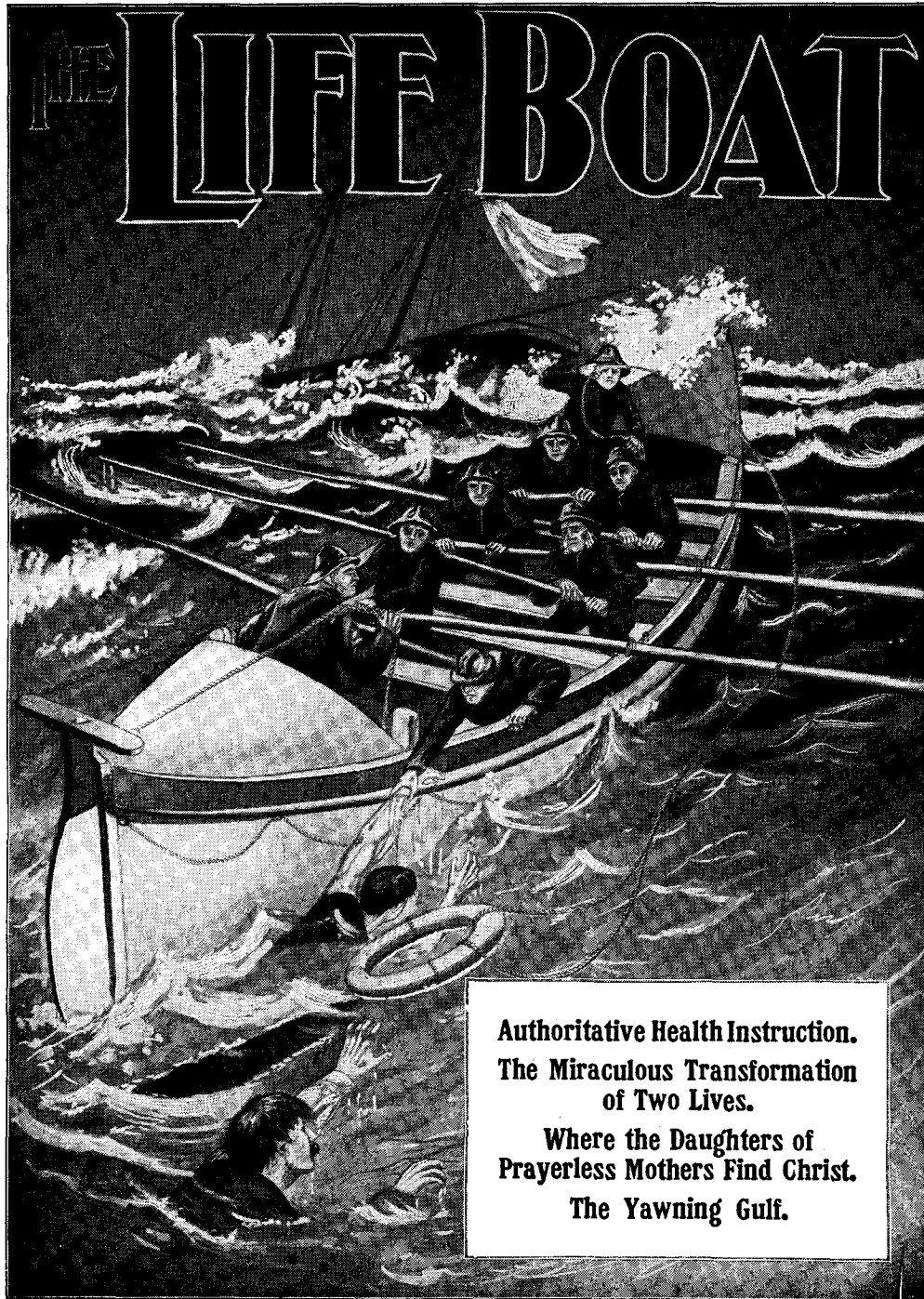


**"They Go From Strength to Strength."—Ps. 84:7**

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**Authoritative Health Instruction.  
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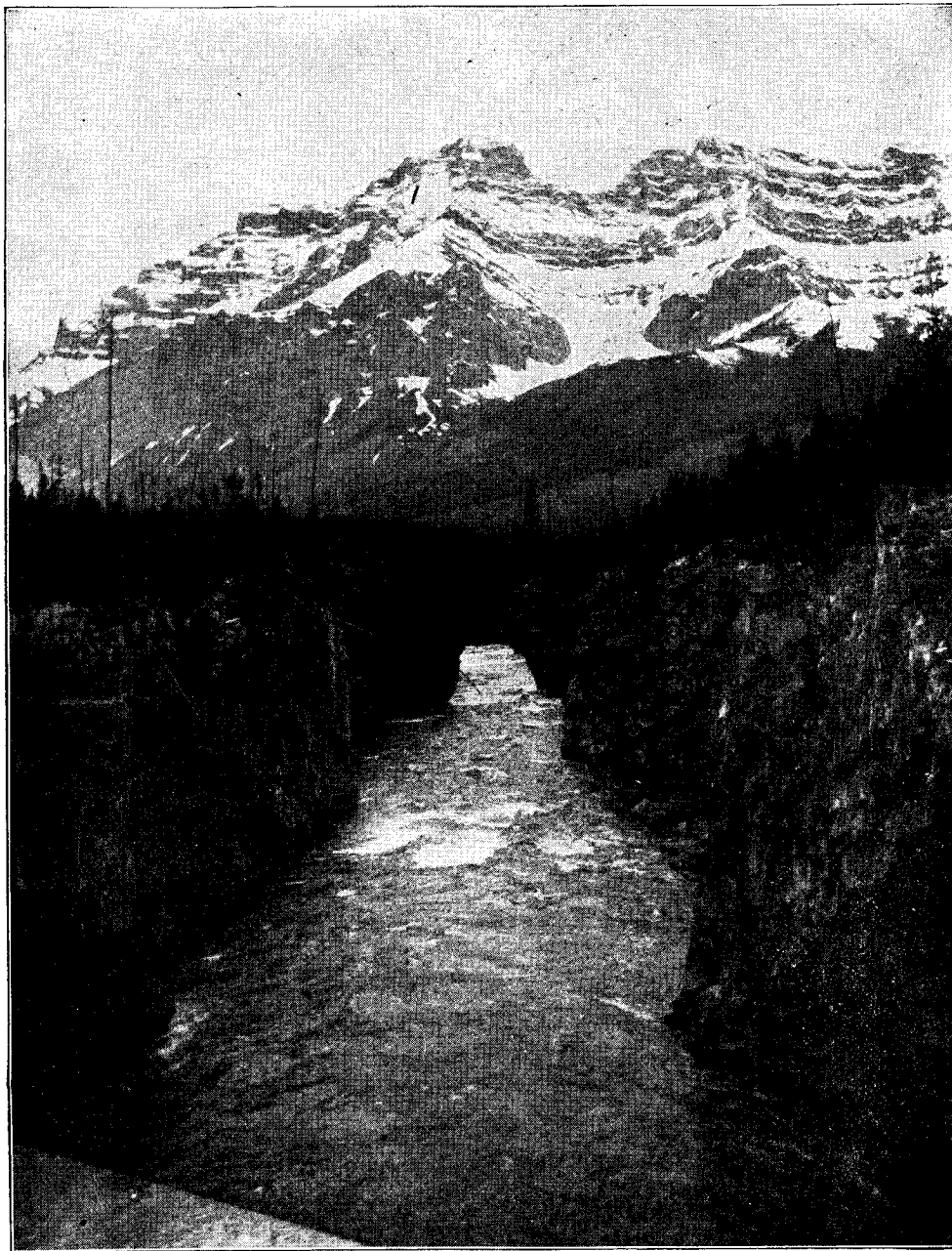
**Where the Daughters of  
Prayerless Mothers Find Christ.  
The Yawning Gulf.**

**Volume Fourteen  
Number Nine**

**Windsdale, Ill.**

**September, 1911**

**Let Your Friends Read This Copy**



AMONG THE CANADIAN ROCKIES.

The above photograph was taken near Banff, Alberta, by Dr. and Mrs. Paulson while on their way to attend the meeting of the American Medical Association at Los Angeles, in June.

# THE LIFE BOAT

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

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Volume XV.

HINSDALE, ILL.

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SEPTEMBER, 1911

Number 9

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## Authoritative Health Instruction

David Paulson, M. D.

As a child I learned to have implicit confidence in the Bible as a spiritual guide, but in every-day affairs and especially in health matters I was more inclined to look to the almanac on the wall than to the Bible on the shelf.

Early in my student days it dawned on me that God was as much the Author of natural as of spiritual law. Then I began to read the Bible from an entirely new viewpoint. When I became a physician I comprehended more fully the enormous amount of sickness and suffering in this world, and it seemed reasonable that God who notes even the fall of the sparrow should also have given to His children substantial health instruction.

This thought led me to study the Bible with fresh enthusiasm, and I soon learned that God does not desire all this suffering and misery, that instead He wishes above all things that we may prosper and *be in health* even as our souls prosper (3 John 3); and in the Bible He has left on record definite instruction how to *attain* this blessed result.

### THE TAP ROOT OF MODERN SANITATION.

It is not generally known that the tap root of all modern sanitation and hygiene can be found in the Bible. For instance: Moses instructed the people that when a porous vessel became contaminated it must be broken, a glazed vessel could be scoured and rinsed with water, while one made of

metal should be passed through the fire. With all our knowledge concerning disinfection we still utilize fire as the only absolutely reliable agent in the most virulent infection.

In spite of all our recent discoveries concerning vaccines and antitoxins we still resort to strict isolation and quarantine in contagious diseases just as Moses directed the people more than thirty centuries ago. See Lev. 13: 5, 46.

The modern preacher instead of being far in advance of those ancient priests is vastly *inferior* to them in medical knowledge, for they could not only offer spiritual sacrifices, but were also competent to diagnose leprosy (Lev. 14:3), and could supervise even the most drastic house disinfection (Verses 40-48).

Unfortunately the ordinary physician today ignores the spiritual welfare of his patient, while the average minister is equally ignorant concerning his physical welfare. It was God's plan that these two ministries should be united, and what He has joined together no man should have put asunder.

