

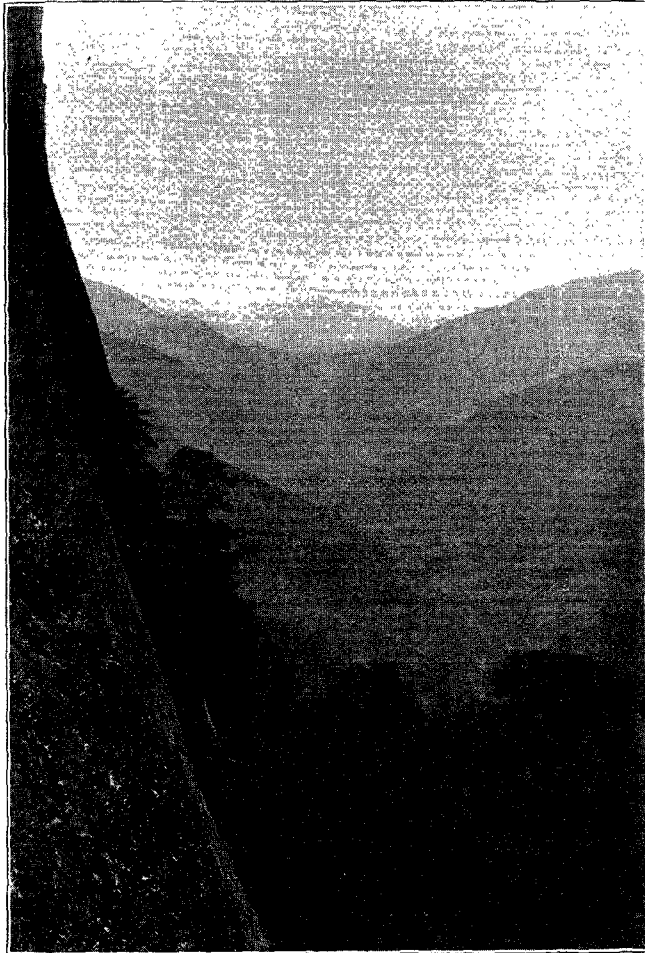
**The Life Boat Employs No One to Solicit Donations**

To Retain Vigor  
Initiated Into China  
Fishing for Men in Moral Swamps  
The Moho Indians  
The Secret of Success  
The Prodigal and Elder Brother  
A Day With the City Workers  
In Christ's Stead  
Personal Experiences

# Tenting Toward the Highlands

In days gone by we have pitched our tents  
In the valley of sin and shame  
On earth's low sod  
Away from God  
And have shunned and despised His name.  
The "waters of strife" have been our drink  
And the "bones of contention" our food  
And the devil's weeds  
In our misdeeds  
Had grown—a great multitude.

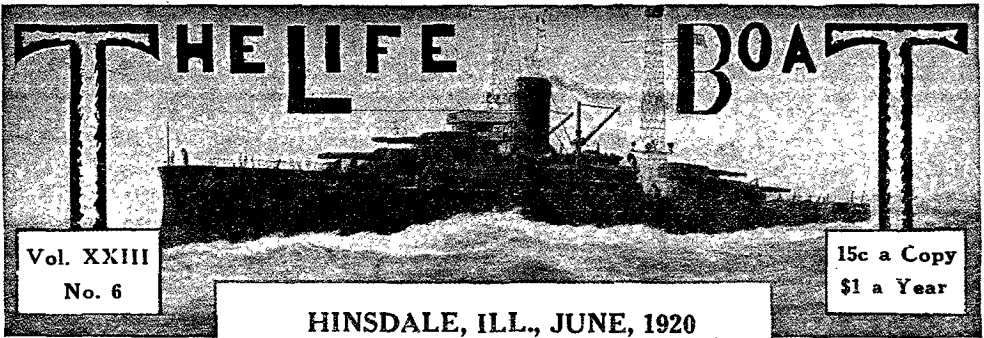
But today we're away from the vale below  
To the plain that is far above,  
Our red sins grow  
All white like snow  
Through the name of the God of love.  
The mountain streams flow fresh and free  
And we drink from the fountain pure;  
And we all are fed  
With the living bread.  
And dwell in His hand secure.



We will tent tonight toward the upland's height  
For the sun is sinking fast,  
And now we'll rest  
At the Lord's behest  
Till the night of sin be past.  
The lightnings flash, the thunders crash  
The earth quakes neath our feet,  
But our hearts rejoice  
At the Saviour's voice  
And it all makes our faith complete.

But the morning dawns! Oh rapturous morn!  
The bright all glorious morrow!  
The heart aches past!  
We're home at last,  
And never again comes sorrow.  
The River of Life from the throne of God,  
And the leaves of the healing tree!  
The glory Thine;  
But the joys divine  
Are ours through eternity.

J. Grant Lamson.



## Our Daily Food

A. B. Olsen, M. D.

**I**F, when we ask for our daily bread in the words of the beautiful prayer which Christ taught His disciples, we were content to accept the simple fare which the body requires for its nourishment and refrain from the digestion-destroying articles which overload many of our tables, half or more of the aches and ills which afflict us would promptly disappear. Health is not encouraged by food compounds which tickle the appetite and satisfy a perverted palate, even though they do contain a certain amount of nutrition. Indulgence in unholy cravings of any kind always brings sickness and disease sooner or later, but plain food, simply prepared, makes for health and long life, and it is always appetizing to a hungry stomach.

We may therefore ask, What is food? And what ought we to eat? According to Dr. Robert Hutchinson, one of the best authorities on diet, food is "anything which, when taken into the stomach (after mastication), is capable of repairing waste of the body, or any other material capable of giving heat to the body or nerves or muscular work." Food, then, is material which is capable of building during growth, of repairing worn-out tissues, or supplying energy in the form of heat or muscular labor. It is a great mistake for a working man to think that the business man who sits at a desk and dictates his letters to his stenographer or does other mental labor does not work. It has been proved that it takes nearly as much food for that sort of work as for muscular exertion. When a man is wrestling with a problem, he is spending energy, and it takes food to re-

place that energy. He is doing work, just as much as the man who is husking corn, chopping wood, or laying brick.

### Repair and Fuel Foods

We must realize that food accomplishes two definite objects in the body. It repairs the daily wear and tear, for cells are wearing out, tissues are exhausted and organs become fatigued. Our bodies are undergoing constant repair day and night, and food, water, and oxygen are the repair materials.

The lungs are a pair of bellows used for the purpose of supplying us with oxygen, pouring it into the body with every breath, so that we can utilize the food we eat. Without oxygen, food is worse than useless to the body. We know that something like ninety per cent of the food that we eat is utilized for the purpose of energy, both heat and motion. Thus we have two kinds of food—building food and fuel food.

What is a calorie? It is just the amount of heat required to raise one liter of water to one degree Centigrade. We find that a man requires from 2,500 to 3,500 calories per day to furnish him with the necessary energy and at the same time keep him in good repair. We can measure the food eaten exactly and know just how much a man is taking and how much he can use to advantage. Any excess is harmful and likely to cause trouble.

### Varieties of Food

First of all we have starches and sugars. They go together, for they are essentially identical when they reach the blood stream. Rice and potatoes are good examples of

starch food. Then we have the fats and the nitrogenous foods like the albumen of eggs or the gluten of wheat. Nitrogenous foods, or proteins, as they are also called, are essential to the repair of the body. We must have them, though they are only required in small quantities. Then we come to the mineral matter or salts, which are found in ordinary foods.

#### Vitamines

There is also another very important food element called vitamins. Different diseases like rickets, pellagra and scurvy are caused by deficiency in diet. Vitamins are absolutely essential to the health of the body.

There are two kinds of rice—polished and unpolished. As a rule polished rice costs more, and the unpolished is cheaper as well as better. In Singapore and other Oriental countries they have a disease called beriberi which is caused by the almost exclusive use of polished rice. If they take the polishings and soak them in water and drink the water, they escape beriberi. This shows that the outermost layers of rice contain material essential to health. It isn't so necessary for us Americans to eat the unpolished rice, as we have an abundance of other varieties of food in this country which contain the vitamins. All natural foods, such as milk, bread, potatoes and bananas, contain an abundance of vitamins. Lettuce, celery and all fruits are rich in vitamins, and we all need a certain amount of uncooked food. Lettuce is a very wholesome and refreshing relish. It doesn't give a large amount of energy to the body, but it is none the less valuable. Olive oil is one of the very purest and best of fats and very nice for salads, but it lacks the vital principal. Fresh dairy butter on the other hand is rich in these important accessory bodies.

#### The Best Diet

A generous diet containing all the food elements required by the body is possible without using flesh foods. These dairy foods are not only pure and wholesome but also readily digested.

Disease is rampant among animals, and cattle are particularly susceptible to tuberculosis. There is little doubt that

flesh eaters are far more liable to certain diseases than fruitarians, and those who would cultivate health and reach the highest standard of efficiency would do well to follow a fleshless diet.

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#### TO RETAIN VIGOR

Walter Camp, in his training rules for the "Senior Service Corps" of New Haven, Conn., gave some splendid advice for humanity generally. We publish here a few of his long list of rules:

Drink all the water you want half an hour before breakfast, but no drinking with meals. Drink half an hour before any meal or two hours after.

Warm feet and a cool head need no physician.

A bath, cold if you please, hot if you must, with a good rub, starts the day right.

Wearing the same weight underclothing the year around will save you a lot of colds.

Dress cool when you walk and warm when you ride.

Your nose, not your mouth, was given you to breathe through.

Don't sit still with wet feet. Walk until you have a chance to change your shoes.

Never let a day pass without covering four miles on foot.

See how high you can hold your head and how deeply you can breathe whenever you are out of doors.

Getting mad makes black marks on the health.

Envy, jealousy and wrath will ruin any digestion.

Nature never punished a man for getting his legs tired. She has punished many for getting their nerves exhausted.

Don't ask the heart to pump extra blood to the brain all day and then to an overloaded stomach all night.

Loose clothes, loose gloves and easy shoes spell comfort and health.

Open windows don't make half as many colds as closed ones do.

Blood pressure does not come to the men who walk a lot out of doors; instead, it looks for those who sit and eat a lot indoors.

Many a man finds too late that his motor

car has cost him more in health and legs than it has in tires and gasoline.

A four or five-mile walk daily makes your credit at the bank of health mount up steadily.

Nature won't stand for overdrafts.

Vacillation and doubt are poison to the nerves.

Don't make excuses. Make good.

