

"On Earth Peace, Good Will to Men"

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Where the Christmas Spirit Will
Wane

Gout—Its Cause and Prevention

Health Campaign in China

World Problems

Lost and Found

A Traveling Clinic

"Peace on Earth"

What Next?

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THE FRIEND TO MAN

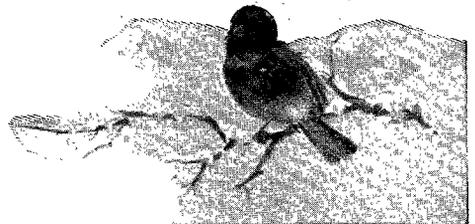
ROBERT HARE

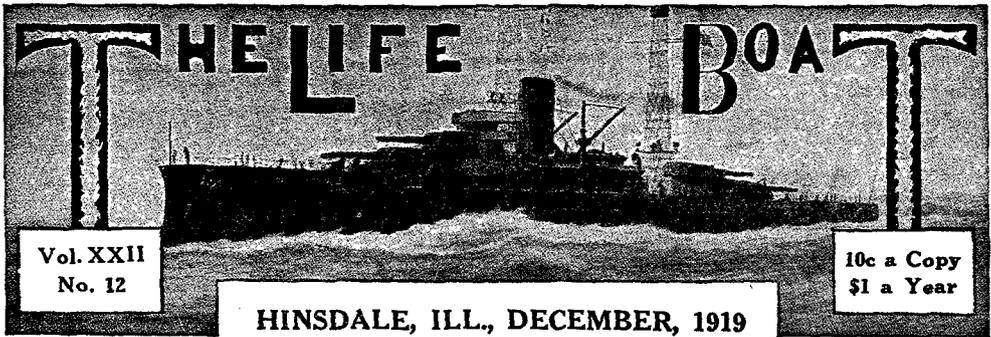
M“MOVED with compassion”—Thus the record reads
Of Him who lived in sweet forgetfulness of self.
He sought not earthly things or earthly fame,
He spurned the bigness linked with power and pelf.

“COMPASSION,” yes, it filled His every thought
And fired His soul with love and purposes divine.
The world was full of suffering and He saw
With vision clearer far than yours or mine.

HHE RESTED by the weary, and He toiled
With those who shared the heavy burdens of each day;
His whisper cheered the lonely, and His smile
Smoothed out the roughness of the shaded way!

BE LIKE the Master, with a love for all!
Like Him compassionate the suffering and the weak;
Like Him dispense love's treasures by the way;
Like Him go forth the lost of earth to seek.





Where the Christmas Spirit Will Wane

Miss Jane Addams

[To the children of this country, Christmas will come with its usual good cheer, but the children of war stricken Europe are not so fortunate. Jane Addams of Chicago has recently returned from Europe and we heard her tell the story of her experience at the recent Conference of Charities and Corrections held in Decatur, Ill. From that talk and from her official report which she furnished us, we are giving our readers a glimpse of the conditions she found in Europe, especially among children. Miss Addams with Dr. Alice Hamilton, was sent across this last summer under the auspices of the "American Society of Friends" Service Committee.—Ed.]

WE entered Germany just one week after peace had been signed at Weimar, and food conditions were already changing for the better, although most of the food shops and bakeries still had windows containing nothing but empty cans of biscuit boxes. The pale people we saw on the streets, especially in the industrial quarters, were very serious and quiet, and in the railroad stations there was a conspicuous lack of all that talk and family bustle which one associates with German travel. Even the children were quieter. For them the war had evidently been translated into a lack of milk and butter and chocolate.

The editor of a large city newspaper told us that he had been able the night before to take home a bottle of milk and that his little girl, who met him at the door, had shouted joyously to her mother that peace had come. He went on to say that the child could only feast her eyes, as the milk was intended for the little baby. We were told by a mother that her little girl had asked her if it was true that there were countries in the world where there was no war and where the people could eat all they wanted to. In England a very curious story was told of a little child who, during the war, was always being told about the nice things they would have when the war was over, and so when the armistice was signed, this little child came down stairs to

breakfast the next morning expecting the table to be filled with good things.

Everyone we saw—men, women and children—had lost weight, many of them to the point of emaciation. This loss of weight is very serious because it is a sign of lowered nutrition and consequently diminished resistance to infectious diseases, especially in the young. Wherever we saw children gathered together we were struck by the greyish pallor which has taken the place of the ruddy color formerly so characteristic of these blonde German children, and also by the thin necks and wrists and legs, even when the face itself was fairly round in its outlines. It is of course impossible to judge of emaciation in a child, unless very extreme, without stripping it, but in several places we were shown the children with their clothes off.

Ten Per Cent of Population III

Berlin has a separate public office for providing food for the sick, where we saw many sick people waiting to be given cards entitling them to buy milk and white flour. This office is now caring for 210,000 people, although the permits are confined almost entirely to those suffering from tuberculosis, rachitis or acute nephritis. Before the war it was estimated that about two per cent of the population of Berlin would be sick at any one moment, now

it is at least ten per cent. The records in one room were especially pathetic. It contained the cards of those whose allowance had been revoked, not because the given case no longer required special food, but because so many new cases had come in that the list had to be revised in the interest of the most pressing need. Old people had to be sacrificed to the young, the incurable to the more hopeful. We were told by three or four people that the older people entered into a suicide pact. There was not enough food for them and they were told to shrink, and how should they do that, only by their own volition.

Still Eating War Bread

The bread allowance for the great University hospital in Berlin is 335 g. daily, but many of the sick cannot eat this bread, for it is made of war meal containing all but five per cent bran, with the addition of ground dried vegetables, which renders it damp and liable to mould or ferment in a few days. There is only one loaf of white bread for ten patients weekly.

As we went through other institutions, we often had an opportunity to see the food served to the inmates. In the City Orphanage in Berlin children with rickets received for their noonday dinner a soup of war meal and dried vegetables, with a few drops of vegetable margarine floating on the top. In a creche in Frankfort for well children they were serving at noon a meal soup made with one pound of margarine for 100 children. In the afternoon they were given a mug of German tea, made from dried leaves of strawberry and other plants, without milk and with only three-quarters of a pound of sugar to forty quarts of tea. Many of the children in the creche showed signs of rickets and almost all of mal-

nutrition save one small boy, conspicuous for his rosy cheeks, who had just returned from a visit in the country to his grandmother.

Children Cheer Promise of Milk

In Leipzig we visited a "Landkolonie," a large playground in which 625 children from six to twelve years of age spend the day and are given a midday dinner. It consisted of one pint of meal soup, to which had been added a little dried vegetable. Out of 190 one time in the dining room all save one

were pale and anaemic. The director made several announcements to the children—a hike for the following day, which he carefully explained was not compulsory—the time when the prize would be awarded for the best gardens and so forth. All of these were received with a curious sort of apathy by the listless children, but when he said that he hoped they would have milk in their soup tomorrow or the next day, the announcement was greeted by a shrill and spontaneous cheer.



Miss Jane Addams

We saw 600 children arriving from Austria. They were being taken into private homes. They were too starved and too worn out to move. I never saw those children play. They were too worn out to play. One of the soldiers in going through the city had seen a child looking hungry, and he gave that child a sandwich. Then the children came from every direction. They pounced upon him; they tore his clothing from him until he had to be rescued and taken to the hospital.

The "Luftbad" in Frankfurt is a very original mode of treatment for delicate children. The children in bathing suits are kept in the sun and the open air for three hours a day, some of them playing, but others lying down

according to the doctor's orders. The children were used to being given a large glass of milk and all the bread and butter they wanted. Now the city allowance for them is half a pound of soup meal a month per capita, to which the patrons add some fresh vegetables, but they have no fat. Many of the boys exhibited such extreme emaciation as to remind us of pictures of Indian famines, yet we were told that these children had greatly improved during their month of treatment in the Luftbad.

Affects the Better Classes

We were constantly reminded that the paucity of foods does not affect only the poorer people. The wife of a great biologist said that many a morning when she had faced an empty larder she would go out in one direction, her husband in another, and the nurse in a third in order to find food for her three little children. Another professor who was taking us through a children's ward admitted rather reluctantly that his breakfast consists of black war coffee with bread and marmalade, that he eats no midday meal and his supper is only soup and bread.

The "Time of Turnips"

It was in Saxony especially that they spoke with horror of the "Time of turnips," when for three or four months the entire population had almost nothing to eat except white turnips. Many grown people have acquired a permanent dyspepsia from that experience and it was of course impossible for many of the children to digest such food. The village schoolmasters in "Barenstein" told us that in the course of each morning nine or ten children would leave the room, vomit their breakfast and stagger back, too miserable and sick to hold up their heads, and much less to study their lessons.

In Saxony now they have kitchens for the rich, for the middle class, and for the poor people. These are provided by the city authorities. The women were getting the food and giving it to their children—going without themselves. This brought about a very high death rate. We saw the mothers standing there in line, then hurrying home with their little dish of soup.

Increase of Disease as a Result

One of the saddest things in Europe is the

increase of tuberculosis. The rate of tuberculosis is more than twice as high there as in New York, before the war. On our first evening in Berlin, Professor Kayserling, one of the foremost German authorities on tuberculosis, came to our hotel and gave us a brief outline of the terrible results of the prolonged food blockade as shown in the increase of tuberculosis in German cities. In 1914 the death from tuberculosis in German cities of over 15,000 inhabitants was 40,374. But it had risen so that for the first half of 1918 it was 67,860.

So striking has been the effect of partial starvation on tuberculosis among all classes that Kayserling says German physicians are beginning to say that tuberculosis should be regarded primarily not as an infectious disease, but as a disease of nutrition to be controlled much more by feeding than by preventing infection.

Mothers Starve Themselves to Feed Their Children

Many of the mothers in Prof. Kayserling's clinic looked so emaciated that one could not help believing that, scanty as their rations were, they took only part for themselves and gave the rest to the children. One specially wretched-looking woman said she was the mother of six children, one of whom had recently died of tuberculosis and she had brought a little daughter to be examined for the same disease. As all the children were over six years, they had no milk except the half pint which was allotted to her because she is suffering from a serious form of nephritis. "And how much of that goes into your stomach?" Professor Kayserling asked. The woman only shrugged her shoulders. At the end we asked him what he could do for these cases, and he answered: "Almost nothing. I see the conditions and I know how they should be dealt with, but I cannot put my knowledge to use; I cannot work without the tools of my trade." While in former years Kayserling used to see about fifty cases of bone tuberculosis in children in the course of a year, now he sees as many in a month.

Soap Blockade and Skin Disease

The food blockade was also a soap blockade and this has had very great influence over certain diseases, notably skin diseases. Children have been the greatest sufferers from the

skin diseases resulting from lack of soap, babies of course most of all. We were shown their scalded little bodies, their heads covered with scales, the bleeding surfaces in the folds of groins and arms. The treatment for such conditions is very unsatisfactory, for Germany has absolutely no medicinal oils, no vaseline or other bland ointment to soften the scales and assist in the healing process.

In common gratitude we feel we must not close without referring to the fine spirit of courtesy with which the Germans received us. We had not expected it.

Doctors, nurses, men and women who are working against tuberculosis, to keep children healthy, to prevent youthful crime and foster education, these people are way past the point of bitterness. What they are facing is the shipwreck of a nation and they have no time for resentments. They realize that if help does not come quickly and abundantly, this generation in Germany is largely doomed to early death or a handicapped life.

The man who cannot be happy with whatever little he may have could not be happy with whatever much he may want. Happiness is a condition within a man that is not dependent upon the things without.

There is little danger that the poison ivy will become extinct. Its glossy leaves are found all over our country, in spite of the fact that it is a pest and a menace. But the trailing arbutus, the daintiest and dearest of the wild flowers, is rapidly disappearing from its accustomed haunts.

Evil always looks out for itself. What is wrong in your nature must be strongly disciplined to keep it within bounds. But the graces of character, like the wild flowers, must be guarded from harm, encouraged to grow, given every help. The nature left to itself, without principle to check what is wrong and to develop the good, is not likely to be a success.

