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Life Boat

The Life Boat Employs No One to Solicit Donations

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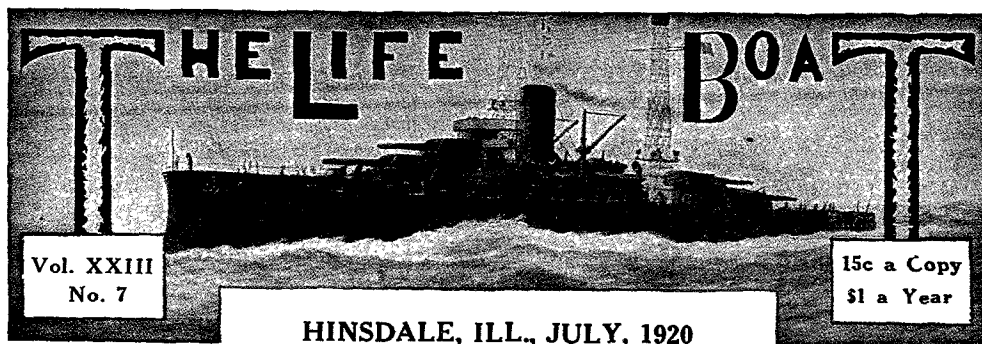
July, 1920

*Hard Work, Plain Food, and Country Life—Dr. D. H. Kress*



With hand on the spade and heart in the sky  
Dress the ground and till it;  
Turn in the little seed, brown and dry,  
Turn out the golden millet.  
Work and your house shall be duly fed:  
Work, and rest shall be won;  
I hold that man had better be dead  
Than alive when his work is done.

—Alice Cary



## Hard Work, Plain Food and Country Life as Related to Longevity

D. H. Kress, M. D.

**H**ARD work, proper periods of rest and simple food combined with out of door life have always been the source of health and vigor and conducive to length of days.

We have wrong ideals. The aim of nearly all is to work as little as possible and to furnish a table laden with delicacies and the most expensive of foods. The more food costs the more desirable it is supposed to be. The mechanic and the common laborer who are forced to labor and to eat simple foods look forward to the time when they will have accumulated sufficient so that toil will no longer be necessary, when they will be able to say, "Soul, thou has much goods laid up for many days; take thine ease; eat, drink and be merry." The country is then forsaken for a city dwelling.

When this point is reached, degeneracy begins. "Thou fool" may well be said of the one possessing such aims. In the past nations have depended upon the rural districts, where the habits of the people have of a necessity been more simple, for the maintenance of racial vigor. The peasants have been the real backbone of all civilized nations. Degeneracy in any country becomes more pronounced just to the extent that the simple and natural peasant life is exchanged for the complicated and unnatural city life. Today there is a mad rush for the cities. The country is being depopulated. One hundred years ago four per cent of the people in the eastern states were found in the cities. Today sixty per cent are found there. The high cost of living is chiefly due to the unwillingness of men to till the soil and become producers as well as consumers. We are producing auto-

mobiles, rifles, high-heeled shoes, cosmetics, etc., but these are poor substances to feed upon. What is needed is more producers of grain, fruits, etc.

That physical toil in the open air increases racial vigor was demonstrated in Egypt centuries ago. A handful of people came to Egypt; for four hundred years they dwelt in the country, where they cultivated the soil. They multiplied and grew so rapidly that the Egyptians felt some alarm and said, "Come on, let us deal wisely with them; lest they multiply, and it come to pass, that, when there fall-eth out any war, they join also unto our enemies, and fight against us."

"Therefore they did set over them task-masters to afflict them with their burdens." Ex. 1:10, 11. Hard work and plain food, the Egyptians reasoned, would weaken them and tend to bring about degeneracy. In this they were disappointed, for we are informed, "The more they afflicted them, the more they multiplied and grew, and they were grieved because of the children of Israel." It was demonstrated that physical toil, rural life, plain food and drink is conducive to health and increase. The real remedy for degeneracy and declining birth rate is rural life and simple foods. It is true that occasionally we hear of men who have used tobacco and alcohol and have lived to old age. These are exceptions. It is no evidence of their harmlessness but it demonstrates that some have inherited vigorous constitutions and can live long in spite of wrong-doing. However, upon inquiry, it is usually found that the usefulness of such ended many years before death. In other words, they were practically dead, so

far as usefulness was concerned, many years before burial, often a burden to themselves and friends. On the other hand, history furnishes proof that regularity of life, simplicity of diet, have furnished for men in the past long scenes of happiness and blessed them with unimpaired vigor both in mind and body; their usefulness, instead of diminishing, increasing with their years.

In civilized countries at the age of forty it is difficult to secure a government position. Decline after this period is so rapid that at the age of sixty government employees are no longer considered of much value and are called upon to retire from office. At the age of seventy the majority are disabled and dependent upon the charity of friends or the State for support. Probably not more than six out of every one hundred born live to the age of eighty years. Under normal conditions man should be at his best at the age of sixty years.

It is evident that in Biblical times men lived to a much greater age than at the present. The average age of many during the first few centuries after the flood, according to the record given in Genesis 11, was about 430 years, while during the 1,500 years preceding the flood the average age of life was over 900 years. The report of vital statistics in those days ran as follows: "And all the days of Seth were 912 and he died." "And all the days of Enos were 905 years and he died." And so on. Only once during the first 2,000 years of man's existence do we find the record of a son dying before his father, and we find no record of a death in infancy.

Nowhere can we find a more forcible illustration of the fact that right physical habits promote mental superiority and are conducive to longevity than in the useful and fragrant life of Daniel, the Hebrew captive in the Court of Babylon. When he and his three companies were selected to be educated in the "learning and tongue of the Chaldeans,"

there was appointed them a daily allowance from the royal table both of food and wine. They fully understood the nature and influence of these foods and dared not risk their enervating effect on physical, mental, and moral development. Therefore "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank." They requested that they might instead have the simple products of the earth for food, and water for drink. At the end of three years' training, not only were their faces fairer and better than the rest, but their keen apprehension, their choice language, their thorough knowledge, testified to the unimpaired strength and vigor of their mental powers. "And in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm." Daniel was promoted to the position of prime minister of the kingdom of Babylon. Seventy years later when Babylon was conquered by the Medes and Persians, Darius the king, recognizing Daniel's courtesy, wisdom, statesmanship and moral worth, "set over the kingdom an hundred and twenty princes, \* \* \* and over these three presidents, of whom Daniel was the first." Thus we see at the age of ninety years, instead of being a feeble withered old man, dependent upon charity, Daniel was at the height of his usefulness. So well and accurate was his work done as a statesman at this advanced age that even his enemies who tried to secure his office through unfair means were forced to confess, "We shall not find any occasion against this Daniel except we find it against him concerning the law of his God." "They could find no occasion nor fault; forasmuch as he was faithful, neither was there any error or fault found in him." The time has come when the wise-hearted will forsake the cities and will move into the country and to simpler and more natural habits generally.

## WHY?

ROBERT HARE

The fairest flowers I cherished  
Have withered down and died,  
While all the sweetest gifts of life  
Have sometime been denied!  
If I would climb the mountain,  
To view the upper skies,  
A darkened sight and trembling feet  
Led where the valley lies!

But why the darkened vision?  
And why the withered flowers?  
And why the shaded valley here  
And why the gloomy hours?  
Be still, my heart, and listen!  
Be still—it is His way,  
And somewhere through the darkness drear,  
He leads to brighter day!

**"LIKE A BROKEN TOOTH"**

PASTOR S. E. WIGHT

"Confidence in an unfaithful man in time of trouble is like a broken tooth, and a foot out of joint." Prov. 25:19.

There are some individuals that we don't know just how they are going to stand in a crisis. But God must have a class of people in the world who will be true and loyal to him, and who will always be on hand in a crisis, who will never depart from the truth. We must first learn what truth is and then we must live that truth. It doesn't make any difference what difficulties come against it. There will be a few people on this earth who will be true and loyal to God. And there is a whole lot of comfort in knowing that we are going to find such people just the same under all circumstances and conditions.

It will come in your experience, dear young people, when you are going to be tried. The devil gets up some way to take us unawares, and we come to some place where we are tried and tested and everything will look dark just as the whole affair looked dark to the Saviour on the cross. We are fast coming to those places. It may be that your difficulty will be one thing and mine another. The question is when the test comes, will we be true? If we are not true, we will be like a broken tooth—good for nothing. If you have a broken tooth you have it taken out and if you have a broken foot you don't feel much like working, and you don't do anything until things are fixed up. I believe that the safest way is to be true in a crisis, be true under all conditions—be true to God. Be true wherever I am placed so that people will know the position I am going to take. It may be we don't always know how to decide what is right. We have a God to go to. We must go forward with a steady purpose believing that God leads. And when you get to a crisis and don't know what to do, fall on your knees. There is a wonderful difference in the way we train ourselves, and the whole thing is in our hands and we can train ourselves as we please. If we don't train ourselves to be loyal to God in the world, the time will come when we will be lost. Every individual who arranges his life in such a way that

he allows weakness to come, the time will come when he is no good.

The other day I stood over the bed of an old lady about eighty-five years old and talked with her about her Christian experience. She said to me, "I wonder if everything is all right."

I said, "I want to say something to you I have wanted to say for a long time. How about your brother, have you forgiven him?"

"Forgiven him," she said, and she shook her hand.

"You will never get through the pearly gates until you forgive him." I talked with her a while and finally she said she would forgive him, and she asked me to pray for her that she might forgive him. I said I would, and I would pray right now.

The next morning her sister went in and she said, "Well, you had company last night, didn't you?"

The old lady said, "And what do you suppose he wanted me to do? He wanted me to forgive so and so."

"And I suppose you did?"

"Indeed, I didn't," she replied.

I tell you, there was a crisis. There came a time in that woman's life when she would like to have gone into the kingdom, but she couldn't forgive. She failed to be true in a crisis.

**DONE WITH THE PAST LIFE**

From a Prisoner in Stillwater, Minn.

"I thank you very much for *THE LIFE BOAT* which I received some time ago. Will you please send it every month? I will send you \$1.00 as soon as I can arrange to do so.

"Dear friends, I am at Stillwater, Minn., shut in, but not for long. If not given a parole this year, my time will expire next year. I am done with the past life. I am trying to forget the past. It is the future I am longing for. As I am twenty-nine years old, it is about time I was getting on the right road. When I am released I will try and make you a little visit on my way East to see my dear ones, whom I have not seen or written to for so long. I will close now, with hope that I may receive a letter from you at any time."



## Footprints of Faith No. 7

### Establishing a Country Headquarters

David Paulson, M. D.

