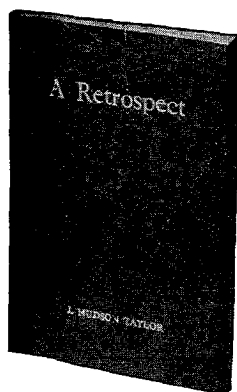
"How to Live, or Rules for Healthful Living, Based on Modern Science"



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 two new subscriptions and 25 cents additional. Induce some one to subscribe for The Life Boat the coming year and receive this most excellent book.

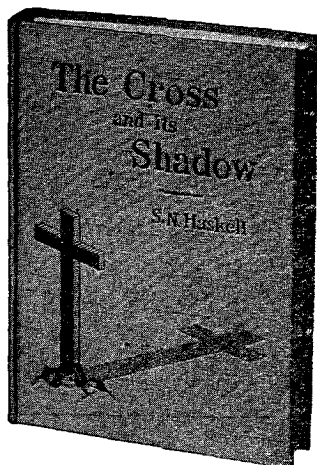
The Cross and Its Shadow

A new book by S. N. Haskell. This book presents the whole Old Testament sanctuary service in a new and living setting. The sacrifice of Christ for us is beautifully portrayed on every page. This book is a marvelous inspiration to a holy life and should be in every home. It contains 388 pages, 50 chapters and 218 illustrations, and will be given absolutely free for only two subscriptions to The Life Boat and 25c extra for mailing. Take advantage of this offer while it lasts.



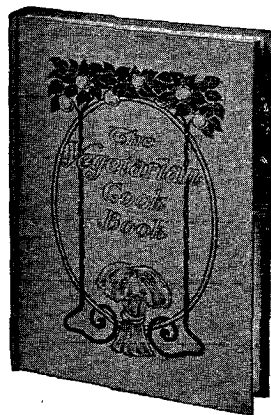
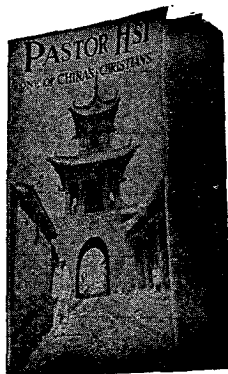
A Retrospect

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



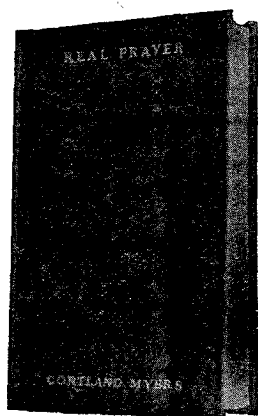
Pastor Hsi

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



The Vegetarian Cook Book

should be in every Life Boat reader's home. It is a splendid compilation of valuable recipes for a sane and sensible dietary. If you want to learn how to cook "for health and not for drunkenness" send us \$1.50 for The Life Boat for one year and this useful book. This is an unusual offer.



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By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and twenty-five cents extra. Send us \$1.25 and receive The Life Boat for one whole year and this splendid book.

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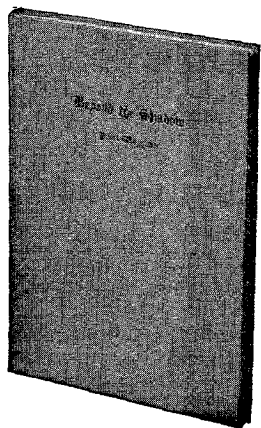


for only one subscription or renewal at one dollar. This book is really five books in one. It is not only a dictionary but a complete parliamentary manual, a rapid calculator, a compendium in business and social forms, a letter writer and literary guide, and a pronouncing and statistical gazetteer of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

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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.**

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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.

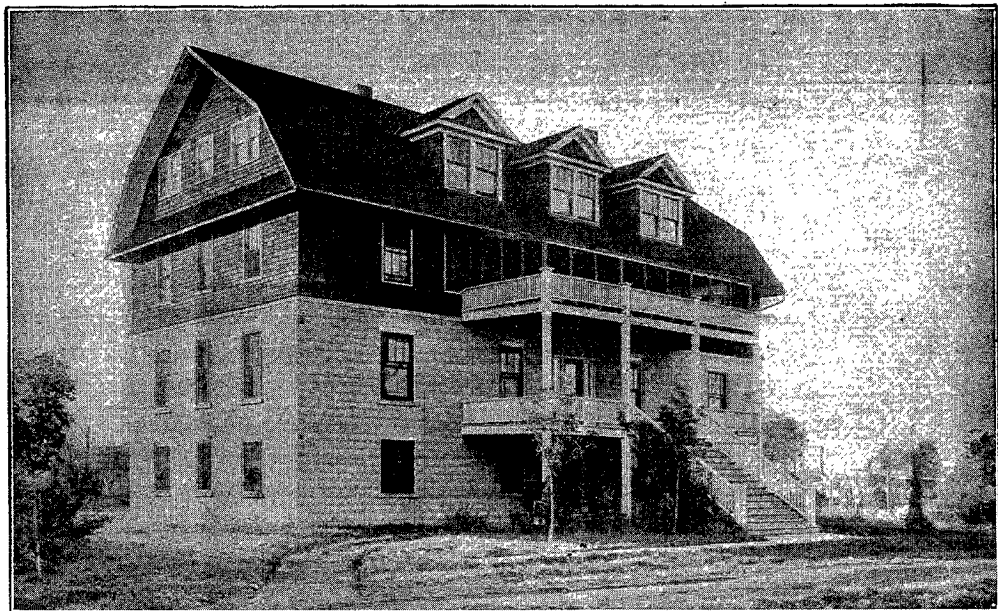
Prices

1 Pint	\$0.45	Shipping weight.....	3 lbs.
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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 **you** 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?

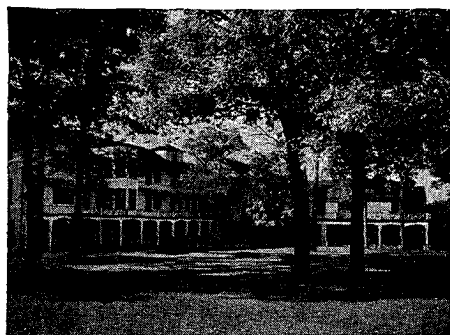
If you are interested in this matter write us and we will give you further suggestions and information regarding this annuity plan that so many sensible people are adopting.

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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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

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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

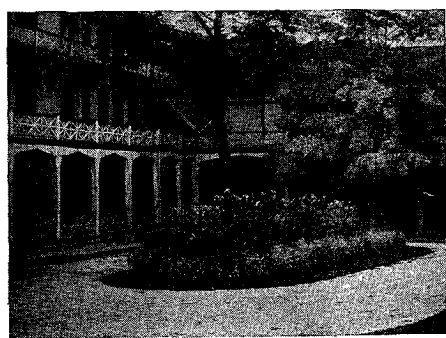
The Hinsdale Sanitarium

Phone
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Hinsdale, Ill.

Endowed by Nature Equipped by Science

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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