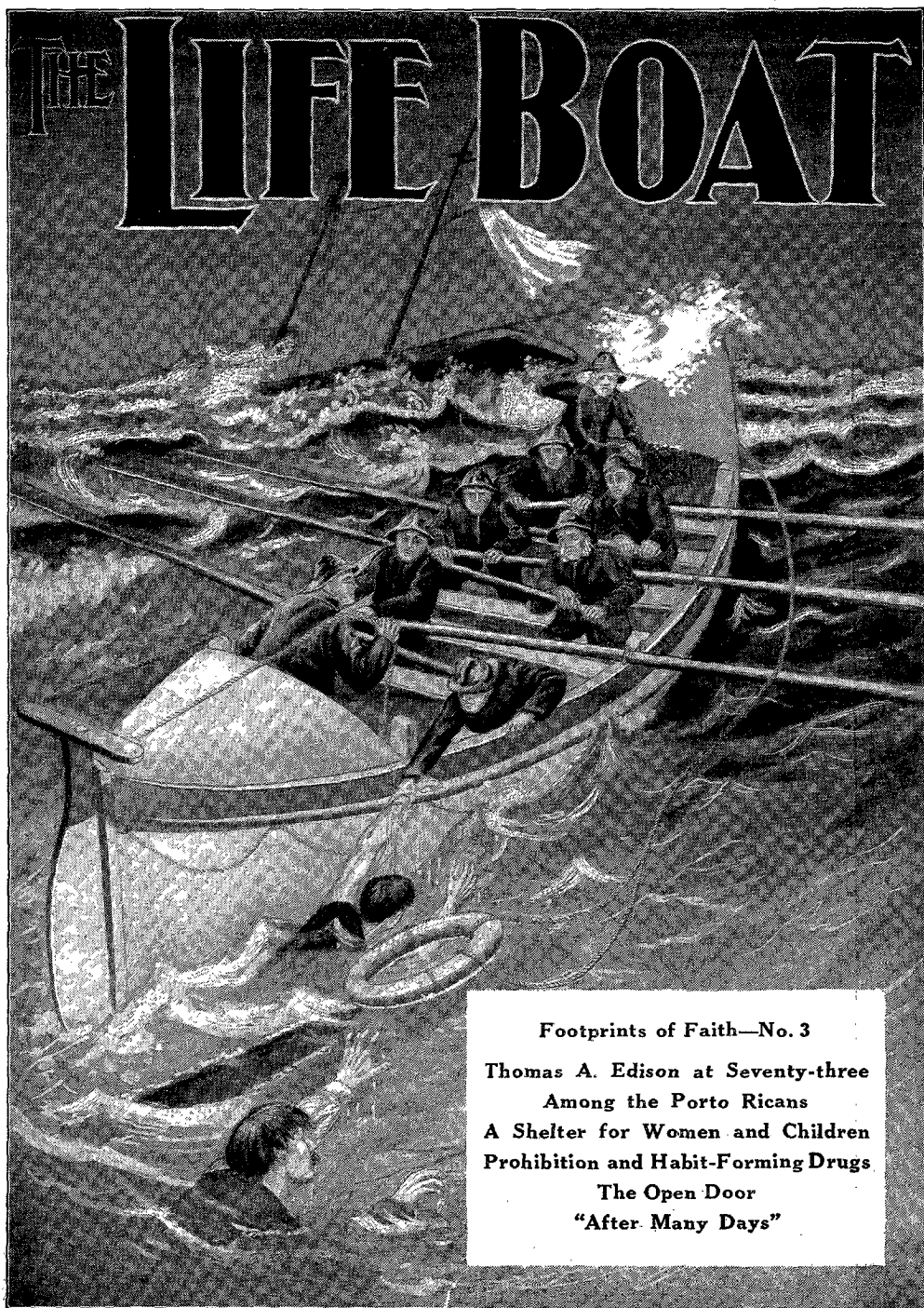


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**Footprints of Faith—No. 3**

**Thomas A. Edison at Seventy-three  
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A Shelter for Women and Children  
Prohibition and Habit-Forming Drugs  
The Open Door  
"After Many Days"**

**Volume Twenty-three  
Number Three**

**Hinsdale, Ill.**

**March, 1920**

**How to Escape Influenza—A. B. Olsen, M. D.**

# "Footprints of Faith"

A SERIES OF ARTICLES NOW APPEARING  
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FOUNDER OF THE HINSDALE SANI-  
TARIUM, FORMER EDITOR OF THIS  
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personal experiences, including early  
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building up the great work in Hinsdale  
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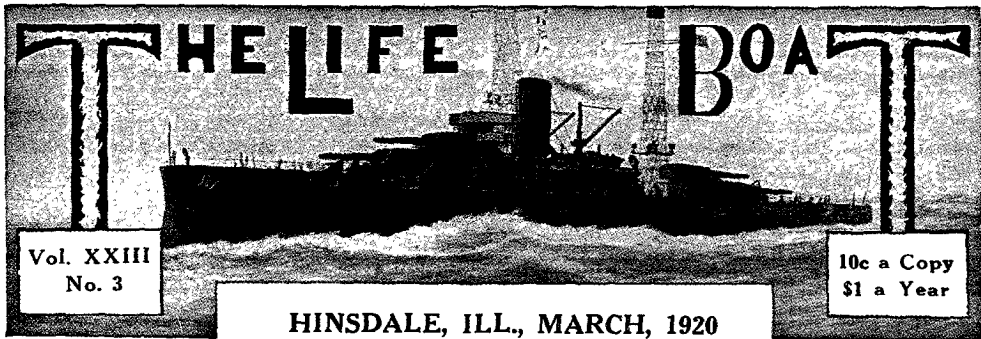
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EDITOR.



## How to Escape Influenza

A. B. Olsen, M. D.,  
Hinsdale, Illinois

TO escape influenza two things are necessary. First and perhaps most important of all it is absolutely necessary to keep one's self physically fit. Among other things this means to keep well nourished so as to maintain a high degree of vitality and physical "tone." A man with good digestion and active bowels is relatively immunized from any infection and stands the best chance of fighting influenza germs and keeping them at bay.

It is equally necessary to keep the eliminative organs, including the skin, active, and to get a sufficient amount of sound sleep. There is no time during the twenty-four hours when the healing powers of the body are more active and more efficient than during sleep. In addition it is desirable to cultivate a serene, calm and contented mind and to maintain a spirit of optimism and good cheer. Solid hope and a firm confidence are necessary to drive out fear and doubts and form a fine inspiration for winning success, not only in preventing attacks of pathogenic germs, but also in keeping fit.

### Avoid Contagion

The second essential in escaping influenza is to avoid the contagion and keep clear of the germs. This means an abundance of fresh air both day and night. It also means keeping a sharp lookout for all sneezers and coughers and others that give obvious signs of some nose or throat infection. Now-a-days, with the influenza epidemic abroad it is wise to look upon every cold with suspicion and regard it and even treat it, as influenza, so as not to make any mistake. There is no time when the influenza patient is more contagious

and more likely to give out the infection than during the early stages when there is more or less constant sneezing.

### The Sanitary Sneeze

It is a pity that people cannot learn how to sneeze so as not to be obnoxious to others and spread the contagion from which they are suffering far and wide. The remedy is a simple one and that is to keep one's self supplied with plenty of large generous handkerchiefs. Just as soon as a person feels like sneezing he should immediately clap a handkerchief over his face and sneeze into it and thus limit and control the infection. Sneezing into the air means the distribution of numerous particles of saliva and mucus from the mouth and nose, all of which are more or less laden with disease germs. It is small wonder that a person sitting in the room where sneezing is going on indiscriminately catches the disease and in a day or two is down with influenza too.

What is true of sneezing is equally true of coughing and for that matter, emphatic speaking. Most of us have seen little particles of saliva flying out of the mouth of an emphatic and forceful speaker from time to time. Well, if the speaker has got influenza or any other similar contagion he spreads infection and those that come into his presence are almost certain to catch it. The sanitary coughing, that is, coughing into a large handkerchief which will catch all the particles of infection, is just as important as the sanitary sneeze. It would also be well for the patient suffering from influenza to wear a mouth respirator which should be changed two or three times

a day. This respirator should be so arranged as to cover both nose and mouth and yet not interfere with either breathing or talking. It would be material help in preventing the infection of the nurse and doctor who are obliged to attend the patient.

### The Chill

In addition to coming in contact with the influenza germ or germs, for it seems that more than one germ can cause the disorder, most victims experience a chill before coming down with the disease. This chill has the effect of lowering and diminishing the resistive force against disease which the body naturally possesses. It is a very simple matter to get a chill by going out from an overheated, close room into the fresh air without sufficient protection. Even with sufficient protection there is sometimes danger, especially after sitting for a long time in a foul ill-ventilated room.

But it is not only changes in temperature which are liable to cause a chill. A too generous dinner, eating between meals, and particularly the pernicious habit of eating sweets at any time and in considerable quantities, unwise eating, and over-eating generally, together with constipation, help to produce the conditions which would favor an attack of influenza.

While it is important, as intimated at the beginning of this article, to maintain sound nutrition and an active, well nourished body, it is really a disadvantage to overdo the eating, a very common thing in this country. It is not the amount of food that one can actually stuff into the stomach that counts, but rather that which is digested and assimilated into the blood. Overeating usually means a very large amount of gastric and intestinal fermentation with the production of various poisons which are readily assimilated into the body and soon produce the condition known as autointoxication. The blood and the physical system generally becomes poisoned, to put it in plain English, and in that condition the individual is less able to fight disease successfully and to withstand the invasion of the germs.

A plain, wholesome and nutritious fare, regular meals, and not more than three for a person in ordinary health, abstemious eating, generous water drinking an hour before and two hours or more after meals, taking from three to four pints a day, a certain amount

of exercise out of doors daily, say a brisk walk from three to five miles—these are some of the essentials in maintaining health and escaping influenza.

To summarize, keep yourself fit and avoid contagion, and that means avoid crowds, whether in a crowded room or in a crowded street car. Do not be afraid of fresh air, and see that you get a generous amount of this best of all tonics, not only in day time, but equally at night, even if you have to add one or more blankets to your bed.

## THOMAS EDISON AT SEVENTY-THREE

CAROLINE LOUISE CLOUGH

On February eleven, Thomas A. Edison, the great American scientist who has given the world the use of electricity, passed his seventy-third birthday. A representative of Harper and Brothers, New York, visited him in his office in the Orange, New Jersey, laboratories, and while Mr. Edison is very careful not to give out interviews, yet he consented to answer some questions. His answers give us a glimpse of some of the principles which have led him up to success and fame.

### Boys Should Try Hobbies

In answer to the question, "Do you believe it is a good thing for a boy to map out his career years ahead, or just peg away?" he said:

"No, the boy, while being educated, should try many hobbies, changing from one to another as many times as he desires, the more the better, until he finds one that delights him—one that he is sure he will succeed in after he leaves school—because he is happy while pursuing it after trying many other hobbies. With this hobby he can succeed, and with no other, because when a man is vitally interested in a thing his memory becomes highly efficient in that pursuit, but in all other lines normal. A good memory means executive ability, and with this comes 'Do It Now.'"

The question, "Who were the friends whose confidence gave you encouragement when you were struggling for a foothold?" brought forth this characteristic reply:

"I had no such friends. They were not necessary. In fact, they are disadvantageous. The hard path gives one experience. One loses this if they are helped by friends. It is like having a rich father."

Mr. Meadowcroft, Mr. Edison's assistant 'n

speaking of the electrical wizard's mental powers at his age, says:

"Mr. Edison is as energetic as ever and there seems to be no diminution of his mental activity. He comes down to his laboratory every morning and plunges right into the activities of the day with his accustomed vim. He has an intimate and exact knowledge of everything that is going on in the entire plant, and is in the habit of asking pointed questions as to the progress of matters, showing that he is conversant with what has gone on the day before. The mental activity and intimate knowledge of affairs frequently amazes

twinkle in his eye and said: 'When that boy has gone fifty feet he will be absolutely unable to remember that message correctly. There is one boy around here who can carry a message about two hundred feet, and another about three hundred feet, and I have only seen one lately that could carry a message all the way to the other building down the yard. So I rarely send an oral message, but I write it.'

#### Edison on Food

"Some time ago, Mr. Edison was chatting with me about food. He believes that most of us eat too much and load our systems with a lot of impurities which tend to produce disease and shorten life. He, himself, is a small eater. I have seen him many times finish eating in what most of us would call the middle of a meal. If he ever has any trouble with his stomach, he will either stop eating altogether for two or three days, or else he will take boiled milk and thin, dry toast. I have known him to make his meals of this for three times a day for a week—the idea being that if his stomach trouble is caused by bacilli he will not furnish any additional supply from the outside.