[Many and striking providences of God's leading in the moving of the "pillar of cloud" to a country headquarters will be continued 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 WILL skip over some of our interesting experiences. Directly we opened up the branch sanitarium on the South Side, which had been closed for some time, and Mrs. Paulson and I took care of the patients that came. We did not have very good facilities nor opportunities for medical work, but the place was full all the time, and people stayed there and they got well, and the Lord helped us to do a good work in connection with our many lines of mission work in Chicago. But I saw circumstances were against us. What we needed to do was to establish a sanitarium work out in the country. Meanwhile the Battle Creek Sanitarium burned and so they quit helping us in any way financially. Up to that time they had helped us and co-operated with us. But they notified us after the fire that they could give us no more help. "You can close up everything in Chicago, or carry it on, just as you like," was the word that came to us. I elected to carry some of it on.

#### A Time of Testing

From a human standpoint at that time the Chicago work had a sorry outlook. Some of our best workers naturally went to Battle Creek, and they were of course needed there. Our gentlemen nurses had worked themselves to death and they went home for vacations. Our folks had been turning away patients every day on account of lack of room. If there ever was a time when the Chicago work needed the Lord's tender mercy, it was then. My only

comfort was in the fact that the Lord knew all about it.

We had many perplexities in our situation. From a human standpoint, our outlook was almost disheartening, but then there were things that showed up on the other side of the question. A poor woman who spoke eight languages came in. She could talk with almost everybody on earth, but she had never learned to talk with God. She had had several surgical operations that were complete failures, and she was in despair. Somebody directed her to our missionary dispensary and told her that we were honest. Dr. Colloran examined her and she was brought to the sanitarium. She had another surgical operation and directly afterward was converted. We had a number of similar indications that the Lord was helping, in spite of the discouraging circumstances.

#### Traveling Through Europe

In the spring of 1903 I was asked to leave the Chicago work for a three months' trip through Europe in the interest of the medical missionary cause. I somehow felt in my bones that when I would come back I should be able to accomplish more for Chicago. If I had any other view, nothing else—no board or committee on earth—could have made me believe that I should leave it for a single night. I had always wanted to go to Europe, but when brought face to face with the opportunity, my attachment for the work in sin-cursed Chicago far overwhelmed it. But I went.

I saw and learned many things while in Europe, but I think the best thing I saw was up in Norway. I was called up there to see a patient, and there was a treatment room. One of our nurses had gone back to Norway and instructed her brother how to give treatments. The way up to his treatment room on the second floor was through an alley. I walked up there, and I remember now his sitz bath was just an ordinary barrel that had been sawed

them, "What are you doing here?" "Well," they said, "the doctors could not do anything for us and this fellow is curing us."

#### His Outfit Was Cheap, But He Was Not

He was a fine, splendid man; he would not have been a more splendid man if he had had an elaborate outfit. His outfit was cheap, but he was not. I would rather have excellent men and a cheap outfit than to have expensive outfits and cheap men. I have seen some elaborate outfits, but



Mr. C. B. Kimbell, the man who made country headquarters possible, and three of his grandchildren

down. His full bath tub was a box he had built and caulked so it would not leak; and for his Russian or Turkish bath he had simply some cloth nailed on frames and stuck them together and had another on top that the patients stuck their head up through, and then he had some alcohol under there, and steam; and then he had his own brawny, husky hands and a great big heart back of it.

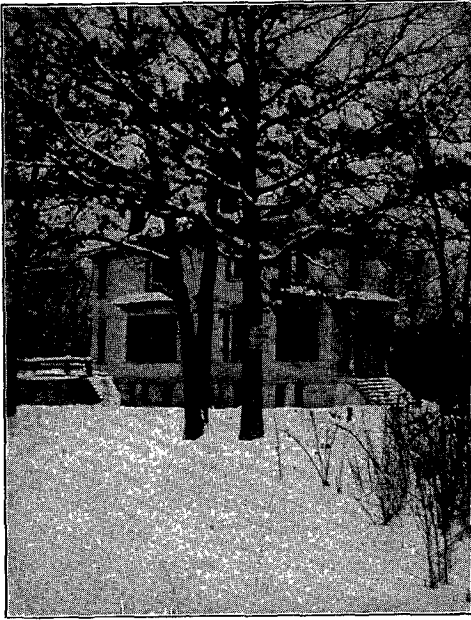
I met the priest of that town, the school-master and the leading druggist and asked

something about the workers impressed me as cheap. Let us have, first of all, mighty workers and then they will do mighty things with humble apparatus. The inside history of the building up of any enterprise is largely written in prose, not in poetry. There is a great deal of God's work that does not have any halo over it unless you have it in your own soul.

When I see people planning and devising and scheming how they are going to do great things for God, and I say, "Have



you talked to God about it?" and they say, "Oh, no, it is plain enough on the face of it that it ought to be done," I feel sorry for them. There is such a thing as knowing the mind of God; and I am not so sure but that is a truth that needs to be emphasized more today than all the others put together. You can teach young people massage and how to give people a right kind of diet and all that, but they shrink from acquiring an experience that enables them to know the mind of God; and shrinking from that their enterprise must be writ-



The old Beckwith residence, which was made a part of the Hinsdale Sanitarium

ten in failure, even though they might have an expensive outfit.

#### Praying for a Country Headquarters

When I returned from Europe it became more and more apparent to us that the heart of a great city is not a very favorable place for a sanitarium effort, and we were looking up various openings in the vicinity of Chicago, where we might establish headquarters for a sanitarium work. One or two seemed quite favorable, but they ultimately passed beyond our reach.

I made it a special matter of prayer and kept looking for a favorable location. One day Mr. C. B. Kimbell, a wealthy man who lived out here in Hinsdale and who had

been helped wonderfully healthwise in our Chicago sanitarium, came to me and said, "Doctor, you ought to start a sanitarium in Hinsdale. That is a beautiful town. I would like to see a sanitarium out there. There is a piece of property out there that is just the thing for a sanitarium." So he brought Mrs. Paulson and myself out one day and drove around here with us. He pointed out a magnificent piece of property, just on the edge of the village, comprising ten acres, having a brook running through it, entirely wooded, with fruit trees, berry bushes, shrubbery, etc., two houses, independent water plant, sewerage, etc., and said: "This is just what you ought to have for a sanitarium." I had no idea at the time that that was a prophetic wish. Weeds covered everything on these grounds, but in spite of the neglected condition I could see this was an excellent location.

#### Saw the Hand of Providence

Later on the Lord moved on the heart of Mr. Kimbell to buy this property, and he came to me and said, "Paulson, I tell you what I will do; I will buy this ground and deed it to you people, and you can pay for it in twenty yearly installments, without any interest." I saw the hand of Providence in that thing, and I said, "That is a go."

I knew it just as well as I knew after attending a Convention in Des Moines some years ago that The Life Boat was going to be a "go." I went home and ordered twenty-five thousand copies printed, and they thought me crazy. A few weeks later I ordered them to print fifty thousand copies and had to agree to pay for them myself before it could be done. We had to print a second edition. A few months later we printed an edition of 155,000. I had the same feeling in my bones about this Hinsdale business.

#### Gave It the Best He Had

I know it is worth while to put the best you have into the dough. If you have a little piece of yeast it does no good while up on the shelf, but if you put it in the bread, it grows, and pretty soon the whole thing is leavened. I don't know how many of you understand about bread-making, but I do. I used to have to make it for my mother. I have friends who have five times the tal-





The "Magnificent Piece of Property, Comprising Ten Acres, — 'Just What You Ought to Have for a Sanitarium.'"

ent I have, but they never got it into the dough. They are too busy and say, "Oh, yes, Paulson, you have the gift for such things; I don't want to do it." Their leaven is up on the shelf and never gets into the dough. Put a little in and in a little while you have ten times more than you had. It don't grow on the shelf. That is a secret I want to impress upon you, that what you give away is what you keep. Don't set a price of so much per square yard. Give it away and it will come back a hundred-fold. Don't forget that.

I then began to look for someone to come out here to establish a sanitarium work. Mrs. Paulson and I wanted to stay by the work in Chicago. But it came to be spring and Mrs. Paulson said to me, "We will have to go out *ourselves*." You remember there was a man in the Bible—Elisha—who sent his staff by his servant to place on the sick child's face, but Elisha had to go *himself* before the child was restored. There are some things you have to do yourself. You can't delegate them to anyone else. So Mrs. Paulson and I came.

You may imagine that after the Battle Creek Sanitarium fire, with no financial help coming from there, and with our little medical work we were carrying on in Chicago, and our small means being used up in rescue work we were doing, etc., that we did not have any money and we knew no one that we could look to for any. But we felt impressed it was the thing to do and we moved out here March 4, 1904, without money enough in sight to ship our few household goods out here.

We did not move out here for our health. I had to borrow money to ship our furniture out here, but I had the sweet conviction in my soul that I was launching out in obedience to a Divine providence, and I have not any doubt that I will live to see it done.

(Continued in next number)

### "GETS CLOSE TO THE HEART"

From a Prisoner in the Brushy Mountain Penitentiary,  
Petros, Tenn.

"The Warden here, Hon. W. H. Nelson, has turned over to me the letter from you addressed to him with the request that I answer same and thank you for the hun-

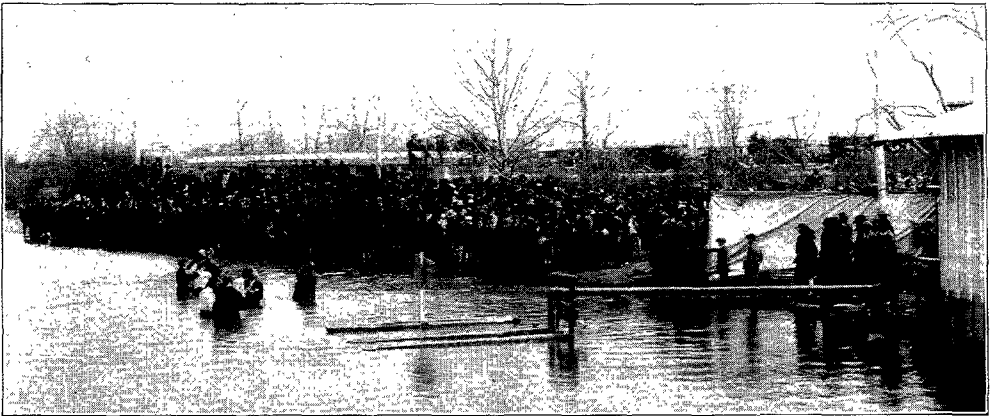
dred copies of THE LIFE BOAT that you are sending us, as I am librarian here for the prison. I wish to assure you that they will from time to time be a source of great comfort to the boys that are unfortunately on the state's hands at this time.

We have a beautiful library here, and it is so arranged that we receive many good magazines from the publishers direct, but I find that there is something about THE LIFE BOAT that gets close to the heart of the man in prison, and on the whole THE LIFE BOAT brings more cheer to the poor shut-ins than any magazine that I have in the library. Your purpose is a great one and you do accomplish more good than I am able with words to tell you, and I wish to thank you for this great gift of one hundred LIFE BOATS in behalf of the warden, the chaplain, the prisoners and myself. I know more than a great many about your work, as you have, in a time of great need, lent a helping hand to the writer and stuck by me when I was in a city of no friends or relations."

