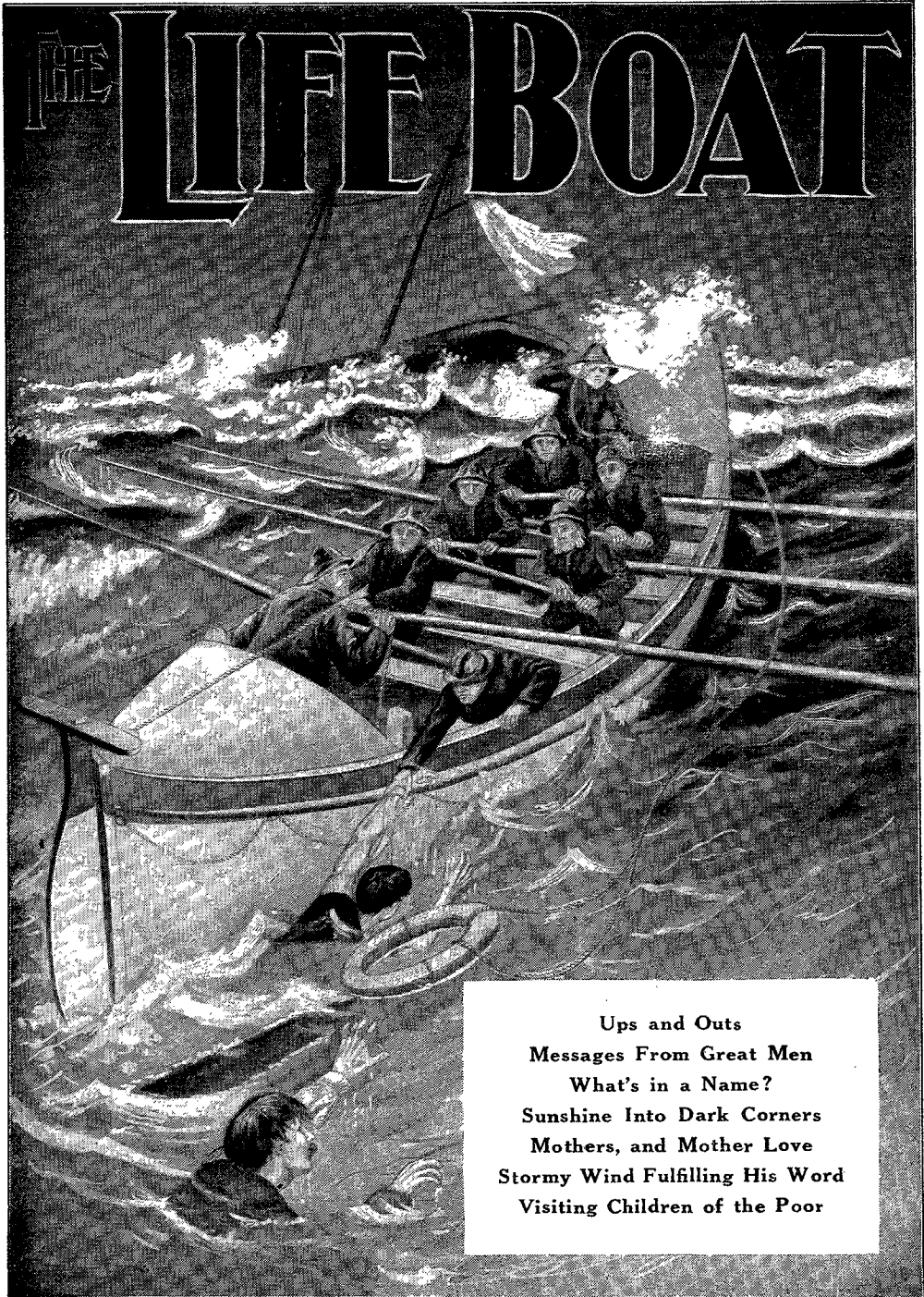


# Twenty-First Annual Special Prisoners' Number

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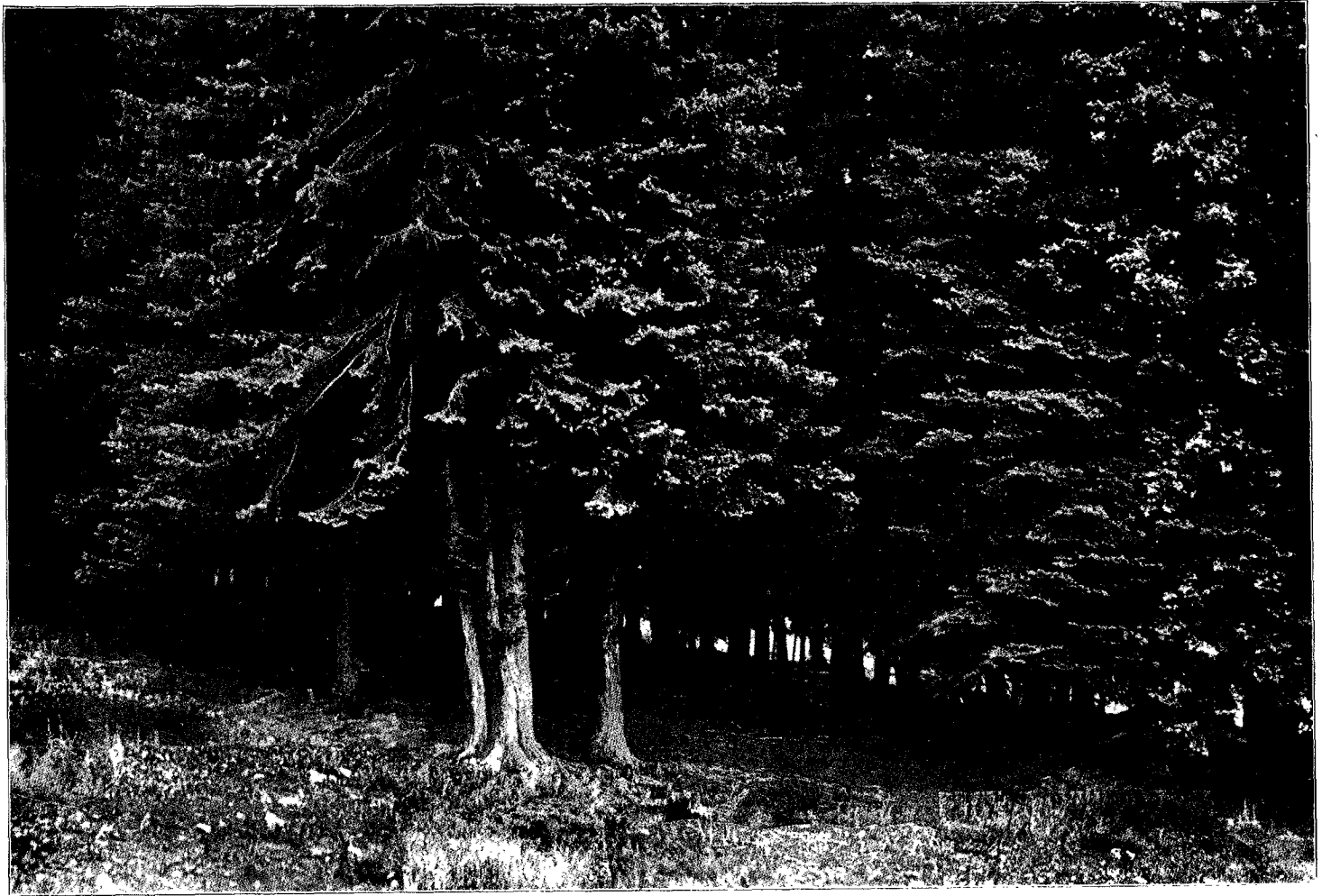
Ups and Outs  
Messages From Great Men  
What's in a Name?  
Sunshine Into Dark Corners  
Mothers, and Mother Love  
Stormy Wind Fulfilling His Word  
Visiting Children of the Poor

Volume Twenty-three  
Number Five

Windsdale, Ill.

May, 1920

Footprints of Faith, No. 5—*David Paulson, M. D.*



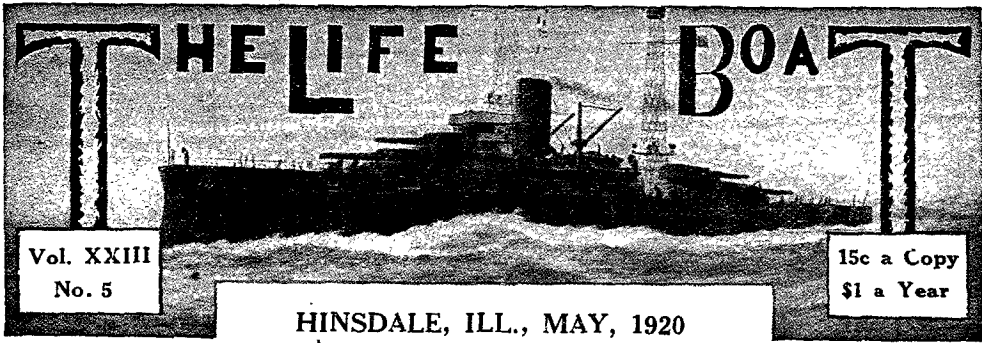
I think that I shall never see  
A poem lovely as a tree—  
A tree whose hungry mouth is prest

Against the earth's sweet flowing breast;  
A tree that looks at God all day  
And lifts her leafy arms to pray;

A tree that may in summer wear  
A nest of robins in her hair;  
Upon whose bosom snow has lain;

Who intimately lives with rain.  
Poems are made by fools like me,  
But only God can make a tree.

—Joyce Kilmer.



## Ups and Outs

D. H. Kress, M. D.,

“DOWN AND OUTS,” is a common expression. It is applied to the physical degenerates of the slums of our large cities. The term signifies that this class degenerates and disappears, while others take their places. There are down and outs, and there are up and outs. In fact, the physical degeneracy is more marked among the upper classes than it is among the lower ones, in all civilized lands. The upper classes are dying out as rapidly as the lower. Some remarkable discoveries were made a few years ago substantiating this in Baltimore and New York City.

It appears that during the first ten months of 1875 (although the system of registration of births was not so complete as now) the city of Baltimore had a population of 300,000, and a birth rate of 8,375, while during the first ten months of 1910 with nearly double the population, the number of births was only 8,796. The claim is made that “if the same rate of births in 1875, according to population had been maintained, the native born population of Baltimore would today be in the neighborhood of a million.” The decline is chiefly confined to native Americans. In the eleventh ward where native born well-to-do Americans preponderated to the extent of 95 per cent, the births, reported from January first to September thirtieth, numbered only 151, while in the third ward, which is made up of foreigners, during the same period 561 births were reported.

The following results were also reported by the New York Milk Committee: The Committee’s investigation grew out of a de-

sire to ascertain what percentage of the deaths which occur annually in New York City are found respectively among the rich, the middle class and the poor. Three sections of the city were included: Twenty-eight blocks in a *fashionable residential section*, five blocks in a *middle class residential district* and three *densely populated blocks in the typical tenement district*.

In 1907 the estimated areas were as follows: 7,856 in the tenement district, 7,696 in the middle class district, 7,561 in the fashionable district. In the tenement district 434 babies were born; in the middle class district 160 babies were born, while in the fashionable district only 37 babies were born. The upper classes are dying out. It is a question of up and out.

### No Large Families as of Yore

Among the Pilgrim Fathers who landed on the New England shores, large families of from eight to thirteen children were the rule, and small families of three and four the exception. At present the average is probably not more than two or three.