Worry makes cowards.

Fear is the forerunner of illness.

When drinking a glass of water, stand erect and take a full breath first, then drink with chest out and hips back and head up.

Courage and concentration will conquer most obstacles.

Work will take your mind off most of your ills.

Food, water and oxygen are fuel for running the human machine.

Obesity comes from overloading the stomach and underworking the body.

If you take more food than the digestion can handle, you not only tire the stomach but the whole system.

Nine-tenths of "the blues" comes from a bad liver and a lack of outdoor exercise.

Full, deep breathing, drinking plenty of water and keeping the skin active will keep most people out of the doctor's hands.

### THE BLESSING OF TOIL!

R. HARE

Is this thy task? Then see it through;  
For tasks make men when nobly done!  
Toil is divine when life is true,  
And rest is sweet when truly won!

Be doing; time is precious; keep  
Thy vision fixed in steady aim!  
Complete thy task, thus sowing reap,  
For this brings more than empty game!

The listless seeks in vain for rest;  
The coward wills not to be brave,  
And he of all the most is blest,  
Who will not, dare not be a slave!

Give hand and brain a purpose true;  
Give life a plan in work complete;  
Toil nobly, with a noble view,  
Then find thy rest both sure and sweet.

God hears the heart, though without words, but He never hears words without the heart.

### INITIATED INTO CHINA

PETRA TUNHEIM

Of all the travels I have had in the Far East there is perhaps none so peculiar in some ways as those of China. The writer found this to be true a while ago on a short trip made from Shanghai to Foochow. To travel on the small coast steamers, second class, gives one experiences long to be remembered. I think I will relate a little of one of these. I had a good supply of food from the Sanitarium, so the Chinese foods were not so tempting. But the cabin boy was faithful, doing his duty in bringing the different foods provided, whether they were eaten or not.



A Scene on China's Waters

After each meal he poured water into the bowl and wrung out a small towel for me to wash my hands. Then he had another towel that he used for washing his own face, using the same water, and then finally washed my chopsticks and table. This, of course, took my appetite away for Chinese chow.

About fifteen miles from Foochow at the mouth of the river is as far as the large steamer took us to. Then in a little while a familiar voice was calling out to me. This was Dr. Chen. I was indeed glad to meet this

dear sister again. She had been all night waiting for me and now we had to wait for half a day until the tide could carry us up the river. We reached their home in the evening, where she and her sister live in the midst of the Chinese section. I remained with them for two weeks, visiting, holding Bible readings, and giving treatments to Dr. Chen, who had been suffering with malaria. It was a very interesting visit indeed. These sisters had just been baptized a couple of days before.

They heard the message in Pontianak, Borneo, from a student from Singapore, who had been sent there to teach them, a canvasser who first went there and found them. The truth they had heard took hold of them, and they learned to love it with all their heart. A year later Dr. Chen decided to stop her medical practice, which she had had there for four years. She had heard of me in Batavia, Java, and so she came to stay with me, to learn more about the precious truth, and to prepare to teach it to others. After she had been with me for two months, I took sick and had to leave, and she went home with her sister to Foochow. Now she has gone back to Pontianak to finish up her work, then she is coming back here to work with me. She will certainly make a good faithful worker.

I was much interested in visiting Bro. Kay and family. About thirteen or fourteen years ago Timothy Tay, who had been brought up in Elder R. W. Munson's home, went from Malasia to Amoy and there gave the message to Brother Kay's family. He was like Philip of old, who went at once and told Nathanael that he had found Jesus. So this Brother Kay went and told Brother Ong that he had found the truth, who also took hold of it. We should learn to do the same as soon as the precious message comes to us. These two brethren have brought truth to at least 1,000 of their own country people, who are now with them rejoicing in it.

Does it pay to walk a few miles in the hot sun and tell one person about salvation, like Jesus did to the woman of Samaria? Does it pay to go even several hundred miles across the ocean to give the good news to one ignorant soul who is without God and without hope in this world? It certainly does when Jesus would have given up all His

Heavenly glory, if there were only one soul to be rescued. Oh, to get more of that love! It is so marvelous! Far beyond human comprehension.

While in Foochow I made several interesting visits in Brother and Sister Morris's pleasant mission home. Their home is close to the beautiful chapel. My earnest prayers are that these earnest workers may win many more souls for their Master.

Among other interesting places we visited in Foochow was a Hindoo temple about ten miles up in the mountains. I have never before seen such immense hideous images. There were about three hundred priests, faithfully performing all the ceremonies in detail to these dumb gods. Surely it stirred my heart in making a new covenant to serve our living God more faithfully than ever before.

How happy we should be to have a little part in this great closing work, in having the joy of helping to give the gospel to some of these millions who are sitting in gross darkness! Only a few more sea trips to be made, a few more times to be carried over the mountain sides and through the vales, only a few more sermons to be preached, and a few more Bible readings to be given, then that last visit to be made, and the last sick man to be helped to be gathered in, then, oh then, the last journey to that glorious home in store waiting for us. How we should hasten that happy day!

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Light never disturbs anybody but the sleeping man, or the man who wants to go to sleep.

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If you would be discouraged, look within; if you would be distracted, look around; but if you would be strengthened, look up.

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If what is said about you is true, set yourself right at once; if it is false, let it go for what it will, until it dies of inherent weakness.

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The spirit that is sweet, patient, unselfish, and thoughtful amid the frictions, irritations, and jostlings of the common days, is a royal spirit indeed.—*Presbyterian*.



# FOOTPRINTS OF FAITH

No. 6

Fishing for Men in Moral Swamps

David Paulson, M. D.

[We can only mention briefly in these articles some of the many and interesting experiences of the medical missionary work done by Dr. and Mrs. Paulson and their company of workers in the slums of darkest Chicago during the early days. Doors of opportunity were open to them on every hand and they recognized God's hand at work as they saw their prayers answered in the salvation of lost souls.

Many and striking providences of God's leading in the moving of the "pillar of cloud" to a country headquarters will be told in future numbers of *THE LIFE BOAT*. If not already a subscriber, send in your subscription at once and receive all of these interesting articles which are compiled from the writings and personal letters of the late Dr. Paulson. We still have a few back numbers which can be procured from our office.—Ed.]

**I**N the dark corners of our large cities we see the natural results of selling ourselves for naught. Our cities are a perfect cesspool. They are the place into which everything drains. I was never before so much impressed with the absolute necessity of the gospel to break the bondage of sin as when seeking for lost jewels amid all the moral rubbish found in Chicago in those early days, and, on the other hand, I learned, as never before, and saw it illustrated by many shining examples, that whosoever the Son sets free is free indeed.

I remember an Irishman who was converted at The Life Boat Mission. He prayed and struggled to be delivered from booze, but he said his civilization broke down whenever he passed a saloon. He was finally delivered from the appetite and the Lord set him free.

When we see a man who was a terror to his family, with a spirit in him that no prison discipline has been able to subdue, change about, and become a meek and peaceful follower of the lowly Nazarene; his children, who before were whipped if they did not steal just so much each day, now clothed and fed; the wife, who before sat in indescribable want and misery, now happy and well—then we feel assured that someone has been "lifted from the miry clay" and has been set free by the Son of God. To reach these classes, one must go where they are.

I would rather the Master would come and find me hunting for pearls in the moral swamps of our large cities than to find me indifferent to their dangerous condition. I remember several years ago there was a woman drowning in Lake Michigan, while two hundred men and boys stood on the wharf, any one of whom could have rescued her. One stole her pocket-book and all were criticising the life-savers, who were trying to reach the spot, but not one of those two hundred attempted to pull her out of the water. I don't wish to be lined up with that crowd in the judgment.

## Fled to the Place of Refuge

At our Training School on Wabash Avenue I remember an interesting case of a dressmaker who needed rescuing. As she was returning to her home one evening, she was suddenly captured by three men, forcibly dragged into a saloon, and compelled to swallow some whisky. They did not, however, have opportunity to carry out their evil designs, for she succeeded in tearing herself away from them and reached our Training School building, where she fell exhausted on the steps. She was taken into the ward and kept there until her friends could be notified of her whereabouts. The next day she went home, finished some work she had on hand, and then came back and pleaded with the matron of the ward to be allowed to re-

main there for a time. She said: "I have been so impressed with what I have seen here that it seems if I am turned out I shall be eternally lost." She remained a week and was converted. She had been raised an Episcopalian, but felt that she had never experienced a sound conversion until she came here.

#### "One of Hulda's Kids"

There was one little boy in Chicago who did not know who his parents were. That boy was sleeping on the sidewalk and was so dirty you could not tell what he looked like. He and a little girl had been following a woman who seemed to have charge of them. One of our patients ran across him and got the child and brought him home. Someone said, "O, that is one of old Hulda's kids." He was placed in a good home. The years passed by and now he is a bright, beautiful young man.

#### Saved by a Mission Song

On hearing the singing in the mission one night, a man and woman turned aside. They were going to a cheap theatre, but she heard them singing of Jesus, and she said, "I am going in."

The man said, "You are a fool. That is a mission."

"It doesn't make any difference, I am going in. You can come along if you like."

So they came in. By and by the call came to come up front, and she said, "I am going forward."

He said, "You have gone stark crazy."

They were both crooks, but she was converted to Christ that night. She came and saw me from time to time. She said, "I will never give up praying for my husband." And one night several years afterward he came in and gave his heart to God. Today that woman is an earnest missionary. She has brought, I suppose, at least five hundred people to Christ.

At the World's Fair in St. Louis I dropped into a mission and a man was talking to the people and telling how he had been beat on the head with a brick in Chicago, and he had rented a room of this same woman. She had rooms to rent and always asked the Lord to send people she could help. So she prayed for this roomer

and he was converted and became a splendid mission worker and ran a mission on the North Side in Chicago.

I could talk to you by the hour of the people helped by this woman, and it all started when she turned aside to hear the song in the mission. It doesn't pay to rush ahead so fast. God had a message for her in the burning bush.

#### Found Peace After Eight Days of Debauch

I remember a young man who had been with Lord Wolseley in his famous military expedition into Egypt. Afterwards he became so cursed by the drink evil that when he finally dropped into our Life Boat Mission in Chicago, he had been drinking steadily for eight days. During that time he had not had his clothes off, nor had he sat down to eat a meal.

The strains of the sweet gospel music were wafted into the street through the open door and reached his benumbed brain. Someone invited him in. He thought it would be a chance at least to sit down in a chair and rest.

