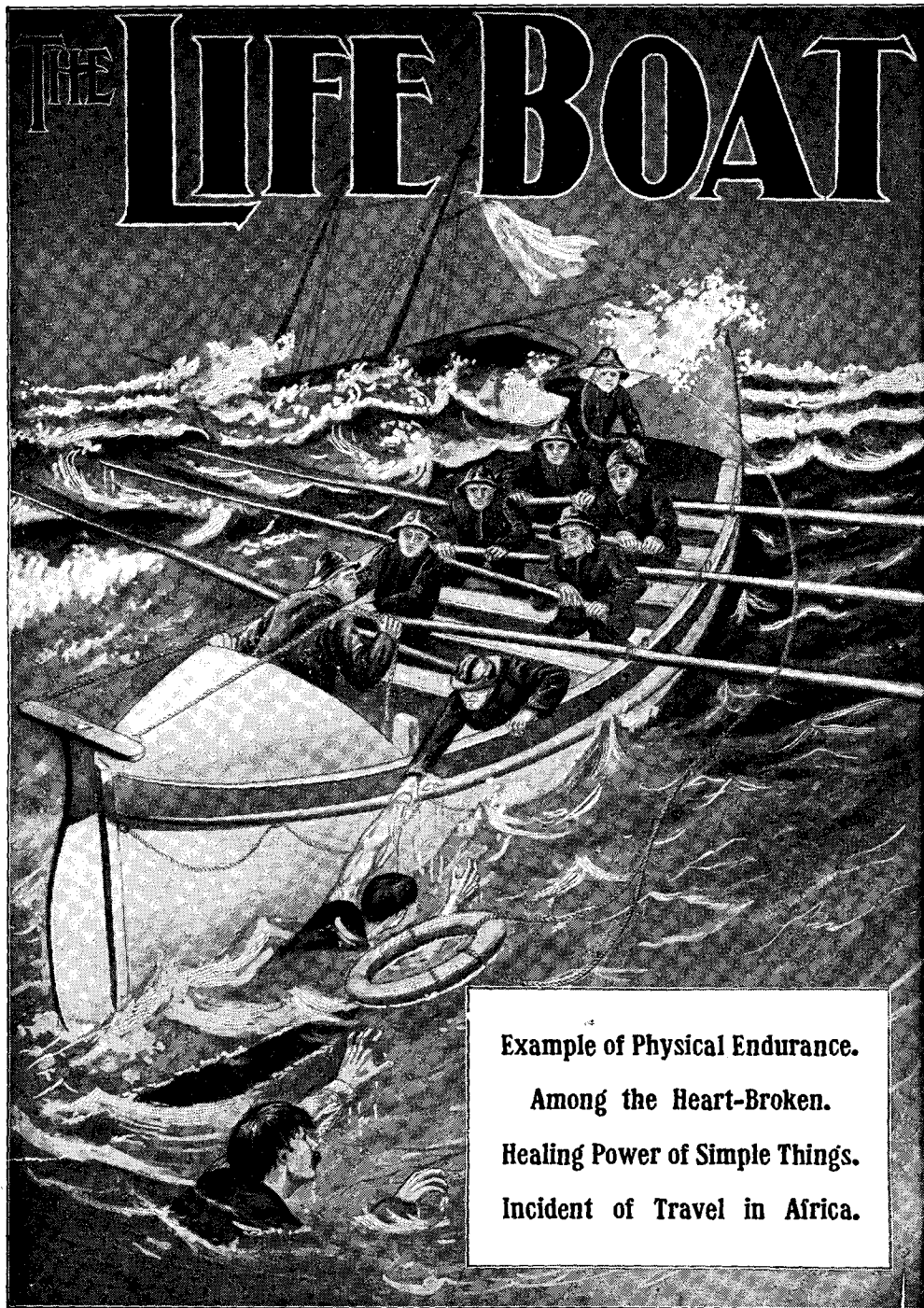


**"Let Him that Thinketh He Standeth Take Heed Lest He Fall."**

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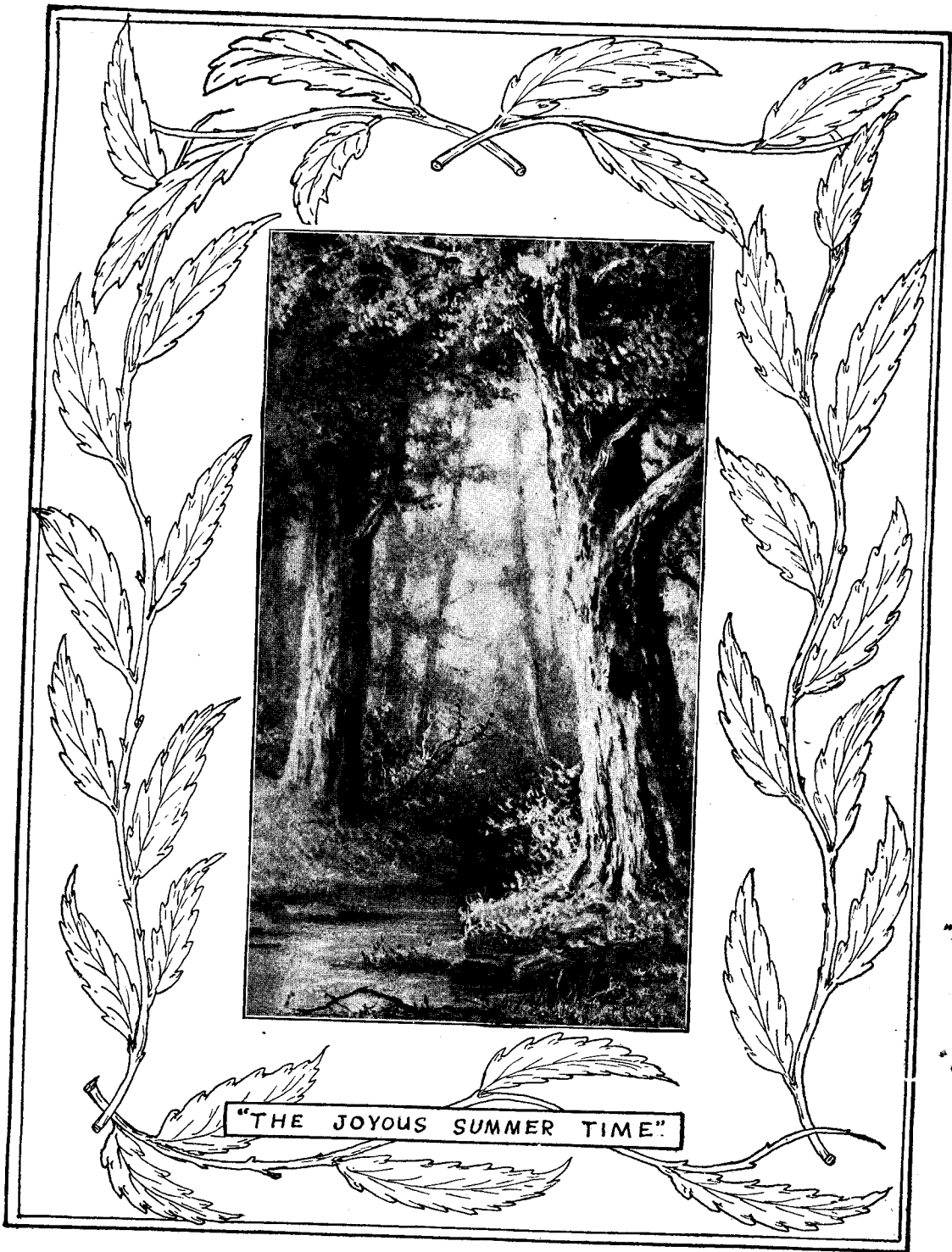


Volume Fifteen  
Number Seven

Windsale, Ill.

July, 1912

**Loan this Copy to Some Friend.**



"THE JOYOUS SUMMER TIME!"

# THE LIFE BOAT

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

50 cents a year

Ten cents a copy

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Volume XV.

HINSDALE, ILL. :: JULY, 1912

Number 7

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## The Healing Power of Simple Things

David Paulson, M. D.

THE great health truths that are today practiced by tens of thousands of people, did not originate in our generation. They have successively appeared and disappeared in all ages. Whenever and wherever there have been a group of truth-loving men and women God has committed to them some of these life-saving principles.

Ten years ago one-third of all pneumonia patients died. Today, by the means of such hydropathic treatment as hip and leg packs, cold mitten frictions, hot and cold to the chest, and out-of-door air, only two to five in a hundred die.

Twenty-five years ago the death rate in typhoid fever was about twenty to twenty-five per cent. Then Dr. Brand secured permission to treat the typhoid fever cases in the German army, and out of eight thousand cases, he only lost about two in a hundred. Then the entire medical world began to appreciate that hydrotherapy, intelligently applied, could almost work miracles in a sick room.

### Looking Backward Two Centuries.

But the water cure did not originate in our day. I have in my library a book entitled "The Genuine Use of Hot and Cold Baths," by Dr. Baynard, printed in London in 1709, two hundred and three years ago. This book is an inspiring account of what was accomplished by baths nearly a hundred years before the revolution. To show

that human nature was the same then as now, I will quote these words:

"I have been wanting this summer to make some experiments upon such diseased persons as would be persuaded to use these baths; but more hereafter will be made, when I have prevailed over the prejudices of the common people, who usually *despise* all cheap and common remedies, which have ordinarily the *greatest* effects."

As an argument that brief cold baths were beneficial, he states that baptism by immersion was generally practiced by the ancients and that in the English church it continued in use until the beginning of the last age. He deplors that in his generation hydrotherapy was not in so general use as it had been previously, and assigns this reason for the change; namely, the "increase and interest of foreign trade in the last century, which then introduced all the *hot* regimen from the hot climates, such as tea, coffee, wine and brandy-spirits, and spices, and these are *unnatural* to English bodies; for a cold regimen is proper to cold countries."

Neither tea, coffee nor spices grew naturally in England. It was only when Great Britain came in contact with the larger world that these substances were brought in and the English people were introduced to them. It is interesting to observe that this eminent author recognizes that as his people drifted away from simple dietetic habits of life and

adopted these unnatural stimulants, they also abandoned the simple methods of treatment in disease and began to resort more or less to poisonous drugs.

#### **Heredity and Intemperance.**

I will make another quotation from this quaint author:

"I can not here omit that judicious remark of Sir Walter Raleigh upon the sacred story of the angel's advice to Sampson's mother, to drink no wine whilst she was with child, that since women with child use too much wine and strong drink, they bring forth *feeble* children, and the whole race of strong men is decayed."

We are living in an age when that divinely inspired story carries but little weight. One of the most eminent society women in Chicago the other day condemned the practice of liquor drinking among women. The society women promptly retaliated by expelling her from their most influential club.

