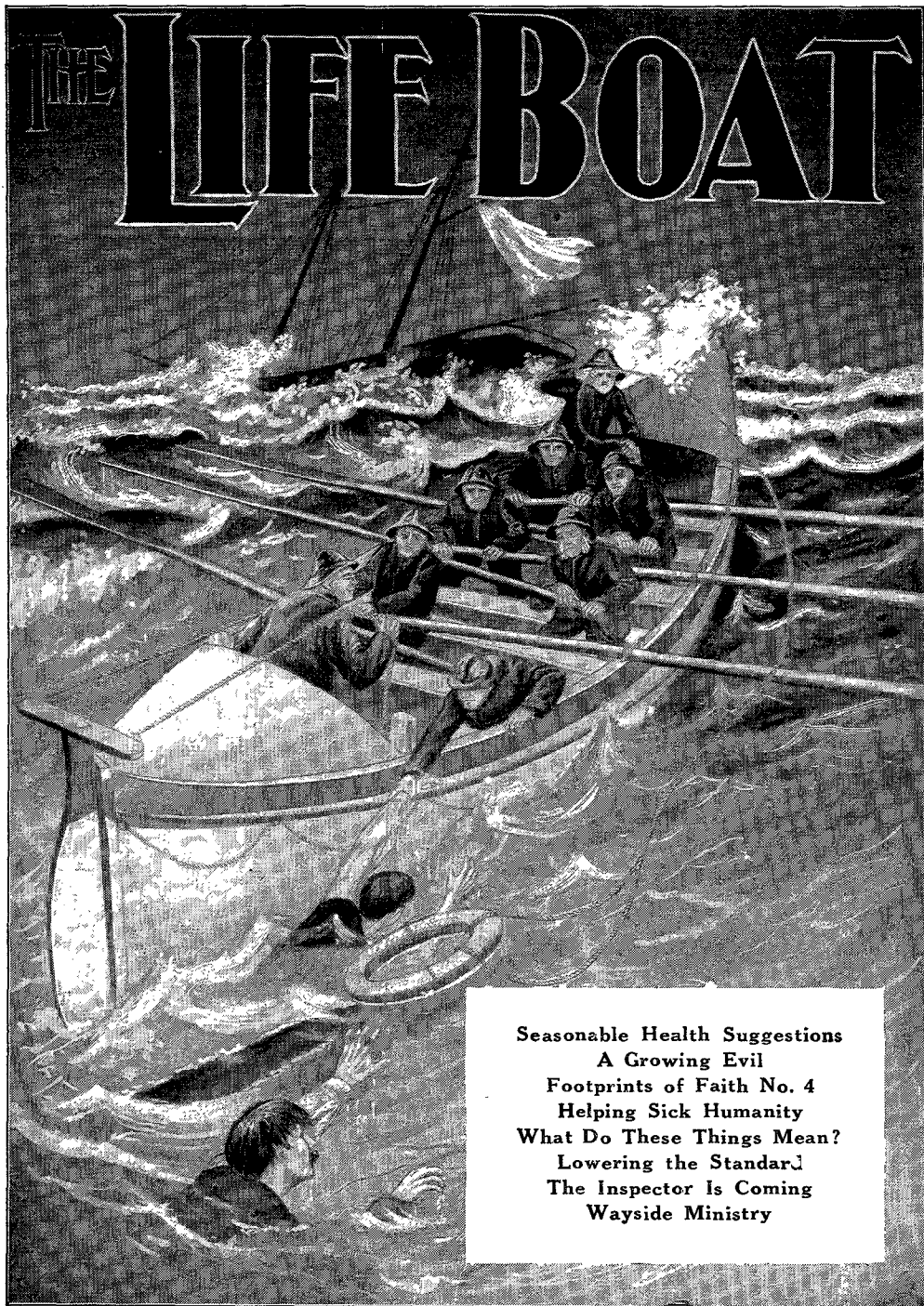


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Seasonable Health Suggestions
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Lowering the Standard
The Inspector Is Coming
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The Life Boat Employs No One to Solicit Donations

Volume Twenty-three
Number Four

Hinsdale, Ill.

April, 1920

"Footprints of Faith"

A SERIES OF ARTICLES NOW APPEARING
IN *THE LIFE BOAT* FROM THE
PEN OF THE LATE

DAVID PAULSON, M. D.

FOUNDER OF THE HINSDALE SANI-
TARIUM, FORMER EDITOR OF THIS
MAGAZINE, POPULAR HEALTH LEC-
TURER AND PHILANTHROPIST, A MAN
OF GREAT FAITH AND ENDEAVOR.

¶ Compiled from file copies of his personal letters, talks and lectures.

¶ Giving an account of the Doctor's personal experiences, including early struggles, rescue mission work and in building up the great work in Hinsdale which now stands as a monument to his memory.

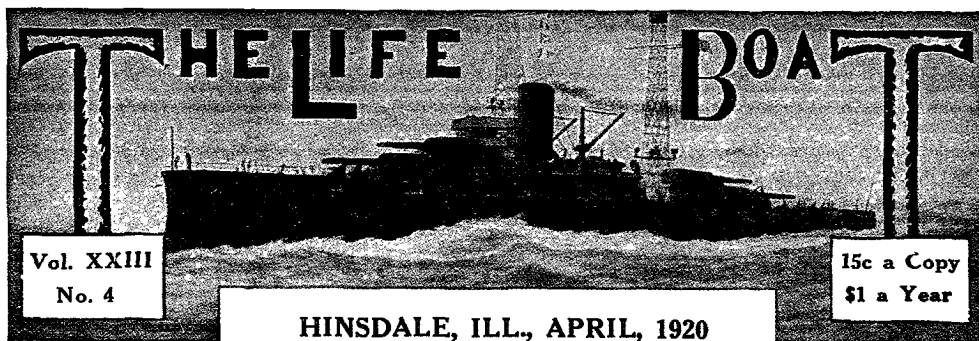
¶ Combining with his experiences a presentation of the divine principles of truth which made him great.

We would earnestly urge parents everywhere to subscribe for *THE LIFE BOAT* this year, that they and their children may read these wonderfully inspiring articles.

The January number containing the first of the series can still be procured.

Don't fail to subscribe for yourself and your friends. Only one dollar for one year. Address: The Life Boat, Hinsdale, Illinois.

EDITOR.



Seasonable Health Suggestions

Mary W. Paulson, M. D.

ONE of the evils of the fashionable dress of today comes from clothing the body unevenly. The clothing should be distributed evenly all over the body. It is a great mistake to clothe well the body at the waist line and leave the upper and lower extremities very deficiently clothed. This causes congestion of the organs in the chest and abdomen. The chilling of the limbs means the driving back of the blood from the extremities. We must be equally clothed all over the body.

Another evil is the use of dress in such a way as to prevent freedom of the muscles—freedom of motion and freedom of position. This is prevented by the dress of today, particularly interference with freedom in respiration and movement of the trunk muscles.

There is one other evil which comes with the use of the narrow skirt. Did you ever stop to think that it harms us? There should be freedom of the limbs in walking. Walking is one of the best of exercises, but when narrow skirts are worn you might just as well stay at home and sit in a rocking chair, for they prevent freedom of the muscles.

Another evil is the wearing of high-heeled shoes. They throw the body out of balance and tilt the pelvic bones forward. High heels will cause prolapsus and also irritation of the spine.

Last but not least, the wearing of the fashionable dress of today means the destruction of womanly modesty, and with that the immoral conditions which naturally follow. The dress question is a physical, moral and religious one. "Our words, our actions, and our dress are daily living preachers, gathering with Christ or scattering abroad." Turn away

from the fashion plates and study the human organism. And the man or woman who studies the human organism will surely dress hygienically if he or she has any principle at all, and dress for health and for decency.

Tying Down the Pump Handle

What does constriction of the trunk muscles do to respiration? The diaphragm should move up and down with each respiration. If you watch carefully you will in many cases not see any movement at all.

The diaphragm is the great pump for the blood supply of the liver, stomach and abdominal organs. If your pump is constricted your blood supply is poor. Your clothing should not constrict you so that it would make any difference in breathing whether you have your clothing on or off.

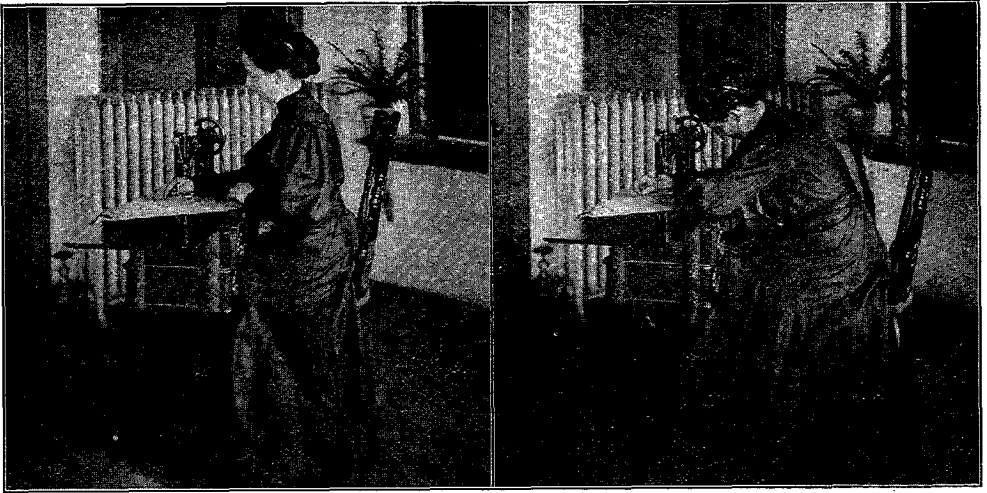
Sit Erect

Children acquire a deformity by sitting on the middle of the back. In school they often sit that way. This causes curvature of the spine, weak chest and weak abdominal muscles.

One of the best ways we have for keeping healthy is by vigorous walking. One feels like facing the world when walking with the head up. In this way you keep your muscles strong. Some people say they can't endure going up and down stairs. If you go up and down stairs in a wrong position your organs prolapse, but if you go up the right way, using your abdominal muscles, you don't injure yourself.