Had the earlier birth rate been kept up, there would be in the United States a native born population of not less than 100,000,000, whereas, counting the immigrants and their offspring which number not less than 35,000,000, the population does not exceed 95,000,000. This reveals a shortage of at least 35,000,000.

Prof. Sterling conducted an investigation of 105 women graduates from a normal school of physical education, chiefly for the purpose of demonstrating the effect of the

saner education of women in the reduction of the mortality in infancy. His investigation covered a period of seventeen years. Of 91 marriages 25 remained sterile. In the 66 fertile marriages 112 children resulted. The death rate, owing to the superior knowledge of the mothers was small. One hundred out of the 112 children were still living at the end of seventeen years, but it will be observed that the average number of births was only a little over one and one-fifth child to the family.

Families of eight to ten children were not uncommon among the early graduates of Yale and Harvard. Prof. Hart, of the department of History at Harvard College, says, "The class of 1671 contained eleven men, ten of whom married and had seventy-one children."

Of his own class which graduated in 1880, "one hundred and seventy received the degree of A. B. There are not as many as 170 children of these 170 graduates."

Prof. Cattell, in his census reports of New York, found that the Harvard graduate "has one-seventh of a son and the Vassar graduate has one-half of a daughter."

#### What of a Childless Country?

Prof. Walter F. Wilcox, of Cornell University, announced to the American Statistical Association at a meeting held in St. Louis, that if the decline continued there would be no children under five years of age by the year 2020, and babies will have disappeared from this country by the year 2015. He affirms that the condition existing in France is found in an aggravated form in America. Birth control accounts only in part for this decline. It may be attributed in part to the prevalent use of alcoholic beverages, and tobacco. The free use of caffeine in the United States is another cause. Caffeine is the most common drug consumed in the United States. It is known to increase the blood pressure and to bring about degenerative changes in the arteries, heart and kidneys. There are more addicts to this drug than to any other in the United States.

#### Some Causes of Low Birth Rate

At a meeting held in Paris of the Societe Medicale Hospitiaux, medical men of note spoke of the numerous cases of "coffee

poisoning" that had come within their experience. They urged the necessity of medical men giving more careful attention to the symptoms of chronic caffaeisme, as they were too often confounded in diagnosis with phenomena of alcoholic poisoning. It was declared that the two forms of "intoxication" often produced effects that were nearly identical. Women, it appears, are the chief sufferers from caffaeisme on account of their weaker and more sensitive nervous organization. In fact, coffee inebriates in Paris are regarded as the most hopeless cases for hospital treatment. The brain and nerve degeneration is so extensive that dementia and insanity is the rule and recovery the exception. Chronic caffiene poisoning also tends to produce sterility.

Bouchard, of France, cites a case of impotency in a young man twenty-four years of age, due to the drinking of coffee in large amounts for three or four years. The benefits derived from the Crusades directed toward the substitution of coffee or tea in the place of alcohol are questionable. In Norway the evils resulting from the free use of coffee have led to the founding of anti-coffee societies.

In civilized countries, woman, up to the present, has been the redeeming and repairing factor in race degeneracy. As these habits become more common among women, degeneracy will become more marked. The history of past nations clearly indicates that hard work and plain food act as a stimulus in race propagation, and that decay and decline in birth has always been preceded by luxury, effeminacy and intemperance.

According to statistics collected by Prof. Von Gruber of the University of Munich, "Only sixty-eight of 20,000 German and Austrian noble houses existed longer than 600 years." "In England only three of the ancient ducal houses survive, and only eleven of the old-time families of earls." In Sweden seventy-six per cent of the noble houses have disappeared. Luxury and effeminacy cause degeneracy and a declining birth rate, while physical toil, plain food, and the open air life are an undoubted stimulus to race propagation.

## Messages From Great Men

[For the benefit of men and women who are struggling for physical, moral and spiritual righteousness, we give here some splendid advice from prominent men whose undisputed success in life makes them leaders of men. The first message from Leonard Wood, one of the Republican candidates for Presidency, was written especially for this LIFE BOAT.—Ed.]

### Major-General Leonard Wood

From my experience in various parts of the world I have found many able and efficient men—men who are occupying positions of great importance—who had overcome the handicap of early indiscretions and bad conduct.

The disposition on the part of the public is to give a man a chance if he shows an inclination to make good. Men in trouble must realize that there is still an opportunity to make good. They will always find broad-minded, charitable men and women ready to aid them.

It simply requires strength and character and a determination to win.

### Theodore Roosevelt

The teachings of the Bible are so interwoven and entwined with our whole civic and social life that it would be literally—I do not mean figuratively, I mean literally—impossible for us to figure to ourselves what that life would be if these teachings were removed. We would lose almost all the standards toward which we, with more or less of resolution, strive to raise ourselves. Almost every man who has by his life-work added to the sum of human achievement of which our people are proud, almost every man has based his life-work largely upon the teachings of the Bible.

It is an admirable thing, a most necessary thing, to have a sound body. It is an even better thing to have a sound mind. But infinitely better than either is it to have that for the lack of which neither sound mind nor a sound body can atone—character. Character is in the long run the decisive factor in the life of individuals and of nations alike.

It is a good thing to be clever, to be able and smart; but it is a better thing to have the qualities that find their expression in the Decalogue and the Golden Rule. It is a good and necessary thing to be intelligent; it is a better thing to be straight and decent and fearless. A man must be honest in the first place; but that by itself is not enough. A

man has got to have courage, too. And these two together are not enough. No matter how brave and honest he is, if he is a natural born fool you can do little with him. Remember the order in which I name them. Honesty first; then courage; then brains—and all are indispensable.

The Bible does not teach us to shirk difficulties, but to overcome them. That is a lesson that each one of us who has children is bound in honor to teach these children if he



Colonel Roosevelt and Major-General Leonard Wood.

or she expects to see them become fitted to play the part of men and women in our world.

If we read the Bible aright, we read a book which teaches us to go forth and do the work of the Lord; to do the work of the Lord in the world as we find it; to try to make things better in this world, even if only a little better, because we have lived in it. That kind of work can be done only by the man who is neither a weakling nor a coward; by the man who is in the fullest sense of the word a true Christian, like Greatheart, Bunyan's

hero. We plead for a closer and wider and deeper study of the Bible, so that our people may be in fact as well as in theory "doers of the word and not hearers only."

#### J. Wilber Chapman, D. D.

I will tell you how to be saved, and how you may know you are a Christian. I was studying for the ministry and I heard that D. L. Moody was to preach in Chicago, and I went down to hear him. I finally got into his after-meeting, and I shall never forget the thrill that went through me when he came and sat down beside me as an inquirer. He asked me if I was a Christian. I said, "Mr. Moody, I am not sure whether I am a Christian or not."

He asked me some questions as to whether I was a church member, and I said I was, but was not always sure whether I was a Christian or not. He very kindly took his Bible and opened it at the fifth chapter of John, and the twenty-fourth verse, which reads as follows: "Verily, verily, I say unto you, he that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life."

Suppose you had read that for the first time, wouldn't you think it was wonderful? I read it through and he said: "Do you believe it?" I said, "Yes." "Do you accept it?" I said "Yes." "Well, are you a Christian?" "Mr. Moody, I sometimes think I am, and sometimes I am afraid I am not."

He very kindly said, "Read it again."

So I read it again. "Verily, verily, I say unto you, he that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation, but is *passed* from death unto life."

Then he said, "Do you believe it?" I said, "Yes." "Do you receive him?" I said, "Yes." "Well," he said, "are you a Christian?"

I just started to say over again that sometimes I was afraid I was not, when the only time in all the years I knew him, and loved him, he was sharp with me. He turned on me with his eyes flashing and said, "See here, whom are you doubting?"

Then I saw it for the first time, that when I was afraid I was not a Christian, I was doubting God's word. I read it again with my eyes overflowing with tears.

Since that day I have had many sorrows and many joys, but never have I doubted for a moment that I was a Christian, because God said it.

Now, what I ask you to do is to plant your feet upon this promise and say, "Yes, from this moment I know I am a Christian."

#### Henry Clay Trumbull

When a man begins to argue for a lower standard in ethics than he used to hold up, it is fair to suspect him of having already lowered the standard of morals in his personal life.

One of our high privileges of manhood is the privilege of not touching what may harm us.

The freest man in the world is the man who is a willing servant of Christ. The veriest slave in the world is the man who thinks he is his own master while he is the bond-servant of his own lusts.

There is no one of us who can manage his own affairs as well as God would manage them for him. Left to ourselves, we are sure to make fools of ourselves.

It is time gained, rather than time lost, which is given to prayer before beginning a day's work. If one must start his work a little before daylight, he would do well to start praying a good while before daylight.

#### Arthur G. Daniells

(Heard at Orchestra Hall, Chicago)

As a believer in the Bible, a believer in the Lord Jesus Christ, as a believer in Christianity, I feel intensely anxious to impress upon my fellow-men, my comrades, the people with whom I touch shoulders day by day, the fact that Christianity is a genuine remedy for the ills and the troubles and the sorrows, and the wreckage of mankind. Christianity has not failed.

The reason that Christianity has not done all that it claims to be able to do for you and for me is because we have not allowed it to have its way in our lives. Light scatters darkness, and there is plenty of darkness around us, but my friends, if we are too neglectful to turn on the button, and remain in darkness, whose fault is it. Where does the fault lie? The family sitting in total darkness tonight, when there is a button to turn on the light, cannot complain because the light does not shine in the home, and

so we cannot blame Christianity for not having done what it has promised to do for mankind. When we have permitted it to have its way in our lives, and it fails to work for us and in us, *then* will be the hour for us to rise up and condemn Christianity.

We take for example an individual who has not been reared under Christian influences. He possesses a very bad disposition, he has lived a hard life, he has no regard for his fellowmen. In the course of time he is brought under the influence of Christianity and somehow there is touched a responsive chord in that man's heart. He surrenders his life to the Lord Jesus Christ. He accepts the terms of redemption, and he opens his heart to the implanting of Christianity. That man becomes a new man—a changed man. Everything that he delighted in before he hates, and that which he hated before becomes the greatest joy and pleasure of his life. I believe that most of us have seen such transformation in this world. Millions of men and women have been converted just like that, and I know there are many here tonight who would gladly testify to this change which comes in the life of the Christian.

I am glad to feel free to say that I am honest in saying to my fellow men here tonight that every promise of the book of Christianity up to this hour has been fulfilled according to the purpose of the author of Christianity. Nothing has failed.

I am a believer in the Bible from cover to cover. It is God's book. Dear friends, we shall have to come back to the book from which we have wandered. It lifts the highest standards, and it has an enabling power in it that enables us to reach the standard.

**David Paulson, M. D.**

My house cat has two kittens. The devotion that she manifests for them would set a good example to many inhuman parents who are even devoid of natural affection. But if some other kitten should come around she would be just as likely as not to destroy it. Much of earthly love has a selfish tinge in it. It largely spends itself for "me and mine." The love that reaches out to the stranger beyond the gates is from above. It is shed abroad in our hearts by the Holy Ghost, and thus it becomes a part of our nature. It cannot be manufactured on earth. It may be imi-

tated. We can only get it by divine inoculation. You cannot get smallpox by simply wishing to have it or trying in your human efforts to produce it; you have to catch it. But it is wonderfully easy for others to catch it from you if you have caught it yourself. When you have once caught this heavenly love others will catch it from you.