He accepted the invitation to give his heart to God. The Spirit of God impressed him that he must also give up tobacco, to which he was as much a slave as to liquor. This poor degraded wanderer said, "Yes, Lord, if you will help me I will give it up." Then he began to pray, and a new peace and assurance came into his life.

As he walked out of the mission he threw his pipe and tobacco into the gutter, saying, "That is where you belong."

He later became a faithful missionary nurse, led many other men to the foot of the Cross, and today is a conscientious Christian man, loved and respected by all who know him.

#### Had a Row with the Irish Woman

It means something to be a soul-winner. It takes courage to straighten up your own life so the Lord can answer your prayers for others.

When I got converted I had to get something fixed up with an old lady. She lived next to us and we had some words, and she was a woman of action as well as words, and she jabbed a pitchfork into my ankle, and then I said some more things and it left a bad spirit. When I was converted, I had to fix things up with her. I



couldn't seek the Lord when I knew I had a row with the Irish woman. And I had a lot of other things to do. I had to see a boy whose eyes I blacked in school.

These things have to be done before the Lord can answer our prayers, and I hope the Lord will save me from ever taking any position that shall result in leading a human soul away from God.

### The Question of Prayer

The gist of the whole question is whether there is such a thing as answer to prayer. You know we are living in a very skeptical age, in a very material age. Men are very willing to believe in a wireless telegraphy that they can neither see nor hear, they are perfectly willing to believe in the X-ray that can look into their bones and tell that story, but are not as ready to believe that God can answer prayer, which is just as real.

I heard Detective Burns tell his wonderful story, and he gave as the *secret* of his success that God was on *his side*, instead of on the side of the crook. In every case, sooner or later, God *compelled* the crook to advertise the fact that he was a crook and helped him to catch him. I have thought about that a good deal and believe he had gotten hold of something I sometimes fear some preachers have not grasped any too well.

We had a preacher out here a while ago whom I asked how he happened to come out here, and he said, "Well, my work is so wearing, and particularly praying the pastoral prayer is what broke me up." I could not quite sympathize with the good brother. The trouble with him was his pastoral prayer had become formal, and I should think that would become a wearisome thing.

I early had an introduction to this question of prayer. When I was a boy eight years old I lost my jackknife, and that was a more serious matter for me than it would have been to lose an automobile now, even if I had one. I asked the Lord to help me find my jackknife, and he did, and so I got a start in reference to prayer as a mere youngster. At Nebraska, in a camp-meeting, they asked me to talk to the children, and I asked how many of them

prayed. Nearly all held up their hands. Then I asked how many expected to get *answers* to their prayers, and then only about half as many held up their hands. That set me to thinking a good deal. Isn't that the way with most grown-up people who profess to be Christians?

I have traveled far and near, have mingled in a confidential way with thousands of people, and I believe there are very few people who have at all gotten out of prayer what they might. They *say* prayers to God, but they don't *pray* to God. He seems too far off. Those of you who have stood on the outer edge of that thing, I want you to know there is something more for you.

(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.

### SMILES WILL TELL

R. HARE

Wear a smile and wear it gladly,

Bright as morning's early flowers,  
Wear it ever, it will lighten,

Gloomy hours!

Wear a smile all bright and cheery,

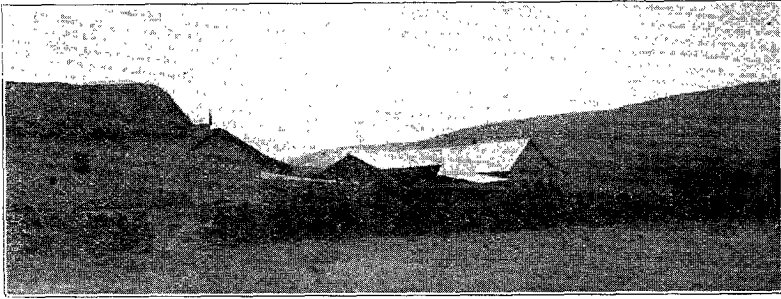
From your face to finger tips;  
Let its grace and beauty fashion,  
Heart and lips!

Keep the smiles just brimming over,

Bid dispondent fears away,  
Let the smile-light flood life's valleys  
Every day!

Scowls are irksome, frowns are wicked,

Painting hate where love should dwell,—  
Like sweet dew drops on the roses,  
Smiles will tell!



Partial view of Occa Pampa Mission Station. A corner of the church is shown at extreme left

## A Parting Word From the Moho Indians

Pearl Waggoner Howard  
Quito, Ecuador

[Mrs. Howard, who for ten years was connected with *THE LIFE BOAT* magazine as proof-reader and stenographer, has, with her husband, been working for the Indians in the high Andes of Peru, South America, for nearly four years. This article will give our readers a glimpse of the splendid work these two pioneers have done. We now have five graduate nurses from Hinsdale in this field and more are planning to go, thus the story of the Cross is reaching to the far corners of the earth.—Ed.]

For three years we have lived among the Indians of the Lake Titicaca district in Peru, which now seems to us pretty much like home. The high altitude, however, with its effect healthwise, made a change necessary, and to our regret it seemed best to leave our well-loved Aymara Indians around Moho and at Occo Pampa, and seek to open a similar work among the Quechua Indians at a lower level in Ecuador. While studying further and looking over the ground here, exploring the country somewhat before knowing the best

location, we find Quito, the capital of Ecuador, our headquarters for some months.

The Indians we have left behind us, however, still claim much of our thought and prayers, and we hope also that our friends who have become somewhat acquainted with them through our previous reports will not forget them, or to pray that they may be kept faithful to the light they have received, that we may all meet and become still better acquainted in the kingdom of heaven, which we soon hope to see.



The Town of Moho, twelve miles from the Occa Pampa Mission

A few of the pictures taken shortly before leaving our mission station at Occo Pampa, also some taken on our way as we were moving, could not be printed before, but may still prove of interest to THE LIFE BOAT readers, in showing scenes where a work for God has become established, also some of our Indians of that region. Mr. Archie Field and his wife, both graduate nurses from Hinsdale, are taking our place among them at that mission. We were sure the work there will continue to grow. In fact we hear by the last mail that our little church building there, put up by the natives themselves before our arrival and accommodating two hundred crowded together, is too small (as indeed it was before we left) and that an addition or new one will have to be put up. We were sure it would soon have to be, and are glad to hear it. A corner of the present church building is shown at the left of the picture showing a few of the buildings on the grounds, taken from the upper side of the grounds. The front of the house is hidden, being toward the hills showing at the right; these hills are quite in the distance, being the other side of the pampa below.

Life is not the easiest in some of these high places of the earth; yet we enjoyed our time there, thoroughly, and love both the barren country and mountains and the people. Even some of the hard rides of our many long trips are among our pleasant memories. It surely pays to leave behind the centers of civilization, even though it means leaving behind many conveniences of life; for what are conveniences compared to the joys of seeing precious souls

with neither conveniences nor joy in their lives accept the blessed hope of the gospel and the life to come, and see gladness and hope in their countenances take the place of their former look of listlessness and despair? Where the mouths of all were dirty and green and yellow with the filthy cocoa habit when we first went there, all of our members and many, many others are now known as believers in the gospel in all the country around and on their travels, by their improved clean appearance as well as clean mouths. Simple-hearted, untrained in many of the ordinary things of life, yet they are hungry for the Bread of Life, accepting it eagerly and proving true as steel to the truths they accept. Might it not be said of these Indians in their simplicity and faith, as was said of the children of old, "Of such is the kingdom of heaven?"

Many were the tears shed as these dear souls bade us good-bye. Our faithful chief, Rodesendo,—our nearest neighbor, our first baptized convert, and most earnest worker in home missionary work among his people, always zealous for the advance of the truth and for our comfort and personal safety,—was by no means the only one whose voice failed at the last to utter the parting word. Yet we shall always remember with comfort and joy the look of hope showing through their tears as they assured us of their prayers following us, and pointed upwards to where they hoped soon to meet us, where good-byes would nevermore be said. Pray, with us, for these Indians that they may stand firm through persecution and trial until that time. Also we desire your prayers as we enter a new field.



Left: Chief Rodesendo Condori.  
Below: The Chief's Patio and House.  
Right: A Moho Family.



### THE SECRET OF SUCCESS

D. H. KRESS, M.D.

The world's work is done mostly by young men. Men die at an age when they should be at their best. School life usually ends at the age of 20 to 25. During the next ten years the practical training continues and about the age of 35 or 40 men are prepared to live and make a success of life.

Just as they are able to enter upon a period of usefulness many are cut down by diseases of degeneracy, as heart failure, Bright's disease, apoplexy, etc. It ought not to be so. Dr. Metchnikoff said, "Man ought to be at his best at 80. He should be still active at 120 and live to the age of 140." True, Metchnikoff died at the age of 71, but this does not upset his theory. Certainly his philosophy held good in the case of Daniel, the Hebrew captive. At the age of 90, occupying the position of Prime Minister of the Medo-Persian empire, this man's work was done with such accuracy, exactness and faithfulness that even the politicians who were striving for his position and possibly wanted him retired on account of his extreme old age, had to admit as they counseled together, "We shall not find any occasion against this Daniel, except we find it against him concerning the law of his God." Dan. 6:5. The only fault they could possibly find in him was that he was a man of prayer.

Moses, at the extreme old age of 120, wrote the book on Deuteronomy. It is written with clearness; it was his masterpiece and best production. He gave no evidence whatever of physical or mental decay at this advanced age. The inspired record of him is, "And Moses was an hundred and twenty years old when he died, *his eye was not dim, nor his natural force abated.*" Deut. 34:7. Moses did not die of old age. He was taken away because he had spoken unadvisedly with his lips, and God could no longer for the sake of the people entrust him with their leadership.

The cases of Daniel and Moses have been recorded for our benefit. What was the secret of their long and useful lives? It is not clothed in mystery. Here it is: First, Daniel was a temperate man. Had it been customary for the men of his day to use tobacco, Daniel would have said, "No, thank you, none of it for me." But he went further than this when, as a youth, he was instructed to eat at the

king's table, he "purposed in his heart he would not defile himself with the portion of the king's meat, nor with the wine which he drank." Dan. 1:8.