### A TEACHER OF PHYSICAL RIGHTEOUSNESS.

When Paul went as a missionary to the heathen Greeks he found that they were remarkably devoted to the development of physical health and beauty. It was almost their religion. But instead of condemning or denouncing their health ideals he *spiritualized* them and taught his Greek con-

verts to regard their bodies as temples of the Holy Spirit (1 Cor. 6:19, 20). He thus established in the Christian church the conception of the sacredness of the human body.

Paul knew how to teach spiritual lessons from ordinary every-day things. His epistles to his Greek converts are saturated with illustrations drawn from the athletic field.

During the dark ages the church lost a knowledge of both spiritual salvation and physical righteousness. The Reformation restored the former but not the latter, so it yet remains for the gospel ministry to teach physical righteousness and to *spiritualize* modern health ideas.

#### BIBLE HEALING.

The first gospel workers were commissioned not only to preach the gospel but to *heal* the sick (Luke 10:9). And the Christian invalids in the primitive church were instructed to call for their spiritual leaders to pray for their restoration (James 5:14). This instruction seems impracticable to many because it is not taken into consideration that the Apostle James wrote to Jewish converts (James 1:1) who were fully conversant with the Old Testament instruction that consumption, fever, inflammation, extreme burning or irritation (Deut. 28:22), which are fundamental pathological conditions present in each disease, are caused by a violation of the spiritual and physical laws that God Himself had established (Deut. 28:15).

These Christian elders also knew that if the sick were inclined to disregard these laws their prayers would not be answered (James 4:3) and would even be an abomination (Prov. 28:9). From the sacred writings they were also fully informed that God *only healed* upon conditions of *obedience* to His spiritual and physical laws (Ex. 15:26). So if they did not come into harmony with the violated law their prayers would be presumptuous. Such a "prayer of faith" (James 5:15) is as effective today, whether the results in the wisdom of God are immediate or delayed.

Every intelligent physician acknowledges that removing the causes of disease is the

most *important* part of the treatment, for then the way is open for "nature," which is only God's healing power, to restore the sick (Ps. 103:3).

The Bible account of the healing of Hezekiah (Isaiah 38) is a capital illustration of that class of diseases that requires not only that the patient cease to violate nature's laws and receive the ministry of earnest prayer, but also the intelligent application of physical remedies. A man who has a broken limb needs not only the comforting assurance of prayer, but it is also necessary to set the fractured bone.

#### BIBLE DIETETICS.

Temperance from the Bible standpoint is more than abstinence from narcotics; it also regulates the dietetic habits. It admonishes the individual to eat and drink to the glory of God (1 Cor. 10:31). It advises us to "eat in *due* season" (that is, at regular intervals), and also to eat for *strength* (Eccl. 10:17). In order to do this we must become intelligent regarding food values.

Such foods as grains and nuts contain a large amount of energy, and so may properly be eaten for strength, while vegetables, although useful for variety and valuable on account of the mineral salts they contain, yet as a class are very low in food value. Likewise fruit, although it contains delightful flavors, wholesome acids and a small amount of sugar ready for absorption, yet has to be eaten in very large quantities to supply an adequate amount of strength.

It is generally supposed that animal flesh is the most strength-giving of all foods. Careful experimentation has shown this to be erroneous. The waste products are stimulating, thus yielding an immediate *feeling* of strength. But in all tests demanding endurance the flesh-eater invariably becomes fatigued and prostrated long before his non-flesh-eating contestant.

The Bible rebukes dietetic carelessness and ignorance in the following words: "When thou sittest to eat with a ruler, *consider diligently* what is before thee, for thou puttest a knife to thy throat if thou be a man given to appetite." Prov. 23:1, 2, Jewish version.

Think of the prominent men all over the

country who are dying from Bright's disease, apoplexy and heart disease. These conditions are generally caused by overwork at the dinner table, so the individual *destroys himself* as truly as if he had put a knife to his throat.

When you are invited to dine with your friends do you eat that which you know will injure you simply because you do not have the courage to refrain for fear of offending your host or hostess? Remember God does not expect us to trample upon our dietetic conscience even when we are eating with a ruler.

Daniel had the moral courage to maintain his health principles when he was fed by the king of Babylon, and God blessed him.

General Booth, the head of the Salvation Army, is a most conscientious vegetarian and dietetic reformer. It is said that when he was invited to dine with President Roosevelt he permitted dish after dish to pass by him untouched, selecting only a few of the simple and wholesome articles that composed his ordinary daily bill of fare.

#### THE ORIGINAL BILL OF FARE.

In the Garden of Eden God established the Sabbath institution, the marriage relation, and outlined man's dietary (Gen. 1:29), but because of the hardness of man's heart many changes were permitted (Matt. 19:8). After the flood when all vegetation was destroyed God permitted the eating of animal flesh (Gen. 9:3). But when the Lord led the children of Israel out of Egypt to establish them in the promised land He Himself restored the original dietetic ideals (Ex. 16:4).

After a time the mixed multitude, or "camp-hangers," became discontented with the divine bill of fare and "fell a lusting," saying, "Who shall give us flesh to eat?" Num. 11:4. This contagion of discontent spread throughout the immense encampment until apparently every family became infected.

Imagine yourself in that great camp of nearly two million people and every one of

those broad-shouldered, husky men, sun-burned by travel, sitting down at the door of their tent and weeping all night long because they disliked the food that God Himself had provided for them (Verse 10).

God never forces His plans upon His children. He never intended His children to become mere machines, so He permitted them to have their way, to their own detriment, as was shown in a similar experience previously referred to.

So He gave them permission to eat the flesh of those animals whose habits were the most cleanly and hence the least likely to be diseased (Leviticus 11).

#### A HEALTH REFORM REVIVAL IN THE LAST DAYS.

But Paul draws a most important lesson from this dietetic experience of the children of Israel when he bids those who should be living in the last days not to lust *after evil things* as they did (1 Cor. 10:6). He specifically states (verse 11) that the experiences of the children of Israel were written for our admonition upon whom the *end of the world* hath come.

Every successful foreign missionary whom I have met believes that the Lord will soon return, because he knows the Master said, "This gospel of the kingdom shall be preached in all the world for a witness unto all nations; and *then shall the end come.*" Matt. 24:14. The great missionary uprising is a modern affair and it is one of the definite signs that we are living in the last days. God's children who shall be alive when Christ returns will be sanctified *wholly*. For Paul prayed that our whole spirit, soul and body be preserved entire, without blame, *at the coming* of our Lord Jesus Christ (1 Thess. 5: 23, R. V.).

So we may expect that in the last days there will be a great revival of physical as well as spiritual righteousness. The time has come for this and a spiritual and physical revival is taking place among God's people. If you have not yet felt it in your life begin to pray, for it is not only due you but it is over-due.



## The Miraculous Transformation of Two Lives

J. E. Caldwell, M. D.

Orlando, Fla.

[The following account of the marvelous transformation of two people who were once engaged in the most nefarious business imaginable but are now living wholesome Christian lives, will be of interest to all, and an inspiration to any one happening to read these lines who is perhaps equally abandoned to sin and iniquity. The writer, Dr. Caldwell, was formerly medical missionary to the South Sea Islands and is now medical superintendent of the Orlando, Fla., sanitarium.—Ed.]

ONE day at supper time the telephone rang and a voice called out:

"Will you give Bible readings to a family down town?"

"Certainly, I shall be glad to do so. Who wants to study the Bible?"

"Oh, I'll take you over when you come down," said the voice. "When can you come?"

"Almost any time," I replied.

"Can you come tonight?"

"Yes, I have no special engagement."

Thus it was arranged, and when I reached the home of my faithful Christian friend I was taken across the hills on which one of the cities of the south is built, and was introduced to a family who lived in a well furnished house in a good neighborhood.

The husband and wife, Mr. and Mrs. Finley, were both at home, and we at once began our study of the Bible. Mrs. Finley was very much interested, while I could see that Mr. Finley was both amused and bored, and perhaps slightly interested.

At the close of a season of prayer following the study Mrs. Finley was eager for another appointment. The hour agreed upon was late in the evening, for they were merchants; both husband and wife worked in the store down town and could not leave until closing time.

When my friend and I started home I was told that twelve or fifteen years previous Mrs. Finley had enjoyed the privilege of Bible study under a faithful and earnest teacher. At that time she had for a season abandoned her sinful habits, but had soon after yielded to the surrounding influences and had returned to a life of sin and shame. Yet during all these inter-

vening years she had shown that some love of the truth lingered in her heart, by buying papers and books from time to time that told her of the love of God and the soon coming of Christ as revealed in the Bible.

Later I learned from the family and others that Mr. Finley had been a saloon keeper for twenty years and had represented the liquor interest of his ward on the city council, a part of this time having been on the police force of the city. He knew no fear of men, and being both intemperate and passionate had sometimes used the most brutal means of ridding his saloon of half drunken men who became obnoxious to him.

Since his conversion he has told me, his voice trembling with emotion, of the various instances when being violently angry and crazed with liquor he had wanted to kill, when only the providence of God, as he now viewed it, had kept him from becoming a murderer. Surely, as the Bible says of angels, they are "all ministering spirits, sent forth to minister for them who shall be heirs of salvation."

The life history of Mrs. Finley had been no brighter than that of her husband. For many years she had been known as one of the most capable and popular sporting women of the city. She was engaged in that business when at the first the gospel was brought to her as above mentioned. Her reputation was that of a smart, bad woman. Love of money-making had been her ruling passion, and as proprietor and manager of a popular sporting house her place was known as one of the best patrons of the saloons. This gave her abundant opportunity to indulge her love for

money-making, though she did not seem to care to hoard it and was often very liberal in giving to those whom she found suffering.

Appointments were made and our Bible studies continued. A few weeks later revival services were held in the church close to their house and Mr. and Mrs. Finley attended,—the first time such a thing had ever been known. The Word by this time had gained a powerful influence over their minds, and they yielded to the Spirit's pleadings and asked for prayers. They then continued their Bible studies with more interest than ever before. Under the influence of the Word they began to reform their habits. Mr. Finley first gave up his liquor, then his beer and tobacco. Later his coffee was given up and finally, after the hardest struggle of all, he left off his pork. In these reforms Mrs. Finley was not behind her husband but stood by him at every step of the way, to encourage him and to enjoy the final victory over every evil way.