"Naturally," continued Mr. Meadowcroft, "we have visitors from all parts of the world; who come to see Mr. Edison, and whether they come from different parts of our own country, or from various other countries in the world, no matter how distant, they are usually astounded when Mr. Edison talks to them about their own localities or countries just as familiarly as if he had been there in person."

#### YOUR GOSPEL

Robert Hare

You are writing a letter, my brother, each day,—

A letter of life or death.

Your book will sadden some heart with fears,

Or fill with love's sweet breath

The soul that passes by your way—

You write for life or death!

You are writing a letter, my sister, today,

And the story it tells will sweep,

Like music that charms a troubled heart

Or storm on the mighty deep,

That lashes the restless waves to foam,

With the power of its awful sweep!

You write a letter each day, my friend,

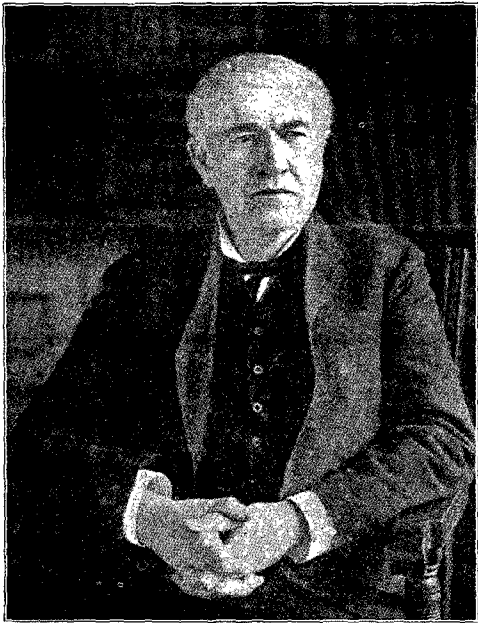
With angel or demon in view;

Unlettered the page, but the picture is there,

And the writing is false or true;

It is not the gospel of Luke or John

Just the "gospel according to you!"



Thomas A. Edison

our people whose efforts are along certain definite lines, while his knowledge covers the entire plant in all its varied activities.

"Besides this, when he comes down in the mornings, he is fully posted on the important news of the world and the state of the markets. His knowledge of all these things is an actual working knowledge, marvelous in its comprehensiveness.

"The other day," continued Mr. Meadowcroft, "a boy came in with a memorandum from one of the heads of the departments. Mr. Edison read it and then gave the boy a verbal message. The boy went out, and Mr. Edison turned to me with a humorous

## Among the Porto Ricans

John F. Morse, M. D.,

Ensenada, Porto Rico

[Dr. Morse when in this country recently gave our nurses at Hinsdale a glimpse of the conditions which he finds in his medical work among the native Porto Ricans. We are giving our readers here a condensed report of his lecture. Dr. Morse will connect with our work at Hinsdale about May first. Ed.]

**T**HERE ARE some interesting conditions in Porto Rico I thought we might discuss this afternoon,—not merely to know how bad some people are, but to appreciate the blessings God has given us in teaching and telling us. We do not know any more than any na-

yond their possibility of attainment as it would be for you to pay \$500.00. So that is the way that practice began.

Now the Protestant Missionaries are encouraging marriage according to the laws of the land, and the living together according to God's



A Group of Porto Rican Children in Their Native Dress

tive. Our education, our up-building, our Spiritual education, has given us the opportunity that we have that exceeds their opportunities, and it is by that reason and no other, that we are any better off than they are.

The first question that is usually asked is, How about morality? Sometimes a man and woman will live together ten, fifteen or twenty-five years, and have children who are married, and then come to the missionary to be married. You say that is a queer thing. But suppose you had to pay the price of \$500 to get married, would it be easy? That \$25.00 that the priest charged them was just as far be-

plan, and it is working out wonderfully,—it is helping things a great deal. Any man could have just as many women as he wanted to and nobody asked any questions. There was no morality about it. I never attempt to inquire into family relations because I know there might be in the same family three or four different children with different parents.

### The Living Habits Are Improving

The one-room shack which is the seeding house of immorality is not there any more,—the long range of buildings that were made with just a slant roof and divided into so

many compartments. Now they are living in the little individual houses so that every family can have its individuality. The houses are something like our summer houses here. The people are very prone to crowd in the houses. I have seen a small room that would probably be as large as 10x15, with thirteen people sleeping in that one room. I remember of going into a room somewhere about ten or eleven o'clock, in which I found thirteen people sleeping. They sleep on canvas cots so they can fold them up during the day. That packing habit they have has very much to do with

The drink habit was abolished about two years ago. It was done by the schools and the missionaries. They had a hair tonic that sold wonderfully a little while ago, and the Government analysis proved that it contained alcohol and they were able to find 197,000 bottles of it. And the New York papers began to joke about how they used so much hair tonic. It is the best thing that ever happened to Porto Rico to have the drink habit abolished. I know of skilled workmen who were earning \$4.00 and \$5.00 a day and they didn't have anything in their homes, and didn't pro-



These Native Huts Made of Banana Leaves With a Thatched Roof Can Be Seen Everywhere Throughout the Country.

the spreading of disease, the most dreadful of which is tuberculosis. You wouldn't think that ought to be so where the air is free. They would be very much better off if they would sleep out of doors, but they are afraid of the moon. They are very superstitious. If they should dip their hands into hot water and then dip them into cold water, they think they are sure to have paralysis.

#### Smoking Is Universal

Men, women and children smoke. If they don't have enough cigarettes to go around they each take turns in puffing at what they have. The washwoman will come along with the clothes on her head and with a big cigar in her mouth.

vide for their families. It all went for gambling. If with nothing else, they will gamble with pennies or nickels, or anything they can use for gambling. The idea of getting something for nothing is absolutely a part of their life.

#### They Are a "Happy-Go-Lucky" People

They never have enough food on hand for breakfast when they go to bed at night. They do have coffee, but the real food they don't possess in the houses. Of course, that is because they don't have a place to keep it. The ants are very numerous. A man came to see us, and brought us a box of candy, and instead of putting this box of candy in the food cup-

board he thought he would hang it to the electric light. In the morning the ants were in it so thick that we couldn't do anything with the candy.

The morbidity of malaria is greater than any other disease in the tropics. You get malaria only by getting bit by mosquitoes. The mosquitoes do not fly in the day time. They fly after the sun goes down. If you are in the sunshine you are safe.

You may ask, "Is the hook-worm contagious?" I would have told you during my first year there, "no," but after the first couple of years I got it myself. But it probably came in this way: I was brought up on a farm and I am very fond of working in the soil, and I found after I got over the disease that the natives around the house had hook worm and I was using the same garden utensils and so I suppose I got it in that way. But as a general rule the American doesn't have it. There are certain pools of water that are perfectly alive with the hook-worm embryos.

We don't have a great deal of insanity. There is one insane asylum on the Island. It is a little room and the inmates are locked up there until they die. The insanity is due to drink.

#### Find the People Grateful

Some say that these people don't know what the word gratitude means. I have never seen more grateful people for the work that is done for them. Some of them take it as a matter of course, but the majority say "Thank you," and express to you "God bless you," which comes from the heart.

They are troubled a lot with constipation, but they don't drink enough water. They have to carry all their water some distance, and they will fill a five-gallon can and put it on their head and walk home that way. If we had to carry every drop of water on our heads, perhaps we wouldn't use so much either. But they don't drink water enough. You ask how much they drink and they will tell you about one glass a day. They don't eat very much fruit. If they have a cold they will never eat any lemons or an orange. They are afraid they will die if they eat them. But little by little they can be trained.

They don't like to work any better than any other child likes to work, but they can be trained as well as any one.

If any of you wish to come to Porto Rico

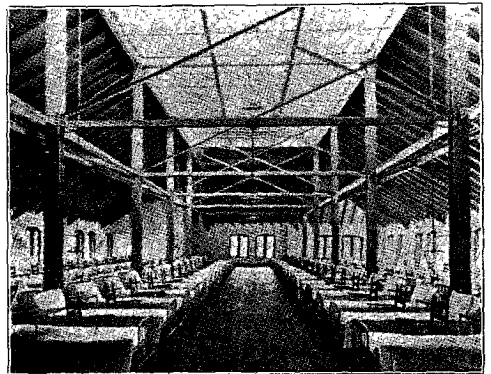
we shall give you the best welcome that can possibly be given. May God bless you and make you efficient in his service.

#### DETERMINED TO MAKE A MAN OF HIMSELF

FROM A PRISONER IN WAUPUN, WIS.

"I have received your welcome letter, also your Christmas remembrance, and I thank you ever so much. I think it just motherly of you to think of me. Since my dear mother is dead I accept your gift as though it came from my mother herself, and I hold dear such kind remembrance more than a gift of many dollars, because a mother's gift always comes from the heart.

"You may feel assured that I will take the text you have suggested, and face the New Year with new hope and inspiration, looking



A Glimpse of the Dormitory at the Clinton Prison

forward to the better things in life, and take God into my heart. I wish that you would keep in touch with me and help me in my endeavor to reform and lead an honest Christian life again. My two sisters are constantly asking me to be a good brother again, and may God only help, for I'm going to have a hard struggle ahead of me.

"When I leave here I am determined to leave this State for all my friends have played me wrong, for it was them that encouraged me to go into the saloon business when I was barely twenty years old, and prison is where I am today. That is why I am going to seek new friends who are true, and where I can start life over again. I had never slept under a strange roof, never been away from home, now I am alone, going into a new world with-



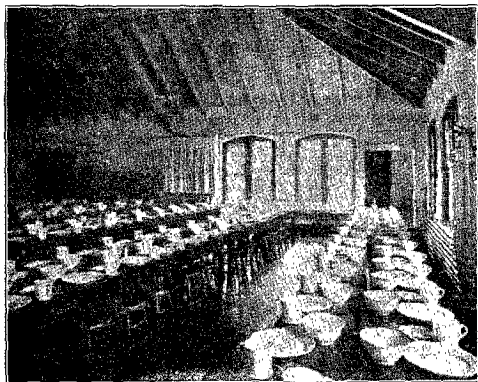
out a friend, but with one determination to make a man of myself again.

"I desire to be in a place where the people go to church so that I may go also. I haven't missed church here for the five years I have been here, and I must not fail when I leave here. I have not had a Christmas for five years. You are the only one besides my sisters who has thought of me. I feel very lonely here at times, wishing I had someone I could write to."

### WHAT JESUS HAS DONE FOR HIM

FROM A NEW YORK PRISONER

"I have already served three years and nine months which leaves me still a little over eleven months to serve, but with all this I can say I am happy, thanks be to God. He has put me here so that I might know that without Him I can do nothing.



Mess Hall at Clinton Prison

"I cannot find the right kind of words with which to praise and thank God for what he has done for me since 1916, but for Jesus' sake, God has been most merciful to me,—a chief among sinners. He has kept me and still keeps me day by day. He has blotted out all my sins and transgressions and washed me in his precious blood. He has given me some very dear friends and there is one friend in particular he has given me who has cheered and encouraged me in all I have done that pertains to an honest Christian life and who has never forsaken me despite the fact of his knowing I am here for the second time and who is patiently awaiting the day of my release.

"God has given me strength to overcome the trials and temptations that surround me. He has given me life, peace, joy and health, and by his grace I am what I am today. Words of mine are inadequate to express my thanks and love for all he has done for me. I thank him for bringing me here for the second time, for now I have found him and am his, bought and paid for by his blood in which I am washed and which was shed for me on Calvary's cross."

### FAITH'S PRAYER

R. HARE

Not calmer seas, but deeper trust;  
Not smoother tide, but stronger hands;  
Not less to brave, but courage true  
That dare fulfill all His commands.

Not distant sight, but clearer faith;  
Not less to dare, more power to do—  
This is my prayer, O Lord of all,  
And this the hope love brings to view.

Fulfill it all in me, O Lord;  
Grant life's objective—strength divine;  
Self shall be hidden, and the praise  
With all the glory shall be Thine.

### HUNGER KNOWS NO ARMISTICE

Peace has blessed Europe and America for more than a year, but in Western Asia conditions more frightful than any war time experiences of the martyred populations of Belgium and France, still exist. Thousands of women and children escaped massacre by the Turkish soldiers only to face the terrible agonies of death by starvation.