The physical habits of a man in his youth will usually determine his usefulness later on in life, and also the time he will be permitted to continue to be a curse or a blessing to the world. Moses, too, was a temperate man in his youth. He was a young man of principle. When he had to make the choice between the throne of Egypt and a despised people he chose the latter. He chose "rather to suffer affliction with the people of God than to enjoy the pleasures of sin for a season, esteeming the reproach of Christ greater riches than the treasures in Egypt." Heb. 11:25. Later, as the great leader of Israel's host, he was content with the provision God made for them in the wilderness. He stood out against those who rebelled because they could not obtain the Egyptian food, the food of their choice, which God for their good kept from them. The food and drink of God's choice for them was the food and drink of Moses' choice. As Daniel said, "Let them give us pulse to eat and water to drink," so Moses said, "Manna, and water from the rock to quench my thirst is the food and drink for me." What men are in later life may in practically every case be largely determined by their physical habits of life in youth. No whiskey, beer or tobacco was demanded by these two men in their youth. Should they have chosen *these*, God could not have chosen *them*.

The great Abraham Lincoln, the man whom all the world honors and reveres, would never have been heard of had he early in life taken up with the use of cigarettes, as nine-tenths of the boys of today do. In his early life he had few educational advantages. His mother could neither write nor read. His father was an illiterate man. Lincoln was recognized as a young man "of no vices." He was temperate in all his habits. This kept his young brain cells in a normal condition and he found himself able to apply himself to hard mental problems with ease in later life. This was the secret of his success.

I admit that there are good men, and great men, who smoke. They are, however, exceptions to the rule. Even these *good* men and *great* men would have been *better* and

greater men had they never smoked. Every truly good man, and every truly great man will acknowledge this, I think. "Ask Dad, he knows." The boy who begins to smoke cigarettes at the age of ten, twelve or fourteen years will in all probability be neither a good man or a great man. He will remain in obscurity and live out only one-half of his allotted span of life.

### THE PRODIGAL AND ELDER BROTHER

MRS. W. M. F. ELLIS

There are two types of men in the world—one like the "prodigal son," mentioned in Luke 15, and the other like the "elder brother." We wish to tell you about two men, both converted at \*Yale Hope Mission, New Haven, Conn., one of each of these classes.

#### The Prodigal

May 7th it will be seven years since a man fifty-five years old wandered into the mission directly from the poorhouse, where he had spent four months. As a young man W. A. A. had as good a future before him as the average young man, perhaps somewhat better. Raised by Christian parents in a home where the Bible was read regularly and where family prayers were conducted daily, he became book-keeper for a large corporation, then was moved by them away from his home town, and oh how anxious he was to get home once a week to see the dear mother. Other nights he would get out with the boys and take a social glass of beer occasionally. This became so fascinating to him that he did not go home quite so often. He lost his parents by death, then went from bad to worse. Not only did he drink whiskey during his free hours, but also during work hours. He kept a pint flask in his desk drawer and would sometimes drop his pen on purpose so that while he was bending down to pick it up he could take a swallow of the wicked stuff. A splendid accountant, but he was no longer useful to the company. He took a job as orderly in a hospital in our city, but could not hold it. Nothing was left for him to do (for he would not beg on the street), but to saw wood at the Organized Charities woodyard for his

meals and lodgings. Here he became sick and was taken to the poorhouse for care. During these four months he did much thinking. He knew that it was sin which had blighted his life, and he decided never again to take another drink of whiskey as long as he lived. But this promise was made only in the weakness of the flesh. When he knelt at the altar and asked God for Christ's sake to forgive his sins in his own words he "clinched it." "'Tis done—the great transaction's done!" Oh, what a change came into his life.

A few years later he again took a position with the same corporation, which he holds today, under a better salary than ever before, a trusted employe who handles thousands of dollars. A few months ago he spent about seven weeks at the hospital with pneumonia. He was very low at times, but God heard our united prayers in his behalf and he is well again. Now he is more grateful to God than ever and daily he praises the Lord and claims the promise "who forgiveth all thine iniquities, and who healeth all thy diseases."

#### The Elder Brother

The other is the case of a young man student at Yale College, also raised by Christian parents, but he had become a confirmed atheist. During the last half of his senior year he heard of the Mission where some of his classmates were active and where they were "doing things" for Christ. He asked one of our workers, a member of the Yale faculty, to bring him down to the Mission. He heard the testimonies of the men. A moral young man in every way, never had been in the depths of sin, and yet he realized that as he had never been forgiven, he was a sinner. Light broke into his soul, he became a sweet Christian and a month or two later was leading meetings and was telling the unconverted what the blessed Jesus had done for him. He had planned to make law his life's profession, but now *he* no longer controlled the young life, but *Jesus* took control. Graduating in June, the following college year found him taking a post-graduate course at Oberlin. He gained the Rhodes Scholarship for Nebraska, showing that he was a brilliant student. Then he went to Calcutta, India, where he held the position of Y. M. C. A. physical director. His real object was to win those Hindu boys for Christ, holding Bible classes for them. He returned to the United States during the sum-

\*Yale Hope Mission is rescue work carried on by Mr. and Mrs. William F. Ellis under the auspices of the Yale University Young Men's Christian Association.

mer of 1919, visited his parents in the West and us here during Yale commencement. One evening he led a meeting here at the old Mission. Now he is at Oxford, England, preparing for medical missionary work in India. In a letter dated March 14, 1920, he writes as follows:

"Just a short note to keep the old fires of friendship burning brightly.

"Well, dear folks, you may be surprised to know that I am studying medicine. After thinking long and seriously about my work out in India, I decided that my biggest field of service there would be in medical work. I am convinced that this is Christ's will for me. You know it was in this sort of work that I was engaged in Calcutta, and I felt at the time then that I should go back to study medicine. I have learned that a man doesn't have to study theology in order to know and preach Christ, and many times other callings give us a larger opportunity to do His work. I believe that I can preach Christ most effectively to Indian students and others as a Christian doctor. This will mean for my preparation at least three years here at Oxford and probably two years more studying in some hospital in London.

"I was awfully pleased to hear of the successful financial campaign for the newly made-over Yale Hope Mission. I wish I might have been there to have helped you out. I know how hard Bill has worked for it. May this crown all your efforts for the Lord and be your everlasting pride! I wish I could pay one thousandth part of the debt I owe to the Mission. I feel like some of the old Mission men about anniversaries. I think it was just about this month five years ago I saw the light.

"Dear folks, I do want to give you my heartiest and best wishes and earnest prayers for all the work you two have been able to do for Christ. May God just shower his richest blessings upon you both and prosper you in everything you do for Him."

"Not unto us, not unto us, but unto thy name be honor and glory." We pray that our dear friend Paul may radiate the love of Jesus wherever he may go.

Dear reader, Jesus is coming soon. Get ready to meet him in peace. May you serve him here and rejoice in his presence evermore.

### FULL-FLEDGED CHRISTIAN

From the Wethersfield, Conn., Penitentiary.

"I am very glad to be able to write you that I have gained victories. I do not know whether I have lost more than I have gained or not, but I hope that during the new year I shall have more courage. I have made just one resolution and that is to try and live nearer to my God than ever before. I often get discouraged, but I take it all to God and he gives me courage to make another start. I don't know what I would have done without the love and protection of God. My desire is to be a full-fledged Christian. I see so much deception and I do not want to be a deceiver. I want to be just what I profess to be.

"I wish to thank you for the Morning Watch and LIFE BOAT.

"I will close, wishing you health and happiness and hoping to hear from you again."

### "THERE I REST IN PEACE"

From a Prisoner in Waupun, Wis.

"I have received your most welcome letter, also two copies of THE LIFE BOAT, for which I thank you very much. I enjoy reading them from cover to cover because there is so much knowledge and truth to be found in them from other unfortunates and despondent and sorrowing souls who have lost their hold on God and have now found the way to God through their ever-helping friends, THE LIFE BOAT staff. For many years I did not know what true peace of heart was, but through the help of THE LIFE BOAT and in your correspondence with me you have showed me the way to God and true peace, for it was you who said, besides other things, 'Put your trust in God and look forward to the better things in life and take God into your heart.' You may feel assured I have taken this text to heart and now in my earnest prayer to God to help me become a better man, I have at last found peace and happiness in my heart even though in prison, for I see a happy future ahead of me when I leave here. Jesus says, 'Come unto me all ye that labor and are heavy laden and I will give you rest.' I acknowledge my sins unto the Lord and when temptations confront me I flee to the arms of my loving Saviour, and there I rest in peace, sheltered from the storms of life."

## A Day With The City Workers

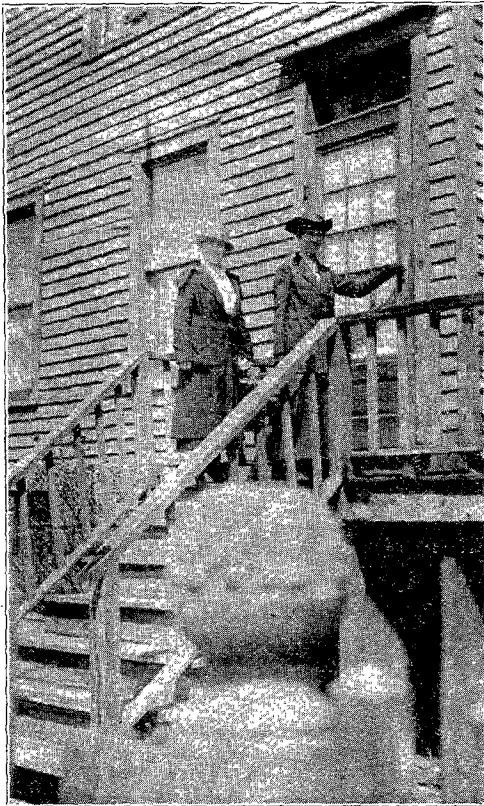
Caroline Louise Clough

**J**UST now, we are living in prosperous times. Money is plentiful and free, wages are high, there is more than enough work for all who can and wish employment, and to add materially to these times of thrift—there are no saloons to tempt the men to waste their earnings and to degrade them below the brute creation. In view of all this, we are apt to console our conscience by thinking there are no real cases of poverty and want. But after a day's jaunt with our city workers we are compelled to change our mind.

away to work every day. The children of school age have to each take their turn in spending one day a week at home looking after the little tots, Billy and Jimmie, two bright-eyed darlings. That mother is making a desperate struggle to give to the world six splendid men and women. Her husband is doing what he can, but his wages are not enough to keep the wolf from the door. She appreciated our offer to help with some clothing and also our invitation to take her and the little ones to the country for a rest, but best of all, she said at times she felt very much the need of spiritual help, and she was glad she could call on us.