MEDICAL EVANGELISTIC WORK IN SHANGHAI

PETRA TUNHEIM

Three weeks ago today I came to the Shanghai Sanitarium, as my health has not been very good of late. I am now very much improved as a result of the good treatments received. Both doctors and nurses are very kind, and they surely do all they can to relieve the afflicted ones as quickly as possible. What a great joy and comfort this brings to the wearied sufferer.

The Red Cross Hospital buildings that have so kindly been given to use for our Sanitarium work for a few years, can accommodate about thirty-five to forty patients. At times from twenty to thirty patients come in from the outside for treatments and medical help daily. Dr. Landis is busy almost night and day. It is nice to see how well these Chinese nurses have been trained. They can give treatments almost as well as any Europeans, and they are very quiet and sweet.

As one is traveling through this great land, seeing the teeming millions whose faces look so sad and hopeless, and the majority are sick both physically as well as spiritually, one's heart burns in a longing desire to help them. I remember several that were nearly dying with influenza some time ago, or likely would have died, but they responded quickly to hot fomentations and therefore became well. How thankful they were for this help, and it made me rejoice with them.

Hundreds of self supporting medical evangelists could do a wonderful work among these dear souls, purchased with the greatest gift of heaven. They are ready and waiting for the good news of Salvation, and to learn of that happy home in the glorious Kingdom soon to be set up. What will it be to mingle with souls throughout the endless ages whom we have helped to reach that land of bliss. Only a very few short years to do it in, then the sweet rest will come!

THE LIFE BOAT FOR 1920

Have you subscribed for The Life Boat for 1920? There are some splendid features in store for The Life Boat readers. Send in your subscription at once. One dollar a year.

Gout---Its Cause and Prevention

D. H. Kress, M. D.

GOUT consists in irritation or inflammation brought about by the deposit of uric acid in the small joints usually. This deposit occurs first in the parts most remote from the center of circulation, or where the blood circulates sluggishly. The smaller joints are therefore the ones to be affected at first.

There is probably no disease about which there is a more universal agreement among medical authorities as to cause.

Uric acid is an incompletely oxidized waste product, resulting from the breaking down of

tissue by the wear and tear of the body. Normally, when sufficient exercise is taken, uric acid is converted into urea and in this form the kidneys, skin, and lungs are able to eliminate it. When insufficient exercise is taken the blood does not circulate freely, oxidation is imperfect, and elimination is incomplete. When foods are taken which contain great quantities of wastes, or when the blood becomes less alkaline from the fermentation of foods in the alimentary canal so that it cannot hold in solution the normal amount of acid, then these

deposits in the joints create irritation, and set up an inflammatory condition, accompanied with excessive pain.

The two principal causes of the accumulation of uric acid in the system, and its deposits in the small joints, are: (1) the free use of foods or drinks containing this poison; (2) the use of beverages containing inorganic acids or acids brought about by fermentation, as spirits; (3) sedentary habits, or lack of

exercise. The disease is almost wholly confined to the well-to-do.

Abstinence from foods containing uric acid, with sufficient exercise each day to get up a good sweat, is a sure way of keeping this disease at bay. Who ever heard of a hard-working man, who was moderate in the use of foods, having gout? Laboring men who subsist largely upon flesh food are able by vigorous outdoor exercise to eliminate a large share of this excess of uric acid taken in the food, and thus ward off the disease for a long

time. When age creeps on and vigorous exercise is no longer possible and elimination at least is imperfect, gout develops.

Nature's Danger Signal

When a gouty subject consults his physician, he is advised to give up the use of flesh foods, alcohol, coffee, tea, etc. Why? Because it is recognized that all of these either contain uric acid or interfere with the oxidation and elimination of uric acid by decreasing the alkalinity of the blood. By the use of flesh foods, uric acid is directly thrown into the system. The evil resulting from



Dr. D. H. Kress

such a diet may not be experienced at once, and for this reason it is difficult to convince men that these foods are injurious. By taking moderate exercise, the kidneys are able to eliminate from ten to twelve grains of uric acid daily. A pound of meat contains from fourteen to eighteen grains of uric acid. If five or ten grains more than the kidneys are able to dispose of are taken in the system one day, we have an accumulation of this amount.

The same quantity taken the next day increases the amount to ten or twenty grains. Either ten or twenty grains can do very little injury, and if this is continued for one year, the injury may not be noticeable. But in ten or twenty years it means an accumulation and deposit somewhere in the body of a large quantity of uric acid. When this accumulation reaches a dangerous quantity, nature gives warning, or holds out a danger signal, in the form of pain, calling upon the individual to repent and reform his habits of living.

Gout is not a disease that comes on suddenly; it represents the accumulated wastes of many years.

The Treatment for Gout

This large quantity of wastes which it took years to store up, cannot be gotten rid of in a day, or a week, or a year. It required time to accumulate; it will require time to eliminate it. Suppose the kidneys under favorable conditions are able to eliminate ten grains daily in addition to their normal work; and the system will in time succeed in throwing out the whole of this foreign matter; but at best it will be a slow process. It is like removing a pile of sand when only one shovelful can be taken at a time.

The whole process is like filling a stationary box with sand, a shovelful at a time, and when the box is full, observing that a mistake had been made, and that the only thing to do is to begin to shovel the sand out. In doing this you may possibly work a little more rapidly, and thus succeed in emptying the box in one-half the time taken to fill it. It is well for the gouty subject to bear this in mind and not be content merely with the removal of pain; let him be satisfied with nothing less than the removal of the disease products.

In addition to reforming the diet, and taking only pure food and drink, treatments may be given which will improve the circulation of the blood, and the activity of the skin and kidneys. No treatment can equal the intelligent use of water and massage for this disease. When the patient is able to do it, sufficient exercise should be taken each day to get up a good sweat.

There is probably no remedy so effectual in getting rid of irritation and synovial effusion in connection with rheumatic gout as the salt pack. This consists of flannels, soaked in a saturated brine of common salt, wrapped

round the affected joint, covered with oiled silk and a bandage, and kept on during the night. It should be applied every night until the cure is affected. Cold water is effective without the salt; but salt increases the stimulating effect upon the circulation.

The British subject sooner or later becomes a victim of gout in one or more of its forms, as a rule. Gout has come to be a veritable scourge in England. It is responsible for vastly more suffering than any plague which has visited England in modern times. The beef-eating habits of Englishmen are conducive to the production of gout. Wine or alcohol in any form may render the blood less alkaline and thus favor the retention of uric acid.

The vegetarian Italian is taught from infancy to drink wine moderately. The natives of Southern France, also of vegetarian habits, use wine moderately and suffer very little from gout. The Englishman, drinking less wine, but eating more beef, is apt to sooner or later die a victim to systemic poisoning from uric acid and allied substances resulting from deficient oxidation. While alcohol favors the retention of uric acid, it is not as important a factor in the causation of gout as is meat. Beer and beef combined, however, make the worst form of diet for the one who wishes to escape this disease.

SCHOOLGRAMS

WHAT shall it profit a child if he gain the whole curriculum and lose his health?

THE only air available from dark till sunrise is "night air." Breathe it.

TWO things of which there is enough for all—fresh air and sunshine. Get yours.

SWITZERLAND requires her school children to be in the open air at least ten minutes out of every school hour.

TEACH your children to make a child-hood friend of the open air.

A QUESTION that should be asked about the ventilating system of every school—Does it ventilate?

THE only night air that is injurious is last night's. Open the window and let it out. —*Sherman C. Kingsley*



From Literary Digest

A Health Meeting in Peking to Make Plans to Save Millions of Chinese Lives
Dr. Peter Stands in the Center of Front Row with the American Minister at His Left

Health Campaign in China

THE American public is now accustomed to all kinds of campaigns for better National health—campaigns to stamp out tuberculosis, to reduce infant mortality, to banish the public drinking cup and the common house fly. But for campaigns to be started to promote public health and sanitation in China is a new feature. But when 16,000,000 die in China every year from its population of 400,000,000, and when China and its neighboring nations form a vast store house of infection from which great epidemics sweep in waves across the globe, what greater missionary work can be done than to start a health campaign in China. Dr. W. W. Peter, a medical missionary to China has originated such a unique method of teaching health and clean living to the Chinese that it is commanding the attention of the world at large.

Quoting from a recent *Literary Digest*:

"The fundamental plan of the campaign is prevention through education, and it has been the task of the movement to evolve the methods of education. This has been done by a reversion to kindergarten illustrations.

"The moving spirit in establishing this work was Dr. William Wesley Peter, B. A., M. D., a citizen of the United States. His presence in China was that he might serve as a medical missionary among these people. At the language school in China, the Y. M. C. A.

gave lectures with experiments, addresses by eminent scientific men, and some of the topics were light, heat, and electricity. Hearing this, Dr. Peter said one day: 'Why not have a lecture on health?' From this casual inquiry has grown the great work of which he was the leader."

Various toy devices show the density of population in China compared with other lands, and tell of China's high death rate, 40 per 1,000 annually, compared with America's 14 per 1,000. The writer goes on to say:

"The doll or manikin appeals to the older Chinese as it does to our children. Here is one dressed in conventional fashion. It is weak and shrunken, its head droops on its chest and is withal flat and flabby; it is the sick China of now. Let us apply therapy; the figure straightens itself up; let us furnish education; the shrunken head of the figure through the magic influence of compressed air judiciously used, expands; let us apply moral training and the gleams of intelligence and rectitude shine out through the figure's eyes.

"Another figure, a manikin, representing sick China, is bending under his burdens, for he has heavy packs. These are tuberculosis, cholera, plague and other preventable maladies. The greatest burden of all is lifted from him and he straightens up a bit—the pack is unrolled—it is tuberculosis, and as the

assistants lift it to carry it out back through the flowing curtains, the people read the name. One after another the packs are lifted and the manikin is more and more erect. With great ceremony they are unrolled and the boxes held so that the names are read before they disappear.

"Now, would you see magnificent China when it has put these preventable diseases under its feet?" queries Dr. Peter, and with the murmurs of assent the silken curtains part, and there on the pyramid of conquered diseases stands the most perfect specimen of manhood in the city, usually the physical director of the local Y. M. C. A. gymnasium, and over him waves the flag of China. 'Is this a picture of what China might be, or am I wrong?'

"The outfit that Dr. Peter took with him in his journeys to lecture through China and which is in use by Dr. Woo, forms to Western eyes a quaint procession. There are five of the big wheelbarrows that carry altogether two and one-half tons of apparatus.

"There is the bell that clangs for every death from tuberculosis, the clock-face that registers the total and the figures in their endless procession to the grave. There are busy little workers toiling in turning wheels; they accomplish nothing, for they work alone; there is another group working in harmony which revolve great China by their correlated efforts. Pyramids are built on the stage always with deliberation and ceremony. Their elements have in them the contacts for an electric light. The capstone is lettered, 'National Health,' the lower stones bear legends, 'Money,' 'Good Laws,' 'Education,' and at the bottom the largest and most important, 'Public Opinion.' When that is in place the light shines forth. Then there are chains with strong links and weak links.

"Every item is psychologically fitted for Chinese appreciation, and with this array, helped by men who turned the Jacob's ladders or removed the packs from China's back or drew aside the curtains, Dr. Peter addressed his auditors and found his way to their intelligence. 'An American,' they said, 'but with a Chinese heart.' And in this way he has stood before 110,000 of China's best citizens telling them in language that they can never forget the simple principles of good health."

A VISIT TO A MISSION STATION

N. Z. TOWN

[Brother N. Z. Town of Washington, D. C., who has traveled extensively throughout the mission fields of South America and the Orient, visited Hinsdale last week and told our workers some of his experiences. We give here our stenographer's report of his talk at the patients' morning worship.—Ed.]

Our mission work began in Peru with a native Indian who heard the gospel and accepted it. I had to ride twenty-one miles from Puno to reach this Indian. The Indians live in very humble huts with no floors, but they do appreciate the gospel when they learn of it. When I reached the home of this Indian he was out in his fields at work. When he came up he went into his hut and we waited for him outside. When we went in he had spread a fine blanket on the ground for us to sit on and we had a good visit with him. I read a chapter from the Bible and prayed and after prayer he hesitated a moment and then said he wanted to pray and we knelt down again. I wish you could have heard that prayer in behalf of his people that somehow they might get help. The Lord heard his prayer for when I visited them in 1916, over two thousand had accepted the gospel and been baptized. The gospel makes such a change in them. When they accept it and are cleaned up it is a different race of beings altogether.