Weak Abdominal Muscles

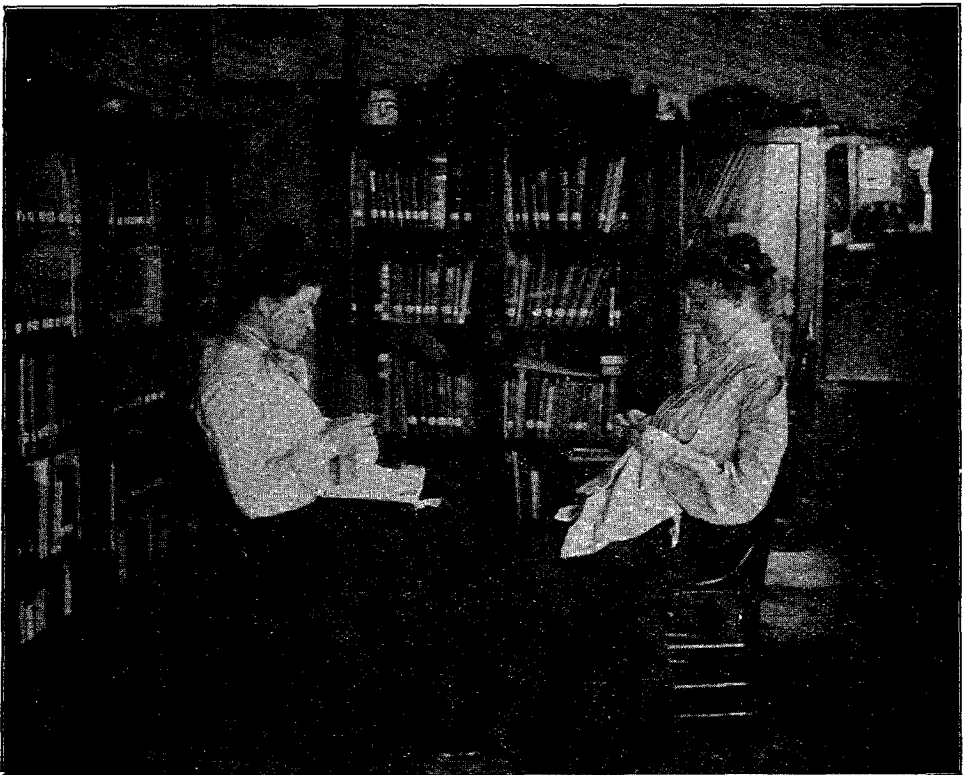
One of the greatest evils resulting from the wrong manner of dress is the prolapsus



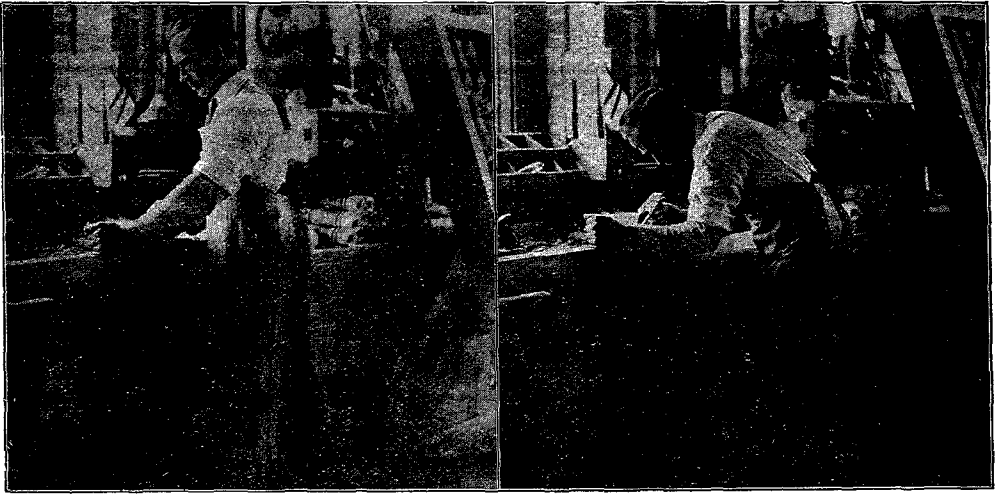
This illustration shows the right and wrong positions taken while sewing at a machine.

or falling of the abdominal organs. This causes constipation and indigestion. The food lays and rots; it doesn't empty out as it should because the stomach is so prolapsed

that it cannot function properly, so that produces headache and nervousness. There is no greater evil than constipation. It brings about headache, hardening of the arteries, pain



The relaxed sitting position while sewing tends to weaken the muscles of the chest and abdomen. Sit erect, as shown at the right of picture, while doing all kinds of hand sewing.



The carpenter at his bench can give more efficient service with less fatigue if his bench is adjusted so that he can stand erect.

in the limbs, and backache, kidney trouble, and many other things I might mention. One of the greatest ways to relieve constipation is to strengthen the abdominal muscles.

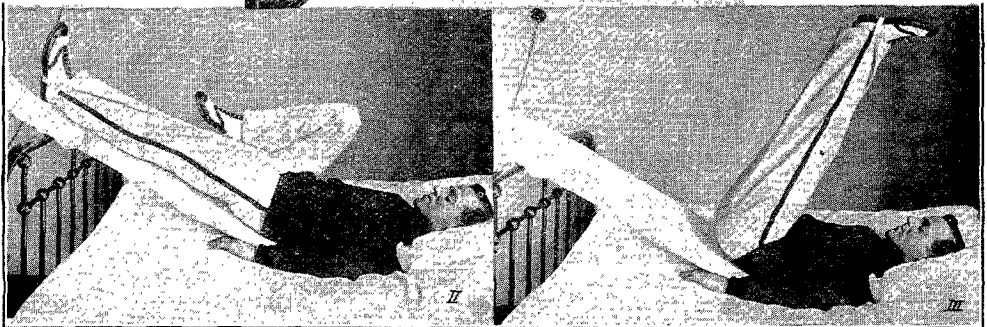
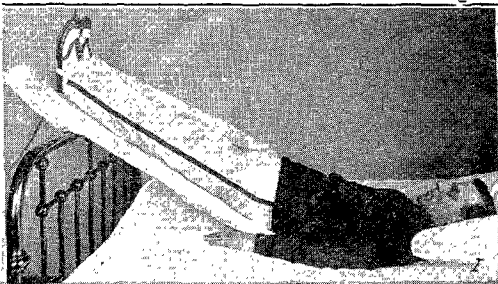
How to Strengthen Them

I want to show you how to overcome these weak abdominal muscles. Take an ironing board and have it put up on the foot of the bed, and then lie on it, with your clothing loose, with the hips on the board and the head down, then flex the right knee onto the abdomen vigorously fifteen times, the left fifteen times, then both together. This exercise, which we call the "ironing

board exercise," is a very simple one.

A good remedy for constipation is, eat plenty of fruits, green vegetables and bran. Walk out of doors, have plenty of fresh air. Drink five and six and eight glasses of water a day. I have heard of people who *never* drank water—who didn't know the taste of water. Some people drink tea and coffee so much they forget the taste of water. Drink plenty of water.

We must develop the powers which God has given us. Paul tells us "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Cor. 10:31.



The "Ironing Board Exercises" for strengthening the abdominal muscles. These can be taken in any home.

A Growing Evil

Dr. D. H. Kress

A REPORT of the Bureau of Census in the Department of Commerce shows that the latest statistics reveal one divorce to every nine marriages.

Forty years ago divorce was seldom heard of in America. Since then each year there has been an increase entirely out of proportion to the increase in population, until at present it has assumed the form of an epidemic. Chicago and Cook County courts alone granted 33,906 divorces during twenty years. Not far from over a million divorces were granted in the United States during the same period. It was estimated that during the year 1896 there were seventeen thousand divorce cases in the United States. Eight years later, or during the year 1904, there were over seventy-two thousand, and during the present year there will no doubt be between eighty-five and ninety thousand divorces. Divorce is increasing two and one-half times faster than the population.

In the year 1906 there was one divorce to every twelve marriages, at the present time there is one to every nine marriages. In some states where divorces are easily obtained the percentage is still greater. In the State of Maine, it is one to seven, in California one to six, in the District of Columbia one to four. In the city of Los Angeles the divorce rate has reached one to every three marriages.

Upon the stability of the home rests the stability of the nation. Anything that strikes at the well being of the home directs a death blow at the heart of the nation itself.

Divorce is not necessarily an evil. In some cases it is a blessing. The real evil exists in the diseased social condition which makes necessary this surgical operation on the social body.

A Mere Symptom

The prevalence of divorce is a mere symptom of a sad and degenerate social state. The real remedy lies in the removal of the causes of this unhealthy social condition.

There is no doubt that many of the differences which arise in the home could and would be smoothed out if divorce was not so easy to obtain.

That there exists a strange laxity pertaining

to the marriage is manifested in the many sensational marriages.

A young woman in order to determine which of two supposed affinities she should take decided the matter by tossing up a penny. Ten months later, with a helpless babe in her arms, she appealed to the court for a divorce because of cruelty and non-support. In another case a girl became infatuated with a prisoner during his trial. He was convicted of manslaughter and sentenced to two years in prison. They were married before he was sent to the penitentiary. After his term expired they lived together four months. The woman asked for a divorce because ten times he had deliberately tried to take her life.

A pure innocent young woman fell in love with a reformed morphine and cocaine addict. Although he was much older than she was, they were married. To them was born a sickly child. Later reverses and disappointments which could easily have been thrown off by one possessing a stable nervous system were too much for him and caused him to return to the old habits. The home was ruined, the young wife having had to find shelter under the roof of her parents. Young women cannot afford to run the risk of marrying men in order to reform them, neither can they afford to run the chances of marrying reformed addicts without much sanctified thinking.

Anciently, while none were required to marry those whom they could not love, it was customary for young men and women before taking so important a step, to seek the counsel and advice of their more experienced parents. This advice was generally heeded, and when not heeded it usually ended in failure.

One of these cases has been recorded for the benefit of the young who are naturally influenced by sentimental feelings in making their choice. In Samson, a man of strength, whom "The spirit of the Lord," we are told "began to move at times," we have an example of how marriages usually turn out that have not the approval of parents. "Samson saw a woman . . . and told his father and mother . . . get her for me to wife . . . for she pleaseth me well." In spite of their earnest entreaties, "He went down and talked with the woman and after a time

he returned to take her." Judges 14. The marriage proved to be an unfortunate one. It ended in a divorce, and "Samson's wife," we read, "was given to his companion." Samson's usefulness ended with his marriage.

Sentimentalism, passion, and impulse are responsible for most of the ill mated marriages. With many it is not a question of whether such a union is conducive to the well being of the contracting parties and their offspring, should they have any, but merely a question of "Do we love?"

Many good men since Samson's time have made grievous errors in the selection of their life companions. John Wesley it seems made a serious mistake in this respect. When a young man later in life wrote to Wesley for advice concerning which of two young women he should marry, an amiable girl who was not a church member, or a hot-headed, ill-tempered girl who was an active church worker, Wesley replied, "Marry the woman of a loving disposition."

History Repeating Itself

In the time of Noah so hopelessly degenerate had human beings become as a consequence of this laxity pertaining to marriage, that God had to wipe them off the face of the earth by a flood. In calling attention to the causes of the sad social conditions that then existed, the record informs us "That the sons of God saw the daughters of men that they were fair, and they took them wives of all which they chose." And the Lord said, "My spirit shall not always strive with man." "And God said unto Noah, the end of all flesh is come before me; for the earth is filled with violence through them; and behold, I will destroy them with the earth." Gen. 6. In referring to this period Jesus said, "As the days of Noah were, so shall also the coming of the son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of Man be." Matt. 24:37-39.

The prostitution of this sacred institution is undoubtedly one of the chief evidences as well as causes of the physical and moral degeneracy which prevails.

Novel Reading as a Cause of Divorce

Some time ago it was announced that a cer-

tain sensational novel caused the death of the reader. The excitement produced being responsible for heart failure. Whether this is true or not, one thing is certain, that the free reading of sensational novels has ruined many a home. It is largely responsible for the abnormal man and the hysterical woman. The novel reading habit is about as demoralizing as is the drink or morphine habit, and it is about as difficult to give up.

Probably not less than eighty per cent of the books in our public libraries are fiction. Boys and girls have access to these books, and unguided they select the most sensational ones. This makes the public library a menace and a source of evil. Novel readers live in an unreal atmosphere. They usually look for and marry, as they suppose, the hero of their favored novel. If the real man fails to meet their ideal, disappointment results and divorce follows.