They were a happy family indeed when they found themselves free from all their former bad habits, with all their sins forgiven, and rejoicing in the Lord.

Tempted? Yes, most fiercely tempted. The withdrawal of so many kinds of powerful stimulants at once would be hard for any one. He was a fat, sleek saloon keeper weighing two hundred and twenty-five pounds, and his reform brought to him hours and days of depression that nothing but divine power could withstand. At that time he was a novice at prayer, but he prayed realizing that it was a matter of life and death.

He afterwards said to me that he had repeatedly made up his mind to tell me that I need not come to his house to study the Bible any more, intending to give up the struggle entirely. But at my next visit something new would excite his interest and he would revise his decision and decide to say nothing until he had taken another lesson.

Thus they passed the time, studying three times a week, until the winter was gone. Then they began closing their

store on the Sabbath, and both of them commenced to attend church. The following August they were baptized, having completely won the confidence of both the church and the entire community, even of those who were not friendly to religion.

During this time the temperance wave struck their city and they took a firm stand with the "drys." Of course that engendered the ill will of some of their former associates, but they stood for principle, though it jeopardized their business as well as some friendships. Moreover, they became more earnest and active missionaries, spending all their leisure time distributing tracts and religious papers among their store customers.

This occurred four or five years ago, and they are still missionaries earnestly spending their time and strength for the welfare of their fellow men.

When they were converted the question arose as to what they should do. It would be impossible to go where they would not be recognized, for their acquaintances were scattered all over the country and they might at any time meet some one who had known them at home. They finally decided to remain in their own city and live down their old reputation. So they opened a store only a stone's throw from their old stand. How well they succeeded in living down their ill fame has already been told.

They were probably the most unpromising subjects for reform, to all human judgment, that the entire state could furnish, and we may well believe that Satan did not willingly give up those whom he had counted among his own best agents and surest slaves.

There is no reason to think that these two people had any advantage in God's eyes over others. He is equally anxious to help all who really want to reform and be redeemed.

"Shall the prey be taken from the mighty? . . . But thus saith the Lord, 'Even the captives of the mighty shall be taken away, and the prey of the terrible shall be delivered.'" Isa. 49:24, 25.

(Note: Any one wishing the address of Mr. and Mrs. Finley can secure it by addressing THE LIFE BOAT.)

**BRINGING CHEER INTO A SAD BASEMENT HOME.**

RUTH STAPP.

[Every nurse in the Hinsdale Sanitarium Training School is expected to spend at least one month during her training in connection with the Life Boat Home in Chicago, visiting the sick poor and in other ways helping the needy. The following is from Miss Stapp, who has recently returned from her month's appointment in Chicago.—Ed.]

If there is one work above another that

has appealed to me it is missionary work. It has always been the highest ambition of my life to be a real missionary, and I enjoyed so much the month that I spent in Chicago visiting the poor and needy. One evening the visiting nurse came in after she had been out selling THE LIFE BOAT. She had the addresses of several homes where help was needed, and related to us the needs and conditions of each of these homes.

One elderly woman she said had a stroke

**SUBURBAN CHILDREN AND THEIR PLAYMATES.**

The children of the country have every advantage possible over the poor children in our large cities. The beautiful domestic animals form natural companions for them in their play. We find that the children of the slums as a rule have no tender regard for these animals. If a stray cat or dog should happen to fall into their hands it would soon die from the abuse it received. The child is unfortunate who has been trained to disregard the life of the lower animals. Love and respect for the brute creation is a heaven-born gift no matter where found.



of paralysis and had nobody to care for her with the exception of another lady who lived in the same house and who was kind enough to come in and do what she could. The visiting nurse asked if any of us would go over and stay with her. So that night two of us went and stayed all night.

She lived in a basement and had but one room besides a cellar. Her home was not kept up as it should have been. Her husband was almost helpless, too. We had a nice talk with the neighbor who was taking care of her and she asked us a good many questions, which opened the way for us to tell her of some of our ideals. The next morning before we left we gave the room a good thorough cleaning. When the lady upstairs came down her eyes opened with astonishment. We talked with her about the importance of cleanliness and its relation to a high moral life. Then we left and promised to come back the next night.

We had many such experiences and it proved to me that there is no end to the opportunities we can have right near us in the city of Chicago.

#### FROM THE LIFE BOAT HOME

MRS. HANNAH SWANSON.

528 Thirty-third Place, Chicago.

Some very sad also interesting things have happened in our work since writing my last article. First I will tell you about two girls I met this last month. Both came from country towns in the same state. Both have fathers who married second wives. Both claimed they had to leave home owing to their stepmothers. Although they had never met, these cases were almost parallel until the testing time came. Then one cast herself into the mighty whirlpool of sin, while the other stood bravely for what was right. Both came to the city, took positions as office help, and not having the necessary business acquirements each only received six dollars per week. After paying for board, room and carfare very little was left.

One met a friend who claimed to be interested in her. She listened, and fell, gave up work altogether and became a "girl on

the street." She contracted an awful disease before she seemed to realize the enormity of her sins. She said to me, "I can not understand why I did it. I seemed to lose all the sense I ever had." She said the first time she had prayed for years was when the doctor told her the nature of her trouble. She said she was tired of the old life of sin and its consequences. I advised her to go to an institution where she could get proper treatment, then come back to us.

With her meager salary, the other young woman soon got behind on her room rent and was told she must get out. When she came to us she said, "Oh, how nice it is to think I have a little rest from worrying about how I am going to meet expenses." She stayed with us two weeks. She wants to get a better education and we have found a good home for her where she can work for her board and room while going to school. She is working now to fit herself up with clothes for the winter so she can attend school. She said she always wanted a better education but her father thought only boys needed to go to school, and would not let her go all the time.

I might also tell you of a woman who came from Pittsburg with a little three-year-old girl. She had spent all the money she had in trying to get work. After being with us two days she secured a position.

We have a young woman in the home now who left her baby with a family to keep for a time. She knew nothing about them, and when she went back to see her child they had moved away. Now she can not find them.

The Lord certainly is in our midst. Everywhere can be seen His mighty power. Though Satan tries hard to win victories he is many times vanquished.

Brother and Sister Hart have connected with the work, for which we are very thankful. You will probably hear from them later. Pray for us all that we may be found faithful, that when Jesus comes we may hear that "Well done, good and faithful servant."

## A Letter from an Ancient City

Riley Russell, M. D.,

Soonan, Korea.

[In response to a previous letter from Dr. Russell asking for help to equip a dispensary in that needy land, the workers of the Hinsdale sanitarium responded by sending some sixty-nine dollars. The following interesting letter was received in reply to this gift.—Ed.]

I AM in Pyeng Yiang tonight. This is the time when I try to catch up with my correspondence, as I must come down here about once per month to do some shopping.

The old wall around this place was built when David was a boy. The river gate near to where I am staying is twenty-two hundred years old. King Kigi, whose grave is just outside of the wall, was reigning while Samuel was prophesying, and had been on the throne thirty years when David was made king. Pyeng Yiang was the capital up to five hundred years ago. Since then Seoul (the cesspool of the Orient) has been the capital.

Satan is worshiped here openly and many shrines are erected for this purpose. He certainly has successfully ruined this country, for as you read of Korea you will hear or see such remarks as "Poor old Korea," "The football of the Orient," etc.

As in all heathen lands, the poor women have a hard, hard time of it. How many times Mrs. Russell and myself are made to wish for the end of the reign of sin and for deliverance for these poor captives.

As for morality, it is a rare thing in the Orient. As in all the world, so in Korea, there is only one remedy,—the everlasting gospel of Jesus Christ in all its beauty is calling out a people and making them ready to become subjects of the new earth.

During the last three weeks I have had the blessed privilege of baptizing twenty-five souls. I have been going out every Thursday and staying until Sunday visiting the people, out in the country sometimes. I walk twenty to thirty miles, often in the mud, eat rice only, and have no bed but a mud floor, but I have never enjoyed anything so much in my life. God

is opening doors before us in a marvelous way.

We had last winter a patient, a woman with paralysis, who recovered and she and her husband and mother are now rejoicing in the gospel of Christ. At the close of a three days' meeting in Mo Rak Dang Ko Re last Sabbath five were baptized, and after a study on the judgment fifteen, mostly adults, raised their hands as desirous of getting ready for that time. I felt impressed especially to urge the people to "get ready, get ready, get ready."

We need a graduate lady nurse with a good Christian experience and *sound* health, one who is not afraid of sweat or of walking in the mud. Such a one feeling the call of God to this work could have a most blessed experience in Korea.

At present I am principal of the boys' school. We have forty-five boys, and ten in the church school. They have no money so we run a forty-acre farm, and I put in about two hours per day in the field with them, plowing, sowing, etc. Soon they can do it alone, I hope. Then I have the north third of Korea for my territory with about one hundred church members and four hundred Sabbath keepers, with fifteen scattered companies. Only three of them are on the railroad. The others have only little trails running to them,—no roads, no bridges.

Then in the dispensary we have had up to June first, this year, twenty-seven hundred patients. We have turned away everything of a surgical nature that we possibly could. We just bought another little Korean house for forty dollars, where we can now keep patients.

We at the Soonan station thank you most

heartily for your donation, and when we get our little dispensary we will use it for that for which it was sent and report to you again. We need the equipment just now very much, but as it is impossible to put in much of a bath arrangement in a mud house, and not wishing to squander any money, we will wait until after the rainy season which will be on us before you get this. Then for one month or six weeks patients can not come.

#### A WORD FROM THE WINONA TREATMENT ROOMS.

O. C. DURHAM.

Few nurses realize what it means to run a sanitarium or what it costs in money and effort to gain and hold patronage. Since it is impossible to buy experience at a grocery store many never appreciate the work of those at the head of such an institution and thus fail not only to give their best service but to get all the course should hold for them. We learn to swim by swimming. How differently we regard a meal we now have to earn, to the ones we so carelessly sat down to at the family board!