When we visited them again in 1916 we could see the Indians coming on the hills three miles from the mission station. I asked who they were and was told they were our people waiting for us. As we came up little girls had made little sacks and hung over their shoulders and filled them with wild flowers which they showered upon us. And then a brass band came up to meet us. Bro. Stahl had ordered the instruments from Sears and Roebuck, Chicago, and the Indians could make a great deal of noise on them.

They kept gathering around us until there were over three hundred to greet us. We saw some children come marching two and two and as they came nearer we saw they were school boys with their teacher. As they came up to us they gave a salute and began to sing "Jesus Loves Me, This I Know." Those little boys sang as if they had learned that Jesus did love them even up there in the wilds of the Andes.

Then came time to gather for meeting.

They came in across the fields until we had over six hundred in their little church for services. On Sabbath they announced a prayer meeting for seven o'clock Tuesday morning. So on Tuesday morning they began to come in until there were one hundred and ninety-two of those Indians there for seven o'clock prayer meeting. I spoke to them a few minutes and then we had prayer and about twenty of them prayed. They told of how the Lord had helped them to overcome their bad habits. I decided they had a good Christian experience when they could get out so early and come to prayer meeting. It is better than we do here in this country. They had a good time and they really enjoyed it.

The altitude is so high there that only a few vegetables can be raised. Milk is very scarce but we had good fresh milk for breakfast every morning. We enquired where it came from and found that the Indians had been denying themselves and gave it to us. It just shows how they regard those who help them.

Bro. Stahl was out on a trip at one time. It was very cold and he had to sleep on the ground. He coughed and when the Indians heard this, one of them came in and put a blanket over him. They make beautiful blankets from llama wool. He coughed again and they brought another blanket. He could not keep from coughing so they brought blankets and kept that up until they had covered him with nine blankets. They wanted to do him good.

One place where Bro. Stahl visited they begged him to stay with them and teach them the gospel. But he could not stay as he had work to do elsewhere. He told them he would try and send them someone. They wanted to know how they could tell it was the right man. Bro. Stahl took a stone and broke it in two and gave one piece to the Indian and told him that when he sent a worker there he would bring the other half of the stone. He waited three years for a worker.

They come in groups pleading to have some one come and teach them. I never saw anything like it. An old woman came every fortnight regularly about ninety-six miles both ways, to attend the meetings. She just plead that they send someone to teach them. They wanted help and she plead with tears in her

eyes and there was no one to send. Means were scarce and Bro. Stahl could not promise anything definite at that time. One young man came to get a teacher. He did not go back until he got a teacher. He would not go unless someone would go with him. That is the way the Lord is working for those people. They do appreciate the work that is being done among them.

I am glad for institutions like this. Sanitariums and schools where our young people have opportunity to fit themselves for service in those fields. The Lord is looking for our young people. It is upon you the responsibility rests for finishing this work. Men in years cannot go into these fields. Young people can adapt themselves and learn the languages and they are the ones that must go. I want you to go and help finish the work in those needy fields.

TREADING THE SELF SAME WAY

ROBERT HARE

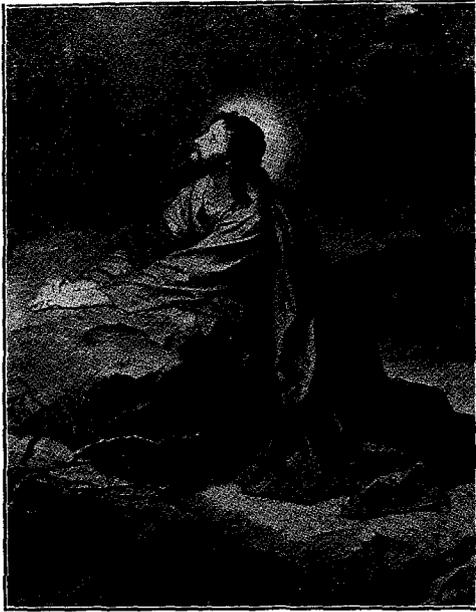
Treading the self same way
In drudgery day by day,
The heart may learn to sigh
When love would glorify
Each task in duties plan
And bid us play the man!
Treading the self same way
Love can both sing and pray!

Sighing will give no power;
It lights no darkened hour,
Inspires no sinking heart
To act a nobler part;
It breathes no psalm divine
Into your life or mine!—
Treading the self same way
Love can both sing and pray!

In duty's constant round
True blessings may be found;
When love anoints the shrine
Life's toil becomes divine;
And toiling hands forget
The burden and the fret—
Treading the self same way
Love will both sing and pray!

Pain and despair and heartache cast you down for awhile, but afterward they help you to understand.—John Oliver Hobbes.

“What helped you over the hard parts of your life?” was asked of a successful business man. “The hard knocks that went before,” was the answer.—Anon.



WHEN Christ pledged himself a ransom to save mankind, he took upon himself a task so stupendous that it is beyond the power of the human mind to comprehend. All through the Bible we have glimpses of the terrible experience he went through to redeem you and me.

Felt God's Displeasure

To make the sacrifice complete, our Saviour put himself in the place of the sinner and because of the world's sin he sensed God's displeasure. The Psalmist gives us a glimpse of Christ's anguish when he writes:

"O Lord, rebuke me not in thy wrath; neither chasten me in thy hot displeasure. For thine arrows stick fast in me, and thy hand presseth me sore. There is no soundness in my flesh because of thine anger! neither is there any rest in my bones because of my sin." Ps. 38:1, 2, 3.

"Remove thy stroke away from me: I am consumed by the blow of thine hand." Ps. 39:10.

Carried the Burden of Sin

Sin is a terrible load to carry. The one who carries it sooner or later finds it a burden too heavy to bear, and those who help him to untangle the cords of sin, must also share the burden, but our Saviour carried the heaviest burden in that he bore the sins of us all. The

He Did It For You and For Me

Caroline Louise
Clough

"Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share."—E. G. W.

Lord revealed to Isaiah something of the burden which Christ bore for us.

"He was taken from prison and from judgment; and who shall declare his generation? For he was cut off out of the land of the living: for the transgression of my people was he stricken. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him, and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquity of us all." Isa. 53:8, 5, 6.

"For mine iniquities are gone over mine head: as an heavy burden they are too heavy for me." Ps. 38:4.

Suffered Mental and Physical Pain

Our Saviour passed through an actual experience. The mental anguish which he endured was plainly seen upon his face, and his physical suffering caused his body to be weak and emaciated. Isaiah tells us:

"His visage was so marred more than any man, and his form more than the sons of men." Isa. 52:14. And again:

"He hath no form or comeliness, and when we shall see him there is no beauty that we should desire him." Isa. 53:2.

The Psalmist in speaking of Christ's experience said:

"I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted in the midst of my bowels. My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death. I may tell all my bones: they look and stare upon me." Ps. 22:14, 15, 17.

He Was Despised and Reproached

Your Saviour and mine stood the indignities of a bigoted race. He cared nothing for his reputation that he might save the world. Again the Psalmist gives us a picture of Christ's experience on the cross:

"Because for thy sake I have borne reproach; shame hath covered my face. For the zeal of thine house hath eaten me up, and the reproaches of them that reproached thee are fallen upon me." Ps. 69:7, 9.

He Faced Danger and Trial

It is easy to be friendly when it costs us nothing. To me the friends worth having are those who stand by in the face of trial, persecution and danger. Our Saviour demonstrated his love for us by enduring trial and facing danger without shrinking. Notice these texts:

"For I have heard the slander of many; fear was on every side: while they took counsel together against me, they devised to take away my life." Ps. 31:13.

"For without cause have they hid for me their net in a pit, which without cause they have digged for my soul." Ps. 35:7.

"All that hate me, whisper together against me; against me do they devise my hurt." Ps. 41:7.

"I sink in deep mire, where there is no standing; I am come into deep waters where the floods overflow me. They that hate me without a cause are more than the hairs of mine head; they that would destroy me, being mine enemies wrongfully, are mighty: then I restored that which I took not away." Ps. 69:2, 4.

"Yea, mine own familiar friend in whom I trusted which did eat of my bread, hath lifted up his heel against me." Ps. 41:9.

"He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not." Isa. 53:3.

He Agonized in Prayer for Us

Christ knew where to look for help. Days and nights were spent in prayer. If he felt the need of praying so earnestly, how can we ever expect to be saved without prayer?

"Pull me out of the net that they have laid privily for me: for thou art my strength." Ps. 31:4.

"Be not far from me; for trouble is near; for there is none to help." Ps. 22:11.

"For I said, Hear me, lest otherwise they should rejoice over me: when my foot slip-peth, they magnify themselves against me." Ps. 38:16.

"Deliver me out of the mire, and let me not sink: let me be delivered from them that hate me, and out of the deep waters." Ps. 69:14.

"Hear me speedily, O Lord: my spirit faileth: hide not thy face from me, lest I be like unto them that go down into the pit." Ps. 143:7.

"Hide not thy face from me in the day when I am in trouble. Incline thine ear unto me: in the day when I call answer me speedily." Ps. 102:2.

An Ignominious Death

In facing the supreme sacrifice, our Saviour endured it all bravely and gave up his life that he might save us from death. Speaking of that scene the Psalmist says:

"For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet. They part my garments among them and cast lots upon my vesture." Ps. 22:16, 18.

"They gave me also gall for my meat; and in my thirst they gave me vinegar to drink." Ps. 69:21.

"And he made his grave with the wicked, and with the rich in his death; because he had done no violence, neither was any deceit in his mouth." Isa. 53:9.

How can we resist the pleading of that lowly man of Galilee who said: "Come now, and let us reason together, saith the Lord. Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isa. 1:18. And whose very last message to mankind is: "Let him that is athirst come. And whosoever will, let him take the water of life freely." Rev. 22:17.

World Problems*

J. G. Lamson

AS MEAT in due season to the children of God I wish this morning to study with you the twenty-sixth chapter of the book of Isaiah. The first verse says: "In that day shall this song be sung in the land of Judah; We have a strong city; salvation will God appoint for walls and bulwarks." The children of God need today a city of refuge and their Father in heaven provides the city. In order to sense properly our need of a haven from the storms that are coming on the earth, let us consider some of these prophecies relating to the last days. Let us compare their statements with conditions as we see them on every hand. If conditions meet the prophecy let us take heed to the time in which we live and make haste to avail ourselves of whatever refuge is afforded.

I am aware of the fact that there are many people today who teach that the world is growing better. There are plenty who say that this world will turn on and on and on through ages yet to come. There are many who teach that there is to be a temporal millenium or some other period of time in which wickedness will vanish and it will not be necessary for one man to say to another, "Know the Lord," for all shall know the Lord from the least even unto the greatest. On the other hand, I am also aware that there are many at the present time who in harmony with Christ's prophecy in the book of Luke have "hearts failing them for fear, and for looking after those things which are coming on the earth."

I am not personally acquainted with many great men of earth, but read their published statements and I see a decided trend of thought that this world of ours is approaching some mighty change and many of these fear a cataclysm. No man who is a real student of the times in which we live and a believer in the book of books—the Bible—is making sport of the thought that we are approaching the end of the age. Anyone who believes the story of Christ as contained in the gospel will be compelled to admit that there is to be an end of this world. John be-

lieved that there would be an end of this world. Peter believed it and thought it. James joined in the request of Christ to tell them when the end should be. What an opportunity for the Saviour to say to his disciples if they were wrong in their ideas, that they were mistaken and to set them straight upon this so important a question. But he neither criticized their inquiry, made sport of their ignorance, nor failed to tell them the facts as they were known to the all-seeing eyes of our Lord.

In Matthew twenty-four he gives chronologically a series of events that lead up to the end of the world. He makes clear to them that before the end there will come great times of trouble; that there will be a time of sorrows and he specifically says that the time when "nation shall rise against nation, and kingdom against kingdom" will be the time which is to usher in and be the "beginning of sorrows." He warns his disciples to "endure unto the end," and says that when "This gospel of the kingdom shall be preached in all the world for a witness unto all nations, then shall the end come."