Dr. Davis, the head of the Chicago Theological Seminary, said to me last year: "I had a peculiar experience over in Detroit last week. I was entertained by one of the best families in Detroit. After supper was over, the lady of the house pushed back her chair, took out a silver cigarette case, lit a cigarette and complacently smoked it, and justified her act by the remark that the nicest women she knew smoked cigarettes."

Last year I heard Dr. John Balcom Shaw, the noted Presbyterian pastor, make the statement that there was a woman living not far from his church, who invited young ladies to her home for cigarette parties, and taught them how to smoke.

Undoubtedly cigarette smoking is dangerously on the increase among women. And, if tobacco is such a solace, such a splendid thing for a man, why should he be selfish and not let his wife have the benefit of it? If I smoked and was convinced it was doing me good, I should certainly want my wife to share its blessing.

#### **The Dawn of Modern Hydrotherapy.**

John Wesley, the founder of Methodism, lived about fifty years after Dr. Baynard. God not only imparted to him great spiritual truths, but stirred up his mind concerning the importance of hydrotherapy, and he wrote

a small book on the water cure. But the Methodist Church never became conspicuous advocates of hydrotherapy, and so Providence a little later farmed out this great truth to a humble peasant boy by the name of Priessnitz, who lived in the remote mountains of Austrian Silesia.

One day while herding his father's cattle he noticed that a deer, which had broken its leg, would come and stand in the water for an hour or two every day. A little later when he was so terribly injured by an accident that the doctors thought he must die, remembering what the deer did, he began to use, with remarkable results, applications of cold water to his wounds and bruises. The neighbors, learning of his phenomenal recovery by such simple methods, began to come to be treated for their ills, aches and injuries. He soon found it necessary to devise new methods, such as the sitz bath, the foot bath, the dripping sheet, moist abdominal girdle, etc.

#### **Crude But Effective Methods.**

Finally a case came that required still more effective treatment, so he went out where there was a fall in the mountain stream and arranged a trough in such a way that a stream would fall several feet upon a patient standing within a little enclosure. That was probably the first spray douche bath in history. Some of his crude and heroic methods would probably kill people today, but it cured those old-fashioned Germans, and his success was so great that his fame soon spread all over the civilized world.

By and by, even the royalty of Europe came to be treated by this humble, unlettered peasant, who had been taught only by nature and nature's God how to use effectively nature's remedies, which man had despised, but which even the dumb animals instinctively select.

#### **An Interesting Monkey Story.**

Some years ago a friend and myself visited San Diego, Cal. In the hotel yard was a monkey cage. A little baby monkey had eaten some green fruit and as a consequence evidently had an agonizing pain in its abdomen. A steam pipe ran through the middle of the cage and pretty soon this little sick baby monkey went up and hugged it for a few moments, and then scampered away looking

perfectly happy. The hot application had relieved its pain. If this had been a human baby it probably would have received a dose of Mother Winslow's soothing syrup; but as it was only a baby monkey, who had not even gone to a monkey school, it had enough natural instinct to embrace a hot steam pipe and thus cure itself of its stomach trouble.

"God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense."

#### A WORD FROM CHINA.

MINERVA METZGER.

[Miss Minerva Metzger, while gaining a preparation for her mission field in China, spent several months in the Hinsdale Sanitarium and The Life Boat Rescue Home securing a brief course of training in nursing. For more than two years now she has been in China and the following, culled from a recent letter written from Tientsin, shows that she is making good use of her training.—Ed.]

The war is over and the leaders are busy reconstructing. Although very little of what you may have read in the American dailies was true, yet China has suffered much. Many of its people went hither and thither searching peace. How our hearts ache to give them the peace from God. The peace which the angels proclaimed to the shepherds the night the Saviour of all men was born in Bethlehem was meant for the Chinese, too.

Most of the mission work has been at a standstill since last October. We believe that it has been a time for the sown seed to grow, a time for the people to think on the things which God's servants labored so earnestly to give them, a time for the missionary to recruit strength physically and spiritually for greater tasks.

It may be interesting to you to know what some of the kind, motherly, native women have been advising us. First, they were glad

we ate very little meat, as meat gave one fever. Second, that we should send to our home land for a bottle of dirt, one of water, and put a little of each into our food. In this way we could become acclimated properly.

All enjoy fomentations. We have no trouble in administering them, only in method. Our work among the women requires doctoring to be in their own homes—so many are not permitted to cross the threshold. Therefore, our equipments are not exactly ideal. If a kettle of boiling water is provided we manage to get along.

Some of the homes are so filthy, the wounds so ugly, that, humanly speaking, it has often seemed impossible to give relief. But through much prayer some very remarkable cures have come. In September a girls' school is to be opened, over which I am to preside. Pray for your weak sister that she may have wisdom to guide these tender minds into the way of righteousness. The language is rather difficult, yet I enjoy it.

#### WANTS TO ATTEND SCHOOL.

The following testimony is from a young man who in a time of great need found in Mrs. Swanson a friend. During the last three months he has been assisting her in the home and is learning many helpful lessons. He is anxious to attend school in the fall if he can secure the necessary means, and thus prepare himself to be a worker for God.

"Many of the readers of THE LIFE BOAT magazine have undoubtedly read my letter which was published in the April number. I wish to add a few words of thanksgiving to show my gratitude and appreciation to the Life Boat mission, especially to Mrs. Swanson, and all of my other friends whom I have met since having made my home at the mission.

"I am getting along splendidly with my work and am in hopes of being able to attend school next fall at Sheridan, Ill., if God wills it so.

"I also want to thank each and every one of my friends for the interest they have taken in me, and I hope to meet each and every one in heaven when the time comes."

## How a Criminal's Heart Was Softened

(The following interesting experience of Baroness Mathilda von Wrede, a consecrated Christian worker in the Finnish prisons, is taken from the book, "Dr. Baedeker and His Apostolic Work in Russia," with whom she was associated in Christian work. The incident reveals the true Christian spirit of sacrifice for souls which is so rare to-day.—Ed.)

ON one occasion the Baroness, calling at the prison on her customary visitation, was informed that a particularly violent and ferocious criminal was in his cell awaiting trial and punishment. He was charged with the commission of no fewer than eighteen murders, some of them of peculiar atrocity.

"Let me see him," she begged of the Governor.

The Governor smiled pityingly upon her.

"My dear child, I could not think of such a thing."

"But I must see him. God can save even such as he! Where is his cell?"

It was not difficult to discover his cell, for there were several armed wardens on guard outside the heavy door.

"Open and let me go in!" she demanded.

"I really dare not let you risk your life. It is far too unsafe. He is almost a maniac!" said the alarmed Governor.

However the young Christian worker declared she was willing to take all risk, and insisted on gaining admittance to the cell; so with great reluctance, and many protests, they yielded.

"Please do not touch the little slide in the door to peep in or interrupt us while I am there!" was her parting request to the little group of amazed officials who stood in the corridor. Then the warden turned his key and withdrew the bolts, and cautiously opening the door a little way, the heroine glided inside.

A slight rattle of chains directed her attention to the object of her search, stretched at full length upon his hard bench. He was a huge, massive giant of a man. Quickly she walked to where he lay, and stooped slightly over him.

"Are you awake?" she inquired.

The murderer gave a sudden start, as if electrified. It was almost a leap bodily into

the air; and his heavy irons clanked loudly as he fell back upon the bench.

"I have come to see you," she said gently. There was no answer.



Courtesy of Morgan & Scott, London.

MATHILDA VON WREDE.

"Won't you talk to me?"

"Who are you?" he inquired fiercely.

"I am a friend. I want to be kind to you, and to help you."

"Who sent you here?"

"I have come of my own wish, for your sake."

"I could kill you with one blow! Get out of my cell!" he cried hoarsely, and his chains rattled again with the violence of his passion.

"But you won't kill me," she replied, with a silvery little laugh. "That would not be any use. I want to do you good, not harm—to speak to you about the Lord Jesus."

"Go away, I tell you! I will not listen." Again the rattling links, as the ruffian put up his hands to his ears.

"Then I shall pray for you at home; and I shall come to see you again soon. We all need forgiveness; and when I pray, I will ask God to forgive you as well as myself. Good-bye."

The prisoner made no reply, and she left the cell as quietly as she had entered. Again and again the Baroness visited that criminal, and gently pleaded with his seared and deadened conscience.

"I want to know who you are?" he asked on one occasion, curiously overcoming his petulance.

"I am the daughter of Baron von Wrede," she replied.

The prisoner stared at her.

"You never mean to tell me that a morsel like you are the daughter of that fine handsome man!" he exclaimed.

"Of course I am," she said. "We can not all be tall and handsome like my father and you!"

At this pleasant compliment his hostility completely collapsed. He was silent for a minute or two.

"It is not the least use your talking to me," he resumed. "Nobody can do me any good. My heart is a rock."

"How glad I am to hear you say that!" she answered brightly.

"What do you mean?" he inquired angrily.

"I am glad your heart is a rock," she exclaimed; "for I have seen flowers, yes, and sometimes even trees growing from the rock, and so have you. A tiny seed falls into a crevice in the side of the rock, and

takes root, and grows, and covers the rock with beauty. So I hope some word the Lord will give me for you, may take root in your rocky heart, and grow. I am praying that it may be so."

And it was so. Her prayers were answered. That cruel unmanageable murderer became a changed man. God gave her that soul. His ferocity left him. With deep penitence he took his awful crimes to Him who said, "Him that cometh to Me I will in no wise cast out."

#### NEVER HEARD HIS MOTHER PRAY.

A prisoner in the Nebraska penitentiary writes the following to Mrs. Whisler:

"No doubt you will be surprised to hear from me. I am in need of Christian friends and just a little message from you will never be forgotten. I left home when I was fifteen years old and wandered from one state to another in all sorts of company and became what you might call a tramp. I have been in prison nearly two years and have three years yet to serve. I have never used any kind of liquor but I have been pretty bad otherwise.

"The other evening I was reading one of your LIFE BOATS and when I lay down that night it seemed to make me think of Jesus Christ. May God bless you and your co-workers and may THE LIFE BOAT that we receive bring a message of hope and salvation to us men behind the bars.

"Surely God will answer my prayers. I never heard my mother pray, not once in my life, but may God bless her, dear mother, for I love her best of all. She was living the last time I heard from home."