Col. William N. Haskell, joint high commissioner by authority of the Paris Peace Conference and representative of the Near East Relief in Armenia, recently cabled to the United States that 800,000 destitute Armenians will starve unless food is provided for them until next year's harvest. He estimates the minimum requirements are 7,000 tons of flour a month and one full cargo of supplies for 150,000 children for Armenia and \$500,000 monthly for relief in the Caucasus.

The Near East Relief, 1 Madison Ave., New York, is at present the only organization giving aid to these suffering people and lack of funds still prevents the reaching of more than a small part of the stricken people.



## FOOTPRINTS OF FAITH

No. 3

David Paulson, M. D.

[Ever since the death of Dr. David Paulson, the man of great faith who led out in the establishment of the work at Hinsdale which is represented by this magazine and three splendid institutions, there has come to our ears repeatedly a request for the publication of the marvelous story of the triumphs of faith connected with the history of the medical missionary work which the Doctor fostered.

The development of the work is so closely entwined around the life of its chief promoter that we are giving in these articles a glimpse of the Doctor's early experiences combined with the divine guiding principles which made him great.

After Dr. Paulson's graduation from the Bellevue Hospital Medical College in 1894 he returned to the Battle Creek Sanitarium and began a medical career. Two years later he was united in marriage with Dr. Mary Wild, who during the remaining twenty years of his life was a faithful companion, and co-worker with him in building up the splendid medical missionary and philanthropic work which now stands as a monument to his memory, and who, since the Doctor's death, has continued to carry on the work.

During the six years of Dr. Paulson's labors in Battle Creek as a physician the Lord used him to bring about a revival of true Christianity and medical missionary activity. Special Bible and physiology classes were held and young people from all over the country flocked to this center for training.

This month we are publishing some of Dr. Paulson's experiences while in Battle Creek.

These articles will be of inestimable value to young people. As far as possible we tell the story in Dr. Paulson's own words culled from the file copies of his letters, talks and lectures.

Copies of the January and February LIFE BOATS containing the first and second of these series can still be procured. We would advise parents everywhere to subscribe for THE LIFE BOAT that their children may read this series of articles which will continue throughout the year. Ed.]

### The Fresh Air Shaft a Prayer Chamber

IN THE Battle Creek sanitarium years ago there was a good deal of backsliding when I was there. It wrung my soul. The thought came to me that I must pray more in secret. I thought of the fresh air shaft leading out from the basement where no one ever visited. I went there several times a day. That place saved my soul. I need it just as much today. I have temptations today I did not have then. There were some things that tempted me then that seem a joke to me now. I look back and wonder why they should have ever influenced my life. But I need just as much to be alone with God today, to plead as though my mortal life was at stake. So do you.

There is something that goes with experimental religion. I suppose there are some of you that occasionally pray in secret, and then there are other days there is no special incentive. We never pray for rain in rainy weather. Never prayed for cold last winter; we had plenty of it, but perhaps the next Fourth of July you may think about it. Don't neglect secret prayer. It is the soul of religion.

### A Lesson From Being Flattered

I want to tell you of one of my experiences the first year I had charge of the nervous department at the Battle Creek sanitarium. I had a patient, a physician, who used to come in and one day he said, "Doctor, how old are you? I never knew a man who was so full of information. You have a marvelous future before you." In the afternoon a humble sort of patient came in and told me how that big doctor was ripping me up the back to fifteen or sixteen other of my patients. Since then nobody ever comes and flatters me but I think of that big doctor. That drove me to God.

### The Devil's Providences

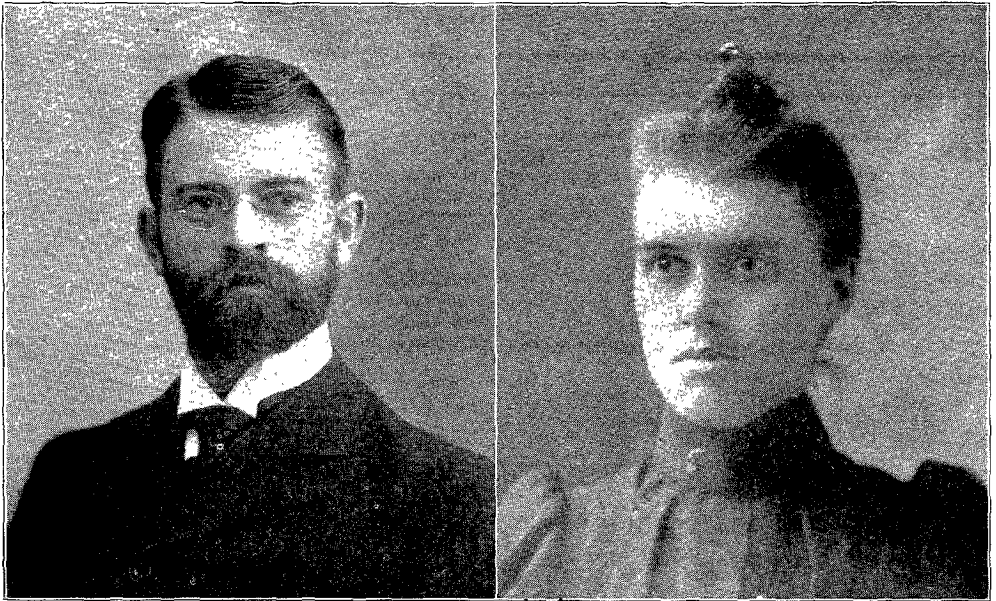
I remember when Joseph went down to Egypt there were no great attractions held out for him. When Daniel took the first steps toward Prime Minister the lions' den was on the road. He had a time table too I think. When you see a great providence painted on the sky the devil paints it there. God's providences are always veiled. We accept them by faith. God says, "Straight and narrow is the

road that leadeth to life." But as you go on you begin to see the beautiful picture the Lord paints. The devil said, "I will give you the world." But the Cross was on Christ's road.

Some years ago in Battle Creek a splendid girl I knew had a gift for music. She played on the violin. One day she came to me and said, "Dr. Paulson, I have a great providence; the Lord has been good to me." She told how a good lady in Chicago had come to take her home with her; she was going to ride in an automobile in the park, and this woman was going to put her through the Chicago Conser-

to have anything?" I said, "It is because I do want you to have something that I am advising you as I am." She went away sorrowful. She wanted that pretty badly, and she went and got it.

Years afterwards I was attending a western camp-meeting, and a lady came to me, and said, "Dr. Paulson, you are interested in the poor; give me a quarter to help a poor woman up here in a hotel to get her trunk. The hotel people have taken her trunk to be sure they will get something for the room rent." I said, "What is the girl's name?" And I found out



The Doctors David and Mary Paulson as They Appeared at the Time of Their Marriage

vatory of Music, and all that. I said to that girl, "That does not sound like the Lord's providences. The Lord has got that in store for you and a lot more too, but you cannot take such a short course to it. Stay right where you are, and when the Lord opens to you another step in his providence, it won't be a desirable thing, but you will know it is right." How many young people I have known in the last ten or fifteen years, who have been switched off by the devil painting great things in the sky, and they chased after it like children do after a rainbow, and they never found it. I explained the thing to the girl. She said, "Why is it you people never want us nurses

that was our nurse. She had gone through—I have not time to tell you the winding path.

What she had in mind was all right, but she could not be on a throne in Egypt without paying the price, taking the necessary discipline, going through the necessary hardship, being tested and tried, and she expected to jump right from where she was, a dreamer of dreams, right up to the throne of Egypt. The devil does things that way, and as I said, he does not deliver the goods.

One of the greatest things in my life was when I was placed in a position where I was compelled to do things I wasn't prepared to do and by being compelled to do something I

developed something. I asked the Lord to help me to do the thing right. And I have tried to do the same thing for others, to thrust them out to do things. Many times it is easier to do it myself than to hunt up somebody to do it. Many a mother is wearing herself out because she doesn't want the trouble of laying burdens on the children and seeing that they do them right.

### Turning Toward Chicago

During all those early years in Battle Creek, Dr. Kellogg had been interested in the helpful work for humanity in Chicago. He thought we ought not to be content to merely have a sort of Sanitarium heaven up in Battle Creek, but we ought to be sharing some of our great opportunities with the poor in Chicago, and for some years a great work was carried on. By and by like all such work, it went through the early stage of enthusiasm and then there came a time when it began to wane and enthusiasm evaporated out of it. W. S. Sadler, who had charge of this work at that time, came up to Battle Creek to see about getting a lot of young people to come down and put new life into it. As Dr. Kellogg was in Europe that summer and I was practically acting superintendent, it became my duty to take some responsibility about the matter and I called the board together and told them I thought it was just the thing to do. Sadler said he did not want the trained nurses; he thought most of them were too backslidden to love the needy people in Chicago; he wanted members of the new class who had only been there a few weeks to come down to work in the homes of the people.

Unfortunately, the Sanitarium Board did not see much light in it; they said some of the young people would probably go to the devil down in Chicago, but I thought it would do them good to get them into *direct contact* with the needs of humanity. I was so dead set on having these young people go down there that I would not listen to anything else. By and by one member of the board said, "Dr. Paulson is pretty well worn out; he needs a vacation. Suppose we arrange to let Dr. and Mrs. Paulson go down with these young people." And we left the next day; left our little cottage we had just rented at Lake Goguwac and brought with us forty of these young people.

(Continued in next number.)

### "COME APART AND REST A WHILE"

(Mark 6:31)

Pearl Wagoner Howard

Behind the distant mountain  
The sun is sinking low,  
Reflecting light in the waters bright  
Of the river's gentle flow.

A peace and a quiet stillness  
Pervade the zephyred air;  
A hush,—a calm like an unsung psalm  
Seems brooding everywhere.

Away from man's inventions,  
Where nature reigns supreme,  
Of things above and a God of love  
One sees a sudden gleam.

Oh, come apart, ye weary,  
And rest with Him awhile;  
A light divine in your heart will shine  
As you meet your Saviour's smile.

Then blest with sweet communion  
With nature's God and King,  
A blessing new to others too  
Who're hungry, you can bring.

### A SHELTER FOR WOMEN AND CHILDREN

NORA EDMONDS

[In our rescue work in Chicago we come in touch with workers from the various organizations established for the care and protection of those in unfortunate circumstances. The Sarah Hackett Stevenson Memorial Lodging House is one that we often find it convenient to co-operate with. One glance in the parlor of this home on any evening and you get a glimpse of the many types of women and girls who find shelter here. But we will let Miss Edmonds, the superintendent, tell us about some of the problems she has to meet. Ed.]

The coal situation has driven many families from their cheap rooms and there are calls daily asking us to care for mothers and their families. One mother came with her three small children. She had neither water nor heat in her small, dirty room for days. The few articles of clothing they had on were ragged and very dirty. We provided each of them with a bath, a square meal, and a complete outfit of clothing. The children seemed greatly in need of medical care so we sent them to the dispensary, had them thoroughly examined and found they had colds and needed only food and care.

During the nine months just closing it seems there is hardly a problem which comes to women and children which we have not been called upon to assist in solving. Being a unique organization, having no age limit and no limit in the kind of assistance given, we are able to assist in some way nearly every organization in the city. So there are

had used the same office rooms with her. She was delighted to know of the work being done in her memory and offered her assistance at any time.

A woman about middle age with her mother eighty-three and three grandchildren were on their way from Fort Worth, Texas, to Cleveland, Ohio. Their baggage was put on



A Kite-Flyer of the Slums

calls daily from child-placing organizations, churches, employment bureaus, settlements, the courts, the United Charities, the Travelers' Aid and practically every organization that deals with family problems whether the family consists of one or many.

The Department of Health sent a lady physician to lecture to the women one evening on Social Hygiene. The physician who came was a friend of Dr. Stevenson, and for many years

the wrong train in St. Louis. The key to the bag which held their money was in the baggage which was sent on the wrong train. They searched all day for a place to stay and were finally sent here by a street car conductor. They were very tired and hungry. We advanced them some money on Thrift Stamps and they proved to be a very nice family.

One of the most difficult cases was that of a Mexican woman who spoke very little

English, and two rollicking youngsters who spoke little more. As soon as the doctor saw the children he ordered them sent to the hospital immediately, and O, such a task it was to get the mother to understand and a harder one to get her to consent. After ten days in the hospital the children were sent home in a worse condition than when they left, and it was most difficult to get her consent to send them back, but a nurse who was in the house went with them and she seemed more satisfied. The little boy had a high temperature and was coming down with pneumonia and later was taken with diphtheria. Finally the Mexican Consul came to our assistance, then things went more smoothly because she understood us and we understood her, thus mutual confidence was established. The mother found work very soon in a neighborhood hotel and some days later when the husband arrived, from where we knew not, she secured work for him also in the same hotel and the manager has consented to let the children stay there nights when they return. She plans to bring them to the Nursery for day care.