### BE A MAN

ROBERT HARE

Be a man, 'tis duty calls you,  
Places all within your reach;  
Be a man in life and purpose—  
Man, in thought and deed and speech.  
Rubber men are all around you,  
Jelly fish that squirm and lie,  
Pledged to fit in any corner  
Self would justify!  
Shiftless forms, bereft of spirit,  
Morbid souls, all cramped with sin,  
Sordid lives, debased by passion,  
Crawl and huddle where the din  
Of a hellish pandemonium  
Offers self its blood-stained gold—  
Rise above them; honest manhood  
Can't be bought or sold!  
Fashion cannot reach the standard,  
Fancy cannot fill the bill;  
Angels could not meet the measure,  
But the one who can and will  
Grasps the noblest plan and purpose  
Ever loaned to sons of clay—  
Be a man, gain life's objective,  
And begin today!  
Be a man: keep manhood's bearing;  
Greet life's beacon from afar;  
Thousands dwaddle in the marshes,  
"Hitch your chariot to a star!"  
Dare to run with faith and patience,  
In the race where millions faint;  
Somehow honest, true endeavor,  
Helps to make the saint!



Baptism of the first class of converts numbering seventy-seven

## AN UNUSUAL REVIVAL

CAROLINE LOUISE CLOUGH

Evangelists of a certain denomination held a series of revival meeting in Oklahoma City during the early spring. The results of the campaign totaled such large numbers added to the church by baptism that the entire city was aroused. The leading dailies published large pictures of the event and also wrote it up.

From the *Daily Oklahoman* of March 29 we quote:

"More than 1,000 people of the city watched the services when seventy-seven new converts were baptized at the lake at Belle Isle yesterday afternoon at 1:30. This is the first class of converts received at the meeting now in progress at the City Auditorium and will be followed in about three weeks by another class equally as large. A third class will be necessary to serve all the converts, it was announced last night by Rev. L. B. Schick, the pastor.

"The candidates were lined up on the shore in lines of seven each. There were seven ministers who did the work, coming to the shore and taking a line of seven into the water, where they were baptized simultaneously after the baptismal service was pronounced. The process was repeated eleven times, seven candidates being baptized each time.

"The second class, equally as large as this one, is now under instruction and will be baptized within three weeks, Reverend Schick said. The course of instruction

covers a period of six weeks, with two lessons each week. More than 200 converts have been received during the meeting, it was reported.

"The congregation of this church has increased so greatly since the evangelistic services started that it has become necessary for the church to hold its weekly services in the Auditorium instead of in the church, which is to be remodeled and enlarged."

Reading this newspaper report reminded us of the days of Pentecost when Peter stood up in Jerusalem and said, "Repent and be baptized every one of you in the name of Jesus Christ, for the remission of sins." And later on we read the words, "Then they that gladly received his word were baptized and the same day there were added unto them about 3,000 souls." Acts 2:38, 41.

Why should there not be a religious awakening today such as has not been witnessed since the days of the early apostolic church. For has not the Lord said that "In the last days I will shake all nations and the desire of all nations shall come." Hag. 2:7. And again we are admonished to "Ask ye of the Lord rain in the time of the latter rain." Zech. 10:1.

## GLADNESS

"If thou art blest,  
Then let the sunshine of thy gladness rest  
On the dark edges of each cloud which lies  
Black in thy brother's skies.

If thou art sad,  
Then be thou in thy brother's gladness glad."

## TEACHING SCHOOL IN KOREA

XANA HIBBEN

[A few months ago Miss Hibben sailed for Korea to conduct a school for the missionaries' children in Seoul. There, as elsewhere, she finds a stream of humanity flowing past her door, most of whom are still in darkness. She writes the following to her sister, Miss Zada Hibben, who is in charge of our Chicago house to house work.—Ed.]

I keep quite busy with my school work. I have three pupils in sixth grade, one in fifth, one that is half through the third, the other is just starting the third. I'd put them together if in America, but one is much older than the other, and because of no chance has been held back. She is quick and bright, so that I think she can soon go to the fourth. These four grades keep me busy all day.

How glad I am that I had the smallpox! There are many cases around us and in Seoul—not what you would call an epidemic, however. There are three cases in the village next to our compound. One right across the street from us, and such a thing as quarantine or carefulness is unknown. All of our workers and families have been vaccinated again. Three foreigners died in Seoul with the disease.

I have been out sightseeing temples. We have many around us. We went first to one with priests in charge of it, near the king's grave. Last week we went to one kept by priestesses. These all cut their hair and dress like men. Their village was clean and rather picturesque, setting on the side of a rocky mountain.

We live just a little outside of Seoul, which is a walled city. It is just about eight miles from here to the postoffice, or heart of the city. But there are little villages all along the street car line and even on past here. We are a half mile beyond the end of the car line, which comes out through East Gate, or Tongdaimon. You might call these villages suburban towns of Seoul.

Folks here in our compound have often wondered how many people go by our place in a day, for there is a continual string of them going into or coming out of Seoul. So the other day my children in their Junior Society decided to give away tracts to those that pass our gateway. From 6 a. m. until 7:30 p. m. the children took turns in hour periods and gave to all who would receive. Of course a few would not

accept the tracts, but we gave away 2,215 tracts in the 13½ hours. Most of the people walk. Some go by in 'rikshas and a few in autos or on bicycles. Then, too, they keep going more than half the night, so I think there must be about 2,500 or 3,000 people pass here every day. Where do they come from? You can look for miles and not see a hut, then suddenly you notice the thatched roofs of villages nestled in a ravine at the foot of the mountains, and everywhere there appear these crowded villages just the color of the soil, for they are built of dirt-plastered stone and rice straw roofs.

## AN EXPERIENCE "OVER THERE"

In one of the great shed hospitals where we went to sing and pray and try to cheer up the boys, they brought in over fifteen hundred wounded boys in one day. One hospital where we visited, it said, handled over twenty-six hundred, but this day they were lying on the floor and everywhere possible.

One man with both legs shattered was lying next to the operating table. Just below him was a lad with a bullet through his arm, but one of these men who seemed not to be able to stand pain. The nurse came to this man with his legs shot off and said, "Cheer up, old fellow, we'll soon have you fixed up; it's your turn next." The fellow down below was making such a noise because of the wound in his arm that this boy said, "Take that fellow down there; he seems to be hurtin' worse than me," and at his personal request they did take this other fellow out of his turn, tied him up, gave him the anesthetic, took out the bullet, eased the pain, took him out into the other ward, and when they came back to pick up this first fellow, he was dead. But O, if we could send the lesson broadcast everywhere in this country that our people might learn it; how it would solve our problems! If we could all catch the spirit of this dying soldier boy and begin to think of the other fellow who is "hurtin' worse" than us, it would solve all the problems of mankind today, because after all that is the true spirit that the true heart of our Christianity should have."—*Homer Rodeheaver*.

## BUTTING

When my children were young, I bought a lamb for them to play with. I thought that it would be safer than a dog or a cat. It would not bite or scratch. For several months it was so lively and yet so gentle, that they were delighted. But when its horns began to grow, it began to butt, and then there was trouble. It would rush against them suddenly with such force that they would be thrown to the ground, and we would pick them up bruised and bleeding. The lamb was not vicious. He was made to butt, and enjoyed it, as a boy enjoys snowballing. But what was fun for him was a terror to the children. That young butter was speedily turned over to the butcher.

The world is full of biped butters. They are as annoying to the rest of us as that lamb was to my children. But we cannot get rid of them as easily and summarily as I disposed of the lamb; hence all we can do is to grin and bear it. Some of these perpetual harpers on the disjunctive conjunctive, use the voice, and some use the pen, and some are both vocalists and instrumentalists. Let me illustrate: I was going home from church with Brother Conrad Conceit. I said, "That was a good sermon." "Yes," he replied, "but it was five minutes too long."

"Well, when I am getting a bushel of first-rate apples or peaches, I don't object to heaping measure. That was a fine illustration of the man who lost his diamond by tossing it up on a lurching ship. Don't you think so?"

"Yes, but he might have told it in half as many words." And so every suggestion was met. Everything that I said in favor of the sermon waked up this man's butting propensity.

The butter is prominent in many social circles. And here the universal objector sometimes belongs to what we call "the gentler sex." Suggest that Miss Smith is dressed in admirable taste, and she will reply, "Yes, but those gloves don't match well with her gown." Remark that Mr. Jones is a handsome man, and her prompt response is, "But his shoulders are stooping, and his nose is too long."

The habitual butter is often inconsistent. He pitches in on one side today and the

opposite side tomorrow. A neighbor of mine had a he-goat. A box was left, for some purpose, on one side of the path to the barn. The irrepressible butter, seeing it, pitched in and pushed it over to the other side. Next morning, as he was passing that way, he seemed to think that he might have made a mistake, so he went to work with might and main to send the box back into the place where he had first found it. The third morning he changed his mind and pushed it over again. And so he went on for a week, to the great amusement of the family, every day changing the position of the box. He did not know or care, of course, where the box really belonged. Right or wrong, he must butt, because he was a born butter. There are not a few people like that goat.

There are three considerations that should teach us to avoid this habit of faultfinding. First, it is in conflict with the gospel of love. Let the critic with microscopic eyes read the thirteenth chapter of I Corinthians. Let him ponder over our Saviour's statement of the second commandment. "Thou shalt love thy neighbor as thyself." The man who always sees something wrong or imperfect in others seldom sees his own faults, or realizes that he has any. He is almost invariably a conceited egotist, and that is the most unamiable of characters, and therefore the most unchristlike. But in the second place this unamiable habit tends to stir up strife. People don't like to be criticized. They are apt to resent it, and to "render railing for railing." The perpetual cynic and snarler is sure to be a storm-centre in a community. And finally, the faultfinder himself is unhappy. It cannot be otherwise. Nothing pleases him, nobody pleases him; then how can he find satisfaction anywhere? It may be said that he is pleased with himself. But that kind of pleasure is not healthful; nay, it is miasmatic. It is like drinking water of a stagnant pool, and breathing the air which it poisons.

It may be said that no one is perfect, and that we cannot help seeing many faults in all with whom we mingle. That is true, but we can also see something that is commendable, even in the worst men and women. If we fix our attention on the good rather than the evil, on the excel-

lences rather than the defects, of others, we shall cultivate a charitable spirit, and shall win the hearts that we would otherwise alienate.

This is a sad, a fallen, world. The trail of the serpent is everywhere. But some flowers of Eden survive. There are some things lovely and lovable everywhere. Let us seek for these, and show our appreciation of them, instead of finding fault always with everything; let us do this and we shall be happier far, and more useful than if we cherish the spirit of cynicism and conceit.—*Selected.*

### "STILL KEEPING ME"

From a Prisoner in Auburn, N. Y., Penitentiary.