Our task here was to take some Turkish baths that had not been used lately and

turn them into sanitarium treatment rooms. In taking the task for the summer I saw only blank possibilities. Now many of the blanks are labeled and some are fast filling out. While many things were here when we arrived, yet it took some pulling to get the numerous little things we needed and to have hot and cold water and light insured. Then there was advertising to do. As the season is only ten weeks long what is to be done must be done in a hurry. But after all, our satisfied patrons are our best advertisement.

In this work one has to be his own manager, secretary, bathroom help, and to a large extent doctor. Nor is that all. I had to put three systems of call bells in as we could not afford a phone. I studied out the hot and cold water supplies, and went over the electric wiring; had a steam cabinet wired and fitted for an electric light cabinet. There is plenty to do besides applying fomentations.

A small percent of the people of the Park are men, and most of them are busy, so my treatments come in the late afternoon and evenings. I have had several emergency treatments.

All seem pleased to know what we are doing whether they patronize us or not. The Lord is blessing us.

## The After Current

Pearl Waggoner

I watched a ship far out from land  
Till it was seen no more;  
The lake resumed its erstwhile look,  
As tranquil as before.

'Twas only water everywhere—  
No trace seemed left behind,  
And nearly had its memory  
Passed even from my mind.

"How like to life!" I idly mused,—  
"Some lives so small appear—  
Effect so little,—it would seem  
They scarce were needed here."

Then lo, I heard, as if it came  
In answer to my thought,  
A sudden sound which to my heart  
A strange contentment brought.

The waters roared upon the beach,  
The waves dashed wild and high,—  
The after-current from the boat  
So long ago passed by.

But who would think that one lone ship  
Such mighty change could make?  
That so tumultuous, great a swell  
Could follow in its wake?

And would a life—no man-made thing,  
But made and planned of God,  
Leave less behind it, or exert  
An influence less broad?

No life there is but leaves its mark  
For good or else for ill.  
Although the worker be forgot  
The work shall live on still.

No kindly thought or deed or word  
Shall e'er forgotten be,  
But reach to other hearts and live  
Through all eternity.

Across life's sea they still shall roll  
Till, reaching yonder shore,  
Like waves they'll break in music sweet,  
To echo evermore.

## Man's Conquest of the Air

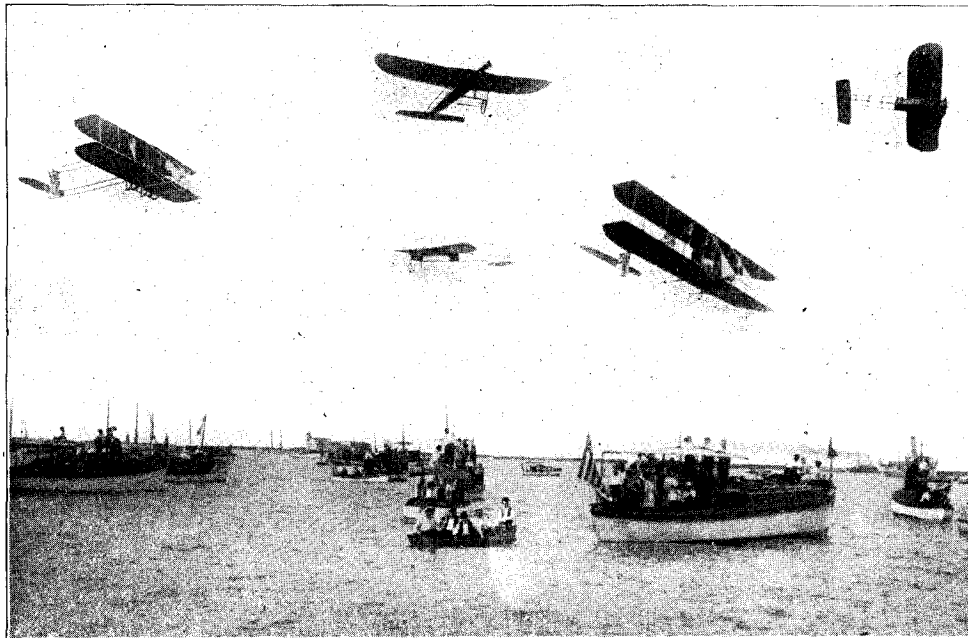
David Paulson, M. D.

A GREAT airship exhibition, or "Aviation Meet" as it is called, has been held in Chicago during the past week. It is the most wonderful and spectacular thing of its kind that has taken place. To see a dozen or more airships sailing through the air at the same time and apparently under perfect control, indicates conclusively that God has permitted man to make one more great conquest,—that of the air.

This remarkable and unusual exhibition drew the greatest crowds since the World's Fair. To observe a hundred thousand peo-

a sense almost similar to that which must have inspired the people who stood by applauding the enterprising builders who constructed the ancient Tower of Babel.

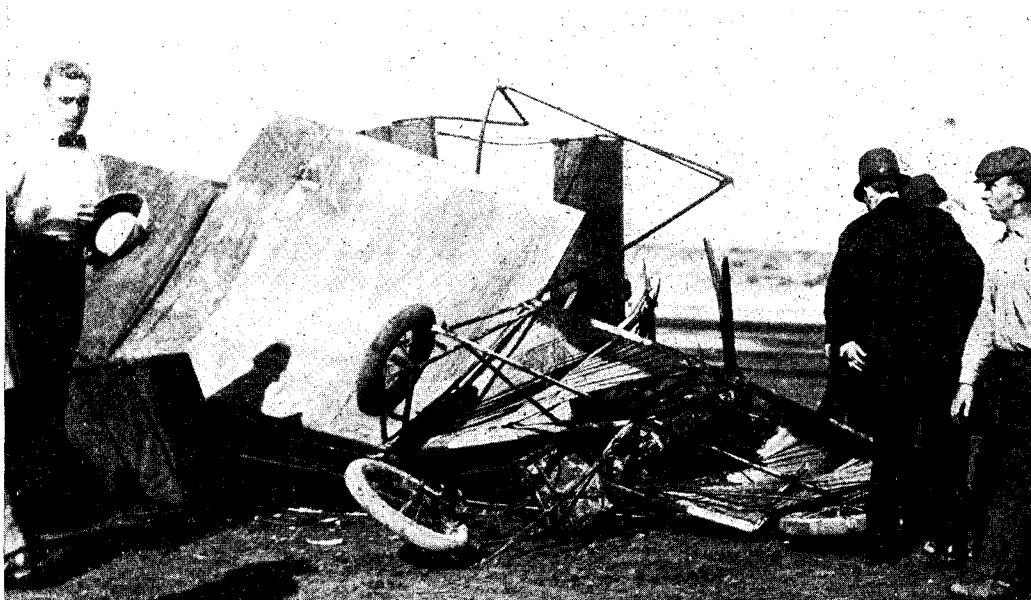
That God has some wise purpose in permitting men to attain the supremacy of the air is undoubtedly true. But man is already beginning to plan how it can be used in military service. Indeed one of the most spectacular feats in this aviation meet was throwing bombs from a great height upon the decks of a vessel. It does not require a very vivid imagination to compre-



VIEW SHOWING A FEW OF THE AIR SHIPS FLYING OVER LAKE MICHIGAN DURING THE CHICAGO AVIATION MEET.

ple looking up and applauding this latest triumph of man was a truly significant sight. I was deeply impressed that there was but little thought of God and things of heaven in the minds of this great multitude. It was really in the last analysis a glorification of the works of man, and in

hindsight for what death-dealing purposes airships can be used in coming years. For, in spite of all this talk of peace and safety, nations are arming themselves to a standstill. These great navies are not being constructed for toys or playthings. They will all have their part in the coming



WRECKED AEROPLANE UNDER WHICH WILLIAM R. BADGER MET HIS DEATH. AUG. 15, 1911.

battle of Armageddon.

In one single day of this aviation meet two daring aviators lost their lives. The

most startling feature of it all was the seeming indifference of that great multitude of human souls who were spectators



MEMBERS IN A VAIN SEARCH FOR ST. GEORGE JOHNSTONE'S BODY AUG. 15, 1911.

of this tragic feature. An editorial in one of the leading dailies in commenting on this fact said that the audience had already become Roman in character. It is well known that the ancient Romans not only were not shocked at the death of some of the contestants in the arena but the destruction of human life actually lent a desirable *relish* to the occasion. It would not be fair to say that the audience who saw these men die had reached that stage, but that they are well on the road to it it is impossible to deny.

The management, instead of declaring off the exhibition after this terrible sacrifice of human life, announced that it was a part of the *necessary* price that had to be paid for progress in conquering the air.

I could not help but think how many of us who have the burden of human souls upon our hearts and lives feel just as willing to make a similar sacrifice, if necessary, to make progress in snatching souls from the enemy's grasp and bringing them to the feet of the Master.

## The Yawning Gulf

M. H. Serns

528 Thirty-third Place, Chicago.

A FEARFUL gulf is being made between many people and God. It is not God's wish that this should be so, for He is not willing that any should perish but that all should come to repentance. But man is setting the trap for his own destruction. Whoever deliberately slips the noose of a rope about his neck is considered insane; but many of the very class who consider this one insane are slipping as bad a noose about their own necks. But, you say, in what way are they doing this? By rejecting the offers of mercy and pardon; by disregarding the call to a more abundant life in Jesus.

But why the making of this awful yawning chasm? God says to the Christian, "Because iniquity shall abound, the love of many shall wax cold." Matt. 24:12. This would not be if you had rolled all your burdens upon Jesus.

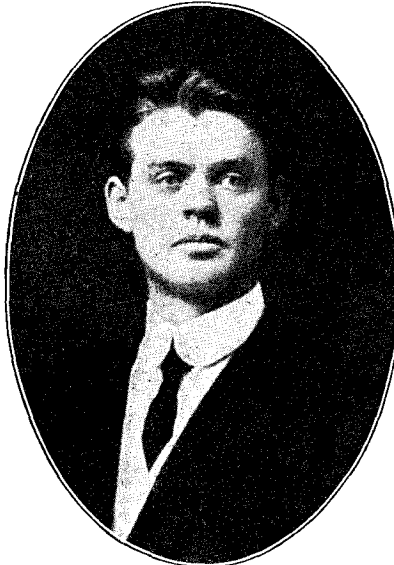
To the other class the Lord has said:

"But evil men and seducers shall wax worse and worse, deceiving, and being deceived." 2 Tim. 3:13. Remember this is not God's will, but it is sinners who do this. Turn from your evil ways, for why will ye die?