#### A GOOD WORD FOR THE SPECIAL PRISONER'S LIFE BOAT.

The chaplain of the Illinois state penitentiary writes:

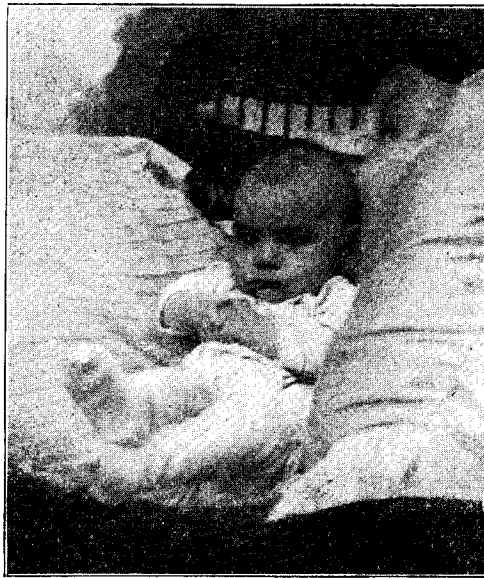
"Today's mail brought us nearly nine hundred copies of the special prisoner's LIFE BOAT, which will be distributed among my charges tomorrow, so they may be read on Sabbath next, and will undoubtedly have an uplifting and most beneficial influence upon the men."

## Among the Heart-Broken

Mrs. Elsie D. Whisler

Life Boat Rescue Home, Hinsdale, Ill.

WE HAVE heard from several of our old girls this month, and all are "making good." Four have been married recently and are now in homes of their own. The majority of the girls keep their babies when they go away from the home, and it seems that the Lord always opens a way for the girl who has the courage to stand by her



Kodak view of one of the Home sunbeams.

baby and support it. We might read the old familiar text like this: "All things work together for good" to the girl who keeps her baby.

I might tell you the experiences of two of our girls who were in the home a short time ago. Both were to be married last fall, both were in trouble. One was to be married to a banker. The day was set for the wedding and they had chosen and rented their flat. They were to meet at a certain place and go together to the minister and

be married. She was there at the appointed time but he did not come. She waited a long, long time, for he had promised to be true. Still he did not come. She then went to his home but he was not there; his belongings were gone. She understood, but it was too late.

The following week she came to the rescue home, discouraged and broken-hearted. This girl is talented and refined. She is from a good Christian home but she was afraid to tell her mother of the trouble, so in order to prevent her from knowing, she gave her lovely baby away. It was a severe trial for her, but what could she do?

The other girl's engagement was broken because the parents of both parties objected to the marriage. But the girl told her mother of her condition and then her parents were very anxious for them to marry. But the young man's people had sent him away. So the girl was brought to the rescue home, where she was cared for. When her baby was three weeks old the young man returned, contrary to his parents' desires, and went to the girl's mother and asked her to bring the girl home, which she did immediately. They were married at once in her own home. How much better it would be if there were more young men like this one, who, after once disgracing a young woman, had manhood enough to stand by her.

Mrs. Gaylord has again taken up Bible studies with the girls for the summer. We have one lesson a week. Most of the girls show interest in these studies and we hope to see some fruit from this labor before the summer is past.

**Within the next month we would like to raise about forty dollars to roof our third story porch. Last year we had it covered with an awning, but it did not stand the weather so we want to get a permanent**



roof. This porch is all screened in and is an ideal place for the babies during the hot summer months, if we only had a good roof. Who will help to make this improvement? If you are not able to help you can pray that the Lord will impress others who are more able to give.

#### FROM THE HOME NURSE.

IVA L. DEAN.

When asked to write an article for THE LIFE BOAT about the work at the rescue home, I came near refusing, as I had never done anything of the kind.

Each one of us nurses from the sanitarium spend a month at the home. I have been here three weeks and thus far three sweet little babies have been born. At the present time there are fourteen girls and five babies here.

I am glad to have had a part in this much needed work and have enjoyed it very much. The Lord has blessed my efforts and has given me strength and wisdom from above. I can say as did the apostle Paul, "I can do all things through Christ which strengtheneth me." Phil. 4:13.

I might add a text for those who are discouraged: 1 Cor. 10:13, also Matt. 11:28-30.

#### DOES IT PAY?

[The following experiences are from a Christian traveling salesman who manages to spend every Sunday in soul-winning work, chiefly among the inmates of the city jails and police stations, throughout the seventeen states in which he travels. Whenever in Chicago, he joins the company of LIFE BOAT workers in the Harrison street police station and his earnest work for souls is always appreciated.—Ed.]

As a Christian traveling man, traveling over many states, loving God and therefore loving my fellow men, and striving to follow the Master's footsteps, I am led to visit many prisons as I journey along, carrying a message of hope to the poor unfortunates that are shut within their four walls. God has marvelously blessed my humble efforts and many precious souls have been led to surrender to Jesus and have called on His name who only is able to save.

A few months ago I was in the city of D—, and as my custom was, I went to the jail on Sunday morning. It was my blessed

privilege to speak to more than twenty men in one section of the jail, and while the message of God's Word was given the Spirit moved on many hearts and more than ten gave their hearts to the Lord at that service.

A couple of months passed by, when a letter came to my home from one of the precious men who had taken Jesus for their Saviour that morning. Perhaps it may encourage others who are in trouble and sorrow to do as He has done—take Jesus as a present help in trouble:

"My Dear Sir: My greatest thanks and wishes to you, hoping you are well. I am feeling better in Christ Jesus now than I have the past fourteen years. But thanks be to God, I have asked Him to be with me in the shadows of death, where I may fear no evil, and He has promised me that He would. I have nothing now to fear. He said, 'Trust in Me and all things will be made right.' I know that He lives; He is mine, and yours, and every one's that wishes Him.

"I am still here where you left me, behind the prison bars. Christ Jesus is with me. I am not lonesome any more. Oh, what a Friend! Pray for me while I am here, and still pray for me when I get out. May God bless you and keep you to the end. Ask God to give me more faith."

May the Lord bless this experience to help some one else.

"Cast thy bread upon the waters: for thou shalt find it after many days." Eccl. 11:1.

"He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him." Ps. 126:6.

#### Converted in a Street Car.

A young man at the Pacific Garden mission said the other night: "On a street car in New York City I picked up a tract and read it. It brought great conviction to my heart, and there in that car I surrendered my life to God."

"So shall My word be that goeth forth out of My mouth: it shall not return unto Me void, but it shall accomplish that which

I please, and it shall prosper in the thing whereto I sent it." Isa. 55:11.

#### What Hath Sin Wrought?

As the workers were about to go into the jail service at Toledo, Ohio, an elderly woman and a young woman asked the warden if they could also go in. Permission was granted, and as the Word of God was given to the men tears began to come to eyes unused to weeping. One man in particular seemed all broken up; and when the opportunity was given for those who wished to give their hearts to God, and his

hand went up, the elderly lady leaned over to the writer and said, "Oh, won't you pray for that man? He is my husband. He used to be a good man but has fallen in sin. And pray for that young man near his side; he is my son." The tears rained down the cheeks of that wife and mother. Sad to relate, the young man was the husband of the young woman who came in with the elderly woman.

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." Gal. 6:7.

## A Double Blessing

Mrs. Hannah Swanson,

The Life Boat Home, 528 Thirty-third Place, Chicago.

WE have a good spirit in the home, but we need to daily seek God for His personal guidance. We have trials, but often the trials may become the greatest blessings we have. We can get a blessing from them if we look for it.

During the last month we have found employment for two of our girls, and two others are taking care of the sick.

Sometimes women come to me who are not willing to help themselves. One woman came to me just last night who says she has been two months looking for work. I never let them stay with me unless they are willing to wash the dishes or do some other work in the house. If they refuse to work or to pay for their meals and lodging, I tell them they must not remain. Psalm 68:6 says: "The rebellious dwell in a dry land."

I have been very much impressed by this verse of late, especially the first part of it, which reads: "God setteth the *solitary in families*: He bringeth out those which are bound with chains."

God does not say for us to put these people into *institutions*, but that we should bring them to *our* house: "And that thou bring the poor that are cast out to *thy* house." Isa. 58:7. It is right to have an institution where the friendless, the homeless and the unfortunate can be brought in, but it should be used only as a *temporary* home, a "clearing house" as it

were, from which they can be passed on to private Christian families where they can receive more direct personal attention. In the doing of this both parties will not only be blessed themselves but be a blessing.

We have found many Christian homes for babies, and in the majority of cases the child has proved a wonderful blessing in the home. It has brought the husband and wife closer together and in some instances they have learned to know God more fully.

Many of our girls from the rescue home in Hinsdale have been placed in private Christian homes and have done well. One young woman, who was turned out into the world at the age of thirteen, has, since her stay in the home, surrendered herself fully to the Lord while caring for an old lady in a Christian home. She is now married and has a home of her own. Many of our best girls, who were sent out into homes, afterward have married good husbands and now have homes of their own, and their little ones are with them.

Our home here in Chicago is really a clearing house. Many unfortunate ones knock on our doors and we in turn find employment for them or homes, whichever the case demands.

Several of the members of the six-months' class are still with us and are having good success selling magazines in the city.

## A Striking Example of Physical Endurance

David Paulson, M. D.

ON APRIL 10 Mrs. David Beach started from New York City to walk to Chicago. She walked 1,071 miles in forty-one and one-half walking days, averaging twenty-five miles each day. The trip was undertaken to demonstrate the superiority of a non-flesh dietary.

A day or two after she arrived in Chicago Mrs. Paulson and I called upon her in the Hotel La Salle. We found her to be a woman of refinement and culture, about middle age, thoroughly enthusiastic over the result of her trip. She said that

from this long walk has been in seeing from day to day that my theories regarding food were absolutely correct. At no time have I felt the need of any nourishment more than I could derive from fruits, grains, nuts and vegetables.

"There is plenty of food left after meat is taken away; all the best works of nature—fruits, grains, vegetables and nuts, milk and eggs, raw or cooked, just as each person finds suits his system best. There is no argument now that can be used against me when I say that meat is unnecessary as



MRS. BEACH.

Mrs. Beach as she appeared in Sandusky, Ohio, on her 1071-mile-walk from New York to Chicago, in which she demonstrated the superiority of a non-flesh dietary.

the most trying thing was the curious people that she met at various places who had no genuine interest in health principles or dietetic reform. As reported in the *Daily News* the same day, she said:

"The greatest satisfaction I have derived

from this long walk has been in seeing from day to day that my theories regarding food were absolutely correct. At no time have I felt the need of any nourishment more than I could derive from fruits, grains, nuts and vegetables.

### Ignorance Cause of Dietetic Errors.

"It is ignorance, not deliberate violation of nature's laws, that causes people to pun-

ish themselves by eating meat. The doctrine of vegetarianism is spreading rapidly. People are learning that the stomach is the seat of almost all unhappiness, that stomach trouble is nearly a universal complaint, causing more general misery than tuberculosis or cancer. They must be taught how to take care of their stomachs, not to deliberately mistreat them. Without good digestion good blood is an impossibility, and without good blood and good circulation no person can put forth the best that is in him.

"I hope it will not be many years when children in public schools will be taught the value of the vegetarian diet and the many ways to prepare wholesome and palatable dishes out of fruits, grains and vegetables.