Then we had an unfortunate Greek girl whose husband had returned to his own country, who wept almost continuously until one day she became interested in preparing tags for the Christmas packages. Then her attitude changed toward life and all her surroundings and she wanted to go to work. She was placed in the Florence Crittenden Home where she could go to work with other girls in the same condition.

The Juvenile Protective Association sent a mental case which was extremely difficult to manage because she had to be forced to do everything excepting the things she herself wanted to do. She finally had to be sent to the Psychopathic Hospital.

The police sent a girl with two children whose husband is in jail. For the time being the Juvenile Court placed the children in the Home for the Friendless in order to let the mother get a start toward earning a living.

Last but far from least one of our tiny babies, ten days old, was adopted by a family which is the happiest family I know.

## Will Prohibition Increase the Use of Habit-Forming Drugs?

D. H. Kress, M. D.

ONE of many arguments brought forth against prohibition, is that to suppress the sale of alcoholic beverages will increase the use of habit-forming drugs. True it is natural for one who is accustomed to the use of one narcotic, when deprived of it, to resort to another. The one resorted to may be more injurious than alcohol. Health Commissioner Copeland, of New York City, while favoring prohibition, sees the need of not merely prohibiting the sale of alcoholic beverages, but of protecting these abnormals made by drink, from resorting to the use of some one of these other drugs. He made the prediction some time ago that "the number of drug addicts will be greatly increased when prohibition is enforced, unless Washington enters into an international agreement with our border countries to stop the importation of opium." He said, "There is a great deal of clandestine selling of dope in

this city. We imported 476,000 pounds of opium last year."

"This crude opium is shipped from China to Canada and Mexico, and then smuggled across into the United States. This has got to be stopped. It must be done by international agreement, so that opium and its derivatives will be dispensed by Government agents.

"It is a very trying condition to me as Health Commissioner. I can take these thousands of girl and boy addicts up to Riverside Hospital and cure them. Then they come back to the city, get their dope surreptitiously, because society doesn't give them a job and protect them, and then the thing begins all over again. It is exasperating, to say the least.

"We must have this international control of habit-forming drugs, and with that the greatest possible activity on the part of the police to see that the dives and dens are closed

up. I have on my desk at present a list of half a dozen places where drugs are dispensed. We will pick them off, but they will spring up somewhere else."

This is no argument in favor of the sale of alcoholic beverages, neither was it designed as such—it is in fact, one of the strongest arguments in favor of prohibition. In dealing with drug addicts, we are dealing with degenerates. They are found in "dives and dens," and were made drug addicts frequently by the use of alcoholic beverages. Prohibition, if enforced, will at least aid in the prevention of the growth of another crop of these abnormals, and thus will in time lessen the demands even for habit-forming drugs. To bridge us over, however, we shall have to do everything possible to protect those in whom this craving for narcotics has been already developed, by making it more difficult, if not impossible, to obtain habit-forming drugs. This is what Commissioner Copeland is pleading for, for the city of New York. In man, this craving for narcotics is a product of cultivation. It may be inherited, but more frequently it is cultivated. The dinner table is a maker of drunkards and dope fiends.

#### What We Eat Has Much to Do With What We Drink

Highly seasoned and stimulating foods may create a thirst that the town pump will fail to quench. The excessive use of salt, the use of pepper, mustard, vinegar, and other irritants, will produce an abnormal and inflammatory condition which nothing but a narcotic can temporarily soothe.

There is an intimate relation between the free lunch table in the saloon and the bar—the one leads to the other. The saloonkeeper may not be able to give the scientific reason for this, but he is so fully convinced of it that he is willing to risk at considerable expense a free lunch to his patrons. The fact is, he is running no risk. To him it is a perfectly safe business proposition.

Let us take an inventory of this free lunch table. We will find sausages, liver, pig's feet, smoked ham, pepper, mustard and a liberal supply of salt. Why does he not serve peaches, pears, grape fruit, oranges, etc.? He is not able to give the scientific reason for it, but he knows that such foods would lead away from the bar instead of toward it.

It would be a blessed good thing if wives

and mothers should make this discovery and supply their tables with the kind of foods that lead away from narcotics, instead of those that create a craving that cannot be quenched by brook or spring. The thirst created by such irritants can be quenched better, even by a smoke, than by a drink of sparkling water. Any narcotic, whether alcohol, tobacco, opium or heroin, will afford temporary relief from the inflammatory condition set up. The saloon does not *create* the craving for drink. It merely culls out those in whom this craving previously exists.

Should the wives and mothers of America have combined and determined to furnish upon their tables none of these irritants, but to supply their loved ones more freely with foods that are non-stimulating and non-irritating, they could have closed up every saloon within a year without legislation of any kind.

#### Something More Needed

Prohibition is right and should be enforced, but something more is needed. Mothers must begin to make reformations in their homes in the quality of food and drink served to their families. Unless this is done, the craving for narcotics will not be done away, and naturally when deprived of one narcotic, men will resort to another.

The relation existing between the food and the use of narcotics is clearly brought out in the Scriptures. Referring to the condition existing in the world, one of the prophets said they were "slaying oxen, and killing sheep, eating flesh and drinking wine," saying, "let us eat and drink for tomorrow we shall die." Isa. 22:13.

In referring to the low moral standard of the Antediluvians, Jesus said, "They were *eating* and *drinking*, marrying and giving in marriage. So shall also the coming of the son of man be." Matt. 24:38, 39. The children of Israel God had chosen to make light bearers to the world. To make of them a holy people, he corrected their physical habits. He withheld from them flesh and leeks and onions, and instead gave them manna to eat and water to quench their thirst. Daniel the Hebrew captive in Babylon "purposed in his heart that he would not defile himself with the portion of the king's *meat*, nor with the *wine* which he drank." He said, "let them give us *pulse* to eat and *water* to drink." Dan. 1:8, etc. The meat and wine on the king's table formed a

natural combination. One created the demand for the other, and the *pulse* and *water* also formed a natural combination. Natural thirst does not demand anything stronger than water to satisfy, but this unnatural craving, produced by the use of unnatural foods, demands wine or some other narcotic.

There is room for great reforms. "We that are strong ought to bear the infirmities of the weak, and not to please ourselves." Paul said, "If meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend." 1 Cor. 8:13. And again he said, "It is good neither to eat flesh, nor to drink wine, nor anything whereby thy brother stumbleth, or is offended, or is made weak." Rom. 14:21.

We all have gone astray. We have wandered away from the original diet given to man. The gospel is designed to lead us back to our Father's house and to the bill of fare given to the happy and holy pair in Eden, the fruits, grains, nuts and other natural and non-irritating foods. To subsist on such a diet will in many instances destroy in time all craving for narcotics, and will prove a valuable aid to all who are struggling with the craving for drink. To make prohibition safe, and as an aid in solving the problem of checking the inroads being made by habit-forming drugs, it is essential to give attention to the diet.

### ONE OF THE SLAIN

ROBERT HARE

It was in the afternoon of a autumn day in 1885, while the red beams of the setting sun still gilded the mountain peaks and shaded the valleys surrounding a little village in the north of New Zealand, that a traveler rode up to the village inn and dismounted. He was one of those dark sons whose fathers first claimed the island as their native home. But though he was dark-featured, and carried on his face the marks of tattoo, he was, withal, of manly bearing, and the bright flash of his yet darker eye revealed a keener intellect than that which usually links with the native race.

Leaving his horse by the stable yard, he entered the bar-room and was soon in converse with boon companions over the flowing bowl.

When first introduced by the white man to that part of the island, all intoxicating liquor was named by the natives "*wai perau*"—rotten water. That name it still bears, though, un-

fortunately, the natives have long since forgotten the dislike that first suggested such a significant title.

The sun-glories had disappeared, and the twilight was already fading under the deeper shades of night, when the hero of this short sketch stepped forth again to continue his homeward journey. But the flashing eye had lost its light, and that manly form no longer carried the proud bearing of a prince. He succeeded in reaching the saddle, but that unsteady hand and whirling brain were but poorly fitted to guide a high-spirited charger of the mountain clan.

The night-shades deepened, and as the bewildered rider reached an elevation in the road, his horse, in descending, first stumbled, and then started down the decline at rapid pace. The alcohol had by this time completed its work. The stupified brain reeled, and with it the rider also reeled, and then with a heavy fall left the saddle. In falling, one foot became entangled in the stirrup. This only caused the terrified steed greater fright, and it rushed on through the darkness in the madness of frenzy. In that awful position the prostrate rider was dragged along the road until, reaching a sharp turn, the horse swerved, when the tangled foot was loosened, and a bleeding piece of humanity fell on the roadside to die.

Cleared of his burden, the horse soon reached home, and was there found to have lost his master. Anxious hearts and hastening feet quickly retraced the path, and found the still unconscious rider by the roadside in a pool of blood. The iron hoof had crushed into his side, and the shadow of death already overspread his swarthy brow. Tenderly they bore him to the home which he had hoped to reach before the day departed. But all was changed there now. Silently, and with tear-dimmed eyes, they watched him while life ebbed away. Heart-beat followed heart-beat more slowly, as though each would prepare for the last. Then, for a moment, the dark eyes opened, consciousness returned, the parted lips murmured a hasty farewell, then closed in silence forever!

Before the glow of the next sunset had faded from the hilltops a mournful procession left that darkened home, and followed a winding path that led to the forest shade. There they dug a grave and laid him away, with the dark forest pines as watch-sentinels,



and the leafy palms waving their mournful requiem over the lost. By that mountain grave aged parents knelt to weep over their first-born—the son of their strength. A loving wife bowed in sadness over a husband dead, and children mingled their tears over the grave of a father that was not.

With slow and solemn tread the dark sons of the forest formed their tribal ring around their dead prince, and as the last sunset finger touched the mountain peaks, fired their farewell salute, and all was still—all save the sigh of the night-winds that moaned in sorrowful cadence over the grave of one slain by drink!

### WHAT ARE WE DOING TO HELP THEM?

MRS. D. K. ABRAMS

I am glad to tell you that I am still throwing out the Life Line that some soul may be saved. There are many ways in which we can do this.

Having been ill and not able to go to jail service for some time, I prayed for the work and workers as my heart was with them. It did seem good to get back into the work once more. As I was going to the jail I prayed that God would give me something from his Word that would help some poor soul to a nobler and better life. Praise His name, he gave me the text found in Isa. 1:18, 19, and so many beautiful thoughts came to me as I was on my way that I felt to rejoice in the Lord. When I got to the jail there were the workers singing a song of praise, and I was glad and happy that I could join with them in singing. Mr. Laird then gave a very interesting talk, and afterwards I talked with a man about his soul. He was behind the bars and he knelt with me and prayed the publican's prayer, and said he believed every word Mr. Laird had said.

We believe that many souls will be saved in the Kingdom as a result of the seeds of truth that have been sown in the hearts of those unfortunate men and women. Many have already found Jesus precious to their souls, and are working for others.

Some years ago a man came to us who had served his sentence in prison. He was sorry for what he had done, and we prayed and talked with him and helped him in every way we could. Well, that man went to work, and God blessed him, and he now has a business of his own and is married and has a

nice home. It was my privilege to visit this home just a short time ago, and it did my soul good to see what God hath done. Pray for this man and his wife, that they will be faithful and at last share in the overcomers' reward.

Miss Hibben and myself went to another station where they keep the women, and there we found nine or ten women. Some were young and pretty. Oh, how sad it made me as I thought of what they could be if they would only let Jesus come into their hearts and lives. I was glad I could tell them about Jesus and his love. One girl asked us to sing "Abide With Me," and some of them sang with us. There are some mothers' girls wandering in the paths of sin, and what are we doing to help them? We know Jesus is the Saviour of the world, and that he saves sinners, but are we telling them about him? Pray for us.

### "AFTER MANY DAYS"

P. J. LAIRD

Years ago while a missionary in dear old China, I first came in contact with the workers of the Life Boat Mission. As they related their experiences in this connection it was observed that accompanying their song of gladness there was invariably a time of sadness. So many felt that, greatly as they had enjoyed the work, the results that were worth while were seemingly so few as to cause them to wonder,—was this labor lost. This is not uncommon in some lines of Christian activity.