"This know also, that in the *last days* perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, truce-breakers, false accusers, incontinent, despisers of those that are good, traitors, heady, high minded, lovers of pleasures more than lovers of God, having a form of godliness, but denying the power thereof; from such turn away." 2 Tim. 3:1-5.

Here we have a catalogue of eighteen sins applicable to both classes. They are "ever learning, and never able to come to the knowledge of the truth."

I will now present some facts which will



M. H. SERNS.

**DOES THIS FIT YOUR CASE?**

CAROLINE LOUISE CLOUGH.

"I find that I am treated better and respected more by the people of the world than by the so-called professed Christians. I have tried over and over again to be a Christian, but somehow it seems I never fully succeeded, although I have tried hard enough, I think. Now I have let my mind relax. I have stopped trying and I find that life is really worth while."

The above is quoted from a letter received recently. Thinking possibly there might be some one read these lines who is also discouraged in the Christian life and who finds *temporary* rest outside of Christ, I wish to say that you will have a good time and the devil will let you alone so long as he knows that he has you.

The reason why you think you are treated better by the people of the world than by your Christian friends is because your Christian friends are interested in your soul's salvation and hence take the trouble to point out to you your faults and mistakes, while the worldly friend has no such concern.

Possibly you have tried to serve Christ in your own strength, and so when with worldly people you have drifted with the tide. You must experience for yourself what it means to have Christ *abiding within* if you expect to stand amidst temptation.

You can relax in Christ Jesus, for He says, "Come unto Me, all ye that labor and are heavy laden, and I will give you *rest*." Matt. 11:28. There may be something that is blocking up the way between you and God. If so, you know what it is. God can help you to get rid of it if you ask Him.

Perhaps you have become discouraged and feel you have been mistreated. If so, read Jer. 12:5: "If thou hast run with the footmen, and they have wearied thee, then how canst thou contend with horses? And if in the land of peace, wherein thou trustedst, they wearied thee, then how wilt thou do in the swelling of Jordan?" It is only by overcoming the trials that we meet day by day that we develop strength of character. Do not by your actions crucify the

Son of God afresh and put Him to an open shame (Heb. 4:6).

**SOUL-WINNING WHILE ON A BED OF SUFFERING.**

The following is from an earnest Christian woman who, like Mary Magdalene, loves her Lord much because she has been forgiven much. Ever since her remarkable conversion some years ago, she has worked untiringly for her Master. She has recently had to undergo a very serious surgical operation, yet while enduring so much suffering she has thought only of the salvation of the souls of those about her. This reminds us of Paul's exhortation: "Preach the word; be instant in season, out of season." 2 Tim. 4:2.

"I want you all to remember me especially in prayer at prayer meeting, that I may be restored to health to work for God and humanity if He wills. God is using me here on my sick-bed to talk to the nurses about their soul's salvation. Oh, what a privilege! Then I give away some tracts and LIFE BOATS. As I lie here I have a chance to do some thinking and some praying as I never have before. If it was not for the Lord I would not want to live.

"When I was coming out from under the anesthetic I was singing 'I'm a Child of the King.' I know the Lord was with me in my operation and guided the knife and gave wisdom and judgment to the doctors. It is wonderful to me what the Lord has done for me and I want to show my love for Jesus by loving and serving Him better. I love Jesus because He first loved me."

The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light. Rom. 13:12.

Those desiring to enter the October class for Bible-working nurses should write at once for further information. Address either Dr. David Paulson, Hinsdale, Ill., or M. H. Serns, 528 Thirty-third place, Chicago.

## What Was Said About the Sermon

Dr. A. M. Brodie

AT the close of that wonderful sermon on the mount by our Saviour recorded in Matt. 5, 6, 7, we find these words in verses twenty-eight and twenty-nine of chapter seven: "And it came to pass, when Jesus ended these words, the multitudes were astonished at His teaching; for He taught them as one having *authority*, and not as their scribes." R. V.

Those people began making comments on the sermon just as people do nowadays. We are told that they were astonished. Let us look through that sermon and find what they were astonished at. Here is a teacher that comes and compels them to listen. Some say, "Why, you know that preacher just hit me where I live. He seems to understand my case exactly." He was a different teacher because He had such a marvelous insight into human nature, and He had remedies for all the ills of mankind.

They were astonished at His particular order of religious service. They were accustomed to worshipping in the temple where the priests with their robes and gowns went through with a certain set form. But this Preacher came with another method of worship. He said, "You can worship God in the field and on the hill side. You must worship Him in the *heart* and in *spirit* and in *truth*."

They were astonished at what He said about the money they were putting in the banks. He said: "Don't lay up treasures upon earth. Lay up treasures in heaven, where thieves do not break through and steal."

Then they were astonished at His method of greatness. Some people think they are great according to the number of servants they have. That was not the Master's idea. It is not the number of people serving you but the number of people *you can serve* that determines your greatness. Jesus was the greatest of all because He was the servant of all.

Then Jesus had a new method for the world's conquest. Men had conquered the world with the sword, but He conquered it with love. Love is the greatest thing in the world.

They were astonished because Jesus said the kingdom was for all men. They thought it was for the Jews only. But Jesus broke down the fences and extended the kingdom to all the world.

The greatness of Jesus was that of character as over against office. The scribes were the office holders, they were the authoritative teachers. They were the direct descendants of other officers. Jesus did not pride Himself upon His family. He never taught about the schools. He never said, "I have certain degrees," etc. No set of church members ever got together and ordained Him as a minister. He came down from heaven. He recommended character.

Notice the difference between character and position. It matters not whether you occupy this position or that, your life must have the true ring. People know genuine goodness when they see it. When they heard that Man Jesus speak, they said, "There is a difference between that Man and our scribes. *He* speaks with authority."

### PEDDLERS OF OTHER MEN'S IDEAS.

The scribes were peddlers of *other* men's thoughts. They did not have an experience for themselves. It was like stage play. When Jesus said, "My Father," they knew that God was *His* Father. When the scribes got up and said, "Jehovah," it was like talking about a machine somewhere. When Jesus talked about heaven and the world beyond He talked as if He *knew*. It was the authority of knowledge, of actual experience, over against simple tradition; the authority of *love* over against indifference. The scribes interpreted the law to people but they themselves did not *live* the law.



They did not have any sympathy with the poor outcast.

There never was a sick person brought to Jesus but what He healed him. There never was an outcast appealed to Him but what he received attention. Little children came to Him because they saw He was tender and loving. All classes came to Jesus. They found tenderness and sympathy and love and healing.

Now, dear friends, how are you and I to be followers of Jesus? Shall we be teachers with authority? The first thing we shall have to have will be *goodness* and *purity* of life. I do not care how many books you study, unless you have goodness and purity of heart you can not be a true follower of Jesus.

#### THE DIFFERENCE BETWEEN A YOKE AND A COLLAR.

The second thing is knowledge. Jesus said, "If you want to get knowledge, come to Me." He says, "Take my yoke upon you." Do you know the difference between a yoke and a collar? You put a collar on a horse, but you put a yoke on a pair of oxen. There are a lot of people going through life wearing collars and chafing under their burdens, but Jesus said, "Wear my *yoke* and I will get under the other side. My yoke is easy and My burden is light. Take off the collar and get into the yoke alongside of Me."

Your work will be of value just as it is tempered with love. We can not "bear all things" without love—not our own love, but the love of Christ. I do not care what it is you do, if you are doing it for the Master it will be easy. It is not the putting on of any robes, not having the hand of any bishop placed upon your head, but it is just having the love of Christ in your heart.

They were astonished at Jesus, and if you and I have that love of Jesus in our hearts then the people will be astonished at us too, because we teach with authority—the *authority* of character, the *authority* of knowledge, and the *authority* of the love of God shed abroad in our hearts.

"Go ye, therefore, and teach all nations.  
. . . and lo, I am with you alway."

#### WANTS A CLEAN HEART

(From a Minnesota Prisoner.)

"I thought I would write you a few lines to let you know that I received THE LIFE BOAT all right. I am more than delighted with it for it brings happiness to me as I am a convict in the Minnesota state prison. Some time ago some one sent me a LIFE BOAT and I read it and thought it was the best book I ever read. I am sending you five dollars. You will get it some time this month, and will you please put it to best advantage.

"I am doing the best I can, for since I came in here I have learned to love our Lord and Saviour Jesus. He has made me clean. When I was out in the world there was not a more dirty and sinful man than I was. When I first came in here I was just as bad as when I was out in the world, for my sins had such power over me that I had almost gone under. I thought I was sick, so the doctor here gave me some medicine, but that did not help me. And not until I got down on my knees and put myself in God's care and asked Him to take these sins away from me did I get rid of my sins and get peace in my heart. Now I love to read the Word of God three times a day, and I don't forget to pray night and morning.

"I had one more bad habit and that was tobacco using. About two months ago I disobeyed one of the rules of this place and my tobacco was taken away from me for two weeks. It made me so angry I didn't know what to do. If I had been on the outside I would have had a fight with the man who took it away. But I asked God to help me to give it up altogether, and now I don't think of it. I thank the good man for taking the tobacco away.

"I am serving four years, but I don't care if I never go out in the world again so long as Jesus keeps me clean of heart. All the old things I used to love and crave I now despise and hate. I ask you to remember me in your prayers, that Jesus may keep me clean in heart. I know He will bring me through in the light of life everlasting, for He says, '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. I have proved myself that Jesus saves, and I hope some other poor soul may see Jesus as I did and get in touch with the Bible. He then will not

think of the iron bars that are between him and the world, for 'where Jesus is 'tis heaven there.' Life is short and it makes no difference where we are if we only learn to love Jesus."