Divorces are more frequent in childless homes than in homes where the child is welcomed. The child forms a sacred bond between husband and wife, and helps to make the home attractive and desirable. Recently I was present in a court room where three divorces came up in succession. Every one of these I found to be childless marriages. The presence of children in the home prevents many estrangements, between husband and wife. The happiest homes are the homes where there are children and where children are desired.

The excitements of city life—amusement parks, moving picture shows, the maddening rush of business, the modern apartment with its lessening of household duties, all tend to destroy home life and to weaken the matrimonial bond. The modern wife must do her utmost under these unnatural and feverish conditions to make home as attractive and inviting as possible. She cannot afford to be gloomy. She should be prepared to meet the husband, worn out with the perplexities of business, with a cheerful open-hearted welcome. In fact cheerful women seldom figure in a divorce.

Strong drink has been responsible for many of the divorces. Many a well intentioned and good husband was converted into an unreasoning brute through the influence of strong drink. Even the moderate use of wine or beer brings man on a lower plane of living morally. It destroys his nobler instincts. Under its influence men who otherwise would remain

true to their home and marriage vow are led astray, and in time lose their love for home and its inmates. The free use of tobacco exerts a similar influence.

The free drinking of tea and coffee is also a provoking cause of divorce. The tea and coffee drinkers after a time become irritable and impatient. They then imagine they are unfairly dealt with and are apt to become morose or to play the part of the persecuted saint, not appreciating that they are really responsible for their own unhappiness.

The modern table, laden with indigestible food is another cause of domestic infelicity. It is impossible for any one to have a sour stomach and a sweet amiable disposition at the same time. To keep the disposition of the husband sweet, wives must master the art of cookery, and be able to place on their tables foods which are inviting, palatable and yet easy of digestion. Good, wholesome, well-baked bread in place of the pasty bakers' bread will aid in solving the divorce problem. Sydney Smith in a letter to Arthur Kingslake years ago said, "What God has joined together, ill cooked joints and badly boiled potatoes have often put asunder."

The time was when bread was regarded as the "staff of life." It is no longer so regarded. Meat has taken its place. We now consume more meat per capita in the United States than bread.

Meat has concealed within its fibres products which are irritating not merely to joints and muscles, thus causing gout and rheumatism, but these products fever the blood and irritate the brain and nerves causing irritability and impatience. It has again and again been demonstrated that the liberal eating of flesh produces a quarrelsome disposition and quarrelsome people are the ones who most often get into the divorce courts. I welcome the increasing demands made upon the pocket book by the advance in the price of meats, for as the buying of meat declines, a milder man, and a gentler woman, and more contentment in the home, will come.

In rushing into cities, there has been a departure from the divine plan. In the beginning God made them male and female and said, "They shall be one flesh." The first happy pair were placed in a garden where they could have the benefit of the open air life. They were surrounded with bird songs, flowers and trees, pleasant to the sight and good for food,

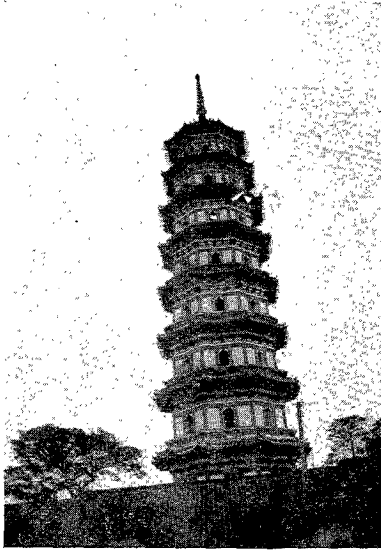
and here they were commanded to "Be fruitful and multiply." They were given agreeable employment,—to "dress the garden and to keep it." These were ideal conditions for the maintenance of the home. As the calm country life is exchanged for the feverish and unnatural city life, and the simple foods which are non-irritating and non-exciting, for alcohol, tea, coffee, oysters, fish, meats, and other exciting foods and drinks, the barriers which protect the home are assailed and divorce results.

The first departure from the divine plan occurred in the Garden of Eden, when Eve was persuaded by the enemy of the human race to partake of the food which God in his wisdom and for their good withheld from them. Not feeling any immediate ill effects from the departure from the divine plan she "gave also unto her husband with her and he did eat." "Unto the woman," the Lord said, "I will greatly multiply thy sorrow." Satan knew that in no other way could he so effectually bring upon mankind the unhappy condition which at present exists than through the gateway of the appetite.

Many a woman is placing before her husband foods which are irritating and responsible for her sorrow. To make home what it should be, attention must be given to food and drinks served its inmates.

Some years ago a patient came to me from Canada for the purpose of regaining his health, and at the same time he had planned to secure a divorce while in the United States. In talking over his history he informed me that on two occasions he was stricken down suddenly with symptoms of poisoning, and that he felt convinced his wife had administered the poison in the food. After a careful examination I had every reason to believe this to be a case of self-poisoning, which it proved to be. By careful dieting I was able to send him home in a couple of months. One year later, while on his way to Chicago, he stopped off to call upon me. When I opened my office door, he stood there with his wife, both smiling. He said, "Doctor, I stopped off purposely to have you meet my wife." He then assented to me that they had, ever since, lived together happily and expected to do so for they had learned *the more excellent way*. This man would undoubtedly have secured a divorce, had he not applied to a physician first. It would be well for those contemplating divorce to

first consult a medical man, for I am certain that errors in eating are frequently responsible for the irritability and impatience in both husband and wife which later lead to the divorce court.



A LIFE BOAT WORKER IN CHINA

C. L. ROGERS

[For some time Mr. Rogers was *THE LIFE BOAT* stenographer and reporter. Just last fall he sailed for China and the Orient to travel with Pastor I. H. Evans, an evangelist of world-wide experience. Mr. Rogers writes this letter from Manila.—Ed.]

I am enclosing three pictures which I thought might interest you. They were all taken in Canton, China. One is an ancient pagoda, having nine stories. They never build a pagoda with an even number of stories; it is always five or seven or nine, and a full-sized one is nine stories high.

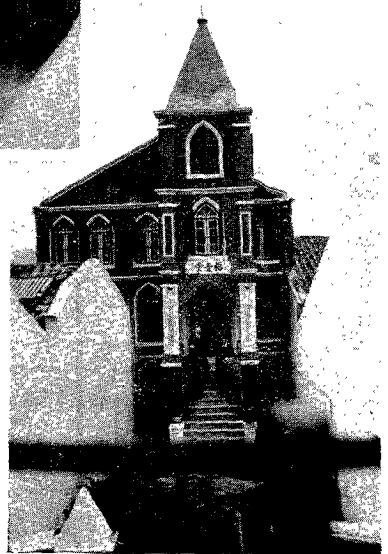
The next is a scene in the Temple of the Five Hundred Gods, which is a very famous place in Canton. This room is about 180 years old, they say, and most of the gods in it have been there for that length of time. You can see the candles lit up around this old god. He seemed to be the most popular one in the place. The others are all sitting around on the shelves. You can see a few of them at the left of the picture, but he is placed

in the center. Just back of him, under the canopy, is another god, or goddess, but I couldn't get it into the picture. It was very dark in there and I had to expose the film about five minutes. I was much surprised to get as good a picture as I did.

The blur at the right side of the picture is where Brethren Rebok, Cooper and Wearer were bargaining with a priest for some old pottery. They had some pottery which had come to light in the foundation of the ancient wall which they are now tearing down. It must have been placed in the wall when it was constructed, about 2,000 years ago. While we were in there a woman took a wooden cup filled with joss sticks and, kneeling down, shook them out on the floor, divining the future. The priest took them and interpreted

it for her, writing it down on paper. But the woman could not read, so she had to take it out to someone who could read it to her before she could understand it. This old idol is gilded and I suppose is really quite valuable.

The third picture is of our church in Canton which has recently been completed on the site of the old Bethel Girls'



School. It was dedicated while we were in Canton. We were there Nov. 13-19. It is a real neat little church seating about 250 and a light in that great heathen city, which is the largest city in China, having a population of about two and a half millions.

They are now making many improvements in Canton. The streets are being widened until they compare favorably with streets in American cities, and they plan to put in some 700 miles of street car lines. At present the passenger traffic is confined largely to "ricshas" and sedan chairs, while the trucks are two-wheeled drays pulled by about five men. Most of the streets, of course, are still the typical narrow Chinese streets which are too narrow and crooked to be called even alleys at home. A street will be probably ten feet from curb to curb, paved with large blocks of stone, filthy dirty, and with a roof over it in many places to keep the sun out. Speaking from a foreign point of view, there are eighty-seven distinct smells and several more which are unclassifiable, so I hear. But of course that is from the foreign point of view. A Korean once visited Chicago, saw all the sights, and when he returned home said to his people that Chicago was a very beautiful place, much like heaven, but the smells were something awful.

We are right in the tropics here at Manila. It is the middle of December, but from the weather you would think it about the middle of July at Hinsdale. The foliage is beautiful, and we have green palms and plants on every side.

AN OPPORTUNITY FOR YOU

There will be an opportunity at Hinsdale for those who desire a training in medical missionary work to enter the next nurses' class beginning July first.

If your heart is touched as you read this magazine and you feel impressed to offer your life for service in helping sick and needy humanity, write for further information about the training course. Address Dr. Mary Paulson, Hinsdale, Ill.

How much will you give toward sending this magazine to prisoners next month? See inside front cover for further information.

DID MORE GOOD THAN ANYTHING

A man in the Dannemora, N. Y., state institution was blessed by reading a Special Prisoners' LIFE BOAT last year, and, under date of March 8, he writes this grateful letter. If it were your money that placed THE LIFE BOAT in his prison cell you would surely feel repaid for doing so.

Thousands of hearts were touched, thousands of eyes were wet with tears last year as they read THE LIFE BOAT, and many of these souls have not thought to write a word of acknowledgement while others do. Our next number of this magazine will be sent into all the prisons of this country if you will help us to do so. Seven dollars will send 100 to your State institution. This grateful man writes:

"I am at this late date doing what I know I should have done long ago, and that is, to thank you for the copy of THE LIFE BOAT which I received last May. You may think me ungrateful for not writing before, but such is not the case. I am, as you will see by this letter, behind the bars, and you who are in the good work know what that means to one who has dear ones on the outside whom he wishes to be with and help again.

"The ones who mind the time most behind the bars are the ones who have made up their minds to make good when they get out, no matter how hard the storms may be. Yes, to those who are looking ahead to that day when they can go out and prove to the world that by the help of God they will face any storm which so often comes to trip those who have been behind the bars, a month seems like a year to them.

"Now about THE LIFE BOAT. I have never received anything in that line that did me more good than THE LIFE BOAT. I still have the one you sent me last May, and have often found pleasure in reading it. I hope that all who have received them have had as much pleasure as I have had from it. I also hope that in all branches of the good work which you are in, you will have the greatest of success.

"Sincerely from one who is looking ahead to the time when he may be a free man, and have a chance to tell the poor sinners that God can and will save to the utmost, those who will call upon Him."



FOOTPRINTS OF FAITH

No. 4

David Paulson, M. D.

[This month the story is given of the late Dr. David Paulson's early experiences in the Chicago Medical Mission. Dr. and Mrs. Paulson arrived in Chicago in the early summer of 1899, and gave their lives unreservedly to help the thousands of poor unfortunates who thronged the city's streets at that time. Day and night they were busy bringing relief to some poor drunken outcast, restoring to life the dope fiend, presenting the gospel to the down and outs at the mission, or implanting gospel principles of service to the class of young people under their charge.