So thought I, after more than a decade in pioneer work in China among the Chinese. But, recently, at the conclusion of a talk about mission work among the Chinese, the Chairman surprised both the congregation and myself by stating that he knew personally that the four converts we left behind had increased more than a hundred fold. We thank God and take courage.

Late last year it became my privilege to join the band of Life Boat Mission workers who go from the Hinsdale Sanitarium to South Clark Street jail, Chicago, every Sunday morning. Seldom have we failed to see some good accomplished as a direct result of these services. Just last Sunday at the close of my talk no less than five men expressed a desire that we pray with them, while others were very much affected. Those men were not

ashamed to kneel down there on the cement floor, and join with us in asking God to forgive our sins and help us win in the fight against sin and Satan. Let those who repudiate the idea of a personal devil come on these trips, and they will soon change their mind when they hear these men weeping their way to the Cross of Jesus. Perhaps this side of the story may be familiar to old friends of the Life Boat mission and other missions. So let us turn to another scene for a moment. This will give a better composite picture.

I was invited to the Prison Bible Society on 35 South Halsted Street, Chicago, to assist at the dedication of this new mission, composed largely, it would seem, of the products of the old Life Boat and other missions. The president is a man of whom there is every reason to believe he knows his way into heaven by prayer, even if he was being measured for the nineteenth time. When God spoke, he listened, and a little later he realized for the first time that he was lost, and he obeyed God's call and surrendered to his new Master. Do you wonder his companion rose to thank God for what her eyes saw that night? She said little but it meant lots.

Another jewel, plucked as a brand from the burning, arose, and in a moment had the audience in tears as she told of twenty-four years of prostitution on Chicago's streets, but now "saved to serve in any station" as she travels from coast to coast.

Another, with powerful stentorian voice told how God had answered his mother's prayers and Jesus had revealed himself to him. A man whose record was that of a "lifer" in several courts, to say nothing of lighter offenses. One who had bought a gun with the intention of ending his wife's life, but he got drunk and rolled into the Mission. The story of Jesus, simply told, fitted his case. It first sobered him then saved him. The gun went into the Lake where he had thought to go after his contemplated dark deed. Was it any wonder when he went home sober, saved, that for a moment the wife and children were pleasantly scared?

A man nearly seventy years old, with a splendid but sadly misused education had read everything that would set aside God and all good, was sinking lower and lower under the curse of liquor. One night he proposed it should be his last, to be ended in Lake Michi-

gan. God interfered and led him into the Mission. At first he was too stupid to know where he was. Then he began to understand, and as the testimonies rang out, he gazed into the faces of the speakers. It dawned upon him that the One who could cause men with such scarred and marred faces to tell what God had done for them, could do something for him and he decided he would let Jesus try and see what he could do with the remnant of his life. He said "it is working splendidly, Praise the Lord."

Lack of space precludes mention of all who testified that eventful night. Words fail, even if space permitted, to tell all that one heard and experienced that night, and I thought, if those workers in the Life Boat and other Missions could have been present at that gathering they would have rejoiced to know that their labors were not in vain in the Lord.

So let us labor on, sowing the seed beside all waters. We may not all see results here, but when the "roll is called up yonder" and we swing through the pearly gates of the Capitol of the earth made new, it may be we will be singled out by some saved soul who will say, "If it had not been for your labors, prayers and tears, I would never have seen the King in his beauty, or have beheld the far stretched hand." I want to be there, don't you?

"Cast thy bread upon the waters; for thou shalt find it after many days." Eccl. 11:1.

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### **"NEVER KNEW THERE WAS SUCH GOOD READING"**

A Pennsylvania prisoner writes us for the first time:

"Some time ago, that is the last LIFE BOAT we got, I read it and appreciated it very much and the work it represents. In fact, I never knew there was such good reading, until I came here. If I had the money I would gladly subscribe for a worthy periodical such as THE LIFE BOAT is."

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"Our grand business is, not to see what dimly lies at a distance, but to do what lies clearly at hand."

## The Open Door

Maud Wilson Cobb

**W**HAT a blessing for one to know that the door of our Life Boat Rescue Home is always open to the one who wants to come in and find shelter, warmth, food and peace for her soul. Some of the experiences of the last month will let our readers know that the door must be kept open.

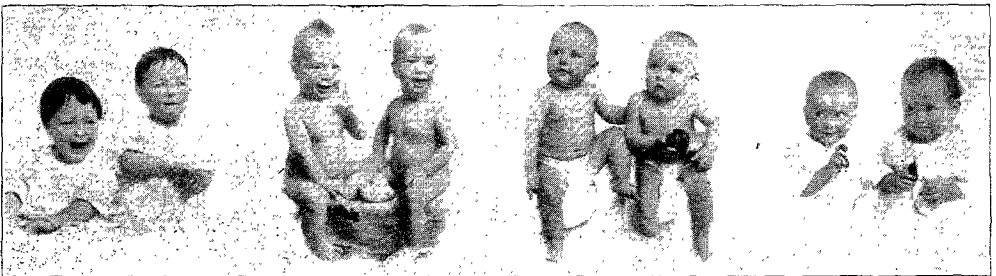
A few days ago we received a letter stating one of our Home girls who left us last fall to go to the home of her sister where she thought she could remain during the winter, was now ready to come back to Chicago, but had no money. The sister had a large family of children and had not been able to pay her for her services in the sister's home. The girl needed clothing and was not very well. We arranged to have a ticket sent to the girl, and wrote her we had a position for her in Hinsdale and would welcome her home. A few days later early in the morning, our poor little friend arrived, looking so thin and pale, our hearts ached for her. By evening she had a very high fever and we were fearful of a case of influenza. We called Dr. Mary Paulson at the Sanitarium, and told her how fearful we were to keep the poor girl in our maternity home, for we had several expectant mothers. The doctor very kindly gave us a room in one of the Sanitarium cottages, and two of their very best nurses—one for day and one for night duty, and our poor little Esther was taken in a taxi to this nice steam-heated room, and for several days fought a temperature from 102 to 105. The nurses worked faithfully and earnest prayer was offered in the girl's behalf, and we believe through the answer to prayer and the faithful nurses that Esther's life will be saved. She

is now recovering nicely in our Good Samaritan Inn, and will soon be home with us to build up again. Esther had not a cent on reaching our Home. She needs warm clothing, for she is so frail. This is one of our girls who was buried with her Lord in baptism last summer. She is struggling to keep the faith that will save her.

Last Sunday an auto came to our door bringing an expectant mother and two little children—a boy two years old and one seven years of age. She told us she had just buried a little four-year-old son who had been killed by an auto truck. Her eyes were sunken. She had wept for fear her two little ones would be taken from her, for her home was broken up and she had to go some where and could not find a hospital or home where they would take her and the children. We were glad to take her to a room with two beds in, and say, "We will share with you what we have and you may keep your children. We will help you care for them."

Three young girls have come to us in the last few days, when there was no other help offered, and today the house rings with the chatter of the children and the busy girls who have started our spring house cleaning. They are washing our white beds, washing the white wood work, cleaning closets and setting the house in order. They feel it is their home. Friends of the sin-sick and heart-sick ones are keeping our doors open, giving us food and coal. As the spring sunshine comes into our windows we feel to thank God for these friends.

While morning worship is being conducted the house rings with the song, "I'm a child of



A String of Pearls

the King." Indeed, we might feel so, for hasn't he provided us with a eleven thousand dollar home, haven't we nice large rooms with every convenience, haven't we plenty of good wholesome food, and coal in our coal bins, and a janitor to keep our furnace going night and day? Who would say the King had forgotten us? We feel it a privilege to be a door-keeper even in a home that the Lord provides for and he does that through the friends of this Home. When visitors come, they say, "How is this home supported?" and they seem surprised when told: "Why, by friends of our LIFE BOAT magazine. They send us from twenty-five cents to one hundred dollars from time to time, and all our needs are supplied." And many little cold bodies are covered with the clothing sent to us. It is a joy to us to say to some worried mother, "We have some clothes just right for your boy or girl," and some men and women too, are glad for our help.

A father came to our home a few days ago. We noticed how thin his overcoat was, and patched in many places. It was a joy to step into our clothes room and in one moment come out with a good warm overcoat, which just fit the man. He did not ask for it. We noticed he needed it, and he gladly accepted it. God must have known that someone sent that coat to us, and then let the man come our way. What are you doing for Jesus today?

### OUR NEEDS AT THE HOME

ANNA L. CASE

In the December LIFE BOAT I made an appeal to our kind friends for articles that we needed so badly in our Life Boat Rescue Home, such as curtains, cooking utensils and carpet sweeper, which I am pleased to say have been donated, and yet we are in need of a set of irons and two cedar mops. We have a family of seven girls who take great pride in making our Home look nice and neat when they have the articles to work with.

We want our home to be so attractive that the young girls who come to us from good homes can feel that they are coming to a real home and they are made to feel happy and contented, although their hearts yearn for their own home associates and long for the time to come when they can return home again and live a better life after their experience.

It does me good to hear them call me "Mother Case." My heart goes out in sympathy for them when I think of what they have to suffer all alone, but they have learned to trust in Jesus and believe his promises—that he will help them in the hour of need.

Now as I close this article, I would like to make one more appeal for bed spreads. We need fifteen bed spreads, twelve single, and three double, also sheets and pillow cases. Help to answer our prayers by your donations.

### FROM A THANKFUL HOME GIRL

Words cannot express the appreciation that we owe to the Rescue Home.

I am convinced if there was ever a time when credit should be given where credit is due, certainly it is now.

The untiring efforts of the workers there in rescuing the wayward and unfortunate girls, is certainly an example of what a true Christian should be and do.

Even when sin has sapped out the last drop of respect for self and for others, and it seems as though the face of God has been turned from us, there comes through the darkness a ray of light, though dim and from a distance, it keeps coming closer and shining brighter until we find ourselves enveloped by it, and sheltered from the insulting scorn of the world.

Even the most down-hearted cannot but help to lift her head and take a new hold on life after she has felt the Christian spirit which reigns supreme in this Home.

And I am sure much credit should be given to the nurse. For when once she is called she is always at your assistance night and day, and always with a smiling face, and over her face shines a light that only a Christian has.

What girl would not try to rise when there are so many endeavoring to help her up? And do the nurses forget us and lose track of us as soon as they have left our beds? Far from it. Such good letters as they write to us! Trying to help us, and keep our heads up above the rolling waves of insults inflicted by the thoughtless throng of the outside world. And as we look back on the past and see ourselves in such unspeakable despair, surely there cannot be too much credit given and appreciation shown to the workers and nurses and to the Home in general.

As we realize what these dear people are

doing and have done for us we cannot but be grateful. And come what may with God's help we will follow the straight path which has been laid out for us and stained by Christ's own bleeding feet.

Surely this Rescue Home is a life saver to many an unfortunate girl, whose life otherwise might be thrown into some watery grave.

We all I am sure will never be able to repay one-half what has been done for us here.

And as new girls come to be sheltered in this Home, our hearts cannot help but ache for them, but we are glad that they are here. It was only the other night after I had visited these girls, that when I left, each one requested that we remember them in our prayers. What an inspiration to us who know what it means to be able to trust in our God. Oh! if every one would only learn to trust Him.

But we can see that these girls are trying and learning to trust in our Saviour.

Surely they realize there is much to be accomplished through fervent prayer.

## ONE DAY IN OUR COUNTY COURT ROOMS

MAUD WILSON COBB

We left Hinsdale on the 9:18 train with little Jack and Mazie, Rose and Lily, for the Court had said they must be brought in so the Court could decide what would be best for their future welfare.

After the kind judge had heard the details, he decided the older girls should be put into a girls' school and the two smaller children into private homes, for the present, although we were asked to take them home with us for a few days. The children were left with the Court's care-taker for a few hours, while we attended other courts.

We heard one more case in the Juvenile courts, two young girls from the South who had come to Chicago to find work, and had drifted into company that would soon lead them into trouble. The girls are moral girls and the court wants to save them. They were turned over to us to find work for them and protect them. One is fifteen years old, and the other seventeen. They have good positions now in Hinsdale, each earning ten dollars a week, and are depositing all but one dollar a week. The money will be used to clothe them and send part to an aged grandmother who raised them. The girls now come

to the Home and say, "Why, it's just like home to us!"

On this day we visited other court rooms, and heard many cases disposed of. We were asked to take an expectant mother and her two-year-old child that had been forsaken by a drunken father. The Judge tries in many different ways to patch up broken homes that sin has destroyed.

