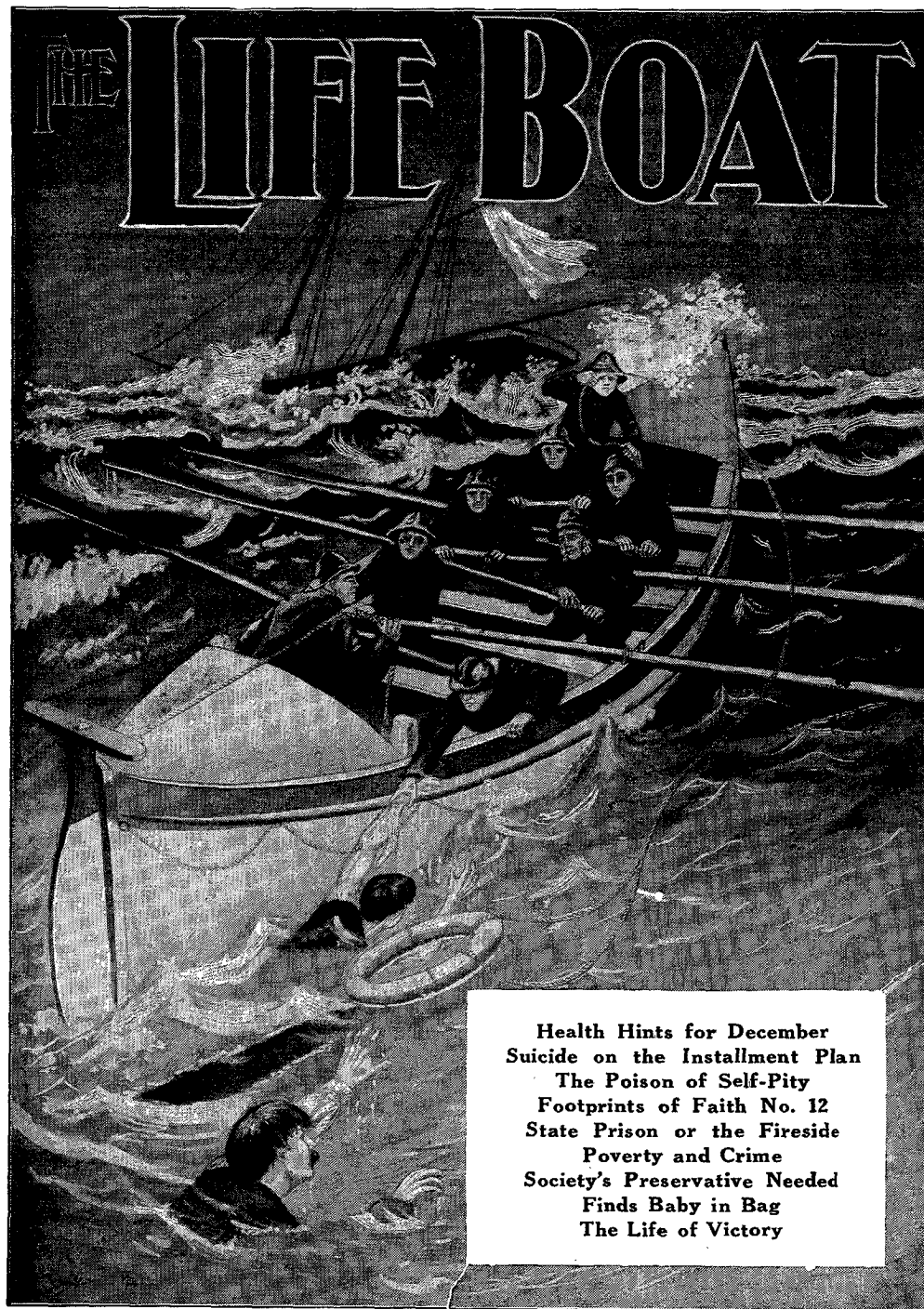


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Health Hints for December  
Suicide on the Installment Plan  
The Poison of Self-Pity  
Footprints of Faith No. 12  
State Prison or the Fireside  
Poverty and Crime  
Society's Preservative Needed  
Finds Baby in Bag  
The Life of Victory

Volume Twenty-three  
Number Twelve

Winsdale, Ill.

December, 1920



Sing the song of great joy that the angels began,  
Sing of glory to God and of good-will to man!—Whittier.

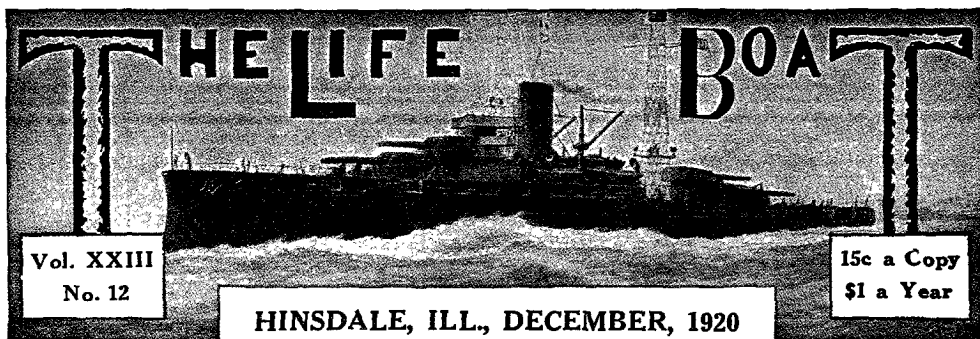


# Five Reasons Why You Should Subscribe for The Life Boat

- ¶ 1. BECAUSE it is interesting reading and contains stories of actual experiences.
- ¶ 2. BECAUSE it gives information on Health and how to preserve it, from the best known authorities.
- ¶ 3. BECAUSE it is one of the best soul-winning magazines in existence to reach the discouraged, downhearted, and down and out souls.
- ¶ 4. BECAUSE you cannot afford to be without its influence in your home and on your children.
- ¶ 5. BECAUSE you need the magazine to help you in your efforts to win others for Christ.

The splendid articles we have in mind for The Life Boat next year cannot afford to be missed by anybody. If you are *wise* you will *subscribe right now*. Do not put it off until later and regret it as you did last year. Send one dollar to The Life Boat right now while this is on your mind.





## Health Hints for December

J. F. Morse, M. D.

THESE cold days that we are having just now bring forcibly to our minds the question: Are we ready for winter? Our birds have gone. The winter residents of the feathered tribe are here. The squirrels have been busy for weeks carrying to their winter quarters all the seeds and nuts they could find. The good housewives, the gardener, the florist and the farmer have been preparing for the season of cold. Fruits and vegetables have been canned, potatoes and other things from the garden are all put away in the cellars. The florist has all his flowering plants taken in and the bulbs planted for the early flowering in the spring. On the farm the crops are harvested and food for man and beast is all ready to be used. All the stock of the farm has been putting on an extra layer of fat and warmer coats of hair or wool have been growing fast as the cool fall days and cooler nights have been warning the "nature folk"—"children of the wild"—of the coming "reign of the frost king."

How many of us have been doing as well at getting ready? Have we been out in the open air enough each day so that our bodies have been getting ready for winter as they should? The proverb says, "Go to the ant, thou sluggard; consider her ways, and be wise." Prov. 6:6. The animals have no alternative, they must get a body fitness to withstand the rigors of winter or else they will die. We, the kings of creation, seem to think that we can slip by without the necessary preparation and still meet without fear or danger the perils of the cold—influenza and the rest of the battalion of the

icy fingers. We lose much of benefit that we might get if we would follow nature's way of getting her children ready for the coming snowstorm.

Let us sleep each night with heat turned off and windows open so that this one-third of our day may be spent taking twelve to sixteen deep draughts of the cool tonic wine of the winter air into our lungs each moment of the sleeping time. No other hypnotic will be needed. We shall awaken rested and refreshed, with clear heads and steady nerves ready for the duties of the day. A short wet hand rub in cool water in a warmed bath or dressing room, followed by a good rub with a Turkish towel, gives a glow of health. A drink of pure cold water; a simple breakfast—undrugged with coffee and unsoiled with blood or grease—of fruits and nuts and grains, with bread and cream or milk—a breakfast for a queen—will make one fit for royal service all the day. And take a verse of promise—heaven's manna for the soul—to barricade against the sordid, sinning thought.

Let us go out of doors each day with a cheery good morning—for a brisk walk in the fresh, cool air. Go warmly clad by all means—especially the feet and legs—because they are farther from the body fireplaces, where the blood gets warm to start on its journey to the end of fingertip and toe. Woolen underwear is not necessary unless for those who suffer from kidney or heart difficulties or rheumatism's grip. One or more suits of cotton knitted material may be worn if needed and are

warmer than single heavier suits would be. Don't overload with wraps—just enough to keep out the chill—that's the rule. Breathe deeply, walk briskly and be glad with the

joy of this life that our great Father sends to us each day. Let not one day go by without the kindly thought and word and deed to cheer some other soul along the way.

## “Suicide on the Installment Plan”

D. H. Kress, M. D.

CIVILIZED man is committing suicide on the installment plan. He may not deliberately turn on the gas jet at night before retiring, but he is killing himself gradually. It matters not whether a man puts a rope about his neck and suspends himself from the limb of a tree or from a rafter in the barn and destroys his life suddenly, or whether he takes a year in doing it, by daily drawing the rope about his neck a little tighter until he dies. In either case it is suicide. The majority of men commit suicide by a slow process. We form habits that we know to be injurious to life and health, but because they do not *instantly* kill we conclude they are not doing any serious harm. But every wrong habit shortens life.

The man who dies at the age of forty or fifty when he should have lived to the age of eighty or ninety has committed suicide just as certainly as the one who knowingly took an overdose of some deadly potion.

“Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil.” Eccl. 8:11. The first blow upon the flinty rock does not split it. If it is a hard rock, it may require thirty, forty or fifty blows. Finally the blow is struck which splits it. It was not the last blow which split the rock. The first blow had as much to do with it as did the last one; in fact, it took every one of the thirty or forty blows to split it. So when a man dies at the age of fifty, it is not the hard work, or the hot weather of today that caused his death. Neither was it the thing of yesterday alone. It was something he had been doing, possibly for years, under the delusive belief he was not being injured thereby because he felt no immediate ill effects from it. It is in this way whisky and beer kill. The beer drinker has the appearance of robust

health. He has a flushed face, an abundance of tissue, but with it, high blood pressure and a denegate heart, blood vessels and kidneys. Should he be stricken down with pneumonia, influenza or some other acute disease, accompanied by a high temperature and a further increased blood pressure, thus throwing an extra burden upon the degenerate heart, the chances for recovery would be against him. Beer drinkers never live to extreme old age. They all die prematurely. The beer drinker commits suicide on the installment plan.

Any poison, be it what it may, if habitually introduced into the system, shortens life. The vital organs with which it is brought in contact, and upon which may fall the burden of eliminating it, wear out prematurely. Men cannot do ill and be well. “Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap.” Gal. 6:7.

Tobacco, possibly more than alcohol, is responsible for the physical degeneracy in civilized lands and among civilized races, because of its more prevalent use by the young as well as by the old. The poisons concealed in the smoke of tobacco are more subtle and deadly by far than the poison alcohol found in beer and wine. These poisons irritate the tissue they are brought in contact with, and in time bring about degenerative changes. The soft yielding and elastic muscular tissue of the heart and blood vessels, which makes possible perfect circulation of the blood through them, is replaced by hard unyielding fibrous and scar tissue. The caliber of the blood vessels is lessened, the capillaries are obstructed, the blood pressure is increased. It is this that is responsible for the many sudden deaths from heart failure, apoplexy, kidney diseases, etc.