Paul, one of the mightiest leaders of the early church, over and over again in his writings proclaims the coming of Christ, the end of the world, the resurrection from the dead prior thereto, and portrays very lucidly the conditions in the world just before his coming. The Saviour said that "As it was in the days of Noah," when disregard of the marriage relation, disregard of labor and of property rights were so great as to cause the destruction of the earth, "so shall it be also in the days of the Son of Man."

In Paul's divine commentary on these conditions as recorded in his second letter to Timothy, third chapter, is given a list of the outstanding notorious conditions that would be in the world in the last days. Let us consider these conditions. "Men shall be—

1. Lovers of their own selves.
2. Covetous.
3. Boasters.
4. Proud.
5. Blasphemers.
6. Disobedient to parents.

*Report of sermon delivered at Hinsdale recently.

7. Unthankful.
8. Unholy.
9. Without natural affection.
10. Truce-breakers.
11. False accusers.
12. Incontinent.
13. Fierce.
14. Despisers of those that are good.
15. Traitors.
16. Heady.
17. Highminded.
18. Lovers of pleasures more than lovers of God.
19. Having a form of godliness, but denying the power thereof."

Each word requires a sermon in and of itself. Let us look at two or three. Have we not reached the day when truce-breakers are almost in the majority? When a man's word is of no value and contracts between men as well as between nations are but "scraps of paper." Is not "natural affection" conspicuous by its absence as it has never been so conspicuous before? Look at those who have the "form of godliness." Do you know of any worldly pleasure or scheme, or plan, or conduct that may not be engaged in by an individual, and yet he be held a member in good standing of some church? Is it not an age now when personal piety is scoffed at as never before? When it is popular to be a materialist, fashionable to make sport of the word of God and acknowledged as an evidence of great intelligence to deny God and his holy Son Jesus?

Men may, ostrich-like, put their heads in the sand and say they cannot see any such thing, but, thank God, all men are not ostriches. Has God said nothing about these great strifes between the classes? Yes, most clearly. To these rich men he says: "Go to now, ye rich men, weep and howl for your miseries that shall come upon you. Your riches are corrupted, and your garments are moth-eaten. Your gold and silver is cankered, and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days. Behold the hire of the labourers who have reaped down your fields, which is of you kept back by fraud, crieth: and the cries of them which have reaped are entered into the ears of the Lord of sabaoth. Ye have lived in pleasure on the earth, and been wanton; ye have nourished your hearts, as in a day of slaughter. Ye have condemned and killed the

just, and he doth not resist you." James 5:1-6. And to the true-hearted Christian who probably has been a part of this class who have been defrauded, the Lord says: "Be patient therefore, brethren, unto the coming of the Lord. Be ye also patient; stablish your hearts; for the coming of the Lord draweth nigh." Verses 7, 8. That is the true spirit of Christ which the apostle James is urging upon those who have been so shabbily and shamefully defrauded.

But again we have counsel to which we do well to take heed, and that is that these confederacies are not in harmony with the mind of God. "Say ye not, A confederacy, to all them to whom this people shall say, A confederacy; neither fear ye their fear, nor be afraid." Isa. 3:12. What shall they do then? The answer follows: "Sanctify the Lord of hosts himself; and let him be your fear, and let him be your dread. And he shall be for a sanctuary."

Again we are brought to the words of our text. Do we desire a city of refuge to which we can flee? God hath appointed one. It is the city of God. It is the kingdom to which we are all called as loyal subjects. It hath "bulwarks." Salvation is appointed as bulwarks. It hath "towers." I will get me into the tower and I will watch what he will say unto me, and when the enemy approaches, when even the sight of these terrible things appal, the blessed Lord gives us the gracious invitation, "Come, my people, enter thou into thy chambers, and shut thy doors about thee; hide thyself as it were for a little moment, until the indignation be overpast. For, behold, the Lord cometh out of his place to punish the inhabitants of the earth for their iniquity: the earth also shall disclose her blood, and shall no more cover her slain." Isa. 26:20, 21.

Who are the people that shall escape these terrible things? The Lord of heaven in Zephaniah calls them his own, and even though they may be trying to be righteous, and even though they may have applied to them the blessed approval that they are working for righteousness, yet even to them he says, "Seek righteousness, seek meekness: it may be ye shall be hid in the day of the Lord's anger." To every one of us the blessed assurance is given, "Let him take hold of my strength, that he may make peace with me and he shall make peace with me."

Lost and Found

Maud Wilson Cobb
Matron, Life Boat Rescue Home

AT TIMES our work reminds me of the "lost and found" department of some large concern. We have been very busy of late. Much time, strength and earnest seeking God has been given that some of the lost might be found, such as lost daughters, lost sisters and brothers. We have also been finding homes for the lost babies and finding babies for homes that have lost babies. And not the least part of our work is finding peace for the discouraged souls that have lost faith in God and humanity and rejoicing with the ones who have found peace.

A few days ago much time was spent in locating two young girls—the daughters of men engaged in helping humanity. These girls seemed to have lost all sense of what it meant to the homes that they had left. Their only excuse was, "We are tired of the small towns; we are sick of the home rule. We want to see the world; we want to do for ourselves." Although only nineteen and twenty years of age, they are sure they can care for themselves. But they have started in the wrong way to protect themselves. From modest clothing they have changed to the gaudy dress; very narrow skirts and low-necked blouses—too low to look decent. They have disfigured their eyebrows by trimming them to look conspicuous, and have made themselves a target for the vulture who is out to destroy all the young.

The father of one of these girls plead with tears falling from his eyes for her to come back home to mother who was very ill. He said, "My dear child, mother will die. I have traveled many miles to reach your side. Come with me tonight. Mother will meet you with outstretched arms." With a determined, set face, this girl said, "No; I have promised with an oath to stay with my girl friend. I am done with religion and all that goes with it. Whatever comes, I will be able to meet it."

The old father had to give her up after a night of pleading. He has written us a letter, saying, "My poor girl will not leave Chicago with me; will you visit her and help her when she needs you? For the time will come and

real soon. I go home a broken-hearted man; I am afraid the shock will kill her mother."

We did all we could in this case. It was not a case for our Home, nor were the girls in our Home. The girls who come to our Home are not driven here, nor do we have to persuade them to stay or plead with them to go home.



The Sunshine of Her New Home

Lost Their Old Desire

In the two years I have been connected with our Life Boat Rescue Home, not one girl has deliberately set out to go her own way alone; not one girl has refused to be guided by our advice. They find something here that helps them start life anew. Many of them found a new life awaiting them. They lost their old desire to run their own business without help from those who had had experience with the world, and they are today stronger and broader-minded women than they ever ex-

pected to be, and we hope they go their way to help others.

We have five babies to be legally adopted in a few days. All have found splendid homes and loving parents who in turn have found something to love and protect and care for and live for.

"Please Don't Quarrel"

One little girl that had been temporarily in a home where the family quarreled and fought among themselves, has now found a home with kind Christian people. The man of the house is a big man in stature with a big kind heart. The little girl was fearful



War Babies Which Have Just Been Placed in Good Homes

when he entered the house that he would fight with the new mamma, so the little fairy-like child would step forward and say, "Now please don't throw any dishes and don't quarrel with mamma." She feels it her duty to protect the new mamma. This family has found a treasure and all the household bow down to her gentleness. Money would never have bought what this child brings with her.

One of our baby boys has just been taken into a home where one of our other babies

has lived for five months. The two children are the center of attraction. One of our little mothers from our Home who stands alone in the world, all relatives dead, has been given a home in this fine home to help care for the babies. So three of our children are in, out of the cold world, surrounded by love and care. We are grateful to this family. They have wealth that can buy anything they would desire, but they find more happiness in the care of these children than in all the wealth of the world.

A telephone message has just been received from one of our anxious foster mothers, saying, "Oh, Mrs. Cobb, I am so worried. Our little boy has taken a cold. I haven't slept all night for fear he will be sick. Should I call the doctor?" This little mother is over-anxious, because she has lost her own dear child, and our baby boy is trying to fill the vacant place, and the mother's confidence is not very strong yet that she can care for the child, but we know that all that love and care can do will be done and she will soon gain the lost confidence.

Their Father's Spirit Changed

A father came to our home yesterday to take his youngest girl, just passed her sixteenth birthday, home. With tears in his eyes he said: "Mrs. Cobb, I have five girls. The older ones we have watched carefully. Their mother has warned them. We have had no trouble with them. They have obeyed. This girl with you we thought her our baby. Her older sisters spoke to her and of her as a child. She kept no company. She was attending school.

"You remember when boys from the different camps were going through the small towns and soliciting boys to join the army—a group came to our little, quiet town and stayed only a few days camping in our woods. The mothers and school teachers and leaders in our churches thought it all right for our girls to visit and entertain these boys. So our baby's life was ruined. Her mother's hair has turned gray. Her sisters have bowed their heads in shame for the sorrow that has come to our door.

"Find the child a good home, where it will not have to be pointed at with scorn. It is not the dear little baby's fault. Oh, where did we make the mistake?" And with shaking

shoulders, he bent over the little mite of humanity, his tears fell on its face, and then he said, "I believe in prayer. I believe in God. I can only trust him now. There was a time when I would advise a father to shut the door in the face of a wayward child; but now I have found I cannot do it, for the erring child is my own, and I must protect her, and her mother must shield her, and her sisters must welcome her back home and treat her right. If everyone should leave home, I would shelter this one because she needs me the most."

Friends, is not this plan much like the Shepherd who left the ninety and nine and wandered after the lost sheep? How he rejoiced when it was found!

Our Doors Always Open

We who are connected with this work, hold our doors open to all who are out in the wilderness of despair. To those of our friends and friends of this little LIFE BOAT, who catch a glimpse of what we are doing, and help a bit, we want to say we could not do it without your help, and God knows it, so he puts it into your hearts that his lost ones may be found before it is too late and Satan binds them so tightly in sin that their hearts will not respond to the tender call of mercy. Let us work while it is day, for the night cometh when no man can work. It would mean something to you to stand by the side of one who has gone down deep in sin, after you had helped her to find peace and hope, to have her take your hand and with the death dew on her brow say, "I will not say good-bye, my friend, only good-night, for I will meet you in the morning." How many you and I will meet in that morning depends on how many Christian friends we make while we have the opportunity. So let us work while it is yet today, and while the lost can be found.

MESSAGES FROM THE HOME FAMILY

"If you outside people who read this magazine could only know some of the lives of the home girls, I believe you would stop smiling for a while. Don't wonder why we did the things we did, but think of the sorrow it has brought us. I don't think you have ever been cold or starving hungry, but if you have,

you know what it means to be taken in and warmed and fed. I was not physically cold and hungry when I came here, but my heart was starving for kindness and sympathy. I wanted some one to tell me that if I would I could still make my life as God wanted it. I came here at a time when I had no place else on this earth to go, and they took me in. They smiled at me, they talked to me, and they sang to me, and in a few hours I realized that one thing I could do was to cheer other disheartened girls. A wave of gratitude came over me that I will always remember. Few people realize it, but the thing that makes life worth living is, after having gone through a great trial, to think of the ones who have helped you through that trial and then to try to fashion your life after theirs.

"I wish every woman with a daughter could realize the great importance of training her daughter up to ideals for true womanhood. A young girl who is not taken into her mother's confidence at the earliest possible age, is sure to glean from various conversations of her friends some idea of womanhood, but the idea is not serious. She does not realize that her aim and ambition should be to make men cleaner and better."

"A Shelter in the Time of Storm"

"When I had become almost desperate from worrying about what I was to do at such a time, a dear lady friend for whom I was working noticed my condition, and told me about this Rescue Home, and today I can certainly thank her for telling me. I for one among many, many others who have been here, am being sheltered in this home from the eyes of the world. It certainly means a lot to the unfortunate girls to be able to come here and be sheltered through the time of 'storm.' Only we who have experienced and are experiencing such a sorrowful burden can sympathize with each other.