## Where the Daughters of Prayerless Mothers Find Christ

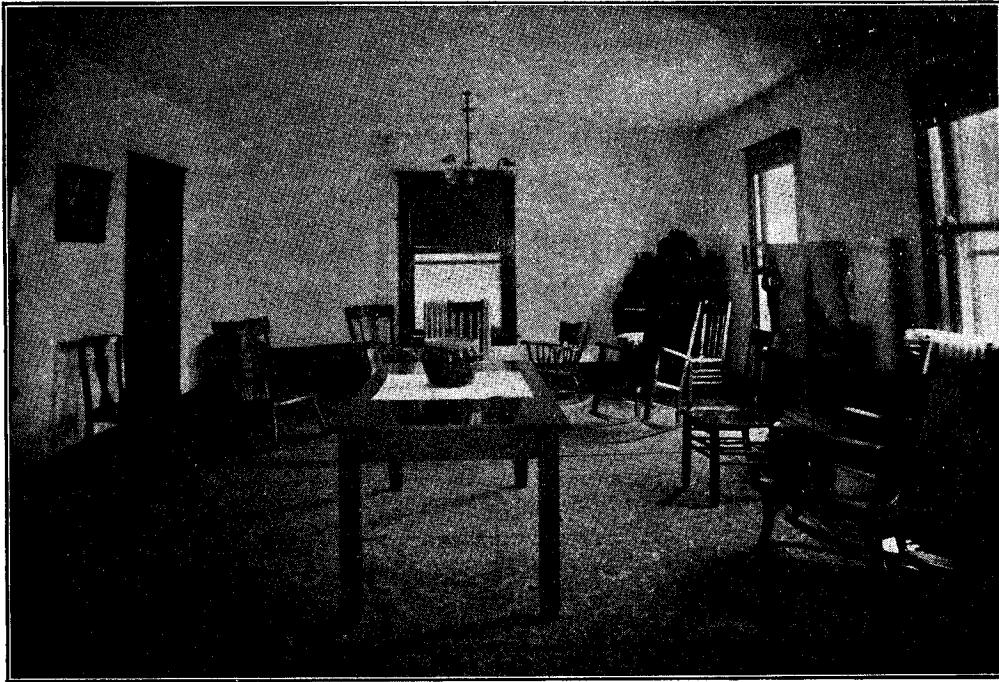
Mrs. Alice Hathaway

Life Boat Rescue Home, Hinsdale, Ill.

I FEEL that I have found a field where I can labor for the Lord, and I am happy in the work. I want to tell you the experience of one of our girls who has been in our home some time and who became converted since coming here. She said that she had been converted some years ago in the Salvation Army, but that she

did not understand things as she does now, and she soon backslid. When she first came to the home she said she thought the Lord would never accept her.

She said: "When I got here I found such a Christian influence in the home that I began to feel perhaps there was some hope for me after all. One night Mrs. Clough



THE LARGE PARLOR AT THE RESCUE HOME WHERE THE GIRLS ASSEMBLE TO BE TAUGHT FROM THE WORD OF GOD.

came down from the sanitarium and gave us a Bible reading. I surrendered all then and there and determined to follow the Lord. After that I began to feel as though not much attention was paid to me and I did not make advancement as I should, but recently the Spirit of God has in a special manner come into the home and I have renewed my experience."

This young woman is now going to be baptized. She has always had a very hasty temper, but I feel that she is overcoming it. I asked her how she succeeded in doing it and she said, 'When I am tempted I say, 'Get behind me, Satan,' and in this way I overcome."

When Sister Whisler and I took the immediate charge of the home we felt very weak and inefficient to do the work the Lord wanted done; but we made a vow to the Lord that we would do the best we could, and in the morning we go apart by ourselves and ask the Lord to give us strength for the day.

One morning after I had asked the Lord to help me say something at morning worship to be of help to the girls, I went in to worship, and after singing the song, "When There Is Love at Home," instead of reading the scripture chosen I talked from the text the song was based on. I do not remember what I said, but the Lord helped me. Every girl was in tears, then we had a testimony meeting and each one present requested our prayers. We could just feel the influence of the Spirit with us. There was not one girl present but felt there was hope for her.

One little girl's mother came to the home to visit her daughter and she attended the morning worship and knelt down with us. Afterward the girl came to me with tears in her eyes and said, "This is the first time I ever saw my mother kneel in prayer."

One of the girls who has gone to live with her sister came back to see us, and I asked her how she was getting along. She said that her sister made fun of her religion and whenever she would happen to sing a song would say at once in a sneering way, "Where did you learn that? At the Home?" But the girl said, "I don't

care; I am going to *stick to it* and I believe the Lord will help me."

The girls at the home appreciate having some one come in and sing with them, as they do not get out and time hangs heavy on their hands sometimes. They need your prayers.

I believe another way that our girls might be helped is by good kindly letters written to them, showing them that the wages of sin is trouble and death, but the gift of God through His love is love, joy, peace, etc., and in the end eternal life. Such letters could be addressed to the Home and read at worship with good results. These girls can not go out to hear the words of life and comfort, so the word must be brought to them. True, they have the Bible, but there must be something to arouse an interest in the study of the Bible. We are doing what we can in that line, but I think a change is always good.

Mothers, think, if *your* daughter was in a place of this kind what kindly letters you would write! How you would appreciate any kindness shown her! But most of these girls have no mothers. Had they good wise mothers they might not have needed a refuge like this. Many of them have no home to go to, but must go out into the cold world and receive whatever it has to offer them unless some kindly hand is raised in their behalf. Will that hand be your hand?

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#### A LETTER OF GRATITUDE.

The following letter from a former inmate of the girls' rescue home, which was sent without solicitation, represents in a measure the gratitude which nearly every girl feels who is sheltered and cared for in the home. The letter was written to Mrs. Swanson, the matron.

"Please accept my sincere thanks for the many courtesies and motherly kindness you showed me while in the home. I shall never forget the self-sacrificing love you showed to us girls at all times. During my five months' stay I did not see anything in your life but

the image of Christ who came not to be ministered unto but to minister.

"The home is surely a blessing to any girl in trouble and your own personality adds a great deal to the lasting impression which I am sure every girl will carry with her through life. Again thanking you from the depths of my heart, I am as ever your loving friend."

#### APPEALS FROM THE HEART-BROKEN.

CAROLINE LOUISE CLOUGH.

We are constantly receiving letters of appeal from heart-broken girls, or from some friend who is interested in such a girl. The following is from a recent letter received and is only an illustration of many cases that come to us.

"We take THE LIFE BOAT and are interested in the work you are doing for fallen girls. We thank God for such a place. Just the other day I received a letter from a girl who is in trouble. She lives but a few miles from here so I drove over to see her. As she told me her story my heart went out to her. Her parents have turned her out of doors and she is working out. Now I want to know if you can take her. She is heart-broken. I pointed her to Christ and told her to pray to Him and she promised she would. She said she was so discouraged that she could not sleep or eat. I told her that Jesus was a friend and He loved her. I left her much encouraged and told her I would write to you. I believe if she comes she will be a new girl by coming."

Just the other day some ladies came to us in behalf of a young Bohemian woman whom they had accidentally met on the street, and who was in search of some home where she could go and hide her troubles. She was entirely alone in this country with no friends and no relatives to help her. Of course we took her in and now we must raise money for her care. We are sure the friends of the Rescue Home will help to pay the expenses of this girl.

It is delicate work to mend broken hearts. It takes a skillful workman to mend a broken watch, but skill without being sanctified with the Spirit of God does nothing toward mending a broken heart. Our

workers in the home are, we believe, especially led by the Spirit of God in dealing with many heart-broken girls who come to them. We solicit the prayers and financial aid of Christian people that this work may go forward.

Any young woman who may chance to read these lines and who is in trouble is invited to correspond with the writer. Address, Hinsdale, Ill.

#### A GLIMPSE OF THE REAPING.

W. W. WORSTER, M. D.

[Dr. Worster was formerly in charge of the Wabash Valley sanitarium. He recently visited Indianapolis and Lafayette. The two experiences given herewith, which he told at the Hinsdale sanitarium missionary meeting after his return, will be encouraging to those who are trying to plant some gospel seed in fertile soil.—Ed.]

Three years ago a woman with a sick child in her arms came to our sanitarium. The child had cholera infantum. I saw death stamped on its face and I asked her why she brought that child there to die. She said she did not know but she was afraid the child would not live. Just then the father of the child came in with their grips.

I knew that this woman was a Christian and I also knew that her husband was not; in fact, he scoffed at religion.

I took them to a room. I felt my inability to help the child, but I suggested that we pray. In my prayer I asked God that if it was not His will to spare the child's life, then to so work upon the father's heart that they could be united in the courts of glory.

Just last week I happened to meet that man again. He shook my hand heartily and said that he had been converted two years—that those words that I had uttered in that prayer had set him to thinking.

About four years ago a nurse came to the Wabash Valley sanitarium with a baby that she had been nursing for epilepsy. After six weeks' treatment the child improved and the nurse left. We felt that she had been brought to us for some purpose other than to get the child cured, so we began sending her literature. She traveled for some time through the South, all

the time receiving this gospel literature. Two years ago she accepted the gospel truth as she saw it revealed in God's Word.

Just last week she came back to Lafayette, Ind., to visit her father and 'phoned out to the sanitarium. When she learned that I was gone she did not know what to do. She was pacing up and down the

street when I stepped off the interurban car and met her face to face, and she told me how much this literature had done for her.

I believe that God sent me to Indiana just at this time to meet these people whom I helped to bring to Christ. I did not know of the results of my work until I met them there last week.

## Pioneer Treatment Room Work

Helen V. Price

[Mr. Durham and Miss Price, both Hinsdale sanitarium nurses, were asked to go to Winona Lake, Ind., and conduct sanitarium treatment rooms during the summer assemblies. They opened the rooms July first. The following report from Miss Price will be read with interest by all who are interested in the promulgation of the gospel of health.—Ed.]

I AM glad I can report to our readers something of our work here at Winona Lake, Ind. We are among nice people, and have a fine location. I found my bathrooms fairly well equipped with white marble slabs, electric light cabinet, also tubs and massage tables. We began our work on a very small scale intending to put in more equipment as we needed.

The first week I gave very few treatments. My time was occupied in cleaning and fitting up the treatment rooms, making and hanging sash curtains, etc. Sometimes I would sit down and wonder what I could do next, as it seemed I had done all I could with the material I had, then would come some new scheme. For dressing rooms I had ropes or tight wires stretched across the room, to which I pinned clean white sheets, being careful to have them neat and of even length. This afforded me four rooms out of one large one, at no expense whatever. For a rest room I used one of these four by putting in a cot neatly spread with clean linen. A bureau was added to another, chairs and books were added, and with these rooms we found we could accommodate all who would come. The first week I also made it a point to get out and meet the people so as to advertise our work.