Next, we visited a dear, old grandmother who thought she had suffered her full share of sorrow in life, and was grieving over her loved ones who had passed away. Her greatest burden, however, was her daughter with seven children who had been deserted by the husband and father. Here was a home of real need which our workers will visit. We brought some cheer to this dear soul and sought the Lord earnestly for her and her daughter and family, and we left her with tears of gratitude in her eyes.

Several other homes were visited. We were glad to see the welcome which greeted our nurses as the homes were opened to us. We visited several homes of affliction. We found another mother with a large family of children and talked with her of the great missionary opportunities she had to train her children aright. She told us of one child that had taken sick and before she realized its serious condition it died. "But now," she said, "every time anything gets wrong with my children, I take them over to the dispensary and there they tell me just what to do. I think that is fine, and now I know my children are well." This home was bare and cheerless. But when I asked the mother if she loved children she said, "Oh, yes, I love them, every one! Before I was married, I didn't care for children, but now there is not one I would part with." And she had seven. One little bright-eyed boy kept behind his mother and was too bashful to speak. But



Miss Zada Hibben and Miss Field Entering a Desolate Home

In the very first home we visited, near the outskirts of the city, we found a brave little woman trying to mother and train a family of six, and at the same time go

his mother said, "He is a dear little fellow."

What an opportunity for our nurses to teach this mother how to keep her children clean and prepare wholesome, nourishing food for them, and also to teach her how to economize so that the husband's salary will cover the family's needs. When asked



Billy and Jimmie, who were pleased to have their pictures taken

if she was a Christian, this woman replied, "Well, yes, sort of one. I think when anyone does what is right and tries to do their best, that is all the Lord requires of us." We trust this mother will learn that time spent in getting acquainted with Christ and praying for his Spirit to rule our lives will help us to not only do our best, but His best. We cannot of ourselves be good, for "The carnal mind is enmity against God, for it is not subject to the law of God, neither indeed can be. So then, they that are in the flesh cannot please God." Rom. 8:7, 8. We must each one receive power from outside ourselves to

do right, and that power comes from God. "For without me ye can do nothing." John 15:5.

But we must go on and visit another family or two. In one home we found a mother whose hair had long since turned to silver, but who knew God, and despite the hardships of life in seeing her son, while a mere child, left totally deaf and blind by an illness, and losing her two beautiful daughters in two weeks, yet, she has a smiling countenance and is a blessing to any who come within her influence.

The son, now forty-seven years of age,



Using a typewriter, although blind and deaf. His mother standing beside him

lives in a world by himself; but with special training he is enabled to weave mats and small, useful articles, to read the raised type for the blind, to operate a typewriter for the blind, and is a poet and writer of considerable prominence. His productions are published in magazines for the blind. And his mother told us that not for one moment has he ever grieved over his lot



—always happy and genial and very courteous and kind to visitors. But to see an intelligent soul with practically no means of expressing himself, was pathetic. His mother left the room for a few moments and he stood before us absolutely powerless to communicate to us his desire to make us welcome in his home. His mother could talk with him by means of the deaf mute alphabet, only she would place her hand within his and in that way he could feel the letters as she formed them with her fingers. In one of his little poems he writes:

"Many a one has asked this question:  
 'Can you any pleasure find?  
 Your life must be so sad and lonely  
 Since you are both deaf and blind,'  
 Sad and lonely—No, indeed!  
 Could I but to them impart  
 Half the peaceful, joyous pleasures  
 That are stored within my heart.

Gives to me what He thinks best.  
 If I had my sight and hearing  
 With earth I might contented be,  
 Never thinking of God's Heaven  
 And its joys in store for me.

"So I praise my Heavenly Father,  
 Who will guide me with His hand  
 O'er earth's rough and stormy journey,  
 To that bright and happy land.  
 When I reach those blissful portals  
 My prisoned soul will then be free;  
 In that land of light and beauty  
 I shall ever hear and see."

Dear reader, have you ever felt that your lot was hard, that you did not have the comforts and pleasures in life that you thought were due you?—You with your power to see and to hear and to speak. Come with me to visit this imprisoned soul and learn the lesson of making the most out of life. Let us each one count our



A thousand children waiting for the school bell to ring

"Instead of pitying they would envy;  
 Could they those bright visions see,  
 Scenes of wondrous heavenly beauty  
 God so kindly sends to me;  
 And the sounds of sweetest music  
 Ring upon my inward ear,  
 Angel voices, sweet, harmonious,  
 Softly chanting, I can hear.

"None can know the peaceful feeling  
 That prevades my inmost breast.  
 Knowing that my Heavenly Father

blessings and we will be surprised at what God has done.

And so this day which was given to help and encourage those who need help, reflected back and blessed our own souls. Our nurses in training at the Hinsdale Sanitarium are each given experience in this wonderful medical missionary ministry during the first year of their course, and their souls are enriched thereby.

### A DAY IN JAIL

HAZEL KLOSE

We spent a most interesting time last Sunday attending the services at the Clark Street Police Station, Chicago. I always imagined that the type of people found in places like that are people who do not have anyone to care for them.

Last Sunday there were twenty-six inmates. Most of them said they had done nothing bad, but had just been in the pool room when arrested.

One of the young men that we spoke to after the service said to us, "You know, I had quite an experience in the army." He said that he had been shot and the bullet stuck in the leaves of his Testament and thus he was protected from being killed.

We left that ward and went to another one. One young soldier said, "What's the use? It'll not do me any good after twenty years." He said he was either to be in the penitentiary for twenty years or to be hung. He said he had been arrested for murdering a jeweler and for burglary. He looked to be about twenty-two or twenty-three years of age, and he said he had been in trouble like this many times.

Mr. Collins talked with him and tried to persuade him to live a Christian life, but he said there wasn't much hope for him. We left him some papers, and he thanked us for the interest we took in him. He appealed to us so that we decided Monday evening to go and see his folks, who live in Chicago.

His home was a very pleasant one. His sister told us about the life of her brother. She said that he went wrong because of the company he kept. We told her that we came to bring comfort to her folks and she said her mother was taking it very hard. We asked her what her brother had done, and she said that he and another boy had stopped a man in an automobile and ordered him to ride them around for two hours, and they took all his money.

His sister asked us several times to be sure and come and see her folks when they were at home. Wednesday Miss Hibben went to the court to hear his trial, and last evening we went to the home to see the parents. The father said he thought he

would leave his boy in jail for a year or six months, as that would be a lesson to him.

They were glad that we took an interest in their boy and said they were coming out to Hinsdale in their car to see us the first nice Sunday they could get away. Thus we had an opportunity to point the sinner to Christ and minister comfort to the sorrowful.

### A DAY SPENT VISITING THE SICK

HATTIE WALKER

A few days ago our city workers spent a day visiting the sick whom we have been helping in our Chicago work.

We first called on a lady who was suffering from rheumatism. We sang a few songs and then had a Bible reading with her on the ministry of angels. She didn't seem to know the songs, so could not join us in singing, but she seemed very much interested when texts were read showing that a ministering angel came to Peter when in prison and smote him "on the side and raised him up, saying, Arise up quickly. And his chains fell off from his hands. . . . And he saith unto him, Cast thy garment about thee, and follow me." Acts 12:7-10. Also when Daniel was cast in the lions' den, God sent his angel and shut the lions' mouths that they could not hurt him. (Dan. 6:22.)

After we had prayer we left her home and visited a blind woman. This lady had just moved and was trying to get settled. This, you can imagine, was not a very easy job for one afflicted as she was. We offered to help, but she would not let us. We asked her if we might sing for her, and at first she said she didn't have time and was upset over something that had gone wrong. After we had talked to her a little while she decided to let us sing. We asked her what she would like to have us sing, and her answer was, "What a Friend We Have in Jesus." After we had sung a few songs with her and had prayer, we left her feeling very much better spiritually.

From there we called on a man who was paralyzed. Some of our workers have been reading to him every week. We sang several songs for him, had a Bible reading and prayer, after which he said that the Lord

had been good to him, and he was grateful for the many blessings he had received. He also said that just that morning he had prayed for someone to come and sing to him and God sent us as an answer to his prayer.

I have been doing city work for six weeks and can truthfully say I find it a pleasure. I am thankful for the many experiences I have had. When I see so many who are suffering affliction, I always thank God for the best blessing we can have on earth—health—and intend, with his help, to use it in serving others in his name.

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### ASHES OR SAINTS—WHICH?

MRS. JENNIE LANE

There are many in this world who, because they can't do something great, don't do anything at all, and so miss many blessings. But it's the little good deeds that the Lord takes notice of as well as the great good deeds. It's the little bad deeds that he takes notice of as well as great bad deeds. "It's the little foxes that spoil the vines." If we overcome the little sins, the big sins will have no chance to multiply.

My heart goes out for those behind prison bars and to those outside who are as yet in the prison house of sin. The Lord loves the sinner and he died for sinners only. But it is only our sins that he hates. But if we repent and confess and forsake our sins, he is faithful and just to forgive us of our sins.

"For God so loved the world that He gave His only begotten son, that whosoever believeth in him should not perish but have everlasting life." Love is what we all lack—more love for our Heavenly Father and love for one another. And more love for precious perishing souls about us.

I have often been asked this question, "Why don't the Lord make us do thus and so?" If we were to be taken by force to love, serve and obey God, that would not be freedom, and to be happy we must be free. We would be mere machinery in God's hands. So for that reason the Lord wants service from love, and not from force. Anyone that we love in this life we love to please, do we not? So our Father has given us a test of our love

for him. He tells us in his word the test is this, "If ye love me, keep my commandments."

This life is not very long at the longest, but it is long enough to gain everlasting life. Unless we repent, confess and forsake our sins, change masters, we are yet on the enemy's side. His only object is to cheat us out of eternal life. The Lord tells us in his word that the wicked shall be ashes under the saints' feet. (Mal. 4:3.) Ashes or saints, which? If we are ashes instead of saints, it is our own fault. One of Satan's strongholds is to get us to wait until a more convenient time to give our hearts to God. Begin praying today; it may be too late tomorrow, for in life we are in the midst of death. We have no assurance of only the glorious present. Prayer is the wireless that connects us with the One that died for us all. If we confess him before men, he will confess us before God and the angels when he comes. He is coming soon, and are we ready? If not ready, we have no time to lose to get ready. We must be among the saints instead of among the ashes. Ashes or saints, which will you be? By the grace of God and through Christ's blood, I am living in sweet anticipation of being one among the saints. Come and go with me.