Returning home, Little Jack and Mazie, aged four and two and one-half, were tired. While the men and women on the train were reading their evening papers, Mazie and Jack chatted about their dolls they had carried all day. At last Jack, with a sweet childish voice, began to sing:

"Jesus loves me this I know,  
For the Bible tells me so.  
Little ones to Him belong,  
They are weak but,—

Mazie cries out, "Muvver Cobb, Jackie, he don't sing that wight. It's 'Da are weak but he is strong.'"

By this time the men and women had lain down their papers and were turning around to hear the sweet voiced children. Our Hinsdale neighbors and others who make the daily trip past our Home know THE LIFE BOAT and recognized us. Then Jack took up the chorus,

"Yes Jesus loves me,  
Yes Jesus loves me,  
Yes Jesus loves me,  
For Muvver Cobb says so."

Mazie again tried to have Jack sing it right, so both sang the chorus.

"Yes Jesus loves me,  
Yes Jesus loves me,  
Yes Jesus loves me,  
The Bible tells me so."

By this time both little heads were nodding, and Mazie fell asleep. Tears were in the eyes of many of the grown-ups. Little did they know how Jesus was showing his great love to these little ones, for without an own mother or father's care, they were taken to our home, given warm baths, put in warm little gowns and carried to their beds for the night by our Mother Case. After good night prayer had been said at her knee, and they were tucked into bed, Jack went to sleep singing:

"Yes Jesus loves me,  
Yes Jesus loves me,  
Yes Jesus loves me,  
The Bible tells me so."

## QUESTION BOX

Conducted by A. B. Olsen, M.D.

The readers of THE LIFE BOAT are invited to send questions pertaining to hygiene and health and they will be answered in this column. Enclose a two-cent stamp and address the Editor, THE LIFE BOAT, Hinsdale, Illinois.

### 16. What causes adenoids in children?

Ans. Mouth breathing, colds and other catarrhal conditions of the throat and nasal passages. When a child takes cold the nostrils become more or less swollen and obstructed, thus interfering with breathing, and the natural tendency is to breathe through the mouth. This should be prevented as much as possible by syringing out the nose so as to get rid of the catarrhal discharges. It is always well to watch a child and see that it breathes through the nose and not through the mouth. Of course, one must remember that germs are involved in the catarrhal process that produces the adenoids. It is interesting to know that at the back of the nose and the upper part of the throat there is a nodule of tissue very similar to tonsil tissue, which is known as the pharyngeal tonsil, and it is this gland that swells and produces adenoids and the consequent obstruction to breathing.

### 17. Why do some gall stones show on the X-ray plate and others fail to be seen?

Ans. It all depends upon the character of the gall stones. If there is sufficient mineral matter such as calcium, for example, gall stones can be shown on the plate by a skillful Roent-genologist. On the other hand if the stones are composed only of organic matter such as cholesterine, they will not show no matter how skillfully the plate may be taken.

### 18. What is the cause and cure for diabetes?

Ans. Diabetes is supposed to be a disease which involves the liver, spleen and possibly the pancreas as well. The free use of sugar and sugary foods is looked upon as an important factor in the causing of diabetes, but it is by no means the only cause. Some seem to have an hereditary tendency or a condition which favors the development of diabetes, while others again are more immune. The essential thing is the relief of diabetes is in

careful dieting, which does not mean the absolute exclusion of starches. There is a good reason to believe that meat and other forms of animal flesh are quite as harmful to the diabetic patient as the free use of such starch foods as rice. Generally speaking, a diabetic patient can take to advantage, salads of all kinds, including lettuce, cress, water cress, celery, tomatoes, cucumber, chopped cabbage in the form of cole slaw, shredded carrots, turnips, artichoke and similar preparations, and tender greens conservatively cooked, such as spinach, brussels sprouts, cauliflower, turnip tops, beet tops, dandelion, cabbage, leeks, chickory, seakale, asparagus, green peas, string beans and similar preparations, all of which are suitable to the diabetic patient, and can be taken *ad libitum*. In addition, a reasonable amount of fruit can be taken, including fresh or stewed apples, pears, cherries, especially red cherries, stewed green gooseberries, raspberries, loganberries, mulberries, blueberries, plums of various kinds excepting green gages, watermelon, muskmelon, canteloupe, casba and similar fruits. Patients can take one or two eggs per day, fresh cottage cheese, buttermilk, yogurt and a reasonable amount of fresh milk with or without cream, and of course, butter. A medium sized baked potato can usually be taken daily to advantage, and also a moderate amount of macaroni or spaghetti as well as bran biscuits and an ounce or two of graham bread. Artificial sugar in any form, including all candies, chocolates and sugary foods of all kinds including cakes, pastries, pies, etc., must be strictly avoided.

### 19. What is the cause of incessant hissing in the ear, especially when lying down?

Ans. Noises in the ear of one kind or another are not infrequent in the case of nervous patients, all of whom are extremely sensitive to any disturbances however slight. Occasionally the noise may be due to a particular disease, and then the doctor should be called promptly. It is a good practice to endeavor to forget noises of the ear and divert ones mind away from them. Indigestion in one form or another and constipation may give rise to ear noises and the same is true of a strained or overworked heart. If there is any doubt as to the condition of the patient it would be well to submit to a careful physical examination.

### 20. What is catarrh of the stomach?

Ans. The stomach like other organs of the body is subject to catarrh, which means an extra secretion and flow of mucus or phlegm. This condition naturally retards digestion and the proper thing to do is to go to some sanitarium for a course of tonic treatment. A catarrhal stomach is almost always in an atonic condition and there is usually more or less dilatation and prolapse as well.

21. What corrective exercises would be good for a person who is becoming stooped-shouldered?

Ans. First of all he should learn to stand erect. The February number of *THE LIFE BOAT* this year contains an article on simple exercise for sedentary people which gives directions with regard to the correct standing position and also illustrations. It is important to learn to carry the chest forward, and the shoulders back with the head erect. One of the best exercises is the so-called swimming movement. The patient stands with the elbows raised to the level of the shoulders and the hands under the chin with the palms turned down. On the count of one the hands are quickly extended forward with the backs of the hands facing. On the count of two, they are quickly swung backward as far as possible, keeping them at the level of the shoulders. On the count of three they return to the initial position. This exercise can be repeated to advantage from twenty to forty times morning and evening, standing before an open window or out of doors in the fresh air. It is not only necessary to learn to stand erect but also to sit erect as lounging of any kind encourages stooping.

22. Why is diagnosis by the use of the X-ray machine so much more satisfactory than the old way?

Ans. It must be clearly understood that we are only able to diagnose a few conditions by means of the X-ray, such as fracture of bones, dislocations, the size and position of the heart, the condition of the lungs, and by the use of sulphate of barium, the condition and position as well as size of the stomach and bowels. But in these cases and where calcarous stones are involved the advantage lies in the fact that with a good X-ray apparatus it is possible to actually see the pathological condition, for example, a broken bone or increased size of the heart, so that the method, where it can be utilized, is more

accurate and therefore much more satisfactory than the old way.

23. What is the theory behind the new colon treatment which we hear so much about?

Ans. It is now recognized by most progressive physicians that chronic constipation usually entails more or less extensive disorder of the large bowel. In the past it has been difficult to reach the disorder and treat it properly. The old-fashioned method of giving yogurt, soured milk, or the yogurt tablets is now known to be inefficient and unsatisfactory. By the use of the sigmoidoscope it is possible to have a direct look at the colon and by means of a suitable tube passed into the colon it is possible to treat the bowel directly, using some special broth containing the bulgarian bacillus and also by the use of infusion of krameria. These local treatments together with proper colon massage produce in a comparatively short time the most excellent results and in the majority of cases a prompt recovery.

24. How can liver spots best be remedied?

Ans. By drinking water freely in the morning and between meals and by adopting an aseptic diet consisting largely of salads such as mentioned in question 18 and the fruits mentioned in the same question, and in addition, grape fruit, oranges, tangerines, mandarines, pineapple, and almost all other fruit may be taken to advantage.

25. Why do so many people have prolapsed stomach and bowels and what is the remedy?

Ans. Some of the common causes of prolapse of the stomach and bowels are gluttonous eating, a common sin in this country, the use of very rich and highly seasoned food which is difficult of digestion, eating between meals, and the use of corsets, stays or belts. In the waist line there is no hard bony resistance to protect the internal organs and it is the height of folly to apply any kind of pressure there. Such pressure causes more or less displacement of the internal organs, and, as the diaphragm is a strong muscle shutting off the abdominal cavity from the chest, the moveable organs such as the stomach and bowels are pushed downward, causing more or less bulging below the umbilicus. Anything but comeliness results from the use of corsets as far as appearance is concerned, for every intelligent person knows that true beauty is to be found in the natural lines of the human

body as shown so strikingly and effectively in the famous marble statue known as the Venus de Milo. The remedy of course, is to do away with the corsets and the pernicious habits that one has formed and in getting a course of sanitarium treatment for the purpose of restoring tone to the alimentary tract.

Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things that your special case requires to make you happy, but, my friend, these, I reckon, will give you a good lift.

—Abraham Lincoln.

### SPARKS FROM SPURGEON'S ANVIL

The lowly and pure in heart are esteemed by the Lord Jesus as his most familiar friends, their place in his palace is not among the menials but near the throne.

Man's haste is often folly, but God's apparent delays are ever wise; and when rightly viewed are no delays at all.

Since God remaineth faithful there can be no danger to his cause or people.

The testimony, the promises, the consolations of our King pour forth from him in such volumes of meaning that we cannot but contrast those cataracts of grace with the speech of Moses which did but drop as the rain, and distil as the dew.

Christ is the true champion of the church; others are but underlings who must borrow strength from him; the single arm of Immanuel is the sole hope of the faithful.

The open mouths of sinners when they rage against us should open our mouths in prayer.

We perhaps are so confused after a long course of trouble, that we hardly know where we have or where we have not been; but the omniscient and considerate Father of our spirits remembers all in detail, for he has counted them over as men count their gold, for even the trial of our faith is precious in his sight.

The machinery of prayer is not always visible, but it is most efficient. . . . What a God is this who hearkens to the cry of his children, and in a moment delivers them from their mightiest adversary.

He is a wretch who, having obtained help,

forgets to return a grateful acknowledgment. The least we can do is to praise him from whom we receive such distinguished favors.

The practice of making solemn vows in times of trouble is to be commended, when it is followed by the far less common custom of fulfilling them when the trouble is over.

Wealth and wickedness are dreadful companions: when combined they make a monster. When the devil is master of money bags, he is a devil indeed.

*"Wash me thoroughly."* It is not enough to blot out sin; his person is defiled, and he fain would be purified. He would have God himself cleanse him, for none but he could do it effectually. The washing must be thorough, it must be repeated, therefore, he cries, *"Multiply to wash me."* The dye is in itself immovable, and I, the sinner, have lain long in it, till the crimson is ingrained; but, Lord, wash, and wash, and wash again, till the last stain is gone, and not a trace of my defilement is left. The hypocrite is content if his garments are washed; but the true suppliant cries, *"Wash me."*

As if the Psalmist had said, "Lord, if washing will not do, try some other process; if water avails not, let fire, let anything be tried so that I may but be purified. Rid me of my sin by some means, by every means, only do purify me completely, and leave no guilt upon my soul."

"The fool hath said in his heart, there is no God." And this he does because he is a fool. He speaks according to his nature; being a great fool he meddles with a great subject, and comes to a wild conclusion. The atheist is, morally as well as mentally, a fool, a fool in the heart as well as in the head; a fool in morals as well as in philosophy.

### THE COMING NIGHT

ROBERT HARE

Falleth the shadows, hastens the night,  
Deepens the darkness, hiding from sight;  
Offers of mercy rejected today—  
Hasten!—the moments are passing away!

Never a promise of hope can arise  
Over that blackness to cheer or surprise;  
Love's last trophy from death has been won,  
And now the season of mercy is done!

Folded the pinions that wafted the call,  
Hushed are the voices that whispered to all;  
Mercy's long pleading is silenced at last;  
Summer has ended, "the harvest is past."



## RENDERING THANKS

H. E. SAWYER-HOPKINS

Says the Psalmist, "O give thanks unto the Lord, for He is good; for His mercy endureth forever." Many times he repeats it.

If the little feathered songsters daily pour forth praise to their Creator, why should not we? Perhaps we praise Him on bended knee occasionally; but like David, we should praise Him with the whole heart. We are to give thanks "always for all things unto God." Eph. 5:20. "Whoso offereth praise glorifieth me." Ps. 50:23. Very few have fulfilled these precepts and attained unto Christian character.