We may not all become great, but each one of us can have the spark of this divine love imparted to us in this life. We love Christ because he first loved us, whom, "not having seen, ye love." For in all our afflictions he is afflicted. He is not simply up in heaven, but he is with us and shares our troubles with us. As long as there is suffering on earth there will be suffering and tears in heaven; and in the fullest sense Christ cannot enter into his rest until we have all entered into ours. We can take him in as the silent partner in all our doings. Make Christ the Friend who sticketh closer than a brother, your friend, and you will not greatly miss other friendships.

We have got to come to this Bible just as the people had to come to Christ, in the same simplicity, in the same faith, and touch the hem of his garment, so to speak.

You say, "I do not know how to find in the Bible the things that are especially helpful to me. Incidentally, haven't you wondered why some trivial statement was in the Bible, like a woman who could not pay her debts? Haven't you thought it was strange to put a trivial thing like that in the Bible? That is not for you at all, who have a bank account; but it does not look trivial to the poor woman who does not know how to pay her debts, and she gets on her knees and asks God to help her out of her trouble. Every little while I find something in the Bible that just fits my present situation.

It matters not materially to the captain in which direction his ship starts out; he can soon swing it into the right course. We may spend weeks and even months in asking the Lord to guide us, but he cannot guide us until we get started. If we do the rowing in his strength, he, in his divine wisdom, will steer us safely.

**Sayings of Abraham Lincoln**

I am a patient man, always willing to forgive on the Christian term of repentance and

also to give ample time for repentance. On principle I dislike an oath which requires a man to swear he has not done wrong. It rejects the Christian principle of forgiveness on terms of repentance. I think it is enough if the man does no wrong hereafter.

What is needed is a reliance on the God who has never forsaken this people.

Let us have faith that right makes might, and in that faith let us dare to do our duty as we understand it.

And whereas it is the duty of nations as well as of men to own their dependence upon the over-ruling power of God; to confess their sins and transgressions in humble sorrow, yet with assured hope that genuine repentance will lead to mercy and pardon; and to recognize the sublime truth, announced in the Holy Scriptures and proven by all history, that those nations only are blessed whose God is the Lord.

Take all of this Book upon reason that you can, and the balance on faith, and you will live and die a happier and a better man.

With malice toward none, with charity for all, with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow, and his orphan; to do all which may achieve and cherish a just and a lasting peace among ourselves and with all nations.

### WHAT'S IN A NAME?

A. J. CLARK

What is in a name? Simply something that is given to an individual at birth. One receives one name, another another name. With us that is all there is in a name. As far as our surname is concerned we take that because we have to.

There is more in a name than that. Every name stands for something. Your name stands for something before your associates and friends. It is possible for each and every one of us to make that name just what we want it to be. We like a name because we like the individual.

The story is told of twin boys who were adopted out to two different families living in the same town. One was of one character and the other one of another character. They

both had the same privileges, the families who took them were about the same as far as finances were concerned, and their opportunities were about the same. After they grew up they went into business for themselves, and both lived in the same town. One of them lived a miserable life. He cared not for his family or his friends and was a drunkard, a vagabond. The other young man was able to build for himself a different reputation and fitted himself for a prominent business man.

The day came when the foster father of the first young man came to see him. He inquired where his son, John Brown, lived, but no one seemed to pay any attention to him. He was finally told that a man by the name of Brown lived in a little yellow house at the foot of a hill. He might be the one. And the father had to look up the place alone.

The father of the other young man came to town also to see his son, and upon inquiring where he lived, the man asked seemed pleased to meet him, and said, "Jump into my car and I'll drive you to your son's home." Immediately when the name of the first man was mentioned, the answer was "That name doesn't stand for much in this town." But the other one did. Why? Because of the character of the man.

When we speak of meekness we think of Moses. When we speak of patience we think of Job. When we speak of faithfulness we think of Abraham.

The name Jesus stands for something. It is the name that saves, and why does it save? Jesus Christ came into this world, so far as opportunities are concerned, the same as anybody comes into the world. But Jesus lived a life and built for himself a character and established a reputation in this world that saves people from their sins. He was able to save because he was righteous. "Neither is there salvation in any other: for there is none other name under heaven given among men whereby we must be saved." Acts 4:12.

He was the greatest individual outside of the Father in the courts of heaven—Jesus, himself, born into this world as a man. He left that heaven and that position, and took upon himself our nature and became of no



reputation. "And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name." Phil. 2:8,9. Beloved, how did he get that name? Not by staying in the courts of Heaven. He was the only begotten son of God, and to get that name he humbled himself to become a being upon earth and become a criminal and die the death on the cross to receive that great name. Jesus received it by humbling himself and it is the greatest name there is today.

That same Jesus established a name that was the greatest of all names. He did it while he was here on earth. He did it while he was healing the blind man, while he was making the lame man to walk. He did it while he was healing the woman who touched the hem of his garment. He did it by going about doing good. It made no difference what anybody said. He built a name and a character by works that saved, and I want to tell you, my friends, that is the way we are going to build a name.

There is no name that saves but Jesus, and I thank God that the name of Jesus *always saves*, and it will save the same today as it did nineteen hundred years ago.

We are bearing the name when we call ourselves Christians. What does it mean to bear that name? And does it mean that we carry it in our every-day life? It means just what we are and what is back of our Christianity.

How many times do you hear people say, "If that is Christianity I don't want any of it," and others say, "How I wish I had the character and the disposition that Mr. So and So has." We make the name of Christ before the world today. We are living epistles known and read of all men.

There are individuals in their sins that have been dead to everything that is spiritual, and God, working through us, can bring life to that sin-dead soul. I believe we ought to reach that place that God can use us to do such things.

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If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.—Bible.

## A WAR PRISON WITH A MEAT-LESS DIETARY

A. B. OLSEN, M.D.

It is only within recent years that prison authorities have given attention to the vegetarian diet, and the reason is not far to seek. Food reformers are, as a body, a law-abiding class of people, and it would be a very rare thing for any of them to be sent to prison except for conscience sake. It is interesting to note that during the last few years some at least of the British authorities have shown a spirit of real enterprise and progress with regard to diet, and for the past three years or more it has been possible for vegetarians to obtain a non-flesh diet at Wormwood Scrubbs and several other leading prisons. A gentleman who on account of his convictions of conscience with regard to human slaughter was detained at Wormwood Scrubbs and afterwards at Dartmoor, England, for some considerable time, has given an account of his experience in both of these institutions.

A residence of three months at Wormwood Scrubbs very seriously affected his health so that he, a large well-developed and well-built man, was reduced in weight to 128 pounds, while his strength and vitality suffered equally if not in greater degree. He ascribed this severe emaciation and nervous physical debility to the close confinement and mental worry and distress rather than to the actual diet, which, he said, was not at all bad. Indeed, he claimed that for a healthy, active man, and one who could maintain a good appetite with little or no fresh air or physical culture, the food, although plain, was rather good and fairly sufficient in quantity.

At the end of three months the prisoner was in a very frail and feeble state of health, and was then sent to Dartmoor, where the active outdoor life soon worked wonders in spite of the plain and somewhat meager diet and close prison cells occupied at night. The fresh air gave a hearty appetite so that at the end of six months he was in better health, was stronger and more fit and weighed more than ever before in his life. During this time he made a net gain of thirty-seven pounds, reaching a total weight of 165 pounds.

At Dartmoor his work was chiefly out of doors and included hay-making as well as other forms of farm labor, the work begin-

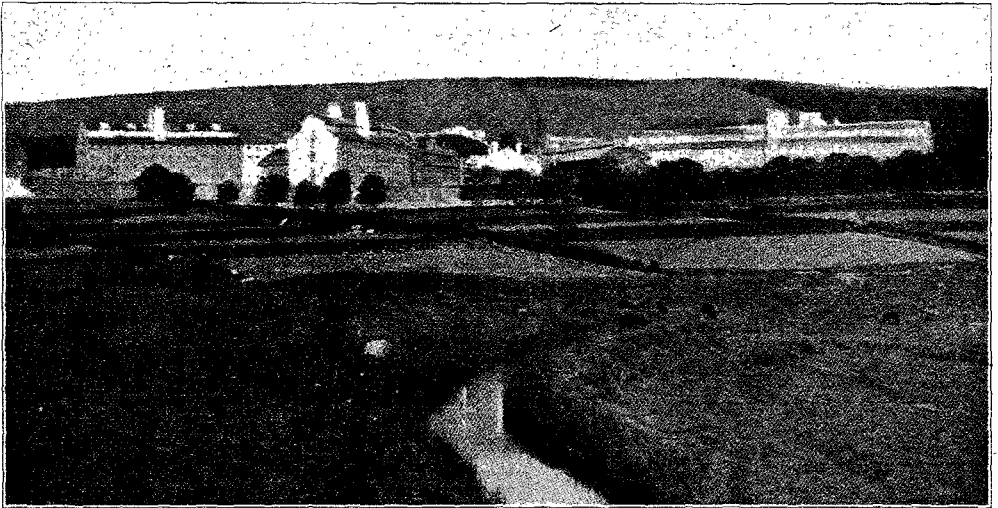
ning at half-past seven in the morning. This outdoor life in the fresh air was the greatest boon to the prisoner and speedily enabled him to recuperate his health and strength.

At noon there was a break for an hour's rest, during which the prisoner had lunch. After lunch they worked steadily on until six in the evening and then had dinner. From half-past six until nine the men were free to go for walks on the neighboring moors or engage in any other recreation that they might desire, although they were forbidden to visit any of the villages save one. At half-past nine they retired to their cells in the prison, each occupying a separate cell. While their work was never heavy or severe, it was still sufficient to keep them active and fit.

For lunch the prisoners were served with four ounces of bread and one ounce of cheese and also a pint of cocoa for those who were able to drink it.

Dinner consisted of two potatoes (about six ounces), one ounce of bread, one ounce of cheese, a little cabbage, plain boiled rice, haricot beans, or swedes, and about five ounces of a plain boiled margarine pudding with a mere trace of jam.

There were some twelve hundred men in Dartmoor prison and of this number fully half were either vegetarians or at any rate chose the vegetarian diet. As far as he could ascertain the only difference between the vegetarian and ordinary diet was that the vegetarians had an ounce of cheese twice a day



The Dartmoor, England, Prison Buildings.

It is true that they were often hampered in their farm work by the frequent rain and also by the lack of proper tools. Nevertheless, the open-air life and the agricultural work combined to give them one and all a sadly needed opportunity to recover from the previous effects of the close confinement of ordinary prison life.

The daily breakfast consisted of one-fourth ounce of margarine, three ounces of war bread, one and one-half ounces of plain oat cake and a pint of cocoa without sugar or milk. The latter was so greasy and so unappetizing that our friend was never able to take it and much preferred plain water.

in place of the small helping of animal flesh given to the mixed feeders.

It is a noteworthy fact that most of the prisoners at Dartmoor were Christian men of superior education and refinement. They were in prison for the sake of principle and not for committing misdeeds. They preferred to obey God rather than man, and bore with fine courage the scorn, taunts, sneers of the world just for the sake of conscience. In almost all of the prisons in which thousands of these earnest Christian men languished, the conditions were far less favorable than at Dartmoor.



# FOOTPRINTS OF FAITH

No. 5

David Paulson, M. D.

[We give our readers this month a further glimpse of Dr. and Mrs. Paulson's experiences in the early days of our Chicago work. In those days when crime and iniquity were open and in evidence everywhere, our little band of workers, who always sought God earnestly each morning before going out into the streets of sin, never passed a day without seeing marked evidences of God at work. At the same time Dr. Paulson was daily putting into the lives of those young people something which has held them in God's cause all these years, and while the Doctor's work is finished, some of this class of nurses are today still ministering to sick and needy humanity in the same self-sacrificing spirit as of yore.