#### Reform a Step at a Time.

"The meat eater must start gradually in adopting this more healthful diet. His system has become accustomed to the undue stimulation by meat, and, like all bad habits, it is better broken off slowly. The man who eats meat three times a day should eliminate it once a day for a week or two, then gradually bring down the amount of meat consumed until he is a regular vegetarian. Perhaps at first he will find that he seems to lack the necessary nourishment, but in a short time the turn will come and he will find himself growing stronger, his mind will be clearer, and the depression that always follows the taking of a stimulant will no longer be experienced.

"The vegetarian diet appeals only to intelligent people. The ignorant are so taken up with the pleasure of eating that it is futile to argue the question with them.

"I have been surprised on this trip to read in the faces I have seen such records of bad health. I don't remember seeing out of all the thousands even one face of a person more than thirty years old reporting perfect action of all the organs. A large percentage of the faces of persons under thirty show unmistakable signs of the prevalence of stomach trouble.

#### Almost Universal Ill Health.

"The health of the communities through

which I have passed has been worse than I suspected, considering the fact that most of these people live in the open air. There is a great need of educating them to the proper use of foods. My trip, I think, has been a success, because it will set people to thinking, and if they think with open minds they are sure to agree that my theories are correct.

"As for myself, I am in much better health than when I started. I am glad the trip is over, for toward the end the constant drilling along the country roads became monotonous; but I was always buoyed up by the thought that probably at the next turn I would meet persons (and I met hundreds of them) who would take a sincere interest in what I was trying to do. The merely curious annoyed me, but I was always glad to stop and talk with any person who was willing to listen to me with an open mind."

While Mrs. Beach's experience was an individual one, Prof. Irving Fisher of Yale, several years ago, in an extensive series of experiments, proved conclusively that non-flesh eaters had nearly three times the endurance of those who used meat as a part of their regular dietary.

There can be no question that those who desire conditions favorable for mental clearness, spiritual aspirations, prolonged endurance, should adopt the bill of fare that God planned for Adam and Eve in the Garden of Eden and thus patronize the grocer instead of the butcher.

#### NOT HEARD FROM MOTHER.

(From the Ohio State Penitentiary.)

"I am serving God to the best of my ability and trust you will pray for me as I pray for the sick in the Hinsdale sanitarium. I have not heard from mother since April, 1910, and I don't know but she may have passed away, as she is quite old. I trust I will meet her in heaven.

"If you would please write and let me know something regarding Christianity I would be glad to have you keep me in the way. Although I am in prison I am trying to do the best I can in the sight of God.

"I am glad you are sending THE LIFE BOAT to me and I thank you for it."

## THE LAST STRAND OF THE ROPE.

J. GARFIELD SMALLEY,  
Loma Linda, Cal.

We are told that in the early part of the nineteenth century there lived upon one of the islands of western Scotland a poor widow with her son. She trained him to fear the Lord and although only sixteen years of age he was her stay and support. To help their scanty board her son used to collect sea birds' eggs from the neighboring cliffs. This feat was attended by considerable danger for the birds used to attack him.

One day the lad with his companions set off for the cliff, having supplied himself with a strong rope with which to get down, and a knife to strike the birds should they attack him. The cliff rose high above the sea and the wild waves dashed madly against it, breaking in foam and spray. Fastening the rope about him the lad proceeded down the side of the cliff until his foot rested upon one of the fissures some distance below. Just then a bird came at him as he was trying to reach with one hand for the eggs. With the other hand he tried to strike the bird with his knife, but though horrible to narrate, instead of striking the bird he struck the rope, severing several of the strands. Now he hung over that wild abyss of raging waves by only a few threads of hemp.

His comrades above who heard his shrieks and saw his danger gently tried to draw him up. What a moment of suspense! Each time he could feel thread after thread giving way. His agonizing cry was, "O Lord, save me and care for my mother." He nears the top, but, oh, the thread is breaking. Another and another pull, then a snap; there is but one strand left as the friends reach after him. He looks below to the boiling fathomless ocean and then to the heavens above. He hears the wild cry of his companions and the frantic screams of a fond mother rushing to rescue her boy from destruction. Just as the rope begins to make the last separation a strong hand reaches forward at the risk of being dragged over the cliff. The boy is saved!

My dear reader, if you are unsaved I want you by this simple story to see your own

condition. If living for this world you are frittering away the precious moments in pursuing perishing trifles. As year after year passes away the rope of life becomes smaller and smaller. Strand after strand snaps as each departing year tolls its mournful notes. How many threads are now left? Can you tell? Do you realize your awful position? It can not be worse.

As with the lad in the story, so may you, dear unsaved one, see your danger and flee at once to the Saviour of sinners. You are lost by sin—lost to holiness, to God, to heaven—but Jesus came "to seek and save the lost." Ere it be too late will you trust yourself to Jesus? On the cross He was "made sin." He perfectly met and satisfied all the righteous claims of God against sin, so that now we are as welcome to come to Christ as if we had never sinned. Only believe and thou shalt be saved from the destruction to come—saved to be holy and happy, saved for heaven, for glory and for God.

## THE STRUGGLE OF AN EX-CONVICT.

We trust our readers will pray for the poor men who are cast out into the world with a prison record behind them and who are trying to serve their Saviour as this man is doing:

"I received your kind and welcome letter and THE LIFE BOAT and am very glad to hear from you and for the kindness you have shown me in the past. I am glad to tell you I am still trying, by the help of God, to serve Him, although it seems hard at times; but the more I try the stronger I get in the Lord.

"There are so many know me here and know that I have been in prison. I must put my trust in Him who is able to keep me from all sin. I mean by God's help to serve Him the rest of my days. The devil tries his best sometimes to stop me, but I go to God in prayer, asking Him to give me strength to overcome all temptation, and He does."

You must *do your duty* as you see it. Every *earnest* man in *every* generation has paid the *price of individuality*.

## A Sabbath-School Convention at Hinsdale

Caroline Louise Clough

SABBATH, June 8, between seventy and eighty visitors, representing something like a dozen churches in Chicago and vicinity, attended the Sabbath-school convention held in the Hinsdale sanitarium.

The gymnasium had been artistically decorated with large branches of oak trees and an abundance of iris in the lavender shades interspersed with yellow and red cannas and peonies.

The sanitarium kindergarten class with their clean, happy faces were present on the front seat and seemed alive with interest. And well they might for five of their number took part in the program; then too, there was a table near by on which had been placed their scrap books which represented months of hard work.

Miss Ina Bradbury, who has charge of this department, in her paper, "How may mothers help to make the Sabbath-school a success," outlined the work of preparing the scrap books. As a suggestion for other teachers I will say that a memory verse card is given the child each Sabbath which is to be returned the next Sabbath neatly pasted into the book. Then on the opposite page is pasted or drawn some illustration of the leading thought in the lesson. The children are given portfolios containing the necessary material and during the week the mother assists in preparing the page.

### Health Reform by Faith.

Dr. David Paulson conducted the lesson study on the subject of Temperance, which is of vital importance to every one who is preparing to stand on this earth in these closing days. To have a clean mind and a sound body which will enable us to stand during the seven last plagues will mean to have worked out in our lives a vastly different brand of health reform than is advocated by worldly scientific men.

One of the most interesting features of the convention was the one minute speeches on "What the Sabbath-school has done

for me." This revealed the fact that the majority of our leading workers present had either gotten their start from the Sabbath-school direct or had learned some of their most valuable lessons in this way.

One worker found that it was not ability God calls for so much as a willingness to serve and a realization of our utter dependence upon God.

Some had found Christ through the Sabbath-school. One was converted on attending her first Sabbath-school. One was asked when only twelve years of age to teach a class of boys and in the doing of that was led to consecrate her life to God.

### Keeping Angels Waiting.

A paper read by Mrs. A. C. Gaylord on "The importance of promptness on the part of all," was especially helpful. When we are late to Sabbath-school we compel the heavenly guests to await our arrival. In the Sabbath-school work sentence against an evil work is not executed speedily; in other words, we do not lose our position if we are late, neither is our salary reduced, but we often forget that a record is being made in heaven and the Lord has said, "Cursed is he that doeth the work of the Lord negligently." Again, "Whatsoever ye do, do it heartily, as to the Lord, and not unto men."

Miss Edith Shephard in her paper on what the Sabbath-school has accomplished cited many instances of interest. Dr. Riley Russell, who is now a medical missionary in Korea, when a mere child heard a talk on China given in the Sabbath-school. He came home to his mother saying, "I'm going! I'm going!"

"Where are you going?"

"I'm going to China to be a missionary."

Many helpful ideas were presented on how to conduct the review. The thought of having a proper preparation was emphasized. The precious truths contained in the lesson can not be reviewed often enough, then too, the added thoughts from

the different ones enlarge our knowledge of the subject.

It was suggested that in the individual study of the lesson the student must first catch the leading thought—the most important truth, and build, as it were, the whole lesson on that.

#### Soul Winning Near Home.

The value of the teachers' meeting was emphasized. It should be a place where the superintendent and teachers could come and exchange thoughts. It is not enough to get together and study the lesson for the first time but each teacher should come prepared to *give* something.

Every class met, every lesson taught, should be a definite soul-winning effort, and the teacher can not make it such unless she has established first a *living* connection with Heaven, and second, has made use of every opportunity to become thoroughly conversant with the lesson.

Dr. Mary Paulson discussed the subject of "The teacher's duty toward her pupils during the week." This is one thing which we should all take seriously to heart. Too many of our Sabbath-school teachers take for granted that the members of their classes are already converted. The fact that their pupils have joined the church is in many instances *no* indication that they have experienced a real change of heart. The Sabbath-school is a mission field and the teacher is the missionary.

One teacher had a class of fifteen to twenty boys. She invited them to her home during the week, entertained them, studied their individual needs, and later had the satisfaction of seeing *every* one led to Christ.

If our Sabbath-schools were living up to their God-given privilege there would be hundreds of our young people thoroughly converted and engaged in the Lord's work today where now there are but few. There is no doubt that a Sabbath-school convention, properly conducted, contributes materially toward raising the standard. Let us lift the standard high and then by God's help try to reach it.

He who has health, has hope; and he who has hope has everything.

#### VACATION THOUGHTS.

PEARL WAGGONER.

(Ps. 103:22.)

Wheresoe'er we may wander, whatsoe'er the land or  
clime,  
Be it spring or be it winter, or the joyous summer-  
time,  
Whatsoe'er the occupation, if at home or if abroad,  
"In all parts of His dominion," we are yet to "bless  
the Lord."

If the Lord should take vacations, and should then  
forget us quite,  
Or should cease to think upon us when the daylight  
fades to night,  
If His blessing e'er should leave us, where, oh, where  
would then we be?  
But His thoughts are ever with us—ever ours eter-  
nally.

Should we count it then a burden on His glorious  
name to think?  
Should we tire of daily coming to that living stream  
to drink?  
Though the brain grow sometime weary, or the body  
need a rest,  
Should we not e'en through vacations give Him still  
our first and best?