"I am unable to express the pleasure and joy I experienced when I read your most comforting letter and the message it contained. I am very thankful that I can truthfully say I have indeed advanced in the life which I started and have, with God's help and guidance, tried to live true, not only by word of mouth but by actions. I have also gained some victories over the flesh and the wiles of Satan. It is by the grace of Christ that I am what I am today. If I remember correctly, I assured you in my last letter of my sincere endeavor to lead a Christian and upright life. I have so far succeeded in this that I cannot find the right words to express my feeling and gratitude to Him who is more than life to me, and I will renew my covenant with my Lord and Saviour.

"Last summer I had the happiness of being trusted to go eleven miles from here to build a new road, and during that five months I was in one sense of the word *free*. I had the pleasure of coming in contact with and playing with some children and I saw then what the Master meant when he said, 'Except ye become as little children, ye cannot enter the kingdom of heaven.' I do miss their bright and smiling faces, especially the one who always climbed upon my knee.

"The blessed Redeemer gives me day by day more strength to overcome the temptations which beset and surround me as I go about my allotted task. I thank God he has kept me in spite of all I have done to grieve him and praise his name he is still keeping me."

### MADE A RIGHT DECISION

From the Stillwater, Minn., Penitentiary.

"I am an inmate of the Minnesota State Prison—a man of thirty-nine years. I am alone in the world, as all my people are dead. I have been out in the world alone ever since I was seven years old, as my mother was left with two little boys when they were only four years old. My brother was sent to one place and I to another. I remained there until I was seven, then ran away and have been alone ever since. I did not have anyone to guide me, so I have been a pretty wild man.

Since I came here I have been attending chapel and have come to the point where I have made up my mind to live a Christian life and have been doing so now for six months or more, but oh, it is so hard and there is so much that I do not understand. But one thing I do know and that is that the good Lord has forgiven me my sins and has made me a new man, and I do want to be a true Christian. But I get so blue sometimes that I find myself almost doubting whether or not there is any use in trying to be a Christian. The only thing that keeps me from giving up sometimes is this: I know that my dear mother was a good, true Christian woman and I want to meet her on the other side when this life is over.

"So now, good kind people, please pray for me and if it is not asking too much, please write me, for I surely do need help. I have only one friend that has stood by me since I have been here. She is an old lady seventy years old and has been a true friend to me. But she is not a Christian, so I don't get any help from her.

"I had just come here last spring when I received your little magazine. I did not care then. But when the one came last week I made up my mind to write to you for help. I am going to send for *THE LIFE BOAT* for a year as soon as I can, and when I am free again you will hear from me, for I will help you all I can."

The more you feel your weakness, the more you should cleave to Jesus, who is your strength. Let the ivy be your example; and as that cleaves to the oak, so do you cleave to Christ.

## IN HIS STEPS

ETHEL MALCOLM

[Miss Malcolm is one of the first year nurses at Hinsdale who, with two other members of her class, is spending her entire time in city visitation and jail work under the direction of Miss Hibben, the leader of that department.—Ed.]

How many boys have been inspired to accomplish great things as they read of Napoleon, President Washington, Livingstone, Carey and others? The heights they have reached, the difficulties overcome, the "giants in the way" mastered, have only been an inspiration to many boys and girls;

mercy. Imagine the rejoicing of bereaved ones who have had their loved ones raised from the dead. How the heart of the dumb must have leaped for joy on hearing the words of life from the lips of Jesus! The first sound that fell on their ears. Picture, if you can, the beaming countenance of the man who was once blind as he beholds the loving and sympathetic face of his Master.

Christ showed by his ministry that healing and teaching should go hand in hand. Indeed, by ministering to the sick we thus



A GROUP OF CHICAGO CHILDREN

Anywhere in the tenement district a group like this can be found. Children who know little of God's Great Out-of-Doors and country life

yes, men and women, to strive to reach their high standard.

However, it was none of these heroes nor their mighty achievements that gave me a desire to go into the crowded city of Chicago, amid its rich and poor, and give a helping hand or a cheery word to those who might be discouraged.

No, it was the life of Him who "hath borne our griefs, and carried our sorrows"; the one who died that we might live—who was the greatest medical missionary the world ever saw.

Let us consider some of his deeds of

reach hearts which are otherwise hardened to the gospel.

It was a grand privilege to me, when, on the first Monday in April I started out with three other city workers to help win souls for Christ in Chicago, and our first day's experience brought joy to our hearts, for we were following in his steps.

We first became acquainted with the people by visiting them with *THE LIFE BOAT*, and we had many invitations to come back. Well, the next month we visited these homes again and nearly all received us gladly.



Often during these days we have been encouraged as we read and prayed with a few who were hungering for the living bread. We not only ministered spiritual bread, but we also lent a helping hand whenever we could. In one instance, a mother was very ill. Her daughter who cared for her day and night and kept house

great work. There are thousands yet to be warned among whom are many honest in heart, waiting for encouragement and light to guide them into the narrow path.

Not long hence the Lord of the vineyard will come and reward every faithful one who has followed in his steps.

### GOD SPEAKING TO HIS SOUL

From a Prisoner in Auburn, N. Y.

"I am very grateful for this opportunity of expressing my thanks and appreciation of your most excellent and very encouraging letter which was my joy and pleasure to receive some time ago, and also for the May, 1920, LIFE BOAT magazine.

"In reading an article by Chaplain J. G. Lamson entitled 'Stormy Wind Fulfilling His Word,' I read the same words that brought peace, joy, friends and happiness to my heart and soul three and one-half years ago and the words are 'Peace be still,' spoken by Jesus, my friend and Saviour. I also read a poem called 'Somebody Cares,' by Pearl Waggoner Howard, which appealed to me very strongly. For I know that somebody does care, and that my dear friend is Jesus, who has given me liberty of mind and spirit.

"I want to tell you, if I may, of a dream I had since I wrote you last. I was in Hinsdale working and someone took me by the hand and spoke to me as I have never been spoken to before. Through that person I saw the hand of God pointing the way and I cannot get rid of the thought. Oh, I do beseech you and your co-workers to send your prayers to the throne of Grace in my behalf. I do want the help of such Christian friends as you are, and I am greatly in need of it. I have six months and 26 days yet to serve of a seven and one-half year sentence. God has been with me every day for three and one-half years, and I praise his name. He is still wonderfully blessing me. May his richest blessing abide upon you and comfort you. Your letters are of great help and very beneficial to me."

True courage is shown by standing up for your principles among a crowd who makes fun of you, more than in charging the trenches.



A typical North Side son of Ireland

besides, was almost worn out. We would go in occasionally and help to make the sick mother comfortable, and help the daughter in her household cares. This young woman was so grateful that with tears in her eyes she said, "I never knew that such people as you existed." We could only thank God for the privilege of being co-workers with him.

We also have a large list to whom we give treatments; thus putting into practice the useful measures taught in hydrotherapy.

I am thankful for a small part in this

## POINTED PARAGRAPHS

Prof. J. G. LAMSON

"Sin is the bite of the Old Serpent. If the antitoxin serum is applied at once we are safe, but if not, the poison works into the life and will destroy us."—*W. A. Spicer.*

"Forgiving grace is keeping power. Keep your sins forgiven and you will keep right. If you sinned at nine-thirty, be forgiven at nine-thirty-one."

—*W. A. S.*

"The Word does not say 'if we forget our sins He will forgive,' but 'if we confess our sins.'" Lots of folks think that it is a whole lot easier to forget than it is to be forgiven. And a person may forget temporarily, but their sins are on record and will be brought to us in the great day of judgment if they are not forgiven. The Lord wants us to remember them until they are forgiven, and then he wants us to forget them. The devil wants us to forget them until it is too late to be forgiven, and

he knows that then we will remember them.

God calls us to go to work for him, no matter where we are or under what circumstances we live. Matthew was a tax collector and hated by the Jews; Peter was a fisherman and knew how to swear; John was also a fisherman with a temper so hot that he could call for fire to come down on a whole city and burn it up because of a fancied insult to his Lord. And all of them were unlettered and ignorant men to a greater or lesser degree. When the spirit, however, was poured out upon them, they were no longer ignorant and unlettered.

In like manner also we may feel that we are ignorant and unequipped for the work of the Lord, but if his Spirit is upon us we will receive sufficient education to do the work that the Lord asks us to do. It is a question, however, if the Spirit of the Lord will bring an education to an individual who is so indifferent to the call

of God that he would not get at his Master's business when called to do so *because he feels inefficient and unlettered.* In other words, the necessary education to perform a work will surely not be granted to the individual by the power of God in the same way the disciples were educated, unless the individual has sufficient energy to get at the work the Lord committed to him.

Many of the ills of the world are due to perverted love.

For every blessing that God has ever given us, the devil has undertaken to make a

counterfeit or has tried to make a perversion of the blessing God gave. Appetite becomes gluttony, love becomes lust, music and prayer as acts of worship become mere forms and degenerate into blasphemy.

It is not right to bring God's promises down to the level of our experiences. We should bring our experiences up to the level of God's promises.

"If the Lord left it to me to decide if I were clean from sin, I would always be in uncertainty, but, as cleaning depends on the Word of God, I need not be in any uncertainty."—*W. A. S.*

## LINING UP

PEARL WAGGONER HOWARD

Quito, Ecuador.

The enemy's forces are lining up  
For the world's last conflict great;  
The nations, though talking of peace and safety,  
Are filled with a jealous hate.

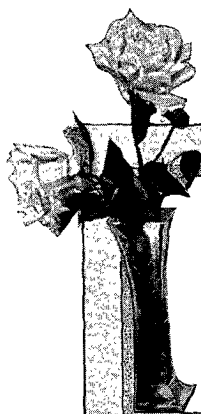
The enemy, lo, of men's lives and souls,  
Is busy as ne'er before;  
His plans are well laid and his strong deceptions  
Developing more and more.

The enemy's forces are lining up  
And taking their final stand.  
Oh, is it not time for thee, too, O Christian,  
To fight 'neath thy Lord's command?

Arouse thee and muster thine every force,  
Combating the world and sin:  
In no other way can God's righteous kingdom  
Be finally ushered in.

The enemies unto thy God and law  
Are proud of the stand they take;  
Shouldst *thou* be ashamed to unfurl thy colors  
For Christ's and the Gospel's sake?

The enemy's forces united stand—  
Oh, rouse thee before too late!  
Stand firm on God's Word, line up 'neath His banner:  
The conflict ahead is great.



## Life's Sermon

Actions will tell! The world's keen sight  
Looks for the sermon—life!  
It tires of cant and cant-deceit,  
However fond the dream or sweet;  
It ends in wordy strife!