We will continue the interesting story of the miracles of faith and prayer of Dr. Paulson, throughout the remainder of the year. Encourage your friends to subscribe for THE LIFE BOAT and thus get all of these interesting articles. Back numbers can be procured from our office.—Ed.]

**N**OT a word of criticism or faultfinding was heard among the class of forty young people who came from Battle Creek with Mrs. Paulson and me, but the great thought uppermost in every mind was, How can I best improve my heaven-sent opportunities? Every morning Brother Sadler gave instruction on methods of work, particular stress being laid not so much on how to bring men to Christ as on how to bring Christ to men. The Spirit of God opened up the great truths that from God's standpoint Christ and we have changed places, He being accounted sinful when he knew no sin, we being accounted just while we are ungodly. As a deeper significance of this wonderful truth dawned upon the minds and hearts of some of these workers who had attempted to labor in God's cause for years without receiving it, tears of joy trickled down their cheeks, and an intense longing was born in their hearts to give this message to even the least of Christ's brethren.

I learned more fully at that time than I ever knew before that people whose lives are given up to self-sacrificing labor for others, experience the reflex influence of it in their own lives. My work in Chicago brought me much in contact with earth's downcast. I have struggled with morphine cases. I have knelt down alongside their bed and asked God to pity those poor sufferers, and I have seen those persons go off quietly to sleep, and I

have had them tell me afterwards, "Doctor, that was a most wonderful experience." But it is not necessary for us to come in some extreme crisis in order to pray. You do not merely use the telephone when your house gets on fire. The time to pray is before you get in trouble.

## Went Out With a New Power in His Life

One night I was in the Life Boat Mission that we used to maintain on State Street in Chicago. A man in the audience was so drunken that he kept on jumping up, trying to say something and this tended to break up the meeting. I took him by the arm and persuaded him to accompany me up stairs. I tried to impress upon him the importance of becoming delivered from the liquor habit. He said something about being a drunkard for forty years and that it was no use. I felt impressed that the Lord could do something for the poor fellow that I could not. In spite of his objection I succeeded in getting him down on his knees and I earnestly prayed the Lord to deliver this poor man and I told him he must pray. He said he couldn't; he didn't know how. I told him just to ask the Lord to deliver him from the liquor habit and finally he blurted out these very words:

"Lord, if you can do anything for a poor, broken-down bum like me, I wish you would. Amen."

That did not sound like a very remarkable prayer to me but evidently God saw a bigger



A Group of The Life Boat Mission Workers and Some Fruits of Their Labor. Several of These Converts Are Today in Active Christian Work.

prayer in the poor man's soul, for he arose from his knees practically sober.

I took him down again to the mission meeting and intended to see him when it was over, but he slipped out unobserved. Six weeks later he came back well dressed and clothed in his right mind. He wanted to see the doctor with whiskers, but I was not there that night. When opportunity came to testify he arose and said that six weeks ago he had come into the mission a drunken outcast. His wife had left him in sheer despair, his employer had discharged him, his tools had been pawned for drink, but the doctor took him upstairs and got him down on his knees to pray and something *happened* to him. He went out of the mission with a new power in his life.

He hunted up his wife and told her that if she would come back and live with him that he would give her no further trouble. He told his employer that if he would help him to get his tools he could keep sober now, and he said from that hour he had no appetite for drink. In other words, he had gotten some pollen from another world and it had fertilized his soul. That represents what every man needs who is a victim of some enslaving habit. He does not need merely talk; he needs a new impulse and that from a higher source.

#### Can God Save Crooks?

I knew Dick Lane, who stole as early as he could remember. He stole from his mother on her deathbed, stole while over in the State prison. He worked in the kitchen and a farmer came in to sell chickens to them and while he was selling the chickens, Dick Lane wiggled one out of sight and into the oven, and one of the prisoners who saw the thing told the warden. The farmer insisted that he had brought in twelve, and there were only eleven to be paid for, but Dick Lane was sharp enough to know something was up and slipped it out and into the ash pile, and by the time the warden got around the chicken wasn't in the oven. Dick said, "You wouldn't think that of me, would you?" So the other prisoner got a reprimand for accusing him falsely.

Dick was lazy. He laid for fourteen days in a dark dungeon with only bread and water every day, and when he had eaten the bread

he would wet his finger and feel around to see if he couldn't find an extra crumb. But he did that rather than work in the stone quarry.

But one night he went into a mission in Chicago and got something. After that he worked for a dollar a day cleaning windows in the *Record-Herald* building, and that is no snap. Dick Lane was usually on hand at the Life Boat Mission and told his story to men who came in. Before his death he had risen until he was in charge of a department in the *Record-Herald*.

Can the Lord save crooks? Certainly. Dick Lane said plenty of times he wanted to be honest, but when he saw money, he couldn't help taking it. But finally he had the chance to steal unlimitedly, but he didn't do it.

#### She Showed Good Sense

Years ago one of our workers was visiting in one of the toughest places in Chicago. It was in a back alley where a family was living which had five or six children. The father was sick. I presume he had tuberculosis, and the sick mother tried to support the family by taking in washing. The worker volunteered to take home with her for a few days the oldest girl, a child of seven or eight years, so as to lighten the burden to that extent. The little girl loved her new friend fiercely; and soon the worker discovered to her amazement that her own hair had become infected with vermin. That worker did not say, "Oh, well, I am cleanly, and of good habits, and have a good reputation. What difference does it make if I do harbor a few lice in my hair?" No, indeed! She went after those invaders in dead earnest and did not rest until she knew that her head was delivered from the last one of them.

You say she showed good sense. Certainly; but I want to remind you that a few sins inside the head are a thousand times worse than a few loathsome bugs on the outside. God will not transplant sin into the next world any more than a sensible housekeeper would want to buy second-hand furniture and move it into her own house if she knew it was infected with bedbugs. Sin is a horrible, loathsome thing. It cost the death of God's own Son to furnish the anti-toxin necessary to destroy it. God will never

take you or me into heaven unless we give him a chance to save us from known sin down here. Ask God to make you hate sin as much as you hate bedbugs and other vermin; then he will have a chance to help you get rid of it.

As a physician, I desire to see people delivered from headache, intercostal neuralgia, gastric ulcers, neuritis, rheumatism, and all those other physical torments. But I ten times more desire to see them cured of their sins. If I did not, I might be a horse doctor; for when we reach the end of the journey we shall realize that to be saved from sin is the most important experience that could possibly come to us in this life.

Possibly there are some sins that you have been clinging to all this while, that over and over again God has put his finger on, and said, "My child, let Me help you get saved from them;" and perhaps you have said, "Oh, well, nearly everybody does those things; I prefer to compromise with them, and put them under tribute." Then remember that they will become a snare to you. There is no more sense in your clinging to pet sins because other people do than there would be in your keeping bedbugs in your bedroom because you knew some of your neighbors had them.

From personal contact with those who are struggling to get the mastery over their besetments and sins, I have found that a Testament in the hip pocket of such a man is often worth more to him than a bullet-proof shield would be to a man in the thickest of the battle.

(Continued in next number.)

### 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.

### "MAKE ME A FREE MAN AGAIN"

(From a Stillwater, Minn., Shut-in)

"I thank you very much for your friendly letter; also for THE LIFE BOAT and for those good leaflets which I received some time ago.

"You are a God-sent friend, you have helped me more than I can say. Every time I get one of your welcome letters I make a strong resolution that I must be a better man because you would like it, and to some extent I have succeeded.

"I do not think so much of the past now as I do of the future, because I have good news to tell you. The Board of Pardons of this State commuted my sentence, and I am hoping now to get outside some time in the near future.

"Yes, I pray often, but I do not know if my prayers are the proper kind which the Lord would hear, for I add every time to my prayer, 'O God, make me a free man again.'

"When I was a free man I lived without the fear of God, which was my greatest mistake. But I've learned since I came here and in a great extent by your help, to trust in God, and when I get out of here I shall continue to do my best as a true Christian and with the help of God live a straight and honest life.

"I've written all this concerning only this earthly life, yet I am fully aware that there is a greater purpose in our life, and that is to learn to know God and his only begotten Son, and by faith in him secure eternal life.

"I will conclude with the hope that I may receive an answer to my letter."

### "REMEMBER ME IN YOUR PRAYERS"

An old gentleman in the Wethersfield, Conn., penitentiary writes:

"I received your kind letter, also the Morning Watch calendar and THE LIFE BOAT. Was very glad to see that not all my friends have forgotten me.

"My case didn't come up before the Board of Pardons as I had to withdraw it on the ground that I had no place to go in case my petition would be granted. I'm out at the hospital where I have been for some time, still in poor health. The last ray of hope is nearly gone out of my broken heart. I

thank you for your kind-hearted letter. Please remember me in your prayers and let me hear from you again as your letters are always a great consolation to me."

### WHAT I SAW IN A DAY

MAUD WILSON COBB

A few days ago a call came to us to come to a town near Chicago to give testimony in the adoption of a little child. On the way to this town I was attracted by a sad-faced elderly woman in the seat with me. I could almost hear her sob. Her eyes were dim with tears. I finally asked her if she would like to look over the daily paper I had. She responded readily and said:

"I cannot read on the train—I am very tired. I have made a long trip. My only son is in trouble. He is to be sent to a state's prison. I have been to see him. He is my youngest child. I never had any trouble with my older children, but they had their father to help them; but poor John, he is the black sheep they all say. But I loved him the most. No one seems to understand John. If he would have only staid at home, but now I cannot help him."

I told her she could pray for him, and Jesus could convert him while in confinement, and he could come home some day and be her support in her old days. She said her heart was very weak and she was fearful that she had seen him for the last time, but that she would pray always that he might be saved, for she knew he had a tender heart.

As I left the train I wondered who was to blame that a woman who had tried her best to be a good mother should go to her grave broken-hearted because John had to be punished to save him.

Stepping out of the train friends met me and attracted my attention to a rough box on a truck ready to be put on the train. A young man said, "There goes to his rest a friend of mine. That box holds the remains of a bright young man who, in a fit of jealousy killed himself. He had every prospect of a useful life. He was temperate and had good habits, but he could not control his mind." That was only a part of the story, for in the depot stood the mother of this boy, weeping bitterly. She was taking him to his old home to bury him, her hopes of his future shattered.

Before I returned home I visited a home

where I found a grief-stricken young woman whose face showed agony on every line. Moaning, she sobbed, "Oh, such an experience; how hard it is to bear." I learned that the young girl was the promised wife of the young man who had committed suicide. Her sad face showed that words would have no effect at that time, and her only relief would be obtained from above. The last gift she gave this friend was a prayer book, hoping it would help him to be a true man. As I bid her good-bye, I could only say, "God alone knows why this has happened, and he alone can give peace."

While in the depot waiting for my train home an elderly woman with an 18-year-old boy was sitting near me. I noticed the worried look on her face and an ugly bruise. I was told that the day before the boy had nearly killed this woman, who is his grandmother. If neighbors had not come in she would have been killed. The story was told how she had raised this boy, a son of a drunken father, and how the boy's mind had grown feeble. He was on his way to a state institution so he could be protected. Even then, with the marks of violence on her face and body she was willing to go with him until the last, for she knew him when his mind was right, and when he was a child. She loved him because of his helplessness to control himself. How like Jesus, when we have trampled his words under our feet and have refused to walk in his way and have disgraced him by our conduct, he stands before his father, pleading for our souls. He shows the scars made for our sake, and as long as we live, if we listen to the sweet spirit that calls us to repentance, he is willing to go with us all the way.