"I can truly say that this is a Rescue Home, and a 'shelter in the time of storm,' to the poor unfortunate girl."

What Friends and the Rescue Home Have Done For Me

"I am a young unfortunate woman. A friend came to me and asked me what about my trouble. I told her, and she insisted upon

my going to a home where I could be taken care of until I was able to take care of myself. I was glad for her suggestion, and she recommended the Life Boat Rescue Home.

"I came in July, and have surely found a home and mother. No matter how down-hearted a girl is, she is cheered up here in this place.

"The girls are well taken care of. As soon as any of them complain of being ill, they are taken care of right away.

"It is said that 'A friend in need is a friend indeed,' and it surely is true of the Life Boat Rescue Home. When a girl comes here she finds friends when all others have forsaken her. I have never seen a girl come here, but that she loves the people here."

What It Has Meant to a Young Unfortunate

"Tongue cannot express the appreciation and thankfulness I have to offer for being permitted to be sheltered and protected here in my sorrow. Though I have a home, with a dear father and mother who would have sheltered me, yet the eyes of the world would have scorned me.

"I was told of the Life Boat Rescue Home and willingly consented to come. I am not able to go home yet, but I wanted to thank the Rescue Home for what it has done for me. I have learned to do several different kinds of work that I never expected to learn, and hope the Home will always continue in its good work."

Found Shelter When No Other Place Was Open

"When I was a young child my mother took THE LIFE BOAT and as I grew older I used to read the letters from the girls who were here and had been here. But reading is not seeing, and seeing is not experiencing, and it was not long ago that a dear lady friend referred me to this Home. When it seemed there was no place to go for rescue, this door was open to me. My mother would have willingly sheltered me, but she had to make a living for herself and two children.

"Only those who have been here and are here now know what a blessing it is to be sheltered at such a time. It is truly a Rescue Home. True friends, those who will stand by you whatever may come are rare. 'A friend

in need is a friend indeed,' and it is at such a time that we need true unfailing friends. It certainly is an encouragement to an unfortunate to receive letters from such friends.

"When it seemed that all but my mother had forsaken me, and the last spark of hope had all but been consumed, they were fanned by a loving true-hearted Christian friend, and today, although heavy dark shadows of sorrow have crushed my heart, I think of the saying, 'There's a silver lining through the dark clouds shining.' And whatever comes it must surely be for the best, and for a test from our loving Father who sees and knows all things."

No Better Place in the World

"I believe I can safely say that there isn't a better place in this world for a heart-broken girl than the Life Boat Rescue Home. When I came I did not believe there was another girl in the world that was having as hard a time as myself; but when I arrived I saw a number of girls who were worse off than I was.

"There was poor Esther, frail, weak, having done factory work all her life. Then the thought came to me, 'I can praise God that I have health.'

"In July I was called home suddenly by my mother, but I could not be true to God there, and I firmly believe that God led me back to the Home. I am still here and hold a permanent position in Hinsdale, and come home every night.

"God is good. He remembers all of his children and in time answers every prayer. Just last night I heard from the father of my baby saying that he would like to see me. He has come back from France, and baby and I may have our home.

"A heart-broken, forsaken girl can always find a place reserved for her in the Life Boat Rescue Home."

ONE OF THE LIFTERS OF THE HOME

MAUD WILSON COBB

Our Mrs. Case, who keeps the "Home fires burning," is anxious to let our readers know some of the needs of the Home. Mother Case's position is a hard one. She is respon-

sible for the food placed on our table and keeps our home neat and in order with the help of the girls. If one remembers that most of our girls are from schools, offices, and stores and have not known housework, one can readily see Mrs. Case has no easy place to fill. Often girls do not want to learn to cook and do housework. They left their own homes often so they would not have it to do. They prefer shop and office work. But every girl must learn to bake bread, and prepare well-balanced meals, and care for the kitchen and dining room in a proper way, and care for their own rooms. If the girls' own mothers have failed to teach them such work you might know it takes time and patience to do it when they reach us. But in every case the girls will, before they leave here, taken pride in doing their very best. Thanks to Mrs. Case for her untiring efforts for the girls' best good. Sometimes they think her severe, but eventually they all learn to love her and often write back and thank her for what she has taught them. Many times it is hard for her to manage as she would like to, for she needs many things to work with as day by day something wears out. You will notice her plea for help from our LIFE BOAT friends.

AN APPEAL FROM THE HOME HOUSEKEEPER

MRS. ANNA CASE

I have been connected with this work for fifteen months and can testify to the many ways that our needs have been met, yet we are without many things that we so much need in a home like this, such as dust mops, carpet sweepers, kitchen utensils, dish pans, pots and pans, a set of flat irons, and our curtains have had their last "doing up." When we take them down again we will have none to take their place unless our kind friends supply us with some.

We are also in great need of bed spreads, sheets, and pillow slips. Friends who are interested in helping the needy poor, just remember us. We will accept this as a Christmas cheer for this will be the only home that will brighten some poor girl's life who cannot share a mother's home this year.

MORE COAL NEEDED

Our tiny fatherless babies and girls in the Life Boat Rescue Home must be made comfortable while with us. The cold, piercing winds of early winter have already found their way to the cheery fireside and the coal that we have already purchased is keeping the Home fires burning. But to be sure the fires will not go out some bitter cold night when some mother's daughter is passing through the valley of the shadow of death, we have to ask our readers once more to help us to keep the coal bin filled. We shall need no less than four hundred dollars. We think eighty tons of coal will be enough and in car-load lots we are paying \$5.00 a ton.

Here is our coal fund as it stands when this number goes to press:

Previously reported	\$133.00
Mrs. H. E. Sawyer-Hopkins.....	1.00
Mr. and Mrs. F. V. Baer.....	10.00
Mrs. H. M. Peterson.....	2.00
Edgar E. Davidson.....	5.00
O. N. Mallernee.....	5.00
Mr. and Mrs. A. B. Wilson.....	10.00
Lou. R. Dearborn.....	5.00
A Friend	19.21
T. E. Carter	5.00
J. H. Charles	1.00
John Steinel	1.50
Mrs. Clara Gaw.....	10.00
J. F. Ballenger.....	5.00
Mary Z. Lozier	5.00
H. C. Brookner	5.00
Lottie M. Gurnee & Brother.....	15.00
Total	\$237.71

We know you will not leave us in the middle of the stream. We are more than half way across. Who will rally to our assistance and help us across? Every five dollars will be used to buy a ton of coal. No fees or commission are taken from this fund. Every penny goes into coal. May we hear from you at an early date?

CAROLINE LOUISE CLOUGH,
Superintendent.

Such words as these from the LIFE BOAT agents are very encouraging: "I am going to try to sell 1,500 copies next month. I have done it and with God's help, I will do it this year. Pray for me."

MY FIRST VISIT TO THE POLICE STATION

LILLIAN DERWAE

Sunday, November 9, I was very much surprised to be told that I could visit the jails in Chicago. Of course, that was quite a new thing for me because I had never been inside of one.

A strange feeling crept over me as I entered the Clark street police station. It was so dark and forsaken looking that a sense of horror came over me as I thought of the people who had to spend their time there. We took the elevator up to the third floor where we got our song books, and after a word of prayer we again went downstairs and into the lock-ups.

What should we find but youngsters in knee pants, as well as young men, sailors, and old men. Most of these were young men, however. I wondered what these young people had done to make it necessary for them to be put in those horrid dark cells.

Song books were passed out and we sang several hymns. Then Elder Laird gave a very inspiring talk that should encourage all of them to make men of themselves. After a solo by myself, Mrs. Cobb went to each cell asking how many of them came from Christian homes. All said their parents were Christians. We then had prayer with them and passed out reading matter to each one and went on to the next cell.

It was in the last division of cells that we met with a touching experience. As we passed out our song books a colored man said he would sing. The question was asked how many could repeat the twenty-third Psalm. This man spoke up and said, "I can, or at least I used to be able to." And then he repeated it for us. The next question asked was, "How much do you believe of that Psalm?" He said, "I believe every word of it." Then upon request, Elder Laird spoke on the Twenty-third Psalm and how much it could mean to us. All seemed very much interested.

This same man became intent on searching for something in his pocket just then and soon found a poem he had composed since being in prison and he read this to us. It was heart touching. He said he would

make a man of himself if he ever got out of prison.

Then the question was asked, how many wished to be remembered in prayer. A number expressed their desire and prayer was held, the prisoners bowing with us. After Elder Laird had offered prayer the colored man in turn offered a very earnest prayer which came right from his heart I know, and I believe the Lord will hear and answer his prayers. Then he told us of his being in the county jail for six months and was released for just a short time and was placed in jail again, and he told us that he expected to be transferred somewhere else most any time.

With tears streaming down his face he said he tried to make a man of himself when he was freed but did not have a chance, but if he ever gets out again he will show the world what Christ has done for him. This man needs our prayers as do many of the others.

From there we went on to the detention home for women. Much to my surprise as well as to the others we found no less than fourteen young women who had been brought there the night before as a result of a police raid not far from there. These girls acted indifferent when we came up and many walked the floor angrily expressing their thoughts about being put there, but not seeming to be sorry for their past. Then their curiosity was aroused in earnest when Miss Hibben and Mrs. Cobb went to a little store room and got out a big black suitcase which upon opening proved to be a folding organ. We passed out song books to the girls who had gathered round us. They wondered what we were going to do next but soon found out when we started to sing gospel hymns. Mrs. Cobb talked about her work for girls. She told of the old Life Boat Rest in Chicago and how it was first started. This Rest, she said, was once a saloon rented from a preacher. She told of the repair work necessary for this building to be occupied for such an institution as she desired it to be and how the painters, etc., donated their material and service and an interesting account was given of how the furnishings were donated by different firms. These firms were glad to donate to such a worthy cause.

Then she invited these girls to visit our present Home. She assured the girls that she was interested in their welfare and wanted

them to make something of themselves and give up their wicked ways. The girls were all interested. To vary the service I rendered a solo and then Mrs. Cobb continued her talk after which we had prayer, all the girls bowing with us. LIFE BOATS were passed out and we left after again assuring them we were their friends and wanted to do all we could to help them.

As I entered the room where these girls were, a shudder came over me as I saw these girls from sixteen to thirty-five years of age all in one room with the windows barred and the doors locked and without friends. My heart goes out to those girls in their trouble. Truly these as well as others who might be placed in the same predicament as they were, need our prayers that they may be able to resist the temptations they come in contact with from day to day. It made me more appreciative of how well off I am in comparison what what they are and I am grateful for the experience of visiting these lockups and detention homes, and it gave me a greater desire to work for fallen humanity.

Oil and truth are bound to come to the top sometime.

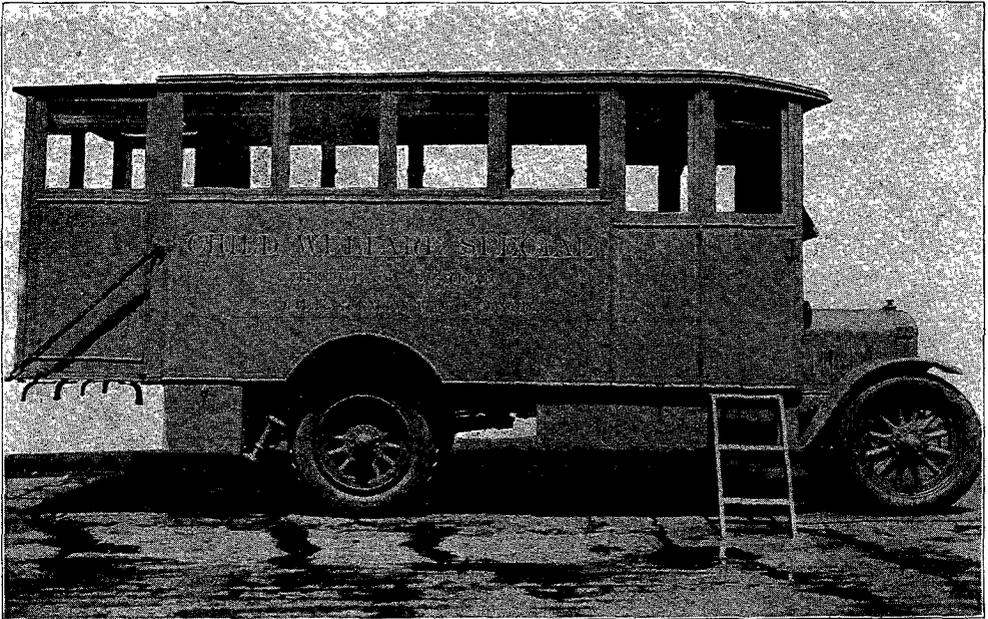
A TRAVELING CLINIC FOR CHILDREN

CAROLINE LOUISE CLOUGH

At the Conference of Charities and Corrections held in Decatur, Ill., recently we learned that our government now has a new plan for conserving the health of the nation's children and babies. The plan as worked out is in the form of a big gray automobile truck known as the "Child Welfare Special."