Actions must tell  
Picture the man  
Standing beside  
Where thoughtless  
A model of God

## The Power of Example

Dr. D. H. Kress

**W**HEN Mary Magdalene came to the Sepulchre of Christ and found it empty, she ran and conveyed the information to Peter and John. They at once started for the Sepulchre. "They ran both together." John, being more fleet of foot, outran Peter and came first to the Sepulchre. He stooped down and "looking in saw the linen clothes lie." He did not enter. "Then cometh Peter following him, *and went into the Sepulchre.*" Peter did not try to persuade John to go in *first*, or to go in *with him*—he went in. "Then," we are told, "*went in that other disciple also, which came first to the Sepulchre.*" Jno. 20:1-8.

This is a simple narrative. It teaches the power of example. John came first to the Sepulchre, but did not enter. Peter came. He entered. "Then went in that other disciple also." It illustrates the power of unconscious acts. It is not so much what we say, as what we do, that influences those with whom we associate. We teach most effectively by what we practice. Boys will do what they see older ones do, regardless of teaching to the contrary.

I recall some years ago some visitors who were being taken through the sanitarium with which I was then connected, when, entering my department, they were introduced as follows: "This is Dr. Kress. Once he preached; now he practices." The one who introduced me meant that I had been in the ministry before I engaged in the practice of medicine, which was true.

The little incident made a lasting impression on my mind. Usually we *preach before* we practice. Our theories have not been put to the test. But we urge them upon others, and it usually results in disappointment. It is better to make use of the sling and the few small pebbles that we have proved than to rush to battle with an untried armor.

Before giving out information on matters pertaining to the health of communities, governments conduct laboratory experiments, often covering a period of months or years. Having fully demonstrated the value of certain measures, they then urge them upon the people. Governments can not afford to accept every theory advocated and call upon the people to practice them and thus experiment in a wholesale manner. Daniel, the Hebrew captive in Babylon, when commanded to eat at the king's table, purposed in his heart he would not defile himself with the king's meats and wine. He said: "Let them give us pulse to eat and water to drink." This was no new experiment with him. The food and drink he called for he had fully tested. It was the food and drink of his childhood days. His countenance bore witness to the value of his diet. He taught by example. It was effective teaching.

It is best to practice first in private what we are desirous to teach in public. If our theories are proven to be practical and helpful, God will testify to it in improved health, and we shall then be able to teach

living deeds	I'd rather see a life than hear	Draw living characters to-day—
an	Ten thousand wordy creeds!	Ideals all divine;
world's highway,	Its lesson rings through every hour,	The sermon-life, serene and sweet,
lions wait or play,	Gifted with truth's diviner power,	However short, however fleet,
an!	Immortalized in deeds!	To other lives will shine!
		—R. Hare.

authoritatively. By the adoption of this method many of the ills of the past resulting from the adoption of untried theories may be in the future prevented.

We read: "Jesus began both to *do* and to teach, until the day he was taken up." Acts 1:1, 2. He first *did*, and then he *taught* what he *did*. For over thirty years he practiced in private what he taught during that many months in public. Of course his teaching had a different ring to it from that of the scribes, who *said and did not*. "They were astonished at his doctrine; for he taught them as one having authority, and not as the scribes." "Never man spake like this man," the officers said who were sent to arrest him, on their return without him. Jno. 7:46.

Of the scribes Jesus said, "They say and do not." Matt. 23:3. "Do not ye after their works." Their words fell to the ground. They lacked authority.

Paul said: "Be followers together of me, and mark them which walk so as *ye have us for an example*," and "*Those things which ye have both learned and received and heard, and seen in me, do.*" Phil. 3:17, 4:9. This is true and effective teaching and preaching.

Anciently the leaders had to live out before the people the lessons God desired to teach them. Israel had reached a point in their departure from God when mere words made little or no impression. When a great calamity was to come upon the Jewish people and their sons and daughters would fall by the sword, language could not be employed sufficiently impressive to influence the people. It had to be taught by an object lesson. The prophet's wife, the dearest treasure he possessed, was taken from him with a "stroke" suddenly. The words

of the Lord to him were "Neither shalt thou weep, neither shall thy tears run down. Forbear to cry, make no mourning for the dead." Ezekiel carried out the instructions given him. He said, "At even my wife died: and I did in the morning as I was commanded. And *the people said unto me, Wilt thou not tell us what these things are to us that thou doest so?*" Then his opportunity had come to bring to them God's message with effect. He said, "Your sons and your daughters whom ye have left shall fall by the sword, *and ye shall do as I have done—ye shall not mourn nor weep; but ye shall pine away for your iniquities, and mourn one toward another. Thus Ezekiel is unto you a sign: according to all t'at he hath done, shall ye do.*" Eze. 24:16-24.

Mere words today are empty things. They no longer impress the people seriously—there have been so many disappointments. To do effective preaching in these days it is essential that we first practice what we aim to preach and to practice sufficiently long what we desire to teach to demonstrate the value of our theory. Then the people's attention will be called to it, and they will be led to inquire, "Tell us what these things are to us that thou doest so?"

To his faithful warriors, Gideon said: "Look on me, and do likewise—as *I do, so shall ye do.*" Judges 7:17. These words contain the true principles of successful teaching.

The true Shepherd "calleth his own sheep by name and *leadeth them out—he goeth before them and the sheep follow him.*" Jno. 10:3-5. A leader is one who leads; who goes before. It is one who does first what he calls upon others to do.

To teach others we must do what we

would have them do and be what we want them to be. Teaching and example must harmonize in order to be effective.

Smoking fathers who deplore to see their boys smoke cigarettes could do much to influence them to give them up, should they set the example by giving up the cigar or the pipe. One example is worth a thousand precepts.

## A LIFE BOAT AGENT'S EXPERIENCE

MRS. C. WILLEFORD

Many times I meet people in their homes, and when I tell them about *THE LIFE BOAT* work, they praise the little book and its message and tell me I am in a good work, and they pray the Lord will bless me in my work, but after showing *THE LIFE BOAT* to one lady, she said "No, I can't to that kind of work; I do not read anything but my Church paper, *The Christian Index*." "Well," I said, "your Church paper perhaps is all right, but this little journal is to interest church people, to teach them how they can reach down and help the fallen and discouraged to live better lives."

Some of the good church people think it disgraceful to work for the fallen, but Christ came to save sinners, and if we are followers of Christ, should we not be willing to do this work for Him? When we have done what we can for them, we can still pray for them, then leave the result with the Lord; we ourselves are not to be discouraged; we can go on sowing the good seed, others will come along and water, and God will take care of the harvest. He will make all who come to Him in true repentance and faith, whiter than the snow, and He says, "as high as the heavens above the earth, so great is his mercy toward them that fear Him." "As far as the East is from the West, so far hath He removed our transgressions from us." "Like as a father pitieth his children, so the Lord pitieth them that fear Him."

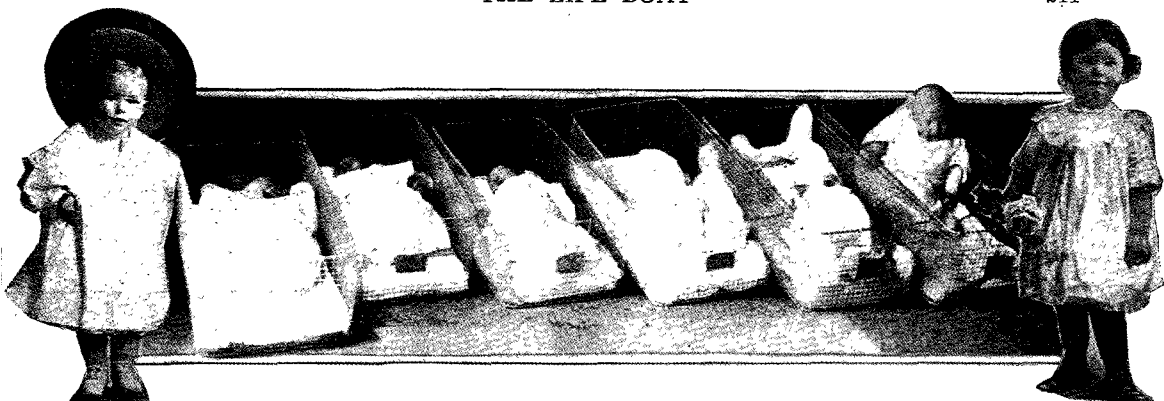
When you go to these poor creatures and tell them the wonderful story of His love, how willing He is to forgive them their sins; how the great love Jesus had for them caused Him to come to this earth, suffer and die the death of the cruel cross,

that they through His death might have eternal life; when you see these poor fallen ones for whom Christ died, give their hearts of Him; when you see their hearts melted by the wonderful story of His love, the eye dim with the tears of true repentance, and their very hearts stirred with the deepest love and gratitude to you for bringing them this wonderful message, will it not make us happier, will we not feel richly paid for all our timid feelings? Don't you think the Lord will strengthen and help us in this work?

Once I met a drunkard in my rounds; I showed him *THE LIFE BOAT*; he told me he was a drunkard. After talking to him, he took out his pocketbook and gave me 50 cents. When I handed him back the change, he said, "No, you keep that." I gave him a little temperance talk, and told him how he could be a nice man and live a better life. Some time after I met him again; he knew me, so I shook hands with him. He said, "Lady, I want to tell you I never had such kind words spoken to me before, I will never forget you." Did I feel degraded? No, it did me good to know that I could speak comforting words to a poor drunkard. I believe the Lord helped me.

I have had poor girls to tell me their life, how they had fallen and there was no place for them. I am so glad I could tell them about Jesus, the one who never turned away the vilest sinner; how he would cleanse them from all their sins, and if they would be faithful, there would be a place for them, but Jesus told the woman to "go and sin no more." Let us get rid of that false pride, and with the help of the Lord let us go to the poor fallen man and woman, and tell them the old, old story of Jesus' love for the sinner, how it is that he loves the sinner, but can not love their sins.

*THE LIFE BOAT* is to make bad men good; and good men better. It is an opening wedge to get people to reach out for a better life. It is good spiritual food for the Christian. No one can read it without feeling better. That is what *THE LIFE BOAT* will do for any one. Read it for yourself and see.



## A Peep Into Our Nursery

Maud Wilson Cobb

Matron Life Boat Rescue Home

Hinsdale, Ill.

**W**E have been fortunate in the past years of our rescue work in Hinsdale to never lose a girl by death in our Home. The record is now broken. A young life has gone in its most interesting age. She wanted to go home as soon as possible to her widowed mother and only sister, but when her baby was only a few hours old death claimed her. A complication resulting from a severe attack of influenza a short time ago caused her death. The girl was only in our Home a few weeks. The physician who sent her feared for her life, but she was young and hopeful. Her trust was in Him, who doeth all things well. Her last words were, "You will be my mother, will you not, until my own mother comes?" The mother came and took her daughter to her home for burial, saying she knew all had been done that Christian doctors and nurses could do, and that she would always remember our Home and help us all she could for the kindness to her child.