### FROM MICHIGAN CITY, IND.

"I have the privilege of writing you a letter to let you know that I am getting along nicely.

"When you pray for yourself, don't forget to offer a prayer for me.

"I will be here eleven years the twenty-fourth day of April, and I thank the Lord that He has kept me in good health. If I feel lonely and bad, I talk to Him and He cheers me up. If I never have the opportunity to be a free man again, I can always feel I have a true friend to comfort my aching heart. I wish you all success in life."



Ready to Bless Chicago's Poor with 1,297 Articles of Clothing. Taken at Hinsdale Upon Leaving for Chicago.

## Carrying Sunshine into Dark Corners

### Gertrude Simpson

**M**ARCH the 30th dawned bright and clear. As the first rays of the morning sun streamed in through my window, my heart bounded with joy, for at the Hinsdale Sanitarium we, too, had planned to carry sunshine into some of earth's dark corners.

Buried in bundles of clothing for the needy, with our heads emerging like fence posts in a snow drift, we left Hinsdale, a party of eight, in two large autos, for the city. During the day we visited three institutions of charity, but one in particular I shall mention.

About 1:30 p. m. we drew up in front of a large three-story building on Prairie Avenue. This is Dr. Sarah Hackett Stevenson's lodging house for women. I was especially interested in this institution as Dr. Stevenson spent the last days of her life at the Hinsdale Sanitarium. She was for many years a prominent physician of Chicago and the institution founded in her memory is a fitting memorial to a life of self-sacrifice.

Home! What a flood of joy fills most of our hearts at the thought of home. Yet to some the very mention of it brings back memories of disappointed hopes and hours of discouragement. It is to poor, downtrodden, deserted young mothers that the doors of Dr. Stevenson's home stand open. And, as we met the kind-hearted matron and passed with her through the halls and living rooms of the building, we realized a truly home-like at-

mosphere in every nook and corner.

Thrift and industry animates the whole institution. Last year from the vacant lot adjoining, 1,200 quarts of vegetables—beets, beans, carrots, etc., were raised and canned. Every girl is required to keep her room clean and tidy. It is very interesting in a place of this kind to notice the different little marks of individuality in the arrangement of the rooms. Truly in everything we do, we reveal character.

The women are able to get room here for \$1.25 a week. Many of the rooms were quite crowded, sometimes containing two little families, with five or six in a room. The dining room is bright and cheery. Breakfast is served cafeteria plan, while the evening meal is twenty cents.

Adjoining this building is a smaller one, the nursery, where the very small children are cared for during the day. This enables the mother to go to work, and in this way she can keep the little family together and be with her children.

One brave little mother brought to our notice was working about the institution, and thereby supporting her family of three. The fourth child, who was born shortly after the father deserted her, she was forced to give away, as she felt unable to carry the burden with four to support. Mrs. Cobb brought the tiny visitor to our Rescue Home and he





A Group of Children with the Matrons of the Bethlehem Nursery. The Mothers of These Children Go Out to Work During the Day While Their Children Are Cared for Here.

has since been adopted into a wealthy family. When the little mother saw Mrs. Cobb her face lighted up and she said, "Oh, have you heard how baby is?"

This is only one of the many. The building has a capacity of seventy beds and yet they are full to overflowing. As I stood and looked down into the sweet little faces in the tiny white cots I felt a determination spring within my heart to do my bit for the poor and needy. Our 1,297 articles of clothing seemed so little to divide among three such institutions, yet as we drove home I thought of the Saviour's words, "Inasmuch as ye have done it unto one of the least of these my brethren ye have done it unto me."

### A VISIT TO THE BETHLEHEM DAY NURSERY

OLIVE R. FIELD

One recent bright spring morning found a party of eight friends of Chicago's little ones on their way to visit some of the day nurseries in the city. In the group were Mrs. Clough, Mrs. Cobb, Miss Hibben and three of us nurses. Mr. Fred Johnson and Mrs. Krehbiel a resident of Hinsdale, kindly took us in their cars and seemed to enjoy the visits as thoroughly as the rest of us who were combining business with pleasure.

After a delightful two hours' drive we arrived at the Bethlehem Home, where children are cared for during the day while the parents are working. We found a kindly spirit manifested in the home, and the children seemed happy and contented.

In the dining room we found a group of little folks from about two to five years old eating their noonday meal. They were given good wholesome food which they seemed to enjoy.

Our next visit was to the babies' ward, where they had twenty-four babies from about six months to two years old. The large room where they are kept is light and airy and they receive good care. The nurse who is with them seems to love all of the babies in her care.

Back again we go to the first floor, where we now find eighteen children of school age occupying the dining room in place of the little tots who have their afternoon nap. What a lot of beds it will take! And where is the bedroom? We soon see our question answered as twenty-one canvas cots are brought into the large playroom and quickly unfolded. A blanket is placed on each, and almost before we can realize it, every cot is occupied. This makes such a pretty picture that Mrs. Clough cannot resist using her camera. After that the shades are pulled and we leave them with their nurse.

Our last visit was to the playground, where the eighteen happy school children gathered after dinner. These children thought it a treat to have their picture taken also.

The poor widows are especially favored in this home. They pay fifteen cents a day for the care of one child and if more than one child is brought they pay only ten cents each for the other children. This price is merely nominal as the children receive good care and



AN INTERESTING SCENE.  
The Kindergarten Children Ready for Their Afternoon Nap.

one full meal a day besides a forenoon and afternoon lunch. They can be left in the home from 6:00 a. m. to 6:30 p. m.

Since a number of the children in the nursery come from homes of real poverty, we are glad to be able to leave some clothing here. We had started with twelve hundred and ninety-seven articles of clothing, so we left several bundles with the matron of this home, feeling sure they would be distributed where they were most needed.

Surely a visit to such a day nursery would prove an inspiration to anyone to help the work along. Jesus said, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

### VISITING THE "LITTLE WANDERERS"

HULDA REINMUTH

Not long ago I with others from the Hinsdale Sanitarium who are especially interested in work for the needy classes, had the privilege of visiting the day nursery of the "Little Wanderers" in Chicago. At the time we visited the place the little tots were just closing their kindergarten exercises by singing "My Country 'Tis of Thee" and "Jesus Loves Me This I Know." We were told that there

were twenty-seven different languages or nationalities represented in the eighty-eight children who were there at the time of our visit. There were about twenty or more kindergarten children of many different nationalities, yet all were cheerfully singing "My Country 'Tis of Thee." They all seemed very happy and contented.

From the kindergarten room we were taken upstairs to a ward where the two and three-year-old tots were kept. As they saw us coming they clapped their hands and cried out, "Oh, company's coming." They were all kept neat and clean. In the bath room each little child had a hook for the wash cloth and towel, and above each hook was a label with the child's name on it, thus keeping them from getting mixed. All soiled laundry was put in some disinfectant solution before going to the laundry basket, thus keeping the laundry sanitary.

The lunch room was an interesting place. It was a clean, sunshiny room with only one piece of furniture in it—a small stand in the corner. We arrived at lunch time. The little tots from 2 to 4 years of age were sitting on the floor all around the sides of the room. Each had a granite cup in its hand waiting to be served with milk and bread. All ate their lunch very quietly sitting on the floor.



A Few of the Eighty-eight Children Cared for Daily in the "Little Wanderer" Nursery.  
Their Physician and Matron Appear in the Group.

After they had finished their lunch the nurse in charge of the children washed their hands and then the children went on with their play.

The older school children have their playground in the yard. Here we saw an old street car, donated to the institution by the street car company, in which the children have a great deal of fun. They also have swings, see-saw boards, etc. They seem to get along peacefully and are happy together. They were especially pleased when Mrs. Clough said she wanted to take their picture.

A free employment bureau is operated in connection with the nursery, through which they secure work for the mothers whose children are left in their care. By making the mother self-supporting, they eliminate the necessity of separation of mother and child.

The hungry and needy are never turned from their door. They feed and care for them first and investigate afterwards. The children are all well fed and attended. A house physician visits the nursery daily, and no disease is allowed to develop. Each child is carefully examined by the physician before being admitted.

The social visitors of this institution call on the mothers, keeping in touch with their condition, encouraging and assisting them in

keeping their homes tidy and teaching the important lesson of self-dependence.

The "Little Wanderer Association" is surely doing a noble work among the many needy ones in Chicago. May God richly bless that home.

#### DID I THIS MORN?

Did I this morn devoutly pray  
For God's assistance through the day?

And did I read His sacred word  
To make my life therewith accord?

Did I for any purpose try  
To hide the truth or tell a lie?

Did I to all who came my way  
One courtesy or kindness pay?

Or if distress my aid implored  
Did I that aid with joy afford?

Did I my thoughts with prudence guide,  
Checking ill humor, anger, pride?

Did I from every word refrain  
That could give any creature pain?

Did I with cheerful patience bear  
The little ills we all must share?

And did I, when the day was o'er,  
God's watchful care again implore;

His pardon ask for all wrong done,  
And grace to help in time to come?

And did I make my only plea,  
That Jesus lived and died for me?

## MY MOTHER AT THE GATE.

Oh, there's many a lovely picture  
 On memory's silent wall,  
 There's many a cherished image  
 That I tenderly recall!  
 The sweet home of my childhood,  
 With its singing brooks and birds,  
 The friends who grew around me,  
 With their loving looks and words;  
 The flowers that decked the wildwood,  
 The roses fresh and sweet,

The blue-bells and the daisies  
 That blossomed at my feet—  
 All, all are very precious,  
 And often come to me  
 Like breezes from that country  
 That shines beyond death's sea.  
 But the sweetest, dearest image  
 That fancy can create  
 Is the image of my mother,  
 My mother at the gate.

—Matilda C. Edwards.

## Mothers, and Mother Love

Maud Wilson Cobb  
 Matron, Life Boat Rescue Home

Hinsdale, Ill.

IN ALL my life I have only known of one mother who refused to forgive. We cannot understand this mother. For over a year her daughter has been under our care and influence. She has been baptized and is serving Jesus daily. She says:

"I disappointed my mother, and I hope she will forgive me. I will live right all the rest of my life to atone for the wrong step I took. It would make me happy just to see my mother's smile again. But don't think me ungrateful. Jesus has given me a mother when my own forsook me, and I thank him."

A few days ago a bright young girl was admitted into our home. The next day she came crying, saying:

"I must go home to my mother. I cannot stand to be away from her. I think I will die."