If ambassadors grew lax and thus should fail to  
represent,  
When on foreign soil their homeland or the king  
by whom they're sent,  
If they held not up the standard, all the time and  
everywhere,  
Think you they would be permitted long their coun-  
try's name to bear?

Yet as Christians God has called us, whatsoe'er our  
work or lot,  
Here to serve and represent Him in a world that  
knows Him not.  
If we fail, or if at pleasure we should let the standard  
down,  
Think you He will count us worthy of approval  
or a crown?

He is ever watching o'er us, serving *us* in all ways  
good,  
Loving always with a patience that no earthly friend  
e'er could;  
Let us follow then the precept, and with one and  
glad accord,  
"In all parts of His dominion," ever serve and "bless  
the Lord."

#### A COMMENDABLE ACT.

A prisoner in the Ohio penitentiary writes the following:

"I send you one dollar for two subscrip-  
tions, one for me and the other for the  
young man from the Stillwater, Minn., pen-  
itentiary whose testimony I read in THE  
LIFE BOAT. He says he hopes to be able  
to subscribe for it but I will pay for it for  
him."

#### AGENTS WANTED.

We would be glad to correspond with  
anyone who would like to take up the sale  
of THE LIFE BOAT. Why not plan for a mis-  
sionary campaign?

**CLOSING EXERCISES OF THE CHICAGO SIX-MONTHS' MEDICAL MISSIONARY TRAINING SCHOOL.**

M. H. SERNS.

On April 6, the closing exercises of the Chicago Medical Missionary Training School were conducted at the Forty-sixth Street church. Four papers were read by members of the class.

The first paper, "Home Nursing as an Entering Wedge," was ably presented by Mrs. Edna Collier. How true it is that the "fomentation cloth is a plow breaking up the fallow ground" preparing the hearts of the people for the blessed truth of God's Word.

Mrs. Belle Kershaw presented the next paper, "Some Methods of Reaching the People Where They Are." Through the jail work she has been able to reach some of the best classes of people in the city. On one occasion where she followed up a case the parents were so grateful because she had taken an interest in their boy. They were anxious to do something in return and offered her money. She promptly replied, "Oh, no." She was then asked why she did this work. She answered, "Because Jesus is coming soon, and I want to meet Him in peace, and help as many others as possible to prepare to meet Him too." Would that we all were as frank to tell why we are engaged in this work.

The third was presented by Mrs. N. H. Richmond—"Work for the Needy Classes." She emphasized very strongly that the gospel is not alone for the rich, the educated, and the fairly well-to-do, but also the poor who have fallen as low in sin as possible, and that some of these very souls would be plucked as brands from the burning, and stand "nearest His throne."

An excellent paper by Mrs. H. U. Stevens on "the Value of Health Reform," revealed that if we would have the true soul sanctification that God requires, we must take, decidedly, an advanced step in our eating and drinking.

Doctor Wolfesen told us briefly how the Lord led him from California to the Hinsdale sanitarium. He felt that the work of

warning the city of Chicago was so great that all must unite and each put forth every possible effort.

The following report was then given of the class work: Bible readings, 132; families visited, 767; hours study, 3,844; hours of missionary work, 4,423; magazines sold, 11,762; pages tracts given away, 33,486; pages tracts sold, 393; treatments, 573; garments given away, 105; carfare spent, \$433.60; total sales, \$1,186.75.

Six of the students sold over \$950 worth of magazines. Just think of the good they have done and the number of sermons that have been preached through the papers. This report ought to encourage our magazine sellers. May God bless them with courage to press forward in their good work.

Eld. A. G. Daniels was also present and made the closing remarks. He emphasized the thought that all should unitedly work and pray for the advancement of God's kingdom in this wicked city, and watch for personal opportunities for soul-winning.

We are pleased to report that all the members of the class are planning to put their instruction into practice. No matter in what line of work we are engaged, the world needs today men whose hearts are not congealed, but are warm with the love Christ had for the sinner.

**FEEDING HUNGRY SOULS.**

MRS. H. U. STEVENS.

[Report of talk given at the Hinsdale young people's missionary society recently. Mrs. Stevens has just completed the six months' course of training for city missionaries at the Life Boat Home, Chicago.—Ed.]

As I rode along on the elevated car today and saw the dirt and the filth in the back yards of so many different dwelling places, and then thought of the front entrances on the street and how respectable they looked, it made me think of so many hearts in this city and in the world. They smile and look happy in the face, but get into their homes and they are as miserable as can be. There is a great deal of truth in the song, "There are lonely hearts to cherish while the days are going by," and I have found that some





VIEW OF THE CHICAGO SIX-MONTHS' CLASS AND THEIR INSTRUCTORS. TWENTY-TWO OF THE NUMBER SHOWN HEREWITH COMPLETED THE COURSE APRIL 6.

of those who look the happiest are the most lonely.

This work in Chicago has been especially helpful to me because it has always been my lot to be associated with Christians who really had spiritual indigestion: and it has been a relief to feed *hungry people*. Our bodies can store up only a little excess food. We are supposed to have just enough to last us twenty-four hours, and a little more. And I believe the Lord intended we should get just enough spiritual food to keep us going for the day and to give to others, and a fresh supply the next day. But most of us get enough to last us all our lives and are sick from it.

It has been such a pleasure to help people who are unhappy and miserable and poor. One little woman came to our tent meeting, who sat in a back seat and had such a pitiful face and pinched look. I went and shook hands with her. She told me she had heart trouble and did not dare go near the middle of the tent in case she should faint. One day she told me how she was all alone in the world and had no one to help her. She had some medicine that was very expensive but she felt she ought to take it. I said, "That is making you weaker all the time," and she said, "I know it, but I can't let it alone." I said, "You have not any money to spend on that medicine, two dollars a bottle. . . . God can heal you; ask Him." A few days ago she came to me and said she had not had a single attack with her heart after that. "And, honey," she said, "I did just as you told me; I put that medicine aside and prayed the Lord to help me and He has answered my prayer."

I brought her some garments. Her feet were just suffering with cold. She was getting two dollars a week and that was going for doctor's bills. She had nothing to buy clothes with. When I brought her some new stockings and a nice coat her eyes opened as wide as watermelons and she said, "I never had any one so kind to me in my life before." I just felt that those garments did not amount to anything, but still they were enough to make her feel we loved her.

And many cases like that we meet; people who are just longing for some one to love

them. The Lord has given us an opportunity to lift up the fallen and to help and encourage them, and I am glad to have had this little part in it.

One old woman used to come to the tent night after night and listen. She just seemed to be longing for some one to look after her. "Why," she said, "I am so old no one seems to care for me any more. No one seems to like old people, do they?" And when I used to go and read some scripture like John 14 she would be so encouraged and so helped.

So you meet all kinds of people. You can't meet them all the same. Some need nothing but a hand clasp and a word of love, and some are hungering for deeper truth. The thing for us to do is to be where God can use us and He will help us to do the right thing in the right way. It pays to listen to the still small Voice and He will lead us on to success.

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#### HAVING WONDERFUL OPPORTUNITIES.

MRS. EDNA COLLIER.

(We desire those who read this inspiring story to bear in mind that the next six months' course begins the first week in October. If you feel a call of God to enlist, write for further information.—Ed.)

While taking my course in the six-months' medical missionary class I sold something like a thousand magazines from house to house. I found people who could not take the paper but who were ailing. I would tell them that the Lord knew all about it and that He would sympathize with us in all our trials. I have had very good success. I took a certain district of the city and kept within my territory.

I have been nursing ever since the class closed. I have had fifteen cases. One week I had five cases at one time to attend to.

A few weeks after finishing my course I was asked to nurse a girl twelve years of age who had scarlet fever. The whole family moved out of the home and left me alone with the child. While nursing her I taught her the truth as revealed in God's Word and she accepted it. She said no one

could ever persuade her to disobey God's commandments again.

One day I was called to nurse a young man about twenty-one years of age. The doctors had given up his case as hopeless. I learned he was not a Christian, but as he was delirious a great deal of the time I had no opportunity to speak to him of Jesus. I said to myself, This man is going to die without Christ, and what can I do? I talked with the doctor about him, who, by the way, is a Christian doctor, and he said he was very much concerned about the young man's salvation.

On Saturday night, before he died on Sunday, he became conscious and in his right mind. Something said to me, "This is the opportunity to speak to him." I asked him about his soul and if he realized God loved him and that whatever happened to him would be for his best. I asked him if he did not love God in return and he said yes, he did. He and his wife had been very worldly people.

#### HOW A DYING CHILD BECAME A MISSIONARY.

MRS. ELIZABETH HARVEY.

I have long felt it my duty to write an expression of thanks for the instruction I have received in medical missionary nursing. I can not find words to express my joy and gratitude to God for what I have learned.

When the invitation was extended to the members of my church to take up the six-months' class work at the Life Boat Home I esteemed it a God-send and one of the highest privileges of my life to learn how to help care for sick and suffering humanity. So I availed myself of the opportunity of preparing for better service in the Master's vineyard.

I am glad to tell you some of the ways in which this class training has proved a blessing to me in helping others.

My first work began in my own home. My daughter's little boy, aged three years, was taken very sick one night with a pain in both sides and could scarcely get his breath. I used some of the treatments I had learned in the class, with good result,

and the next day he was as well as ever. Every winter he has been under the doctor's care four or five times with the same trouble, and this was the first time we did not call the doctor to him. We are so glad God has taught us how to care for the sick.

I find the nurse can enter homes where the Bible worker can not enter at first. It has been a source of help in opening the door to homes I could not reach before.

I visited a home where a daughter was very ill. Her doctor said she could not live ten days. Nothing more could be done for her than to make her comfortable. I went into the room, talked with the patient a little while and asked permission to pray with her, which was granted. When I left they invited me to come again.

I went every day to see her and do what I could for her. She became so attached to me she would not have any one do anything for her unless I said so. I told her of all the ways in which I worked as a missionary. She caught the missionary spirit and, sick though she was, began to help me by selling mottoes to raise means for our church. She kept them on the foot of her bed and asked her visitors as they came in, to buy.

She lived four weeks, sold eighteen mottoes for the church, and I had the chance of teaching the Bible to her. Through this family I secured the names and addresses of eight other families who were interested in Bible readings, whom I would not have known otherwise.

I have many other cases I could speak of but time will not permit. I shall ever pray for God's blessing upon this six-months' medical missionary school.

#### WENT TO THE SOURCE OF POWER.

MRS. BESSIE BAKER.

I have been asked to relate some of my experiences since I completed the six-months' course for medical missionary nurses, but really I have had so many experiences that I hardly know where to begin. First let me say the broadest avenue by which we may enter the different homes is through being

a nurse, for when sickness is in a home the doors are always open to one who through the help of God is able to relieve the sufferings of some loved one.