Her work is done as far as the girl is concerned, but in one of the little wire baskets shown above the baby waits for a home. The grandmother can-

not keep him, and we must find the little motherless babe a home. And near him lies another fair-haired boy who has never seen his mother, as he was placed in a large hospital as soon as he was born because his mother could not keep him. He was sent to us when a few weeks old. Next to him in his basket, little Harold, four weeks old, a fine, healthy boy, wonders why his mother's face is so often wet with tears. He heard her beg his grandfather and grandmother to let her bring him home. The grandfather said, "No, you must give him to someone younger than we are. We cannot raise the child, and you cannot do it justice. He must have a legal name."

Next to little Harold sleeps a darling boy, whose mother has tried in every way to keep him, but conditions are such that she has had to leave him. She must pay his board in a private home until someone wants him for their very own.

In another basket sleeps a beautiful baby girl who has since gone into a splendid home where she will be loved and welcomed. A broken-hearted girl-mother is crying night and day because the world would not wel-



come her again with her fatherless babe, and she had to give it away to save her family's good name.

The next basket holds a ten-pound boy a few days old. He sleeps as though he never would have a fear. It is well with him, as an aunt writes, "I am coming for my little niece's child; I will keep him as my very own."

Our next baby is happy because she is soon going home to her own mother and father, who have only asked us to keep her a few weeks because her mother has been very ill since her birth in a big hospital in Chicago, and the baby was so frail that her father, who is a physician in Chicago, despaired of her life unless she could have the best of care. His wife's life de-

him. Those who trust Jesus will live again after they die, for they will know his voice, and he will awaken them from the sleep. If people don't trust him they will not know his voice and they will be lost. If I pray, Jesus will send 20,000 angels if needed to help me as quick as lightning."

Friends, this little fellow has learned this from our morning worship in the Home. He will never forget these facts and, although he is dragged from home to home, he has something no one can take from him. He has so much faith and believes so strongly that the angels of God protect our Home, that when we had to rope off a part of our porch to keep anyone from falling over a broken railing, he complained that the rope must not be left there, for the angels would surely be barred out if we needed them to come, and he wanted a carpenter to fix the porch at once. Jack doesn't know that we must depend on our Christian friends for every cent we use, for food and light and heat and repairs.

I believe as Jack, that Jesus and the angels are not pleased to see our front porch tied up with ropes and our Home unpainted for years, and our ice box falling to pieces. God has been good to us. We have had enough food to feed the little hungry mouths that have cried to us for food. This past winter we have kept them warm. Now we have no coal bills to pay. We do pray that some kind friends will help us fix our porch and paint our Home on the outside. It begins to look dismal and is a source of worry to us who realize the need. We have served about 2,700 meals during the month of May, and our grocery bill amounted to \$225.00 for the same time. We have not had one unworthy case in the Home during this time.

I must tell you about little Grace, the five-year-old Mexican girl who appears in the picture with Jack. Mrs. Steele of the Steele Home in Chattanooga, Tenn., has cared for her since Grace was two months old. Grace surprises our friends who have met her since her stay in our Home of a few weeks while Mrs. Steele is on a trip in the interest of Rescue work. Grace is only five years of age, and she can name the books in the Old and New Testaments, sixty-six, in order; also the judges of Israel and the twelve apostles. She can name the



Grace and Jack

ended on the child living. He has trusted us with the little life, and we feel the responsibility, but are glad to see her daily improving.

In another picture is little Jack, who has never known a mother's care, although five years of age. He has had many boarding homes. He had never been taught to pray and never knew the name of Jesus or God. Now, after a few weeks' stay in our Home, he will say, "God is Jesus' father. Jesus is God's son. He died on the Cross for my life; he was in the tomb three days. He knew his father's voice because he trusted



plagues of Egypt and each president, from Washington to Wilson. She names them in order as they were elected. Only the last few days she has said, "Mr. Harding is the next, I am sure, for I hear him talked about a great deal."

We have had a busy month. Many of our family who have left have called to see us. Twenty-three of our girls have married in the last twenty-two months. We are glad to hear from them and pleased when they come to the Home. Several

were when I was sad. I kept my boy because he helped me to be good. When I wanted to go out nights with a crowd and run around, I thought of my crippled baby and was satisfied to forsake all for him, and he is worth it all now."

Although she smiles as she looks at him, yet she seems sad, for the two seem to live for each other alone, and she has trembled often when the finger of scorn has been pointed at her little crippled son.

We had another visit from one of our



TAKEN BY STORM

Through the kindness of the managers of the Chicago Industrial Home for Children we were loaned some baby baskets for our nursery. When we called for these baskets the children of this home gave us a hearty welcome. And why? Because among their number were five dimple-cheeked, happy, smiling-faced children whom we rescued from homes of misery and want

have been here the last few weeks—one who made her home here nine years ago at the age of seventeen years. She came in with a fine, husky lad and said, "Here is my little boy. When he was born he was crippled in both his feet.

"I could not give my little crippled boy away. Now isn't he a fine boy? One foot is now perfect and he wears a brace on the other, but you see he walks well and how proud I am of him. I would not give him up for the whole world. I always want to come back to the Home to visit. It means so much to me. How kind they all

Home girls who has a position in Chicago. She keeps her black-eyed boy with her. He is now six months of age, and proudly she brings him home on holidays and Sundays—proud because she can keep him sweet and clean and give him the best of care. But she bowed her head when I said, "What do the letters from home contain?" The tears filled her eyes and she answered:

"I cannot take Jack home, and I cannot leave him. Although I am tired and not used to hard work, it is a joy to see him develop, and I feel that I can always come home to you."

Friends, we must keep our doors open. They must not close. It means life to many of these girls who do not know which way to turn, and also a future for their babies whose lives begin in our Home. We must start them right. Eternity alone will tell how well they have been started in the world, because they have not the chance as the welcomed child. But if you could see the fond foster parents come back with their babies, it would do your heart good.

A few days ago a foster father and mother spent a few days with us. Nine years ago they came for one baby, two years ago they came for another. While they visited us another foster mother came with her three beautiful little girls—one year, five years and ten years of age. Their own parents could not have loved them more. They could hardly cease from telling me all their good qualities.

We also had a visit from the foster father and mother who have taken our little two-year-old Violet May, and later, little Robert. Both were in fine condition. I could hardly believe that Violet May was the little waif whose mother's condition was so deplorable and how I walked the streets with the sick child in my arms trying to have her admitted into some hospital during her attack of whooping cough, as we had no contagious ward. I carried her from 8:00 A. M. until 4:00 P. M. before she was admitted into a contagious hospital. But I was repaid for the fourteen months of care when she looked into my face and said, "Auntie Cobb, I come to see you. I love you." She is only two years old and can talk as though she were four. She is proud of her baby brother and watches him closely. What would have been her fate? She would have died, I know, if the Home had not given her the very best. She was so frail. Now she carries sunshine everywhere she goes. This child alone is worth all that has been done for the Home, and she is only one of several hundred we have placed the last few years.

So our work goes on from day to day. It will never be done until Jesus comes and sorrow and sin is out of the world. Then it will be known how well the work has been done. Friends, help us to do it right, that Jesus will not put his disapproval on a work that he has blessed in

the past and built for us, because we are neglectful or not interested in the sad knock that comes to our door. We need help now. Today our needs are causing us unrest.

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### IF ALL WHO HATE WOULD LOVE US

If all who hate would love us,  
And all our loves were true,  
The stars that swing above us  
Would brighten in the blue;  
If cruel words were kisses,  
And every scowl a smile,  
A better world than this is  
Would hardly be worth while;  
If purses would not tighten  
To meet a brother's need,  
The load we bear would lighten  
Above the grave of greed.

If those who whine would whistle,  
And those who languish laugh,  
The rose would rout the thistle,  
The grain outrun the chaff.  
If hearts were only jolly,  
If grieving were forgot,  
And tears and melancholy  
Were things that now are not;  
Then love would kneel to duty  
And all the world would seem  
A bridle bower of beauty,  
A dream within a dream.

If men would cease to worry,  
And women cease to sigh,  
And all be glad to bury  
Whatever had to die;  
If neighbor spake to neighbor,  
As love demands of all,  
The rust would eat the saber,  
The spear stay on the wall;  
Then every day would glisten,  
And every eye would shine,  
And God would pause and listen,  
And life would be divine.

—CHARLES MACKAY

---

### FROM A PENITENT HEART

(A Rescue Home Girl)

"June the 11th dawned bright and clear.  
As the first rays of the morning sun  
streamed in through my window my heart  
overrun with joy when I thought of the  
many blessings which God Almighty has  
bestowed upon us. I think of the blessed  
Rescue Home and how it has helped me and  
delivered me from my trouble. I must  
say that I have broken my mother's heart,  
but if she will forgive me I will never dis-  
appoint her again. I will live right all the

rest of my life to atone for the wrong step I took.

"I am glad that I have the privilege to write a few words. May I ask that you pray a special prayer for me and pray that the good old Home might stay in the same

spot for the girl who has fallen.

"I am getting along nicely by the help of the good Lord, for when I feel so burdened down and my heart begins to ache, I fall upon my knees and talk with the good Master and he cheers me up.

"Don't forget to offer a prayer for me."

## Responses From the Special Prisoners' Life Boat

[More than ten thousand copies of the May LIFE BOAT were sent this year directly into prison cells. Letters of appreciation from the prisoners themselves are published elsewhere in this number, but we give here a few of the many responses from Wardens and Chaplains which we have received. No greater, more far-reaching, work for the Master can be found than to send the gospel page into desolate prison cells.—Ed.]

I must thank THE LIFE BOAT for again thinking of us. This blessed year of grace our population has been reduced somewhat, and I think 200 copies will answer very nicely.

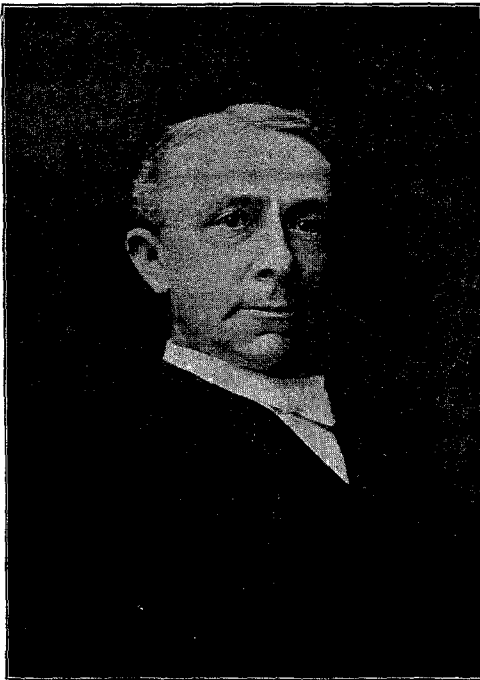
Your little magazine is always appreciated

by sin and the tempests of appetite and passion.

Sincerely yours,

ANDREW M. VAN DER WART,

Chaplain, Albany, N. Y., County Penitentiary.