“Suicide on the installment plan” might

be written on the tombstone of nearly all who die at the age of fifty or sixty years of heart failure, apoplexy, kidney disease or diabetes.

Repentance is a good thing even after these degenerative changes have taken place. God freely pardons and forgives our sins. But this does not restore the degenerate heart, blood vessels and kidneys. We reap the crop of the seed we sow. True, if we cease to do evil and learn to do well we may have the privilege later on, even in this life, to reap the harvest of our well doing, just as we are reaping the harvest of our ill doing. For this reason the words are given for our encouragement, "Let us not be weary in well doing; for in *due season* we shall reap, if we faint not." Gal. 6:9.

Nature makes repairs if she is permitted an opportunity. But do not expect too much of her in a short time. Continue to live right, and in time you shall reap the benefits. If the injury sustained is beyond repair, it is a source of satisfaction to know that God freely pardons our transgressions, and with our sins pardoned we may look forward to the time when this mortal shall put on immortality and this corruptible put on incorruption. The time is coming when all traces of sin and its results will be forever a thing of the past. "There shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." Rev. 21:4. "And the inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity." Isa. 33:24. It is all right to lock the stable door after the horse has been stolen, but it is better to turn the key before he is stolen. Prevention is better than cure.

When a man has high blood pressure or Bright's disease, the doctor invariably advises him to give up drink and tobacco. He goes farther and says, "You must give up coffee and tea and use little or no flesh foods." Coffee and tea contain an irritant and poison known as caffeine, while meat has concealed within its fibers one known as uric acid. Do not wait until the organs which for years have had to deal with these are hopelessly degenerate before giving up their use. Give them up before the symptoms appear which make it a necessity to

give them up in order to add a few extra days to life, but give them up before you feel the need of a physician. Give nature a chance and you will find she is a friend. Lock the stable door before the horse is stolen. It is the more excellent way.

### THE POISON OF SELF-PITY

Get angry with yourself, pat yourself on the back, commend yourself, praise, blame, love or hate yourself—do anything to yourself, but don't pity yourself.

Self-pity has a certain septic satisfaction, like picking at a sore, and there is an undeniable "luxury of self-dispraise," but it's as dangerous as getting drunk. It's habit forming. It grows on one. Quit it.

Pity is a glorious and creditable attribute—when it flows out toward another. Then it is like the mountain brook, sparkling, chattering, leaping, the laughter of the woods, the refreshment of bird and beast, carrying health and joy to all who drink of its cool flood or even gaze upon its happy play.

But pity, when it turns upon self, is like a stagnant pool, covered with hateful scum, and concealing ugly, slimy things in its foul ooze.

One who is sorry for himself is already half beaten.

The self-pitying are abused. Nobody treats them right. People talk about them. Others are promoted over them. They get no proper thanks. They are unappreciated. Alas! Also alack, and woe is me! Let us all go into the garden and eat worms.

The self-pitiers invite every variety of spiritual microbe to come in and breed.

They are the clouds, mud and slush of mankind.

They are rarely efficient. No man that hasn't enough egotism to admire himself a bit ever amounts to much.

Bad as egotism is, it is infinitely better than self-contempt.

Self-pitiers are hard to love, trying to live with, and impossible to please.

They cannot enjoy riches, nor appreciate poverty.

When they are well they think they are sick, and when they are sick they think they are worse.

They are gloom spreaders and heart depressants.

Self-pity is the most exquisite form of selfishness, the camouflage of impotence, the acme of disagreeableness.

Self-pity requires no brains, no capacity, no worth. It is sheer and utter no-accountness.

If you pity yourself, you are hypnotized by yourself. Come out of it!

No self-pitying troops ever won a battle; no self-pitying clerk ever rose to be general manager; no self-pitying merchant ever made his business thrive; no self-pitying woman ever retained her husband's love; and no self-pitying human being was ever a help to another human being.

Self-pity is the collapse of all the faculties; it is cowardly surrender in the face of the enemy.

Don't complain! Keep your chin up! The courageous soul, in no matter what condition, is a point of cheer, a lamp of brightness, a tonic draught, to his fellow men.

In every city there ought to be a public spanker for all self-pitiers.

*Dr. Frank Crane.*

### A LETTER FROM PERU

Interesting letters are beginning to arrive from the Hinsdale missionaries who sailed for South America recently. We give here part of a letter received by Miss Olive Field:

Moho, Peru, Oct. 12, 1920.

"My Dear Olive:

"It seemed good to be on shore again, even though it was such a strange one. We were pulled up by a pulley, in a big chair, from the boat to the high shore. It was not at all scary. We were met by Bro. Theron Johnston and by a Spanish brother named Bustamonte. They helped us through the customs and were very kind to us. We stayed all night in the Gran Hotel and the next day at noon we got on the train and started for Arequipa. For six hours over sand plains or up and down and round and round mountain peaks we traveled. For about three hours we saw Mt. Misty, first on one side of the train, then on the other. By and by a man came round and had us all sign our names. We couldn't think why,

but found later that they telegraph all the passengers' names ahead and they are posted in the station so that people may go to the station and find if their families and friends are coming.

"When we got to Arequipa Bro. Elvin and his wife met us and we went at once to the Rest Home. The Elvins were the only ones there then. It was Friday night and we couldn't get our trunks till Sunday, so the nine of us lived with them till Sunday noon. At the Rest Home a young Indian named Nicanes and his wife, Angela, live. They helped take care of the place. He was the first evangelized Indian I saw, and comparing him with the dirty Indians I saw on the streets I decided that the Indians are well worth all that we sacrifice for them. Since then I've met many others and I still think so.

"I am now writing from Moho. (This station is conducted by Mr. and Mrs. Archie Field, both graduates of Hinsdale.) Since I began this I held the basin and otherwise assisted Archie while he washed and sewed up a gash in a poor Indian's head. He had been beaten by another man. This makes three in a week, and Archie got onto a mule and rode into Moho to tell the Governor that it must be stopped at once.

"As soon as he was gone I went with Mary to treat a poor little wife about 15 years old, whose baby died and who has not been well since.

"It is certainly a busy place, much more so than I expected. There is sugar, bread, cooking oil and kerosene to sell. Eggs, onions, salt, milk, etc., to buy. Teeth to pull, medicines and treatments to give, visits to make, letters or trips to the Governor, teachers to pay (there are six schools in this mission), babies to name, Sabbath school, two meetings and two vespers to conduct each Sabbath and many more things to do. Night before last he went with one of the teachers to propose to a girl. He has lots of that to do, too. And all the time he is working away at the house they are so greatly in need to live in. They are living in an Indian house till the new house is finished. It's going to be a comfortable place to live. It is just now coming spring and Mary is planting the garden.

"MRS. ROVILLA FIELD."



## Footprints of Faith No. 12

David Paulson, M. D.

*"The only faith that wears well and holds its color in all weathers is that which is woven of conviction and set with the sharp mordant of experience."*

—Lowell.

[In this number we publish some experiences which came to Dr. Paulson as the fruit of a ripened prayer life, which were told by him in 1914 in his "Story of Hinsdale." We can not close this remarkable narrative of faith and works without giving our readers a glimpse of the Doctor's innermost feelings during the long weary months of his last illness, thus the last of this article was written in the spring of 1916. In this connection we most earnestly urge all whose subscriptions expire with this number to renew promptly as future numbers will contain striking providences which have attended the Hinsdale work since the Doctor's death.—Ed.]

LATER on a physician from the southern part of the state brought his wife for a critical surgical operation. A few days after she went into a serious collapse. We did everything we could, but it was evident the woman must die. The doctor stood on the opposite side of the bed from me with tears running down his face, saying he had given up all hope; there was absolutely nothing more could be done. I felt impressed to say, "Yes, there is one thing more can be done in the Hinsdale Sanitarium. We can pray." I felt he knew nothing about prayer, but I did not believe that would hinder my prayers being heard. I knelt down and asked God to save the poor woman's life if it was His will. And she began to revive from that very moment, and in a few weeks went home a well woman.

Last winter during our week of prayer a very prominent woman was operated on in our institution by Dr. Franklin H. Martin, the eminent surgeon who does most of our work. The case proved much more desperate than was expected and she nearly died on the operating table. She was revived, but the next morning went into a total collapse. Mrs. Paulson and I were hastily summoned to her bedside. To all human appearances, the case was utterly hopeless. My heart ached for this splendid business woman, who, I felt, had not made

her peace with God. In the agony of my soul, while the nurses worked over her, I knelt by her bedside and reached up for God's healing power to be manifested in her behalf. A few hours later an eminent expert came out from the Presbyterian Hospital at the request of her family physician, who was present at the operation. After sizing up the situation he said, "Everything is done that can be done, but it makes no difference what you do, she will be dead by morning."

Several days later she told Mrs. Paulson, "I know God heard Dr. Paulson's prayer and saved my life. I want you to stay here in my room and tell the Lord that I know He heard the prayer in my behalf." Some weeks later this woman stood up in our worker's prayer meeting and gave a ringing testimony and told us that she had dedicated her life fully to the Master's work.

As the years rolled on I have seen many such experiences that have strengthened my faith that there is such a thing as answers to prayer. When I am facing a question like some of these poor sick patients I am glad that I can deal directly with the great man-Maker. When my watch was broken the other day, I sent it to a watch-maker, not to some faker who would simply declare there was no such thing as broken watches or who would undertake to give it some absent treatment

and do nothing for it. I am so glad that I can recommend the sick to go to the great man-Maker and man-Repairer and that I can intelligently cooperate with Him. For remember that while the farmer cannot grow corn—God alone can do that—he can cultivate corn. And God does not expect to do man's part any more than He expects man to do God's part. It is this beautiful blending of the human and the divine that lends significance to the human part of life and gives us courage and faith that we can depend implicitly upon the divine part. For remember God does not hear us because we are good. He hears us because we are needy, and for Christ's sake, who alone was good.

It is with great hesitation that I tell some of these interesting experiences for the simple reason that I know there are some people who are bound to regard them with considerable skepticism, and perhaps treat them altogether lightly. There is also a still greater danger that a group of experiences of this kind shall focus the attention of a still larger group of people on the instrument instead of the Hand that merely condescended to use the instrument. Nevertheless, I have felt that there were some to whom some of these incidents might prove to be a real inspiration and encouragement, and it is for their sakes and theirs alone that I have presented a few of the many interesting items that Providence has given us for our encouragement in the building of these various Hinsdale enterprises.

### The Anchor That Held Through Deep Trouble

On February 14 (1916) I was prostrated with an unusually severe attack of fever.

During the long weary weeks that followed I had abundant opportunity to learn new lessons of trust and faith under trying circumstances.

As I prayed earnestly unto the Lord, his Holy Spirit would from time to time bring to my remembrance some verse from the Bible that would be meat in due season to my poor starving, storm-tossed soul.

Some of these verses I had not seen much in when I read them in full health and strength in days gone by, but the important

thing after all was that they had been lodged somewhere in my mind, which shows the importance of reading the Bible, even when we don't feel any great need of it. We may be storing up provisions for some future need.

When the fever was at its height and the days were weary and the long nights dreary, then this verse came to me with priceless assurance, "But He knoweth the way that I take: when He hath tried me, I shall come forth as gold." Job. 23:10.