This is the fourth of a series of articles from the Doctor's own words, culled from file copies of his letters, talks and lectures. These articles will be of inestimable value to young people. 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.]

IF I wasn't interested in helping humanity, I would be a veterinary surgeon. When a horse had colic or something, I would go and correct it and collect the money and that would be the end of it. But, inasmuch as I am more than a horse doctor, I am interested in that larger study of humanity. I am interested in sick hearts as well as sick bodies.

When Mrs. Paulson and I left Battle Creek with forty untrained young people to bury ourselves in the heart of Chicago's most needy district, the proposition was that we should be self-supporting down there, so we had to rustle for everything except our room rent. A large building on the corner of Twentieth and

Wabash had already been leased and was being used as a headquarters for our work.

I got the people together before we left Battle Creek and told them, "Now we have

to support ourselves after we arrive there," and we only accepted those who felt a call from God in their hearts. I had never been in Chicago over night before. Brother Sadler was there, but, of course, could not support forty young people. None of them were nurses, but I said to them after I arrived in Chicago, "Maybe some of you could nurse some cases. The Lord will help you to find the right kind of jobs." We appointed one of our number, Mrs. Allison, who had been sent with us from Battle Creek,



The first issue of THE LIFE BOAT going to the post-office. Taken in front of the large building on the corner of Twentieth and Wabash, which served as headquarters for the Chicago Medical Mission at the time Dr. Paulson connected with it.

THE LIFE BOAT

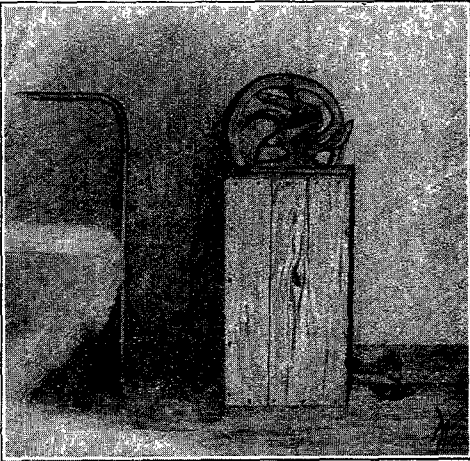
to help look after the class, to take care of the money we could earn, and we threw all our money into her lap. I suppose that would pass for socialism, but of their own accord, the class voted to have, as far as their earnings were concerned, "all things in common,"

this decision, hovered over this class in a wonderful measure.

Whenever a group of people anywhere get the Spirit in their hearts that these young people had, it will work satisfactorily as long as that Spirit abides in the soul. When that vanishes, then the plan of having everything in common also vanishes. That is something some of the social reformers have not taken into consideration.

Prayed for Fifteen Jobs

I told the folks to spend a day thinking about getting work, and praying about it, and the next day we called them together and there were fifteen of those girls said they would like to nurse, and then I said we would have to pray for fifteen jobs. You can believe what I am telling you or not, but there are forty people alive who know what I am saying to be true. The next thirty-six hours there were just fifteen calls came in over the telephone for just the kind of nurses; they did not want a trained nurse. For instance, an old woman had broken her leg and her son could not stay home to take care of her, etc. I placed those girls out and they earned enough money to support all the rest of us



The Crude Press on Which THE LIFE BOAT Was First Printed.

and truly we can say that the same sweet Spirit that prompted the early disciples to



The Old Workingmen's Home, Where the Students Assisted in Holding Gospel Services for the Homeless Men Sheltered There.

if we had not done anything. It seemed to me it was a divine certificate that we were on the right track, and that it pays to launch out into the deep.

Then the class was asked to seek God for wisdom to lead them into the various channels such as THE LIFE BOAT mission work, holding cottage meetings, selling THE LIFE BOAT magazine, gospel work in the jails, Workingmen's Home, etc., where they would

stenographer, so I said to Brother Sadler one day, "Suppose we ask the Lord to send us a stenographer?" So we made it our business to pray for a stenographer. A couple of days after that, a poor, shabby-looking fellow edged his way into my office and said:

"Are you Dr. Paulson?"

He was an Englishman. I said, "Yes."

"Would you do anything for a poor fellow?"



The students also had experience in caring for motherless and neglected children. Here is a group of their family of children and caretakers, showing Miss Theckla Black near center of picture, who was then in charge of the department.

be able to do and receive the most good, with, of course, the understanding that as they acquired an experience in one line, they would take up other lines, so as to get an all-round experience while there. We spent an hour every morning holding an experience meeting and giving instruction on methods of work. These were precious occasions.

A Stenographer That the Lord Sent

A few months later we were hard up for a stenographer. I have observed that most stenographers want to be well paid, and, of course, we had no money to hire an expensive

"Yes. What do you want?"

"I want a job."

"What can you do?"

"I am a stenographer, Sir."

I am bound to say I did not expect my prayer for a stenographer to come done up in just that kind of a package, and when that fellow shambled into my office in ragged clothes—a typical looking bum—it was hard for me to think he came in answer to my prayer. I did not know what to say, but I said:

"I have been praying for a stenographer."

He said, "I have been praying for a job."

Without stopping to think, I said a wonderfully sensible thing then. I said, "I think you and I ought to thank the Lord we met."

He said, "All right, Sir."

I got down and thanked the Lord that this young fellow who could do stenographic work had come, and he thanked the Lord he had found a job.

The Most Remarkable Stenographer I Ever Saw

I took him to Brother Sadler to try him out, and he eyed him up and down suspiciously and took him downstairs. By and by he came back and said:

"Say, if that fellow can write out what I have just given him, he is a crackerjack." Pretty soon he came back up again, and said, "Upon my word, here it is—every word just as I gave it."

I said, "You know you and I prayed for a stenographer. You didn't expect the Lord to send a second-rate or third-rate stenographer when he answered our prayers?"

And Brother Sadler said, "Well, that's so."

The main thing in a stenographer is to be able to take things down and transcribe them: it is not a question of being on dress parade. He was a queer freak—he would get sore-headed sometimes, and one time I remember he did not like to take down my talk so he sat back there when I was giving an important talk and did not take it down at all. I went down afterwards and said:

"Say, man, why didn't you take that down?"

"Well," he said, "I can write it out."

"I wish you would."

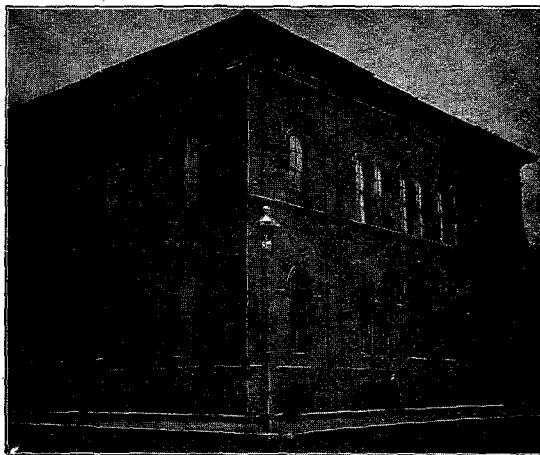
The next morning he came and handed me fourteen pages of typewritten matter, and for the life of me I could hardly tell but what it was verbatim. And yet he hardly had sense enough in some other ways, but he stayed with us a couple of years and was a perfect God-send to us, and worked for his board and room and a dollar a week for spending money.

And Does It Pay?

The question is often raised as to whether it really pays to labor for people who are in the slums of wickedness and sin. A good many people say to me: "Don't you get taken in pretty often?" Yes, and no. Once

in a while some poor fellow that we do our best to help on his feet goes back, gives up everything, and we naturally feel that our effort is lost. And maybe it is, so far as he is concerned. But we have the satisfaction of knowing that at least we have tried to do our duty. I would rather have the spirit that would uplift a poor fallen fellow-creature and get "taken in" once in a while, than to live selfishly for myself and never do any of this work for those who need it.

If we have sown the genuine gospel seed in tears, in the day of judgment we shall find that not so much of it has been wasted as we may have imagined; for the gospel seed is immortal, and, like money, may pass through the hands of many before it actually



The old Harrison street police station, where regular services were held for the inmates more than twenty years ago. Although this building has been removed, yet these Sunday morning services are still being held at the Clark street station, a block distant from the site of the old building.

comes to the one whom God intends it shall reach. For does not God say, definitely, "My word . . . shall not return unto me void?" That which, from a human standpoint, may seem like a dismal failure, when viewed from God's standpoint, who can watch it through its numerous windings down to the end of time, is a signal triumph.

Doing rescue work in a city like Chicago is like searching for pond lilies in a marsh. There is an infinite number of reeds, and rushes for each lily, and it requires diligent effort to find the lilies. Undoubtedly, thousands of the inhabitants in our large

cities have as effectually closed their own probation as the tribes in the land of Canaan had when the children of Israel came to take possession of it. Yet there are jewels hidden in all this moral rubbish. God's providential hand has been seen in so many different ways that it is clear that our work for perishing humanity is ordered of God. Oh, that our lives might become so filled with the sweetness of Christ that those who still have within them a desire for a better life may be led to us to be pointed to the same un-failing source of life that has been imparted to us.

THE DAVID PAULSON MEMORIAL COTTAGE

There is being built at Madison, Tenn., this year, a students' cottage which will be dedicated to the memory of the late Dr. David Paulson, who was intensely interested in the Madison school and its many smaller schools for the hill and mountain people of the Southland.

The Hinsdale family of workers, at our last mid-winter convention, voted to raise the twenty-one hundred dollars necessary to build such a cottage. Any who are interested in establishing such a fitting memorial to the memory of this great man can send their contribution to the editor of this magazine.

HELPING SICK HUMANITY

Dr. CLARA BECKNER OTIS

[Dr. Otis attended our Hinsdale mid-winter convention this year. From an interesting talk she gave of the medical missionary work in Porto Rico which she and her husband have been doing during the last ten years our stenographer gave us the following.—Ed.]

My husband and I first went to Porto Rico in 1910. Porto Rico is an island about forty miles wide and about ninety miles long. It has a population of about a million and a half. That makes a very thickly populated island for its size.

Often my husband, when out visiting his sick patients, would not get home at the hour he expected because the people, when they saw him pass, would just call him in to see their sick ones, so it would be hours before he would get home.

There were about 13,000 people in our district, so we were kept quite busy. I was the town physician and used to be called to little shacks that were built of poles and thatched with leaves. These shacks would consist of

but one room, possibly large for one or two people, and maybe a family of six or seven would be living in that room. They would have no tables, no chairs; you wouldn't think they had any dishes. They may have a few dishes and spoons. Sometimes when called to a home the patient would be lying on the floor. The better class of people usually have about four bed rooms, but even the wealthiest haven't as much as the average American home. But they are now rapidly adopting the American customs. In the last two or three years they have gotten many things like the Americans. Now they have most of the conveniences we have. Of course when the Americans went there they had no schools, but the United States government has established a splendid school system, and they are making it profitable. They put up about eight new school houses just in our district.

I used to do dispensary work about three times a week, and in that way would treat about fifty or sixty people. We taught many of the people how to give simple treatments themselves.

There are a few strange customs in that country. The people are afraid of the night air and are afraid they might get sick from it. It is really superstition. They don't let their patients drink water or take baths. The people in Santa Domingo are a mixture of white and colored. In both of the islands they speak Spanish. You all know, of course, that Porto Rico is, under the United States rule and has been since the Spanish-American war. The island is about as large as Vermont and New Hampshire together. The people are not so poor. The wages are a little higher so that the poorer classes do not suffer so much. In Porto Rico they have more fruit and better fruit than in Santa Domingo. The best bananas come from Jamaica. They have lovely pineapples. The only thing that we didn't get out there during the war was sugar. We always had brown sugar, however. We didn't have any of the substitutes you had here.