CHAPLAIN VAN DER WART

Who appreciates the visits of The Life Boat each year by my men and women and they always look forward to a visit from you and your very valuable booklet.

Hoping God's choicest blessing may rest upon your work, and that THE LIFE BOAT may indeed be a life saver to those who are tossed

This institution is in receipt of forty copies of THE LIFE BOAT, which are to be distributed to the inmates for their benefit, and in their behalf. Allow me to thank you and the people interested in your magazine for their generosity and thoughtfulness. You may be assured that they will have the widest possible circulation among our eight hundred and fifty inmates.

Yours sincerely,

J. J. SMITH,

Warden, State Prison at Folsom, Calif.

I wish to acknowledge receipt of your letter of May 21st, and also the five copies of THE LIFE BOAT.

These magazines are distributed to the boys from the prison library, and every man has an opportunity to read them. The number you sent will be quite sufficient, as our population is only about 110.

I am sure the reading of them will aid some of the boys, and take this means of thanking you for your interest.

Yours truly,

GEORGE A. STORRS,

Warden, Utah State Prison.

The package of LIFE BOATS came in due time. It is a splendid number and will doubtless do much good. They have been distributed in the various departments, and by passing them from one man to another most of the inmates will get to read them.

In behalf of the men here, I wish to thank you for your generous gift. May God's blessing rest on you and your noble work.

E. A. SCHLAMAN,  
Chaplain, Reformatory, Anamosa, Ia.

We are today in receipt of fifty copies of THE LIFE BOAT and wish to express our thanks for your courtesy in sending these for the inmates of this institution. These copies have been sent down to our library for distribution among the inmates and I feel sure will be greatly appreciated.

Again thanking you for your kindness, I remain,

Yours very respectfully,  
C. S. REED,  
Warden, Minnesota State Prison.

I am in receipt of yours of May 22nd, stating you have mailed us ten copies of your LIFE BOAT. I wish to take this opportunity of thanking you for the same. I know that this periodical will be greatly appreciated by our prisoners.

Yours very truly,  
G. T. JAMESON,  
Warden, South Dakota Penitentiary.

I have your valued letter of May 21st, and am pleased to note that you are sending us 100 copies of THE LIFE BOAT. We will be pleased to see that it is distributed and will try and arrange it so that every inmate has an opportunity to have a copy to read.

Very truly yours,  
HENRY TOWN,  
Warden, Wisconsin State Prison.

We are in receipt of the 500 LIFE BOATS and have placed them where they will do the most good. I wish this letter to express my appreciation and thanks for your kind interest.

Yours very truly,  
CYRUS MENDENHALL,  
Chaplain, Michigan Reformatory.

This is to acknowledge receipt of the ten copies of your special LIFE BOAT.

We have distributed these among the inmates where we considered they would prove most beneficial.

We thank you kindly for the same.  
Very truly yours,

Wisconsin State Reformatory, Green Bay,  
Wis.

I wish to acknowledge with thanks the receipt of 200 copies of THE LIFE BOAT. Our prisoners find this very beneficial.

Very truly yours,  
J. F. SCOULLER,  
Gen. Supt, Illinois State Reformatory.

## 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.

49. Are there any reliable symptoms of approaching paralysis?

Ans. A hard, thready pulse and tortuous arteries and other symptoms such as chronic Bright's Disease, all of which indicate hardening of the arteries, are looked upon as symptoms which may ultimately lead to an apoplectic stroke with resulting paralysis.

50. What is the proper temperature for the living rooms and the bed rooms?

Ans. A temperature from sixty to sixty-five degrees Fahrenheit is far more healthful for human life than the overheated rooms which are so common in winter time. The bedrooms should be especially well ventilated and require little or no heat even in the depth of winter. If necessary one can dress and undress in a warm room. A cold, well ventilated room with plenty of covering on the bed always encourages sound refreshing sleep and it does not matter even if the frost penetrates.

51. What is the normal blood pressure for a woman of fifty-nine years of age?

Ans. From one hundred twenty to one hundred twenty-five millimeters of mercury for the systolic blood pressure and about eighty millimeters of mercury for the diastolic pressure.

52. Does a sprained ankle mean that the tendon has been stretched? How should it be treated?

Ans. A sprain usually means that the tendon has not only been stretched but more or less lacerated. If discoloration of the skin follows the sprain, this is a definite indication

of some tearing of the tissues. Hot foot baths, alternate hot and cold foot baths, hot packs, the application of rubber bottles con-

taining hot water, gentle and later on more vigorous massage and joint movements are the indications for treatment.

## EDITORIAL

### Editor:

Caroline Louise Clough

### Associate Editor:

Mary W. Paulson, M. D.

### Contributors:

D. H. Kress, M. D.

A. B. Olsen, M. D.

J. F. Morse, M. D.

Prof. J. G. Lamson

### THE LAST CALL FOR NURSES

On July 1st a new class for training medical missionary nurses will be started at Hinsdale. There is still room for others to enter this class. Only substantial, Christian young men and women need apply. Write at once for full information. Address, Dr. Mary Paulson, Hinsdale, Ill.

### "WHY WAS I SENT HERE?"

Nearly everyone who was taught the Bible in his childhood days remembers the story of Moses and the burning bush, and how Moses under God's direction went down and miraculously brought his people, the children of Israel, out of the bondage of Egypt. But there are some side lessons in that experience that we may not be so familiar with.

When Moses was told to go and deliver Israel he began at once to make excuses, just like human nature today. He said first that the people would not recognize him nor his God. Then the Lord gave him some signs whereby the Lord of heaven and earth had sent him. Then he had other excuses, that he could not talk—forgetting that the Lord who had made his mouth could easily put words in it. But the Lord overcame that difficulty by letting his brother, Aaron, go along as spokesman.

The two went down into Egypt and met first the elders of Israel and told them what the Lord had commanded them to do, "And the people prayed, and bowed their heads and worshipped."

Then Moses and Aaron had a conference with the king, which resulted only in having

the burdens of the people made greater by the command from the king to give the people no straw to make brick, and yet to require the same number of bricks to be made daily as before. So the people *murmured* against Moses, and Moses *cried* to the Lord, saying, "Why is it that thou hast sent me?" No doubt it looked to Moses at that minute as though his whole trip was a failure. The burdens of the people were ten times greater to bear and they even taunted Moses, saying: "The Lord will judge *you*." The Lord helped Moses to rise above that experience and finally he led Israel out of Egypt and saw them triumph gloriously over their enemies.

Everyone who undertakes to advance God's work is sure to meet with some opposition and is likely to come to a place where he will say, "Why was I sent here?" We are not to falter or fail, but remember that that experience of Moses was "written for our admonition, upon whom the ends of the world are come. Wherefore, let him that thinketh he standeth, take heed lest he fall." I Cor. 10:11, 12.

### THE MOTION PICTURE CRAZE

Adele F. Woodward, President of the National Motion Picture League, in writing of the motion pictures as silent teachers, says:

"All kinds of pictures teach silently. Motion pictures teach more impressively than painted pictures. Parents must realize the fact that the movies are teaching our children either good or evil. This is because motion pictures possess in a marked degree the first quality essential to teaching—the

element of interest. They often are accepted by children as greater authority than home, school or church.

"A picture may end wholesomely and yet be unwholesome in its effect, if every detail is not pure. A thread of good running through a story is not sufficient. The texture must be all good if the effect is to be all good.

"Children live the story depicted. They temporarily become the villain or hero, as the case may be, so strong is their imagination and power to project themselves into the story. Instruction in crime educates our young people to become criminals. The constant portrayal of evil 'popularizes evil.' A child is usually ready to do what he sees everybody else doing.

"Constantly to inject into the mind thoughts of killing, of death, of anger, jealousy and revenge, of suffering, both mental and physical, is to stifle tenderness and sympathy. To see suffering without making an effort to relieve that suffering reacts unwholesomely upon the spectator.

"Vulgarity, immodesty and situations generally termed as 'slapstick' have a tendency to lower the standard of taste, thus weakening the moral fibre. At first children do not understand these suggestions and questioning a child on this subject rarely secures a frank statement of his knowledge.

"Lurid posters displayed outside a motion picture theater brand the house as a menace to the community and limit the audience. Many people will not enter a theater displaying such posters. The theater is an eyesore to the very patrons whom the manager seeks to attract. The peculiar fact is, that the posters often are not a true representation of the picture on the screen. Many children crowd about these posters drinking in every degrading detail, even though they do not attend the performance.

"The best kind of censorship is selection, which builds up the things which are worth while to the final exclusion of the worthless."

The pictures commonly shown in the ordinary ten-cent movie houses, which are largely attended by children, actually school the child in crime and vice.

We trust a movement is on foot to change the situation and make the motion

pictures a strong educational force for right living.

### "I WANT TO BECOME A CHRISTIAN"

A prisoner in the Nebraska State Penitentiary was handed a copy of the Annual Special Prisoners' LIFE BOAT. He read it, his heart was touched and he wrote us as follows:

"Christian Friends:

"I have just read one of your LIFE BOAT books and am much pleased with it, and also find some good reading in it.

"Now I want a little advice from you. What I want is to become a Christian. I do believe in the Bible, but do not understand it like I should, and if you could give me a little advice to help me become a Christian, I would be thankful for it. I was not raised a Christian and it may be too late for me to begin now to be one. But anyhow, I am writing you people for your advice.

"I am a prisoner of the Nebraska State Prison, but will be out in a few days, so you see I want to live a better life. If you people think you could help me, I would like to hear from you.

"Yours most respectfully."

We are publishing here our response as follows, believing that others who desire to be right with God may also learn the way through reading this:

"I am just in receipt of your letter of recent date, and I am glad you wrote me. I trust I can be of some help to you in finding Christ. Sometimes we get the idea that he is a long way off, and that there must be a firstly, secondly and thirdly, and so on, for us to do before we can reach him. But that is not true. The text in 1 John 1:9 settles the whole thing. It says, 'If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.' The only thing for us to do is to repent, and turn about and go in the other direction, claiming Christ's promise to be with us and to save us from falling into temptation. It is not too late for you to do this. When our Saviour died on the cross his redemption covered the human family of whatever age, race or class.

"In entering certain technical schools there is usually an age limit, but in entering

the service of Christ there is no such limit. Christ says, 'And I, if I be lifted up from the earth, will draw *all* men unto me. John 12:32. Read carefully John 3; also the 6th chapter.

"Sometimes we come to feel that God is severe and a hard master, but it is simply because we are so full of sin ourselves that we do not comprehend his real nature. Our God is a God of *love*; he loves you and has followed you all your life, and he wants you to be happy in his love. It isn't the justice of God that brings us to repentance. But it is the 'goodness of God that leadeth to repentance.' Rom. 2:4. Study the life of Christ. Get acquainted with him as you would an intimate friend that you love. As you do so, not allowing any sin to *stay* between you and Christ, you will grow more like him.

"I trust you have access to a Bible. Make it your daily companion. I want to hear from you again."