The truck is completely fitted as a model "well baby clinic" with a government doctor and nurse in charge to examine children and give mothers advice concerning the care necessary to make and keep them well. The country woman is usually shut off from sources of information concerning the proper care of her children, but this automobile, fully equipped as it is, brings practical education in child hygiene to the doors of mothers far removed from the welfare stations and often many miles from doctor or nurse. Charts and exhibits are carried along, lectures and demonstrations are given.

The first stop of this car was made at Woodson, Ill., where the doctor and nurse were overwhelmed with the crowd of mothers,



This Large Motor Truck Fully Equipped Is the Government's Solution of the Problem of Bringing Health Instruction and Medical Service to the Rural Families

fathers and babies. Examinations lasted until late into the evening.

The mothers of the rural districts are just as eager to learn how to properly care for their children as are the city mothers who have every advantage in that line.

"Every mother," said the traveling nurse, "was more impressed with the opportunity of learning what, if anything, was wrong with her child than with the novelty of the motorized clinic. One mother who through an error lost her turn on the first day, and waited in vain all through the afternoon to have her child examined, returned on the following evening from her home several miles out in the country, so as not to miss the opportunity afforded by the Special."

In the nine weeks that this car was in the field, more than twelve hundred children were given physical examinations.

WHAT WE ARE DOING IN CHICAGO

MISS ZADA HIBBEN

(Told in a recent Missionary Volunteer meeting at Hinsdale—Ed.)

I will give you some idea of what we are trying to do in Chicago.

When first I took up the work this fall, we started out with only two workers—one beside myself. Now there are five of us.

We have visited twice, eight hundred homes in twelve blocks. We have found that since the influenza carried off so many people last year more women have had to go out to work.

We go into the home and take care of those who need care. We are now planning to hold a School of Health in this district. The people seem to be very anxious for our school of health. In that way we hope to get acquainted with the people.

We meet many who have had relatives out here at the sanitarium, and they speak very highly of the place.

In one home the mother had blood poison, and the family were pleased with what we did for them, and they were very much interested. The mother said she wanted her daughter to learn to give some of the treatments that we give.

We have left literature in every home visited. We left a little tract on "The Healing of the Sick," by Dr. Paulson, and then we have supplied the homes with the tract, "God Loves Us."

FINDING PLEASURE IN SERVICE

MISS LURANA BUCK

About one month ago after a short illness I was asked to go out with THE LIFE BOAT and the little book, "Epidemics." I enjoyed it very much, and found many people who were very much interested.

At one place a little boy answered the door and I told him I was selling a little book called "Epidemics" for twenty-five cents. He said he would go upstairs and ask his mamma if she cared for one. I offered a prayer that the Lord would impress her to buy one, and in a few minutes he came back with thirty cents and took the book. I know this was an answer to prayer.

I am now doing house to house work in the City and enjoy it very much—giving treatments and talking with the people. Today



From United Charities
A Chicago Home Without a Mother
Showing Conditions which Still Exist in Chicago

one of the girls and I visited a lady who was sick, though she kept on with her work. She seemed so pleased to see some one that took an interest in her. We asked her about her Christian experience and had prayer.

I know this is the Lord's work, and I am glad I can work for him.

"In the book of God's remembrance, every deed of righteousness is immortalized. There every temptation resisted, every evil overcome, every word of tender pity expressed, is faithfully chronicled. And every act of sacrifice, every suffering and sorrow endured for Christ's sake is recorded."

SCATTERING LITERATURE "LIKE THE LEAVES OF AUTUMN"

MISS MARTHA BRAUNBERGER

I have certainly had some good experiences while engaged in the City Work. We have distributed literature to the children as they come from school. We would hand a paper to one, then others would say, "where did you get that?" and when they were told they would come to us. When they all found out that we had something to give them they came rushing up to us and all wanted some of the reading matter at once.

As a whole we find some very nice people and have some very good experiences.

"NEVER INTENDED A LIFE BOAT TO SINK"

MISS GERTRUDE SIMPSON

When first I learned that I was to go out with *THE LIFE BOAT*, my heart sank within me, and fear seemed to take possession of my soul. Could I go out among strangers and approach them with our little magazine? Well, at first it seemed I could not, but the impossible became possible when I took it to God in prayer, and consecrated my all to his service to use me as he should see fit.

To the canvasser a wonderful field of opportunity is ever before her. The work takes her into the homes of the people, and here it is, in the home life that the mask of form is thrown aside and the real joys and sorrows of mankind are revealed.

Sometimes on entering a home, I have seen a curly headed laddie romping on the floor with his baby brother, while the young mother was busily, but happily, engaged in mending Teddy's trousers, or placing a fresh gown on baby's dolly. What a contrast this circle of beaming faces, to the one, perhaps, just across the street, where sin or sorrow has darkened the home.

One day I walked up to a large gray house and rang the bell. An elderly lady slowly opened the door and listlessly awaited what I should say. As I spoke, I noticed the sad, troubled expression on her face, but hesitated to question her. Presently she said, "Won't you come in for a little while? I'm so lonely."

I went in and found that dear woman was just waiting for someone to whom she could unburden her heart. Her only son lies in

France with many of his comrades. Her daughter has wandered away, she knows not where, and, while the roses bloomed in June, she laid her life partner to rest. Was it any wonder her heart was sad? We wept together, then we knelt in prayer together. As I rose to go after giving her some papers to read, she looked at me and a smile brightened her face as she said, "Oh, I am so glad you came! This morning I was so discouraged, I had begun to doubt that there was a God in heaven, but now I feel I have found him again, and that he sent you here, right to my house, just when I felt I could bear it no longer." I went away with a prayer on my lips for that mother, and a song in my heart that God had used me in a small way to cheer her saddened heart.

If we can help someone today, is not that, after all, the very biggest thing we can do? and the wonderful part of it all is that in helping others we receive just showers of blessings in our own lives.

So I thank God for the opportunity of going out with this little messenger of truth, *THE LIFE BOAT*, and for the experiences I have gained thereby. And, whenever I am inclined to feel just a wee bit discouraged, I remember one sentence from a Scotchman I canvassed—"Of course, Lassie, I'll buy one; the good Lord never yet intended a *LIFE BOAT* to sink."

EXPERIENCE OF A LIFE BOAT WORKER

"One night I worked until 10:30, and a man said to me, 'Aren't you out a little late?'"

"I might as well work as long as the people are out. If it isn't too late for you, it ought not to be for me. If the devil's work can go on *all* night I am sure the Lord's work can, too."

"That's all right. I hadn't thought of that."

"You ought to think of that, too, and get right with God and get out in the work."

"We had a nice long talk and he bought a book. I met him since and learned that he needed and enjoyed the advise I gave him, so I carried out my missionary duty."

"One man stopped me one day and said: 'You don't remember me any more. You are the lady that gave me a good talk about a year ago on religion and I have never forgotten it,

and I wish I could see you often and hear some more.' I said, 'Well, I hope if you have remembered it you have likewise lived it in your life,' and he said he had.

"One little old man buys one or two books of me, and a few days later he buys two or three more. He says he likes to buy them and give them away to people, as they like to read them. One woman looks for him to bring her a LIFE BOAT each month."

"Cast thy bread upon the waters, for thou shalt find it after many days."

"I have been reading the last LIFE BOAT. It is good—just fine. It made the tears come when I read Elder Daniell's article. All is so good I must have more of them.

"I certainly can sell these good books."

WHO WILL ANSWER THIS APPEAL?

I call to mind the much appreciated favor you showed our school last fall by sending us a barrel of clothing for the winter.

I am sure that some are wishing very much that such help will come their way again. No doubt you may not find many children's garments around your place, but we will gladly convert larger pieces into something for the little folks. If any of you have a few second-hand story books that we might place in our church school library, we would appreciate them very much. I am sure you will pardon me if I am asking too much of you.

MRS. K. O. JOHNSON,
Marianna, Ark.

Box 506

THE DEATH OF MRS. HASKELL

In the last month we have been called to mourn the loss of a life-long friend of our work, and a Christian worker of world-wide experience.

The visits from time to time of Elder and Mrs. S. N. Haskell to our Hinsdale work, have always proved an inspiration. Our entire family of workers have gathered together in the early morning hours and feasted upon the wonderful truths which these dear servants of God have brought up from God's book of truth. Our readers have read with interest the book, "The Cross and Its Shadow," which is given for two yearly subscriptions to THE LIFE BOAT, at \$1.00 each.

Elder Haskell has also written several other books explaining the great chain of prophecy found in the books of Daniel and Revelation. The very last book which they have published is "The Bible Hand-Book," just now being put on the market.

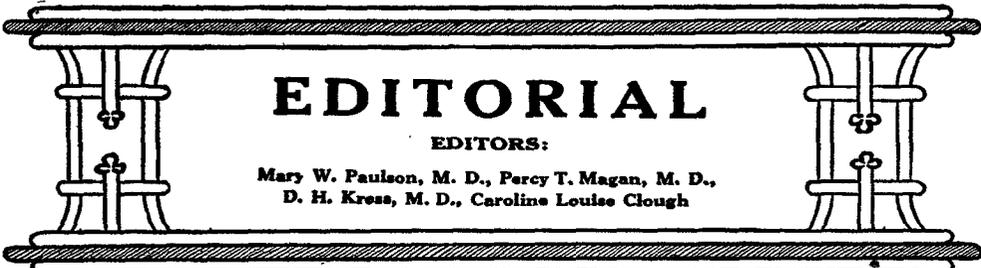
On the 15th of July last Mrs. Haskell was



Elder and Mrs. S. N. Haskell
Taken at the Hinsdale Sanitarium

stricken ill, but after special prayer she seemed to improve for a time. Another serious attack of illness followed, making a surgical operation necessary, which, however, failed to stay the progress of disease and she passed away Oct. 21.

Her occasional visits will be missed. Her annual contributions to the work will also be missed. Her words of encouragement will be missed. But the Lord knows best, and will strengthen and comfort those who mourn.



EDITORIAL

EDITORS:

Mary W. Paulson, M. D., Percy T. Magan, M. D.,
D. H. Kress, M. D., Caroline Louise Clough

"PEACE ON EARTH" VS. STRIFE AND UNREST

On that memorable night in Bethlehem when a Saviour was born into the world, the shepherds of the field heard the angels singing: "Glory to God in the highest, and on earth peace, good will toward men." Luke 2:14. The Prince of peace was born—the author of peace, and so the cry arose, "Peace, good will to men." But how miserably men failed to receive it, is evidenced by their nailing to the cross, some thirty-three years later, the One and the only one who could bring peace on earth.

Ever since that night in Bethlehem, men have continued to close their hearts against the gentle pleadings of the Prince of peace, and today with 122 labor strikes on in this country alone and the condition much more menacing in some parts of Europe, the inquiry naturally arises, "Can peace be found on earth today?"

Strife is of the evil one. He is the author of war and bloodshed.

Peace is still on earth; it can be found in the heart of the true Christian. Those who are yielding their lives to Satan's direction are doing what Satan delights to have done; those who are in touch with the Saviour of the world have that priceless gift—peace. So as we celebrate this month the birth of the great emancipator of the world may we witness in our own hearts that "Peace of God, which passeth all understanding." Phil. 4:7.