Through all the ages God has never discovered anything better than trouble and affliction to burn the dross out of the soul. That is why His children have always had such big doses of it. God was fitting them for heaven.

The wicked will have most of their trouble when it is too late to do them any good. That is why God says for us not to envy the wicked (Prov. 24:19), "which have their portion in this life." Ps. 17:14.

I know some of you will say, but *my* trouble came from evil men and not from the Lord. But if you will permit Him, God will watch the fire they kindled and see to it that it only burns up the dross within you. "The wrath of man shall praise thee: the remainder of wrath shalt thou restrain." Ps. 76:10.

Joseph's wicked brethren sold him into slavery, but he let God watch the fire, and when he was the biggest man in Egypt, he could say what is always true, "Ye thought evil against me: but God meant it unto good." Gen. 50:20.

When we are in deep trouble we always want to get rid of it, but God only knows when we have had enough. I wanted to get rid of my fever, I wanted to get well, but then and there came to my mind the Master's prayer when He was in deep trouble, "Father, if thou be willing, remove this cup from me: nevertheless not my will but thine, be done." Luke 22:42. I had a precious experience when I was able to pray that prayer from my heart. So will you. Luke says when Christ prayed that prayer, an angel came and strengthened him (verse 43). I verily believe one came to strengthen me. They will come to strengthen you.

When I was desperately sick the thought



came to me to have my wife write to a spiritually minded friend hundreds of miles away to pray for me. Then the enemy suggested the doubt, What good would it do? It was then Paul's example came to my mind, when he wrote to the far away church in Rome to earnestly pray for him. (Rom. 15:30.) And later when he lay in a dark prison cell, he wrote this to his brethren, "For I know that this shall turn to my salvation through your prayer." Phil. 1:19. Then I sent word to still others to pray for me.

I am glad that I can today put my fingers on Ps. 119:75 and say from my heart: "I know, O Lord, that thy judgments are right, and that thou in faithfulness hast afflicted me."

### MY VISIT TO HINSDALE

D. H. KRESS, M. D.

It was nearly midnight when I arrived at the Hinsdale Sanitarium. Everything was quiet. All had retired for the night. The midnight stillness tended to bring to my mind former days, when Dr. Paulson, the founder and promoter of the institution, and I were associated together, first at the Battle Creek College, then at the Sanitarium and later at the University of Michigan, where we took our course in medicine, and then at the Battle Creek Sanitarium as physicians. As I saw the outline of the splendid building before me, I said, "This is a monument to the efficacy of the prayers of David, my old friend."

### The Boy Who Prayed

Whatever faults Dr. Paulson may have had, and he had faults, for we all have them, it cannot be said of him that he was a prayerless man. He had always been a believer in the efficacy of prayer. When as a boy not more than fifteen years of age he came to Battle Creek, he was different from most other boys in that he was a boy who prayed and had a purpose in life. He could not be turned to the right hand or to the left. He could truthfully have said with Paul "this *one* thing I do." He was a crude product of a middle western farm, not at all promising to look at, as he appeared in school with trouser legs and coat sleeves outgrown by two years. But David, as I

have always known him, applied himself to study. He studied while others played. To aid in paying his way through school he received employment at the Sanitarium, running night calls for patients. When not on calls he could be seen with some book before him. In this way he worked his way through Battle Creek College and then he entered the University of Michigan.

### Forgot His Hat

A little incident which occurred there will serve to illustrate how closely he applied himself to the task of completing his course of study. His mind being so completely on his work it was not uncommon for him to forget some of the things less essential to him than his work, which he took with him to the lecture rooms. His roommate, Dr. Rand, known as Howard, recognizing this, would call his attention to this, and more than once came to the boarding house bringing something David had left behind. Once he came with David's hat in his hand. Looking around in the lecture room and not being able to find David, he concluded David had forgotten his hat and had gone home hatless. To him it seemed rather amusing, as it did to us on his arrival. But not so to David, who had merely been in the room with the professor of the hour's class to have made plain some point in the lecture he did not quite understand. When he came out, naturally he looked for his hat, and not being able to find it came home with books under his arm and a look of disappointment on his face at the mysterious disappearance of the only hat he possessed. I am relating this to show how completely his mind was occupied with the task before him of fitting himself for service.

### The Spirit of Prayer Followed Him

Our boarding house was a house of prayer. Morning and evening we had family worship, at which all were present. This was never omitted. In addition to this each evening we had a silent hour, each one being permitted one-half hour in his room by himself for meditation and secret prayer, while the roommate was in the parlor studying or reading the Bible or some religious book. David had formed by this time the habit of praying. It seemed

just as natural for him to pray as it did to breathe, almost. He never undertook anything without prayer. This spirit of prayer he carried with him to the Battle Creek Sanitarium, where we were for several years associated as physicians. Our work while there was carried forward on our knees. Each morning before undertaking to see patients we met in a small dark room leading into my office, where we would bow together asking for divine help in our work of aiding our patients. This spirit of prayer he carried with him to Chicago when called upon to go there.

It was in answer to prayer that the property at Hinsdale with the old farm house upon it came to him. Here he and his companion toiled together and united their prayers for the prosperity of their new enterprise. God gave them success in their work, and as a result it enlarged and developed. And as I viewed the new building recently erected as an addition to the old, I could not but say, "This is a monument erected to the efficacy of prayer." It shows that the God of heaven is not unmindful of the prayers and alms that come up before him, and being no respecter of persons it should be a source of encouragement to young men and young women entering upon life to give themselves unreservedly to prayer and to the task of fitting themselves for service and usefulness. What one has accomplished, others may.

### THE WORDS OF A PRISONER

BY A PRISONER

"A great step will be taken toward the abolition of crime when the public recognizes that criminals are human beings. Do you know the words of a prisoner? They are worth remembering. Here they are, read them, don't forget them: 'I know how many nails there are in the cell floor and within reach of my eye, and the number of the seams also; I am familiar with the stained spots, the splintered furrows, the scratches, and the uneven surface of the planks. The floor is a well-known map to me—the map of monotony, and I can see its queer geography all day and at night in dreary dreams. I know the blotches on the whitened wall as well as I know the warts and moles on the hopeless faces opposite

me. My mind is a mill that grinds nothing. Give me work—work for heart and mind, or my heart will lose its last spark of hope, and my brain its last remnant of reason.'

"Think of these words for a night or two as you move freely about the rooms of your home, and think of them when you wake to an open window and the freshness of a new morning. Think of them—and there are thousands of men penned in like this whose minds are a mill that grind nothing, every day in a Christian year. It is not sentimental rubbish; it isn't hysterical. Because, don't you see, a criminal is a human being, and in many instances a most amazingly complex and bewildering creature.

"Without God, vain is the work of the builder. Men, radically bad, radically evil, a burden to the state, a scandal to civilization and a disgrace to humanity, become, under the influence of religion, good, honest, industrious and kind. The editor of *THE LIFE BOAT*, God bless it, wrote me just as I was planning to end it all by taking my life. It is through it I have been born again. I have given myself just as I was to Christ who died for such as I am. He changed my heart and I am working for him in this prison to save others.

"Vices which degrade men lower than the brutes, which make them loathsome in the sight of respectable people and fill our prisons with an immense burden on the community, under the influence of religion lose every fiber of their power, and drop away from the strangled souls of their victims like dead ivy. Sins and crime which retard the progress of the race, which breed corruption, degeneration and prosperous misery, under the influence of religion cease to have power over the minds of men, and appear horrible and inimical. But skepticism will raise two objections. That it is doubtful whether these conversions last; that the word religion is merely an unscientific term for mental excitement. I am anxious to meet these two objections which are so general in modern society, with its mouth full of negatives and its soul empty of affirmations, and to show their shallowness. Look quietly and steadily at the effects of conversion, the fruits of repentance, in my soul. Remember what I had been, the lowest of the low; consider the privation, desti-

tution and crime of my earliest childhood; see me as I was all through my life, a thief, panderer, bully, a fighter in the ring, a race track man, run a big gambling house, a forger, a safe cracker. But I never caused a young girl to go astray, as I had sisters, and I always respected a girl's character. Yes, I have been all that has the name of a bad man. But, and then mark my momentary conversion after receiving that letter from *THE LIFE BOAT*, which had the key to open my sinful heart so I could open the door and let the dear Lord come in.

"I have been in states prison six years and eight months. Have been up for pardon twice and turned down. Am guilty of the charge, an outcast by all that know me. No one to come and see me. My own people have turned against me. Yet I have One who will never leave me—the dear Lord Jesus.

"Will some good Christian man or woman who reads this be kind enough to take an interest in my future welfare and write me? For my name and address write Mrs. C. L. Clough, and she will forward it to you."

## State's Prison or the Fireside, Which?

Helen L. Loth

**I**T really is needless to say in which of the two places a mother would rather have her son. Therefore if the latter is chosen the right road must be taken; a straight road with no detours.

A trip through one of the largest prisons in the United States convinced me that all young men, and the greater majority of the inmates were in the prime of life, were not hardened criminals and had not always made a profession of crime and theft. We were told by the warden who directed us through the institution that over half of the cases were the result of an ungoverned temper. Several fine, clean and apparently intelligent young men were pointed out, who on the impulse of the moment had become infuriated and the result was that they were to spend the rest of their days behind dark prison walls. Their freedom, which, by the way, is one of the most beautiful gifts God has bestowed on mankind, was lost to them forever. Instead of sitting down to mother's daintily set table which they had the pleasure of doing only a very short time before, they satisfied their hunger by sitting on a hard bench waiting patiently for one of the officials to come around with the large kettle out of which a spoonful was taken and placed upon the prisoner's plate which was held out from behind the bars.

### The Mothers' Part

Have the mothers of these young men always done their best to lead their sons in

the right paths and were they careful to bend the twig in the desired direction when they were small children? It is in the



—From *Geographical Magazine*.

"THREE IS A CROWD"

Whether these children are preparing for State's Prison or the fireside depends largely on their home training.

early years of a child's life that the clay can be molded. True it is that mother has often done her duty and in spite of her

teachings the son or daughter has gone wrong, but in the majority of cases we find upon careful investigation that the wrong method has been taken in the home. After a child starts in school the mother pays less attention to his training, which is the secret of success in later years.

### On Which Side Is Your Influence?

Influence is a prevailing motive power in the home. If the mother expects her son to be strictly honest she must practice honesty herself. Johnny had been reprimanded for helping himself to an apple in the grocery store where he was sent on an errand for mother. A few moments later mother was standing by the window fixing her curtains when she saw one of the ladies from the church coming down the street. "Oh, dear," she said, "there comes that horrid Mrs. Smith. I just know she is coming here to ask me for some money for the heathen in Africa. Johnny, I am going upstairs and when she rings the bell you tell her that your mother isn't in this afternoon." And then mother wonders why Johnny is beginning to tell stories and deceive her. That little experience speaks for itself.

### The Bridge That May Lead to the Wrong Path

The question of association should also be guarded carefully. Association is the great bridge between manliness and all it implies, and the opposite—crime, dishonesty and immorality. True it is that every child must have recreation as well as work. Judge Lindsey of Denver says: "It is as natural for a girl or boy to want joy or fun as it is to be hungry. It is just as important to satisfy one as the other. If either be satisfied unlawfully it must be corrected. So play must be made educative." I am sure we all agree that cheap novels—tales of adventure that could never be true—and the popular movie are making their bid for the future of the boy and girl. Do they often win out?