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### SPARKS FROM A LIVE WIRE

God is in the saving business. He desires to carry every one of us through, but he cannot save us against our wills.

If a man falls down seventy times seven, if he has a disposition to get up again, he will be saved in the kingdom of God.

We can never do a great work unless we put into it a part of our lives. Extract of soul must be mingled with every work that is to go into eternity.

If God has put into your soul a desire to work for humanity, remember he will help you to carry out this desire, for God never trifles with a man.

Let us search for the simple truths that God wants us to know, and having found them, let us cherish them forever.

The very difficulties which we encounter, if patiently borne, help us to become so well qualified, so well trained, that we will be better able to work for the Master.

If God can make a beautiful flower out of a handful of black earth, he can take our useless lives and so transform them that they shall become beautiful and helpful. It is the same process exactly.

The best way to help a careless and indifferent sinner is for you to be neither careless nor indifferent in dealing with him.

Trouble is an effectual remedy, and when everything else fails, sometimes the Lord has to apply this remedy in order to save us.

Do a thing when you know it is right whether you feel like it or not. That is walking by faith.

The people who are doing the most for others are those who are finding sweet and precious things in the Bible.

This world is a school; the graduation is over on the other shore. Let us learn each lesson as it comes to us.

There will no soul appear in the judgment that will be able to give a satisfactory excuse for being lost. On the contrary,

everyone who has carried out the promptings of that divine life which dwells within him, will be saved and will help to swell the multitude that will finally stand around the great white throne.

I have but little hopes of a man being saved in the kingdom of heaven who is not attempting to have a heaven here below. I have but very little faith in a man ever being saved who does not allow God to use him enough to create a heaven here below. For if he has not spirit enough in him to try to make a heaven here, he would not know what to do with heaven if he had it over there.

You do not have to look far for work to do. It may be that your own husband or child is carrying a sad spot in their hearts that you do not imagine. Get a little better acquainted with them. When you come close to people, you will find chords that are broken, but which will vibrate once more if you will heal the chords that are broken.

—David Paulson.

## In Christ's Stead

Maud Wilson Cobb

**I**N every age of this world's history there have been men and women who have given their time and energy to bring light into the dark places and relieve the oppressed and bind up the broken-hearted. There are many calls for help, and God in his mercy directs someone to answer each call. The cry of the helpless and homeless child has been heard all over this world. In every country we find children for whom someone must care.

Each year the Child's Welfare Department is making progress in its care for children. Each state has its Welfare Department. Each year thousands of children have been cared for. Each case has been cared for separately and its history recorded. All prospective homes are visited by a visitor from the Welfare Department and passed on as fit or unfit for the placement of a child. The home must be a Christian home of temperate people who are in a financial position to educate and

care for the child properly. Very few children placed by the state are ever returned to the state because of an unfit home.

On the other hand, any child placed in an undesirable home without the knowledge of the Department is transferred to a proper home. For instance, Dorothy, the oldest little girl in the picture, has had three homes in her four years of life. She was born in a hospital in Chicago, taken at an early age and placed in a home, where the foster mother died soon after. She was then given to some relative of the family who neglected her. She was taken from this family, returned to the hospital where she had been born. At this time the child was sick, untrained, and very unhappy, and had no confidence in anyone. Mr. Virden, the State Agent, called at our Home, stated the case, and asked us to find a suitable home for the child. Who would want a crying, fretful, sick child, with her head covered with vermin, so full that they

dropped off on her clothes. We knew of one Christian family who wanted a four-year-old girl. We called on them two days before Christmas, stating the case, and they told us to bring the child.

It looked like a bad proposition for the family to undertake, but, with love in their hearts, they began the task of cleaning her up. She was placed under the care of one of Chicago's best specialists for three months, who at the end of that time stated that there was no constitutional trouble. Her condition was the result of poor feeding. Her diet was corrected at once.

waiting for the rest of the babies to be arranged for the picture, she said:

"Auntie Cobb, do come to my own home and see my own pretty room, my dollies and buggy and story books, and my own papa, who loves me, and my good mother. I am not bad any more. I have forgotten how to be mean and naughty. I sing now 'cause I'm happy."

The seven-year-old boy in the picture could tell another story. For months he was cared for in a large hospital in a town near Chicago—no one wanted him. He was sick, red-haired, and just a little



Mr. Charles Virden, the State Agent for the Department of Welfare with some of our babies that he has placed in good homes

Her disposition changed, and today she is happy and lovable. Her parents say, "You could not buy her for one million dollars, cash." Six months ago no one would have chanced many cents on her. She is now legally adopted. Her future looks bright. She has all that wealth and love can do for her.

Angels heard her pitiful cry and answered through human agencies. When she was

frame with the wrinkled skin drawn over it. One day a dear little woman walked through the nursery; her heart was yearning for a little one to care for. She heard his piteous cry. She sent for her husband to see the deplorable object, and his heart was touched. He said, "If that baby was our own we would try to save his life. Let us try to save him." The hospital attendants could hardly believe

that they would take him, but they took him home that day and began to work to save his life. He grew strong gradually, and today he is in perfect health.

When he was six years of age, we took him a brown-eyed baby sister for a companion. Betty Jane is sitting beside Dorothy. Betty is the pride of the home, as she runs about and tries to talk. The brother looks on with pride in his eyes, for he remembers when he and his mother came to our home and carried the little mite of humanity to her new home. We well remember the day also, for in a darkened room a little mother was making the hardest fight she ever made in her life to sacrifice her own desires that her baby girl might have a good home. Her cries were pitiful as she kissed her child good-bye and said, "Oh, tell them to love my baby and train her to be a Christian. She will have what I have not had for years—a mother. If my mother had lived, I do not believe I would be here today. But I had no one who cared for my soul." This little mother comes to our home, and when she sees some new picture of Betty Jane, tears fill her eyes and she says, "She looks well cared for. I could not do as well, so I must be satisfied."

Next is the baby girl in the center of the picture. Although a splendid history of birth, many shifts were made to protect the girl-mother's name and family. First in one nursery, then another, then in a hospital for a time, then she was placed in our care for adoption. She was placed in a good home where she naturally adapted herself to the new situation and smiled her sweetest smile in appreciation of her new mother.

And last, little Evelyn May came a long trip to have her picture taken. She was very happy all the day long. She did not cry, for she seems to know she has the best little mother, for didn't she come when Evelyn May was only a few days old, and didn't she lean over Evelyn's own little girl-mother's bed and cry? Evelyn's mother was only a little fourteen-year-old girl, who still cried for her own mother and her little brothers and sisters, and wanted to go back to school so she could help her own mother, for she was the oldest of five children and her mother a widow. Already

the small house was so full of children and so many mouths to feed that Evelyn could not be brought home, so the new mother's heart was touched with pity, and she said, "I wish I could take both mother and child, but if her mother needs her, I will be satisfied with just the baby, but I want them both." Her heart was full of love and pity. The baby changed the condition of this home. They had several different musical instruments in their home, but something was lacking. It was the baby's laugh and smiles they wanted, so the homeless child was blessed as well as the childless home.

Did not the mothers and fathers and the Child's Welfare Department answer in Christ's stead? Did not Christ promise he would hear the cry of the fatherless? He also heard the cry from the childless home and did he not say, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me?"

How many children have our readers helped by buying food, shelter, clothing, or by giving them their time? Many children are crying today. Our home needs money to keep our little ones fed and sheltered and clothed. Sometimes we wonder in this day of high cost of living how to meet the many calls for funds to care for the many little ones who must find shelter or perish for lack of care. You may act in Christ's stead and receive a blessing in the co-operation of our child-welfare work, and many a dull, listless eye will be brightened, and, where moaning is heard, laughter will ring. What is sweeter than the song and laughter of a happy, healthy child? Jesus wants you to help today.

#### A WELCOME MESSAGE

C. L. C.

We received the following brief message from a friend who was interested and helped one of our Home girls. After weeks and months of earnest prayer and labor our girl left us to go to her sister, still unconverted. Now the message comes:

"I have some wonderful news to tell you. Our girl has been saved. I am visiting with her now. This is surely an answer to the many prayers we all offered for her and God in his goodness has opened her

eyes and given her the light to see the right way, and she is very happy now. I was so anxious to see her that I made this visit. I thank you for all you did for this girl."

### PERSONAL EXPERIENCES

MRS. C. WILLEFORD,  
Thomason, Ga.

Once I visited a Sunday school with *THE LIFE BOAT*. I did not have copies enough to go around, so they invited me to come to the evening meeting. In the evening, the minister invited me to give a talk on the race question. If we accept Christ as our Saviour, we are all of one blood; Christ Jesus is your Saviour, he is my Saviour. Then I took up the subject of temperance. I told them God wanted us to be clean ourselves in order to carry the message of salvation. I gave scripture about unclean things such as tobacco, snuff, whisky and many other things that God did not want his people to use. Many came up after the service and shook my hand. The minister said, "Brethren, we have emptied our pockets of money for tobacco. I did not know it was such a sin, but the sister has shown us from the Bible; come on and let us quit it." They all wanted me to come again and said they would always welcome me.

On another occasion I visited a church, and the minister said he would give me a few minutes after the preaching service. He asked the ushers to bring another table to put *LIFE BOATS* on. He then told the congregation that they had a lady missionary with them selling magazines, and when they came up with their contribution to step over to my table and get a *LIFE BOAT*. There was a man in the congregation who said he had bought a *LIFE BOAT* one time and it was the best little book he ever read for the money. He advised everybody to buy a copy.

I attended a ministers' meeting once. There was quite a crowd present. The minister who was presiding introduced me and asked me to relate some of my experiences. I talked on the use of tobacco and whisky and the evil of spending money for things which neither feed nor clothe us. I gave them some scripture references on

putting away all filthiness of the flesh. I quoted several texts and closed my remarks by selling *LIFE BOATS*, and two of the ministers went with me down to the gate and with tears streaming down their cheeks said that they did not know it was such a sin, and I had shown them from the Bible that it was, and with the help of God they would give up tobacco.

I met two men on the street and told them about my work, and both bought a copy of *THE LIFE BOAT*. One of them was a preacher and invited me to attend his church. I went on the next Sunday afternoon and, after preaching, he invited me to come to the front and give a talk about my work. After I had finished, the minister asked me to hand him my package of *LIFE BOATS* and he sold every one of them, and then said that he wanted a package of them for himself.