C. L. C.

YELLOW FEVER ENTIRELY WIPED OUT

Major General Gorgas, according to the *New York Times*, announces that yellow fever, the terrible menace to this country and to the world ever since Columbus discovered

America, has now been completely wiped out. Dr. Walter Reed who headed a commission of doctors to investigate the cause of the plague found that the disease was being carried only by the bite of a certain kind of mosquito. Extermination of the guilty insect, which has now been accomplished, has put an end to the disease and thus saved thousands of lives. Dr. Walter Reed has accomplished a great work for humanity.

C. L. C.

THE HINSDALE MID-WINTER CONVENTION

December 26-28, 1919.

The mid-winter conventions at Hinsdale have come to stay. This year the tenth annual session will begin Friday evening, Dec. 26, and close Sunday evening, the 28th. A most interesting program is being prepared which can be furnished later, on application. Leading pastors and evangelists will take part and it is hoped that some foreign missionaries will also be present. The friends of *THE LIFE BOAT* and Hinsdale Sanitarium are cordially invited to attend.

C. L. C.

REACHING OUR PRISONERS

Back of the scenes, hidden from the public eye, banished from society; from loved ones and from friends, is an army of men and women, boys and girls, many thousands strong. Their life is a dreary one, filled with remorse and regrets of a misspent life. Their advice to the young is "Don't follow in the path that I have taken. It will bring nothing but sorrow and trouble." Yet there is a stream of humanity daily flowing into these great criminal coffers.

We must do our best to keep our boys in the right path, but if they will not listen,

we must not abandon them when the great iron door swings to on its victim, for then if not before, there is time for reflection.

Once a year for nearly twenty years this magazine has issued a special prisoners' number and sent from fifteen to twenty thousand copies into the penitentiaries. Souls have been led to Christ. Just recently a copy of *Our Paper*, a prison periodical published at Concord Junction, Mass., came to our attention, in which mention is made of THE LIFE BOAT. The editor says:

"For many years past THE LIFE BOAT has published a special prison number, and has sent us, as to other similar institutions, a generous quantity for free distribution. Going over the corridors with them we have found that some of our men receive THE LIFE BOAT regularly. They have subscribed for it, or some friend has subscribed in their behalf. The number just now distributed, the May number for 1919, has a great deal in it of interest to any one, whether in prison or outside.

"It reaches out a helping hand to every one in need, and tries to save even men who think they are down and out.

"We have no intimate personal acquaintance with the Hinsdale Institution, but have been much interested in it, especially by all the numbers of THE LIFE BOAT that we have ever seen. We are under obligations for this repeated favor to the Reformatory."

We greatly desire to send a small club of THE LIFE BOAT into every state penal institution in the country, believing that with the blessing of God and our prayers this magazine will exert a strong uplifting influence *each month* as well as once a year. Three dollars will send a club of five to *your* state prison. Can you not think of some way to sacrifice so that these people may have the Gospel? Write us.

C. L. C.

WHAT NEXT?

There have been so many sudden and striking changes in the world in the last few years that many people are now saying, "I wonder what will be the next thing on the program of world events?"

While it is true that the future contains many uncertainties, yet it is also true that to those who believe the Bible (and there are

many more such since the great war) there are many things which can be looked forward to with absolute certainty.

Before me is a book published in 1909, by one who had a truly marvelous understanding of the prophecies. From this book I quote the following:

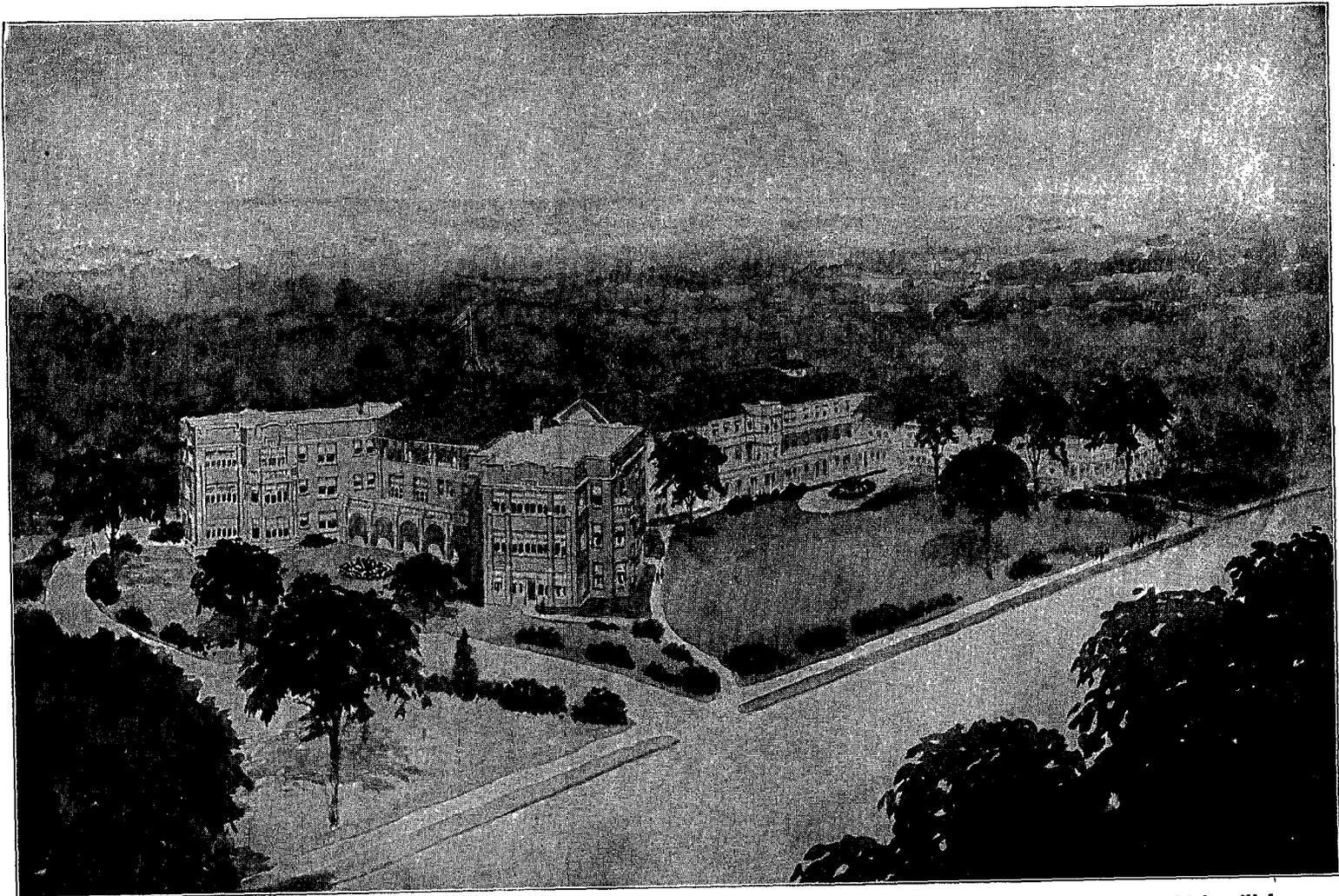
"We are living in the time of the end. The fast-fulfilling signs of the times declare that the coming of Christ is near at hand. . . . Plagues and judgments are already falling upon the despisers of the grace of God. The calamities by land and sea, the unsettled state of society, the alarms of war, are portentous. They forecast approaching events of the greatest magnitude. . . . Great changes are soon to take place in our world, and the final movements will be rapid ones."

That was published about five years before the great war broke out; and since that time "events of the greatest magnitude" have fairly tumbled over one another in the rapidity with which they have occurred; and the "unsettled state of society" is becoming confusion worse confounded. Truly, "evil men and seducers" are "waxing worse and worse," according to the prophesy. The rich are becoming richer, and the poor poorer.

As the writer quoted above further states, there are not many, even among educators and statesmen, who comprehend the causes that underlie the present state of society; and those whose duty it is to look after such things have not been able to solve the problem of moral corruption, poverty, pauperism, and increasing crime. If men would give more heed to the teachings of God's word, they would find a satisfactory solution of the problems that perplex them.

There are many chapters and texts in the Bible that throw much light on the recent past, the present, and the near future. Some of these are as follows: Isaiah 24:1-8; Joel 1:13-18; Matthew 24; 2 Timothy 3:1-5; James 4:13-5:9; and Revelation 13:11-22:21. Read these all through carefully. Study them in the light of the past few years, the present conditions, and future prospects.

For those who are right with God, if they remain so, there is nothing in the future to fear; and for those who are not right with God, or who do not soon become so, there is nothing in the future to look forward to with pleasant anticipations.



The Hinsdale Sanitarium, showing the present building with the new fifty-room addition now under construction, which will be completed March 1.

The New Hinsdale Sanitarium

THE HINSDALE SANITARIUM has had the largest patronage for the past year in its history. For many months it has been possible to accommodate only a small percentage of those who wished to come for care and treatment, therefore, it was decided a few months ago to build a substantial three-story addition to the south of the present building, consisting of fifty patients' rooms, parlor, writing room, library, special treatment room, sun parlors, "work cure" and a chapel large enough to accommodate 350 people; also to enlarge and thoroughly equip our present ladies' and men's bath and treatment rooms, building over them complete new offices for our physicians, to remodel and enlarge our kitchen, serving room, patients' and helpers' dining rooms, and business offices.

When completed, the Sanitarium will be well equipped to do thorough work and will be able to accommodate about 160 patients. Notice the artist's picture of the building when completed, shown on the inside of front cover of this magazine.

All this construction is well under way and will be finished, ready for occupancy, March 1.

Have You Money to Loan?

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

Anyone having money to loan between now and the first of March on the above conditions, or who may wish further particulars, address The Hinsdale Sanitarium, Hinsdale, Illinois.

NEWS HERE AND THERE

Our family at Hinsdale gave Brother Guy Dail a hearty welcome on his recent visit, while spending a month in this country. Brother Dail was connected with our work twenty years ago, but during the last twenty years he has been engaged in missionary work in Europe. During the great war part of his time was spent in Germany. He is now located in Switzerland. He told our family of workers some of his thrilling experiences in Europe during the world war.

Mr. Julius Paulson gave an interesting stereopticon lecture to the student body of Emmanuel Missionary College, showing views of actual photographs, which he had taken during his seventeen years in Mexico.

Dr. John F. Morse of Porto Rico who visited Hinsdale early in September and expected to sail for Porto Rico in October, has been detained in New York on account of the strike of the longshoremen. While waiting he visited us again just recently.

W. C. White of St. Helena, Calif., has been a welcome guest at Hinsdale for the last few weeks.

Pastor N. Z. Town and wife, of Washington, D. C., visited our work while enroute to Boulder, Colorado.

Miss Eva Marshall Shontz, well known in Chicago circles as lecturer and orator along reform lines, but who has been making her home at the Hinsdale sanitarium for a number of years, has now returned to her people since the death of her brother, Theodore Shontz of Panama Canal fame.

Professor J. G. Lamson, Mr. J. D. Clark and family, Mrs. Anna Case, are among the Hinsdale workers who visited Berrien Springs, Mich., recently.

Professor and Mrs. Frederick Griggs of Emmanuel Missionary College spent a few days at Hinsdale.

Miss Una Shelberg, a graduate of 1919 class of nurses, has now returned and connected with the Hinsdale work.

Mrs. Cobb, matron of the Life Boat Rescue Home, by special invitation, gave a stereopticon lecture on rescue work at the Union church of Hinsdale. She also lectured before the ladies of the Congregational church in LaGrange recently.

The Hinsdale Sanitarium Harvest Ingathering campaign closed the evening of Oct. 31,

when an interesting program furnished by the children of the church school was given. The total funds received for our workers in foreign fields amounted to \$1,236.59.

Mrs. Anna Case and her son, W. P. Case, enjoyed a visit from Mr. and Mrs. F. W. Hodgson, and friends, Mr. and Mrs. George Edgar, who were enroute from Halifax to Southern California to spend the winter. Miss Evelyn Case of Berrien Springs accompanied them to Hinsdale.

Mrs. L. E. Cox of Los Angeles, Calif., visited Hinsdale recently. Mrs. Cox is an active Christian worker, and has taken a special interest in the men behind the bars, visiting them and sending gospel literature.