Mothers, let that really unnecessary work go. Invite Johnny's friends over to the house and join in their fun. Let him know you are as much interested as he. Perhaps a little room could be partitioned off in the

basement where the boys could do some carpentry and a place where they could play to their hearts' content without scratching mother's "perfectly new" furniture and newly varnished floors. A case containing some uplifting books might also be added and soon Johnny will prefer coming home to going out with "the gang," as he expresses it, to some undesirable place. Mother should let her son know she has a great deal of confidence in him, and when he does do something wrong instead of becoming excited she should reason with him and let him know why the act was wrong, which will produce the desired effect much sooner.

### The Key to All Reform

The key to all reform lies in the home. "Every boy is full of steam like a boiler; play is his safety valve; don't sit on the safety valve or you'll damage the boy."—Jacob Riis.

The girl problem is another hard one to solve. Although she doesn't seek adventure like her brother, her temptations are just as great if not greater. Mother should use the same method with her daughter as with her son. Have her friends come over whenever they can. Encourage sewing and good reading. Join right in with the girls and make companions of them. Let daughter plan the meals and prepare them. A girl becomes much more interested in the home ties when she knows some of the responsibilities of the home rest upon her. Too often mother would prefer doing it to having daughter "putter around in things," as she expresses it, but that is not the right attitude to take. That is just where the trouble comes in; mothers haven't time to teach and instruct their children.

So, mothers and fathers, why not begin all over again and start molding the little lives so they will grow into symmetrical men and women who will honor God and help bring the message of Christ to a lost world? Difficulty and discouragements may surround one on every side, but in the end does it pay?

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It is good to reform, but it is better to form. Horace Mann, the great educator, said, "One formatory is worth ten thousand reformatories."

## Poverty and Crime

Caroline Louise Clough

"**A**RE there any poor families in this neighborhood, or any who are sick?" we asked of a robust foreign woman living in a two-room shack in the congested west side district of Chicago. We were met with the retort:

"No'm, there ain't no poor around here." And she drew the door together to hide her own poverty.

We called at another shack not much larger, but older and more dilapidated. "There are two families in this house," said

baby was four days old, trying to care for her family of six children and husband. Cold bedrooms with no warm comforts for the beds told a story of real suffering. How she took our hand and kissed it to express her thanks when later we called with bedding!

To give our readers some idea of living conditions in this district, Mr. B. J. Rosenthal of the Chicago Housing Association said recently that in one block, not far from these homes which we visited, there



WOULD YOU SELECT THIS PLACE FOR A HOME?

Mrs. Cobb, with some members of the two families who live in this home in the heart of Chicago. Do we not have a work to do in our fair land to lift up the fallen?

a mother of eight children. "My man, he works and we get along. When we are sick a nurse comes from the dispensary." A neighbor, who was present, said, "Me poor. Me need clothes." And then we learned there was a real case of need in the "second house over."

A pale-faced woman with trembling voice answered our rap at the door and invited us in to her one warm room—the kitchen. There was a three-weeks-old baby in the crib and the mother had been up since the

are 2,000 people living. And the buildings are not ten to fifteen-story apartment houses, but instead we find what is called "attached houses." This means, quoting from the *Chicago Evening American*, that "A fairly decent appearing structure occupied the entire front of the lot, flush to the sidewalk. Back of that and attached without light or air space between is another house which had been pushed back to make room for the front house, and to the rear of this second house was a third, which may

have been the first house built on the lot, but in some cases was the old barn converted into living quarters.

"These houses, three in one, are occupied by from six to ten families,' Mr. Rosenthal explained."

These families, which are usually large, occupy but one or two rooms, and here they eat, sleep and live, and even take in boarders.

These conditions obtain throughout the Ghetto of the west side. And what are the results on the morals of the people? We were told that some of the most notorious gambling dens in the country are located right here; that men hire boys to go shop-lifting or stealing and pay them a per cent

It is seldom that one can be found who can read and write, and their troubles are often too numerous and heartbreaking to mention.

As we passed through the streets we prayed, "Lord, please raise up another Jacob Riis to clean up this dirty blot on thy footstool." Then we came to a gospel light-house, the Marcy Center, where Miss Anna Heistad, the superintendent, who is first of all a real Christian missionary, is holding up the name of Jesus among this nation who crucified Christ. Boys of the worst type come to this center and play in the gymnasium. They call it the "Jesus play-house," and in spite of their Hebrew train-



AN INTERESTING CORNER

The Jewish market in the heart of the Ghetto where every conceivable line of merchandise is sold on the street, where the women stand behind their improvised counters and with chilled bodies and icy fingers sell their wares to the crowds who surge past every day in the year.

for the stolen goods; that boys as young as eight years are bums, holdups, pickpockets and thieves; that boys form "Black Hand societies" for no other purpose than to plunder and they have been known to kill their own gang members.

The situation seems too vast to think of correcting. Think of the untold suffering that will be theirs during this winter. And the poor mothers and little babies will suffer most. The women are kept in ignorance.

ing many of these people, especially the women, are yielding to the Christian influence.

#### A Glimpse of the Results

The testimonies of two women, which Miss Heistad gave us, show the results of her work. One woman says, "I was born and raised in a Jewish home, where there was not much of any religion. When Sylvia was three years old I sent her to kindergarten at Marcy Center, and she came home-

singing, 'I'll be a sunbeam for Jesus.' We had to stop her, because we did not want the name of Jesus mentioned.

"Five years ago Miss Heistad had mother come up to Marcy Center and then mother asked me to come up to attend one of the meetings. When they sang 'What a friend we have in Jesus,' if the ground had opened up and swallowed me I would have been happier than listening to that name of Jesus. But as a magnet it pulled and pulled me every Friday night and Tuesday afternoon to the meetings.

"Mother accepted Christ first, and at first we did not like it. But four weeks later my brother accepted Christ, and then I thought, 'Well, maybe I am wrong,' and got a little book on Matthew and started to read it. My husband destroyed that book and then I got another. One Saturday up at the house I was really discouraged, and I had never prayed any in my life, but that Saturday I prayed. I just got down and asked if I should accept Jesus or not, and when I got up off my knees I had accepted Jesus and was happy. There are now seven in our family who are Christians.

"If it was not for Marcy Center I don't know what I would have done. Whenever anything happens I go to Marcy Center and they always help me out. I always feel happy when I go to Marcy Center.

"I pray the Lord for Miss Heistad. She is like a mother to me. I am the happiest woman now that I belong to Marcy Center. Marcy Center opened my eyes and let me see everything. God bless the people in

Marcy Center, because they sure help the poor people."

The other gives a different viewpoint: "It is about five and one-half years since I started coming to the Dispensary. Beside kind words, they used to talk with me and touched my heart. I could not help seeing that they were different and had something that I had not. When I became acquainted with Miss Heistad, I began to tell her of my family troubles, and I was in a very bad condition; my husband didn't work. Miss Heistad tried to do all she could for me and asked me if I knew the Bible and had a Bible. I told her I never had any Bible. There were things I knew about God from my parents, just what I learned. Jewish women don't know the Bible; if the husband goes to the synagogue and prays that saves the woman. Miss Heistad got me the Bible. It was a Hungarian Bible, and she picked out all the chapters she wanted me to read and I thought it was wonderful. Not one day she missed coming to explain the Bible to me until I was converted. I am so happy that I know the Lord Jesus ever since I accepted him as my personal Saviour. I have four lovely children and I will try to raise them up as good Christian men and women. My husband is not a Christian yet, but I hope he will become one soon."

Have you heard the call of the helpless in our large cities? "The harvest truly is great, but the laborers are few: pray ye therefore the Lord of the harvest, that he would send forth laborers into his harvest." Luke 10:2.

## Touch Them Kindly Now!

R. HARE

It may be the last time, for days are advancing  
And moments move on without let or stay;  
The silent hours numbered, in sunshine or shading,  
All quickly pass onward by night or by day!

And out from our side the dear ones are stepping  
Away from the friendships we cherish so dear;  
Old places are sleeping, we greeted in gladness,  
When youth cast its garlands before the New Year!

It may be the last time, the shaft sent at random,  
May strike with its death-chill the spirit so brave;  
They sit by our side today, but tomorrow  
The dear old faces may rest in the grave!

Oh, say, shall we touch them less kindly in passing,  
Grey-headed or sunny-faced friends, as we meet;  
It may be the last time our footsteps shall mingle,  
Upon the lone path for the pilgrim feet!

Then touch them all kindly, the days that are fleeting  
May steel the sweet faces away from our side,  
And the sunshines that glow may be darkened to-  
morrow,  
Our loves and our blossoms refuse to abide.

## OUR WORK IN THE CITY

MYRTLE FOREMAN

So many have asked me in the past few weeks what work I was doing, and when I told them I was doing city work, the next question was, "What do you do in the city?"

So I will try and tell in brief what our work in the city really is. We try and find the families who need our help. Perhaps the mother of several children is ill and needs treatments but cannot come to

lives with her son. She was suffering from a rash. We bathed her and made her comfortable and she seemed very thankful for all we had done for her and asked us to come back again. This we did, and I am happy to tell you that the rash is nearly healed, but she wants us to come and see her once in awhile just to cheer her up, she said.

In another home we visited we found things very untidy, for the mother is not well and is not able to keep her house up. Here we left some clothing for the children, for they do not have much. We found the children eating breakfast when we arrived. Their breakfast consisted of coffee and bread. One of the workers with me remarked that she had often heard of children having just bread and milk but never before had she seen a home where they had no more than bread and coffee.

We also visit the Clark street police station on Sundays. Here we hold Bible studies and have prayer with the men and sing for them. Often we can help someone get a better hold on the things of God, but we will never know what good we have really done till, if we are faithful, we enter the new earth where we will never have to see our fellow-men behind bars.

We also have the privilege of helping the family of one of the men in the state prison at St. Cloud, Minn. It seems that this man was a good provider for his family till he began going with a rough set and was finally caught in robbery and sentenced indefinitely. He has been in about two years now and his wife and child have only what her folks give her, and they have very little to share with her, so we are glad that we can give her some clothing and help her in that way.

Thus we have many and varied experiences in the city. Every day we have new and interesting experiences. It would be impossible to tell them all.

I have certainly enjoyed my work among the people in the city and know that I have received great blessings. I am glad I can have a small part in relieving the suffering in the great city of Chicago.



MISS FOREMAN

Taken while on the streets of Chicago on her way to a home of need.

the Sanitarium. It is in a home of this kind we can be of service. Then again we may find homes where they need cheer more than treatments, and so we can bring cheer to homes of the discouraged.

Just the other day we went to the home of a little lady eighty-four years of age who



## GOING TO THE DARKEST PLACES

THERESA FERNANDES

*Member of the Hinsdale Nurses Class*

At a conference meeting held recently we heard that an average of \$378 was spent for every soul that was saved during the past year. I wonder if we ever stop to think how much the souls are worth that are lost? I never really realized this until I started out in medical missionary work in Chicago; for in that large and needy field are many souls crying for a little bit of love, for a helping hand and for someone that cares. Does someone really care if there is sadness or poverty in the home? Yes, Christ died for all. As we journey to this needy field we keep our eyes open for the homes that need us most.

Last Friday as Miss Larson and I were out with our LIFE BOAT magazines we found in the back part of a second flat a family that was in need of our help—the father and mother were blind. When we told them of our work they said, “I believe that the Lord sent you girls here, for we are in need of help.” We followed the mother as she went along feeling her way to the kitchen, and there in a corner of that dark kitchen in a crib lay a dear little baby girl, just eleven months old. We were glad to find that although the baby was sick she was not blind but had large blue eyes. After doing what we could at the time for the baby, we gave the mother some instructions as to caring for her little one. She was willing to do as we told her and the last time we called we found the baby much improved and on her way to health. We are now planning on doing some sewing for this baby.