Recently I had the opportunity of being called on a scarlet fever case. My patient, a little girl of eleven, had a raging fever, having a temperature of 104, and was tossing from one side of the bed to the other with delirium. Oh, how the little body was racked with pain! So I started in on my night's vigil to try and relieve the little sufferer. All night and all day for four days and nights I worked as I never worked before, trying one treatment after another with no avail. The fourth night the suffering was more intense, and between the hours of 12:30 and 2:00 a. m., I was afraid we were going to lose the battle, as I could get no response from the feeble heart. In this hour there was not one in the home that I could call on to pray that God might spare this little life; so alone I went to my bedroom and there knelt in prayer, beseeching our heavenly Father to hear my most feeble petition. In a half hour the little one was sleeping. The next morning the physician came in and said, "O nurse, you have saved this little girl's life." But I told him. "No, doctor, God has heard and answered my prayer." The physician has since told me I may nurse for years and never witness a case of scarlet fever so severe in character.

I had the opportunity of meeting the mother whenever I would go downstairs for my meals, and the time I should have taken to get my breakfast or dinner was used in giving the mother Bible readings and telling her of the wonderful love of God who "gave His only begotten Son, that whosoever believeth on Him should not perish, but have everlasting life."

This mother was a Jewish lady, and she promised me that she would obey the Lord. Her little boy, only seven years old, drank beer and also coffee, but now he has signed the temperance pledge for me and says he will never touch coffee or beer again. I take him *The Little Friend* every week and he enjoys reading it.

Oh, I can not cease thanking God for

sending such able instructors as Dr. Paulson, Elder Serns, Sister Swanson, Miss Jeffers and Miss Borden to give us such a thorough six-months' training, by which we as medical missionary nurses might be workers in God's vineyard during the closing scenes of this world.

#### A NEW JERRY MCAULEY MISSION.

The old Water street mission in New York City, founded by Jerry McAuley, has been torn down and a new fire-proof building erected in its place. A recent *Literary Digest*, commenting on the work of this mission, says the following:

Only the old benches and the "mercy-seat," which "so many have wetted with penitential tears," remain of the old Jerry McAuley Mission, in Water Street. In place of the building where the founder of this redeeming work spent his life and energies there stands a new and more imposing structure that boasts not only of being fire-proof, but also germ-proof. It has "sanitary walls, ceilings, and floors," and these are an added asset when it is recalled that the specific work of this mission is "the redemption of individual souls and, more especially, those who, mauled and mangled by the drink fiend, have been flung on life's wayside and left to die." For more than thirty-seven years the famous old building, known as 316 Water street, stood as "the scene and center of an unremitting, unceasing activity, in the cause of bruised, fallen, wrecked humanity." Jerry McAuley, its founder, was succeeded in the management by Samuel Hopkins Hadley, and he in turn by John H. Wyburn, the present superintendent.

There was a time, it is said, when Jerry McAuley may have been regarded with suspicion and his work deprecated as an awkward and questionable innovation.

"But its obvious usefulness, and continuously expanding power, has killed that criticism years ago, so that today the McAuley Mission stands a permanent, respected and widely imitated factor in the religious enterprises of this great city.

"In any case the old Water Street Mission may be depended upon to maintain its place and share among the forces that in New York City are militant in the cause of *saving souls*. Yet the strongholds of sin

do not, in these days, fall as did the walls of Jericho. The conquering of them requires consecrated lives. The standard can not be carried to the summit without weapons, without sacrifice. It is no sinecure, no life of slippered ease, this toiling in the underworld of New York—a city where, as I read somewhere the other day, almost everybody sleeps under a roof he does not own; where, in a recent year, 204,119 men went into jail; 7,486 were picked up for vagrancy, 53,741 applied at the Municipal Lodging House for free shelter; 10,000 girls began to lead disreputable lives, while 50,000 continued the life they had begun; 800 men and women committed suicide, and an appalling addition was made to the 150,000 forgotten graves in Potter's Field. And prominent among the agencies at work in Manhattan, laboring with a view to the ushering in of a new and better morning, is the Old McAuley Mission."

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#### "THINGS LOOK BRIGHTER NOW."

In sending a donation to our work an inmate of the Michigan Reformatory writes as follows:

"Being a subscriber to THE LIFE BOAT, and to assure you my faith is founded on a rock, I take this liberty to write you. I hope you will accept this 'widow's mite' (\$1.50) and trust it will do some one a little good and me a lot.

"I have had some valuable experiences since I last wrote. The Master is guarding me very close, because the evil one is doing his best to throw me down. But just a little talk with Jesus upsets all his plans and leaves me smiling and rejoicing in the Saviour's hands. Just now I am reading about the trials Christ had when a boy, and it makes me ashamed to think how easy I give up, yet having the same help and promises He had and no less. It takes time, patience and prayer to get one's soul freed from the lusts of the flesh and sin. But Christianity is like a diamond; the longer the possessor has it the more it is worth.

"I get to talking with others apparently interested in self-improvement and it seems my ideas differ widely from theirs. I wonder

why. I tell them a man can not please Christ and make no effort to stop using tobacco and vile talk, and one must keep his heart and mind centered on Christ every moment to avoid sin, and one must keep apart from evil men as much as possible; for he who keepeth his lips keepeth his soul from hell, and evil men speak evil words always.

"I have always felt myself an outcast until lately, but things look brighter now since my wife has been converted. She has stayed by me through thick and thin; so between the Saviour and her I am sure my life is to be a grand Christian success. What more can I ask for?

"Your last edition of THE LIFE BOAT (the prisoner's number) was fine; come again. I personally see that my papers are read by three or four and more if possible. I remember you always in my prayers daily. The inspired feeling one has from reading THE LIFE BOAT clearly proves you are Christian people."

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#### IT HELPS THE WIDOWS TO HELP THEMSELVES.

The following is abstracted from a letter just received from a widow who was left with no means of support and has begun selling LIFE BOATS with good success. If there is any one else who happens to read this experience who would like to take up this helpful work, write for further information. We will help you get started in the work:

"I will send you the money for the LIFE BOATS you sent me. I got them last Tuesday and have had very good success in selling them; have sold now two hundred and fifty here lately, thanks be to the blessed Lord. I am glad I can sell them.

"I am a poor widow woman and have an only boy who was unfortunately sent to the Joliet prison. He was all the help I had. I am not strong any more, I have worried so about him, but I do pray and trust I can be spared to see him free again. Through him I learned of THE LIFE BOAT and of a woman in my town who sold the magazine. So I went to see her and that is the way I came to sell these little LIFE BOATS. I

never thought I would make an agent, but I started out and trusted in the blessed Lord and found I could sell them, and I have had good success so far. Please send me one hundred more and oblige. They are such good books to read."

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#### A SUBSTANTIAL RESPONSE.

The following letter was written to Mrs. Whisler by a prisoner in the Indiana state prison, in response to an article from Mrs. Whisler which appeared in the special prisoners' LIFE BOAT to the effect that the girls in the rescue home had donated toward sending THE LIFE BOAT to the prisons:

"When you scatter seed broadcast you never can tell where some of it will take root. It is the same with the word of life; and from this unexpected place the seed which you scattered with faith has found root. I read with much interest your article in the May number of THE LIFE BOAT, and I am sending you a money order to help in some way. It may not reach you for a week or ten days as the officials may be that long in sending it. Will you please let me know when it reaches you. Please use it to take care of the little ones, or as you think best. I shall be more than pleased to be able to send you more next month if you will permit me to.

"Please do not have any scruples about accepting this money as every penny of it is *honest*. I earned it by the sweat of my brow, working overtime. We are taught to help the little ones, and the most that I can do for Jesus is very little compared with what He did for me. I want to live to do some good in this life if I can. I have had enough of the evil. I am only a young man, not thirty years of age yet, and so if I live could have a useful future.

"I have no one to write to, only you and Mr. Lyon, so I wish you would write to me. A letter helps to cheer a man up, as it shows that he has some friends on the outside. You are in a wonderful work and I know that you will be blessed, not only in the life that now is but in the one to come. Please read in the Book of Life the following: Isa. 32:20; 52:7; 58:7; Ps. 126:6. I believe these promises without a doubt.

It certainly is a blessed privilege to have the Word to read.

"There was a time in my life when I made the Bible my special study. I can not tell how I wish I had kept at it. I can recite chapter after chapter of it. I intended to go in the work of the Lord and I had the advantages of a college education. But I strayed away. I hope to tell you more some day. Take good care of the little ones; I love them dearly. 'A little child shall lead them,'—why not to Jesus? I am not a drinking man."

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#### WANTS A CORRESPONDENT.

A prisoner writes from Menard, Ill.:

"I wish to write you a few lines today in order to thank you personally and kindly for receiving a copy of your May number of THE LIFE BOAT, which I found in my cell on returning from work Friday evening. I read it and appreciated it very much.

"I think I have a great deal to bear on account of my past sins. Now it is my intention, God being my helper, to lead a different life when I again get my freedom, which I hope to get in the near future. I wish, if it is not asking too much, that you would write me or get some kind friend to correspond with me, as all of my friends or relatives have quit corresponding with me for some reason or another. I have not received a word or line for over a year now from those who ought to have given me comfort. I can honestly and truthfully say that I am not a criminal at heart and have no bad charge laid against me. If you will please correspond or have some kind friend correspond with me I will always remember your kindness.

"I will pass THE LIFE BOAT along to the other boys and have it do all the good I can. I thank you again."

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#### ONLY A WORD.

**"A single word is a little thing,  
But a soul may be dying before our eyes  
For the lack of the comfort a word may bring,  
With its welcome help and its sweet surprise."**

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Notice our special preimum offers in this number.

## An Incident of Travel in Africa

Miss Alma E. Doering

[All our readers who read the account of Miss Doering's experience as a pioneer missionary in the interior of Africa in the May LIFE BOAT will be eager to read the following, which is a continuation of Miss Doering's address given before the Hinsdale sanitarium family.—ED.]

I REMEMBER being called out to nurse a sick woman when we had a five days' journey and no way to ford the river. It had overflowed its banks. We had a long stretch behind us, and as we camped by that river the natives told us it was impossible to cross. Over night the white ants came into our box and ate up what little food we had, excepting a quarter of a box of condensed milk, and there was no way of getting more. The rain had poured down on us over night and in the morning my friend discovered I had a fever of 103, which was rapidly rising.

We were just about ready to give up. Mr. Marcus, the man who was with us, said our carriers could not go back "because the river back of us is swollen over night, and we are wedged in between two rivers; what shall we do?" I said, "Let us find something in God's Word." I was most too sick to read, but I opened to the 46th Psalm. It said, "The Lord is our refuge and strength, a very present help in trouble." And God means just what He says and says just what He means. I expect to stand on this Word as far as God gives me light. We said, "If God says 'present' he means present."