STOPPED SWEARING AND OBEYS THE RULES

A man in the Connecticut penitentiary writes:

"I have the great pleasure of answering your very kind letter, and I thank you very

much for THE LIFE BOAT and Morning Watch Calendar. I pray every day, and I'm sure God hears my prayers, because he has given me the power to stop swearing and chewing tobacco, and I obey the rules, which is something I never used to do. I'm glad that I was sent here, because I didn't know my Saviour outside of these walls.

"I expect to be released in fifteen more months, and I'm going to lead a good life. I thank you for the statement of St. Paul, for it is good."

ELEVEN YEARS IN A PRISON CELL

From the New York Penitentiary

"Your letter evidencing your desire to help me in my struggles for better manhood and requesting that I write you of my Christian experience during the past year, came safely to hand, and I want to express my heartfelt thanks both for your exhortation to resign myself to Him who knows even the secrets of the inmost heart, and also for the Christmas remembrance, consisting of a copy of THE LIFE BOAT magazine and a Morning Watch calendar.

"Your exhortation shall not go unheeded and the reading of THE LIFE BOAT during the past six months has wrought a tremendous change in me, and now come your words of encouragement to add to my desire to mend my ways. Your Bible reference was read with much care. Obeying its injunction, I shall try to make the best of the present and the future, forgetting as far as possible the past, which holds few pleasant memories for me. Already I have begun to take a different view of life, which I ascribe to my reading of THE LIFE BOAT and my inherent desire to do right.

"I have done many a wrong, but I have atoned for them, that is, I feel repentant; and our Maker admonishes us to repent and we shall be saved. Of course, I do not intend that you should infer from this that I have succeeded in ridding myself of the devil entirely, but that I feel his hold gradually loosening its grip upon me. I have no desire to deceive, and I know too well how impossible it is for the finite mind to practice a deception upon the Infinite, so you will readily understand that I wish to be frank with you as well as with myself.

"In regard to assisting me, I know of no better way for you to do so than by praying for my release from prison where I have been confined eleven years nearly, and by writing me a few cheering words now and then to encourage me not to give up hope. My struggle has been a hard one and has not ended yet."

"HOW IS MY BOAT DRIFTING?"

From an Inmate of the Minnesota Penitentiary

"It is some time past that I replied to your kind favor, and each week I have looked for a reply from you. Your letter and the copy of THE LIFE BOAT set me to thinking along lines that I had never given much thought to before. After reading the little book I said to myself, 'Joseph, you are not the worst off in this old world.' Yes, deserted by my relatives—too proud to write me. Discouraged? No, not I, for some day I hope to help some one that is in real need. I don't just mean by words only, but to give out of the pocket. I have a letter here now from a man that was sick last winter and in need of good warm clothing, and I supplied his wants and I have been well repaid in kind thoughts alone, to say nothing of his good letters to me. So I have learned to do a little for someone else. I shall try to live right and hope that I may often do good for others.

"Yes, I have looked back on the past and can see much that I should not have done, but I cannot undo it and can only try to do better.

"I still have the copy of THE LIFE BOAT of last year, and sometimes I look at the picture on it and ask myself, 'how is my boat of life drifting—is it in the right course?' I try to be kind and do a good turn for my fellow men if I can, and it makes one feel so good if he has helped someone. So as I look on your letter I see in it the life-line of human sympathy."

Seven dollars will pay for one hundred copies of the Twenty-first Special Prisoners' "Life Boat" to your State Penitentiary. Do you want to give these shut-ins a rare treat next month? Read the message on inside front cover and write us.

What Do These Things Mean?

J. G. Lamson, Chaplain

Hinsdale Sanitarium

THE proper place for anyone to go for information is to the one who knows. One would be very foolish to go to a lawyer to get information about medicine or to a doctor of medicine to find out the mode of procedure in a suit at law. Why then go to a scientist to find out what is going to happen to this old world in years to come when we have within reach of everyone of us the information spoken by the One who made the world, who kept it going until now, who is thoroughly acquainted with everything connected with it from the smallest germ to the planets that furnish light?

On almost every street corner and in dozens and scores of offices and homes in almost every town of our land, men are wondering and talking about what is to take place in the future. The startling headlines of the newspapers calling attention to great "coups" in the political affairs of different nations, the selfishness, the fears, the hatreds, the passions, the appetites of men, driving them to decisions that mean much not only for themselves but for all with whom they come in contact—all these things cause us to inquire what may we look for on the earth? To whom shall we go for information? If we ask honestly with a firm purpose to accept the information whether it pleases us or not, we shall be able to get a definite, specific answer to our question.

All believers in the Lord Jesus Christ believe that he would know what he was talking about if he should say what is to come on the earth. All those who desire to please him will take what he said as so, and will undertake to steer a correct course as a result of the information of which he is able and ready to place before them.

In speaking of the war that recently swept Europe, the most common expression concerning it was, "The greatest war ever known to history." Only a few nations were not involved directly. No nations but what were involved indirectly even though they may not have been principals in the struggle.

Just before Jesus went away his disciples came to him one time, and said, "Tell us, when shall these things be? and what shall be the sign of thy coming, and of the end of the world?" Matt. 24:3. Jesus was not one of the kind to give a wrong answer to anybody who asked him a question. He loved his disciples and he loved them even unto the end. When they came to him and asked him for the signs of the end of the world they had a right to expect that Jesus would give them a correct story. They were not disappointed either, and no matter what scientists may say or what skeptics may offer, or what unbelievers may suggest, the fact remains true that our Lord gave a definite and specific answer to the question. He said, "Ye shall hear of wars and rumors of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet." Verse 6. So all down through the centuries from that day till this there have been wars and rumors of wars but the end did not come. He next said, "For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilence, and earthquakes, in divers places. *All these are the beginning of sorrows.*" Verses 7, 8.

A Time of Sorrows

We have come to the time and have passed it when the nations of the world were involved in rising against each other. We have come to the time and have passed it when the events have taken place that are the "beginning of sorrows." From the day that Austria and Germany first became involved in the great world war the time of sorrows for this old world began. And these sorrows are not only the struggles of ambitious nations and factions, but they are the sorrows resultant from every cause enumerated by our Saviour. There will be sorrows from famines, the results of war and otherwise. There will be sorrows from pestilence, and the epidemic of the "flu" is but a specimen. There will be sorrows from earthquakes and these will be in divers places.

Not only so, but the fires of religious bigotry will again be kindled not only in the great Moslem nations wherein we may look for a "holy war," not only in the bigotry in the treatment of the Jews by the Russians and others of central Europe, not only in the bigotry of heathenism, but there will be the same bigotry and the same wicked persecutions among the so-called Christian nations, and our own will not escape. For Jesus said, "Then shall they deliver you up to be afflicted,

all about them which show that everyone of these verses will be fulfilled just before the end. For the next verse, in order to encourage the people to be faithful under difficulty, proclaims, "But he that shall endure unto the end, the same shall be saved."

It would be absurd to say that the delivering of one another to jail and the betraying of one another, and the false prophets, were all in the past, and then follow those verses by such an expression of encouragement to



A Scene of Wreck and Ruin from the Great War which Produced a Time of Sorrow Such as the World Never Before Witnessed.

and shall kill you: and ye shall be hated of all nations for my name's sake. And then shall many be offended, and shall betray one another, and shall hate one another. And many false prophets shall rise, and shall deceive many. And because iniquity shall abound, the love of many shall wax cold." Verses 7-12.

Did Jesus know what he was talking about? Did Jesus understand what was coming on the earth? Verily, those whose eyes are enlightened can see the signs fulfilling

the individual who endures to the end. It does not signify enduring to the end of his own individual life in the case of every Christian, for that is not the question that the apostles asked, nor is it the answer which Jesus gave. He is talking of the end of the world.

The Now of "Then"

Then the Lord said—the only definite specific statement he makes as to when the end shall come—that when "this gospel of the kingdom shall be preached in all the world

for a witness unto all nations; then shall the end come." Verse 14. The gospel is rapidly going to the ends of the earth. The mighty movements of vast numbers of Christians in sending the Bible to the remotest corners of this old world, the rapid movements of missionaries of all denominations to heathen lands are in themselves mighty indices of the time when the gospel of the kingdom shall go to the ends of the earth.

But that is not enough. It is not only to be the gospel of the kingdom to be preached, but it is to be the preaching of the coming to an end of this old world, that is to be proclaimed. It is this gospel of the kingdom, the very gospel of the kingdom that Jesus is talking about, namely, the end of the world. And so it is true that a great and mighty movement is spreading to the ends of the world the message of the near coming of our Lord.

Today there are, among fifteen-sixteenths of all the great and mighty populations of the world, men and women kindling the little flames of light announcing our Lord's return to the earth. This gospel shall be preached as a witness. Every nation, kindred, tongue and people is to hear the warning, and when that gospel, that warning, that message of the soon coming Lord has been sounded to all the ends of the earth, Jesus will rise from his seat as High Priest with the Father, will throw down the censor of the priest, proclaim "It is done," put on the garments of the king and soon after that will come to reign.

Dear reader, are you ready for this great and final decree to go forth from the courts on high? Are you ready to have the sentence passed, "He that is unjust, let him be unjust still: . . . and he that is holy, let him be holy still?" Rev. 22:11. Which class would you be in if that decree should be spoken right now? Thank God there is still opportunity for every individual to get ready. Do not postpone it. "Today if ye will hear his voice, harden not your hearts." Today is the accepted time.

Send in your subscription now, if you have not already done so. You will enjoy this magazine.

LOWERING THE STANDARD

D. H. KRESS, M. D.

For years Germany has shown marks of degeneracy. For instance, fifty years ago there were five times as many people who had reached the age of one hundred years as there were before the war began. The excesses which have come into German living as a result of prosperity were proving her ruin. The physical and moral degeneracy among her people became proverbial. The decline in the number of births has been greatly accelerated as a result of the war. Her best and most stalwart sons fell on the battle front. Over a million of them were slain. Many more were disabled.

The following appeared in the *New York Tribune* some time ago: "Versailles, May 28.—The German peace delegation here, it was learned today, will present a counter claim of 12,850,000,000 marks (\$3,212,500,000) for damage from the Allied blockade as an offset to the reparation demands of the Allied powers.

"The counter claim is based largely on the alleged efforts of the blockade upon the life and health of the civilian population. It is argued that, roundly, a million births were prevented as a direct result of the food blockade upon the vitality of the women. The same cause, it is contended, increased the deaths approximately 800,000.

"Should the Germans open this field of inquiry the Allies are prepared to reply effectively by reference to the far greater decrease of births, and increase of deaths in France, Belgium, Poland, Roumania and Serbia as a direct result of the German war measures."

Upon her men Germany must depend for propagation, and to make good the losses sustained in the army and among the civilians. Having so few men, she is compelled to resort to extreme measures. How far she may ultimately go to encourage propagation the future alone will reveal. The social standards of former years no longer exists. Marriage at the age of twenty is already compulsory and a penalty hangs over the heads of couples who choose to remain childless.

It is children Germany demands. It matters not how they are brought into being.