#### Sowing by the Wayside

I was going along the street selling *LIFE BOATS* in the business houses and to anyone whom I met. I sold a copy to a policeman, and when I came upon him while he was on duty he had *THE LIFE BOAT* in his hand. He called to me and said, "Lady, this is the most inspiring little book I have ever read."

On one occasion I thought I was going into a grocery store, but after I got inside I found that it was a saloon. The man in charge treated me rather cold, but I heard voices in the next room and I asked permission to go in. The men were drinking; had their glasses in their hands, but when I entered they put them down and did not drink in my presence. I told them about my work, and then the bartender said, "Boys, every one of you buy a book; she is a Christian or she would not come into this place with those nice books." As I went out, the man who was in the front said that he wanted to apologize for the way he talked to me when I came in. He thought I came in to give them a lecture, but that when he heard me talk he knew that I was a Christian. He bought one of my books and asked me to come around again, and he said to me, "May the Lord bless you in your work." As I went out, there was a man sitting by the window reading a *LIFE BOAT*. I asked him where

he got it, and he said from me, that they called him inside to buy it. He said it was fine.

I went down the street one day selling LIFE BOATS. I had fifty, which was all I could carry. I soon sold all of them. As I passed this same saloon which I had visited a few days before, a man was standing outside reading THE LIFE BOAT.

"How is THE LIFE BOAT work? That is the most inspiring little book I ever read; may the Lord bless you in your work," he said.

One day I was going along and saw a large house standing back from the street, so I walked up and rang the bell. A man came to the door and smiled, and said to me, "I was just reading about you." He asked me to come in as he would like to talk to me about THE LIFE BOAT work. He was a minister and seemed very much interested. He said I was in a good work, and asked the Lord to bless me in it. He wanted me to stay over and attend a women's meeting. He said they had a committee on prison work, but after talking with me he didn't think they knew much about it. At the next house a lady met me at the door. She had heard about my work and said she was sure it was a good work. The next lady bought a package of LIFE BOATS and said she wanted to take up the work. I also met a man who bought a package of LIFE BOATS to use in the factory.

There was a man in the Federal Prison whom I visited, and I gave him a Bible and other literature which he enjoyed. He said he wanted to learn a trade. He wanted to be an electrician. So I asked a lady to go with me to call upon one of the high officials of the electric plant. I told him about the man and that he wanted to learn to be an electrician. He gave us ten dollars to start with and said he would help the man, and when he served his time he would give him a job. The man graduated in prison and when his time was up he got the job.

There was a man who was a morphine fiend. He committed a great crime and was in jail. I went to the jail to carry some LIFE BOATS. This man wanted to tell me all about his troubles. He said he was

under the influence of morphine when he committed the crime. He told me they were going to keep him there until he quit the habit. I told the boys in the jail how to help him get rid of the habit. Some time after this, I was again at the jail and met this same man. He said, "Mrs. Willeford, I am a free man. I am going out of here next week. You helped me out of this place." This man was a doctor and a preacher, too. I saw him later when he was free. He came to meet me and was so happy to see me. He said, "I am back on my job."

Does it pay to go down in the ditches in prison wherever the poor, fallen beings are? It may be your brother or sister; it might be your boy or girl or at any rate it is someone going to ruin. Can't we as Christians go down in the ditches and slums to save some poor discouraged boy or girl? If we are Christ's followers, we will be willing to do this work of his. Some say, "I could not do that kind of work, it would break my heart to see poor suffering people like that." "Well," I said, "It will do us good to have our hearts broken."

I have been in jail when those young men would tell me their pitiful stories and ask me to pray for them. I would kneel down and pray for them; shed tears for them and I never felt degraded. I felt happier because I could say something comforting that would cheer them. Tell them about Christ, how loving and merciful He is to the poor. He loves the sinner but hates the sin.

THE LIFE BOAT is a very inspiring little book that is inspiring and comforting to the Christian, also to the discouraged and fallen. Now the publishers of THE LIFE BOAT desire help so they can send it free to the prisons. All who are interested in the prisoners and have the means, donate to the publishers so they can help the prisoners. God will surely bless the means also those who will help in this worthy cause. God loves a cheerful giver.

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We never "find" time for anything. To "have time," we must make it.

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No conflict is so severe as his who labors to subdue himself.



## THE CHICAGO MISSIONARY VOLUNTEER CONVENTION

W. A. WOODRUFF

[Brother Woodruff has recently been called from the West to take charge of our Young People's Missionary Volunteer Work in Chicago and vicinity. An interesting convention of the leaders of the Young People's work was held in Chicago February 27-29. And Brother Woodruff, at our request, gave our young people at Hinsdale a report of this convention, from which we cull this interesting article.—Ed.]

I am very glad that I have the privilege of being associated with young people and to work for them, for that is the most noble work that is given to humanity. You and I share some of the most blessed privileges, and we have some of the greatest responsibilities that rest upon anyone. We sometimes open our Bibles carelessly and read a text, little thinking what it means, and with our minds perhaps altogether in some other channel. We ought to ponder over it and meditate upon these things. We should take into our being the Word of God and assimilate it and distribute it, as it were, just the same as we do food for our physical being.

I have been asked to speak to you about our Convention. As we began to study the need of such a meeting, we began to see the great need of the work here and we tried to arrange the program in such a way that it would cover the matters of greatest importance.

The thing that impressed me from the beginning was our great need, and what steps would we take to meet that need. "Our Great Need" was emphasized by Pastor A. J. Clark. Our greatest need is the individual soul-winning life—the fact that we ourselves must be sure of our own salvation—we must associate ourselves with God's work and realize our responsibility to others.

The next was our responsibilities as young people in this need, and the different agencies leading up to it. I am glad to say that on Sunday we had the secretary of your society, Miss Hazel Klose, who is also your church school teacher, with us, and she gave us some very good thoughts on the Junior work.

Professor C. A. Russell took hold of the matter of "Leadership" on Friday evening, telling us how we must meet the need. Today our work in the foreign lands is opening up in a manner that has not yet been known. We know what this means—that the last

days are right upon us. (Matt. 24:14.) The Lord is making our people willing. He is impressing the honest in heart. We find ourselves confronted today with the needs in these fields. We find that our young people are called upon today to take places of responsibility, not only as teachers and col-porteurs, but they are being called upon to shoulder greater responsibility.

The greatest and best place to work now is in our own local societies. We have to educate our young people to take hold of this work and do the best they can, manifesting willingness and hearty co-operation, and doing their part in their local society.

I am glad to say that it has made us all feel very good to know how the Hinsdale Society is taking hold of the work. We hear of good work from your society.

Brother Clark impressed us with the thought, "What are we doing for our young people to 'hold' them?" We find that today our young people are being offered every kind of amusement and attraction. The world is offering the very best and alluring temptations, and yet what are we doing to hold them? Instead of saying, "don't do this or don't do that," we must begin to make plans that will enable us to offer them something and say, "Do this," and then there is no need of emphasizing the "don't."

I do want to say this, young people, that as a body, we have endeavored to set in motion a little working force to begin this active campaign of holding up before our young people the positive side of this thing, and offering them something that is real—to stand by their side and set in motion some of our missionary plans. We want to interest our young people in this work. What we want is this positive thing—this individual over-comer's reward. We want to encourage our people to become interested in these vital points. It is by the carrying out of various goals that we are able to do this, but a society is not very much of a society that only impresses the goal work. But we should carry out an aggressive campaign. The principal goal that we have in our work as young people is "So many young people converted."

We find today, young friends, that so many times we as young people, and older people, too, will get out and give away literature

and visit the people in their homes, but when they begin to ask us questions we say, "Well, I will try to send a Bible worker to you, or a preacher." Don't you know that right there we are losing the very best opportunity that the Lord has given us to do missionary work? Never can anybody else fill just the place that you could have occupied to arouse that interest. When we arouse that interest, let us be able to give a reason for the hope that is within us. Go to them and give them that Bible study yourself and not send anybody else.

The matter of our reporting work was very nicely presented by Miss Walker. Reporting isn't for the purpose of boasting, but for the purpose of boosting. Let every one of us be "Boosters." We are not of very material benefit to our society if we are not striving to do some work. If you are not a live wire you are going to be a dead weight on your society.

I want to say, young people, we had, I consider, a very important convention. It was for our young people. We tried to set in motion some plans that will help us to take hold of this young people's work in a more aggressive way. While you are doing a good work here, just continue to do missionary work and report it. Let us remember that the Lord is calling upon us to be leaders in the cause of God. I think it is an inspiring thought to think of the overcomer's reward. So let us pledge that we will take hold of this work in Chicago, for it is a great and a needy field.

## 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.

41. Are bananas a good fruit for thin people?

Ans. A ripe banana, but not overripe, is a most excellent all-around food and of particular value for those who need to gain flesh.

The fruit should be taken at mealtime only, and when well masticated it can be taken with almost any other food.

42. Are the grippe and the "flu" caused by the same germ?

Ans. We think that these terms can be used synonymously, but it is now believed that several different germs are capable of causing the illness and symptoms usually described as Influenza or La Grippe.

43. Can hyperacidity be cured?

Ans. Yes, by carefully dieting under the advice of a physician who understands food combinations and makes a specialty of digestive disorders.

44. Are griddle cakes of any kind a healthful food?

Ans. Griddle cakes may be prepared and baked in such a way as to be wholesome. If they contain a sticky and pasty interior they are very difficult of digestion and are likely to upset the stomach.

45. May fruits and such vegetables as spinach or lettuce be taken together with safety?

Ans. Fresh fruit and fresh salads such as lettuce, celery or tomatoes can be taken together, and many people can also take tender spinach at the same meal without difficulty.

46. What is the cause of drowsiness during the day and especially after meals when the patient has already slept well at night?

Ans. Drowsiness after mealtime and especially after dinner usually indicates that food has been taken too freely. The effect is to draw the blood away from the head and thus encourage drowsiness and sleep. A fast of a day or two and then an abstemious diet will probably give relief.

47. What confections and nuts could be taken by a diabetic patient?

Ans. Confections containing sugar in any form would be taboo, but nuts of all kinds except Italian chestnuts can be taken freely.

48. What causes enlarged heart and flabby heart muscle, and what treatment would effect a cure?

Ans. Influenza, pneumonia and fevers generally cause an extreme weakening of the heart muscles. Physical strain, loss of sleep, a sedentary life also encourage weakness of the heart muscle. Rest, Nauheim baths and gentle massage with Schott exercises are the indications for a cure.