Our carriers had gone to the river—big, stalwart men, expert swimmers. They came back to say it was impossible to cross that river; the water was rushing down those mountains, down those rivers, and no human being could cross them, and, they said, "There is another big storm coming, and we will all starve to death." We

looked it, but said, "But God says He is a present help, and we will just begin to sing and praise the Lord."

Now those natives were watching us. We had been teaching them to trust the Lord in times of crisis and we were to live out what we preached, in time of crisis, and so we began to sing and praise the Lord. And from the time we began to praise God for His promises one of our men came running back—we were camped about eighty rods from the river.

### A Miraculous Change.

He said, "Hurry up, pack your tents and bed as quick as you can, for the storm that is coming is a violent one, and if we must perish we might as well perish one way as another." Three miles the other side was a mission station. We said, "But you said it was impassable." "Yes," they said, "we can't understand it, but the water has abated so much that if you will trust us to get you across we think we can do it."

And I shall never forget when my carrier entered the river and I clutched my arms around his neck, astride on my two-legged horse, and he went down deeper, deeper, deeper, until the water reached his chin and mouth, and then the struggle began. He could not hold his own any longer, and finally we were being carried down the stream. There were other native men in the river, who were all shouting "Hold on to him! Don't let go! because if you do we will have two to save instead of one." So I held on, keeping my eyes closed, and down we went. I thought we



MISS DOERING.

were sinking. Finally we were saved and I was laid down on the other bank just exhausted.

The first thing one of my boys said was, "Look over to the other shore." And there stood Miss Cole as white as a corpse. It had an awful effect on her. I made up my mind I would not look. But she made those men wrap her up in a hammock and then six of them put her on their shoulders and she was forded without much trouble,

way they are going to get it is from the missionary. If the missionary gets out of patience of course they think it is the right thing to do, to get out of patience. The native is watching you as with a magnifying glass. To manifest the Christ spirit at these times presupposes some sort of a training such as you are getting here in a sanitarium, and if we can not stand the test here where the atmosphere is congenial we will never stand it there on Satan's great



A TERRIBLE VICTIM OF AFRICAN WITCHCRAFT.

because the load was divided between six instead of one. My prayer is that some of us may be inspired to go on with God, not to turn back when the hard things come. Remember Satan will contest every step of the way that we take for God; but each step we take will make us stronger to take the next.

I tell you we know what it is to have definite dealings with God. In this foreign field the people can not read, they have no Testaments, no Bibles, they can not picture the life and character of Jesus, so the only

battleground. Victory over the little things is what is going to give us the victory over the great Goliath.

In a land of fevers, of sickness, of loneliness, with just about four white people together, the next white people about four hundred miles away from us—no street cars, no mules, no horses or cattle, no butter (we import our butter from England; about six months' old when we get it), there come tests of patience. Two months in a stretch I had a fever of 101 or 102 every day and I did not dare to go to bed



because my fellow missionaries were sicker than I and some one had to stay up. Finally I was so discouraged I asked God to let me have enough of a fever to justify me in going to bed.

But the native does not understand us. He thinks we are spirits—that we are the spirits of his ancestors returned back to earth, that we are wonderful; we make boxes that talk (our clocks), and we raise people to life again (referring to our anesthetic), and so they publish us as very great miracle workers. They can not enter into our feelings in any way possible.

#### The Curse of Witchcraft.

Among these people witchcraft is found in all its cruelties. A poor old woman came to our mission at Luebo. One of our missionaries in that station said of her:

"The poor woman was certainly in a pitiful condition and suffering intensely. Any one but a native in Africa would have died in a similar condition. We, who were present, had never seen anything to compare with this case. The bones and cords of the lower left arm were visible, and the hand seemed about ready to fall off at the wrist joint. The arm was simply sloughing away, and when it was dressed maggots were picked out of the flesh.

"This arm was in such bad condition that it was thought best to amputate it, although there was *no doctor within several hundred miles distance*. Two or three hours were spent in making the necessary arrangements and we amputated the arm. She stood the operation well and seemed to be getting along nicely, but the strain on her worn-out system was too much and she died about one month later. The other arm was also in bad shape; on it were three large sores above the elbow covering almost the entire upper arm.

"As to the cause of this poor woman's suffering, the people of her village believed her to be a witch and to be possessed with evil spirits. According to the native mind there is only one way to prove this, that is to tie her hands behind her body and pour hot water upon them. If she is seriously burned during the operation and dies, she is guilty. If the burns heal readily and

the person gets better, she is innocent. This is what this woman passed through and after she was released she had no one to dress her burns and they became septic, ulcers formed, and sloughing away of the flesh was the outcome."

This incident ought to inspire thanks in the hearts of many sufferers for not having as heavy a lot as the poor African sufferers have.

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#### LEARNED NOT TO DESPAIR.

(From an inmate of the Iowa State Reformatory.)

"A few days ago I happened to get a copy of THE LIFE BOAT. I have read the same with great pleasure, especially the message by Mr. Lyon and also Mrs. Kershaw. They have given me more courage to start life anew.

"I came from Christian parents who tried to do their best to bring me up as a Christian man; but I would not listen to their advice and the consequence is that I am in prison.

"My twenty months' experience in the Iowa State Reformatory has taught me to live a Christian life, as it pays dividends whether in prison or not. I am unable to find any reason why a man should not be able to live a Christian life.

"There is nothing so conducive to real manhood as religion. By religion I do not mean a superficial belief in doctrines of theology but rather an earnest and profound belief in the love and saving grace of Jesus Christ. The man who takes Jesus Christ for his ideal is the man who is going to feel, appreciate and understand the real value of a Christian life.

"I have learned not to despair, but to look up and hope for there is abundant help close at hand. Jesus Christ is willing and able to help the man who can not help himself. He is helping me to lead a better life and I know that He can and will help any one who will give Him a chance. I know of no better way in which a man in prison can give satisfactory evidence of the value of a Christian life in prison than by living as nearly as possible according to the teaching of Jesus as recorded in the blessed Book."



## Editorial Department

Conducted by Dr. David Paulsen



### A VACATION IDEA.

Some who read these lines will be planning for a few weeks summer vacation. If you will invite Christ to share the coming vacation with you, you will find it to be an enormous advantage to you not only spiritually but even physically. For the joy of His companionship will be reflected from every part of your being. If you don't know how to carry out this suggestion, seek the Lord for information and He will direct you.

### THE LAST PRISONER'S NUMBER.

The May LIFE BOAT was a Special Prisoners' number and was sent in generous quantities to the great prisons of this country. We only wish that all of those who so kindly and cheerfully sacrificed to make possible this labor of love could read the grateful and inspiring letters which we have received in large numbers from both prison officials and the prisoners themselves.

We are more than ever convinced that it was a heaven-born idea to issue an annual prisoners' number of THE LIFE BOAT. The soul hunger of the prisoners for this magazine is pathetic and we now aim to send every month a reasonable number to the leading prisons where the interest is the greatest.

Who of our readers will invest something substantial in this unique but important missionary effort? If some circumstance should sweep you off your feet and you should suddenly find yourself languishing in a prison cell you would appreciate, more than you can possibly conceive, the Christian spirit that would prompt some one on the outside to send you a LIFE BOAT. Let us who are strong hold out a friendly hand to the weak, the outcast and the downcast. "Inasmuch as ye have done it unto one of the least of these, My brethren, ye have done it unto Me." Matt. 25:40.

### THE NEXT SIX-MONTHS' CLASS.

We are pleased to announce that the next six-months' course for city medical missionary workers will begin in Chicago the first week in October. This course is especially intended for mature and substantial women of sound Christian experience who do not feel prepared to spend several years in training but who wish an immediate training for immediate service. During these six months it is possible to secure the really essential principles, theoretical and practical, not only of nursing but of Bible work. Instruction is free. Board and room at cost. A few married couples whose lives are fully dedicated to missionary work can also be received. Pray earnestly concerning your individual duty and write for full information.

### A TIME OF TROUBLE.

Mrs. Stuyvesant Fish is one of the best-known society women in this country. Her husband was for years president of the Illinois Central Railroad and one of the world's really great men.

Recently Mrs. Fish has spoken, as quoted by the *Chicago Examiner*, some very thoughtful words upon the present outlook and the signs of the times:

"Like France on the eve of its great revolution—that is the way I feel that we are now unless some great leader, some powerful mind, can save us from what seems almost inevitable. My opinion is that if our country continues to go in the way we are drifting there is grave, awful danger ahead. The trouble is that as a whole our country is almost without standards and ideals, and our traditions are fast going from us. We have lost the greatest of our ideals, in fact, the one thing that makes ideals possible. We have lost our religious consciousness. These wretched, vulgar dances, this turkey trot business, which I

have seen during the last winter, is too disgusting for words. It only shows that our whole country is becoming materialistic and vulgarized. This same laxity and vulgarity has been brought about through the popularizing of the divorce. I remember a time when a divorced person was not socially received. Today young girls marry and trip lightly into the tie that binds with a sense of personal liberty which can be theirs if they choose and change their minds after marriage—through divorce. That is one of the ugliest features of American life and it goes through all classes of society from the highest to the lowest. It has come, I say, because we have lost all our self-respect, our religious feeling, our ideals.”

It is such words from such a woman which indicate that there are many among the higher classes who are becoming sick and disgusted with the empty vanities of the worldly life and whom God is preparing to receive the sweet, satisfying gospel of Christ. Let our prayers go out for the unsatisfied rich as well as the dissatisfied poor.

#### BIBLE STUDIES AT HINSDALE.

Several weeks ago Prof. Stewart, Bible teacher at the Emmanuel Missionary College, Berrien Springs, Mich., brought his wife who is dangerously ill to the Hinsdale Sanitarium. He was at once invited to begin a series of early-morning Bible studies.

It is an inspiring sight to see the entire sanitarium family gather morning after morning with Bibles in hand eagerly drinking in the precious truths as they are unfolded from the Scriptures, under the leadership of this consecrated servant of God.

One of the great opportunities that the Hinsdale Sanitarium affords are these visits from time to time of men and women with a message in their souls which they are prepared to impart to those with whom they come in contact.

#### NEW AGENTS.

It is very encouraging for us to receive such splendid reports from new agents who have recently enlisted in THE LIFE BOAT campaign. They have not only had most splendid missionary opportunities but have also earned substantial wages while they have been sowing the rough and plain places of earth with gospel seed. We invite young and old to write to us for full information as to how to begin work.

#### POST GRADUATE NURSES' WORK AT HINSDALE.

As this LIFE BOAT goes to press a post graduate nurses' training is being organized at Hinsdale. This is the beginning of an extensive effort to furnish missionary graduate nurses, who may desire to come, advanced instruction and advanced opportunities in connection with the sanitarium, rescue home, city mission work, etc., as will fit them to fill places of responsibility in medical missionary work wherever God shall call them.