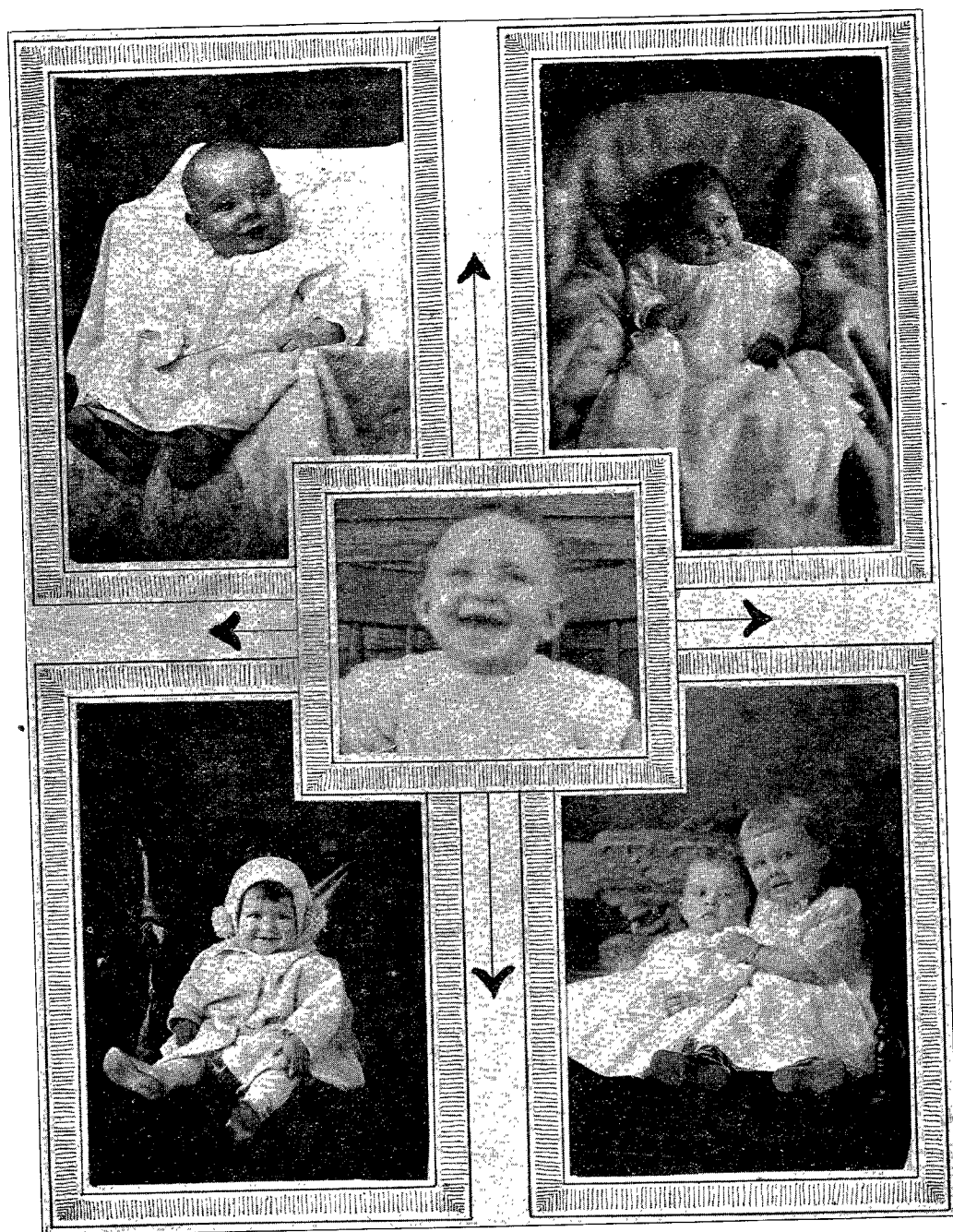
After trying to encourage her in every way she decided she would write her mother to let her come home. The letter was sent, and in a day or two our phone rang and we were told the young girl's mother wanted to talk to her. When the girl came to the phone and knew it was a long-distance call, her first words were, "My mother!" Her face paled. I stood by her side and said, "Be careful, dear; be brave for your mother's sake, for her heart aches for you."

Then the child steadied her voice and said, "Mother, I feel better today. I am all right. Don't worry." The tears fell fast, she almost choked as she tried to steady her voice as she said, "Mother, don't work too hard. Don't stay alone at night, and if you are sick send me word at once. Don't worry, mother. I am all right."

Her fear for her mother's health is her main thought. Her condition is pitiful. When I asked her why a girl of her type, and from such a good home, should be in her condition, her frightened eyes dropped and she said, "I cannot believe it myself. I cannot make myself believe I am a ruined, deserted girl, but for mother's sake I want to live and go back to her and if God spares me I will never leave her again."

One of our mothers said when her little son was placed in her arms, "I am glad he is a boy. I want to keep him. I want to live right for him." This girl's home has always been in the South. She has never lived in the North, and it seems like a new world to her. She longs for the sunny days in her homeland. The dark winter storms and cloudy days almost frightened her. She also found that it was not so easy to make friends. She tried to be brave, and with her dark-eyed baby boy she started out from our home to earn a living for him. She felt as though she could not ask more of the Home. In one week's time she had to come home. She was not able to care for the baby and work. After a few weeks a position was opened for her in an office. She accepted it and lived in our Home. We cared for the baby. But finding the long trip to Chicago each day was too much for her, we found a nursery that would care for little Jack during the day, and his mother could have him at night on her return from work. This plan has been carried on for a time.

On Sunday the girl came to the Home with Jack to spend a few hours with us. She said, "Oh, I think of him all the day, and I hurry



A Group of Our Home Babies Who Are Now Blessing Childless Homes.

home at night so I can have him. It is a comfort to know he is waiting. But I know I am denying him something he should have—he needs a real home and as much as I love him and want him I feel he must have the best, and if you can find a good home for him I will make the sacrifice of my love for his good. She wrapped his blanket around him a little closer, and as she left the Home with a sob she said, "How will I live without him?" I could not help but think of this frail girl, alone, away from friends, trying to solve the problem of keeping her child.

Yesterday a mother with her daughter, not quite 17 years old, came to our Home. They are very poor people, because of a large family of children and much sickness during the winter months. The mother and the girl were poorly clad and shoes badly worn. As the mother tried to tell me the story of her little girl's misfortune she broke down and wept bitterly. The girl clasped her arms about her mother and their tears mingled together.

The mother said, "Mary was always so good. She would work all day and at night would come home and help me with the housework. She never spoke unkindly to me or her little brothers and sisters, and now we must give her up. She is such a child and she is not well. Oh, what can we do in this great trouble?"

Mary said, "Mother, I will come back to you if you will only love me as you did before this trouble came upon me."

The mother said, "I cannot live without you. But how can we care for another little one, and give it what it needs?" As the mother left our home her shoulders seemed to droop with the burdens she bore. But she said, "God is good. He will take care of you, Mary, if you believe."

I find in our work that there is only one comfort that is sure, that which never fails in time of trouble. The one comfort is Christ, and Satan is to blame for the wounds that sin has made. He was the one who made it necessary for this Home to be built, and he has driven the broken-hearted girls and nameless babies about until they have reached this haven of rest. And not until they take the name of Jesus does he lose his hold on them. Jesus is the only name he fears. Many a child of sorrow and woe has learned to

take the name of Jesus, and it has proven to be a comfort and strength to them. It has been a shield to them as they struggled upward.

### ONE OF THE ENEMY'S "TARES"

D. H. KRESS, M. D.

It is only during the past forty years practically that the cigarette has made its appearance in the United States. So rapidly has the habit spread, and so universal has it become, that one of the supervisors of compulsory education made the statement that "seventy-five per cent of the boys over 10 years of age attending the public schools" in the district that he is supervising, "are users of the cigarette, or tobacco in some form." During the past ten years the use of the cigar in the United States has increased eight and one-third per cent while the use of the cigarette has increased over four hundred per cent. The cigarette, in fact, in all civilized lands is crowding out the pipe and the cigar.

While I am not a champion of the pipe or the cigar, I can not help but recognize that a greater evil is supplanting a lesser one. The inhalation of the smoke of the cigarette even though the tobacco may be milder than that of the pipe or cigar, makes it many fold more injurious. For years we have been sowing to the wind and we are beginning to reap the whirlwind. While men have slept the enemy has been sowing tares. In the increase in youthful criminals, the ripened cigarette products, we are beginning to reap the results of our past forty years of sowing. From my viewpoint as a physician it is very apparent that unless our nation soon awakes out of its slumber and refuses to permit herself to be charmed and soothed by the few paltry pence of revenue she receives in return for the physical, intellectual and moral stamina of her boys; her future men—her condition will soon be as serious as was that of China when the use of opium had become general.

Christ stands in the heavenly sanctuary today, saying to the Father concerning us, "Look not on this erring child, look on me; look not on his filthy garments but look on my spotless righteousness." (Col. 2:10.) Only in Him are we complete.



## Stormy Wind Fulfilling His Word

Chaplain J. G. Lamson  
Hinsdale Sanitarium

**M**ARCH 28, 1920, was the date of the great tornado which many of THE LIFE BOAT readers will remember. A day or two after the storm the writer had the privilege of driving through Melrose Park and Maywood and gazing at the wreck and ruin of the storm. Two views are presented herewith, and they surely will preach a sermon to any one who is willing to listen while the still, small voice occupies the pulpit.

A week later one of the wildest blizzards of the entire year came down on Easter Sunday, and again one could meditate on the words of the Psalmist: "Fire and hail, snow and vapors; stormy wind fulfilling his word." In what sense does the stormy wind fulfil his word? We speak of prophecies as being fulfilled. Are there any prophetic utterances of the Bible that seem to indicate that as we approach the end of the age there will be special and marked conditions of the elements? Surely there are just such words, and the believer in the Bible has no difficulty in recognizing that this earth "is waxing old like a garment." That soon it will be like a vesture ready to be folded up and put away.

The Saviour himself in telling of the signs that would mark the near approach of his coming called attention to the distress upon

the earth, among the nations, but he also particularly mentioned the strife in the elements. There should be famines and pestilences and earthquakes; there should be the sea and the waves roaring; there should be "men's hearts failing them for fear and for looking after those things that are coming on the earth." So changed will the conditions of the seasons be that "The seed is rotten under their clods, the garners are laid desolate, the barns are broken down; for the corn is withered. How do the beasts groan! The herds of cattle are perplexed, because they have no pasture; yea, the flocks of sheep are made desolate." Joel 1:17, 18.

This change in the usually peaceful and peaceable conduct of the elements, except in rare intervals, will become so common that famines and pestilences will follow, and the verses found in connection with these two just quoted in the first chapter of Joel distinctly say that it is at the time when "The day of the Lord is at hand, and as a destruction from the Almighty it shall come."

Not now do we see the mighty destructions that will yet pass before the eyes of the inhabitants of the earth. Not yet are the plagues and the judgments of God permitted to do all that demons desire, for there is yet



a restraining hand; and for a time yet the terrible disasters will be mixed with more or less of the mercy of God. But when the Father withdraws his hand of protection from the rebellious peoples of earth there will then be no mountain to which to flee, no covering to overshadow the head. God does not send these awful calamities. They are the work of devils. When Satan was cast out of heaven and the rebellious angels with him they were cast out into the earth, as is distinctly set forth in Rev. 12:9, he then became "The prince of the power of the air, the spirit that now worketh in the children of disobedience." Eph. 2:2.

Wind is a beneficent thing. We can hardly understand how the earth could get along without it. Winds are a blessing. They help to diffuse the poisonous gases and purify the atmosphere. They bring the clouds that refresh the earth with rain. They carry the seed and the pollen and fan the cheek of the toiling worker. But like every other good thing, when it comes into the possession of Satan the good is thrown away and the vicious and vile appears. The spirits that take hold of the wind and cause it to destroy and wreck and smash and kill are identically the same spirits that work in the hearts of the children of the disobedient. The man or woman, young or old, who ordinarily is gentle, kind, careful and considerate to serve, and desired by all, becomes very quickly, under the influence of the spirit of the prince of the power of the air, the wild, raging, uncontrollable force which withers, disintegrates and destroys. Many a poor man ordinarily kind, with deep feelings for humanity in his soul, living for months and years beloved and respected by all, has in a moment of passion, when seized by the evil spirit, overthrown the reputation built up by years of carefulness and has brought disgrace and remorse and awful punishment not only upon himself, but more often upon others.

When a man yields himself to a spirit, the very same spirit that wrecks and destroys in the tornadoes and hurricanes, he himself becomes mentally and actually a human tornado and hurricane, and then when the storm is past and the sky clears and the sun shines, upon what havoc is he compelled to look! Oh, unhappy man!