## EDITORIAL

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### SPEND YOUR VACATION WITH "THE LIFE BOAT"

Christian students who desire to have their summer's vacation tell for the advancement of God's kingdom on earth and who, too, must earn good wages to help with the next year's expenses, can find both by taking up *THE LIFE BOAT* work this summer. *THE LIFE BOAT* carries the simple gospel story told in such a way that it reaches often the hardest hearts, and at the same time those of our workers who give their entire time to the work do well financially. Workers can handle up to a thousand or more copies per week. *THE LIFE BOAT* sells on its own merits and is well received by the public generally.

Here is your opportunity for sowing for the Lord and for reaping a bountiful harvest of souls led to Christ and a spiritual and financial blessing to yourself.

Ask the Lord to direct you in taking up the work and write us for further information.

### DO YOU WANT A NURSE'S TRAINING?

Do you feel the Lord is calling you to take up medical missionary work? Has the growing need of sick and helpless humanity in the world these days appealed to your heart? Have you heard the cry of helpless, abandoned mothers and babies in our large cities, and do you want to minister to them? Have you felt a longing in your heart to minister God to the sick and dying as well as to give them scientific care? Have you desired to gain an experience in rescue, mission and jail evangelism? Do you want to experience the joy of finding diamonds and pearls in the moral swamps of a large city—of leading a lost soul up to Christ?

The nurses' course at Hinsdale gives its student nurses a wide range of experience in visiting the homes of the poor in Chicago, in holding gospel services in the jails, scattering the printed page, and other similar lines of work. Besides a thorough nurse's training in treating and caring for the sick.

A new class will open July first. Fifty earnest, consecrated, mature young people are wanted to join this class. Write at once for full information. Address, Dr. Mary Paulson, Hinsdale, Ill.

### TAKING THE SWEAR OUT OF HIM

An old soldier in Milwaukee said he used to be the most profane man he knew of. He was in the army and could outswear any man in his regiment. One day while in the army he was going through an orchard and found a New Testament and took it and began to read that New Testament. Pretty soon three young soldiers came up before his tent and saw him reading. They began to swear just like he had, but it seemed inappropriate then to have these men swear. Pretty soon a soldier came up who was a Christian, and he tried to help him on a little; and he said, "I am not going to swear any more." The man said, "You need Christ to help you." "No," he said, "I am a man, I am a soldier," and he tried for three months and swore every day. Then he got on his knees and asked Christ to take the swear out of him, and he never had a desire or temptation to swear from that day until now. That man had the live coal touch his lips just as truly as Isaiah had. (Isa. 6:6, 7.) An angel does not have to come in visible form and touch our lips. We may not swear, but we may say some words occasionally we would rather not have said when we meet them at the bar of God.

### "GO YE"

S. D. Gordon, in his "Quiet Talks on Service," gives soul-wimmers a splendid lesson from the life of a Scottish shepherd's dog, which we quote here:

"Some years ago I was a guest at a small wedding dinner party in New York City. A Scotch-Irish gentleman, well known in that city, an old friend, spoke across the table to me. He said he had heard recently a story of the Scottish hills that he wanted to tell. And we all listened as he told this simple tale. I have heard it since from other lips, variously told. But good gold shines better by the friction of use. And I want to tell it to you as my old friend from the Scotch end of Ireland told it that evening.

"It was of a shepherd in the Scottish hills who had brought his sheep back to the fold for the night, and as he was arranging matters for the night he was surprised to find that two of the sheep were missing. He looked again. Yes, two were missing. And he knew which two. These shepherds are keen to know their sheep. He was much surprised, and went out of his dwelling to call his collie.

"There she lay after the day's work suckling her own little ones. He called her. She looked up at him. He said, 'Two are missing'—holding up two fingers—'Away by, Collie, and get them.' Without moving, she looked up into his face as though she would say, 'You wouldn't send me out again tonight? It's been a long day—I'm so tired—not again tonight.' So her eyes seemed to say. And again, as many a time doubtless, 'Away by, and get the sheep,' he said. And out she went.

"About midnight a-scratching at the door aroused him. He found one of the sheep back. He cared for it. A bit of warm food and the like. Then out again to the dog-house. There the dog lay with her little ones. Again he called her. She looked up. 'Get the other sheep,' he said. I do not know if you men listening are as fond of a good collie as I am. Their eyes seem human to me, almost, sometimes. And hers seemed so as she looked up and seemed to be saying out of their great depths: 'Not again—tonight? Haven't I been faithful? I'm so tired—not again!'

"And again, as I suppose many a time before, 'Away by, and get the sheep.' And out she went. About two or three, again the scratching. And he found the last sheep back—badly torn—been down some ravine or gully. And the dog was plainly played. And yet she seemed to give a bit of a wag to her tired tail as though she would say, 'There it is; I've done as you bade me—it's back.'

"And he cared for its needs, and then, before lying down again to his own rest, thought he would go and praise the dog for her faithful work. You know how sensitive collies are to praise or criticism. He went out and stooped over with a pat and a kindly word, and was startled to find that the life-tether had slipped its hold. She lay there lifeless, with her little ones tugging at her body.

"That was only a dog. We are men. Shall I apologize for using a *dog* for an illustration? No, I will not. One of God's creatures, having a part in His redemption. That was to save sheep. You and I are sent, not to save sheep, but to save *men*. And how much, then, is a *man* better than a sheep, or anything else!

"And our Master stands here today. Would that you and I might see his face with the thorn marks of his trip to this earth. He points out with his hand. And you can't miss a peculiar hole in its palm. He says, 'There are *two missing*—aye, more than two—that you know—that you touch—that you can touch—that I died for—go ye.'

"Shall we go? For Jesus' sake? Yes, for men's sake; splendid men, befooled about Jesus, who can get him only through us in touch with him—for men's sake, in Jesus' great name."

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### A READER'S APPRECIATION

"I have just received my LIFE BOAT and I have it nearly read through. I hate to leave it until it is finished. My, how I love that beautiful book, and I can never read it without crying. Oh, the great good you are doing. Every time I pray I ask God to bless you all in your noble work, to strengthen you and raise up friends and means."

## NEWS AND NOTES

During the month the Hinsdale Sanitarium has had the pleasure of entertaining several pastors of note, among whom we mention the following: Pastor W. H. Heckman of Mt. Vernon, Ohio., M. E. Ellis of Lincoln, Nebr., C. S. Longacre of Washington, D. C., W. H. Holden of Springfield, Ill., Wm. Guthrie of Berrien Springs, Mich., and Pastor P. H. Herman and family of Chicago, who are under appointment to Roumania.

Dr. John F. Morse of Porto Rico arrived on April 30th and has taken up his duties as medical superintendent of the Hinsdale Sanitarium.

Dr. L. L. Andrews of the Orlando, Fla., Sanitarium, spent a few days at Hinsdale recently.

Dr. Mary Paulson returned to her work in the Sanitarium after an absence of two months while taking post-graduate work in New York City. Dr. Paulson visited the Melrose, Mass., Sanitarium and also the Washington, D. C., institution before returning.

Mrs. Carl M. Keck of Washington, Iowa, spent a few weeks at Hinsdale recently.

Mr. H. E. Ford, the Sanitarium X-ray expert, read a paper before a congress of missionaries held in Nashville, Tenn., in April.

Dr. Amy Humphrey of Chittenden, Vermont, who assisted in the medical work at Hinsdale for several months last year, has now returned and connected with the work permanently.

Mrs. Eva A. Piper of Aberdeen, S. Dak., is spending a few weeks at Hinsdale. Mrs. Piper was matron of the institution for a short time, several years ago.

Mrs. C. A. Russell of Berrien Springs, Mich., is enjoying a few weeks' rest at the sanitarium.

Mrs. M. W. Cobb visited her people in Akron, Ohio, during the month, also her son in Rockland, Wis.

Mrs. J. Sampson and Mrs. Joel Yaeger of Berrien Springs, Mich., were among the arrivals during the month.

Mr. W. B. Hicks and daughter, Mrs. Jessie Runge, of Frederick, So. Dak., spent a few days at Hinsdale on their return from Florida.

Prof. B. G. Wilkinson of Washington, D. C., who spoke before a large audience in Orchestra Hall the evening of May 11, spent the following day visiting our Hinsdale work.

Mrs. Anna Case, the Life Boat Rescue Home housekeeper, left on May 11 for several weeks' vacation in and near Boston, Mass. Miss Jessie Tupper, who will visit her people in Halifax, N. C., accompanied Mrs. Case from Chicago to Boston.

Dr. and Mrs. George Loveren of Santa Barbara, Calif., were welcome guests at Hinsdale recently.

Mr. W. K. Kellogg and wife of Battle Creek, Mich., visited the Hinsdale Sanitarium May 15th.

## NOTICE

One of our city workers recently sold a copy of this magazine to a dear Christian woman. As she read it, there was kindled in her heart a desire to help others. After praying over the matter she sent us the following invitation to sick and afflicted ones:

"Mrs. Mable M. Marks, 3420 South Park Ave., Chicago, will correspond with persons who are sick or in trouble, pointing them to Christ who alone can make us free."

## 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 Life Boat

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

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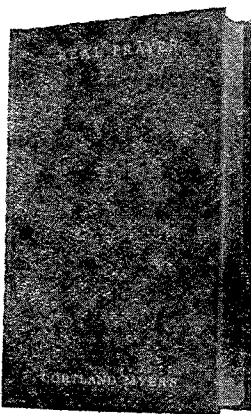
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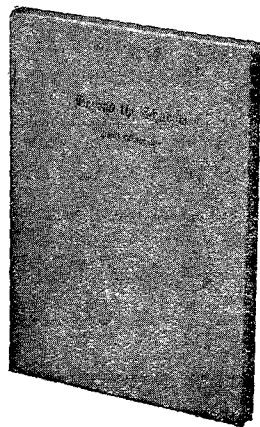
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# THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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

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

## Are You Contemplating Making Your Will?

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

### Why Not Be Your Own Executor?

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

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

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

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

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

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

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



# Life Annuities with Interest

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

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

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

Write for full information and particulars of this plan.

Address

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

# Are You Wearing a "Patricia"

## A SHIELD TO HEALTH

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

We are now able to furnish the Patricia health garment in stock sizes from 32 to 40 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."**

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

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

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

# Liquid Paraffin

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

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

### Prices

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

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

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

## The New Hinsdale Sanitarium

**T**HE HINSDALE SANITARIUM has had the largest patronage for the past year in its history. For many months it has been possible to accommodate only a small percentage of those who wished to come for care and treatment, therefore, it was decided 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.