#### APPRECIATES THE LIFE BOAT.

“I write you to give you my appreciation for some things. First, I want to say, thank you, for the last copies of THE LIFE BOAT, from October to March. I am so pleased with these copies as I look them over and read the excellent matter, and especially do I appreciate the May number. I also enjoyed the February number. It is crammed full of heavy yet wholesome and helpful material. Those ‘Echoes’ from the Hinsdale convention are choice bits of breathings. That last item is a gem in reference to Jesus’ extensive call to humanity to come to Him with their heavy laden hearts. The human heart needs rest, also the tired hands and brain as well. So the Lord gives loud the invitation to the children of men, ‘Come ye apart and rest.’”

#### “A MUSTARD SEED IN JAPAN.”

This charming book by Wm. Merrell Vories giving account of his remarkable experience in planting the gospel in Omi, Japan, can be secured by sending us one dollar for two yearly subscriptions to The Life Boat. With a little effort you can secure this book free. You will never regret it.

### RECENT NEWS FROM HEADQUARTERS.

Miss Pearl Waggoner visited friends in Grand Rapids, Mich., last week.

O. F. Butcher, who has recently been appointed principal of the Fox River Academy, Sheridan, Ill., has visited Hinsdale.

W. E. Videto, who is engaged in self-supporting educational work in Leatherman, N. C., is recuperating in the sanitarium.

Miss Rose Andre, matron of the sanitarium, has just returned from an eight-months' vacation, which she has spent at her home in Indiana.

Dr. Amy Humphrey, lady physician in the College View, Neb., sanitarium, accompanied by Hannah Laubhan, was among the recent callers at Hinsdale.

Dr. Clara Schunk, formerly a member of the Hinsdale sanitarium faculty and more recently head lady physician in the Nevada, Iowa, sanitarium, called at the institution recently.

Eld. E. L. Stewart, professor in Bible at the Emmanuel Missionary College, Berrien Springs, Mich., is spending a few days at the sanitarium with his wife who is ill. Eld. Stewart is giving the workers a series of most excellent Bible studies while in Hinsdale.

Dr. and Mrs. Paulson visited Sheridan, Ill., where Dr. Paulson gave the graduating address at the Fox River Academy. Mr. and Mrs. A. C. Gaylord also attended the graduation exercises.

A number of young people have recently joined the sanitarium family of workers. Alice Sargent, Troy, N. Y.; Katie Vreeland, Knoxville, Tenn.; Roxana Trueblood, Sadie Hyatt and Ruth Lewis, from Sheridan, Ill.

Miss Lillian Santee, formerly head lady nurse in the institution, who now occupies a similar position in the Glendale, Cal., sanitarium, visited friends in the sanitarium while in the east attending her mother who is ill.

Dr. J. W. Erkenbeck and family, who have returned from Mexico, spent a few days at Hinsdale. The doctor expects to remain in this country for several months or until the Mexican revolution is over, having been

advised to do so by the United States authorities in Mexico.

Miss Kate Macey, superintendent of nurses in the Madison, Wis., sanitarium, Miss M. J. Anderson of the Battle Creek sanitarium and Miss Anna Balding, Champaign, Ill., spent one day in Hinsdale recently after attending the nurses' convention in Chicago.

Miss Virginia Creeper, a former nurse in the Chicago Medical Mission, who has spent the last seven years or more in sanitarium work in Germany, has recently returned to this country to take a position on the Pacific coast. Miss Creeper visited the sanitarium and renewed old acquaintances while passing through Chicago.

Miss Therese Arntzen, formerly telephone operator for the sanitarium exchange, has returned to enter the new nurses' class. Miss Grace Leonard of Pennsylvania, who will enter the same class, has also arrived.

A Sabbath-school convention was held in the sanitarium gymnasium this week, which was attended by some eighty delegates and visitors representing a dozen or more churches in Chicago and vicinity. An all-day meeting was held. Papers were read from leading Sabbath-school workers, interspersed with choice musical selections. The visitors were served a free lunch in the nurses' assembly room and were also shown through the Life Boat Rescue Home.

One agent, who has recently taken up THE LIFE BOAT work, has sold something like 1,300 copies since May 20. More workers are wanted to enter the field. What this agent has done others can do.

The Life Boat Rescue Home family numbers about eighteen and five babies. Miss Iva Dean, a sanitarium nurse, is looking after the sick ones in the home this month.

A prisoner in West Virginia, after reading the special prisoners' LIFE BOAT, has sent in twenty-three subscriptions and asks for two Bibles to be sent him as premiums.

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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.

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Yearly subscriptions, 50 cents.

Special discounts when a number are sent to one address.

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

Half page, \$12; three months, \$30.

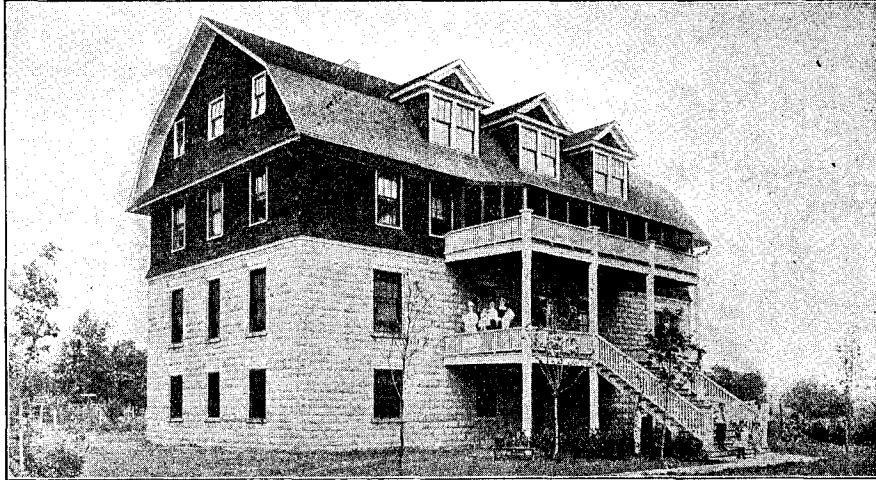
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During the past year upwards of half a hundred girls have been sheltered in this home. They have been carried through the saddest chapter in their lives. More than half these girls do not have a dollar, but they are received just the same.

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.

Address for further information

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Are you interested in placing a part or all of your property so that you can receive a permanent annuity or income on it while you live?

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

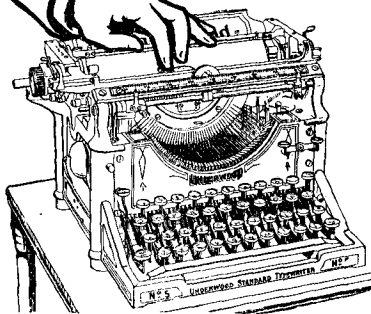
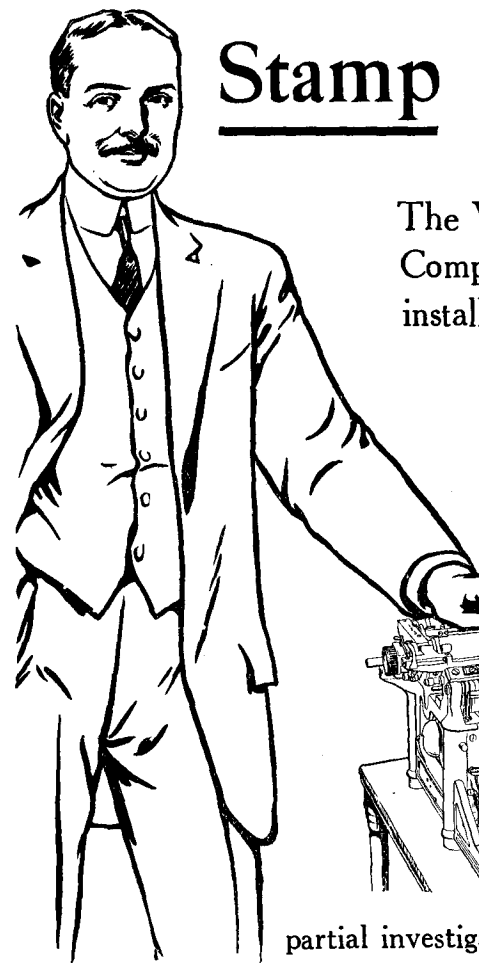
"I hereby give, devise and bequeath unto the Life Boat Rescue Home, a corporation organized and existing under the State of Illinois, the sum of..... dollars to be paid out of real or personal estate owned by me at my decease, this money to be used for the maintenance of the institution known as the Life Boat Rescue Home for Girls, located near Hinsdale, Ill., and which is under the supervision of the aforesaid corporation."

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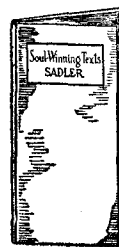
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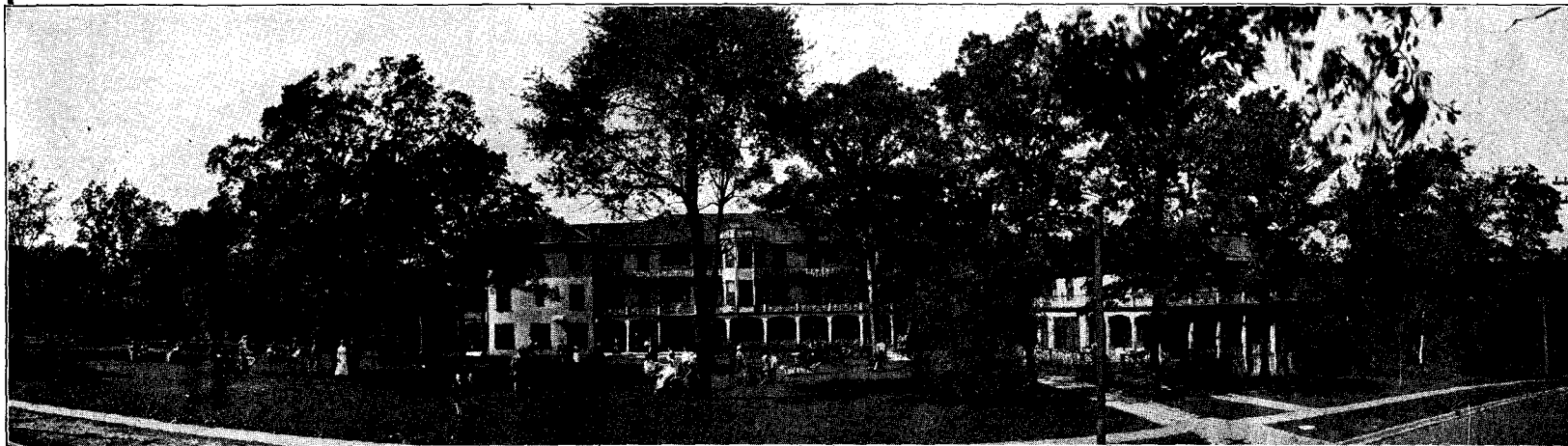
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