I am thankful for the privilege of doing something for the city's poor as that has always been my desire. I am thankful, too, that the Lord helps us in doing small things as well as great things, and I want to be willing to go wherever God has need of me. The words of the song written by Charles H. Gabriel express well the thought of our medical missionary nurses:

“If ever Jesus has need of me,  
Somewhere in the fields of sin,  
I'll go where the darkest places be,  
And let the sunshine in;  
I'll be content with the lowliest place,  
To earth's remotest rim;

I know I'll see His smiling face,  
If it's done with a tho't of Him.

“I'll fill each day with the little things,  
As the passing moments fly;  
The tendril, which to the great oak clings,  
Grows strong as it climbs on high;  
I'll trust my Lord, tho' I cannot see,  
Nor let my faith grow dim:  
He'll smile—and that's enough for me,  
If it's done with a tho't of Him.

“The lowliest deed will be reckoned great,  
In the book that the angels keep,  
If it helps another along the road  
That is often rough and steep.  
A kindly word may let sunshine in,  
Where life's rays are sadly dim:  
And love can win a soul for God  
If it's done with a tho't of Him.”

## EXPERIENCE IN JAIL AND MISSION

MAUD WILSON COBB

An incident occurred a few days ago while attending the service in the old Clark street jail which is located on South Clark street, Chicago, where our medical missionary nurses have been going every Sunday morning for over twenty years. They have only missed six meetings and that was because of conditions not permitting their presence.

This Sunday morning it seemed to me that the Lord had a special blessing in store for us. We were welcomed by the men behind the bars. Some of them were young. They pressed their faces close to the iron bars to be as near as possible to the music and so they could watch our faces while we were talking.

It would have been a blessing if the mothers and fathers of the men and boys behind the bars could have heard them respond while our workers talked to them of their eternal welfare. Every man who was sober knelt in prayer with us as we prayed. Also the mothers and fathers of the young missionary workers would have thanked God to have heard their children tell these men behind the bars why they were Christians and why they were in jail this bright Sunday morning instead of hunting pleasure in the world. All gave good spiritual talks as it came their turn and their faces shone as they told the old, old story. One of our young men read the twenty-third Psalm beautifully and many of the men bowed their heads and listened.

When one of our workers commented on the Psalm and likened the poor men there in jail to lost sheep, and told how the great Shepherd was calling them into the fold, how his feet were torn and bleeding and how he suffered on the cross that all might be saved, many tears fell that morning, and I believe a new record will be made in heaven, for many repeated the Lord's prayer after us.

One man called and said, "Lady, pray for my dying father. A few days ago I received a telegram from home telling me to come at once. He is dying unsaved. I was on my way to him and was passing through Chicago in a taxicab when two men grabbed me just as I stepped from the car. They took my money and overcoat, kicked me, breaking one of my ribs. The police thought I was drunk and brought me to the jail, and I am now waiting for the doctor and then will be taken to the hospital." He cried and said again "Lady pray for me. I never knew before I would have to ask some one to pray for me but do help me now."

After looking at the report the officer at the desk said he was sure the man's story was true and the doctor was on his way to him; also that he would be cared for properly. After leaving the jail I stopped in the old Pacific Garden Mission to speak a word to the faithful workers who meet there on Sunday mornings to hold Bible studies. This morning the study was on the second coming of Christ, and as the leader spoke of the terrible times in which we are living, that a person is scarcely safe on the streets day or night, and what a

terrible thing it would be when the spirit of God was withdrawn from the hearts of men, I then told of the man in jail who had been beaten. The leader said, "That same man was in here last evening. He had to wait to take a midnight train. We wanted him to kneel with us in prayer, but he said, 'Don't pray for me. I can care for myself, but pray for my dying father. I am all right.' Friends, was he safe; did he protect himself? No, he needed Christ."

### A NEW EXPERIENCE IN HIS LIFE

Here is a man who is just entering the Texas State Prison for a term of four years. We want to send him *THE LIFE BOAT* for four years and thus help him in his struggle for righteousness. He writes:

"I am sentenced to the State Prison for four years and am leaving to be incarcerated there in a day or so.

"I am thirty-six years of age and have lived a rather don't care life—but a very wonderful experience and influence has come into my life and now I am determined to win the success and honor I should have had long ago.

"I am going to study for some manner of Christian ministry or service while in the prison and I want to ask if you will send me *THE LIFE BOAT* while I am there. If you know of any earnest Christian workers who would send me a word of advice and counsel when possible it would encourage and inspire me more than I can tell.

"May God bless your work and bring success to it.

"I will deeply appreciate whatever favor it may please you to grant."

## Exchanged

Robert Hare

What matters if the pillow be  
Downy or stony since for me,  
Love shared its loss,  
Its heavy cross,  
In pledge of victory?

What matters though earth's friendships die  
Bedewed by tears that never dry,  
If love can trace  
His smiling face,  
Ever and always nigh?

What matters though the darkness vest  
Or shadow every mountain crest,  
And hide the sun,  
Till day is done,  
Since He will give me rest?

What matters, should love's hand grow cold,  
And love-clasped fingers loose their hold?  
Should hopes all die  
And prospects fly,  
He gives a hundred fold!

# Society's Preservative Needed

L. A. Hoopes

“**A**ND take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. For as a snare shall it come on all them that dwell on the face of the whole earth. Watch ye, therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.” Luke 21:34-36. With these words Christ concludes some very precise answers to some very direct questions asked by his disciples. They wanted to know of some definite signs of events soon to come and of the coming of Christ and of the end of the world.

## God's Advertising Agents

He announced very explicitly some signs which would be seen in the sun, moon and stars and on the earth. These signs were to be more than commonplace phenomena of nature up until this time. We are accustomed to look upon the natural movements of these heavenly bodies as the ordinary course of nature, and forget that one of the great objects for which these heavenly bodies were brought into existence was “for signs.” Or in other words, they were to be God's great signboard or advertising agency to the inhabitants of earth.

How little we think of the plentitude of power and the infinity of wisdom of God as displayed in the commonest every-day phenomena. The scientist exposes his utter lack of understanding in even attempting to account for the precision and accuracy of the cycles of time, of day and night, of the month and the year. The rhythmic occurrences of what we call natural divisions of time are beyond our finite understanding to explain. They are so commonplace that we seldom stop to consider them.

Aside from these which we style natural, there are great and striking movements and conditions of these heavenly bodies that baffle the skill of the best of scientists. And when the historical data are lost sight of, the tendency is to doubt their occurrence and to

denounce those as fanatics who even mention the recorded facts of history regarding these events. But all through the centuries at different times there have been some of the most striking manifestations, almost upheavals of nature, so much so that many who claim to be scientists discredit them and therefore set aside the story of inspiration regarding them. Take the examples of the flood, the sun standing still, the turning back of the shadow of the dial of Ahaz ten degrees, the preparation of a great fish to swallow Jonah, the great earthquakes, the darkening of the sun and moon, the falling of the stars, and other striking phenomena mentioned in the Bible. These all have the divine signet placed upon them by their being mentioned in the New Testament.

As it was in the days of Noah, so shall it be when the Son of Man comes. As it was in the days of Lot, the same day it rained fire out of heaven, so likewise shall the coming of the Son of Man be. Like as Jonah was three days and three nights in the whale's belly, so shall the Son of Man be three days and three nights in the heart of the earth. When the Saviour places his seal upon a question it is time for frail man to keep silence.

## Entered a Time of Extreme Importance

But whatever may be said of other predictions it must be patent to everyone that we have entered upon a time of extreme importance. It requires no prophetic gift or instinct to see the decadence in the social fabric of today. We have fallen upon an evil time.

The great world war revealed how honeycombed and frail was the condition of the social and political world. Like an immense tinder box, all that was needed was but a small blaze to set the world on fire. All the great nations and many of the small ones were involved. Nor is the drama finished. The denouncement may be dreaded far more than anything that has hitherto overtaken the world.

The daily press is loaded down with

notices of crimes without number. Society, property and even life itself are very insecure. The civic life of our cities is powerless to cope with the situation.

With the exodus of monarchies and the egress of democratic republics the statesmen of the world are seeing that an anarchistic or Bolshevistic spirit is seizing those who are the true representatives of the populace, and instead of stable government, a variety of social anarchy is leavening a great portion of the world, and especially in large cities. And while the civic bulwarks seem to be invaded with this element, the spirit of pleasure, riotous living, theaters and movies is catching the eyes of millions of both old and young and schooling them in the very cult of all that is calculated to break down the barriers which should shield society from scenery of evil.

Who is raising a hand to stay this tide of evil? In many of these places of amusement pictures of real merit—educational and religious are thrown upon the same screen with the vile and corrupt. It will be seen at once that the sharp edge is taken off the good, and rather a condoning of the evil in the other.

The author of the text would have us to understand that this is a snare, utterly subversive of the pure principles of the life of the meek and lowly Nazarine and that when the final fiat goes forth, "He that is unjust, let him be unjust still; and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still; and he that is holy, let him be holy still," then it will be too late to make a preparation to stand in the fatal hour when the logical outcome of the present trend of society is being carried out.

Our only remedy must be applied *now*, while probationary time still lingers. Pray for ourselves that we may steer clear of this evil trend of present-day happenings. Pray for those in authority that they may have wisdom and power to hold in check the Bolshevistic element which seems to be leavening our civic life, and that He will give our patrolmen the courage of their convictions to do the right thing at the right time. Pray that real service may so hedge in our young people that they may not fall into this snare.

## SPARKS FROM SPURGEON'S ANVIL

Like the bush in Horeb, the believer is often in the midst of flames, but never consumed. It is a mighty triumph of faith when we can lie among firebrands and find rest, because God is our defense.

No weapon is so terrible as a tongue sharpened on the devil's grindstone; yet even this we need not fear, for "No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn."

Saul hunted David, but David caught him more than once and might have slain him on the spot. Evil is a stream which one day flows back to its source.

When we are at our best we fall far short of the Lord's deserts. Let us, therefore, see that what we bring him is our best, and, if marred with infirmity, at least let it not be deteriorated by indolence.

"What everybody says must be true," is a lying proverb based upon the presumption which comes of large combinations.

Silence gives consent. He who refrains from defending the right is himself an accomplice in the wrong.

The viper has but death for the body in his fangs; but unregenerate man carries poison under his tongue, destructive to the nobler nature.

Man, in his natural corruption, appears to have all the ill points of a serpent without its excellencies.

The Lord will not suffer the malice of the wicked to triumph, he will deal them such a blow as shall disable them from mischief.

Every unregenerate man is an abortion. He misses the true form of God-made manhood; he corrupts in the darkness of sin; he never sees nor shall see the light of God in purity, in heaven.

Saul had more cause to fear than David had, for the invincible weapon of prayer was being used against him, and heaven was being aroused to give him battle.

The eyes of God sleep not, neither is he misled by rumor, but he sees for himself.

We are to view our prayers as already answered, the promises of God as already fulfilled.

While the enemy lies waiting in the posture

of a beast, we wait before the Lord in the posture of prayer, for God waits to be gracious to us and terrible towards our foes.