Russia, under the new freedom resulting from her democratic rule, has gone even fur-

ther to make good her losses, which have been extremely heavy. It is there illegal for a man to claim his wife wholly as his. The state has claims upon her paramount to that of the husband. It is a patriotic duty for women to bear children. The moral standard of former years is trailing in the dust. This affords an opportunity for the naturally debased to give loose reins to their passions. Naturally "Evil men and seducers shall wax worse and worse, deceiving, and being deceived." 2 Tim. 3:13. Even apparently good men, unless they are in possession of complete self-control, are in danger of being drawn into this immoral current.

These Times Foretold

In referring to this period, Jesus said, "Because iniquity shall abound, the love of many (of his followers) shall wax cold. But he that shall endure unto the end, the same shall be saved." Matt. 24:12, 13. This explanation was given in answer to the inquiry, "What shall be the sign of Thy coming and of the end of the world?" Verse 3. He further said, "As the days of Noah were, so shall also the coming of the Son of Man be." Verse 37.

The condition which prevailed before the flood is described in Gen. 6:2 as follows: "The sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose." It is evident that even the so-termed good men threw off the restraint of the Spirit of God and gave themselves up to the gratification of the lusts of the flesh. The Lord said, "My spirit shall not always strive with man." Verse 3. "The wickedness of man," we are told, "was great in the earth," and "every imagination of the thoughts of his heart was only evil continually. And it repented the Lord that he had made man on the earth, and it grieved him at his heart. And the Lord said, I will destroy man whom I have created from the face of the earth." Verses 5-7. In commenting upon this, the Saviour said, "They were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of Man be." Matt. 24:38, 39.

AMONG THE ITALIANS OF CHICAGO

Mr. ANTONY CATALANO

[Mr. Catalano was a member of the Hinsdale Medical Evangelistic class in 1914 and 1915. He is now leading out in our Italian Evangelistic work in Chicago. By a special invitation he told our family of workers recently some of his experiences from which we quote here.—Ed.]

I am certainly glad I can be with the Hinsdale family once more. It seems like home to come back here. It has been now a little over four years since I left the Sanitarium.

Our work in Chicago started about seven years ago when Brother Calderone was called from New York City to Chicago to do evangelistic work among the Italians. When he first started the work he had a pretty hard time and I was one of the first young men to go to his meetings. I remember many times that Brother Calderone and myself used to be there alone and we couldn't do any thing more than sing songs and pray for people to come to the meetings. Since then the Lord has blessed us wonderfully.

After I became a Christian I was persecuted. So I was told to come to the Hinsdale Sanitarium by Pastor O. A. Olsen. When I came to the Hinsdale Sanitarium I started to work in the kitchen, washing dishes. I thought at first that wasn't very nice work as I was a tailor and was used to handling fine goods. But I would rather wash dishes for the Hinsdale Sanitarium, knowing I am in the Lord's work, than to be the president of some great firm in the city and not be in the place where the Lord wants me. This is the work of the Lord, and I am glad he directed me here.

I was here long enough to learn English so that I could speak it pretty well; then the nurses' course started and I entered the course. I worked in the bath room for over a year and got a lot of experience. Then I went into the city and started a little treatment room, but the place wasn't very good, and so after a short time I began doing Bible work. I had many good experiences there, and after about three months as a Bible worker I was sent to Pittsburgh to work among the Italians in that city. I want to tell you a little experience I had.

While I was at Pittsburgh I lived in a Christian sister's home and this woman became very ill after I was there about a month. She had to be taken to a hospital. There seemed to be no other place for me to stay

there in Pittsburgh as it was very hard to find rooms, and this sister lived near to the Italians, so that I didn't have far to go. When she got sick there was no one to take care of the two little children, for the father had to go to work every day. A sister of the mother's took them for a week, but they couldn't stay there any longer so they had to come back home. I thought missionary work meant physical work wherever it could be done, and to help where most needed, so I thought that was good missionary work to take care of those two little girls. So I took care of them while the father went to work and earned money to support his family and while the mother was in the hospital. I got them ready for school every morning, combed their hair, and took care of the housework, cooking the meals and so on.

After six months in Pittsburgh I was called in the army and the Lord blessed me while I was there, although I had some trying experiences at first. They put me in the medical corps and I gave massage to the sick soldiers. In that way many men were helped and many times I thanked the Lord that I had been at Hinsdale Sanitarium and learned to give treatments.

While I was in Pittsburgh I met some people from my home town in the old country and, of course, I was especially anxious to interest them in reading the Bible. To some of them I gave away papers and to others I sold them. I sold a Bible to one young man and he became interested in reading it. This young man got sick with the influenza last year and died.

When this young man died another man went all around and told the people that the young man died because he had the Bible and read it. After that I visited that man's home and with his consent made an appointment with a friend of mine in this man's house. My friend had invited others to come, so finally the house was so full of people there was hardly room to hold them. But the man of the house said he wouldn't touch the Bible. I asked him why his wife had died; if it was because she had read the Bible, and he said, "Oh, no, she never touched the Bible." I know that if that young man had lived he would have been a great help in that city.

The work among the Italians consists in

going from house to house. We can't go to a house and say "We came to give you a Bible study." They don't know what a Bible is. So the first thing we have to show them is what a Bible is, and after that we can start. We do this way: First we take our Italian magazine and go from door to door and ask the people if they are willing to buy, and tell them that this magazine is especially prepared for the Italians and so they take it more readily. Then we go again with the second magazine and ask them how they liked the first one, and if they say they liked it, we ask them if they would like to have us come and teach them some more things about what is in the magazines. Sometimes they say "We don't want to have anything to do with you."

In the city of Chicago we are carrying a great work and many times we find people that need some assistance. Sometimes we go into a house of sick people, and if there is something we can do for them we help them, but if we see that the doctor is necessary we take them to some hospital, where they will receive treatment, and they appreciate that very much. They appreciate whatever we do for them, and that is how we gain their confidence.

One man who was quite old and couldn't do very much used to sit in front of his house in the summer time. I passed by there one time and tried to tell him about the Bible, but he said, "If you come here again to tell me about the Bible I will chop your head off." But I am glad to tell you that he is now a Christian and a member of our church. When we find they can't read or write we get somebody to teach them. Everything we teach them is from the Bible, and we try to make them copy a verse and when they learn to write that they want to know what it means, and so that is another way to gain their confidence.

I want to say this, that I thank the Lord that he called me into this precious work. I know he guided me to this country to learn about the truth and I am so thankful that he has given me a place in his precious work. I hope that we may all have more of a desire to teach the truth.

"Ye shall know the truth, and the truth shall make you free." John 8:32.

The Inspector is Coming

Maud Wilson Cobb

I WONDER how many of our readers have had to have an inspector come to their homes and make an inspection of every room, closet, and every detail of the homekeeping, of their house members, who have lived or died and what their condition might be, when received, when dismissed, and if sickness had overtaken them, if children had been born, if they were normal or if any complication attended their birth, what the cost of running their home and how it was done?

I am sure it will interest our readers to know that we must be ready at any time to make such reports, for our Home is licensed under the State and we must give an accurate report to the inspector the State sends to us, that we may receive our license to have a Home for dependent and neglected children and a maternity hospital.

We are thankful that the state inspector each year has been satisfied after his investigation, and we try to have our records and our Home open to investigation at any time.

As our Home is supported by donations from friends far and near, we are glad this month to tell them, through THE LIFE BOAT columns something of our work.

At this time we have eleven girls in the Home, four babies, and one boarding in a private home near us that we expect to bring home very soon. We have some other children boarding in another home and four girls working near us that we are responsible for at this time. We do not have them all in the home for various reasons. A very delicate motherless baby, we feel, needs individual care and can receive it in a private home better than in an institution. Some children we send to other homes, because we feel they ought to be under different environment for their best good and we try to help every girl to be independent as soon as possible, and if she has no home of her own to go to and no friends, we find her work and have her feel that this is her real home to come to when she wants to come. Often we will have four or five of our girls run in for a day's visit or come home to do a bit of sewing for themselves.

We have never tried to see how many girls we could have but how many we could care for and make them feel the real personal interest we had in them and make a home for them instead of a place to stay.

We have no rules posted about the house. We find that each new girl very soon adapts herself to the home and no law is broken. A girl learns that slang, loud talking and conversation not uplifting, rag-time music and songs are not in keeping with the Home. There are always one or more girls that have had splendid Christian home training who, in the hour of temptation and thoughtlessness, have been overcome in sin. Such girls are still gentle and kind, showing the home training. They will always help the others who have not had their advantages. We have very little trouble; even the coarsest girl will very soon appreciate the refinement about her, for often it is her first chance to be in a home ruled by Christian love.

We sometimes find a girl who seems to delight in having a little quarrel with another girl because it is so much fun to make up. But in years we have never known the sun to set on even one angry girl who would not speak to her roommate or some other girl in the Home. Often it takes time and much patience to make a girl see her mistake and acknowledge it. So far not a girl has left the Home angry with another one, nor has she stayed angry in the Home. When you realize how many different homes and different kinds of training they have had it is wonderful to see what Christ can do when his law is obeyed in a home.

The Lord has been good to us and answered our prayer. Three of our cases have been considered by more than one physician to be in a serious condition; in fact we had one of the very best specialists in Chicago to look after one case, but we are thankful to say that all three are now out of danger, their lives have been spared and all is well with them. We are thankful that in the history of our Home not one girl has had to die. Jesus has been good to protect them in their hour of grief and disappointment.

Many heartrending cases come to us. A few days ago in our office stood a big strong man trying to defend himself. He did not know he was entering a rescue home. He had lost track of a little delicate girl whom he knew in his home town and by chance he heard she was in a hospital in Hinsdale. Passing through our little town in his big car, he inquired for the hospital, reached our place and inquired if we had a patient by the name of ——. Much to his surprise he



Doesn't she look happy? And why not, for she has found a comfortable home and loving hearts to care for her.

learned of her condition. She had no home. The man said, "I cannot give you a home. I will give you money but I cannot give you my name." How her frightened eyes lowered, her lips trembled, and her tears, held back so long, fell thick and fast! Silently she wept awhile and when the big, strong man, old enough to be her father, stood up to go away, he said, "Now, how much money

do you need?" How glad I was to say, "She does not want your money. As long as our doors are kept open and Jesus rules in our Home no girl need accept a cent from a man who thinks money can pay the cost of that which has almost killed the very soul of a girl."

The man told me he had a little twelve-year-old daughter of his own. I ask him to protect her better than our poor girl had been protected, for only a short time ago we had a girl mother in our home not much older than his little girl and I had seen her father's heart almost break when his own daughter was left in our care, and unless he was very careful I was afraid that his child might cause his heart to ache as this poor motherless girl before him.

Our girl was led away to her room. The man left. I may never see him again. Today the little mother lies in our maternity room. The nurse and Dr. Barber have been working faithfully over her. A temperature of 102° is causing them much worry. In a little white basket nearby lies a beautiful baby girl. If she could talk she would ask why the little mother holds her so tightly when she is brought to her bed, and why her little face is so often wet with her mother's tears? The little mother says, "I cannot give her up. I must keep her. I will go on my knees and scrub for our living before I will give her away."

We are trusting that this young mother will grow strong. At best she is very frail. She has worked to care for herself when she needed someone to help her. The one she thought her friend deceived her and threw her aside, then asked to pay the cost of a wrecked life.

This is only a little part of one story. Many come to us daily. Some day the Great Inspector is coming. Each one of us must have our case investigated. It will mean much to have our records straight. It will be impossible to straighten them after the inspector calls. I find when our books are opened and in the inspector's hands I have no time to correct a mistake, even if I think of it at that time.