During this time I had a call from a lady who had fallen and broken her collar

bone. I assisted the doctor in setting it and gave her treatment daily. From the second week our work began to grow; I gave about a dozen treatments that week and perhaps three or four in the homes of the people. Those to whom I gave the treatments enjoyed them and much appreciated the benefits derived therefrom.

After Dr. Paulson's lecture at the auditorium on "Science of Health," in which our work was spoken of, we had many more inquirers and found the people wanting to try the treatments. It is no new thing for one of our patients to tell another how she came in with a pain here or there that she had suffered with for many days, and how the first set of fomentations relieved her so she had not had the pain since.

Soon I found my one cot was not enough for my patients to rest on nor my dressing room large enough, and I needed more massage tables. What was I to do in an economical way? I secured a few yards of matting, just a remnant, which I put in a room across the hall from our dressing room and fixed up three cots there for a rest room. This gave me more dressing room also. I was careful to have on the doors of these rooms neat cards marked "Dressing Room," "Rest Room."

For massage tables we put a single mattress on one of the marble slabs that was

used for shampoo purposes. This I found too high, so I had a long low box covered with oilcloth to serve as a stool. I then had two inches cut off the legs of a narrow table that we found and placed comfortable over this, with sheets and a couple of pillows. Thus we arranged another treatment table.

Another puzzle was how to avoid getting wet when giving a spray, as the spray room was made only for a shower bath, and as we had put in a Scotch douche it would spatter dreadfully. A large picture frame was picked up from a trash pile, covered with oilcloth and put on a standard, and thus the matter was settled.

Truly "necessity is the mother of invention," and it has proved so here. We had no ice bags on hand, but a piece of ice will fit in a rubber cap or Turkish towel very nicely and can be used over the heart, thus assisting as we put patients in for an electric bath.

The fourth week in July I gave twenty-one treatments and this last week I have given forty-three. Thus our work grows. Some days I have as many as twelve; then is the time I must call in help.

After the regular hours I often have patients who want treatments in their homes. We go from home to home with our fomentation cloths and a word of cheer and comfort, trying to assist those who are sick. It has given me much pleasure to see those who were sick improve under treatment.

One case I must speak of. The mother wanted advice about her daughter, a young girl who unless she received attention would be a life-long invalid. I was quite busy, and had much on my hands that day as I hurried through the park for dinner. Catching sight of me she hurriedly caught up with me. After we had talked awhile of the child and I had given her some plain facts and what help I could, she said with tears in her eyes, "I hate to detain you, and want to thank you. I know the Lord directed me to you today and with His help my child shall receive help. I am so glad that you believe and will help her to believe that God will help her." I could

but give her a word of comfort and raise my heart in prayer to God for her and all such.

Thus we meet dear souls each day and I am encouraged that this work is one branch of the great whole of the Lord's work. My greatest desire is that as we go from place to place teaching these methods of caring for the sick and bringing them back to nature and nature's laws, God will draw them and us closer to Him and souls may realize what it is to live spotless lives and to have their bodies fit temples for the indwelling of the Holy Spirit.

We still have a few weeks left for our work here and solicit your prayers that God will bless our efforts to His glory.

#### TO THE SHUT-INS FROM A SHUT-IN.

F. B. UNDERHILL.

Montrose, Pa.

Dear brethren and sisters in affliction, I will call upon you again through THE LIFE BOAT, and see if I can say a word to comfort you and help you a little either spiritually or physically; for our mind and the spirit we possess has something to do with our affliction, or at least with our pain and bodily suffering.

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones." Prov. 17:22. So let us have a merry heart and be happy in all circumstances, and see how much better we will feel physically. We can live in a happy state of mind and look on the sunny side of everything and think everything a blessing. The sun does shine on the other side of the clouds and they sparkle with beauty. So let us look through all trials and see the blessing.

I do not say our mind is the cause of all suffering, as some do, or that our sin is the cause of it all. Job was a perfect and upright man and feared God, and he suffered not because of his sins.

Christ is our example. He was meek; and we can be meek too if we behold the Lamb of God. By beholding we become changed. So we can possess the spirit of Christ and be happy at all times, in all kinds of trials, and pray for our enemies that persecute us "A little talk with Jesus makes it right, all right."

"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." Prov. 16:32.

They said all manner of evil of Christ, and spat in His face, and nailed Him to the cross, and He did not become angry or lose His temper, but ruled His spirit and kept calm and peaceable. He opened not His mouth. He rendered not evil for evil, but good for evil; and we can also if we are Christ's and His spirit abideth with us and in us. And Christ's Spirit will not abide with us if we become angry at trials and render evil for evil. "Be ye therefore perfect, even as your Father which is in heaven is perfect."

"God is love. Greater love hath no man than this, that a man lay down his life for his friends." "If ye love Me, keep My commandments." And "a new commandment I give unto you, that ye love one another." "Beloved, let us love one another; for love is of God."

As Christ is our example, and He and His Father are one, if we are Christ's then we are one in Him.

Love is not hate or anger or rendering evil for evil; but love, joy, peace, happiness, kindness, longsuffering, and a meek and quiet spirit, are Godlike. So "be patient, therefore, brethren, unto the coming of the Lord." For His coming is at hand, even at the door. Matt. 24:33, 34. May God bless you all.

#### WANTS TO PREPARE TO MEET HIS GOD

(From the New York State Prison.)

"I received your letter a while ago and was very pleased to hear from you. It does a man good and helps him along when he knows some one is interested in him. I thought I was friendless as far as this world is concerned. You are the first one I have heard from since I have been in prison, and I will have been here a year next month. I have had many a sad and lonely hour.

"There have been times when I have seemed so weighed down with trouble and care that I thought I would not be able to bear it. But I am truly thankful to God

for the help He has given me as the days have come and gone. I can say truly that God has been good to me since I have been in prison. I have come through with much prayer. I always begin the day by asking God to pilot me through the unseen day, and I always go on my knees at midday and spend a while with Jesus, and then I end the day with Jesus. I believe in prayer.

"I see the shortness and uncertainty of this life more and more. I want to prepare to meet my God. I am sure God knows that I am in prison and that in His wise and good providence He will bring things out all right. I shall be well paid for getting in prison if it is going to be the means of my getting rid of sin and finding Jesus Christ.

"I well remember sitting in church the Sunday before I was arrested. The minister's text was Psalm 31, first part of the fifteenth verse: 'My times are in Thy hand.' I always had a desire for God's house and His people, but I made this mistake. My evil nature and carnal heart got the best of me. But, thank God, my desire now is to grow up into a better man each day."

#### BETTER THAN A NOVEL.

(From an inmate of the Dannemora, N. Y., Prison.)

"Your kind and instructive letter received last night, also the July number of THE LIFE BOAT magazine. You do not know how much I appreciated your letter and the magazine. As for THE LIFE BOAT, there are other men here who are as glad as I to read it. I pass it around until it is worn out or lost. The May number that I received from Mrs. Jackson at College View is still going around. That was certainly a nice number; how true the stories in it were.

"Did I tell you about the nice Bible that I have? Well you ought to see it. It is the finest Bible that I have ever seen. I also consider it the best gift that was ever given me. It is a large Sunday School Teachers' edition with maps, etc. Why, I sit down for hours at a time and study it. I have had it four months now and the longer

I have it the more interested I get in it. That is more than I could have done two years ago for novels were the only books I cared to read then. The saying 'It is never too late to mend,' is true, all right, as I am beginning to learn."

### THE UPLIFTED CHRIST.

E. B. VAN DORN.

The drawing power of men.

And I, if I be lifted up from the earth, *will draw all men* unto me.—John 12:32.

Isaiah calls Him Wonderful.

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called *Wonderful*, Counselor, The mighty God, the everlasting Father, the Prince of Peace.—Isa. 9:6.

Angels called Him Jesus.

And she shall bring forth a son, and thou shalt *call his name JESUS*: for he shall save his people from their sins.—Matt. 1:21.

I am not ashamed of His gospel.

For *I am not ashamed of the gospel of Christ*: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.—Rom. 1:16.

It provides:  
Comfort for trouble.

Blessed *are* they that mourn: for they *shall be comforted*.—Matt. 5:4.

Light in darkness.

The people which sat in darkness *saw great light*; and to them which sat in the region and shadow of death *light is sprung up*.—Matt. 4:16.

Peace in turmoil.

*Peace I leave with you*, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.—John 14:27.

Rest for the weary.

Come unto me, all ye that labor and are heavy laden, and I *will give you rest*.—Matt. 11:28.

Calms his fears.

*Fear thou not*; for I *am* with thee: be not dismayed; for I *am* thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.—Isa. 41:10, 13.

Stimulates hope.

In *hope of eternal life*, which God, that cannot lie, promised before the world began.—Titus 1:2.

Provides for His will.

(Steadfast, unmovable.)

Therefore, my beloved brethren, be ye *steadfast, unmovable*, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord.—1 Cor. 15:58.

Provides for his moral nature with conscience void of offence.

And herein do I exercise myself, to have always *a conscience void of offence* toward God and toward men.—Acts 24:16.

Provides for his spiritual nature.

For as I passed by, and beheld your *devotions*, I found an altar with this inscription. TO THE UNKNOWN GOD. Whom therefore ye ignorantly worship, *him declare I unto you*.—Acts 17:23.

Provides a remedy for sin.

But if we walk in the light, as he is in the light, we have fellowship one with another, and *the blood of Jesus Christ his Son cleanseth us* from all sin.—1 John 1:7.

Must go to all.

And *this gospel* of the kingdom *shall be preached in all the world* for a witness unto all nations; and *then shall the end come*.—Matt. 24:14.

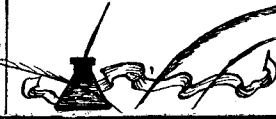
Do you desire to secure the necessary training to become a scientific and hygienic cook? Such a course of training can be obtained in the culinary department of the Hinsdale sanitarium. Write for further information.





## Editorial Department

Conducted by Dr. David Paulson



### DIP IN AN OAR.

Why not dip in an oar and give THE LIFE BOAT the benefit of a few *vigorous* strokes? If some particular article has warmed your heart let some of your friends read it; it will do them good. Then ask them to subscribe.