Saul's watchmen and the cruel king himself must have raved and raged fiercely when they found the image and the pillow of goats' hair in the bed instead of David. Vain were their watchings, the victim had been delivered, and that by the daughter of the man who desired his blood.

## 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.

Constipation—1. What physic would you advise when bran, bran gems, graham bread and green vegetables do not regulate my bowels? 2. Do you advise the use of yeast?

Ans.—1. Try medicinal paraffin oil, and take half an ounce or more before each meal. Agar agar, a Japanese moss, is also valuable for constipation and can be taken freely with each meal. If necessary, you could take a dessert spoonful or more of castor oil before retiring at night. Try a tepid enema of soapy water, using two to three pints. 2. Yes, if it suits you.

Hay Fever—1. Please tell me what is the best thing to do for hay fever. 2. My tonsils are not in a healthy state and I have a few bad teeth. Would the removal of these help?

Ans.—1. A visit to the seaside or some northern resort which is free from hay fever gives quickest relief as a rule. 2. Diseased tonsils should be effectively treated; also defective teeth, and removed if necessary.

Epilepsy—1. Is there any cure for epileptic fits? 2. What are the best precautions to take with regard to diet?

Ans.—1. Yes, in certain cases where they are the result of an injury to the head. Otherwise no, although some get well

spontaneously. 2. To avoid alcoholic beverages, tea, coffee, animal flesh and all rich and highly seasoned foods, and to eat and drink abstemiously.

Boils—1. I understand that an ordinary boil can be aborted by hot and cold treatments. Is this true? 2. Is it possible to control streptococcus infection when the inflammation first appears? 3. Does streptococcus localize and form a core? 4. How wide might be the area of inflammation in the case of a boil?

Ans.—1. Yes, under favorable conditions when the blood is healthy and active, and the treatment is pursued vigorously. 2. Rarely, because the infection is more virulent. 3. No. It infiltrates the surrounding tissues and spreads in all directions. 4. The area varies according to the virulence of the infection and the efficiency of the treatment.

Rectal Fistula—1. Is there any remedy for a rectal fistula other than an operation? 2. Can you give me information about a process of stretching for this trouble? 3. Could such a condition with obstinate constipation cause convulsions in a child of four?

Ans.—1. Yes, in some particular cases. 2. This is a treatment that is of little if any use in the vast majority of cases. 3. Yes, possible.

Obesity—I am taking on weight so fast that I am short of breath and tire quickly. Doctors tell me it is due to ovarian trouble, but do not tell me what to do. What do you recommend?

Ans.—Yours is a clear case of sanitarium treatment, and as you are not far from the Hinsdale Sanitarium, we would recommend that institution. You ought not to delay longer, but go at once. In the meantime, until you can get there, try dieting, and avoid sweets, candies and sugary foods entirely. Breadstuffs, cereals and potatoes should be taken very sparingly. Take fresh fruit, salads and tender greens freely, also bran buns and bran mush.

Why not solve the Christmas problem by giving THE LIFE BOAT as a gift?

## Finds Baby in Bag

Maud Wilson Cobb

Matron, Life Boat Rescue Home, Hinsdale, Ill.

**"R**OBERT F. ROHLAND of No. 700 Shelton street, Bridgeport, Conn., walked into the Grand Central Terminal, New York, at 11:05 Sunday night. A large crowd was at the ticket windows and the clock indicated that Rohland had only seven minutes to buy his ticket and catch the Bridgeport train. He had a large black leather traveling bag, almost three feet long, which he placed on the ticket rack while handling his change. He glanced again at the clock, saw he had two minutes, snatched up the bag and walked rapidly through the gate into the car.

"Rohland put the black bag in the rack over his head, took off his hat and overcoat and scanned a newspaper and dozed off. Arriving at Bridgeport an hour later, Rohland grabbed the bag, went to a lunch room, after which he boarded a street car and went home. He was preparing for bed when he heard a noise as of crying which emanated from his traveling bag. Opening it, he found a chubby baby boy eight weeks old, with large blue eyes.

"Rohland hastened with the bag and its morsel of humanity to the Second Precinct Police Station, where he related the story to an amazed sergeant. At first Rohland was not sure whether the bags had been substituted on the train or at the depot in New York, as he had slept the greater part of the way, but on careful examination he saw that it was not his. The child was taken to the Bridgeport Hospital. The mother's letter which Rohland found said, 'This baby is eight weeks old Jan. 22, 1920.'"

This story does not end here. How about that mother? If we could only follow her we would find her with a heavy heart. We know this to be so because of daily experiences with those who have had to leave their little ones to the mercy of the world.

### The Motherless Babies in Our Home

In our home today lies a beautiful boy whom we have named Angelo because of his large dark eyes, black hair and olive skin. He laughs and kicks and longs for

love, but in a little five-room home a few miles away his mother walks the floor trying to plan in some way to keep her darling boy. Here is the tragedy: After being married many years to a man who was always drunk and who refused to support her and the children, she was left alone and the husband filled a drunkard's grave. Just when the future began to look a little brighter again another man gained her confidence. He promised her wealth and marriage and she, as a result, forgot her standard of living, but the marriage day was put off and then came a letter saying, "I



"SO NATURAL"

So the foster mother says, who sends this picture of her new-found darling.

have a wife and children in another country and I am going to them. Do the best you can, for I cannot leave you any money." This heartbroken mother first thought of the lake in which she could drown herself, thus ending all her trouble, but then her children's future appealed to her. Who else would make a home for them? No, she must live, but they must be kept in ignorance regarding her trouble. A family took the little one from a hospital, but in a few months it was returned to the hospital, as the woman who took him could not care for him. He was then sent to us because the hospital thought we could give him the

best care. The mother was found and when she came to our home how she pressed him to her heart and said, "I must not give him away. Help me to keep him, for I love him and I have not slept for my heart has ached. I did wrong. I promise you I will be true to that which is right. God has forgiven me, but I cannot be happy to think that I have cast my own flesh and blood aside, for I do care."

We visited this woman in her neat, clean home, and it seems all that could make a home happy was found there. But who understands the weary, tired eyes of the mother, racked with fear? Only those who believe God hears and answers prayer. She says, "Maybe this child will be my comfort after the others are gone into homes of their own so please help me keep him." We have made plans for little Angelo and some day will be glad to see him in his own mother's arms.

In another little white bed by Angelo's side lies a big blue-eyed boy whose young mother left him in Chicago to be given away. His pleading eyes look for love. He was very ill when we brought him to our home. Now he is gaining and the faintest smile is beginning to appear on his face. He wants a home and a mother and father to care for him. We are nursing him back to health for some childless home where his laughter will be joy.

#### A Special Providence

In another little bed lies a baby whose mother says: "No, not for a thousand worlds can I give him away. I must go and leave him with you. My old grandfather, eighty-one years of age, needs me, for he is alone. I left my home and school and for three years I have cared for grandpa, for he would not leave his old home. I was lonesome for company and I forgot what my mother had told me, and I trusted one who has forsaken me. No one but my doctor knows why I left the farm and came to Chicago, but I must hurry back to grandfather before the weather gets too cold. Please keep the baby for me and please don't give him away."

She placed her arms around one of our girls who expects to be with us for some time, and with tears streaming down her face said, "Please say you will help care

for my baby. I know the way will open for me. I will tell one of my aunts and she will take him, I know, for she is a mother and a Christian. Don't let him go where I cannot see him, Mrs. Cobb, for my heart is broken. I have wept for mother, but I don't want to lose my baby."

God answered her cry. The aunt has come and in time the child will be placed



"MY HOME'S ALL B'OKE UP"

This little fellow had a different expression on his face when he reached our Home after being taken from his own home which was found unfit. Although only three years of age, yet his downcast expression and pathetic words, "Won't you fix up my home, it's all b'oke up," can never be effaced from our memory. He is now happily located with some of his own people.

in the aunt's home. The aunt says, "Why, Mary was the best girl of all my nieces. She is the one that gave up home and school to live with my father as long as he lived. I tell you, Mrs. Cobb, she has been sinned against and to think when her baby was only nine days old that she should be

walking the streets of Chicago hunting a place to stay. Oh, how I thank you for finding her and bringing her to this Christian home and caring for her until I could come. If she had only notified me of her condition I would have stood by her.

"How could she bear that alone and she only a child, not even twenty years of age? No wonder her eyes look washed out and faded. Poor little girl, I will take her home to her grandpa and I will stay until she is stronger and then will come back and

She paid the hospital three dollars a day while she was there, but she could not afford to stay longer.

"It was when she was about to leave that you found her. I believe God sent you through that hospital just at the right time. How glad she was when you did not ask her to walk or take a street car but called a taxi and took her to the depot; also paid her fare to Hinsdale and from there called a taxi to take her to the home, and how the taxi man almost carried her up



#### IT MAKES THE HOUSEKEEPER HAPPY

Mrs. Kramer, the Home housekeeper, is always happy to receive fruits, vegetables and canned goods such as is shown here as they help to reduce the grocery bill. Some ladies from Warrenville, Ill., were the generous-hearted givers of this supply.

take the baby home with me. Oh, how I thank God for this Christian home. I have some money with me which I will give, but even that will never pay you.

"One time I bought one of your magazines, but I never knew what it meant till now. I hardly read it, but now to think that THE LIFE BOAT workers have cared for our little girl through the greatest trial of her life. May God bless the home is my prayer. She said you took her as she was about to start out again from the big hospital where she was confined and where she had given all the money she had except a very little. You did not ask her for a cent nor did you tell her she had to pay.

the stairs. Oh, she told me all, and I know Christ is guiding in this work."

#### What Does Home Mean?

What does it mean to our many readers? In our work we find many kinds of homes which our girls represent. Our home in many cases is the only real home some girls have ever known, for in it they have learned the Christian spirit breathes love and kindness, and they try to fill the home with that kind of a spirit. After a hard, trying day in the great city of Chicago hunting some sad, disheartened mother or child or a trip from the prison, it is a joy when we step from the train to see the lights burning in our home, curling smoke from our chimney, and



after going a few steps to see faces pressed at the window pane watching for some one to come. These are the joys life gives to us. We often wonder if the world has anything better than this. When the day is over we find peace. We know by their love we have done our best and God can only bless our efforts and bless those who remember us that we may live by faith alone.

### A LETTER OF COMMENDATION

Department of Public Welfare  
Springfield, Ill.

October 26, 1920.

To Whom It May Concern:

This is to certify that the Life Boat Rescue Home, Hinsdale, Cook County, Illinois, is regularly classified and licensed by the Department of Public Welfare, as a maternity hospital or home, the last license being issued January 1, 1920. They are also certified by the Department of Public Welfare enabling them to receive children from the courts and to place them in homes for adoption.

For the past fifteen years it has been my duty to inspect and pass upon this home for license and certificate and for five years to investigate all homes where children are placed from this institution for adoption and to consent for the Department of Public Welfare to the adoption of the child. During all this time, their work has been of an excellent character and carefully and conscientiously carried out.

I can say without reservation that no task has been too hard or complex for them to undertake. The tactful methods used in handling these cases, the firm but Christian spirit that has dominated the home has worked wonders in the lives of these unfortunate girls and their babies, and a new hold on life has been given them and new hopes inspired through the Christian atmosphere of the home.

It may be said to their credit that the Life Boat Rescue Home cannot be justly charged with manifesting in any manner or form the mercenary spirit that has been charged to some others, but regardless of color, creed, religious faith or financial standing, each poor girl is given the best they have and can provide.