Often I have to correct a date or a name spelled wrong, for the final record must correspond with several others we have to keep

on file. Months ago a nurse made out a birth certificate and did not spell a name right. Now adoption papers are petitioned for the adopting of a child. We recognized the mistake as soon as it was brought to our notice, but to correct it will mean an expense to pay an attorney and delay in the adoption has caused anxiety to more than one party. Only a mistake in a name.

If a misspelled name cannot pass the state law, how can our lives stand in the judgment when the final inspection takes place? If we had only known this mistake had been made and corrected it in time, much trouble would have been avoided. It would not make any difference to say, "It was some one else's fault." So will it be in the judgment day. What Christ has intrusted to one, if he has failed in the trust, it cannot be laid to another. Every one must give an account of his own life.

"Let us hear the conclusion of the whole matter. Fear God and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil."—Eccl. 12:13, 14.

MORNING WORSHIP AT THE HOME

CAROLINE LOUISE CLOUGH

The morning worships are usually conducted by Mrs. Case or Mrs. Cobb, and are occasions when the uplifting and ennobling principles of God's word are studied. The song at the morning hour echoes all through the house and the words "Sweet peace, the gift of God's love" fall like a healing balm on the ears of the young mothers upstairs who have recently gone through the dark valley *alone*.

The fourth chapter of Philippians is chosen from which to gather spiritual food for the day. And how appropriate for this very family! Paul says, "Rejoice in the Lord *always*, and again I say rejoice." Further on in the chapter he says: "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Verse 8. Splendid! How far away from the vile things of the world we would get if we heeded this one verse.

Then again, Paul, in enumerating the hard experiences he had had in life and the privations he had endured, said, "For I have learned, in whatsoever state I am, therewith to be content." Verse 11. Then to bring out the source of Paul's power as a minister of the gospel, verse 13, was emphasized: "I can do all things through *Christ* which strengtheneth me."

This chapter, written as it was from a prison cell in Rome, and written to the church that was founded by the life blood of the Apostle (see Acts 16) spoke volumes to the family of girls. One girl who had been reared in an atheistic home asked question after question and finally at the close said, "Well, I'm going to learn the books of the Bible so I will know more about it."

There is nothing more powerful than the word of God to combat evil. "For the word of God is quick and powerful and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." Heb. 4:12. The prophet Jeremiah, in chapter 23, verse 29, gives us another glimpse of the dynamic power in God's word over the forces of evil. The Lord says: "Is not my word like as a fire? saith the Lord, and like a hammer that breaketh the rock in pieces?"

May the girls who enter our doors and through these studies become more and more acquainted with God's word, come to realize that it is a personal letter to them and by heeding its teachings they will be saved from falling in sin.

TESTIMONIES FROM THE HOME GIRLS

MRS. ANNA L. CASE

At our morning worship I asked the girls if they would give their testimony as to what God has done for them and seven girls willingly told of the goodness of God to them.

Sadie testified to the direct answer to her prayers and she believes in prayers.

Another said, "I have a great deal to be thankful for. I thank God for giving me kind Christian parents and directing me to a Christian home."

"I believe that God is always ready and willing to help me and I am trusting in him."

"If it had not been for the love of God

I would not be alive. I thank him for what he did for me."

"I am glad for God's goodness in bringing me here."

"I can testify to sins forgiven and I mean to live a better life."

Another also testified of God's care and love for her and she is trusting in Jesus.

Only one girl did not add her testimony. She has not learned how to trust in Jesus. I told her if she would tell him all her troubles he would help her to bear them. She cried, and I believe she would like to be happy with the rest. Pray for her.

AFTER MANY DAYS

"I suppose you will be surprised to hear from me as it has been a long time since you have heard from me. But, although I have not written to you, I still think of you, for you were my only friend in the time of trouble. Some day I am going to come back and see you and also thank you. Give my regards to all the girls at the Home. Even though I don't know them, I pray for them every day.

"Is Miss Kate Sanborn still at the Home? And do you know where to get me a picture of my baby? I am praying that some day I will get to see my baby. Every year on the tenth day of February I lay something away in remembrance of his birthday. If you can, will you try and send me a picture of him? Pray for me and the baby's daddy."

HIS WAY

ROBERT HARE.

Just to be always glad,
Whether at morn or night;
To carry a spirit of cheer,
A smile that is ever bright.
Just to rejoice each day,
Whether in storm or calm,
And through each passing noon
Sing life's divinest psalm!

Just to be always kind,
Where lone hearts sink and die;
Where sorrow binds its load,
And tears dim every eye!
The path is lonely here,
And oft the bitter cup
O'erflows with briny tears
When trembling lips would sup.

Just to be always calm,
Though angry tempests rage;
In holy confidence to wait
The opening of life's page.
Believing things unseen
Must meet His holy will—
Thus to be always calm,
In patience to be still!

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.

26. What causes dizzy attacks and what can I do for them?

Ans. Constipation, with the accompanying autointoxication or self-poisoning, is perhaps the most common cause, but stomach disturbance, together with a torpid liver, are also likely to bring on what is called a sick headache. Stop eating, take a hot soap enema of three pints to cleanse your bowels and drink several pints of water a day, either hot or cold, whichever suits you best. It is sometimes desirable to take a mild laxative and a moderate dose of epsom salts or an ounce of castor oil would meet the case. There is speedy relief as a rule. Skip two or three meals and drink water freely and also apply hot fomentations to the stomach and liver. To avoid further attacks be careful about diet, drink water freely and see to it that your bowels are completely emptied daily.

27. What ought one to do for anemia?

Ans. A patient suffering from anemia should adopt a generous diet of plain wholesome food with plenty of fresh salads and fruit, vegetables and especially baked potatoes and tender greens such as spinach, together with cereal preparations. We do not recommend iron compounds of any kind for they are likely to upset the stomach and do more harm than good. It is important to keep the bowels active and to lead a quiet, restful life, spending as much time out of doors as possible.

28. What treatment would be best for a pain at the base of the brain?

Ans. The application to the nape of the neck of alternate hot fomentations for three minutes and an ice bag or a compress with crushed ice for ten to twenty seconds half a dozen times will usually give relief if the pain is due to congestion. The alternate hot and cold foot bath with a cold compress to the forehead and base of the brain is another

useful treatment and rarely fails to give relief.

29. What is the best way to ward off appendicitis?

Ans. As appendicitis is almost always caused by some indiscretion in diet, that is obviously the vital matter. We now know that grape seeds and waste of that kind do not cause appendicitis. The inflammation is far more often due to fermentation and putrefaction, hence foods such as animal flesh, which readily produce this condition, should therefore be tabooed. Strict moderation in eating and efficient mastication are further essentials. The American people as a nation eat double or more the food that they actually require and thereby encourage nutritional and other diseases and shorten life many years. If an attack of appendicitis appears to be pending, stop all food, cleanse the bowels with three pints of soapy water, take a mild laxative such as half an ounce or one ounce of castor oil, drink water freely, taking a pint every hour, and stay in bed, at the same time send for the doctor.

30. What causes ridges to form on the finger nails and are they permanent?

Ans. Some disturbance of nutrition is responsible for the ridges and when this has been righted the ridges usually disappear, although occasionally they remain permanent.

31. Is there any objection to the use of tomatoes, strawberries and bananas in the case of one who is subject to neuritis?

Ans. No, we think not. Strawberries sometimes cause hives in the case of persons who are particularly susceptible to them, but otherwise they are a delicious and wholesome fruit.

32. Can a floating kidney be cured without a surgical operation?

Ans. Not as a rule, but occasionally, in a mild case when the treatment is promptly started, the use of a suitable support for keeping the kidney in place enables it to become more or less firmly fixed again.

PERSONAL EXPERIENCES IN WAYSIDE MINISTRY

Mrs. C. WILLEFORD

I began my work with *THE LIFE BOAT* in 1903. I canvassed among the people and sold *LIFE BOATS*. I also furnished, free, the prisoners and the sick at the hospitals and they were always glad to see the magazine.

One day the jailer said, "You needn't bring those books to the boys as they only throw them away and I hate to have to pick them up and carry them out." I said, "I'll see about that." So I went up to see the men and said, "Boys, what do you do with *THE LIFE BOAT*? Do you throw it away?" One of them replied, "No, we just as soon burn the Bible as *THE LIFE BOAT*." Another one said, "Here is mine under my pillow. I am learning it by heart so I can recite it to others, then I'll send it out to some one else." Another man opened his valise and drew out a copy of *THE LIFE BOAT*. "See," he said, "I too am learning it by heart, and when I do I am going to send it home."

I soon found out that it was not my papers they were destroying. But *THE LIFE BOAT* and *The Signs of the Times* were always welcome both in the prison and the hospital.

On one occasion I went to the Federal prison. Our car was full of visitors. We all went up the steps together. The doorkeeper told the crowd that they were too late and he could not let them in. I started away with the rest, but he said to me, "Come back, Mrs. Willeford, you have your credentials." So I was admitted. While there I asked the chaplain how many of the men wanted *THE LIFE BOAT* and how many wanted the *Signs of the Times* and he said he would find out when they had the services some Sunday. On Monday I received a letter from him saying that one hundred of the men wanted *THE LIFE BOAT* and 100 wanted the *Signs of the Times*. Well, for a little while I didn't know what to do, but it seemed to come to my mind to copy the chaplain's letter and write two of

WILL YOU ENLIST?

Fifty mature, consecrated Christian young people are wanted in Hinsdale, to join the Missionary Nurses' Class, beginning July 1st. Thorough training will be given, not only in nursing, but in medical evangelistic and visiting nurses' work, holding gospel services in jails, caring for the poor and needy, and rescuing the fallen.

If you find you have a desire to train for this line of work, write immediately for further information. Address, Dr. Mary Paulson, Hinsdale, Ill.

my own and send them to the publishers. His was telling what the prisoners wanted and mine was calling for donations to pay the publishers so they could send copies to the prisoners free of charge. In about three weeks I received a letter from the *Signs of the Times*, and Brother David Paulson said the donations came flying in and the papers were paid for. So I went out to the Federal prison to see the chaplain. He said, "Just think, they came to my address and they are the best papers that come here and we all do missionary work with them."

I went to the jail one day and a man met me at the stairs. He said he wanted to know my secret of getting the prisoners to come to the front and meet me. He said after I was gone they would go back again. "Well," said I, "I have no secret, I never ask them why they are in there." I always go in and say "Good morning, boys," and I give out my books and tell them we are all sinners and come short of the glory of God, but God tells us to confess our sins and he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. Now let us believe that, and study his word, and he will comfort us in all tribulations so we may be able to comfort one another in trouble.

A Barber Shop Sermonette

One day I went into a barber shop. The men were just putting on their aprons to get to work, so I asked if I could take a few moments to tell them about my work. I gave each man a copy of *THE LIFE BOAT* to look over. One of them said, "I am a preacher, I won't have any money until the third Sunday." He kept repeating this, so I turned to him and said, "You don't tell me that you are a preacher." "Yes," he replied. "Well, what are you doing with that cigar in your hand," I replied. "You don't mean to tell me that there is any harm in smoking a cigar, do you?" Then I replied, "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Cor. 7:1. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body

and in your spirit, which are God's." 1 Cor., 6:19, 20. "Know ye not that ye are the temple of God, and that the spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy." 1 Cor. 3:16, 17.