#### NEWS HERE AND THERE

Evangelist Carlyle B. Haynes of New York City enjoyed a much needed rest at the Hinsdale Sanitarium during the month.

Mrs. A. S. Steele of Chattanooga, Tenn., known as the "mother of nobody's children," having mothered some fifteen hundred homeless waifs in her lifetime, visited our work in Hinsdale recently.

Prof. J. G. Lamson, our chaplain, was absent from the work for a few days, having been asked to deliver the graduation address at Cedar Lake, Adelpian and Bethel Academies, and also at Emmanuel Missionary College at Berrien Springs, Mich.

Dr. L. E. Elliott, Medical Superintendent of the Tri-City Sanitarium, Moline, Ill., was a welcome guest at Hinsdale.

Mr. Ernest Lloyd of Mountain View, Cal., spent a day in Hinsdale recently and was a guest of Mr. and Mrs. J. D. Clark.

Dr. Ora Barber enjoyed a brief vacation with friends at Kingston, Ill.

Pastor S. E. Wight and family and friends of Lincoln, Nebr., spent a day at Hinsdale while touring from Detroit to Lincoln.

Dr. M. M. Martinson of Chattanooga, Tenn., also visited friends at the Sanitarium recently.

Mr. Julius Paulson and friends attended the graduation exercises at Fox River Academy and Emmanuel Missionary College.

Mr. and Mrs. Clinton Lee, who expect soon to sail as missionaries to Korea, visited the Sanitarium just recently.

Mr. and Mrs. J. S. James of College View, Nebr., returned missionaries from India, visited old friends at Hinsdale recently.

M. C. Wilcox, for many years editor of *The Signs of the Times*, Mountain View, Cal., visited the Hinsdale headquarters on June 1st.

Mr. and Mrs. Harl Everett of Hartford City, Ind., spent a few days visiting the work at Hinsdale and in Chicago.

Dr. Jean Whitney-Morse and her mother, Mrs. E. H. Whitney, have now joined Dr. J. F. Morse, who on May 1st took up his duties as Medical Superintendent of the Hinsdale Sanitarium.

Dr. Percy T. Magan of Los Angeles, Cal., spent a day or so at Hinsdale recently.

Dr. Wm. W. Worster of Los Angeles, Cal., was a welcome guest at Hinsdale recently. The doctor is returning to the Pacific Coast from New York City, where he has been taking some post-graduate work.

Mr. A. N. Allen of Nashville, Tenn., former missionary to South America, gave an interesting stereopticon lecture on his work in that country, which was listened to with interest by our Sanitarium family.

Dr. G. T. Harding of Columbus, O., brother of Senator Harding who has just been nominated for President by the Republican National Convention, was a guest at the Hinsdale Sanitarium on June 12.

Prof. M. E. Olsen of South Lancaster, Mass., visited the Hinsdale work recently.

Very interesting closing exercises were held on the evening of May 20 of the Sanitarium Intermediate School. A fine class of eleven students completed the tenth grade at this time.

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**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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Contributors:  
D. H. Kress, M. D. I. F. Morse, M. D.  
A. B. Olsen, M. D. Prof. J. G. Lamson.  
Business Manager: N. W. Paulson.

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When writing to have the address of The Life  
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well as the new one.

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The publishers of The Life Boat will be pleased  
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may occur, and will be glad to correct them.

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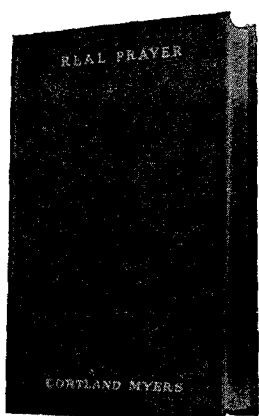
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**Polk and La Salle Streets**

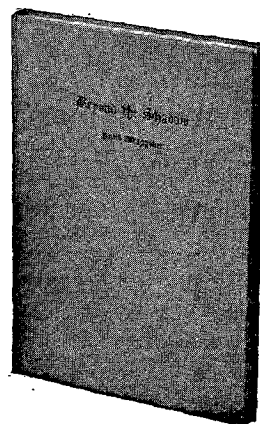
**CHICAGO, ILL.**



## Two Splendid Premiums

### **Real Prayer**

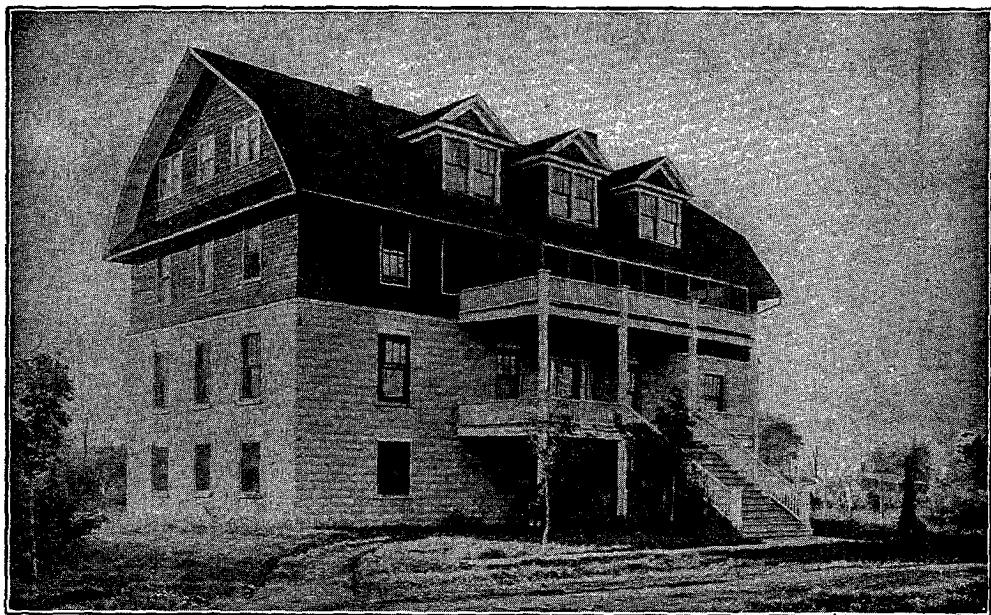
By Courtland Myers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and fifty cents extra. Send us \$1.50 and receive The Life Boat for one whole year and this splendid book.



### **Beyond the Shadow**

Pearl Waggoner Howard, The Life Boat poet, has collected some of her best poems and published them in book form. The book contains ninety-six pages. We will send a paper-covered copy for only one subscription to THE LIFE BOAT and twenty-five cents extra. Subscribe now—before you forget it.

# THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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

During the past 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 shrunk before making. Price \$5.00. Write for further particulars and description of garment.

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

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

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

### WHAT WOMEN SAY OF THE PATRICIA

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

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

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

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

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

# Liquid Paraffin

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

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

### Prices

1 Pint .....	\$0.45	Shipping weight.....	2 lbs.
1 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

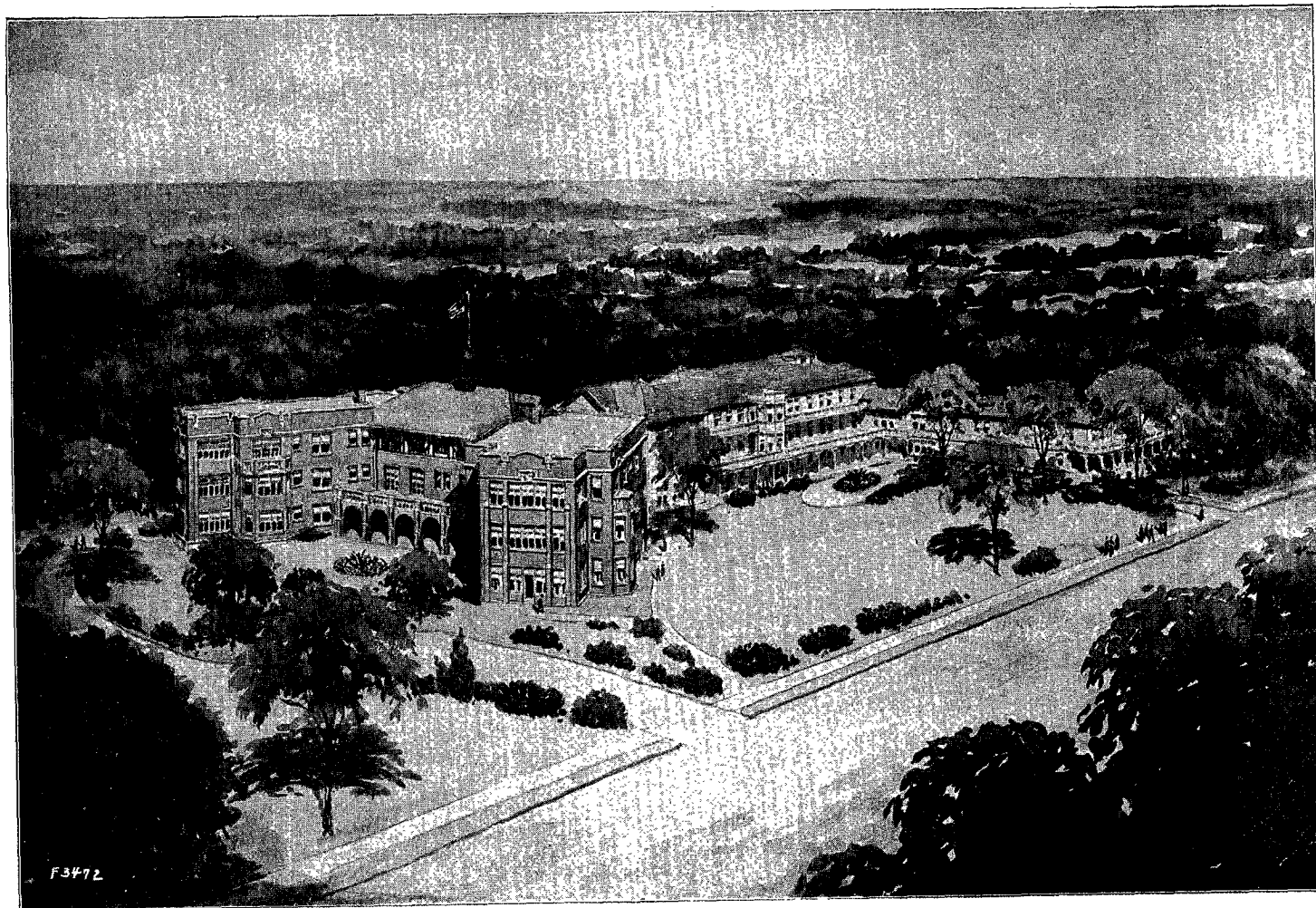
**T**HE HINSDALE SANITARIUM has had the largest patronage for the past year in its history. For many months it has been possible to accommodate only a small percentage of those who wished to come for care and treatment, therefore, it was decided to build a substantial three-story addition to the south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