But there is also another spirit—the spirit of our Master. It is the spirit which is carried by the "angels which excel in strength." Jesus demonstrated its power when he was on the earth. "With authority commanded he the unclean spirits" to come out of men. The demons possessing the two men who lived in the graveyard on the shore of the lake were commanded to come out, and the men were allowed to go free. The demon in the man who went to church at Nazareth was commanded to come out, and he had to come. When Jesus ascended he left his Holy Spirit



Wreckage Caused by the Recent Tornado. View Taken Only Twelve Miles from Hinsdale.

to take his place in the earth and to perform the mighty work through the ministrations of the gospel that he himself did when he was on earth.

That spirit today which proceeds from heaven can cleanse the heart possessed by evil and make a man all over new. The same power that said to the storm on old Galilee, "Peace, be still," is the voice that can speak to the raging heart and bring the quiet sunshine and peace that follows the storm. To no one will this peace be refused if it be sought earnestly. No poor possessed



son of man was ever turned away by the Lord of heaven and earth, nor will any such be turned away today. We have the right to choose. The evil demons cannot take possession of us unless we consent. The power of choice is with every human individual. If we choose God and his way he will command his angels to "have charge over us." They will build a "hedge" about us. There can no evil befall us except such as is permitted in order that we may be perfected by the trials which the Lord says are for our good.

Dear Reader, commit thy way unto the Lord. Plead with him to let holy angels have possession of your life and that the demons may be cast out of your soul. Throw yourself on the mercy of the everlasting God to protect you not only from the storms which rage without, but from the storms which rage within. It is the prince of the power of the air who controls the wrong spirits and commands his assisting angels to bring to pass the evil; while if we become the children of the Most High it is he who commands the host of heavenly beings to surround us as they surrounded the servant of Elisha on the mountains of Israel. Let us come into the pavilion of God, where the "munitions of rocks will be our habitation" and where we shall abide "under the shadow of the Almighty."

## 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.

33. What is good for stomach trouble?

Ans. Starvation for a day or two, together with free water drinking and the application of fomentations to the abdomen. People in ordinary health would rarely suffer from stomach trouble if they were sufficiently abstemious in diet and avoided rich and complicated foods which are always difficult to digest.

34. What are the extremes of blood pressure?

Ans. In the case of an adult from 70 to 300 mm. of mercury. Although on rare occasions one finds even these extremes slightly exceeded.

35. What is good for night sweats?

Ans. Alcohol (half water and half alcohol) or a vinegar sponge, allowing most of the moisture to evaporate, and drying very gently by pressing the towel instead of rubbing. The patient should consult her family physician with regard to possibility of some disorder of the lungs.

36. Kindly explain the treatment for inward goiter.

Ans. Most cases of ordinary goiter are best and most successfully treated by letting the swelling severely alone and forgetting all about it. A varying enlargement of the thyroid gland is not uncommon and in perhaps the majority of cases produces little or no palpable disturbance. For any special treatment the doctor should be consulted.

37. What is the cause of swelling of the knees?

Ans. Inflammation of the knee joints known as synovitis causes swelling, and so does the enlargement of a bursa causing housemaid's knee.

38. Is there always a cough with consumption?

Ans. No, not invariably, or rather some patients cough very little, but in the majority of cases cough is a prominent sign.

39. What treatment would be best for sciatic pain?

Ans. A hot hip and leg pack rarely fails to relieve sciatica and is one of the most efficient of remedies. The arc light or the prolonged use of the photophore is almost equally efficient. It is needless to add that the patient must go to bed and keep warm, and elevate the afflicted limb on pillows.

40. Is it proper to talk of your illness?

Ans. No, indeed. Backache, stomach ache, gripes and cramps, nausea and bowel movements or lack of them, are not profitable subjects for general conversation and ought to be confined to the doctor's office or doctor's visit. Discussion of the weaknesses of the flesh of one kind or another do not tend to elevate, uplift or encourage people but have quite the contrary effect, and also serve to spread sickness and disease even though they may be more or less imaginary.

## ◀ THE POET'S CORNER ▶

### "Just Be Glad"

O heart of mine, we  
shouldn't worry so!

What we've missed of calm  
we couldn't have, you  
know!

What we've met of stormy  
pain,

And of sorrow's driving rain,

We can better meet again,  
If it blow.

We have erred in that dark hour we have  
known,  
When our tears fell with the shower, all  
alone!  
Where not shine and shadow blent  
As the gracious Master meant!  
Let us temper our content,  
With his own.

For, we know, not every morrow can be sad;  
So, forgetting all the sorrow we have had,  
Let us fold away our fears,  
And put by our foolish tears,  
And through all the coming years,  
Just be glad.

—James Whitcomb Riley.

### Song of Courage

Come! Dig a grave, and  
lay therein  
All the Things-That-Might-  
Have-Been,  
And all the Things-That-  
Used-To-Be!  
Nor ever open it to see  
These tear-provoking sights  
again;  
For, mark you, after leaves  
and showers  
For years upon that spot  
have lain,  
From the time-seasoned  
earth will spring  
Rare and wondrous flowers!  
—Catherine Culnan.

### Keep a Laugh Behind It

When disappointment strikes  
a blow,  
Be calm and bravely bear  
it;  
There's something better  
farther on,  
Make up your mind to  
share it.  
The world is full of light  
and shade;  
If darkness falls, don't  
mind it;  
A cloud may let the sun-  
shine through,  
Just keep a laugh behind  
it.

Though Fortune is a fickle  
friend,

And sometimes brings disaster,  
A cheerful heart and merry laugh  
Will often prove her master.  
She makes a tangle of your life;  
The game is to unwind it;  
Then set your brain to steady work,  
And keep a laugh behind it.

The ills of life are bad enough,  
Repinning makes them double;  
Let laughter luminate your tears,  
And shine through all your trouble.  
Seek health, and wealth, and happiness;  
Seek what is best—and find it;  
Work out the problem of your life,  
And keep a laugh behind it.

—Lanta Wilson Smith.

### A Fresh Beginning

"Every day is a fresh beginning,  
Every morn is the world made new.  
You are weary of sorrow and sinning,  
Here is a beautiful hope for you,  
A hope for me and a hope for you.

"All the past things are past and over,  
The tasks are done, and the tears are shed;  
Yesterday's errors, let yesterday cover;  
Yesterday's wounds which smarted and bled  
Are healed with the healing which night  
has shed.

"Let them go since we can not relieve them;  
Can not undo and can not atone;  
God in His mercy relieve, forgive them;  
Only the new days are our own.  
Today is ours, and today alone.

"Every day is a fresh beginning,  
Listen, my soul, to the glad refrain,  
And spite of old sorrow and older sinning  
And troubles forecasted, and possible pain,  
Take heart with the day and begin again."

—Selected.

### Somebody Cares

"Nobody knows,—nobody cares,  
Nobody feels and no one shares  
The tide of grief which comes my way,  
Turning to night the fairest day."  
Nobody cares?—O listen, friend,—  
You who are wishing life might end:  
Somebody knows, yes Someone cares!  
Somebody feels it all and shares  
The weight of grief that fills your heart,  
Noting the tears that fain would start.  
Nobody cares? Oh, say not so,  
For One does care, and One does know!  
Somebody knows,—yes, JESUS cares,  
With you your sorrow-burden bears;  
Will you not drop it all on Him,  
Letting Him guide where sight is dim?  
Now He is longing to take control,  
Longs to give peace to your care-worn soul.  
Nobody cares?—Oh, lift your eyes  
To Jesus, who can sympathize.  
To Him His every child is dear,  
And to each broken heart He's near.  
Give it to Him—your aching heart,  
That peace and joy He may impart.  
Somebody knows, who suffered too—  
Suffered and died and lives for you.  
You cannot drift beyond His love,  
Pardon and hope await above;  
Friend, O look up,—no matter where,  
For Jesus knows, and He does care!  
—Pearl Waggoner Howard.



# EDITORIAL

**Editor:**

Caroline Louise Clough

**Associate Editor:**

Mary W. Paulson, M. D.

**Contributors:**

D. H. Kress, M. D.

A. B. Olsen, M. D.

J. F. Morse, M. D.

Prof. J. G. Lamson

**WHY DO WE HAVE TRIALS?**

The nuggets of gold dug from the mountain side are of no particular value, except as souvenirs, until they are put through the refiner's furnace and the dross burned out. Often the first fire does not remove all the dross, then the melting process must be repeated until all is pure glistening gold.

So in our lives, the Lord brings us over the same thorny path again and again, increasing the pressure of trial each time until our character is transformed and the pure metal shines forth.

A well-known writer has said:

"True grace is willing to be tried. If we are loath to be searched by the Lord, our condition is one of peril. God is the refiner and purifier of souls. He places us in the heat of the furnace that the dross may be forever separated from the true gold of Christian character. Jesus watches the test. He knows just what fire of temptation and trial is needed to purify the precious metal in order that the radiance of divine love may be reflected.

"There is a constant tendency among the trees of the Lord to be more profuse in foliage than in fruit. One evening a gentleman who was much depressed because of deep affliction was walking in a garden, where he observed a pomegranate tree nearly cut through the stem. Greatly wondering, he asked the gardener why the tree was in this condition, and he received an answer that explained to his satisfaction the wounds of his own bleeding heart. 'Sir,' said the gardener, 'this tree used to shoot out so strong that it bore nothing but leaves. I was obliged to cut in this manner; and when it was almost cut through it began to bear fruit.'

Joseph was sold into Egypt and then was put in prison. The darkness that enveloped

his soul was so dense that it seemed every ray of hope had vanished. He learned in the dark what the Lord could not teach him in the light. But in the dark he took hold of God by faith, and he was rewarded by being placed at the head of the nation.

When we get to the place that we can look on our trials as Paul did we will then use them as stepping stones to a larger, richer Christian experience. Paul, when lying in prison in Rome, wrote to the Philippian church: "But I would ye should understand brethren, that the things which happened unto me have fallen out rather unto the furtherance of the gospel. And many of the brethren in the Lord, waxing confident by my bonds, are much more bold to speak the word without fear." Phil. 1:12, 14. C. L. C.

**IF IN NEED OF CHRISTIAN HELP—WRITE US**

Just the other day we received this appealing letter from two young girls in an eastern state:

"To THE LIFE BOAT People:

"We live in B. . . . . and have a brother and one sister and father and mother. We do want to be Christian girls, but have no one to explain it to us.

"My sister and I have started out alone to serve Jesus, and no one helps us when we are in trouble, and we do not understand the Bible nor have anyone to teach us, but Jesus reveals a little to us.

"Callie and I heard of you and so we said, 'Maybe they will help us.' Nobody knows our past life, only Jesus.

"We would give anything to be true Christians. Not one in our house is Christian.

"Callie is 16 and I am 17.

"Do write us a letter and we will be very thankful."

We have already written them and are glad to help them.

Any who read this magazine and desire to correspond with us may do so. If you feel the need of Christian help and advice write us.

C. L. C.

**SPRING FEVER**

At this time of the year there usually comes a disposition to be lax in the fulfillment of every-day duties. The lure of the outside—the warm sunshine and springing flowers—call us away from the humdrum of life. Ere we are aware we have neglected the early morning hour's communion with our God for a stroll in the woods, or if more industrious, raking and planting a garden.

It is right now that the foundation is laid for a general backsliding from God which reaches its climax in mid-summer, when nearly all religious activities are "closed for the summer vacation" and the devil is working ten times harder than ever to allure and attract to himself.