Another like admonition is, "Pray without ceasing." We long to attain to such a holy state that our hearts will be constantly filled with pure aspirations. The Creator bestows rich blessings upon His people and sends his holy angels to protect them from the evils and dangers which surround them. They are therefore under constant obligation to express gratitude to Him as their preserver and benefactor. This is but reasonable. The Almighty intended that man should do this when He created him.

We cannot kneel or express our gratitude orally every time we receive a good gift from God, and we are receiving such gifts constantly. "Giving thanks always" does not mean that we are to be on our knees constantly. There are times, however, when it seems that open expressions of gratitude are required; and the one that enters into the spirit, as well as the form of open thanksgiving must constantly be benefited by it. This is necessary, that we may reflect the principles of true religion.

The influence we exert tells either for good or evil. If we bear the cross daily somebody will know it. The Christian is commanded to let his light shine. Do we not always find it true, that the exercise of the religious faculties is just as necessary as that of the armor or hand? We tone up the physical system by exercise; we improve the moral by practice. At proper times then, it would seem to be our duty to express thanks formally. We may express thankfulness in our very looks, and also in the simplest acts we perform for the benefit of our fellowmen.

Unless the spirit of giving thanks unto God

enters into our very being we are soon in the background. Selfishness in some of its forms creeps in and love is driven out.

The human mind is so constituted that the more the selfish faculties are exercised at the expense of the moral, the weaker the moral faculties become, until their action finally ceases. Giving thanks unto God continually, or having a disposition to do so, keeps us spiritually alive. We thus show our appreciation of blessings received and the Giver can trust us with still greater blessings. This is the happy state of mind which the child of God must possess. He is lost without it.

"O that men would praise the Lord for his goodness and for His wonderful works to the children of men."

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## A GOOD START

A little girl only eight years old has become interested in THE LIFE BOAT work and with the magazine has done her first missionary work. She writes:

"Dear Mrs. Clough: I went out with THE LIFE BOAT. The first day I sold five papers, then I sold four but I am going to send sixty cents extra. I sure would like to be there with the babies. We are going to send for a year's subscription. I am a little girl only eight years old and this is the first missionary work I ever did. I am so glad to work for those dear little babies. I am so glad that I can have THE LIFE BOAT for a year; then I can read about the babies."

If there are any other little girls or boys who would like to do missionary work the same way, just write us about it and we will help you get started.

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## MORE WORKERS NEEDED

Wanted: At the Hinsdale Sanitarium, a number of women and girls for our domestic department, such as dining room, serving room, kitchen and chamber work, also to work on steam mangle in our laundry. Steady employment, good opportunities, fair wages. We desire only substantial workers and earnest Christians. Apply, Hinsdale Sanitarium, Hinsdale, Illinois.



## EDITORIAL

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### "Some Day It May Happen to You"

"If you're happy and feel always contented,  
And the world looks cheerful and bright,  
And life seems like one round of pleasure,  
And your sleep seems to be peaceful at night,

Give a thought for the one who's im-  
prisoned,

Who has fallen by the highway through  
sin;

And I know, in the book of God's kingdom,  
Your name will be recorded by Him.

"There are many men within prison,  
Who are trying to do what is right,  
But they need a kind word to cheer them,  
To sustain them while making their fight.  
Of trouble and trials they've had many;

They have "made their own bed" it is  
true,

But that's no reason you should crush  
them,

For, some day, it may happen to you."

*These verses were written by a man who has "fallen by the highway through sin." Such are in need of our help and encouragement. The Life Boat Magazine visits all the prisons of this country at least once every year. This year the May number will be our Special Prison number. We want to send it, as we have for many years, into all the prisons, in large enough quantities so that every person behind bars may read it. In this number we tell the simple gospel story of good cheer and it is welcomed by the inmates.*

*We are compelled to depend on our friends to help us do this splendid work. We will need about 15,000 copies to reach all the prisoners. Five dollars will pay for one hundred copies, which will be read by at least five hundred men. How many hundred copies do YOU want to start off on such a mission of mercy?*

*To make it easy for you to help send The Life Boat to cheer the prisoners we would suggest that you send a few dollars, or whatever you can spare, each month for the next four months. The money will all be used to pay the actual cost of publishing the magazine. Read the letters from prisoners in this number and you will get a glimpse of their appreciation of The Life Boat.*

### HOW ARE YOU MEETING THEM?

When you ask the Lord for strength, he will send you difficulties, the overcoming of which will give you strength. The higher the hurdle the more strength the athlete gets. The longer an unchristian man has trials and difficulties, the more sour and shriveled up he becomes. The more trials and difficulties a Christian has the stronger his character becomes.

God lets the devil loose just long enough to

kindle a fire under us, and then He watches so that it burns up only the dross.

The little whirlwinds out in the street are made up of the same principle as the great tornado. Study one of these little whirlwinds and you know everything you need to know about a tornado—only they are not so big. So the little difficulty that comes into your life and makes you boil sometimes, has the same element in it as some great disaster,

some great crisis. God measures them out. He sends these little whirlwinds because He knows we can't stand any more. How we meet them shows how we would meet some great crisis.

"If thou hast run with the footmen, and they have wearied thee, then how canst thou contend with horses? And if in the land of peace, wherein thou trustedst, they wearied thee, then how wilt thou do in the swelling of Jordan?" Jer. 12:5. You and I can know how we are going to do in the swelling of Jordan by the way these little things check us up.

### HAVE YOU CHOSEN YOUR LIFE'S WORK?

Have you sometimes thought you wanted to be a medical missionary? Have you thought you would like to do the work of the true Christian nurse? Do you want to be of just the greatest benefit you possibly can to humanity? If so, don't smother the inspiration of your thoughts.

One of the greatest needs of the world today both in civilized as well as in heathen lands is that of the consecrated nurse. Just recently one of our nurses went to Porto Rico to work for the natives. She has just arrived and is learning the language but in a recent letter she writes as follows: "The natives live in little houses made from grocery boxes and tin cans. They eat, sleep and cook all in the same room and they don't believe in wearing many clothes, in fact the children are very seldom dressed. The work here is interesting."

Our next class for the training of missionary nurses begins July first. We are now receiving applications and making up the membership of this class. Write early for information. Last year many wrote late and we were not able to accept them as our class was then full. Address Dr. Mary Paulson, Hinsdale, Ill.

### HAVE YOU MADE HIS ACQUAINTANCE?

When you see a person that you admire, you try to make his acquaintance and if on first acquaintance you find him true and possessing a good character, you long to know him better and to be in his presence more often.

The wise man says, "A man that hath friends must show himself friendly." Then he goes on to tell us about a "Friend that

sticketh closer than a brother." Prov. 18:24. Christ is a friend to all, saints and sinners alike. The question is, have you shown yourself friendly to him? "Acquaint now thyself with him, and be at peace; thereby good shall come unto thee." Job, 22:21.

The Lord is already acquainted with you, for the Psalmist says: "O Lord, thou hast searched me, and known me. Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. Thou comprehendest my path and my lying down, and art acquainted with all my ways." Ps. 139:1-3.

In order to show ourselves friendly to the Lord, we must comply with one condition. The child that obeys its parents is on intimate terms with its parents, there is nothing between them to sever their friendship, so in making the Lord's acquaintance, he says: "Ye are my friends, if ye do whatsoever I command you." John 15:14. And again he says: "He that saith I know him, and keepeth not his commandments, is a liar and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected." 1 John 2:4, 5. Through obedience we can accept of this invitation: "Let him take hold of my strength, that he may make peace with me; and he shall make peace with me." Isa. 27:5.

There is coming a time when sin and iniquity will be banished forever from the face of the earth, "and they shall teach no more every man his neighbor, and every man his brother, saying, know the Lord: for they shall all know me, from the least of them unto the greatest of them, saith the Lord: for I will forgive their iniquity, and I will remember their sin no more." Jer. 31:34.

What a blessed privilege, to be among that company! If your heart longs for that experience, why not begin now to become personally and intimately acquainted with your Lord? Obedience, prayer and study of his Word will lead you to him, the sinner's friend.

C. L. C.

### WILL YOU HELP TO FIGHT IT?

In a recent *Chicago Tribune* we read the following: "Whispers are heard in circles of fashion that small waists are to 'come in' fashion again next season."

Now that American women have been delivered from the barbarous fashion of tight lacing to produce the "wasp waist," what could

be more heathenish than to return to a practice even worse and more harmful than that of binding the feet, which, I understand, our heathen Chinese neighbors are abandoning.

The *Tribune* adds: "Strictest secrecy is being maintained in professional quarters in accordance with a decision by great dress-making establishments here not to make premature revelations." Now is the time for American women to raise a protest against this harmful practice. One authority assures us that tight lacing is not to return, by saying: "The wasp waist is as obsolete as the stage coach or the sedan chair." If it were as harmless as either, it no doubt would continue to be merely a nightmare of the past, but inasmuch as it assists the enemy of all good in accomplishing his work of destruction of the human race, he will endeavor to bring back the shackles of the past. Will *you* help to fight it?

C. L. C.

### "LET US DO FOR OUR OWN"

Edward W. Bok, editor of the *Ladies' Home Journal* published an editorial in the October number of his magazine, under the title of "Now Our Own," that we are abstracting here. He says:

"For four years we have been giving our money for the overseas peoples who suffered most in the war. We didn't perhaps give all that we should or could. But that was because we didn't know how to give. We had to learn. But we learned; and once we learned the lesson, then we gave, and, all told, we have given a tidy sum. Pride in what we did is out of place. By the same token, however, we need not be ashamed of the giving.

"But while we were giving to others, our own uplift agencies, our own hospitals, our own institutions of all kinds suffered, and we are now beginning to see how deeply they did suffer. We should not have withdrawn the hand from them, but we did; and here again it is because we had not learned how to give. We should have given with both hands. Instead, we gave with one hand, and that palm was pointed overseas. The time has now come for a re-allocation of our giving, not that the need overseas has ceased or is not great. We all know that it is. But it will be great for years to come; far greater than we can possibly relieve, even if we give all that we have. That will come from national sources.

"The day has come, however, when the hand of individual giving should turn nearer home. Our cities, towns, villages, every community, large and small, have their immediate needs, needs that we have neglected while we gave of our means toward the more immediate job of winning the war. We are not selfish if now we turn to those home needs and see to it not only that they are restored to their effective financial basis, but that, with our awakened sense of larger giving, we expand them and give more than we did before. Our vision has grown, with that larger vision should come larger giving.

"Life has got to be one 'drive' after another, and will be for some time. That is right, and is as it should be. Having learned how to give, we should continue to give,—but now to our own. It is all very well to talk of reconstruction work abroad, but we have some reconstructing of our own to do. A few can give to all needs, American and foreign, but not the majority. The person of average means can give once, and only in one direction. And that direction should now for a season be American. It is time for us to go back and pick up the loose threads that we dropped before the war, and bring the ends together, and see that our own agencies for the benefit of our own people have the means wherewith to function to their fullest ability.

"Let a need exist in the remotest part of the world today, and immediately the mind for its relief turns to America. Splendid! But we have obligations of our own; we have the needful at our own doors. We have our own babies, God bless them, the dearest babies on earth because they are American babies: we have our own children: we have our own unfortunately orphaned: we have our own slums that need cleaning up: our own little homes, yes by the tens of thousands, that should be built: we have our own blind spots that are crushing thousands and thousands: we have our own needful that cannot get adequate food and clothing and fresh air and decent surroundings and who cannot lead happy and healthy lives. All the unfortunate are not across the ocean.

"Let us begin to clean up our own doorstep: let us prove to the world that we are, in the truest and real sense, a democracy of the people, by the people, and for the people.

"Let us give rein to a sturdy, red-blooded American sentiment that does for Americans,

present and future, so that this wonderful land of ours may be prepared to hold the present commanding position that we have assumed before the world.

"Let us get rid of a few of the blind spots in our own national life.

"Let us do for our own."

In a speech we heard recently by Major-General Leonard Wood, he emphasized the same great truth, that, now that the war is over, the poor and the neglected classes must receive our attention. They must be supplied with the necessities of life and they must be educated to care intelligently for themselves.

THE LIFE BOAT magazine stands for the uplift of the down-trodden classes and has endeavored during the long war to take care of all cases of need that its means would permit; consequently not one of our lines of work has closed. We trust that friends of the work will remember in a substantial manner our special effort this spring to furnish gospel literature to the prisoners. Five dollars will send one hundred LIFE BOATS to the shut-ins of our State Penitentiaries.