During the last three weeks four beautiful babies have been placed by the Life Boat Rescue Home in homes of wealth and influence where the babies will receive Christian training and love.

Mr. and Mrs. A. C. Ford, Hinsdale graduate nurses, who sailed recently to Peru, South America, write: "We have had plenty of sick folks to care for, and the work is more interesting than any we could possibly find. We are immensely happy in this field. I am sure we could never be more happy than we are here. Hinsdale is a very dear spot to us and our appreciation of the training received there is far beyond expression. We find it exactly what we needed here in this field."

Pastor J. H. Schilling of Chicago, was a recent visitor at Hinsdale.

Walton John who has recently returned from Europe visited Hinsdale on the fifteenth.

Miss Stella Jones who was a patient at the Hinsdale Sanitarium for several months some years ago, and who for more than five years

FUGARD & KNAPP

Architects

64 East Van Buren Street

CHICAGO, ILL.

Designers and supervisors of the erection of the new Hinsdale Sanitarium. We accept commissions in all parts of the United States.

has been in Wales, has now returned to this country and was a welcome guest at Hinsdale recently.

BOOKS WE RECOMMEND

If this magazine has interested you, we would refer you to the following books and magazines for further study. They can be procured from our office or ordered direct from the publishers:

The Marked Bible is a new booklet by the late Professor C. L. Taylor, which brings out Bible truth in story form. Already 200,000 copies of this booklet have been sold. Price, 15c per copy.

Epidemics—How to Meet Them is a new twenty-five cent booklet of the World's Crisis Series. It deals with such live subjects as: Spanish Influenza, Pneumonia, Common Colds, Tuberculosis, The Cancer Peril, Children's Diseases, Disease Prevention, A Clean Body, Home Treatment and the Sick Room. 128 pages of valuable information. Send for a copy at once before the edition is exhausted.

The Home Dietitian. By Belle Wood-Comstock, M.D. This book fills a long-felt need for scientific instruction in dietetics for the home, discussed in such a simple, practical style that it is suitable for the busy housewife as well as the student of dietitics. The book can be procured by writing the author, Pasadena, Calif., and enclosing \$2 00.

Ministry of Healing. One of the most remarkable books ever written on the subject of health and healing, with instruction for the upbuilding of the Christian home. We have a few copies of this splendid book on hand which we will furnish at \$1.50 each.

The Signs of the Times is a weekly periodical which deals with Bible truth and its relation to the times in which we live. \$1.50 per year. Published at Mountain View, Calif.

The Watchman Magazine. A live up-to-date, illustrated monthly magazine dealing with world-wide current topics from the Scriptural standpoint. \$1.50 per year. Address, Nashville, Tenn.

THREE BEAUTIFUL SACRED SONGS

With Music for the Piano, "The Mountain Flower," "The Wonderful River" and "His Loving Voice." Standard sheet music size, ordinary voice, all three for 50c, postpaid. Order from

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

Entered as second-class matter July 17, 1905, at the P. O. at Hinsdale, Ill., under Act of Congress of March 3, 1879. Acceptance for mailing at special rate of postage provided for in section 1103, Act of October 3, 1917, authorized April 11, 1919.

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D. H. Kress, M. D.....	
Caroline Louise Clough.....	
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The date on the wrapper indicates when your subscription expires. We do not continue any names on our list after the expiration of the subscription, so please renew your subscription promptly.

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

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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.

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The attention of our readers is invited to our valuable premium offers. We are constantly in receipt of most appreciative letters from those who have taken advantage of these liberal offers.

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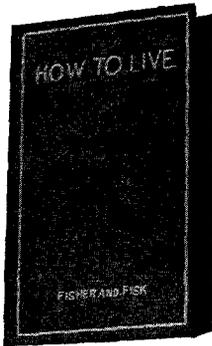
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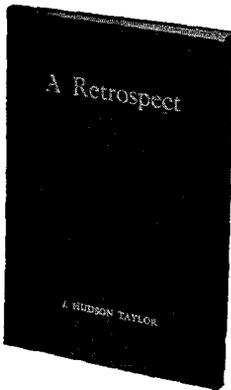
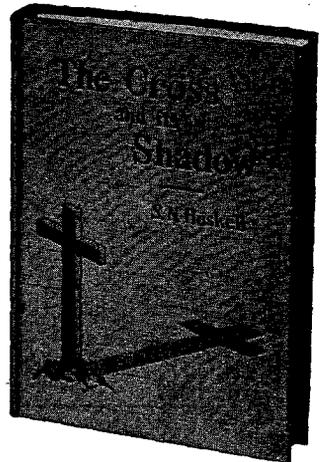


“How to Live, or Rules for Healthful Living, Based on Modern Science”

By Irving Fisher, Professor of Political Economy, Yale University, and Dr. Eugene L. Fisk. Hon. William Howard Taft, formerly President of the United States, has written the foreword and in fact has edited the entire work. We quote the following from the Preface: “A sad commentary on the low health ideals which now exist is that to most people the expression ‘to keep well’ means no more than to keep out of a sick bed.” This book has a splendid chapter on air, another one on food, another one on poisons, such as those due to constipation and those due to infected teeth, etc. A chapter on exercise, one on hygiene; a chapter containing the last word on alcohol and on tobacco, and how to avoid colds; signs of the increase of degenerate diseases, etc. By special arrangement with the publishers we are enabled to offer this book as a premium for two new subscriptions and 25 cents additional. Induce some one to subscribe for The Life Boat the coming year and receive this most excellent book.

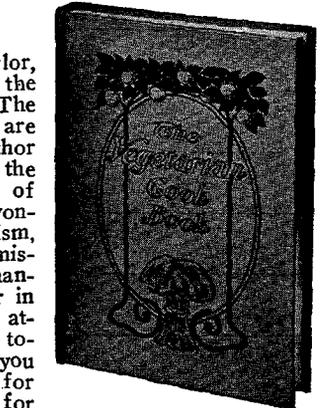
The Cross and Its Shadow

A new book by S. N. Haskell. This book presents the whole Old Testament sanctuary service in a new and living setting. The sacrifice of Christ for us is beautifully portrayed on every page. This book is a marvelous inspiration to a holy life and should be in every home. It contains 388 pages, 50 chapters and 218 illustrations, and will be given absolutely free for only two subscriptions to The Life Boat and 25c extra for mailing. Take advantage of this offer while it lasts.



A Retrospect

This book by J. Hudson Taylor is one of the most thrilling and inspiring books on the market today. We have sold nearly 4,000 of them. Should be read by every young person who desires to be of some use in the world. This red, paper-covered edition can be furnished with one subscription to The Life Boat at \$1.10.



Pastor Hsi

This charming book, “Pastor Hsi,” by Mrs. Howard Taylor, daughter-in-law of the late J. Hudson Taylor, founder of the China Inland Mission, has found such a warm reception by The Life Boat readers everywhere that we are offering it again this year. The author gives in a most fascinating manner the remarkable story of the life work of Pastor Hsi, the man who, after his wonderful conversion from heathenism, founded more than forty medical missionary centers in the province of Shan-Si. His remarkable faith and power in prayer has brought his work to the attention of the entire Christian world today. This book is an inspiration, and you can have it by sending us one dollar for your subscription to The Life Boat for one year.



The Vegetarian Cook Book

should be in every Life Boat reader's home. It is a splendid compilation of valuable recipes for a sane and sensible dietary. If you want to learn how to cook “for health and not for drunkenness” send us \$1.50 for The Life Boat for one year and this useful book. This is an unusual offer.

Life Annuities with Interest

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

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

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

Write for full information and particulars of this plan.

Address

LIFE BOAT RESCUE HOME
Hinsdale, Ill.

Are You Wearing a "Patricia"

A SHIELD TO HEALTH

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

We are now able to furnish the Patricia health garment in stock sizes from 32 to 42 bust measure, made from the very best of materials and carefully shrunken before making. Price \$4.00. Write for further particulars and description of garment.

"Once in possession means never without it."

"Just the Garment for health conservation."

"A splendid step in advance over corset wearing."

WHAT WOMEN SAY OF THE PATRICIA

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

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

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

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

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

Liquid Paraffin

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

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

Prices

1 Pint	\$0.45	Shipping weight.....	2 lbs.
1 Quart75	Shipping weight.....	4 lbs.
2 Quarts	1.25	Shipping weight.....	6 lbs.
1 Gallon	2.00	Shipping weight.....	10 lbs.

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

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

THE LIFE BOAT RESCUE HOME, HINSDALE, ILLINOIS



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

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

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

Are You Contemplating Making Your Will?

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

Why Not Be Your Own Executor?

Give your property while you are alive, to the work that you desire and receive a fixed income or annuity on the same each year as long as you live. In this way you know that 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.

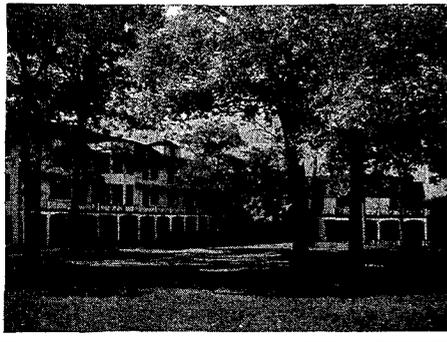
For those who desire to remember this institution in their wills we give herewith a proper legal form for a bequest.

"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

VISIT HINSDALE FIRST



The Main Building

A suburb of Chicago—trains every few minutes—fifty trains a day.

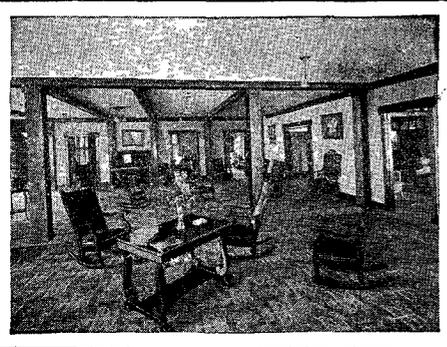
Sixteen acres of virgin forests, fruit orchard, cottages, lawns, shady walks, lawn tennis court.

A work cure department.

Musical entertainments and lectures.

No experiments or medical fads. Common-sense, honest treatment.

Electric light, private telephones in each room, a beautiful outlook from every window.



The Main Parlor

Let Us Send You Our Booklet "Visit Hinsdale First"

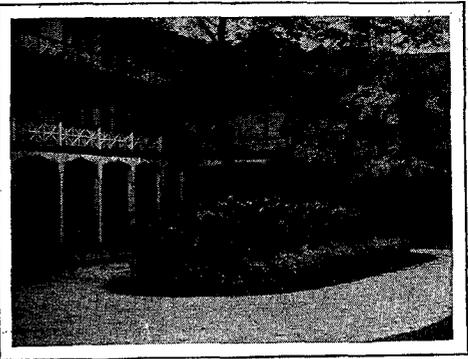
It is completely descriptive and beautifully illustrated. Once you read this book and note the location, the charm of Hinsdale and the ability of this institution to benefit the sick, you will realize that we offer you every possible means of restoring your health and of becoming completely rested, among surroundings that are ideal. Write for booklet today. It is free. Address

The Hinsdale Sanitarium
Hinsdale, Ill.

Phone
Hinsdale 645

Endowed by Nature Equipped by Science

Do not go abroad for what you have at home. Were it possible for you to see Hinsdale as it is, you would come. So pleasant as to attract many guests who have no ailment. Patients are kept so busy getting well that they have practically no time to worry over their troubles. Pleasant, refined associates. Rates as low as ordinary hotel. Atmosphere delightfully different.



The Driveway

Open air treatment, Swedish movements, hydrotherapy, electric light baths and electrical treatments, massage, scientific dietetics, sun baths, the work cure, and sensible health culture, cure thousands of invalids when ordinary means fail.

You will find any of these treatments not only beneficial but delightful and refreshing. We do not countenance routine of baths, the heroic reducing idea nor the starvation cure. Every case is decided on its own merits and treated accordingly. We rely on substantial, simple methods, offer all these features to be rationally enjoyed.



A Glimpse of the Lawn