"RECEIVE THY SIGHT"

LUKE 18:41, 42

[When the noted humorist and journalist, Petroleum V. Nasby, drew near the end of his journey, he wrote this beautiful poem, which was found among his papers after his death.—Ed.]

All blind I sit beside life's dusty way,
My heart sealed o'er with self-invited sin;
O, Jesus, help me, so I more than pray,
Tear off the world and let Thy love-light in.

Not like the man who, for his outward sight,
Was bold the pitying Jesus to assail;
A sin-incrusted soul begs for the light;
Hear, blessed Jesus, my despairing wail.

Sweet Saviour, give to me the willing faith
Whose grasp the promises can hold,
The only shelter from offended wrath,
The pitying arm that can a sin enfold.

I care not, take from me my mortal sight,
Shut out from me the land, the skies, the sea;
But on my darkened soul, oh, shed the light
That gives a nearer, clearer view of Thee.

O give to me the faith to trust thy grace
Which, when 'tis trusted, fully saveth all.
No sinning world too large for its embrace,
No fearful, shrinking, sin-sick soul too small.

EXPERIENCES OF LIFE BOAT WORK

We cull the following from recent letters which our little *LIFE BOAT* agent, Miss Hazel E. Nelson, has written us:

"Though I sometimes get lonely traveling alone, yet I feel the presence of the Lord. He has promised to be near us. I could do nothing without his help. The little *LIFE BOAT* is a wonderful seller. It's a comfort to all—young and old.

"The weather is just grand. I enjoy being out. The Lord surely has been with me in this work. I have had no trouble in finding a place to stay. I never have had such grand success. Wednesday I worked five and one-half hours, Thursday seven hours, Friday six hours, which makes eighteen and one-half hours, and I sold about six hundred. I have 120 to sell tonight."

Again she writes us:

"When I left Galesburg Saturday evening, I dreaded this trip to Burlington, Iowa, but that was only Satan's work. When I stepped off the train I really felt alone. Right away I inquired for the Y. W. C. A. and started

for it. I dreaded the long afternoon and evening, but the Lord was planning and caring for me. About two blocks from the Y. W. C. A. I heard the Salvation Army singing and went where they were and spent about one hour and a half attending their

service, and I had an opportunity to speak for my Master. After that I went back to the Y. W. C. A. and was asked to attend their worship. So I didn't have any time for loneliness. So you see the Lord watches us if we obey his words."

EDITORIAL

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J. F. Morse, M. D.

Prof. J. G. Lamson

A FIFTEEN-CENT MAGAZINE

With this number we change our price per copy from ten to fifteen cents. The changing times make it necessary. For some months past we have hoped that a change would come so that we would not be compelled to advance to fifteen cents, but a recent contract which our printers have made for labor leaves us with no other alternative.

We trust that friends and agents of the magazine will take hold of the work with enthusiasm and with our combined efforts we shall reach just as many lost souls with the saving gospel as at the old price, and may we push this little life-saving bark into new waters and new ports.

If you are interested in taking up THE LIFE BOAT work, kindly write us at once for terms and instruction. The Lord will bless you in so doing.

C. L. C.

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.

A WORD FROM ONE OF OUR NURSES

The first girl to arrive in Hinsdale to take the Medical Evangelistic course in 1914 was Miss Keurah R. Mercer. Miss Mercer spent eleven months of her first year of training in the Chicago work. At the close of the year she had a wide circle of friends who had been blessed by her ministry, and she also had many rich experiences of answers to prayer.

Just recently we have received a letter from Miss Mercer from South Dakota, in which she writes:

"Since the first week of December I have been kept busy almost all the time, just going from one case to another. The influenza and pneumonia is very bad in Dakota. I am now on my fifth pneumonia case this year, and I have been very successful with them. The

Lord has blessed me physically and given me success and friends everywhere.

"Nurses are hard to get and they are nearly worked to death. We have only one doctor here and he keeps me busy enough, so the neighboring town doctors don't call on me. I am permitted to use the water treatments and use my own judgment in applying them. I am still carrying the standard and holding fast to right principles. I let people know what principles I stand for, and I seldom have difficulty along that line. Most of my patients know all about me before I come to them."

WANTED: At the Hinsdale Sanitarium, two engineers for our engine and boiler rooms, also two men for teaming and outside work. Steady employment, fair pay.

Address: Hinsdale Sanitarium, Hinsdale, Illinois.

NEWS HERE AND THERE

Mrs. A. C. Gaylord of New Castle, Ind., was a welcome guest at Hinsdale recently.

Mrs. John L. Shaw of Washington, D. C., with her daughter and son, Bessie and Horace, spent a few days at Hinsdale while en route to Colorado. Prof. John L. Shaw is at present spending several months traveling through South America.

Mr. and Mrs. Paul Williams, both graduates of the Hinsdale Sanitarium, who, during the past year, have been connected with the White Memorial Hospital, in Los Angeles, expect to sail to China this month to engage in medical missionary work there. They spent a few days visiting Mrs. Williams' brother, Mr. Austin Tyrer, at Hinsdale, also all the friends and co-workers. A pleasant little farewell reception was given them upon their departure.

Mrs. Earl A. Clough of Joliet, Ill., spent a few weeks at the Sanitarium recently, recovering from complications following an attack of influenza.

Miss Kate D. Sanborn, who was connected with our Rescue Home and city mission work until a severe surgical operation more than a year ago compelled her to rest for a time, returned to the institution for a short visit recently.

Dr. Mary Paulson left on February 26 for

a two months' leave of absence, while taking post-graduate work in New York City.

Mrs. G. H. Curtis of Nashville, Tenn., was a recent caller.

Mr. R. H. Bruns of Berrien Springs, Mich., one of our former workers at Hinsdale, has now returned and connected with the work.

Mr. W. A. Woodruff of Chicago spoke at a recent Missionary Volunteer meeting at Hinsdale.

Miss Zada Hibben, our city missionary, visited the city work conducted by Dr. Sutherland and his co-workers in Nashville.

Miss Clara Stephens, a graduate of Hinsdale who has been in Michigan for some time, has recently returned to the Hinsdale work.

Dr. Eric Caro of New Zealand, who has been spending some time in this country, called recently while on his return to New Zealand.

Mr. Leaton Irwin of Quincy, Ill., a friend of THE LIFE BOAT work, is spending a few weeks at the Sanitarium.

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.

The Life Boat

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

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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.

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EAGLE "MIKADO"



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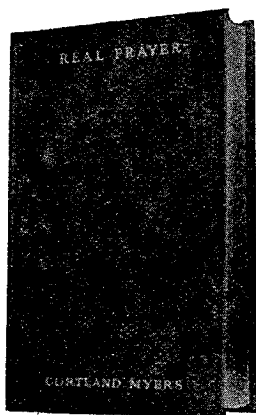
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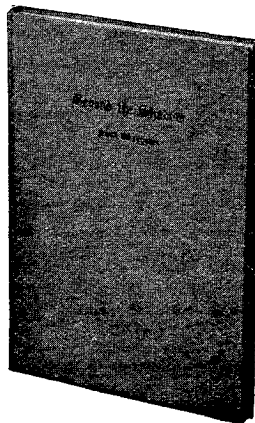
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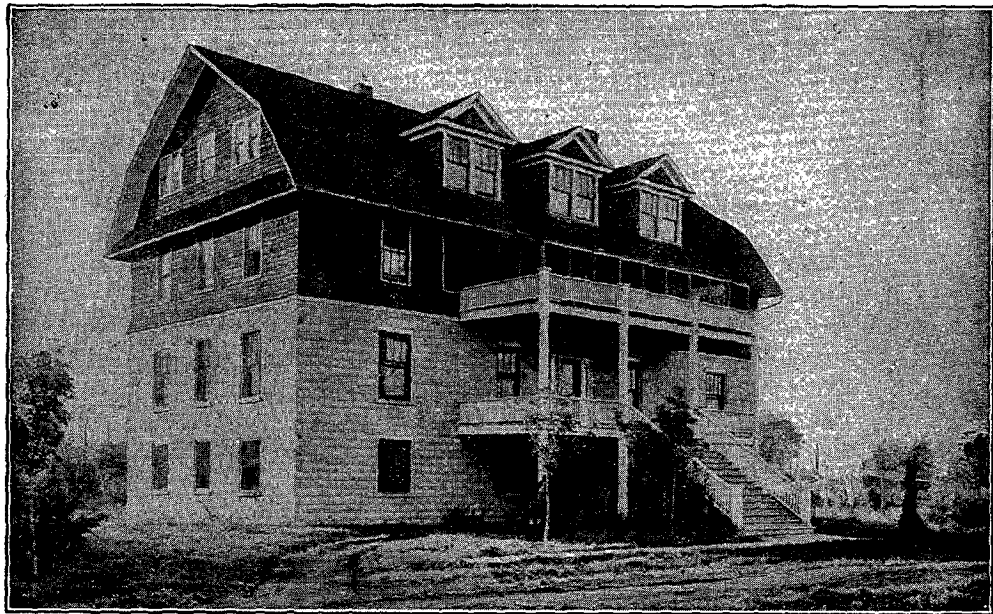
By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and twenty-five cents extra. Send us \$1.50 and receive The Life Boat for one whole year and this splendid book.



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 a paper-covered copy for only one subscription to THE LIFE BOAT and twenty-five cents. 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 **you** property will not be frittered away from you so that you will have no support in your old **age**. and this annuity contract becomes immediately effective at your death. No one can change it in any manner.

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

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

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

"I hereby give, devise and bequeath unto the Life Boat Rescue Home, a corporation organized and existing under the State of Illinois, the sum of.....
.....dollars to be paid out of real or personal estate owned by me at my decease, this money to be used for the maintenance of the institution known as the Life Boat Rescue Home for Girls, located near Hinsdale, Ill., and which is under the supervision of the aforesaid corporation."

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

Life Annuities with Interest

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 shrunk before making. Price \$5.00. 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 Quart75	Shipping weight.....	4 lbs.
2 Quarts	1.25	Shipping weight.....	6 lbs.
1 Gallon	2.00	Shipping weight.....	10 lbs.

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

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

The New Hinsdale Sanitarium

THE HINSDALE SANITARIUM has had the largest patronage for the past year in its history. For many months it has been possible to accommodate only a small percentage of those who 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.

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.

A Personal Message

Dear Friend:—

Do you know that next month we want to send out 16,000 sermons to the many, many, who, today, are deprived of their liberty—and justly so, no doubt?

Do you ever stop to think when you go and come as you please, attend this or that lecture, or a fine sermon—do you ever stop to think that there are thousands of your fellow creatures who are not permitted to enjoy life as you do, and who are not only shut away from the world, but are nearly forgotten by them?

In nearly all the penal institutions there is a Chaplain employed to look after the spiritual interests of the men. But where there is only one Chaplain to 2000 men, he can spend very little time at each cell. The Chaplain needs our assistance. The men and women are lonely. Their hearts are cheered when they receive a message from the outside world.

The Life Boat magazine has made regular visits into all these cells once a year, during the last twenty years. Many a man and woman have read its message and given their heart to God.

Again this year, we are going to send these silent messengers into all the prison cells next month. We shall need a budget of \$1,000.00 to do this splendid piece of missionary work. We trust that those who can, will lift heavily, as we must make up the amount immediately. Some who read this can easily send a check for \$100. Others will have to sacrifice to send \$10.00. The Lord will bless the cheerful giver.

The names of those who send in their contributions before April 15, will appear in a list published in the special May Number. We want the prisoners to know who are their friends.

May we hear from you soon?

—Editor.