C. L. C.

### NEWS HERE AND THERE

Pastor E. E. Andross of Washington, D. C., who has recently returned from a trip around the world was a recent caller at the Sanitarium.

Miss Jane Sweet of Battle Creek, Mich., has recently taken the position of bookkeeper and stenographer in the Life Boat business office, made vacant by the departure of Mr. B. S. Crandall.

Pastor A. G. Daniells and wife of Washington, D. C., paid the Sanitarium a visit recently. Pastor Daniell's talks and sermons were very much appreciated.

Mrs. W. G. Wheeler of Waukesha, Wis., was a guest at Hinsdale for a few days, visiting her daughter Mrs. Hotaling who is convalescing from a surgical operation.

Mr. Harvey Pillor of Duluth, Minn., has recently connected with the Sanitarium family of workers.

Only a few more weeks and the large new addition to the Sanitarium will be completed and ready for occupancy. At present the Sanitarium is crowded to the doors, rooms are engaged weeks ahead and many prospective

patients are obliged to wait their turn to be admitted.

The maternity department of The Life Boat Rescue Home is now being repainted and thoroughly cleaned, also the office, halls and other rooms.

Ask your friends to subscribe for THE LIFE BOAT. They will enjoy it. If you know of any who are interested in selling this magazine kindly send us their address.

Our city worker, Miss Hibben, and other of our workers held a most interesting Health Institute in the Dearborn Street Church, Chicago. Many calls are coming in for lectures and demonstrations to be given by our doctors and nurses in Chicago churches. A School of Health is to be held on Feb. 23, 24 and 26 at the West Central Church, Chicago.

### 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 Professor C. L. Taylor, which brings out Bible truth in story form. Already 200,000 copies of this booklet have been sold. Price, 15c per copy.

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, Calif.

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.

### FARM FOR SALE

100-acre farm in east central Wisconsin. Seven room dwelling house, new barn 40 by 80, and all other necessary buildings. More than 100 fruit trees. Three good horses, and about 25 head of cattle. Good implements including gasoline engine, feed cutter and wood saw. Four miles from town and one-half mile from school. If interested, write Mrs. Peter Borg, 83 Chicago Ave., Hinsdale, Ill.

# The Life Boat

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

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

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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, 312 Steger Bldg., 28 East Jackson Blvd.

**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.

## Have You a Camera?

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Many years' experience has taught me how to turn out first-class prints with "a finish" to them.

Send me your films and be sure of the best results.

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**L. C. HARNER**, Photographic Expert

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216 Hinsdale Ave. HINSDALE, ILLINOIS

## FUGARD & KNAPP Architects

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Designers and supervisors of the erection of the new Hinsdale Sanitarium. We accept commissions in all parts of the United States.

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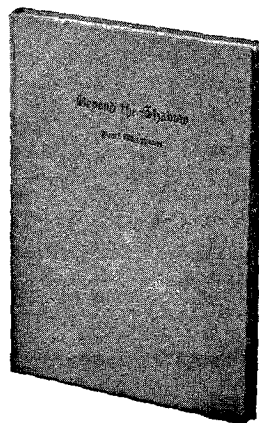
## Two Splendid Premiums

### Real Prayer

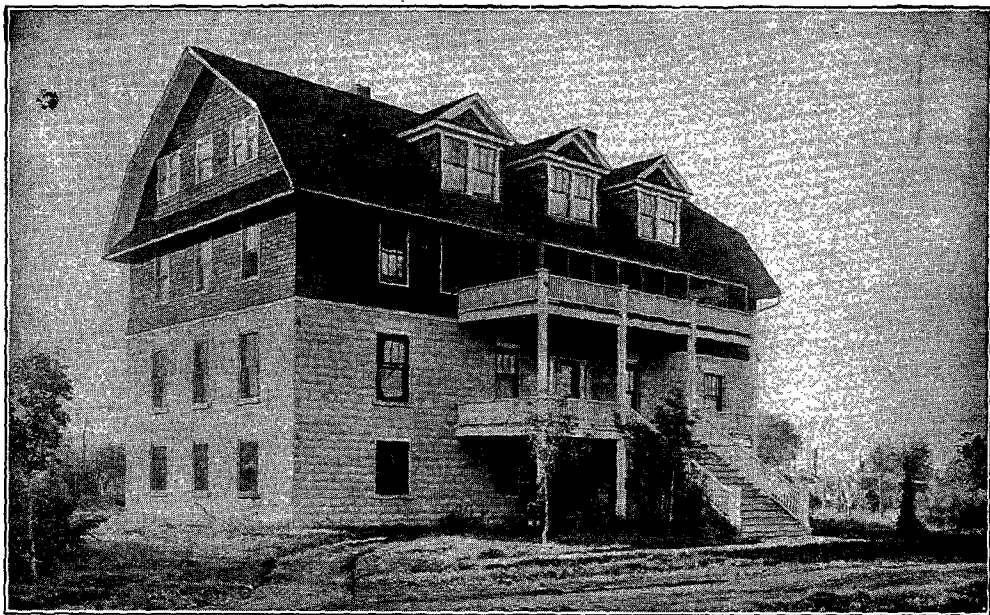
By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and twenty-five cents extra. Send us \$1.25 and receive The Life Boat for one whole year and this splendid book.

### Beyond the Shadow

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



# THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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

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

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

## Are You Contemplating Making Your Will?

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

## Why Not Be Your Own Executor?

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

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

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

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

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

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

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



# Life Annuities with Interest

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**The Life Boat Rescue Home** is now in a position to accept **life annuities** and to pay interest to the annuitants while living.

Annuity means the placing of your money while alive, where you will want it to be after you are dead. You will thus have the satisfaction of seeing your money do good. You will be saved the trouble of having to make out a will and the possibility of having it contested afterward.

One Annuitant writes: "The purchase of Life Annuity Bonds has been a SOURCE OF GREAT BLESSING TO US, providing an ASSURED INCOME, a share in the good work you are doing, FREEDOM FROM CARE and worry, and, without doubt, lengthening the life of the writer. Annuitants can provide an assured income for themselves, relatives and friends and at the same time lay up for themselves treasures in heaven."

Write for full information and particulars of this plan.

Address

**LIFE BOAT RESCUE HOME**  
**Hinsdale, Ill.**

# Are You Wearing a "Patricia"

## A SHIELD TO HEALTH

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

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

**"Once in possession means never without it."**

**"Just the Garment for health conservation."**

**"A splendid step in advance over corset wearing."**

### WHAT WOMEN SAY OF THE PATRICIA

"I received the PATRICIA and think it is just the garment for health."

"I wish I might have the pen of a ready writer to express my appreciation of the PATRICIA garment. I simply will never be without it. It is absolutely all I could wish in every way.

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

"I have worn this garment now for five years and find it eminently satisfactory. I consider it superior in many respects to any other garment of its kind which I have worn and can heartily recommend it to other women."

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

# Liquid Paraffin

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

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

### Prices

|                |        |                      |         |
|----------------|--------|----------------------|---------|
| 1 Pint .....   | \$0.45 | Shipping weight..... | 2 lbs.  |
| 1 Quart .....  | .75    | Shipping weight..... | 4 lbs.  |
| 2 Quarts ..... | 1.25   | Shipping weight..... | 6 lbs.  |
| 1 Gallon ..... | 2.00   | Shipping weight..... | 10 lbs. |

It is put up in tin cans so that it can be sent by parcel post. These rates do not include transportation charges.

Address **THE LIFE BOAT, Hinsdale, Ill.**

## The New Hinsdale Sanitarium

**T**HE 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 wished to come for care and treatment, therefore, it was decided a few months ago to build a substantial three-story addition to the south of the present building, consisting of fifty patients' rooms, parlor, writing room, library, special treatment room, sun parlors, "work cure" and a chapel large enough to accommodate 350 people; also to enlarge and thoroughly equip our present ladies' and men's bath and treatment rooms, building over them complete new offices for our physicians, to remodel and enlarge our kitchen, serving room, patients' and helpers' dining rooms, and business offices.

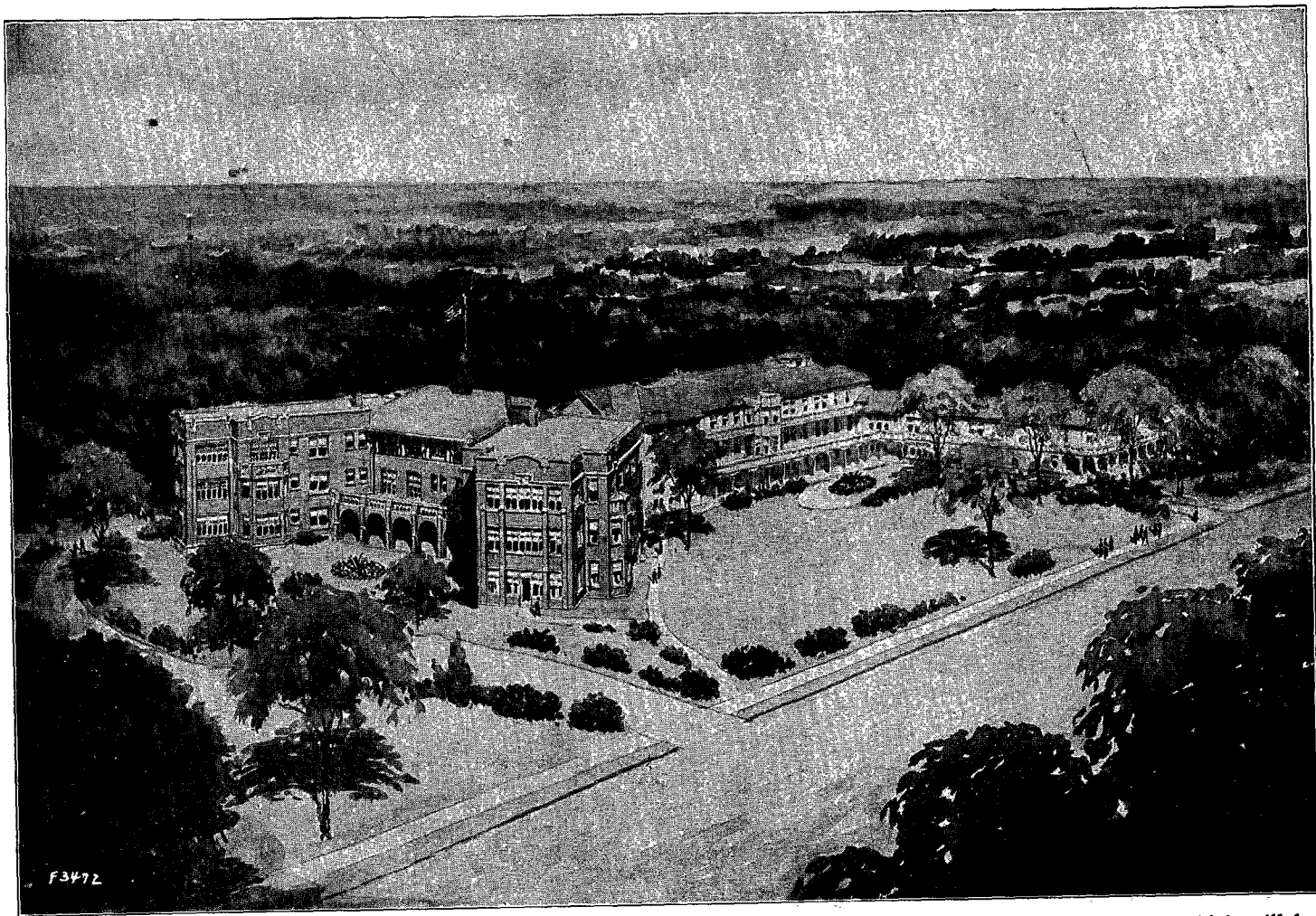
When completed, the Sanitarium will be well equipped to do thorough work and will be able to accommodate about 160 patients. Notice the artist's picture of the building when completed, shown on the outside cover of this magazine.

All this construction is nearly completed and will be ready for occupancy in March.

### Have You Money to Loan?

We have most of the money on hand for the completion of these additions, but still wish to borrow a few thousand dollars. We will give the note of the Sanitarium, signed by the president and secretary of the institution, bearing interest at six per cent, payable semi-annually, running for whatever length of time may be desired—one, two, three or more years.

Anyone having money to loan on the above conditions, or who may wish further particulars, address The Hinsdale Sanitarium, Hinsdale, Illinois.



The Hinsdale Sanitarium, showing the present building with the new fifty-room addition now under construction, which will be completed March 1. See inside this cover for further information.