Spiritual spring fever is a very dangerous malady and can be combatted only by earnest prayer and dependance upon God.

C. L. C.

**FIFTY YOUNG PEOPLE WANTED AT HINSDALE**

By July 1st a large new class for nurses' training will be started at the Hinsdale Sanitarium. Can you think of entering any line of work that will give you more opportunity to be a blessing to humanity than to be a missionary nurse?

The training at Hinsdale gives experience in medical evangelistic, house-to-house visitation, jail and rescue work as well as bedside nursing. Earnest, consecrated young men and women who have already given their lives to God's service are needed to enter this class. Write at once for further particulars. Address Dr. Mary Paulson, Hinsdale, Ill.

**WHY WE CAN HAVE A SPECIAL PRISONER'S LIFE BOAT**

This LIFE BOAT is our Twenty-first Annual Special Prisoners' Number. This is the only magazine we know of that visits yearly every prison in this country, and it has done so for the last twenty-one years. But the many friends of the work all over the country have

made this gospel campaign possible. This year we are publishing the names of those who have given before we go to press, thus introducing to the prisoners the friends who have so kindly remembered them.

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Total amount.....	\$502.40

NEWS HERE AND THERE

Dr. W. A. Ruble and wife of Melrose, Mass., were welcome visitors at the Hinsdale Sanitarium recently.

Prof. A. W. Spalding, editor of *The Watchman*, of Nashville, Tenn., gave our Hinsdale workers an interesting illustrated lecture on "The Trail of Missions in the Southland."

Miss Maude Erickson, a graduate of the nurses' class of 1919, called at the Sanitarium recently.

Dr. A. B. Olsen visited his home in Indianapolis, and attended a convention at Columbus, Ohio, this month. He was also called to Melrose, Mass., at the death of his mother, Mrs. O. A. Olsen.

Mr. Julius Paulson spent a week-end at the Emmanuel Missionary College at Berrien Springs, Mich., during the month. He also visited the Fox River Academy at Sheridan, Ill.

Pastor F. C. Gilbert, the Jewish Evangelist, called at the Hinsdale Sanitarium while enroute to the Pacific coast.

Miss Mary Lamson of Berrien Springs, Mich., visited her brother, Professor Lamson, Chaplain of the Sanitarium. Miss Lamson was accompanied by Miss Flora Pflugrad, who gave an interesting entertainment to our Sanitarium guests.

Dr. O. M. Hayward of Reeves, Ga., visited Hinsdale recently.

Prof. Pearce and wife of Berrien Springs, Mich., spent a few days at the Hinsdale institution recently.

A choir of twenty members of our Hinsdale family are assisting in the series of programs being conducted in Orchestra Hall, Chicago, once every week. A chorus of 300 voices, with special numbers, furnish a part of the entertainment, and a speaker of world renown gives an address on some timely subject. These series of lectures will be conducted for ten weeks. Our Chaplain, Prof. J. G. Lamson, spoke at one of these meetings recently.

Mr. H. H. Hall, one of the managers of the Pacific Press Publishing Association, of Mountain View, Calif., gave an interesting illustrated lecture at the sanitarium on the rise and development of our publishing work.

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. \$2.00 per year. Address, Nashville, Tenn.

**The Medical Evangelist,** a new magazine published at Loma Linda, Cal., is meeting with a warm reception everywhere. The magazine stands for the promotion of medical missionary evangelism and for physical well-being. Send for a sample copy. Address the publishers.

# The Life Boat

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

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Contributors:  
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A. B. Olsen, M. D. Prof. J. G. Lamson.  
Business Manager: N. W. Paulson.

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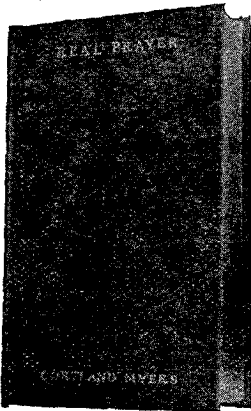
**EAGLE PENCIL COMPANY, NEW YORK**

# Rogers & Hall Company

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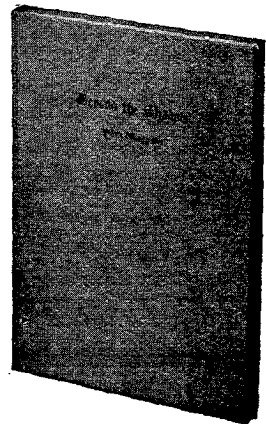
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## Two Splendid Premiums

### Real Prayer

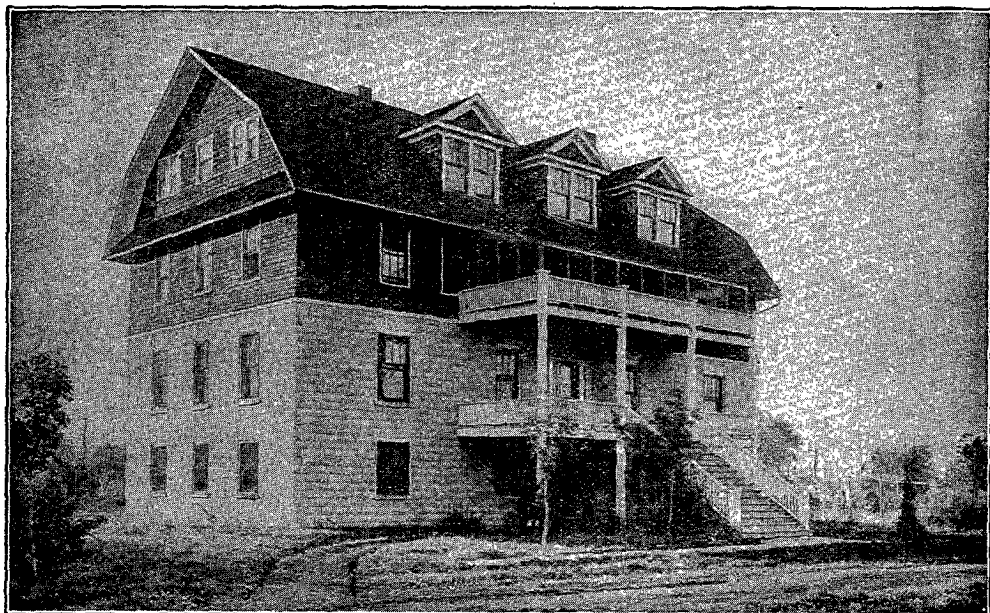
By <sup>Dr.</sup> Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and fifty cents extra. Send us \$1.50 and receive The Life Boat for one whole year and this splendid book.



### 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 extra. 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

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

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

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

Write for full information and particulars of this plan.

Address

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

# Are You Wearing a "Patricia"

## A SHIELD TO HEALTH

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

We are now able to furnish the Patricia health garment in stock sizes from 32 to 42 bust measure, made from the very best of materials and carefully shrunken before making. Price \$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 never without it."

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

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

# Liquid Paraffin

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

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

### Prices

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

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

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

## The New Hinsdale Sanitarium

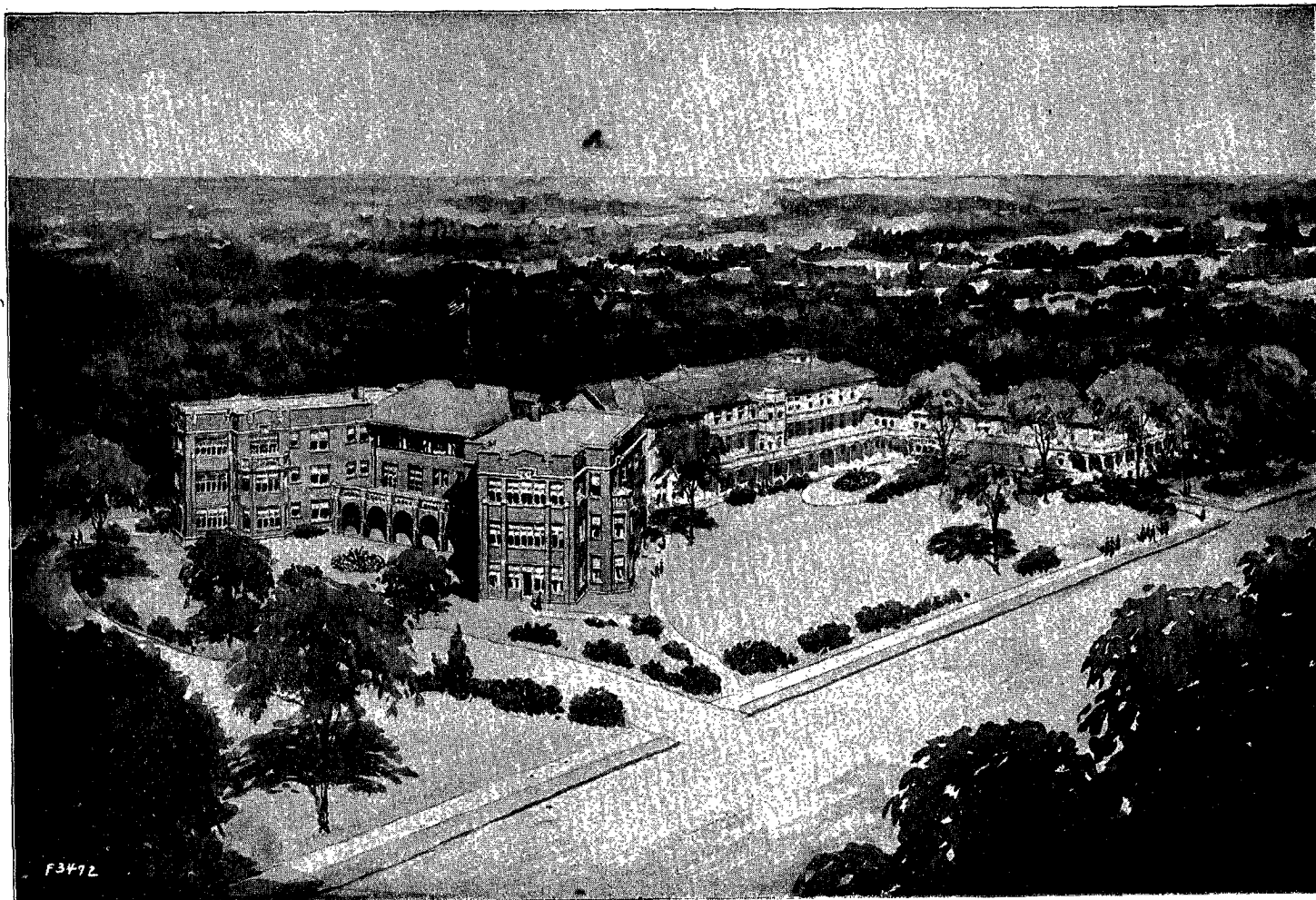
**T**HE HINSDALE SANITARIUM has had the largest patronage for the past year in its history. For many months it has been possible to accommodate only a small percentage of those who wished to come for care and treatment, therefore, it was decided a few months ago to build a substantial three-story addition to the south of the present building, consisting of fifty patients' rooms, parlor, writing room, library, special treatment room, sun parlors, "work cure" and a chapel large enough to accommodate 350 people; also to enlarge and thoroughly equip our present ladies' and men's bath and treatment rooms, building over them complete new offices for our physicians, to remodel and enlarge our kitchen, serving room, patients' and helpers' dining rooms, and business offices.

When completed, the Sanitarium will be well equipped to do thorough work and will be able to accommodate about 160 patients.

### Have You Money to Loan?

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

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



The Hinsdale Sanitarium, showing the present building with the new fifty-room addition. See inside this cover for further information.