As in the case of the poor fallen Samaritan woman who stood in the presence of Christ on that memorable day, when the law condemned her and the rabble were ready to slay her for the sin she had committed, she stood with bowed head awaiting the sentence but instead heard the words: "Neither do I condemn thee"; at the threshold of the Life Boat Rescue Home, a promise of hope and comfort and not of reproach or con-

demnation is assured them, and when they turn their steps away from the home and go out and meet the problems of life again with the taint of sin upon them the Life Boat Rescue Home is back of them to encourage and help them. With a new hold on life they are followed by a prayer and the same admonition Christ gave the fallen Samaritan woman: "Go and sin no more."

I consider the Life Boat Rescue Home an asset to the real, genuine charity work of Illinois, and a valuable investment to those who through and by their prayers and gifts have aided this splendid work, and that they are worthy of all the help and aid that can be bestowed upon them.

Very truly yours,

CHAS. VIRDEN,

State Agent for Dept. of Public Welfare.

### THE LAST WORD ABOUT PAINTING THE HOME

CAROLINE LOUISE CLOUGH

Since last month our paint fund has increased by the addition of the following donations:

Reported in the November number..	\$184.50
Mr. H. A. Collins.....	5.00
Mrs. Bennett.....	1.00
Mrs. L. L. McCamly.....	4.50
C. F. Christensen.....	10.00
C. S. McCullough.....	3.85
Mrs. J. Lindahl.....	5.00
Jas. S. Randolph.....	1.00

Total .....\$214.85

And now after consulting Mr. P. F. Dehr, the Hinsdale contractor, we were very happily surprised to receive the promise of a donation in labor amounting to some sixty dollars from Mr. Dehr himself, and to know that this amount, with what we have, is sufficient. The painter's ladders are on the ground and the paint has been purchased, so if the winter weather can be delayed a few weeks more the work will be finished.

But in this connection we want to mention our need for a coal fund. We hope that many hearts will be impressed to help swell the coal fund this year. The Lord will surely bless all who remember "The fatherless and widows in their affliction."

NOW is the time to subscribe for the 1921 LIFE BOAT. Do it before you forget it.

## THE LIFE OF VICTORY

D. H. KRESS, M. D.

The Christian life presents a continuous warfare. It is a life of peace, but not a life of ease. Every inch of advance made means a battle. It is virtually a battle and a march, a battle and a march. The two forces within are the *flesh* and the *spirit*.

In the "flesh dwelleth no good thing." Rom. 7. To the rich young man, Jesus said: "There is none good, but one, that is God." And Paul said to the believers: "Know ye not that ye are the temple of God, and that the spirit of God dwelleth in you?" There is a constant conflict between the Spirit of good—the gift of God—and the spirit of evil, which we possess by nature. These are contrary, the one to the other, so that we cannot do the things that we would. There is a continuous conflict between the voice of duty and the promptings of inclination. As daily new conquests are made by the Spirit of God, the flesh is thereby weakened, and in time its resistance becomes feebler and still feebler. The time will come in the experience of all when every foe within will be conquered and Christ will be crowned Lord indeed.

### The Greatest of Battles

The religion of the Bible has to do, not so much with the foes without as with the foes within. The greatest of all battles is this battle with self. He that conquers in this is greater than he that taketh a city or conquers a nation. (Prov. 16:32.) The battles within are as real as are the battles without. From battles without between the forces of good and forces of evil we may learn valuable lessons of how battles within are fought. The battle between David and Saul is especially significant. David was under the control of the Spirit of God, while Saul was under the control of an evil spirit. Saul occupied the throne of Judah and Israel when David was anointed as king. David possessed no throne and no territory. He was to occupy the throne of Saul. It took years to bring this about. The story is an interesting one. It had to be brought about in God's way and time. We read: "Now there was long war between the house of Saul and the house of David; but David waxed stronger

and stronger, and the house of Saul waxed weaker and weaker. (2 Sam. 3:1.)

God had been Israel's acknowledged King. Through the prophet Samuel, God communicated to the people his will. Thus they were led and preserved. The prophet's mission was chiefly to reveal sin and encourage the people to fight the foes within. The time came in Israel's experience when they said, "Make us a king to judge us like all the nations." (1 Sam. 8:5, 20.) Samuel felt grieved, and disinclined to concede to their demands. He prayed unto the Lord. The Lord said: "Hearken unto the voice of the people in all that they say unto thee: for they have not rejected thee, but they have rejected me, that I should not reign over them." (v. 6, 7.) It resolved itself into a question of which they desired—one who would fight the foes within and thus conquer the foes without, or one who would fight the foes without, which were, in the providence of God, permitted to call attention to the foes within.

The Lord said, "Shew them the manner of the king that shall reign over them." (v. 9.) After having faithfully shown them what they were doing, and how much was involved in their decision, they still said, "Nay; but we will have a king over us." (v. 19.) "And the Lord said to Samuel," again, "Hearken unto their voice, and make them a king." (v. 22.)

God conceded to the people's wishes and gave them what they desired. He did not even then forsake them, although they had virtually rejected him.

Their folly soon became apparent. "And all the people said unto Samuel, Pray for thy servants unto the Lord thy God, that we die not: for we have added unto all our sins this evil, to ask us a king. The time came when Saul failed in carrying out implicitly the word of God through Samuel the prophet, and then the word came to him, "Thou hast rejected the word of the Lord, and the Lord hath rejected thee from being king over Israel." 1 Sam. 15:26.

The king the people chose was a kingly appearing man. The one chosen by God was a mere "stripling," but we are told he was "ruddy, and withal of a beautiful countenance, and goodly to look to.

For many years after his anointing,

David was pursued by Saul. By every conceivable way Saul tried to destroy him. Each effort made to destroy David resulted in his winning more and more the hearts of Saul's subjects. Thus we see how the house of David waxed stronger and stronger and the house of Saul waxed weaker and weaker, until ultimately the house of Saul entirely disappeared, and David had "rest round about from all his enemies." 2 Sam. 7:1.

The battle fought between the house of Saul and the house of David; between the Spirit of God and the spirit of the evil one, takes place in every child of God. The moment he is anointed by the Lord

the warfare begins. Saul's territory is being invaded, every inch gained means a battle. "The flesh lusteth against the spirit and the spirit against the flesh." An experience similar to that of David is the experience of every anointed one. But daily, conquests are being made, and more territory occupied by Saul is gained. The battle is a prolonged one, but as the house of David waxes stronger and stronger, the house of Saul waxes weaker and weaker. The time will ultimately come in the experience of all, when every enemy will be subdued and David will be proclaimed king, and there will be rest from all the enemies within.

## EDITORIAL

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### Contributors:

D. H. Kress, M. D.

A. B. Olsen, M. D.

J. F. Morse, M. D.

Prof. J. G. Lamson

### THE LIFE BOAT FOR 1921

The prospects are that THE LIFE BOAT during 1921 will be more valuable as a soul-winning and missionary journal than it ever has been before. THE LIFE BOAT has made thousands of friends in its quarter of a century of existence and it should reach thousands more during 1921. It contains no trashy articles or mere stories, but the simple truth is told, by God's help, in such a way that it reaches hearts. THE LIFE BOAT is a mighty force for physical and spiritual righteousness.

Writers of renown will contribute to its pages during the coming year. The story of special providence in the Hinsdale work will be told from time to time. The Lord has not forsaken the work since the death of its founder, Dr. David Paulson, but instead it has had a marvelous growth. The Lord still answers prayer in 1920.

If you have a desire in your heart to bless others, then you need THE LIFE BOAT. It will cheer your own heart and you can pass it on to some discouraged one. THE LIFE BOAT should be in every home. Be sure and subscribe *at once* for next year's LIFE BOAT and ask your friends to subscribe, also. Only one dollar a year.

### A CHRISTMAS THOUGHT

On the 25th of this month the entire Christian world will pause to celebrate the advent of our Saviour as a babe in Bethlehem. Christ was God's precious gift to man and so the world has chosen to express its appreciation of God's gift by giving to make glad the hearts of others.

The best of giving is to give as Christ gave, "Hoping for nothing again." When Christ said, "Freely ye have received, freely give," he did not refer alone to temporal gifts, but he wished us to remember that the great gift of the gospel which we have received without money and without price is to be given freely to those about us. So the question comes home to each one, "What are you doing to spread the good news to others? To how many does this Christmas mean more than last Christmas because of efforts you have made to tell them of Jesus, by your deeds as well as by your words?"

### MAKING A SIDE SHOW OF RELIGION

"Pussy-cat, pussy-cat, where have you been?" What would you think if your

pastor announced his Sabbath sermon to the world with such a notice as this? Or, how would this impress you: "The Wild-West Man," or "A Wonderful Invention—a Lunch Box, Hand Mirror and Bathtub in One"?

Such advertising as this lowers the church service to the level of a side show. More than that, it can be interpreted as a public admission that the power of the gospel to draw men and women to Christ is a minus quantity and the methods of the motion picture concerns are resorted to.

The *Literary Digest* of October 30 quotes a writer as saying:

"Happily, there are hosts of ministers who are upholding the dignity of the church, who are above this miserable vulgarization of religion, but the number of those who fill the church columns of the secular papers with their disgustingly sensational advertisements seems to be on the increase the country over. The church page is beginning to suggest a riot of department store bargain counters, a printer's ink scramble for business. It is beginning to be a noisome, indecent reek of commercialism.

"What shall we do with these degraders of the Christian pulpit? We must either correct them to a belief in the power of the gospel of Christ, or, in the event of our failure to do this, escort them out of the gospel ministry."

"And I, if I be lifted up from the earth, will draw all men unto me," says John, the Bible writer, in speaking of Christ. Chapter 12:32. It is the lifting up of Christ that will draw men to the church. And the minister, the evangelist, the Bible worker, the medical missionary who is in touch with God, do not need to resort to the ways of the world to draw men to Christ; their very lives witness to the power of the gospel, and why should not slang and vaudeville stunts be as out of place in the church as in heaven?

### THE BLESSINGS OF THE WIDOWS

Job says, "I caused the widow's heart to sing for joy," but in a letter received this morning we find the blessings coming from the widows. The spirit of giving is not confined alone to the wealthy, and when the

poor widow gives her two mites there is a blessing goes with the gift that will touch the hearts of those who receive. Let us pray that this gift of fifty dollars may result in the salvation of more than one girl in our Rescue Home, and while this poor little widow wears her old coat this winter may she receive a special blessing because of her sacrifice for others.

She writes: "Of late I received a notice from you relating to the conditions at the Rescue Home. I have been thinking what I could *do without* so that I could send more money. So concluded I would wear my old winter coat, which I have already worn for the past seven winters, and send the price of a new one (fifty dollars). I am not a rich woman (sometimes wish I was) and I derive my income from a farm.

"I hope and pray that you may get along comfortably through the winter. Excuse the pencil, but I am blind in one eye and not good sight in the other, and am not in good health. I am a widow."

### WANTS OLD BIBLES

Brother S. B. Taft in the Apache Indian School desires a free donation of second-hand Bibles. He prefers large print, and if convenient, the S. S. Edition; otherwise he accepts anything in the line of second-hand Bibles for use in his missionary work in the government school. He also appeals for *Instructors* and *Little Friends*, preferably in clubs; if not, anyway. He makes good use of these papers among the Indian children. Mail, postpaid, well wrapped, to S. B. Taft, U. S. Agency, White River, Ariz.

Subscribe NOW for the 1921 LIFE BOAT. You can't afford to miss it.