Second, why not send for a few extra copies, which we will furnish you at wholesale rates, so you can give them to others? They will appreciate it. It may be the means of saving a human soul.

THE LIFE BOAT is entirely a labor of love on our part. We earn our living in other lines of work and issue THE LIFE BOAT simply because we believe we are doing God's service; and we want *you* to share in some of the blessings that we have received so richly. So dip in an oar; you will never regret it.

### A FEW SUGGESTIONS TO SPIRITUAL LEADERS.

Do not forget that a missionary spirit can not be maintained without a struggle. You should endeavor to enlist some of the young people that are in your community in some definite missionary program. If you fail to do this they are likely to become critics and fault-finders.

Be aggressive. Backsliding *begins* when we cease to go forward. One reason why so many settle down into a lukewarm attitude is because they have never learned the sweet lesson of self-denial.

Do you earnestly desire a spiritual revival in your community? If so remember that revivals never *happen*; somebody *sows* for them. Somebody begins to pray and persuades some one else to pray and to do personal work for still others. That is genuine seed sowing for a revival.

Do not limit your influence to your own locality and community. Write missionary

letters to distant friends and acquaintances. Do not be content with merely gossipy correspondence. Let your letters be "weighty and powerful."

If there is musical talent in your community try to enlist it for missionary purposes, to sing in the homes of some poor sick people, in the local hospital, for jail services, etc.

Bring together a few of the earnest people in your neighborhood and organize a prayer band. You have no idea the tremendous spiritual influence that radiates from such an effort. Try it.

The evenings are becoming longer. See if you can not be instrumental in organizing one or two informal cottage meetings in homes that are favorable.

Do you know some young people in your community who habitually absent themselves from all religious services? Exercise your ingenuity to persuade them to come to the house of God, and then pray earnestly that they may be furnished with spiritual food.

In *every* case pray first for those with whom you expect to have heart-to-heart talks. While you can not always depend upon your impressions, you may be reasonably sure that the devil will not impress you to do personal work for others; so if you become burdened over some individual you can be quite certain that the Lord is stirring you up, because He has work for you to do. But *go to work* for others whether you have impressions or not and your own soul will be watered.

### A SPECIAL OPPORTUNITY

Do you desire a six months' training to fit you as a medical missionary worker in the large cities? Read the announcement on another page, of the next class, which begins October 9.

### A MISSIONARY REVIVAL.

A most encouraging missionary revival is in progress among the workers in the Hinsdale sanitarium. For weeks the Lord has been working on the hearts of the young people in a gracious manner. Almost without exception all of the young people have committed themselves to some definite missionary project and are enlisting themselves as soul winners.

In this careless age it is a most inspiring sight to see this army of young people rallying as one man to work for their Master. We trust that this spirit will be contagious, that many other places will have a similar visitation from on high.

### ANOTHER EVANGELISTIC TENT EFFORT.

About the first of July a gospel tent was pitched on the south side of Chicago near the stockyards district. Live evangelistic services are held here every evening conducted by Evangelist M. H. Serns and Pastor E. F. Collier, assisted by the workers in the Life Boat Home and the students in the Bible-working nurses' training school.

There has been a good attendance from the start, of intelligent interested people. At some of the Sunday evening meetings the crowds that came could not be accommodated. All seem eager to listen to the truths from God's Word.

The tent is located on Emerald avenue near 69th street, one block east from Halsted street. The public generally are invited to attend.

### A BRIEF TRAINING COURSE FOR CITY WORKERS

To fit as speedily as possible mature, substantial women who possess more than ordinary knowledge of the Bible and who have a real love for human souls, for self-supporting work in our large cities, there has been established in Chicago a six-months' course for the training of practical medical missionaries, or "Bible-working nurses" as they are called.

One class has already completed this

course and nearly all its members are having blessed experiences in the work. The next class will complete the training the first week in October. All of them are enthusiastic over the opportunities they are enjoying and the majority of them are already having most interesting missionary experiences in the city.

The Life Boat Home, 528 Thirty-third place, Chicago, is the headquarters for this training school and provides a home for the students.

Condensed but very comprehensive and practical instruction is given in the Bible truths for this time, in anatomy, physiology, hygiene, hydrotherapy, practical nursing, diseases and their treatment, medical dietetics, obstetrics and gynecology.

No charge is made for tuition. The expense for room and board is at actual cost, which the students succeed very readily in earning from the sale of magazines, care of the sick, and in other ways during the time that is not occupied in class work.

The next class will begin the ninth of October. The city problem is so large and complicated that every agency must be speedily set in operation in order to reach the masses with the gospel.

Those who feel impressed to enter the next class should write *immediately* for full information regarding this unique course of training. Address Dr. David Paulson, Hinsdale, Ill., or Eld. M. H. Serns, 528 Thirty-third place, Chicago.

### WHY NOT BE YOUR OWN EXECUTOR?

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. 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 be-

comes *immediately* effective at your death. No one can change it in any manner.

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.

#### AN INTERESTING BOOK.

Our attention has recently been called to an intensely interesting book entitled "The Number of Man or the Climax of Civilization," by Philip Mauro, published by Fleming H. Revell Company. Price \$1.25.

The author shows from the scriptures in a marvelous way that all the great world movements that are so profoundly stirring society at the present time are fundamentally the same and hence ultimately come together, and will only serve to ripen the world for its final doom.

It is a thoughtful book for thinking people.

#### NEWS HERE AND THERE.

Prof. P. T. Magan, of Madison, Tenn., spent a recent Sabbath at the sanitarium, giving an inspiring address at the Sabbath service.

Dr. L. H. Wolfson of Merced, Cal., will become a member of the Hinsdale medical faculty September first.

Pearl Waggoner, of the Life Boat staff, has just returned from a three weeks' vacation in Michigan.

Drs. T. J. Evans and Julia White of Loma Linda, Cal., visited Hinsdale recently.

Prof. J. G. Lamson and wife of Nevada, Iowa, spent a week or so at Hinsdale.

J. A. Hart and wife of Jackson, Mich., have recently connected with the Life Boat Home, Chicago.

Mrs. A. S. Steele, founder of the Steele Orphans' Home, Chattanooga, Tenn., spent a day at Hinsdale recently.

A mighty missionary revival is in progress among the Hinsdale sanitarium workers. A young peoples' missionary society has been organized and the workers have expressed their desire to do some *definite* missionary work.

Mrs. H. L. Swanson, matron of the Life Boat Home, is spending a couple of weeks' vacation at Fox Lake, Ill.

Dr. and Mrs. Paulson and Miss Pearl Waggoner spent a day at the Winona, Ind., Bible Conference, at which time Dr. Paulson delivered a lecture on the "Gospel of Health from the Bible Standpoint."

Dr. David Paulson and Mrs. C. L. Clough attended the Self-supporting Workers' Conference at Madison, Tenn. They will report some of their impressions in the next number of THE LIFE BOAT.

Miss Sarah E. Peck, director of the Normal department of Union College, Neb., paid a flying visit to Hinsdale recently. Miss Peck was formerly missionary to South Africa and also Australia.

Lucy Page Gaston, superintendent of the Anti-Cigarette League of America, and her mother, spent a week at the Hinsdale sanitarium recently. For several months past Miss Gaston has been conducting a campaign in the East in the interest of the Anti-Cigarette movement. A good work has been started in New York, Boston and other eastern centers.

Miss Eva Borden has returned to her home in Minnesota and is enjoying a much needed rest. Mrs. Alice Hathaway and Mrs. V. S. Whisler now have the immediate charge of the Rescue Home. The spirit of Christ is manifest and one girl has recently asked for baptism. THE LIFE BOAT readers are requested to remember this work in their prayers.

**The Signs of the Times**, a weekly illustrated publication, filled with the mighty Gospel of Christ, teachings on prophecy, the meaning of the things of to-day, and the building up of the home. Questions pertaining to the Bible answered in each issue. Price \$1.75 a year; \$2.00 with premium book, "Questions and Answers," having over 250 pages and nearly 300 questions answered. Address Mountain View, California.

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DAVID PAULSON, M. D., . . . . . Editor  
N. W. PAULSON, . . . . . Business Manager

THE LIFE BOAT is published at Hinsdale, Ill., by the Workingmen's Home and Life Boat Mission, incorporated. The Chicago headquarters is 528 Thirty-third place.

Checks, drafts and money orders should be made payable to THE LIFE BOAT, Hinsdale, Ill.

Single copies, 10 cents.

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### CHANGE OF ADDRESS.

When writing to have the address of THE LIFE BOAT changed, be sure to give the old address as well as the new one.

### MISTAKES.

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

### PREMIUMS.

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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Full page, single issue, \$20; three months, \$50.

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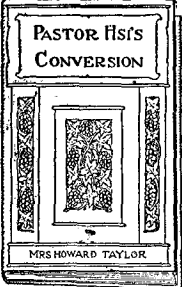
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“I hereby give, devise and bequeath unto the Life Boat Rescue Home, a corporation organized and existing under the State of Illinois, the sum of..... dollars to be paid out of real or personal estate owned by me at my decease, this money to be used 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.”

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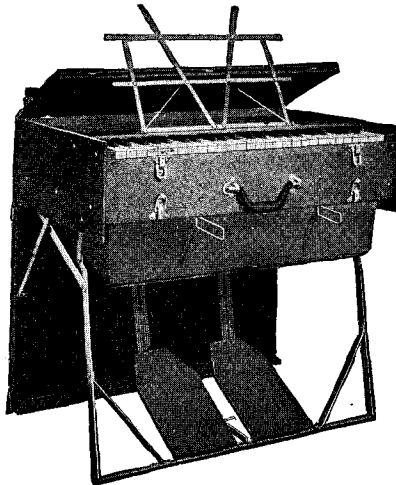
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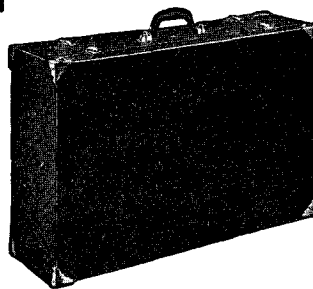
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