### FROM OUR MAIL BAG

"I was pleased when THE LIFE BOAT came, for I do love that little book. It's been in my home for many years."

"I am going to try to sell 1500 December LIFE BOATS. I have done that before, and I am going, with the Lord's help, to try to do it this year. Pray for me. I need the prayers of God's loved ones."

"The grand little LIFE BOAT is precious to all. We look for its coming as a dear friend. May the work still go on and greater things be done."

"Your appeal of October 15 has just reached me and I enclose check for \$25 to be applied where it is most needed at the present time in your work. The calls for help at home and abroad are so numerous and come so fast one can with difficulty decide which to help, but a work like you carry on at the Rescue Home is certainly worthy of all the support we can give."

"THE LIFE BOAT is very much appreciated among my friends and it is read by a dozen at least each month. And there are two who have said they will subscribe for it. I have always been deeply interested in the work at Hinsdale. I remember Dr. Paulson well and have heard him speak many times. I believe we are in the time when there should be many more giving themselves to the work of the good Samaritan."

### NEWS HERE AND THERE

The Sanitarium enjoyed a visit from several evangelists from Germany; Pastor Paul Drinhaus gave an interesting report of his work during the war. Among others from European fields were L. R. Conradi, G. W. Schubert and H. F. Schuberth.

Pastor P. E. Brodersen of Minneapolis, Minn., was also a welcome guest.

Dr. P. T. Magan of the White Memorial Hospital of Los Angeles, Cal., spent a few days at the Sanitarium and gave several interesting talks to the Sanitarium family.

Dr. E. A. Sutherland of Nashville, Tenn., was also a recent welcome visitor at Hinsdale.

A. H. Williams of Lucknow, India, stopped at the Sanitarium while passing through Chicago.

Pastor S. N. Haskell, a world mission evangelist and writer of South Lancaster, Mass., spent a week at Hinsdale during the month.

Pastor Haskell was accompanied by Miss Irene Cady, also of South Lancaster, Mass.

Pastor W. C. White of St. Helena, Cal., visited Hinsdale, also Prof. Frederick Griggs of Emmanuel Missionary College, Berrien Springs, Mich.

Dr. J. F. Morse, Dr. Mary Paulson, Messrs. Julius and N. W. Paulson and Miss Hattie Andre attended a large conference of missionaries at Indianapolis recently.

Pastor M. A. Hollister of Reno, Nev., visited the Sanitarium, also R. A. Underwood of Lincoln, Neb.

Mr. L. A. Hansen of Washington, who has recently returned from an extended tour through Europe, also called at the Sanitarium.

Prof. C. A. Russell, whose daughter was in training at the Sanitarium last year, spent a few days here recently.

A farewell reception was given Dr. Ora Barber Monday evening, November 8, who left the following Wednesday for St. Helena, Cal. Dr. Barber has been connected with the Hinsdale work for nearly ten years, and her services will be greatly missed.

Mr. and Mrs. G. W. Brickey, who have been connected with the Sanitarium for a number of years, left recently to take up work in Florida, and Mr. and Mrs. J. D. Clark left for Washington Sunday, November 7.

The painters have already begun work on the Life Boat Rescue Home, and if the weather permits the home will have its new coat of paint before the winter sets in. The management of the home are grateful to the many friends who made this possible.

THE LIFE BOAT magazine is looking for workers. Could you not do something to place the magazine before the people in your community? If so, write for details and full information. Some of the agents are doing remarkably well financially and at the same time are getting this splendid soul-winning magazine into many homes. Why not take up the work now?

If your subscription has expired, write to THE LIFE BOAT and for one dollar we will renew your subscription for a whole year.

# The Life Boat

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

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Editor: Caroline Louise Clough. Associate Editor: Mary W. Paulson, M. D.

Contributors:  
D. H. Kress, M. D. J. F. Morse, M. D.  
A. B. Olsen, M. D. Prof. J. G. Lamson.

Business Manager: N. W. Paulson.

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Special discounts when a number are sent to one  
address.

## Expirations

The date on the wrapper indicates when your  
subscription expires. We do not continue any  
names on our list after the expiration of the sub-  
scription, so please renew your subscription  
promptly.

## Change of Address

When writing to have the address of The Life  
Boat changed, be sure to give the old address as  
well as the new one.

## Mistakes

The publishers of The Life Boat will be pleased  
to have their attention called to any mistakes that  
may occur, and will be glad to correct them.

## The Life Boat Magazine Agencies in Chicago

The Life Boat magazine can be secured in quan-  
tities at wholesale rates from the following agencies  
in the city of Chicago:

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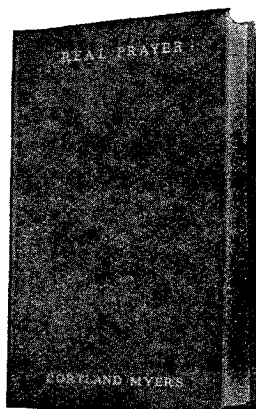
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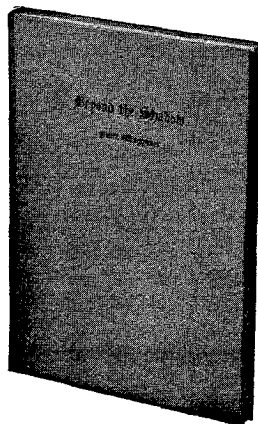
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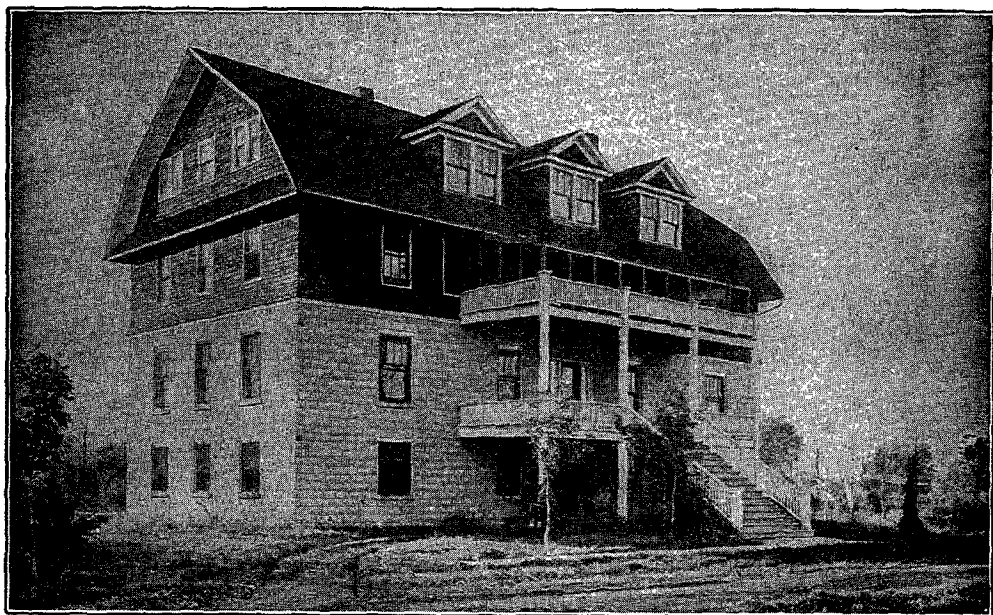
By Courtland Meyers. A most inspiring book on prayer. It will make you hungry for a personal experience in the power of prayer. This book will be sent you for only one subscription and fifty cents extra. Send us \$1.50 and receive The Life Boat for one whole year and this splendid book.

### **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

---

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 Addition to the Hinsdale Sanitarium*

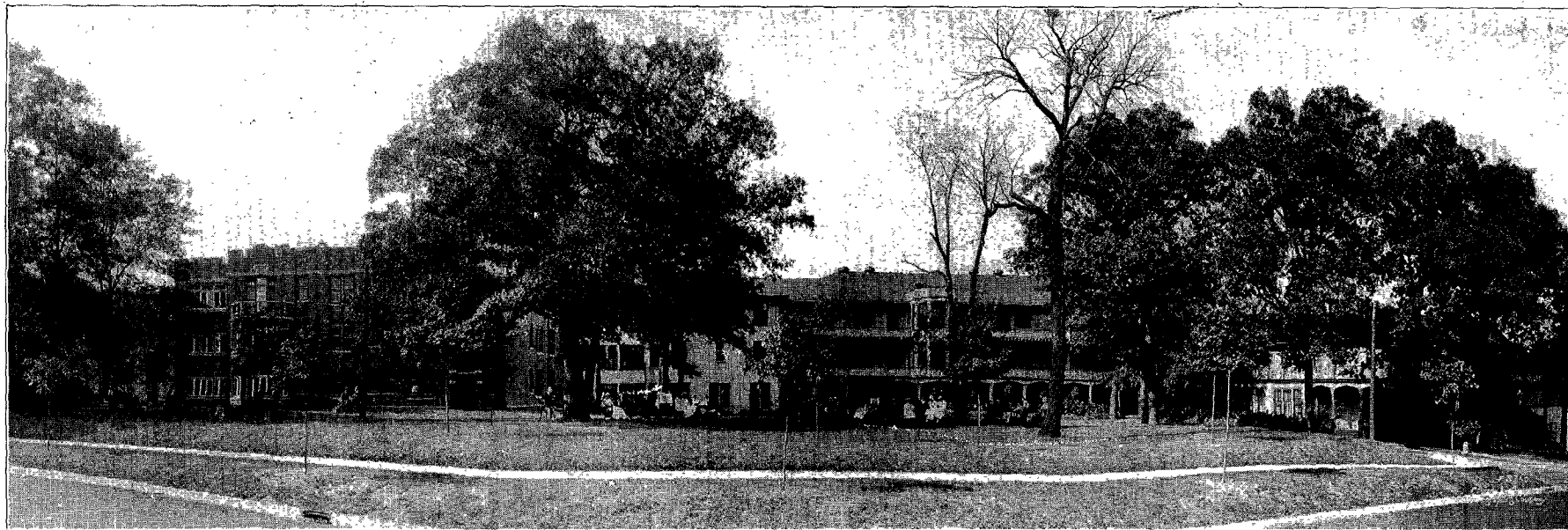
**T**HE new fifty room addition to the Hinsdale Sanitarium, together with numerous other enlargements and improvements, have now been completed. Nearly all the new rooms are occupied. A large amount of splendid new equipment has been installed. The sanitarium is able to accommodate about 150 patients.

Although the construction is completed, we still have unpaid bills and wish to borrow a few thousand dollars to meet these obligations.

***Have You Money to Loan at Seven Per Cent?***

We will give the note of the Sanitarium, signed by the president and secretary of the institution, bearing interest at seven 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 Julius Paulson, Manager, Hinsdale, Illinois.



## THE HINSDALE SANITARIUM HINSDALE, ILL.

¶ A Medical and Surgical Institution charmingly located in one of Chicago's finest residence suburbs. Accommodations for 150 guests. All private rooms including new fifty-room addition furnished with every modern convenience.

¶ Equipped for the scientific application of rational methods in the treatment of Disease. Modern X-ray Laboratory, Electric Light Baths, Radiotherapy, Electric Treatments, Massage, Swedish Movements, Scientific Dietetics, Modern Operating Room and unexcelled facilities for the care of surgical cases.

¶ Educational advantages include Parlor Health Lectures, Lessons in Healthful Cookery, Stereopticon Lectures, Musical Entertainments and Gymnasium with class and individual instruction under a competent director.

*Write for Free Booklet "Health and Happiness at Hinsdale"*

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